



DIRECTOR'S MESSAGE

Marshmallows: The Key to Success?

In the 1960's a psychologist at Stanford University named Walter Mischel performed a simple experiment with profound results. Walter gathered a group of four year old children and took each one into a room one at a time. He placed a marshmallow in front of the child and explained that he or she could choose to eat it at any time. However if they waited for him to return from an errand, he would give them a second marshmallow and they could have both. If they did not wait to eat the first one until after he returned, they did not get the second marshmallow.

The "errand" took approximately 15-20 minutes and during that time the researchers noted which child was unable to wait (some not even lasting a few seconds after Walter left the room) and which ones could hold out until he returned. The fascinating data from this study however was not what happened in the room that day. In 1990 three other researchers did a follow-up study on those exact children to compare the children who had been able to wait that day and those that could not. The results were astounding. The children who had the self-discipline to wait were more positive, self-motivating, persistent in the face of difficulties, and more able to delay gratification to achieve their goals. In essence they had developed the important habits of successful adults. The children who did not wait were more troubled, stubborn and indecisive, mistrustful and less self confident. Along with that, the marshmallow test became a predictor of academic success as those who waited scored an average of 210 points higher on the SAT than those that did not.¹ Who would have thought that a marshmallow could actually be an excellent predictor of a child's college entrance exam – in fact twice as good as an IQ test.²

Teaching our children self-control and self-discipline is one of the most important character traits we can give them to ensure success. In his book "*Say Yes to No*" Dr. David Walsh explores the idea that the current generation of parents are not preparing their children for life because they have forgotten to use the word "NO" from time to time - that we are a "YES" culture of instant gratification that is setting our children up for many difficulties and troubles and possible failure as adults. Walsh states that "No is even more important for children and teens than Yes. No builds a foundation for self-discipline, self-respect and respect for others, integrity, perseverance, and a host of other character traits that lead to a happy, productive life."³ He goes on to ask the questions, "What kind of adult do you hope your kids will become? What admirable traits do you hope they will have?"⁴ He continues to ask more questions when he states, "It's human nature for us to want to keep our kids smiling and cheerful. But you know what? If our kids never get mad at us or get frustrated or become disappointed, that might be a warning sign that we aren't doing our job as parents. How will our kids learn to deal with frustration and disappointment if they don't have any practice? How will our kids learn self-discipline if you don't teach

them? It is your job to teach these important life lessons by saying no. If not you, then who? And if not now, then when?"⁵

I would encourage parents to consider reading Dr. Walsh's book. It is available for purchase online at [Amazon](#) and [Barnes & Noble](#) as well as available for download as an e-book. This book is becoming the cornerstone of a grass roots movement in the U.S. with whole school districts, towns, cities, and even states taking on the call "Say Yes to No" campaign. You can learn more about this at the following website:

<http://www.sayyestono.org/>

Next week we will take a look at this subject more in relation to our recent discussion about media and look at why it is becoming so hard for parents to say no in a culture that has made "no" a four letter word.

Have a great weekend,

[Karl Steinkamp](#)

Director

¹ http://www.parents-choice.org/article.cfm?art_id=164&the_page=consider_this

² <http://www.kaganonline.com/KaganClub/FreeArticles/ASK14.html>

^{3 & 4 & 5} Walsh, D (2007). *Say Yes to No*. New York: Free Press.

HIGH SCHOOL NEWS

This past week I had the pleasure of travelling with our band students to the International School of Bangkok where we participated in a Massed Band Festival. The guest conductor Mr. Mick Moses led over 160 young musicians from four International Schools. Our students attended practice sessions most of the day Friday and Saturday morning and then participated in a Gala Concert Saturday afternoon. At the Gala Concert each of the schools showcased their bands and then Mr. Moses directed the combined mass band of 160 musicians. Our students enjoyed the experience of playing with students from other schools and were amazed at the quality and volume of the sound produced and the variety of the instruments being played, particularly in the percussion section. When our students were not involved in the festival they were busy with other activities. We travelled by boat down the Chao Phraya River and into the canals of the city. We toured a snake farm and mini zoo, toured Chinatown by bus, toured the Wat Poh Temple, dined on the 87th floor of the Bai Yoke Tower and shopped at the Chauchak Market. We were graciously hosted for two nights at the Alliance Guest House where the food was plentiful and delicious. My thanks to Kerry Mahoney for organizing such an exceptional educational and cultural experience for our students and to Brian Weidemann, Vi Steinert and Shauna Archer for chaperoning.

