

BUSAN FOREIGN SCHOOL 2021-22 SCHOOL YEAR NEWSLETTER



BFS NEWSLETTER

FEBRUARY 2022 EDITION

www.busanforeignschool.org



BUSAN FOREIGN SCHOOL
Embracing Diversity, Striving for Excellence



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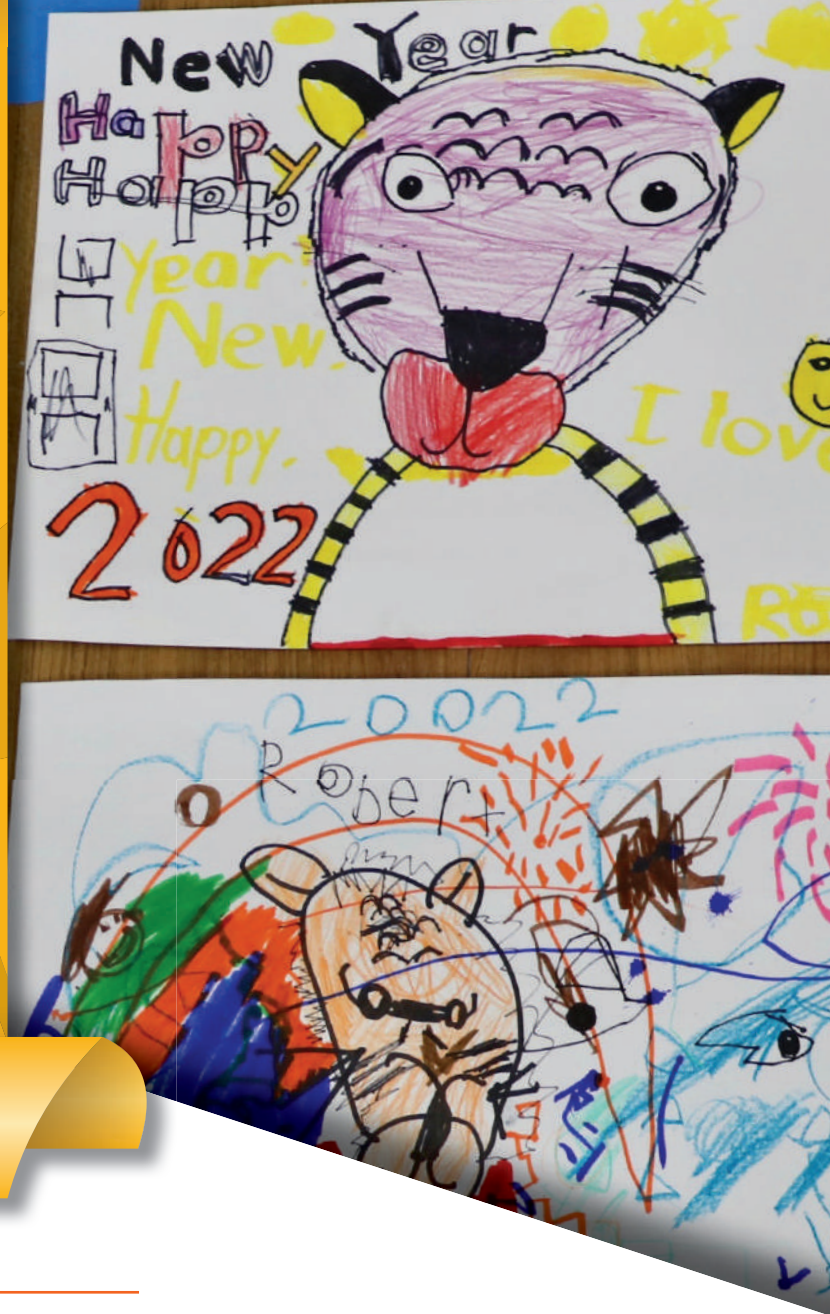
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BUSAN FOREIGN SCHOOL
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Welcome to the Year of the Tiger!



BUSAN FOREIGN SCHOOL | FEBRUARY 2022 EDITION

Word from the Principals *Lauren Harvey & Carl Brenneman*

Welcome to the year of the tiger!

