Newsletter
10.03.2023

GISST at ISU - IBDP Art Exhibition - CAS Teacher Workshop - Eco Council - Library Updates World Math Day
Dear ISU community,

It is with great excitement that I would like to announce that on Friday, March 17th and Saturday, March 18th, ISU will host a High School boys basketball tournament as part of the German International Schools Sports Tournament (GISST) events.

Our players will be playing matches against Franconian International School, International School of Frankfurt, Leipzig International School and Berlin British International School.

Games will start at 9am for both days, at the BBU orange campus (Wiblinger Str. 37, 89231 Neu-Ulm) so feel free to show up and give support to our team, coaches and volunteers.

Looking forward to seeing you and Let’s go Wolves!

Alexandre Alves
Athletic Director
IBDP Art Exhibition

Our Grade 12 Art students will have their IB Diploma Exhibition on March 17th and 18th. The exhibition will be held at the Ulm Kunstergild at Donaustraße 5. Please come to the opening on Friday evening 18:00 - 20:00 and celebrate our young artists’ hard work and accomplishments. The exhibition will be open to the public on Saturday 18th between 11 am and 3 pm, after that much of the work will be on view in the show windows until March 30th.

- Ms L Thomas

Donastr.5, 89073 Ulm
Opening 17 March 18:00 - 20:00
Public viewing 18 March 11:00 - 15:00
Window Display 19 - 30 March

Anastasia Tsotsoglou
Anna Dina Gade Bianco
Asya Mutluer
Edia Aström
Nadia Visuttisathong
Noa Milou Petermann
Inés Estrada Goh

IBDP Visual Art Exhibition 2023
My CAS experience was listening to the podcast “On Purpose” by Jay Shetty and summarising the tips and tools he shares. In the podcast, Shetty hosts experts of different fields, and each episode they have a conversation about that topic and how we can live a healthier and happier lifestyle. In the podcast there are also episodes when Shetty is the one who talks, and he gives tools and ways to improve our life, based on his experiences and mistakes. I like to listen to this podcast regularly and I have learned so much, I hope you will learn as well.

7 ways to break Bad Habits & let go of things that no longer serve you

01.02.2023
—
Karmel
Summarize of the podcast “On Purpose” by Jay Shetty

What is pattern interruption? It is the core value to successfully break a bad habit. To successfully embrace change, you need to change the usual. You need to alter your routine. You need to adjust the patterns you are so used to following and replace it with a new one. In truth, you can’t remove something without replacing it with something better.

In this episode, Jay Shetty shares simple yet doable ways to gradually break free from unwanted habits to form new and meaningful ones.
REALIZE THAT IT DID SERVE YOU AT ONE POINT
When you try to push something away from you and you and you have bad thoughts about it, you can not let go of it- it is still connected to you.
The first thing you need to do in order to break a bad habit is to accept that that mindset or that hab-
it served you in the past, and no longer serves you. It is not useless or something you hate, but you choose to be open to something new. Accept it rather than make it a negative and try to push it away.

Maybe you eat unhealthy and you try to eat healthier, realize that this eating served your mindset in the past when you didn’t care about health and it wasn’t on your priority, and then you will be able to create healthier eating habits with a positive realization with yourself.

REALIZE WHAT’S MOTIVATING YOU
There are four things in our way to motivation:

Fear- usually the first step. If you try to eat healthier for example, you fear being unhealthy, or you fear that people will see you as unhealthy.
If you haven’t broken a habit for a long time, it means you might not face the fear enough, or you are not scared enough of what it can lead to.

Result- you are motivated by getting a particular result. For example, you want this body, you want to get to that goal to prove that you are able to do this.

Intentions of duty- you do something out of a responsibility or duty. For example, “I want to eat healthy because I want to be responsible about my body and my health”, or you have healthier pro-gressive intentions

Motivated by a loving purpose- the most profound and powerful. Create more experience through love. For example, we love our body so we want to take care of it, we love food so we want to eat it in a way that is good and benefits us.

These four steps are our ways to get motivation and achieve our goals. You fear of something and you want to change the way you act. You start to think about the results of it. You have a responsibility to do it and it becomes a pattern. And then you start to do it out of love.
Use fear as the first intention, rise to the intention of result, rise to the intention of responsibility and then rise to the intention of love.

KNOW EVERY SINGLE TRIGGER
We think that knowing about our weaknesses makes us weaker. But it is not true. Being aware of our weaknesses can be your greatest strength. Because when you are aware- you are prepared. Imagine you were an FBI agent. You would be trained to be aware of every potential point of weak-
ness, and you would practice on attacking them. If you don’t know every one of your weaknesses, probably someone else will.
You have to know your specific triggers in order to be ready for them. For example, you know that when you are hungry you immediately choose the fried chips or the fatty food that does not nourish you. So if you know you will be outside all day and you will be hungry at some point, carry an apple, nuts or any other healthier snacks that you can eat, that will fill you and nourish you more than the immediate options around you that you would have chosen if you had not prepared.
REMOVE THE TRIGGERS THAT DO NOT NEED TO BE IN CLOSE PROXIMITY
Think what are the distractions that divert you from your way to your goals. If you truly want to break a habit, stop putting yourself in situations that can bring you back to the old ones. If you obsess with your phone for example, put it away from you or mute some of the people you follow, so you won’t get triggered by it. Most of us put themselves in vulnerable positions and then freak out or get stressed out by trying to resist something you put so close to you. Try to remove these triggers from your surroundings to truly give yourself a big chance to succeed.