Parent Teacher Conferences for the High School are being held on October 30th in the Chapel from 7:00 pm until 9:00 pm. Parents and/or guardians have an opportunity to meet individually with the teachers and discuss their child's first quarter academic progress. Report cards with first quarter marks and comments will have been delivered by mail prior to the evening. I look forward to seeing you at this very important evening.

[Fred Colburn](#)

High School Principal

ELEMENTARY NEWS

Report cards will be mailed early next week and Parent-teacher conferences will be held this week on Thursday the 25th. There will be no school for students on this day. On Monday we will be sending home with your child a letter that tells you when you have been scheduled to meet with the teacher. Meetings will be 15 minutes long and will give teachers a chance to share their observations about your student. Teachers will also have copies of the report cards for you if you have yet to receive yours in the mail. It helps the day run smoothly if you arrive on time and keep meetings to the 15 scheduled minutes. If more time is needed to talk about an issue, please feel free to arrange this for another time with the teacher. Meetings with a “specials” teacher (art, music, library, PE, computer) can also be arranged on Thursday if needed. We appreciate your time and effort coming to these meetings and partnering with us in the educational process. See you then!

[Brian Brewster](#)

Preschool-Gr 8 Principal

SCHOOL DEVELOPMENT NEWS

Have You Looked at Our Results?



Hopefully by now you have received the **Results 2007** booklet in the mail highlighting our school achievements during the 2006-2007 school year. Please take time to look at it and let me know if you have any questions or comments.

Many of you mentioned in the Annual Parent Survey last school year that you would like to know more about the **goals and vision** that we have for Dalat International School. Those are included on the 2nd page of the book. It states who we are and where we want to go. Enjoy the

book! There is a lot to be proud of.

[Larry Chinn](#)

Director of Development

THIS WEEK

Wednesday, 24 Oct	6.30pm Prayer Meeting
Thursday, 25 Oct	Elementary School/Teacher Conference
Friday, 26 Oct	9 th Grade Class Activity
Saturday, 27 Oct	10 th Grade Class Activity

Sunday, 28 Oct

6.30pm Community Praise &
Worship in the Chapel

THIS WEEK'S MENU

Monday	Chicken Pot Pie Sandwich Bar - PB&J, Fried Rice Salad Bar, Dessert - Ice Cream Milk/Milo
Tuesday	Saffron Chicken Pullao, Baked Fish with Chutney, Veggie Sandwich Bar - Tuna Salad and PB&J, Salad Bar, Fruit, Juice
Wednesday	Hot Dogs, Baked Beans, Asian Noodles Sandwich Bar - Chicken Salad and PB&J, Salad Bar, Fruit, Milk/Milo
Thursday	Shredded Pork Sandwiches, Asian Noodles Sandwich Bar: Ham & Cheese and PB&J, Salad Bar, Fruit, Juice
Friday	Minestrone Soup with Rolls, Asian Noodles Sandwich Bar: Egg Salad and PB&J with Homemade Bread, Salad Bar Milk/Milo

PTO

INTERNATIONAL FOOD "TAKE AWAY" DAY - Nov 2nd 2007

The PTO is going to have a new kind of Food Fair this semester. Due to the persistent rainy weather, we will be packing all the food in take away containers, so you have the option of enjoying the food in the comforts of your dry home.

There will be a general meeting next Wednesday, October 24, at 8:30am in the Elementary Music Room to discuss details of this event.

Event: **GENERAL MEETING**

Date: **Wednesday, October 24 2007**

Time: **8:30am**

Agenda: **International Food Take Away Day**

- What it is
- What needs to be done
- What will the proceeds be used for

Please support us by donating food for this event. Contact your group leader if you are able to help prepare food or volunteer your time.

Any questions feel free to contact pto@dalat.org

FROM THE ATHLETIC DIRECTOR



Varsity Boys: Coaches Mike Holden & Brian Merusi took their boys to City Stadium on Wed to entertain the lads from the Junior Soccer Association of Western Australia. The U15 Aussie Club managed 5 goals to our 1. Weather was nice & cool & the rain held off. Thanks to Chris Kim for organizing a fan coach & special thanks to the fans who showed up to support the team! Coaches & players really appreciate it lah!

