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  Head of School

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  Elementary School Principal

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  Secondary School Principal

Upcoming Events

Saturday, March 12
- IGBIS U15/U18 Invitational Basketball tournament @ IGBIS starting at 9:00am

Monday, March 14
- U9/U11 Swim Meet with HELP and NEXUS @ HELP leaving school at 3:10pm

Tuesday, March 15
- U11 Football @ FIS Subang Jaya leaving school at 3:10pm
- U15/U18 Boys Basketball v Fairview \ International School @ FIS Subang Jaya leaving school at 3:10pm

Saturday, March 19
- Primary Athletics at 09:00am (IGBIS)

Wednesday, March 23
- KLISS U15 Girls/Boys Basketball Plate Final @ IGBIS starting at 3:15pm

IGBIS Under 13 girl’s basketball team in action. - 3rd March 2016
Message from Head of School

Mrs. Anne Fowles
Head of School

Dear IGBIS Parents and Community Members,

IGBIS Open Day
IGBIS will be holding an Open Day tomorrow, Saturday March 12 from 10am to 1pm. The programme begins with a school introduction in the theatre led by the senior leadership team, a tour of the school assisted by our student ambassadors and then an opportunity for individual questions while refreshments are served. This Saturday, there will also be a special introduction of the IB Diploma Programme for families who are applying for our IB Diploma Programme scholarships. If you have friends or colleagues that are interested in a premium international school that has a child centred focus through the IB programmes, please ask them to register:

Activities and Sports at IGBIS
This year our sports and activities programmes have really grown thanks to the work of our Coordinator, Ms Jasmine Brawn. During this last week we hosted a swim meet and a basketball tournament on the same day and other events took place during the week both at IGBIS and other venues around the city.

Likewise our house programme is well underway with the first inter-house athletics day and a duathlon taking place this coming Monday morning (March 14). Parents are always most welcome to come and attend these events.

News from Elementary School

Mrs. Claire McLeod
Elementary School Principal

Early Years and Water
Over the last few weeks Early Years classes have enjoyed observing the different properties of water inside and outside the classroom. Outside on the grassed area on Level 1 and in their swimsuits and rash shirts, they had wonderful fun getting wet and pouring water on themselves and on others. However, listening to their questions and watching their excitement as they pondered how water moved from one location to another was fascinating; inquiry in action.

Duathlon on Monday
Our Elementary School students from Grade 1 to Grade 5 are looking forward to the Duathlon on Monday morning next week. Parents are invited to attend and cheer on their children. The event will start at 8am and should be finished by 10am.
Grade 4H Mathematics
As I walked by the Grade 4H class this afternoon I noticed the students and Mr Harvey busy building different types of shapes and I asked for a student report. We made some 3D shapes using 2D shapes that can connect together from the Polydron set. Some of the solid shapes were Stella octangula, octagonal antiprism and truncated icosahedron. We all tried to make a different solid shape but it was not as easy as we thought.

Tired Children on Mondays
Recently I have noticed quite a few very tired children on Mondays and their explanation has been that their weekend was busy and they had late nights. I can understand and appreciate that on weekends we all like to relax and not stick to weekday routines; however, deep tiredness for children can mean their focus and ability to attend and think deeply is affected. I like how Marc Weissbluth MD, in his book, “Healthy Sleep Habits, Happy Child”, shares the value of sleep:

Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain’s battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best.
Ms. Nan Parker
Visual Arts Teacher

Our Early Years students have been focusing on learning to draw. They have been busy inquiring into what features we have on our face. We discussed how our faces have different expressions and how we can draw our mouths and eyes to show happiness or sadness. They can name their face features and are learning to draw them in the right position. The Central Idea for this Unit of Inquiry is: Drawing is a powerful tool that artists use to communicate and provoke thought.

