

ISHCMC SUMMER CAMP 2020



Newsletter - **WEEK 2**

Week 2 was another amazing week at summer camp!

This week was all about gearing our minds to **'think'** and **'be'** positive.

We can choose to be happy!

Every day in our life we face many challenges, some big, some small. The way we look at things and the 'thinking energy' we apply to these things greatly determines the outcome. This is what we have been sharing with your children this week. We can choose to be happy by the way we interpret things having adopted a positive approach to life.

'How we see the world, is how we live in the world', and **How we think is EVERYTHING!**

BIG PROBLEM

BIG PROBLEM is all about positive thinking.

How we see the world, is how we live in the world!

In a complex and fast changing world of information and technology, children are faced with ever increasing challenges as they attempt to make sense of the world they live in.

Can I train my mind to think **positive**?

How can I have a positive attitude?

How do I look for opportunity in everything?

Can I **choose to be happy**?

How we see the world, is how we live in the world. Learn and practice how to think with positivity in **your life!**

Project Focus = **THINKING SKILLS**

Life Skills Focus = **POSITIVITY**



Cooking



No-Bake Cheese Cake & Mini Lasagna

In week 2, students learned how to make no-bake cheesecakes. Of course, most of the students love cheese. Using cream cheese and other ingredients, they made a smooth and creamy mixture and a crunchy cookie crust. It was definitely very tasty!

Some students reluctantly included vegetables in their healthy mini lasagna and realized that by combining with tomato sauce, tofu, mushroom, bell pepper and other ingredients may make vegetables not so bad after all...!

Children have not only engaged in the creative process of cooking, but also in the area of cleaning up after their cooking class. We hope that this attitude and skill will extend back to your homes!

Sports & Teambuilding

The second week of camp was jam packed with fun and excitement. All the campers showed great involvement in Sports and team building activities and started to come together in their new teams. This week's main focus incorporated mobility, sports specific skills with the main focus being teambuilding. This helped the campers when working in groups, allowing them to improve their communication and organisation skills while working in diverse groups.

Sharky Sharky was a popular game amongst the younger campers, while the older groups focused sport for the week was Netball.

Great improvement was shown by all the campers this week. Let's continue week 3 on that same note. Keep it up!



Drama & Performance



As the focus was on being positive, and 'how can I make myself happy?' I encouraged the children to recognize that COURAGE is the key to finding their own happiness! Whether it is the courage to just say, "I'm sorry", or the courage to take a risk; when you encourage yourself to take action, you will bring happiness to the whole sense of self. We explored these ideas in laughing yoga warm ups and some 'Emotional Freezes' - which were absolutely astounding!! I was truly amazed at the risk takers and depth of honesty that the summer campers brought forth.



Activities

Craft, craft and craft!!! With week 5 final show in mind, our entire camp community participate in creating the props they will use in the week 5 performance on stage. What do we learn from this process? It is that not all things that we make or create are for us, but are for others as well. By contributing to a bigger project and being part of something bigger is often more rewarding than doing things just for ourselves.

Spreading the activity over the course of a week helps the participants in their understanding that achieving a result requires a process and that things are rarely completed in just one day. This helps to teach children to approach things with patience, and that the result when achieved in time, is the reward for all their efforts!

Finally, all crafting activities are intertwined as the final pieces of craft which are the product of every single friend enrolled in this fantastic summer camp.

You will be the witnesses of their amazing creativity soon!



Einstein 1

Another fun filled week was had by the Einstein 1 class. We welcomed four new friends to our class who fitted in so well and everyone is really happy. This week was all about

