



“The Overseas School of Colombo, an *IB World School*, is committed to guiding our global community toward international and intercultural understanding. OSC develops the whole person as a responsible learner, striving for personal excellence within a culturally diverse environment.”

## A Holistic Education for Global Success

### Head of School

Congratulations to Heidi Dean and all of our primary performers, teachers and support team of parents, seamstresses, make-up artistes and staff for the outstanding production of “Hansel and Gretel.” What a spectacular, enjoyable and visually pleasing performance! Our students have once again shown us what they can do and the result was stunning. Well done, everyone and I’m very sure the Friday evening performance will be as good as the first one was.

We have two important parent evenings coming up next week – the first, a focus group of Sri Lankan parents will meet on Tuesday evening, November 5th in the secondary learning resource centre to share our ideas about the school from the particular point of view of our Sri Lankan community. We look forward to a good discussion. If you as a Sri Lankan parent have not yet RSVPd for this event, please do so through Marian at [admin@osc.lk](mailto:admin@osc.lk) Nibbles and drinks will be served.

Secondly, our PTA is sponsoring a “Coffee With Content” evening on Wednesday, November 6<sup>th</sup> also in the secondary learning resource centre. The topic for the evening is “Raising a Child in Colombo” at which we will discuss topics like clubs, curfews, drugs and alcohol availability, and pocket money for our adolescents who like to go out to parties and other events in the city. This will be an opportunity to share what you know and how you handle things with the adolescent in your family. We look forward to a good turn-out for this discussion. Nibbles and drinks will be served.

We are fast approaching the CHOGM week when we may expect some difficulties getting around the city due to blocked roadways. For your information, our campus field, outdoor basketball court and pool will be open daily from 7:30 – 4:30pm that week for family use. Please note that there will not be staff supervision of children

who come to use our facilities and parents are responsible for student behaviour while on campus. Students up through Grade 8 should be accompanied by a parent, while students in Grades 9 – 12 may come without parents, provided their behaviour is appropriate. Students of any age who misbehave on campus may be asked to leave by our school security guards.

We have had reports of two OSC students who have contracted Dengue Fever in the past few weeks. As this is the season when mosquitoes are plentiful, we cannot know for sure where the disease was contracted. However, as a precaution, we have doubled the days of spraying our campus for mosquitoes for the time being. Please ensure your child is using insect repellent.

There has been a request for the library to be open on weekends for family use. As a trial, we will begin opening the library on Saturday, November 23, Saturday, November 30, and Saturday, December 7 from 9:00 - 1:00pm. If there is a good number of users on these days, we will arrange to have our libraries open on future Saturdays.

I trust you will have time to relax a bit during our November break – it has been a long few weeks since we opened in August!

Areta Williams  
Head of School  
awilliams@osc.lk

### CHOGM Week:

We are fast approaching the CHOGM week when we may expect some difficulties getting around the city due to blocked roadways. It is for this reason we will be closing school that week. For your information, our campus field, outdoor basketball court and pool will be open daily from 7:30 – 4:30pm that week for family use. Please note that there will not be staff supervision of children who come to use our facilities and parents are responsible for student behaviour while on campus. Students up through Grade 8 should be accompanied by a parent, while students in Grades 9 – 12 may come without parents, provided their behaviour is appropriate. Students of any age who misbehave on campus may be asked to leave by our school security guards.

### UPCOMING EVENTS/MEETINGS..

31 Oct - 1 Nov -	Primary Production
2 November -	SAT
4 November -	MYP Parent Workshop on MAP Testing Data - 7.45 am SMPR
5 November -	PYP Parent Workshop "Math in PYP"
-	7.45 a.m. PMPR
5 November -	Focus Group for Sri Lankan parents: 7:00 p.m. Secondary Library
5-8 November -	School Photographs
6 November -	PTA Coffee with Content - 6.00 p.m.
9-17 November-	School Vacation
11 November -	Governance Committee Meeting - 5.00 p.m.
21 November -	PTA Executive Meeting - 7.45 a.m.
25 November -	Finance Meeting - 5.00 p.m.
28-29 November-	Middle School Production - Grades 6-8

**\*Changes/Additions to Calendar**

## Secondary School Principal

It has been another busy week with loads of important events happening. Next week is our final week before the much-deserved break. We have a variety of things coming up in secondary of note:

### **MYP Parent workshop for MAP testing results:**

In September, we started our first round of assessment of student performance called Measures for Academic Progress (MAP). MAP testing results will be sent home with students on Friday 8 November. To help parents to understand these assessment results, we will be holding a workshop for parents to explain how to read the results of the MAP testing data.