When we came back to school in person on January 24 we kicked off the excitement with a spirit week. Students came together across the grade levels to celebrate being a Shark and being back together. The HS Student Council organized Friday's pep rally that culminated in a student vs staff basketball meeting. The students proved the stronger team, but the staff remains committed to helping our students improve both on and off the court.

BFS continues to adapt and change as Omicron became the dominant strain in Korea. Our support staff have updated us on each policy change from the ministry of health and the ministry of education. We have been working hard to keep our guidance updated on our website and continue to be thankful for a parent community that keeps us informed so we can keep our community safe. Even with a few reported cases in our BFS community we remain confident that our safety measures are working and effective.

Last year our school completed a self-study for accreditation through ACS-WASC, and we are excited to host a four person visiting committee on March 6-10. Because of travel restrictions, the visit will be done entirely

online and the committee will see classrooms, meet with students, staff and parents and collaborate with each other through Zoom and other online platforms. We are confident that we will present the good work we're doing at BFS including our strong teaching, quality social emotional support and highlight student growth.

Our sports exchanges with other schools had to stop because of Omicron, but we have been able to continue to support our student athletes. The ES volleyball teams had some great jamborees, and enjoyed spirited games. Our HS boys and girls basketball teams have been able to develop strong intramural competitions and our MS volleyball players are building their skills with tournament style play during their final practices of the year. Thank you to the coaches and players for keeping the focus on growth and fun through this challenging time.

Thank you to parents for completing the "Intent to Renew" form. The participation rate was high and we are excited to welcome back so many students next year. Your trust in BFS to educate your children means so much to us.

*Ms. Lauren Harvey
Elementary Principal*



*Mr. Carl Brenneman
Upper School Principal*



2021-22 SY BFS Spirit Week

January 24th to 28th as BFS Spirit Week by HS STUCO. BFSers dressed up and showed their school spirit!

Morning Monday:	Team Up Tuesday:	Wacky Wednesday:	Throw It Out Thursday:	Fins Out Friday:
<i>Wear your pajamas!</i>	<i>Dress up as an athlete or wear your favorite sports team's apparel!</i>	<i>Dress up wacky!</i>	<i>Use anything except a backpack to carry your things</i>	<i>Wear your shark spirit tee!</i>



Pep Rally

For the first time since the start of the pandemic, BFS held a pep rally with the physical presence of all of its students. We also saw Grade 1 taking a lead role in informing BFS on what it means to keep learning. The pep rally culminated in a Teacher vs. Student basketball game, proudly won by the student team: what a great end to the week!



Scan here to see
Palette's dance
performance!

2021-22 SY BFS Valentine's Day

Happy Valentine's day BFS community. At BFS we like any celebration that gives us the opportunity to say some kind words and share a little love. Thanks BFS parents for sending some treats over and MS Stuco for creating opportunities to demonstrate kindness. You make us feel really special.

