



DIRECTOR'S MESSAGE

No, it's Bed Time

Over the last two weeks we've discussed the idea that "No" is not a four letter word. This is a concept presented in a new book by Dr. David Walsh that explains the benefits to our children if we do not always say yes to our children's wants and demands.

One area that I want to touch on that directly relates to this subject is the issue of sleep. I would suggest to parents that they consider saying no to late nights and going to bed any time the child wants. First let me just give some basic statistics and facts that clearly point out that allowing your child to stay up to late will directly impact his or her ability in school:

- Sleep deprivation can impair memory and inhibit creativity making it difficult for sleep deprived students to learn. Teens struggle to learn to deal with stress and control emotion -- sleep deprivation makes it even more difficult. Irritability, lack of self confidence and mood swings are often common in a teen, but sleep deprivation makes it worse. Not enough sleep can endanger their immune system and make them more susceptible to illnesses. (<http://www.stanford.edu/~dement/adolescent.html>)
- Many studies have shown that sleep deprivation adversely affects performance and alertness. **Reducing sleep by as little as one and a half hours for just one night reduces daytime alertness by about one-third.** (<http://my.webmd.com/content/article/62/71838.htm>)
- Too little sleep leaves us drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability to carry out math calculations. (<http://www.infoaging.org/1-sleep-02-need.html>)
- A study by the American Medical Association found that students who got eight hours of sleep or less a night were more forgetful, had the most trouble learning new lessons, and had the most problems paying attention. "Getting them to sleep on time is as important as getting them to school on time," said psychologist Gahan Fallone, who conducted the research at Brown Medical School. (<http://www.cnn.com/2005/EDUCATION/11/11/sleepy.students.ap/index.html>)

When a student does not get adequate sleep it directly influences his or her ability to function well in the classroom, makes it harder to manage stress, and can lead to emotional behaviors such as irritability, aggression, and hostility. Without some adult intervention students can run themselves almost literally into the ground. A bedtime or curfew will most likely not be a popular idea when first implemented (saying no will not make you popular with your kids) but the benefits of adequate sleep could make a significant impact on how well they do in school both academically and socially.

So why am I so concerned about the issue of sleep? Simply because I am amazed at how many students are not getting adequate sleep. Teachers have done some straw polls in their

classrooms for me and as many as 2/3 of the students (in high school) are getting less than 4-5 hours of sleep. I can definitely say that those students will not learn very well with such little sleep. What is also concerning about this information is that these students are developing sleep and work habits that they will carry on into their adult life which will continue to hinder their ability to learn and perform well in school and or in their jobs.

So what about all the homework Dalat gives isn't that part of the problem? Well first of all we do believe that we need to challenge our students academically and this can result in times of increased work outside of school. But I have learned to ask a very simple question when students complain about staying up so late to get their homework done, "What time did you start doing your homework?" When a student tells me he or she was up to 3:00am doing homework I then ask what time they started on the homework. The answer often is "Well, . . . about 11:30pm." So yes the student did have a lot of homework but the 3:00am bed time was not a direct result of the homework but all the other stuff done earlier in the evening. This is again is where a parent could step in with a very important no. . . "no, you must do your homework first before _____ (surfing the internet, talking on your cell phone, watching TV, listening to your IPOD, watching a DVD, chatting on SKYPE, adding to your Facebook, etc.)." Dalat encourages students to be involved in extra-curricular activities and to strive for academic excellence which can make for a busy schedule. However, when students are staying up very late working on homework, a quick look at their earlier activities could indicate ways to increase their ability to get more sleep but may result in an important "no" coming from mom and dad.

Dalat believes in partnering with parents in the education of their children. One important way parents can support the educational mission of the school is by helping their children get the sleep they need to be at their best each and every school day. I believe you'll find the rewards far worth the effort and your son or daughter will reap the benefits of an alert, well-rested, healthy mind.