When: Monday November 4, 7:45 AM

Where: SMPR- Above the secondary office

If you are interested in attending this meeting, please email Tracy Ramberg at [tramberg@osc.lk](mailto:tramberg@osc.lk)

### **School Photos:- November 2013**

#### **Wednesday, 6<sup>th</sup> November (Wed A) Front Courtyard**

<b>From (am)</b>	<b>To (am)</b>	<b>Grade - Individual and Group Photos</b>
11.00	11.30	Gr.10
11.35	12.00	Gr.11
12.05	12.30	Gr.12
0115	Community Service Leaders (Ms Amanda Lenk)	
0130	SGA (Ms Amanda Lenk and President - Ixana Hyun-Sack Gr.10)	
0145	MUN - (Ms Jasmine Bhattacharjie)	

#### **Thursday, 7<sup>th</sup> November (D4) Front Courtyard**

<b>From (am)</b>	<b>To (am)</b>	<b>Grade - Individual and Group Photos</b>
8.00	8.30	Gr.6
8.45	9.05	Gr.7
9.25	9.55	Gr.8
10.00	10.30	Gr.9

### **Worried about your child's use of video games? Check out this interesting article**

How Video Games Are Getting Inside Your Head - And Wallet by Steve Henn

Some parents say their children are addicted to video games, but it's no accident that kids can get lost in them. Game developers are studying gamers' actions as they play in order to make the games more compelling - and lucrative.

<http://www.npr.org/blogs/alltechconsidered/2013/10/29/241449067/how-video-games-are-getting-inside-your-head-and-wallet?sc=ipad&f=1001>

### **"Wolf Boy" - A Middle School Production**

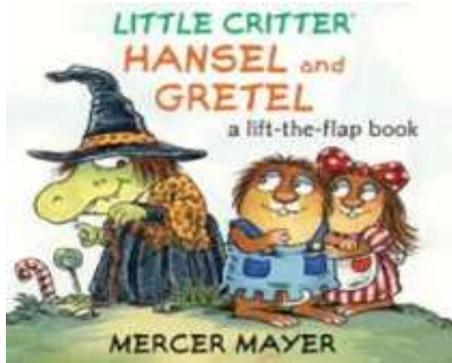
Thursday 28th November & Friday 29th November 2013

Auditorium 6:00pm

Tickets will go on sale from Wednesday 6th November via the Business Office and/or the Canteen during Secondary lunch time.

Ticket price - Rs. 300

# Primary School Principal



## Primary Production

I would like to personally thank all our primary parents, especially our team of support parents, for the tremendous work you have done to help prepare for the Primary Production. Our Opening Night was a huge success! If you did not get a chance to watch the production, you must make the effort to attend the final performance tonight at 6:30pm in the Auditorium. Hats off to Mrs. Dean for putting together a magnificent cast and a delightful story!

## School Photographs

On Tuesday, Nov. 5<sup>th</sup> your children will be having their individual and class photos taken. If you would still like to order pictures, please send in the money with the order form to the business office. Remind your kids on Tuesday morning to dress smart, brush their hair and put on their best smile for the day.

## Math in the PYP

Have you ever wondered how Mathematics is taught these days...especially in an IB Primary Years classroom? Has your child brought home work that you are unable to understand? Or might there be a time when you were looking for ways to support your child at home? If you have questions like these and would like to find some answers about Math instruction at OSC, please attend our workshop next week.

**Date:** Tues, Nov. 5<sup>th</sup>

**Time:** 7:45am

**Place:** Primary Multipurpose Room  
(PMPR above the canteen)

**Next Primary Assembly:** Wed. November 6<sup>th</sup>

## Important Notices:

- Nov 5<sup>th</sup> - *Math in the PYP* parent workshop – 7:45 in PMPR
- Nov 5<sup>th</sup> – 8<sup>th</sup> - School Photographs (details to follow)
- Nov 11<sup>th</sup> – 15<sup>th</sup> - SCHOOL HOLIDAY
- Nov 19<sup>th</sup> - “MAP” parent workshop – 7:45 in PMPR

Enjoy the weekend!!

