Dear Parents, Staff, Students and Friends of TBS

Mental Health and Wellbeing continues to dominate our discussions at school. Natasha Devon’s visit is making us evaluate our provision so that we can equip your children with the tools to deal with the ‘storms of life’ (please do watch Dick Moore’s TedTalk to learn more about ‘dancing in the rain’ instead of ‘waiting for the storm to pass’). As you may be aware we are members of COBIS (Council of British International Schools) and they have just released a report in conjunction with The Priory, providing guidelines to help schools and parents in supporting young people with their mental health. According to the report the number of young people struggling with a mental health condition is high and continues to rise:

- Approximately 1 in 12 young people self-harm
- Around 3 children in every class suffer from a mental health condition
- 1 in 10 young people age 5-16 years old have a mental illness
- More than half of adults with mental health problems had their diagnosis in childhood. However, less than half of these had appropriate treatment

They advise the following:

- Teach children how to understand emotions and model expressing them in a healthy way
- Foster positive, trusting relationships with them; this will help them to feel supported
- Help them to develop good, supportive friendships
- Encourage them to take up hobbies that help them to relax
- Practise internet safety and teach them to be cautious about how they use social media

The last two pieces of advice dominate our next two Parents information Sessions: Clubs on the 6th December and Internet Safety on the 13th December. Please do sign up for these if you haven’t already done so.

Over the next two weeks, we are conducting our first Self Review of the academic year. We will be focusing on assessment and how we use this to help students develop as learners. As part of this review, there is a parents questionnaire which you can access here; please do take 2 minutes to fill this in so you can help us to help you and your children in understanding what they can do, and what they need to do to improve.

As we approach the final month of this term and Christmas is nearly upon us, there are a number of imminent festive events which are advertised in this newsletter: please do join in the festive fun!

Secondary Sports Day takes place this Saturday at the Lagankhel Army Sports Ground. Please do come along and cheer on your children: the action starts at 9 am.

Have a lovely end to the week and weekend.

Brian Platts
**(W)Intercultural Fair 2018**
The (W)Intercultural Fair 2018 is on Friday 14th December at 2.30pm. If you would like to book a stall please email Mrs. Sangita Pandey. You will have an opportunity to experience a variety of crafts, foods and games from our international community. This fair is a combination of the Christmas fair and the International fair therefore we are looking forward to have variety of stalls representing the diversity we have at school. Please note that parents need to sign up and book stalls too if they would like to sell their wares. Please contact Ms. Nancy Khetan if you have any queries.

**Christmas Gift Bags for community partners**
As part of our community work, TBS would like to bring in the spirit of Christmas and reach out to four of our community partners by providing each child from these schools and organisations with Christmas gift bags filled with essential items. Our goal is for our students to reach out to those who are in need and fill the bags themselves. Please refer to this letter for details and contact Ms. Gauchan if you have any queries.

**TBS Athlete of the month - September**
Please click the link to discover who the TBS Athlete of the month for September was. October and November Athletes videos’ coming soon!

**NISSA League**
The Senior Girls Basketballers had their first competitive game of the season with an away fixture at GEMS School in Khumaltar. From the tip-off, this game was a close and tense affair but the Yetis took control early with some great outside shooting to run up a 5 point lead. A third quarter comeback from the home team though levelled the game and the Yetis had to dig deep to finish victorious on a 19-15 scoreline. Next up for the girls are KISC on Tuesday 4th December at TBS. The Senior Boys Footballers played GEMS at the same time on Tuesday evening and after a very competitive hour of football the scoreboard read TBS 1 GEMS 2. Another close result with some brilliant displays from our Yetis.

**Secondary Sports Day 2018 - Saturday**
TBS Annual Sports Day for secondary students will take place from 9am to 1pm this Saturday 1st December at the Army Physical Training and Sports Centre, Lagankhel (a map and directions to the venue is available here). This is a regular school day so all students are expected to turn up. All parents are welcome to attend to watch the students compete in a variety of track and field events. We look forward to celebrating the athletic prowess of our TBS Yetis! (PS - Primary sports days will take place later in the year!)

**Primary Parent and Child Open Afternoon: Tuesday 4th December 2.30 pm to 5.00 pm**
The Primary Parent and Child Open Afternoon is an opportunity for you to share your child’s learning. This meeting will be led by your child who will show you their work from this year. Your child will tell you about some of the things they have been learning and the progress they are making. The feedback from this afternoon last year was extremely positive. Parents felt that they gained a deeper understanding of what their children were learning. The children also thoroughly enjoyed showing off their work and explaining what they had learnt. We look forward to seeing you all!

**Sixth Form Football Tournament**
Last Saturday, the Sixth Form hosted a very successful inter-school football tournament, where players demonstrated sportsmanship, team spirit and a high level of skill. The TBS Senior Girls Team came second place for the girls tournament, with the Rato Bangala 1 Team clinching first place. For the boys tournament, Ullens were awarded runner-up while our very own TBS Year 13 Boys Team won the competition in a thrilling 1-0 final. Congratulations to all participants!

**Parent information session - School Clubs**
This is a gentle reminder that the upcoming Parents Information Session is on Thursday 6th December at 8.30 am, where our focus will be on ‘School clubs’ and will be led by Mrs. Lumina Shrestha. We request you to RSVP by Tuesday 4th December to Ms. Nancy Khetan.

**TBS Winter Concert**
The TBS Winter Concert will be taking place on Wednesday 12th December from 5.30 - 6.30pm in the hall. There will be musical performances from KS2, KS3 and KS4 students that will get you all into the Christmas spirit! All parents and students are warmly invited to attend this event. Donations will be collected on the door that will go towards the Mary Ward School and the Disabled Associated. We look forward to see you there!