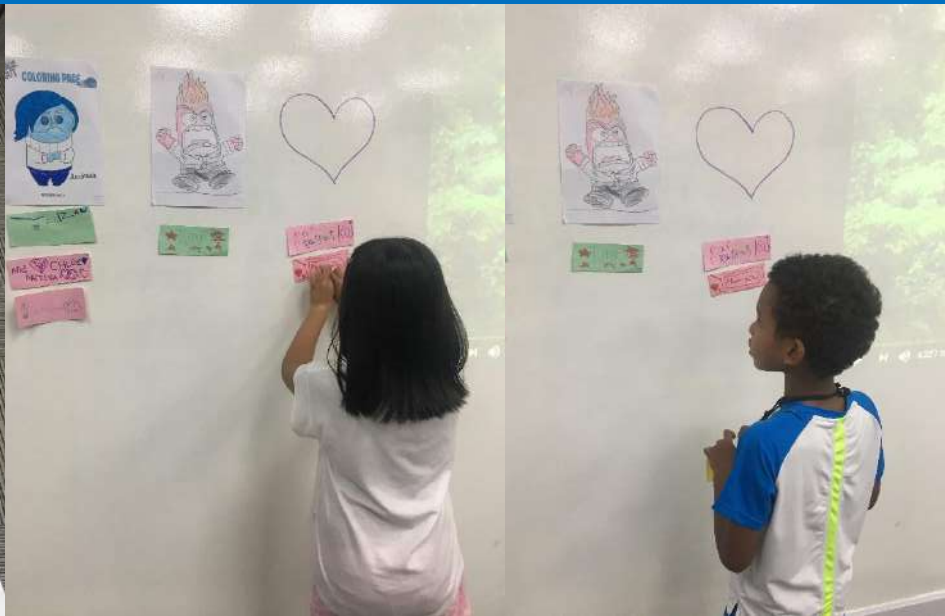
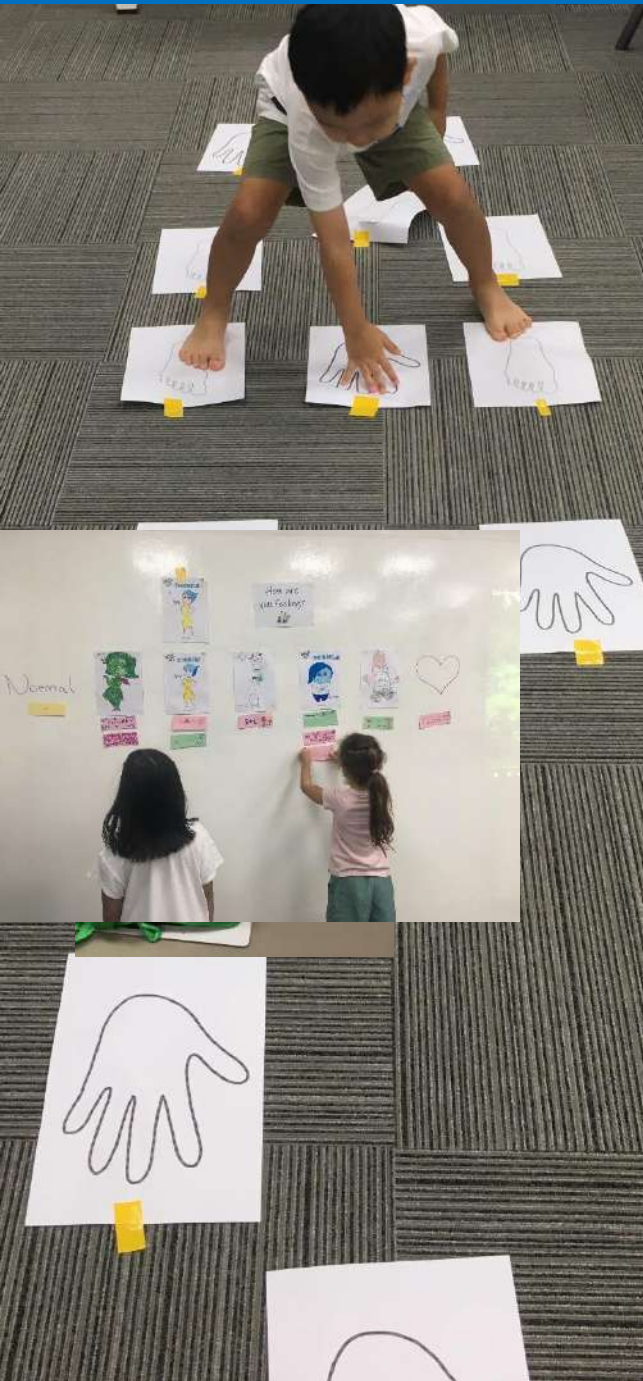
Positive Thinking

and these bright little stars know exactly what that is all about. We have discussed how to have a positive attitude and how we can choose to be happy. Einstein 1 love the Feelings Check-In and are very encouraging when their friends choose to put their names under the Happy Face.

As you know we watched the clip of 'The Dot' by Peter H. Reynolds and have been doing artwork based around this. We have created Art Galleries for each student and they are very proud to stand in front of their Art Gallery and admire their work. We did one work piece where each student started the first dot on the page and their friends continued further on the page. We have made beautiful rainbows for our classroom as well as a six-piece circle within a circle creation with different colors. Everyone is enjoying the food as well as the other activities and once again, we look forward to a week of friendship, fun and learning!