Regards,

**Jason Grandbois**

# After School Languages

## Mandarin

## German

The OSC is liaising with local language institutes to provide more language opportunities. Starting on Wednesday 20 November we will be offering after school language opportunities for Grades 2-12. Courses will carry on until 4 June. There will be approximately 21 sessions delivered over the course of the academic year.

### Courses offered:

- **Beginning German:** All Ages
- **Beginning Mandarin:** Secondary students
- **Continuing Mandarin:** Primary students who either enrolled last year have some basic Mandarin

### Classes will run Wednesday afternoons:

- **Primary language sessions:** 1:30-2:40
- **Secondary language sessions:** 2:50-3:50

### Costs:

- 20 or more total students (for all primary and secondary enrollment) = **15,000 RPS**
- Less than 20 total students (for all primary and secondary enrollment) = **20,000 RPS**

*Courses are taught by non-OSC staff. Costs are dependent on total enrollment. All fees are to be paid directly to the instructor on the first day of the course. Cost of texts is additional.*

If you are interested in registering for after school language classes, or have questions, please contact Tracy Ramberg, IB MYP Coordinator. [tramberg@osc.lk](mailto:tramberg@osc.lk)

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The Overseas School of Colombo

Presents

# WOLF BOY



TICKETS WILL BE SOLD IN THE BUSINESS OFFICE, AND IN THE CANTEEN DURING LUNCH TIME  
STARTING NOVEMBER 6TH, 2013

THURSDAY, NOVEMBER 28<sup>TH</sup> AND  
FRIDAY, NOVEMBER 29<sup>TH</sup>, 2013  
6:00 PM

OSC AUDITORIUM  
Rs. 300/=



News update from the COMUN desk

OSC MUNers attended the celebrations held by UN, Sri Lanka to commemorate United Nations Day 2013 at the Youth Hostel in Maharagama on Thursday 24th October.



Later on in the week, on Saturday—26th October, Nathan Omprasadham, Sanoj Jayakody, Jihoon Jeong, Dhanya Madugalle, Hasith Balapatabendi and Ashab Ahmed participated in the Lilian Nixon Debate Championships held at Ladies College, Colombo 7. The teams put on an inspiring performance debating on a range of current topics and gained a wealth of experience for future competitions.





The Overseas School of Colombo

# GIS Day 2013

8 November 2013

*Using GIS to Better Water, Land and Ecosystems*

TIME	VENUE	EVENT
9:00-9:45	OSC Auditorium Foyer	Gallery display and walk through. Tea is served
9:45	OSC Auditorium	Welcome of participants. Message from chief guest
10:00-11:00	OSC Auditorium	Lecture #1 GIS water land & ecosystems (IWMI)  Lecture #2 GIS water land & ecosystems (IWMI)
11:00-11:30	OSC Auditorium Foyer	Question & Answers Time for Gallery walk Demonstration of software
11:30-12:30	OSC Library (SLRC)	Lecture #3 Using GIS as a tool for teaching & learning in the IB programs.  <i>Includes student-led demonstration in computer labs. This is designed for a smaller group-on one of the schools that has participated.</i>
12:30		Event ends





## Parents Teachers Association



# PTA NEWS

### PTA Mission Statement:

**“Together we build a cohesive school community to enrich our children’s education”**

## COME JOIN US ON A COLOMBO CITY WALK

**Tuesday November 25th**

**9:30am start from Dutch Hospital until noon**

Rs.4000 per person. This must be paid ASAP to reserve your place – Places are limited to only 10 people. If you do miss it, other dates can be arranged.

Mark, the guide, is truly in love with his City and he is very knowledgeable on the buildings in town. He really is very informative and interesting.

From the Dutch Hospital to Chatham Street. Landmarks on the way to the Grand Oriental Hotel where you will have a unique view of the port. Also explore Pettah and Wolvendael Church.