Following on from drawing, the students discovered the properties of clay and how clay changes as we work with it. The Key Concept for their work with clay was Change - the key question being, how is it changing? There was much comparison and discussion about the changes they could see in the colour of the clay and the feel of the clay as they made their faces. They noticed how clay felt when it started to dry. They learnt how to roll the clay with a rolling pin to make a base for their face. They know how to use slip (which is a clay paste made from water and clay), to make their face features stick on top of their base.
Dianti Ranofla  
*PYP-MYP-DP Malay and Host Nation Teacher*

'Selamat Sejahtera'. All grades started learning their third unit in Host Nation lessons. In the transdisciplinary theme of How We Express Ourselves, Early Years 1 and 2 focused on traditional folktales stories around Malaysia. They have been learning to identify the names of animal characters such as “Sang Kancil”, Sang Buaya”, “Sang Belang” and “Sang Monyet”. They also enjoyed singing the folklore song “Jom Chi Chi dan Cha Cha” in Malay.

During Kindergarten’s transdisciplinary theme of How We Express Ourselves, students focused on Malaysian traditional dance. They have learnt how to dance “Ulek Mayang” and enjoyed the whole learning process.

Under the transdisciplinary theme of Where We Are In Place And Time, Grade 1 focus was relationships between past and present. Students have been learning the difference between traditional games from the past and present. Students worked in teams to make their own checkers games and played the games.

Under the transdisciplinary theme of How We Express Ourselves, Grade 2 focus was shadow puppetry. They have learnt the names of characters in “Wayang Kulit” story and enjoyed to make their own shadow puppets. It was exciting work and the students showed great interest, passion and effort.

In the transdisciplinary theme of How We Express Ourselves, Grade 3 investigated Malaysian traditional music. They have learnt the unique differences between traditional instruments and modern instruments by presenting their information through iMovie.

Under the transdisciplinary theme of Sharing The Planet, Grade 4 inquired into Malaysian geographical features. Students have been studied and explored a mountains range, forests, caves, islands and wildlife in Malaysia.

In the transdisciplinary theme of How We Express Ourselves, Grade 5 inquired into the different forms of Malaysian art. Students worked in teams to produce a “Songket” form based from flora and fauna motifs. They enjoyed exploring and using the correct Malay vocabulary to describe the key features of a Malaysian art.

Huei Yin Tan  
*PYP Chinese Teacher*

In Chinese class, Kindergarten have learned “Weeks, Days, and Weather”. In this unit, we learnt how to say the days and describe the weather in Chinese. We learned simple dialogue on asking and answering such as “What day is today?”, and “What is the weather today?”. Also, we have been inquiring into how the weather affects us.
At IGBIS, we try to instill and encourage students to improve their personal discipline pathways throughout their schooling with us. Some students already have a strong sense of personal discipline from external activities such as sports or musical instrument practice, some have come from schools that helped develop academic discipline, and positive family values are evident in all of our students. The IB Learner Profile attribute of Balanced ties in with personal and academic discipline. IB learners strive to understand the importance of balancing different aspects of [their] lives – intellectual, physical, and emotional – to achieve well-being for [themselves] and others. Our teachers and support staff work with our students to provide age-appropriate guidance aimed at helping them understand how to attain balance in their busy lives both in and out of school.

One area that students can struggle with balance is their sleep patterns. When children enter adolescence, their natural sleep cycle shifts so their body is ready for sleep a couple of hours later than before they became teenagers. For most children, this means that they won’t be sleepy until 10-11pm. Research shows that teenagers should be trying to get 9-10 hours of sleep per night. Unfortunately with our school starting time, you can see that these two sets of numbers don’t quite add up. “Catching up” by sleeping longer on weekends is not a valid option as it can disrupt the sleep patterns established during the week and make Monday morning even more difficult. Here are some tips to help you guide your children towards better sleep patterns:

- Try to maintain a regular time for going to sleep, ideally at least 9 hours before needing to wake up.
- Naps immediately after school can help attain the sleep needed daily, but try to make them not too long or too close to the regular bed time.
- On the weekend, try to not wake up more than a couple of hours later than the regular time during the week. This will help develop and maintain a regular sleep pattern.
- Have some quiet time before going to bed. Don’t study or do taxing activities right before trying to get to sleep.
- Doing all-night or very late study sessions before an examination does not help as your body and brain is more likely to make simple mistakes due to the lack of sleep. A planned study and revision schedule and a healthy amount of sleep is the best option.