Einstein 2



The busy bee E2 class welcomed seven new members to the hive this week. We started off on a positive note with some games which encouraged students to engage with the new emotions board we have in class. Every morning the students enthusiastically identify the emotions they are feeling and place their name under their feeling for the day. It has been so lovely watching students talk about their feelings with one another during this time creating more **empathy & compassion** amongst the group. As we approached the theme of positivity for this week the students brainstormed as a group and engaged in a constructive conversation about what are positive things they can do and say each day. These ideas have grown into a beautiful positivity tree which is standing tall in our classroom and the students are very happy to see their leaves of positivity above them. Week two was closed off with conversations about how we can train our minds to be positive and students created beautiful dream catchers to place in their bedrooms as a nightly reminder of one positive event from their day.



Einstein 3



The second week of Einstein 3 was geared towards forming friendships and making new friends as the campers were grouped together in teams so that they can work together in doing projects and activities. Campers had the liberty to choose their team leaders as well as their team name and logo. It was fun seeing them discussing and deciding who will be the leader and why he or she should be the team leader for the week. As the theme of the second week focused on Positive thinking, E3 group made an *Affirmation windchime* (by teams) out of clothes hanger, folded papers, beads, and feathers with positive statements written on them. They also made a 3D City about how we see the world we live in, *Rainbow name acrostic*, and *tree of strengths*.

Campers enjoyed different activities prepared for them like baking cheesecakes, playing soccer in the stadium, and bringing out their different expressions during drama class.



Einstein 4

This was E4 Group's first week at summer camp, and what a fun time we had! The students were fully focused on the theme BIG PROBLEM which included 'living positively' and 'creating one's own happiness'. In groups, the students explored the theme by creating mind maps on what makes them happy and why having a positive attitude is so important. Each child created positive affirmation posters of their choice which they decorated wonderfully. Each group collaborated to create a presentation where they presented these posters and explained the importance of each affirmation. The class had brainstormed presentation skills that they thought were important and used these wonderfully in their presentations. Our group had many other opportunities to use teamwork during IT Research, Sport, Arts and Crafts Activities, and in Drama class. It was fantastic to see how the students embraced the theme and used their critical thinking skills, all while working wonderfully as a team. Well done to all the superstars in Group E4!



Einstein 5



This week, E5 focused on the theme of 'Big Problem' by exploring some of the issues that the world faces today. In groups, they made ideal worlds where these issues are resolved. It was refreshing to hear each member of the class speaking with such optimism. In their worlds, the children tackled big problems like poverty, violence, deforestation, and racism. Laptop sessions allowed students to practice new skills such as copying and pasting images for their model. At the end of the week, the children demonstrated their confidence and strength of character by presenting their worlds in front of all their peers. Other activities included making cheesecakes, cooking lasagna, doing origami, and playing team building exercises using blindfolds.



Einstein 6

It was astonishing to see how creative the children were this week. We came up with the idea that negative thoughts should be erased. First, we filled our thinking man with positive signs that represent the positive things they did the whole week and we created a 'No Man' with negative signs that represent the wrong doings/ mistakes they did. They decided to destroy the 'No Man' on Friday and put it in the trash. In addition to this week's positivity topic, we did some podcasts called 'POSPOD'. The kids talked about what they like doing in the camp and how fun it is to be here.

This week's project was a result of our brainstorming regarding 'big problems' in general. We all came up with one idea and found a solution for the world's biggest problem right now and that is to look on the bright side of life. We created 'Our Healthy Planet' with papier Mache using balloons and used papers. The children's optimism resulted to good and satisfying outcomes in all our activities.



Davinci 1

This week's focus is about thinking big and how to make a difference in their own simple ways. We also engaged each child by working in teams to know more about each other and strengthen friendships and unity in the camp. The children had a good reflection about their vision through various presentations and creative outputs to showcase their talents and interests. It was an interesting and rewarding week 2 for Davinci 1 class!



Davinci 2

WEEK 2 of Summer Camp we received new students and they all settled into their group very quickly. We have a great mix again of students that makes our class very interesting.

Our project for the week is focusing on BIG PROBLEMS and how we can offer positive solutions to the Worldly problems as well as our personal problems.

Our students **understand** that **they are the next generation** who will have the solutions to the problems.

The students are also learning how to work together in groups on their projects, activities, drama and sports. We are all learning how to open our spaces up for students who are a little more reserved so that they can feel comfortable enough to join in on all activities of the class.

Last week's project presentations were fantastic. The groups really went all out to do their best.

On Friday D2 will present a "Secret Show" to the entire summer camp students and teachers, this is been done to send the message to our summer camp that we all have the ability to come out of our shells and do things we thought we would never do!