**"Colombo City Walks - A personalized city walk through the city of Colombo, where you can experience firsthand the borrowed words from the Portuguese to the amazing architecture the Dutch/English left behind, see the vision and love the Englishman had for this land - all while learning and experiencing what being "Sri Lankan" is all about"**

### PTA CONTACT DETAILS:

#### Secretary

Tracey Discombe  
0772338183 mobile  
Email: ptasecretary@osc.lk

#### Treasurer

Kathleen Pawley  
0775195662 mobile  
Email: ptatreasurer@osc.lk

#### Primary Support Parents

##### Coordinator -

Vanessa Lenzlinger-Roubin  
0771001891 Mobile  
Email: vlenzlinger@hotmail.com

#### Secondary Support Parents

##### Coordinator -

Danielle Schroder-Floto  
0777725591 mobile  
Email: floto.dan2@hotmail.com

#### National Reps Coordinators

Veronica Omprasadham  
0777681345 mobile  
Email: romprasad@eureka.lk

#### Teresa Tellechea

0771175320 mobile  
Email:  
mteresa.tellechea@gmail.com

#### Events Coordinators

Projects based

#### SGA Coordinator

Mia Hyun  
0772648028 mobile  
Email: mia.hyun1@gmail.com

#### Blue Gecko Coordinators

Loan Tran  
0776785769 mobile  
Email: loanshea@hotmail.com

#### Aiysha Suhayb

0777878222 mobile  
Email: asha\_suhayb@yahoo.com

#### Canteen Liaison:

Madelyn Ridgway  
0719999810 mobile  
Email: osccanteen@gmail.com

#### Welcome Coordinators:

Rukshana Nelson  
0777374197 mobile  
rukshananelson@gmail.com

Kathleen Pawley  
0775195662 mobile

## **ANOTHER VERY INTERESTING COFFEE WITH CONTENT**

### **“Raising a Child in Colombo”**

The next session in the Coffee with Content Series will take place **Wednesday 6th November at 6pm at the OSC library.**

Refreshments will be served in the courtyard from 6pm, the presentation will start at 6.30pm, and be facilitated by Rosanne Noble, Secondary School Counsellor, and Areta Williams, Head of School.

The discussion will center around what is safe and not safe for your child in terms of socialising outside of school.

- How do you know when to say yes and when to say no to social activities?
- Do you telephone other parents?
- When are tuks tuks ok and when are they not ok?
- What about parties?

It is especially helpful to new OSC parents, especially to hear from more experienced parents. This is open to all parents, but not to students.

We hope to see you there!

**Please RSVP to Mia Hyun, by email [mia.hyun1@gmail.com](mailto:mia.hyun1@gmail.com) by Monday 4 November for catering purposes.**

## **CANTEEN CORNER**

Over the next few months, healthy food options will be introduced to the canteen.

Already there have been positive responses to the sushi, homemade pizza, fresh rice paper rolls and salad wraps.

In addition to these, the following healthy snacks will be available next week:-

### **TOASTED SANDWICHES**

- Cheesy vegetable on brown bread
- Cheesy chicken on brown bread
- Plain cheese on brown bread

### **MINI QUICHES**

## SWEET TREATS (ALL USING A NATURAL SWEETENER, KITHUL TREACLE)

- Banana muffins
- Carrot muffins
- Date muffins
- Kurakkan (Millet Flour) Date Bread
- Banana Bread

FRESH CHOCOLATE MILK (using natural sweetener)

FRESH FRUIT JUICES (pineapple/ mango/watermelon)

KING COCONUT WATER

By December 2013, flavoured milks and sweetened fruit drinks will be replaced with fresh milk and fresh fruit juices. The canteen now provides fresh juices.

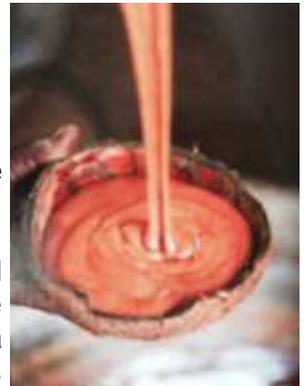
## WHAT IS KITHUL TREACLE/JAGGERY?

Kithul treacle and jaggery are made out of the sap obtained by tapping the inflorescence of the kithul palm, *Caryota urens*, which grows in Sri Lanka.

Unlike cane sugar, Kithul has a much lower calorific content and a high nutritional content. It contains reducing sugars, which ensure that the syrup passes through the body rather than being stored. It is a common ingredient in Ayurvedic medicine and a good alternative sweetener for diabetics. Kithul also contains many essential vitamins and minerals including iron, vitamin C, calcium, and phosphorous.