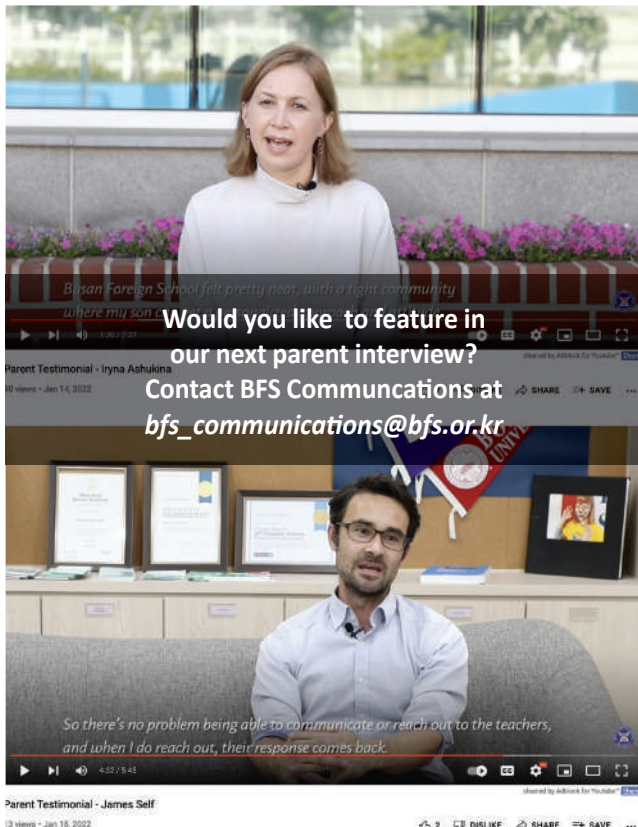


Semester 2 After School Clubs

Semester 2 after-school clubs have started. We offer theatre, quiet time, reading, ballet, taekwondo, tennis, and basketball at the elementary. At the MS & HS, clubs are student-led. Check the BFS MS & HS after school clubs web page for a full list!



BFS Parent Testimonials



SCAN HERE TO HEAR WHAT MRS. ASHUKINA HAS TO SAY ABOUT BFS



SCAN HERE TO HEAR WHAT MR. SELF HAS TO SAY ABOUT BFS

Busan eFM Interview

Listen to what our Principals have to say about Busan Foreign School during their December Busan eFM radio interview. (Interview starts around minute 8) Thank you for having us BeFM!



Scan here to listen to our Principals' interview!

Grade 1 & Grade 6 Reading Buddies

Grade 1 students shared the BFS 2nd floor maps they made with their Grade 6 buddies. Some spots were missing from their maps, but 6th graders showed 1st graders where those missing ones are. After that, they headed to the auditorium to continue reading with their reading buddies.



Grade 2 & Grade 9 Reading Buddies

Fun morning as our high school grade 9 students took the time to read to our grade 2 elementary students. It is amazing how attentive our lower elementary students were!



Meet Our Alumni: Jayna Nichols | Class of 2017



MEET OUR ALUMNI!



Jayna Nichols

BFS Class of 2017

• Cal Poly San Luis Obispo,
B.S. in Biochemistry,
Graduated 2021

What are you up to now? (talk about your job, life, etc)

I am currently working on my PhD in Genetics and Molecular Biology at the University of North Carolina, Chapel Hill. I chose this path because I fell in love with research during my undergraduate years, and wanted to pursue research as a career. Broadly, I'm interested in learning how our genes and lifestyle interact during the development of complex diseases, such as cardiovascular disease. I'm lucky because at UNC, there are lots of faculty with similar interests to work with in designing my thesis project. I spent my first year of graduate school rotating through different labs to try out different flavors of research, and will be picking my mentor/thesis project in April.

Do you have any passion projects?

When I'm not in the lab (and admittedly sometimes even when I am..), you can find me scouring the internet for travel deals. My coworkers joke about how often they catch me looking at plane tickets and dreaming up trips. I love roadtrips, camping, backpacking, and anything outdoors! I've also started volunteering at the aquarium and animal shelter.

What was the biggest challenge you faced in College?

It took me a while to find what I was passionate about, and learn how to pursue my interests in a healthy way. I went into college knowing that I wanted a career in science, but I was confused when I got there and didn't love everything I was doing right away. I hated a lot of my science classes (ie organic chemistry). I thought I wanted to do research, but my experiments consistently failed my entire first year of working in a lab. This really scared me - I felt like an imposter. I worried that I was in the wrong line of work, but I had no idea what else I would want to do. For my first two years, I tried to solve my problems in the wrong way... by FORCING a passion. I spent MORE time in the library, MORE time in the lab. For me, the turning point was my junior year when I decided to get a life outside of work. I worked my very hardest Monday through Friday, then escaped through camping trips at the beach or the mountains on the weekend. I invested in friendships and stopped isolating myself. Classes were still hard, my grades dropped a bit, but my mental health got so much better. I don't like organic chemistry and never will. But having a life outside my grades made exams less stressful because they weren't my life anymore. I found myself excited to go back to the lab again - I felt curious about what I was doing and excited for new opportunities. I was able to find my passion for the things I'm doing by learning how and when to take a break. Sometimes getting through challenges just takes grit... but sometimes it takes perspective gained through stepping back.

What advice do you have for BFS students as they go off to university/college?