Have a rest-filled weekend,

[Karl Steinkamp](#)

Director

HIGH SCHOOL NEWS

It was good to see the number of parents who attended the "Parent Teacher Conferences" this past Tuesday evening. Your attendance is showing your child that you value their learning and are interested in what they do. You are also showing your child's teacher that you are interested and prepared to participate in and support your child's learning. I would encourage you to talk to your child about the interview.

Stress the positive things the teacher said and how you and the teacher are going to work together at improving your child's learning. Stay involved in the life of the school and classroom to better support your child and others in the school. Effective and regular two-way communication between the home and school through parent-teacher interviews, report cards, PowerSchool, agenda books , parent involvement and school support will enhance the partnership between us.

I would very much like your suggestions on how we might improve the evening in the future. Please e-mail me at fcoburn@dalat.org or visit with me on campus and share your thoughts. Thank you again for your participation and support.

[Fred Colburn](#)

High School Principal

MIDDLE SCHOOL NEWS

I spent some time in band class today as a casual observer. I watched the sixth graders struggle with their unwieldy horns, sometimes producing music and other times not. The strain on their faces was evident as they struggled to make each instrument work. I never had the opportunity to be in band as a kid and I had a real longing to pick up an instrument and join the students at the challenge. Lucky for everyone, I refrained for doing this. I wish that many of you could see what I see in the classrooms around campus...children learning to use the gifts God gave them and finding talents they didn't know they had. Hopefully we were able to share a little bit of the joy of teaching your children with those parents who joined us for parent conferences. Thank you to all of the parents who took the time to come to parent-teacher conferences. Your effort to partner with us in the educational process is appreciated and valuable. If you missed the conference or were unable to make it for any reason, please feel free to contact teachers to arrange a time to meet and discuss your child's progress in school.

[Brian Brewster](#)

Preschool-Gr 8 Principal

SCHOOL DEVELOPMENT NEWS

Overall You are Very Satisfied!



I want to continue to draw your attention to the **Results 2007** booklet that was sent to all Dalat parents the last few weeks. The last section features results from the Annual Parent Survey and the response from the School Management Team. The results were very positive!

I would like to draw your attention to a few of the results including a 92% Satisfaction score regarding preparing your children for their next grade level, 88% Satisfaction on rating the quality of education at Dalat, 78% Satisfaction on how well Dalat is preparing your child for university, college or vocation after high school and **88% Overall Satisfaction of Dalat International School.**

We still have work to do but as we work together with you in the coming months and years we plan to continue to make Dalat a better place for you and your children.

[Larry Chinn](#)

Director of Development

THIS WEEK

Wednesday, 7th November 6.30pm Prayer Meeting

Thursday, 8 th November	Public Holiday - School Close
Sunday, 11 th November	Dalat Ambassadors Worship Team at St. George's Anglican Church, 10.30am

THIS WEEK'S MENU

Monday	Irish Beef Hotpot Stew, Wheat Rolls Asian Noodles Sandwich Bar - PB&J, Fried Rice Salad Bar, Ice Cream, Milk/Milo
Tuesday	Chicken Rice, Stir-fried Bok Choy Sandwich Bar - Tuna Salad and PB&J Salad Bar, Fruit, Juice
Wednesday	Banana Leaf Sandwich Bar - Chicken Salad and PB&J, Salad Bar, Fruit, Milk/Milo
Thursday	Public Holiday - School Close
Friday	Cheese Pizza, Asian Noodles Sandwich Bar: Egg Salad and PB&J Salad Bar, Fruit, Milk/Milo

FROM THE ATHLETIC DIRECTOR

Basketball @ Uplands: Our U13 Boys & U14 Girls will be traveling with me to Uplands on Tues, Nov 6th to help Uplands prepare for their upcoming FOBISSEA games later this month. Boys 3:30 & Girls 4:15; Batu time.

Greg Stenlund & Karl Steinkamp will be taking the U18 boys on this day in time for a 5:00ish game.