*To reap the benefits of Kithul it must be pure Kithul (i.e. no sugar added). The Canteen only uses **PURE** Kithul treacle.*

**Thank you to the school for the new benches. Air curtains have also been installed to help reduce the number of flying insects. They also keep the hot/humid air outside!**



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## HOLIDAY ACTIVITIES

I am trying to put together a list of holidays activities for kids during the CHOGM week. If some parents are available to host an activity i.e. coaching Basketball, cooking class etc.. (both in town and near school) can they please contact me 077 100 1891 - [vlenzlinger@hotmail.com](mailto:vlenzlinger@hotmail.com)

Vanessa Lenzlinger



# Canteen Menu

Greetings!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!  
**What's new for this week?**  
**SUSHI & Rice Spring rolls**

Standard Price Card

We will be having a standard price for all meals. They are as follows:

Small portion (For primary students)-----Rs 200/= which includes a main dish / available Vegetable dish options & one portion of meat or fish.

Large portion.(For secondary students)-----Rs 250/= which includes a main dish / available Vegetable dish options & one portion of meat or fish.

Desserts /Drinks / Soups / Yoghurt will be priced between Rs 50 – Rs 70.



## MONDAY 4 November

- Steamed rice / Sunshine garlic rice
- Cream Cheese Vegetable Pasta
- Baked Chicken with Lemon butter sauce
- Boiled Egg
- Boiled Vegetables in herbs
- Mushroom and Bok-Choy stir fried
- Parsley Potato Salad

Cut Fruits & Yoghurt

- Baked mashed potatoes with red kidney beans
- Stuffed baked tomato with Cheese

Fruit Mix & Cream Caramel

## TUESDAY 5 November

- Chicken meat ball Pasta
- Fried rice
- Beef Stew
- Stir fried vegetables
- Cheese cauliflower
- Baked chicken with vegetables
- Fish Stew
- Waldrop Salad / Bread pudding / Fruit salad

## THURSDAY 7 November

- Chinese Vegetable Soup
- Crispy Garden Salad
- Stir fried noodles with Veggies
- Vegetable Rice
- Roast Chicken in Thai green curry
- Omelette with tomato, grated zucchini and cheese
- Vegetable Chop mix
- Water Spinach with mushrooms

Fruit Kebab

## WEDNESDAY 6 November

- Pumpkin soup with garlic bread
- Waldrop Salad
- Pasta Bolognaise
- Stir fried Rice with boiled vegetables
- Stir fried Chicken breast with orange sauce
- Grilled seer fish
- Fresh Seasonal Sauté Vegetable

## FRIDAY 8 November

- 8" Regular Sub with Vegetable -----200/=
- 8" Regular Sub with Chips -----250/=
- Chips-----120/=
- Chicken Salad-----150/=
- Tuna Salad-----120/=

- Chicken Burger-----120/=
- Chicken Burger with Vegetables-----150/=
- Chicken Burger with Chips-----250/=

Potato Salad / Sweet Corn Soup



# OSC CLASSIFIEDS SECTION

## ISSUE 11 - 2013-2014

### 1 NOVEMBER 2013



Angels & Brats

FOR ALL YOUR HALLOWEEN COSTUMES...ACCESSORIES, DECORATIONS, TRICKS AND TREATS...PLEASE VISIT **ANGELS & BRATS, NO. 27, HAVELOCK ROAD, COLOMBO 5 (2581428) NO. 2 R A DE MWL MW. COLOMBO 4 (2585517)**. We will be open till 9 p.m. on the 30th & 31st October.

**LADIES VIP NIGHT!!! PASSPORT TO FASHION** is back...and will be a night of fun & fashion not to be missed!!! 20th November at King's Court, Cinnamon Lakeside from 7:00 p.m. onwards. Ladies ticket Rs.3,000/- & Gents are also included at 2500/-. **Call Latika on 0778 591846 for tickets and more details.**

The Overseas School of Colombo  
Pelawatte, P.O. Box 9  
Battaramulla, Sri Lanka  
Tel: (94-11) 2784920-2  
Fax: (94-11) 2784999  
Email: [admin@osc.lk](mailto:admin@osc.lk)  
Web: [www.osc.lk](http://www.osc.lk)