Passion and excitement for what you're doing is so much more important than doing it perfectly. Learn how to foster your curiosity and passion first, then worry about grades.

What memory of BFS comes to mind?

So many good memories, it's hard to pick! Dissecting a squid with Mr. Lee, wading through the stream with Ms. Branch to measure its flow rate, mornings of Ms. Leland/Ms. Boyle's endless positivity and afternoons of running my college essays through them, Mr. Gates detailed statistics mysteries, Mr. Virgen's standing at a door, shaking our hand as we walked in every day. The faculty at BFS were truly exceptional and made the experience amazing. They loved and accepted us students through the rough and awkward days, and made the good days better. Thank you, sweet teachers!



Counselor's Corner

Mrs. Rebecca Austin-Castillo

The American Academy of Pediatrics estimates that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents. Sleep plays a crucial role in the development of young minds.

In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance (e.g., how quickly they respond to questions, how accurate their responses are, their problem-solving skills with peers), mood, resiliency (i.e., getting overly emotional when a problem arises versus using their coping skills and recovering quickly), vocabulary acquisition, learning and memory.

The American Academy of Sleep Medicine (AASM) recommends the following number of hours of sleep per night: ages 3 - 5: 10 - 13 hours, ages 6 - 12: 9 - 11 hours, ages 13 - 18: 10 - 12 hours.

Research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. A typical bedtime routine might include:

- Turning off computers, TV screens, video games, and other bright lights
- Putting on pajamas and brushing teeth
- Reading a light book, bathing

Daytime habits also affect sleep. You can promote restful slumber in your children by following basic sleep hygiene rules:

- Arranging a balanced schedule with alternating periods of rest and play
- Keeping a regular bedtime
- Making the bedroom a no-screen zone, even during the day
- Providing a healthy diet
- Avoiding caffeine, large meals, and sugary treats before bedtime
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, maybe using a white noise machine to mask outside sounds

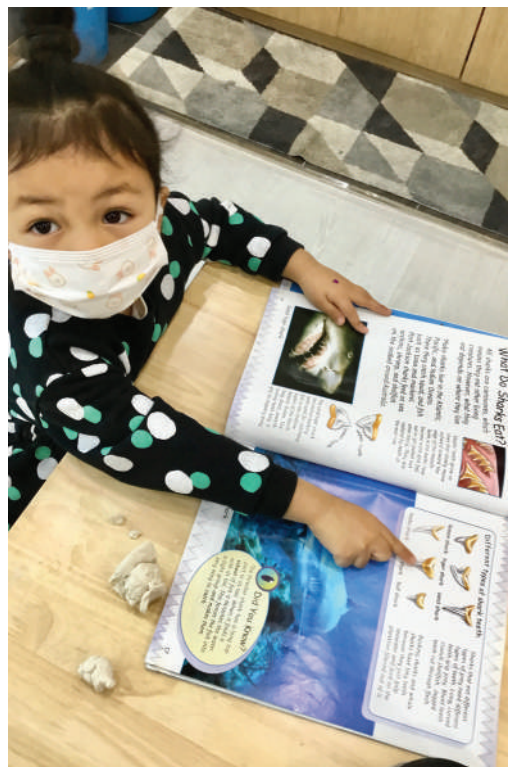
It's important to give your child regular exercise, but not to try to exhaust them in order to have them sleep better at night. More often than not, this will make them overtired and actually make it harder for them to fall asleep.

To strengthen the association between the bedroom and sleep, it's best to have them do homework and other activities that aren't relaxing in another room when that's possible.



PK3 Life Under the Sea

PK3 is currently deep diving into life under the sea. The students created an ocean mural after analyzing what the ocean looks like. They noticed various blues, greens, and whites among the waves and developed their ocean based on this knowledge. This ocean needed to be filled with animals of course! The students decided the first animal they would create would be a shark in honor of our mascot! PK3 researched sharks using books and videos. Through this research, they are currently hard at work creating their shark.



Check out our PK3 friends creating their shark!



