Newsletter

10.11.2023

Learning to live together - Morning Connection
Duke of Edinburgh’s International Award
Art Fieldtrip - Feeding the Mind - Sport Events
Varsity & U14 Football - Badminton - Volleyball
Toy Drive - Save the Date

Christmas Market
DECEMBER 19—AFTERNOON
Learning to live together

How We React Under Pressure Can Be Telling.

Let us imagine a scenario: it’s the first day of the holidays and you are in a rush to catch a flight. Your taxi driver is late and drops you at the terminal with minutes to go until check-in closes. Your passport slips from your grasp at the counter but the kindly assistant picks it up and returns it to you with a calming smile. You are promised that if you run, you can still make the flight. The stern passport officer takes some time but the security check is smooth (apart from an uncomfortable frisk) and you find yourself at the gate. The attendant shows you to your place and you slump gratefully into your seat. The young couple in front of you are obviously looking forward to their break as they exchange a warm embrace.

Now let’s rewind. Think about every single supporting actor in the mental sketch that just ran through your head. Picture them. Hear their voices. Now tell yourself: what was their ethnicity, gender or orientation?

This exercise is one which helps us to explore unconscious bias. This trait is universal - whatever we may protest, we all demonstrate and experience bias or prejudice in some way. It is influenced by our background, personal experiences, societal stereotypes and cultural context, but it is not fixed.

Our guiding pillar of learning to live together intentionally incorporates learning because it makes explicit the perpetual need for improvement. Right now, we need to get better at recognising our prejudices, and challenging them when we encounter them in our environment.

ISU explicitly aspires to be an inclusive school: we claim that we celebrate our spirit of belonging and a sense of community. Last newsletter, we wrote that “our focus must therefore remain on nurturing a community in which we celebrate each other, appreciating our differences as complementary elements of the ISU DNA.”

ISU aspires to be a truly inclusive school - one in which students do not have to leave elements of their identity at the door. Yet there is still work to be done. We know this because even colleagues - let alone students - feel they must do so because of their experience at school. It is crucial for us to ensure that every member of our global family feels protected from discrimination, and above all respected, valued, and embraced, regardless of their race, skin colour, nationality, disability, gender identity, sexual orientation, beliefs, or other personal attributes.

Rest assured: that work is already underway. Yet it will take time, transparency, and our commitment as a leadership team to evaluating and improving our practices. Last, but by no means least, it will require all in our community to recognise and check bias before we can say with confidence that our school is as inclusive as we would like it to be.

Luke Osborne
Director

Susannah Pal
Director of Finance and Administration

Charlotte Balsom
Lower School Principal

Lee Rawlinson
Middle & Upper School Principal
“How students can spend their summer meaningfully”

Parents of Grade 9 - 12, join us for our next Morning Connection on Tuesday 21st November 2023!
Please sign up by Sunday 19th November, to give us an indication of numbers.
Dear Parents,

We are proud and very excited to announce that we will be offering the Duke of Edinburgh's International Award at ISU. This is an excellent opportunity for our students to learn outside the classroom, develop new skills and extend their role in the community. The DofE award is for any students aged 14 or above.

There will be an information evening on Tuesday 14th of November at 18:30 in the atrium.

We are looking forward to seeing you there.
Grade 9 - 12 Art Fieldtrip
At the end of October, our Upper School Art students went to see some lovely art in Ulm. We saw an exhibition of Mongolian photographers at the Stadthaus, installation work by Carla Hohmeister at the Kunstverein, and paper sculptures by Hannelore Weitbrecht at the Kornhaus Galerie. It was an informative and inspiring trip and I look forward to seeing the influence of these artists emerge in our students’ work.

Ms Thomas

NEWSPAPERS & MAGAZINES

The Art department needs your old newspapers and magazines! We have some exciting sculpture projects coming up and need newspapers for papier mache. Magazines are ALWAYS needed and most welcome - we use these for collage, inspiration and source images. Please drop off any donations in the Art room.

Many thanks
When it comes to the impact of food on children’s mental health and learning abilities, we cannot ignore the crucial role that diet plays in their growth. When they consume balanced and nutritious foods, their bodies and brains receive the necessary nutrients, which help stabilize their emotions, reduce anxiety, and minimize mood swings. Proteins, vitamins, minerals, and healthy fats can provide energy and contribute to emotional stability, assisting children in coping with stress and academic demands.

Here are some specific examples that illustrate how diet affects a child’s mental health:

• Proteins: Adequate protein intake from sources like meat, fish, legumes, and nuts provides the brain with essential amino acids crucial for memory and learning. Proteins can also aid in emotional stability, reducing feelings of anxiety.

• Omega-3 Fatty Acids: Fish, particularly sardines, salmon, and mackerel, are rich in Omega-3 fatty acids, which are vital for brain development and emotional stability. They enhance focus and reduce the risk of depression.

• Vegetables and Fruits: Fresh vegetables and fruits supply vitamins, minerals, and antioxidants that protect brain cells, boost attention, and enhance concentration. Leafy greens and colorful fruits are especially beneficial for mental health.

• Whole Grains: Opting for whole grains such as oats, brown rice, and whole wheat bread provides sustained energy and minimizes emotional fluctuations.