HS Girls Basketball:

Sat, Nov 3 - 2:00 CTSP @ Dalat Girls; 3:00 CTSP @ Dalat #2 Boys with Clay Moss.
Thurs, Nov 8th 4:00: Uplands @ Dalat Girls Kerry Mahoney & myself

Dalat MS/HS Track & Field Meet

Wed, Nov 14th sees us return to USM Stadium for a day of Track & Field events for the entire grade 5 – 12 student population, totaling 281 students. The plan is to leave Dalat asap in the morning (8:20 at the latest) & return as close to 4:00 as possible, traveling via big bus lah!

Dalat Basketball Tourney

HS Girls – 10 teams confirmed, including the top 4 MSSPP State teams from last year: PCGHS; Union; Heng Ee & Dalat. Also joining us are Berapit; Alice Smith;

Garden; ISKL; Uplands; Bukit Mertajam
HS Boys – 8 teams confirmed: Alice Smith; Garden; Uplands; ISKL; Georgetown;
Heng Ee; St. Xavier & Dalat.

PTO Fundraiser Proceeds:

Very soon on each of the 2 end walls of the gym you will see a new verse painted for all to see, courtesy of some proceeds graciously provided by the PTO from their fundraiser in June of this year. The verse paintings were designed to complement the newly installed banners which were also made possible through PTO donations.

1829:

“It looks like a year, but it’s not. It’s a ratio – the diameter of the rim (18 inches) to the diameter of the ball (9 inches). Eighteen to nine. 18 to 9. The rim is SO much bigger. You have to wonder how anyone ever figured they missed some crucial shot by only an inch.” Dick DeVenzio ☺

That’s all for this week folks...Don’t forget to mark your calendars for the basketball tourneys!

[Gerry Steiert](#)

PE Dept HP 012-430-6896

MUSIC DEPARTMENT

MAKING A DIFFERENCE



The Dalat Ambassadors Worship Team will be **“making a difference”** next Sunday, November 11th, by leading worship and a children’s ministry at St. George’s Anglican Church in downtown Georgetown. St. George’s is the oldest Anglican church in Malaysia, and two services are held each Sunday morning in their historic building at 1 Jalan Lebu Farquhar. The Ambassadors will be assisting with their 10:30 AM contemporary service.

CHARITY AND COMPASSION

It is in giving that we receive.



Charity & Compassion

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I received a visit this week from Pastor Theva. He showed me pictures of a celebration that was held on October 20th in recognition of the service and social work efforts that he gives to the community. He credits this award to the people who help him especially the supporters of Charity & Compassion.

We are still accepting cash, food, household items and clothing. You can drop off donations at the C & C office located to the left of the guard house when you come on campus.

Saturday, Nov 3rd, is the St Nicholas Home, White Cane Day from 8:00am to 12:30pm.

Saturday, Nov. 10th will have the presentation of van to Chrystal Home in Taiping.

If you would like to help out either financially or physically please contact Beth Steiert bsteiert@dalat.org 012 430 2231

Stay tuned for upcoming C & C Christmas projects!

Where Charity & Love exist, God is there.

Thank you for your donation

MOVIE REVIEWS

2 November 2007

Movie	Rating
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Acceptable

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

Stardust	US-PG13, MY-U
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Fantasy violence and risqué humor. High School only.

Not Acceptable

1408	US-PG13, MY-18PL
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Horror violence, inappropriate images and language

30 Days of Night	US-R, MY-18SG
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Strong horror violence, inappropriate language

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

Shoot 'Em Up	US-R, MY-18SG
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Graphic violence and inappropriate sexual content

Shrooms	US-NA, MY-18SG
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Strong horror violence, drug use.

Larry Chinn

lchinn@dalat.org

Baby Shower for Lyn Holden



DEEPAVALI - SCHOOL HOLIDAY

On the school calendar for this semester the Deepavali holiday next Thursday (Nov 8th) is listed as a public holiday but not as a school holiday. This announcement is to confirm that **November 8th will be a school holiday for our students.** We apologize for the late communication of this to our parents and any scheduling problems this may have caused but hope that this day off will allow families to spend this national holiday together.

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-REQUEST@netpals.lsoft.com.

DIS INFORMATION

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

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