In our busy lives it can be difficult to maintain healthy routines, but we hope that by working together we can establish awareness of the importance of being balanced.

News from Secondary School

Mr. Lennox Meldrum
Secondary School Principal

At IGBIS, we try to instill and encourage students to improve their personal discipline pathways throughout their schooling with us. Some students already have a strong sense of personal discipline from external activities such as sports or musical instrument practice, some have come from schools that helped develop academic discipline, and positive family values are evident in all of our students. The IB Learner Profile attribute of Balanced ties in with personal and academic discipline. IB learners strive to understand the importance of balancing different aspects of [their] lives – intellectual, physical, and emotional – to achieve well-being for [themselves] and others. Our teachers and support staff work with our students to provide age-appropriate guidance aimed at helping them understand how to attain balance in their busy lives both in and out of school.

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Visiting Theatre Director Works with Senior Students.

Jon Suffolk
MYP Performing Arts and DP Theatre Teacher

On Wednesday 9th March visiting theatre director Mr Christopher Ling and his assistant Mr Tarrant Kwok, from Kuala Lumpur based THEATRETHREESIXTY conducted two different workshops with students in Grades 9 Drama, Grade 10 Performing Arts and Grade 11 IB Theatre classes.

In the first workshop all these students worked together in an acting class where they explored developing focus and ensemble skills. This workshop helped the students understand the need for high levels of concentration, awareness of the working space and how to work as an ensemble silently.

The second workshop was specifically for the IB Theatre students. In this workshop they discussed the role of the director. This workshop will assist the students as they develop their own Director’s Notebook using a chosen text as part of the IB Theatre course.

It is hoped that there will be more workshops with Chris and Tarrant in the future as we develop a working relationship with THEATRETHREESIXTY.
**Arts Extravaganza**

**Glen Fleury**  
*Whole School Arts Leader*

On Wednesday the 23rd March the Secondary School Arts department will be presenting an evening of the Arts. On one evening we will have two excellent Arts events. At 6pm in the theatre the Secondary School production ‘A Dream’ will be presented for parents and members of the school community.

**IGB Secondary School Drama Company’s “A DREAM”**.  
This year’s production, “A DREAM”, is a compilation of contemporary scripted and group devised scenes linked together by this theme and uses a range of modern theatrical techniques to entertain and provoke thought from the audience. The small cast has been working on the production since last year. Movement, mime, masks and a touch of Shakespeare, to celebrate the 400th year of the bard's death, combine for an entertaining production.

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**IGB International School Diploma Programme Visual Arts Exhibition**

The DP exhibition is an accumulation of the past 18 months work for our first set of graduates. The exhibition is a celebration of Miki, Laavanya, Grace and Isabelle’s individual processes. The work demonstrates their personal styles, exploring themes important to them such as autobiographical work, expectations and perceptions of women both culturally and globally, and mass medias influence on our world. Also displayed will be selected works from Grade 11 students, Anna, Alfiah, Hayato, Jeffery, Yin Xzi, Yuto and Zoe. They have created works based around similar concepts but with vastly different outcomes.

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We would like to invite all members of the school community to come and share in these events and enjoy the hard work of all the students involved. There will be light refreshments available on the 3rd floor following the Secondary School production just before the official opening of the DP Visual Arts Exhibition. Please come and support both of these excellent Arts events.
Grade 6 and Grade 7 students have been working in partnership with the Myanmar Refugee Children’s Education Center (MRCEC) in Sungai Buloh. Our Grade 6 students work together with MRCEC students playing games and sports and swimming together at IGBIS. Our Grade 7 students organise and lead collaborative learning activities with MRCEC students. 7K has been hosting older MRCEC students at IGBIS and 7B has been traveling to MRCEC to work with their younger students.

