
BFS

MONTHLY WAVE

January 2016 Edition

Help your student set goals

Report to Parents written by Bobbi DePorter of Quantum Learning Network

The middle of the school year is a great time for families to check in with students on goals. Setting academic and personal goals helps motivate, energize, and focus students, and it is a valuable skill that will benefit learners throughout their lives. Parents can help students set and achieve these goals.



Goal-setting can be tedious, even intimidating, for some students. Parents can support students in this process by following these steps: pick it, map it, do it, own it, and celebrate it.

Pick it. Encourage your child to consider his or her dreams and passions and pick goals that are important and meaningful. Guide your child to think about, “What motivates me? What would inspire me to give my best effort? What would make me feel good while I’m doing it? What achievement would make me feel proud?”

Map it. After your child picks a goal, help map the path from where he or she is now to where the child wants to be. Offer the following analogy: If we want to drive across the country from New York to California, we don’t just get in our

car and start driving—we get a map, pick a route, and follow it until we get to California.

With your child, analyze different approaches and define clear steps to reach their goal. For instance, if the goal is to get a higher test grade in a tough subject, each quiz or project is a step on the path to the higher goal: earning an A.

Do it. Once you and your child have mapped a path to their goal, encourage him or her to take action, focus on the first step and give it his or her best effort. Remind your child that no goal is ever reached without focused action.

Own it. As your child makes progress toward their goal, help him or her to take responsibility for making it happen. Teach the mantra, “If it’s to be, it’s up to me!”

Reflect with your child. Ask, “How are you doing? What’s working? What’s not working? What can you or your family change to get to this goal?” From there, analyze the map, and make changes to the plan if necessary.

Help your child keep a positive attitude and own mistakes as well as successes. Remind your child that if something comes along that holds him or her back temporarily, to look at the experience as feedback. Failures, or bumps in the road, can provide us with information we need to succeed. Reinforce the message that we can learn from our mistakes and move on with new, valuable knowledge.

Celebrate it. Acknowledgment and celebration are huge parts of achieving goals. Acknowledge every effort and celebrate your child’s mini-successes along the way to achieving a goal. This builds his or her confidence and motivation. Your child will feel good and understand that perseverance will result in another mini-success and finally goal achievement.

Try going through the goal-setting process as a family. Pick a family goal (perhaps a charitable activity) and work together to achieve it. After the family experience, have each family member pick a personal goal. Support and acknowledge one another as you move through the above steps.

Success is assured when students believe in themselves and in their ability to achieve. Parents are key to helping them believe and succeed.

This Report to Parents was written by Bobbi DePorter of Quantum Learning Network.

SCHOOL-WIDE NEWS

[Ms. Lund working “Off Site” for most of the remaining of the school year](#)

Jan 03, 2016 11:54 am

Dear Parent, The school administration would like to inform you that starting January 2016 Ms. Diane Lund will be working offsite most of the time. As previously announced, Ms. Lund is scheduled to hand over her responsibilities to our new Principal Mr. Iain MacFarlane at the end of the current school year. Ms. Lund has recently been offered the opportunity to work at a school in Hawaii which would allow her to continue her...

[Report to Parents: Setting Academic and Personal Goals](#)

Dec 18, 2015 12:55 pm

The middle of the school year is a great time for families to check in with students on goals. Setting academic and personal goals helps motivate, energize, and focus students, and it is a valuable skill that will benefit learners throughout their lives. Parents can help students set and achieve these goals. Read the whole article [here](#)

[The 2015-16 Shark Spirit Shirts have arrived](#)

Dec 10, 2015 03:21 pm

This year’s Shark Shirts are in! As we continue with our tradition of creating our yearly Spirit T-Shirts, this year

we went in a little bit of a different direction. This year we have designed a tee that reflects what we believe BFSers are and what we strive for them to become. These reflections were gathered from parents, students and staff. Students will wear these...

DEPARTMENT NEWS : EARLY CHILDHOOD AND ELEMENTARY

4th grade students perform live, on-air at Busan eFM

Dec 23, 2015 06:46 pm

On Tuesday, December 15th, the 4th grade class of Busan Foreign School took a trip to the local, English-speaking radio station in Busan, Busan eFM, located in Centum City. Supplementing their science coursework on waves and communication, the 4th graders got an up-close look at some of the technology radio stations use to communicate with their audiences. In addition to listening to lectures from some...

ELC&ELE Student of November: Emotional ESLR

Dec 21, 2015 04:04 pm

Congratulations to this month's winners for your accomplishments with the Emotional ESLR. Pk3 : Aaradhya Sharama K4 : Justin Dalope K5 : Irene Kim Grade 1 : Jamal Gotah Grade 2: Eunhoo Park Abdullah Alotaibi Grade 3: Kameron Dorsey Grade 4: John Shin Nashita Alam Grade 5: Eduard Li ...

Learning to code!

Dec 18, 2015 12:51 pm

BFS 4th and 5th graders participate in the global Hour of Code week during Library/Media Center time. Because of our time zone, our students were among the first in the world to explore with the special code released from the creators of Minecraft. Hour of Code is endorsed by CEOs, presidents, and other leaders to help young people get excited about computer programming.

What the 2nd grade has been up to ...