• Sugar and Processed Foods: Excessive sugar intake and processed foods like desserts, candies, and fast food can negatively impact attention and memory. They may lead to blood sugar fluctuations that affect concentration and emotional stability. Therefore, we encourage you to help children develop healthy eating habits, including reducing the consumption of high-sugar and highly processed foods, which can have adverse effects on mood and learning.

Furthermore, the importance of breakfast and lunch should not be overlooked. These two meals provide the essential nutrients and energy children need throughout the day, crucial for maintaining focus and excelling in afternoon classes. Research has shown a positive association between eating breakfast and academic performance. Children who have breakfast are more likely to concentrate, process information more effectively, and perform better in class. Additionally, breakfast contributes to improved memory, which is essential for learning. Similarly, lunch should receive adequate attention, as it offers the energy required for children to remain active and focused in the afternoon, preventing fatigue or distraction.

During this crucial period, we recommend parents and guardians assist children in developing healthy eating habits. This not only benefits their physical health but also has a positive impact on their mental health and learning abilities. Remember, a diverse diet that includes various food types is essential to ensure balanced nutrition.

We believe that through the right dietary choices and healthy habits, children can better cope with academic pressures and maintain emotional stability. Let’s work together to ensure that children can unleash their full potential in academics and life.

Reference:


Dear ISU community, the finale of sports season 1 is right around the corner, and our players are getting ready for their final events.

On November 17th and 18th, our U14 boys football team is going to the Bavarian International School in Munich to compete in their final season tournament. On the same dates, our U14 girls football team is going to compete in their final season tournament, here at International School of Ulm/Neu-Ulm. Games will be across the field, so feel free to show up and support our team.

On November 22nd, 23rd and 24th will be the turn of our varsity boys football team to represent our school in their final season tournament at Berlin International School.

Good luck to all teams and let’s go Wolves!

Alexandre Alves
Athletic Director
October 21st

This weekend the ISU varsity football team played an exciting friendly tournament at ISU against the International School of Frankfurt and the International School of Stuttgart. Our team walked onto the football pitch with a mixture of excitement and a wanting to win. In the first match which we had, we confronted the team of Stuttgart International School, a team that we had already encountered last year. Even though we were not able to win this match, due to, from my perspective, a lack of determination and communication, we had the chance to present ourselves as a stronger team in the match against the International School of Frankfurt. During the break in which the other two teams were playing against each other, the team was able to recover and errors were discussed. This led to us entering our second match with fresh determination, and a new tactic from our coach, Mr Stewart, ultimately making it possible for our team to leave the field having scored three goals. I believe that even though the second match was a true representation of our abilities, I hope that we can grow even further as a team and show ourselves stronger in the coming matches and tournaments.

Johannes
After school on Tuesday ISU U14 boys football team played an exciting friendly game at ISU versus the International School of Augsburg. The boys were very excited about the opportunity to represent their school at home, which gave them lots of energy to do their best. The weather on the other hand was wet, windy and cold which did not allow for great spectator conditions. The boys put in a lot of effort, working hard to put pressure on ISA players and then doing their best to make an impact with the ball, unfortunately they were outclassed by a team that was filled with older players. The boys are making great progress with their technical ability and with continued dedication to the sport will grow as a team. As you can see by the photos there is more to football than winning and both teams showed great sportsmanship.
On the 21st of October, at the Bavarian International School, ISU students gathered for a friendly badminton tournament, marking the inaugural season event. In the realm of sports, tournaments often serve as platforms for fierce competition, skill showcase, and rivalry. However, there are instances when sports transcend competition and rivalry to become a symbol of unity, friendship, and sportsmanship. The Badminton Friendly Tournament of middle and high school students is one such event.

Although the primary focus is on cultivating sportsmanship, this tournament is undeniably a fiercely competitive sporting occasion. Participants from middle and high school levels proudly exhibit their badminton expertise, engaging in high-level competition. This event provides an excellent opportunity for young athletes to nurture and refine their abilities, all while encouraging a commitment to physical activity and the maintenance of a wholesome lifestyle.

Ms Kocharyan
On the 24 October us ISU Highschool Boys played an exciting, nerve-wracking and highly competitive Volleyball game against the International School Augsburg. In a strong first set of 25-15 our communication, teamwork and team spirit lead us to confidently enter the second set with a first set win. Because of Augsburgs motivation we had to deal with giving up the second set by just a few points. With the team spirits a bit down we entered, and finished the third set knowing we would not leave without a victory and ended up winning the final set 15-13, giving us a well deserved and fought for victory. Giving up the second set showed us Wolves we have a lot to work on in the upcoming practices leading up to the final GISST Tournament at FIS.

Henri
A project by Grade 12 CAS students

Aim?
Our aim is to give back to our community in light of the Christmas cheer to ensure that all individuals have something to look forward to these holidays!

How?
We have started a project in collaboration with the organisation of Neue Arbeit which is an organisation that provides work for long term unemployed and disabled people. This makes it possible for people to get jobs who have slim chances to get employed by themselves.

To show our support and efforts for their project we collaborated with Neue Arbeit in Ulm which is present in form of a second hand shop. We will be collecting boxes of unused toys to be able to bring it directly to the shop in which the toys we have collected will then be sold in second-hand stores as part of their work projects.

We hope you will aid us during this project in form of donations as our collective support will become a gift we can share with those around us!❤️
Save the Date

Christmas Market

Save the date!

December 19
Afternoon