MRCEC elementary school (Desmond, Nadir, Ryan)
When we went to the MRCEC school for the first time, it did not look like we were going to a school because there were restaurants and car shops nearby. It looked like we were going to a low-rise apartment because the school was on the third floor and the shops were below. It was hard work to get up to the third floor because there were so many stairs. When we saw their school, we could see that they were not very wealthy, but they have worked hard to create their classrooms. When we stepped inside the school and saw the children’s faces, their expressions told us that they were excited to spend time with kids that have not shared the same background as them.

How we planned and led the activities (Emily, Jesse, Phebi, Wei Wen)
On the day before we left to go to MRCEC, we brainstormed and planned ideas on what to do when we got there. We had many ideas but we narrowed it down to a few ideas that were most suitable and realistic. We thought about space, time and age range of the children that we are going to work with. The next day, we went to MRCEC and put our plan into action, we decided on a rotation program for each of the 4 activities at 10 minutes each. The activities that we planned were reading, drawing, playing games and question bottle. We had different people doing different jobs like explaining how the game works and being the timekeeper. After 40 minutes, we all came together for the whole group game of “Duck Duck Goose”. After the game, we thanked MRCEC for letting us to come and enjoy spending time with their students and we went back to IGBIS.

What we learned about the MRCEC children (Hubert, Jordan, Marvin)
The first time we went to visit the children, they were quite shy, but they still got involved in activities and gave things a try. The second time we visited them, we could see that they were excited and are more comfortable with us. We learnt that the children had fun with us although they may have gone through a lot in their past. They were also willing to learn more. The children are fast learners and they are able to understand concepts really quickly. Other than education, they were really strong, they could run very fast. Each of the children have different talents, such as drawing, singing, playing sports and many others.

What we learned from this service activity (Feline, Izzy, Nyneishia, Ro Xzi)
During this service activity we learned that the Myanmar refugees kids mostly knew some English so this made it easier to collaborate with them and that also helped us develop our own collaboration skills. They knew the numbers in English, and when we were explaining the activities to them they mostly understood and they followed us with a happy attitude. And then we learned that kids still can be happy no matter what background they have. It made us really happy when we interacted, laughed, and played with them. This activity has opened our eyes on how the world can be, and different parts of the world are different from where we are. We learned that we can work with other people who come from different backgrounds and get to know each other through fun and games. We also had a fun time planning this activity, we had to think about how we could interact with them, we also had to think about what activities would be best for the children.
On Tuesday, March 8th, IGBIS hosted FISKL in a sports extravaganza with U11 Football, U15 & U18 Basketball and Secondary Swim Meet that also included the likes of HELP International School and ELC. It was a fabulous day of games for our school. We are continuing to build strong relationships within the international schools community to provide the competitive opportunities our students require to become the best they can be through sport.

This Saturday, March 12th is our second annual IGBIS Invitational Basketball Tournament. We will be hosting 16 teams from Kuala Lumpur and Ipoh. U15 and U18 boys and girls events will be running throughout the day. With more than 40 games on the schedule it should prove to be an action packed day.

On Monday, March 14th our Elementary School Swim Squad travels to HELP International School for their first competitive swim meet on the road. They will be competing against Nexus and HELP in preparation for their KLISS meet in the coming months.

On Monday, March 14th students in Grade 1-11 will be participating in the second house team event for the year. The PE department will be hosting a Duathlon (swim and run) where finishers will gain house points for their team. This is a chance for us to come together again as a school community and celebrate school spirit through a competitive event.