Dec 18, 2015 12:10 pm

In December the second grade classroom has been very busy using their Writer's Workshop skills by writing letters to their favorite authors. They looked at the writer's details in their word choice, the meaning of the illustrations, and the techniques used to convey the mood of the story. Then, the students followed the O-R-E-O (Opinion, Reasons, Examples, and Opinion) format to write an opinion paper to...

Congratulations to 5th Grade for winning the Elementary Specialist Award for quarter 2!

Dec 17, 2015 10:32 am

Congratulations to 5th Grade for winning the Elementary Specialist Award for quarter 2! Points are awarded for participation, behavior, and attitude in each specialist classes for art, music, PE, Spanish, and educational technology. Amazing job 5th grade! -Elementary Specialist Team

DEPARTMENT NEWS : MIDDLE SCHOOL AND HIGH SCHOOL

MS&HS Student of the Quarter Winners: Intellectual ESLR

Dec 21, 2015 03:30 pm

Congratulations to this quarter winners. We are so proud of you! 6th – Andy Priestly 7th – Esther Yang 8th – Bini

Lee 9th – Zenith Shrestha 10th – Jee Hyun Park, Jihong Lee, Soobin Ma 11th – Ricky Ahn, Chaeree Oh 12th – Anne Lee, Jeong Min Park What does the Intellectual ESLR mean? intellectually students will be able to: Formulate and pursue goals...

History Bowl and Bee had a great competition in Seoul!

Dec 15, 2015 01:24 pm

History Bowl and Bee had a great competition in Seoul on Saturday December 12! Our JV (Lily Suchyta and Harrison Lee) team won 2nd place and qualifies for Asian Championships, and our Middle School teams won 1st (William Lee, Robert Suchyta, Aaron Lossiah, Hidayat Mansour, Nastya Kim) and 2nd place (Bini Lee, Neisha Priestly, Claire Bae, Esther Yang), also qualifying for Asian Championships! In the...

BFS Participation at the 2015 BIWA Christmas Bazaar

Dec 07, 2015 03:15 pm

This year, and for the fourth consecutive one, BFS contributed to the community by participating at the 2015 Christmas BIWA Bazaar. We did this through the PTS, the NHS, and our Elementary Choir. While PTSO donates part of its proceedings to the BIWA, NHS raised funds for its causes. The chapter (NHS) was particularly well organized which showed in our earnings this year for Doctors...

2015 Charity Concert a Success!

Dec 05, 2015 02:25 pm

On December 3rd, straying from tradition, the MS/HS Orchestra and the HS Student Council held a fundraising orchestra concert for an orphanage in Amnam-dong. The orphanage we tried to support also has a school, Aloysius Technical High School. All of the students who attend this school are orphans, and are also very interested in orchestra. HS student council and Dr. Kim hoped to make a...

Field trip to the Waste Water and Solid Waste Management Plant

Dec 01, 2015 12:44 pm

On November 20th, 6th grade visited a Waste Water and Solid Waste Management Plant in Haeundae. The students of 6th grade, and Mr. Mijares's HS Environmental Science Class learned about how water is filtered and cleaned, as well as how waste is disposed of and used to power the Haeundae area with electricity.

SPORT NEWS

HS SKAC Final Competitions at BFS and BIFS on December 7

Dec 08, 2015 03:55 pm

The BFS Lady Sharks lost by one-point, in a nail-biter to BIFS in the SKAC Championship basketball game on Monday December 7. It was a game that saw many lead changes and saw intense physical play throughout. On their way to the championship, BFS won three games and lost only one to KHS, another one-point loss. Last night marked the best finish for a girl's...

HS Basketball 1st SKAC Tournament Results are in!

Nov 16, 2015 11:40 am

The high school lady sharks basketball team had an impressive showing on Saturday, November 14th They defeated city-rival BIFS in their opener, leading from start to finish by playing aggressive man to man defense

and a hot shooting performance. In their second game, the girls fought off a tough and scrappy GIFS team by pulling away in the late stages of the second half to claim...

[BFS's middle school soccer teams had a long, but exciting day](#)

Nov 12, 2015 11:41 am

BFS's middle school soccer teams had a long, but exciting day Wednesday, November 11th. The tournament was two hours away at HIS where 15 SKAC teams competed. The teams played hard against "giants" according to one scholar athlete. One of our teams made it all the way to the quarter finals! Some highlights include: Deep in the final minutes with the score tied, BFS had...

OTHER

[Classified: BumIn hospital Haeundae branch offers their services to the International Community of Busan](#)

Jan 03, 2016 12:08 pm

BumIn hospital has opened a new branch in Haeundae. The hospital runs an international health centre with translators for Russian and English speakers. Some of our parents have already used their facilities and heartily recommend the hospital. On top of the services explained in the attached brochure, the hospital does have two paediatricians and will soon have a dentistry section too. To make an appointment contact...

[Becoming a "Bridge Builder" – BFS Alumni published in the Korea Times](#)

Dec 18, 2015 12:59 pm

Anastasia Gogiyashvili, former BFS student, writes about her personal experiences in this recently published article "Becoming an Bridge Builder" in the Korea Times http://m.koreatimes.co.kr/phone/news/view.jsp?req_newsidx=192245

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