ISKL Tourney:

Oct 19th & 20th: HS Girls & Boys are heading to the annual Soccer tourney @ International School of Kuala Lumpur.

Dalat Basketball Tourney

Nov 16th-17th: HS Girls – Confirmed: Alice Smith; Garden; Uplands; PCGHS & Dalat. Nov 30th – Dec 1st: HS Boys – Confirmed: Alice Smith; Garden; Uplands & Dalat.

Oct 22nd: Next week we begin our 2nd sports season here at Dalat. Students have had the opportunity for the past 10 days to view the practice schedule including the names of our volunteer coaches responsible for each sport. It is our desire to ensure that every student have the opportunity to participate in some form of extra-curricular activity, be it sports or otherwise. Let me know if you have any questions. I may have some answers/ideas for you.

Since Basketball season is upon us again I thot it appropriate to include 1 of my favorite little stories from B'ball great **Dick DeVenzio**:

The Little Layup Shooter

Would you call him a failure?

He was a little kid & he couldn't quite raise the ball to the basket. He put the ball way down by his hip & pushed with everything he had. But the ball just wouldn't get over the rim. Still, he stayed there all alone, flinging that ball upward again & again. He never did make one that day. But he stayed there a long long time. ☺

That's all for this week folks...6 Dalat staff members & 36 student athletes are off to the land of the Twin Towers to engage in a little internationally friendly football. Wish us luck eh!

[Gerry Steiert](#)

PE Dept HP 012-430-6896

MUSIC DEPARTMENT

Praise & Worship *Sunday, 28 October @ 6:30*



Greater is He...

What a great God we have! Sometimes we can feel so overburdened, even “under attack,” but God offers us the resources to overcome every challenge.

We have an Enemy who wants us to feel discouraged, frustrated, and angry—at odds with others and with God. But God’s power and love are far greater than anything Satan can dish out.

The entire Dalat community is invited to join the Dalat Ambassadors for an hour of Praise & Worship on Sunday evening, October 28, at 6:30 PM in the Chapel. Let’s praise God for the power, peace, and protection He pours into our lives!

“Greater is He who is in you than he who is in the world.”

--1 John 4:4b--

CHARITY AND COMPASSION

It is in giving that we receive.



Are you looking for a service project that you and your family can be

involved in?

St Nicholas Home is looking for volunteers to help raise awareness during White Cane Day on Saturday, Nov 3rd from 8:00am to 12:30pm. They need approximately 100 sighted guides over the age of 13 to assist the blind participants as they hand out flyers at the Esplanade. It involves a simple 2.4 km walk and past experiences have proven to be very inspiring.

If you would like to be involved in this please let me know ASAP at 012 430 2231

We are still accepting cash, food, household items and clothing. You can drop off donations at the C & L C office or contact Beth Steiert bsteiert@dalat.org my office is located to the left of the guard house when you come on campus.

Please remember our 6 adopted families with prayers and donations of food items.

Where Charity & Love exist, God is there.

Thank you for your donation

MOVIE REVIEWS

Movie Reviews

19 October, 2007

<u>Movie</u>	<u>Rating</u>
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Acceptable

The Last Legion	US-PG13, MY-U
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Sequences of intense action violence.

The Seeker: The Dark is Rising	US-PG, MY-U
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Fantasy action and some scary images

Not Acceptable

Bourne Ultimatum	US-PG13, MY-U
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Extreme violence and some intense sequences of action. Some inappropriate language.

I Now Pronounce You Chuck and Larry	US-PG13, MY-18PL
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Crude sexual content throughout, inappropriate images, language and drug use

Resident Evil: Extinction	US-R, MY-18PL
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Strong horror violence throughout, inappropriate images

Larry Chinn

lchinn@dalat.org

DIS DAILY BULLETIN

The Dalat International School Daily Bulletin contains announcements for students, staff, and parents. You can subscribe to receive the bulletin by email. To subscribe simply send a blank message to DALAT-BULLETIN-SUBSCRIBE-

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DIS INFORMATION

Online back issues are available at <http://www.dalat.org/news.html>

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