The students have been placed into A, B and C races based on ability with the start being in the pool and finish line on the track. The Elementary School students will have their races first thing in the morning between 8-10am and the Secondary School students will compete between 10:30am-12:30pm. The schedule of events is expected to run as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30</td>
<td>G1-3C</td>
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<tr>
<td>8:45</td>
<td>G4-5C</td>
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<tr>
<td>9:00</td>
<td>G1-3B</td>
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<tr>
<td>9:15</td>
<td>G4-5B</td>
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<tr>
<td>9:30</td>
<td>G1-3A</td>
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<tr>
<td>9:45</td>
<td>G4-5A</td>
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<tr>
<td>10:45</td>
<td>G6-8C</td>
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<tr>
<td>11:00</td>
<td>G9-11C</td>
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<tr>
<td>11:15</td>
<td>G6-8B</td>
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<tr>
<td>11:30</td>
<td>G9-11B</td>
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<tr>
<td>11:45</td>
<td>G6-8A</td>
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<tr>
<td>12:00</td>
<td>G9-11A</td>
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</table>

Please feel free to come along and support our students as they push themselves and compete for house points in a fun school event. To view the swim we ask that parents come to Level 3 overlooking the pool and can then go upstairs to Level 6 to view the finish on the track.

Thank you for your support in helping make this event another success for our students.

On Tuesday, March 15th our U11 Football, U15 & U18 Boys Basketball will be traveling to FIS Subang Jaya for games in the KL Sports League.

Next Saturday, March 19th IGBIS will host KLISS Primary Athletics for U9 and U11 Track and Field competitors. All our students from Grades 2 - 5 are invited to participate. We would like to have a great Phoenix showing at our home event.
Wayne Demnar  
Admission and Marketing Director / International Day Coordinator

There has been lots of work going on behind the scenes as we prepare for this year’s International Day celebrations on April the 9th. Below you will see the names of the parents who have volunteered to coordinate the various national displays/activities or food samples. If you would like to assist in any way, please contact the coordinators, as I’m sure that they would appreciate any help that was offered.

Embracing our diversity, Sharing our Humanity, Thank you

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Ross Greene says that “they would if they could.” This phrase captures one of the themes of the Special Educational Needs In Asia (SENIA) 2016 conference that several members of our Student Support Team attended a couple of weeks ago. Dr. Peg Dawson, a school psychologist from the United States and the author of “Smart but Scattered” shared with us some information and strategies on how to support a child's executive skill development.

Executive skills are all the tools you need to execute a plan, and in this case the plan is getting homework done. These skills develop at different times, for example the first two (response inhibition and working memory) develop around 2 years old, whereas the last two (time-management and goal-directed persistence) are not fully formed until well into a person's 20s. Please refer to this chart for some tips to help your children strengthen these skills.

<table>
<thead>
<tr>
<th>Executive Skill</th>
<th>Strategy</th>
</tr>
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<tbody>
<tr>
<td>Response Inhibition</td>
<td>Practice “wait” and “stop” at increasing intervals in daily activities</td>
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<tr>
<td>Working Memory</td>
<td>Remind kids what they can do when they get stuck</td>
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<tr>
<td>Emotional Control</td>
<td>Teaching self-talk to manage the emotion</td>
</tr>
<tr>
<td>Flexibility</td>
<td>Teaching the difference between a “Big deal” vs. “Little Deal”</td>
</tr>
<tr>
<td>Sustained Attention</td>
<td>Shoot towards a “personal best” and then increase gradually</td>
</tr>
<tr>
<td>Task Initiation</td>
<td>Work together to identify a start time. “What time do you plan on cleaning your room?” instead of “Clean your room today.”</td>
</tr>
<tr>
<td>Planning/Prioritization</td>
<td>Give structure and templates for long-term projects</td>
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<tr>
<td>Organisation</td>
<td>Help children establish a system and stick to it.</td>
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<tr>
<td>Time-Management</td>
<td>Predict, measure, and reflect on the time it takes to do tasks</td>
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<tr>
<td>Goal-Directed Persistence</td>
<td>The goal doesn't have to be academic; encourage them to save for something.</td>
</tr>
<tr>
<td>Metacognition</td>
<td>Talk about connections</td>
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