CREATE A SYSTEM FOR EACH TRIGGER YOU CAN NOT REMOVE
It is called a “if- then system”. Create a “if then” solution for your triggers you can not remove, in order to stay consistent with your goals. In the exact moments of your triggers it is very hard to stay focused on your goals, and it creates stress and pressure to your body in those moments. Create a better “if-then” system that sets you up to success rather than creating a surprise moment that you will not be prepared for.

CREATE A SYSTEM FOR EACH TRIGGER YOU CAN NOT REMOVE
Have someone to call or message you when you are about to do something you don’t want to do, which brings you back to the old habit that you promised you are not going to go back to. This person doesn’t have to go through the same habit. It might help if that person has already gone through it, but it can be either just a friend that you trust that can support you at that moment.

FINDING REPLACEMENTS
Our biggest mistake is to try to remove something without a replacement for it. We can not let go of something without replacing it. You only let go of a lower taste when you have a higher taste. Replace the bad habit with a better one, which will promote you and guide you on the way to the goal. Have a higher taste.

According to studies, it was found that it takes an average of 66 days to turn a behavior into an automatic habit. Adopting a new habit is a challenging but entirely possible task. Our brains love habits, all that is required of us is to repeat them enough times. 21 days or 66 days, no matter how long it takes, the most important thing is to start!
Teachers at ISU are always looking to improve and learn new things! Last weekend, the Lower School team took the opportunity to prove they are lifelong learners and spent a productive two days participating in the International Baccalaureate workshop - Evidencing the Learning, engaging with the latest developments in educational assessment.

We focused on empowering students through evidencing learning, and explored various strategies to monitor, document, measure, and report on learning. By doing so, we can provide timely and meaningful feedback to our students, helping them to identify their strengths and areas of improvement, and guiding them towards becoming self-directed learners.

The workshop also emphasised the importance of analysing data and evidence to inform decision-making in learning and teaching. Our teachers learned how to strengthen their assessment capabilities and how to provide feedback to feed forward for the next steps. By doing so, they can continue to support their students to become assessment-capable learners who take ownership of their learning journey.

The IB workshop was a productive and insightful two-day experience for our Lower School team. At ISU, we believe that education should be a collaborative process, where teachers and students work together to achieve their goals. We look forward to seeing the positive impact our deeper understanding of assessment will have on our students’ learning experience.

We left with a deeper understanding of assessment, its purpose, and its characteristics. We are proud of our teachers’ commitment to ongoing professional development and their dedication to providing the best possible learning experience for our students.

Charlie Balsom
PYP Coordinator
c.balsom@is-ulm.de
Over the last few months we have been learning about several interesting things in Lower School Eco Council LS. We challenged ourselves to sustainable actions like saving water, using less plastic, saving energy etc. We built insect hotels and participated in the book sale for Ukraine - special thank to Aarav who baked fantastic cakes. Then we decided to build insect hotels and “cook” fat balls which we hung around the playground into the bushes and trees (they are completely healthy - even for us!). We really hope that the birds will like them. The rest of the nuts were given to the squirrels. Our next action will be to upcycle different materials. I’m impressed by how emphasised the students are participating in this Lower School Eco Council.

Verena Bauser-Maier
In the library and during library skills lessons we were doing lots of different activities during the last weeks. In EYP3 we performed puppet shows and fairy tales, listened to stories and did handicraft activities. The Grade 1 students made their own books, labelled them with all necessary information and even wrote their own stories or non-fiction books. They learned how paper is made and as part of the UOI they then created book hands out of trash paper. Grade 2 students listened to books about the past and how writing and books were made in the past and what school was like 100 years ago. Grade 3 students made their own volcano, received little gems and learnt about their meanings. We have now spoken about “where books live” and did treasure hunts with the Dewey Decimal System. In Grade 4 we discovered lots of libraries around the world and their importance for children. They were reviewing the Dewey Decimal system and according to the Learner Profile “Caring” they are helping in the library in lots of different parts with great enthusiasm.

Decorations in the library

Interesting non-fiction books concerning our local community
### For the Lower School

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<th>Book Title</th>
<th>Author</th>
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<tr>
<td>The Boy in the Back of the Class</td>
<td>Onjali Q. Rauf</td>
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<tr>
<td>The Wild Robot Escapes</td>
<td>Peter Brown</td>
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<td>Thea Stilton books</td>
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<td>Heidi Heckelbeck has a Secret</td>
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### For Middle School

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### Younger Readers

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<tbody>
<tr>
<td>My Shadow is Pink</td>
<td>Scott Stuart</td>
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<tr>
<td>I love my Purse</td>
<td>Delle DeMont</td>
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<tr>
<td>How to Grow a Unicorn</td>
<td>Rachel Morrisroe</td>
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We hope the students will enjoy the new books and continue to be such enthusiastic readers!

*Verena Bauser-Maier* (librarian)
*Lindsay Leese* (assistant)
It was fun! It was entertaining! There was lots of action and movement, especially in Gr 3, where we played Musical Multiplication Chairs, and Gr 4T, where we had to do things like bunny hops, cluck like a chicken or star jumps depending on our multiplication of dice numbers. In Gr 4O, we played Salute with playing cards, in Gr 1 we had “I have, Who has,” and in Gr 5 we had to use plus, minus, multiply or divide by rolling dice to reach the magic number 101. Going around and being in the different classes was amazing and reminded us of being in different grades again.

Everyone was very excited about the Coin Challenge. We took bronze and gold coins, put the gold in our buckets and as we travelled put the bronze in the other grade buckets. I think the Student Council will count up the points and we’ll find out the winner at our next Lower School assembly. But really, everyone’s a winner because we will donate the money to the Syria and Turkey earthquake appeal.

All in all, it was a fun way to spend the morning celebrating International Maths Day!

*Cecelia & Jacob*