K4 Learning About Living Things

In February K4 started their adventure inquiring into a variety of biomes. They explored the Savanna-Tropical Grasslands, The Marine Biome, and the Forest Biome. After hearing stories of animals and plants that live in these biomes, students collected a variety of materials that included natural and recyclable objects and objects within the class to create each biome.

Students paid particular attention to the forest biome and marine biome as it was clear that they had a local attachment and experiences with the ocean and forest areas in Busan.

Regarding the Marine biome, students explored the dangers of plastic and fishing nets in the ocean. Through play, students added nets and plastic in the water of this specific biome. Students had the animals work together to free the other animals and save each other from the dangers of plastic and fishing nets. All K4 students displayed a very empathetic and caring profile towards living things.

They demonstrated their knowledge, understanding and connection to living things and the natural environment through their explorations and play. We are currently inquiring into the habitats of animals and the interconnectedness that animals have with the natural environment to build their homes. Let the explorations continue!



Grade 1 Hosts Elementary SOQ Assembly

The Grade 1 assembly focused on K – Keep Learning: We continue to learn and grow. BFS students have a growth mindset.

- Make an effort for individual progress
- Be adaptable and apply one's experiences
- Develop creatively, artistically, and athletically
- Develop critical thinking skills and the ability to logically reason
- Analyze, synthesize, and evaluate information and apply learning to a variety of different contexts
- Develop and apply problem-solving strategies to real-life situations
- Be innovative by developing creative solutions
- BFS Sharks apply knowledge and demonstrate understanding

Grade 1 challenged others to keep learning as they shared their knowledge with other classes. They also had students share what they have learned with others. What a fantastic Assembly where we all strive to Keep Learning together!



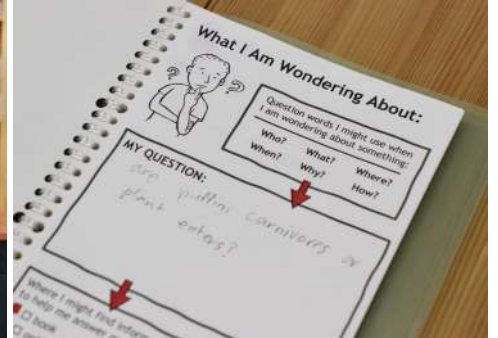
Grade 1 Music Class

February music activities involved Grade 1 students learning about the music notation of rests and notes. Our first activity had our bodies moving around the room to the music and when the music stopped, we all had to freeze in the shape of a quarter rest. As they froze, one friend would be chosen to walk around patrol if any of our quarter rest friends are frozen and silent. The second activity was a song in which the class were to raise a sign with a quarter rest printed on it. There are points of silence in our song and when that happens, everyone raises up their sign.



Grade 2 Research Project

Grade 2 students read out loud from their Wonder Journals as they complete a research unit on arctic animals. Students wrote questions they had about an arctic animal of their choice and used printed books and digital books, or asked experts to find the answers.



100th Day of School

Kindergarten and Grade 2 students celebrated their 100th day of school before Lunar New Year holiday. Kindergartners celebrated by making a crown out of 10 pieces of paper and putting 100 stickers on them. Grade 2 students tried to find numbers that sum up to 100 and counted their 100 steps. Each student is brought home stuffed bunnies for their 100th day. They better keep their bunnies safe from the tiger.



Anchored 4 Life

Our Anchored4Life elementary team leaders are socially conscious Sharks who help students transition as they move away from BFS. In February, we bid farewell to one of our kindergarten students: We will miss your enthusiastic, friendly, and caring personality, Eleanor. We hope the moving bag presentation will help you remember your BFS friends while preparing for the next step in your journey.



Elementary Art Works

As we are still limited in hosting parent events at BFS, we look for ways to sharing student work. Make sure to like us on our social media channels (FB, Insta), or visit frequently our website and check the pictures we take of student work as displayed at BFS. Below you will find recent artwork from the elementary arts department.



Grade 6 Reading Script

In middle school English class, sixth-graders acted while reading their script. It was impressive to see everyone diligently reading their lines and changing their tone of voice depending on the content or character they represented!



Grade 7 & 8 Science Class

The grade 7s observed and compared onion cell organelles under normal and saline solutions today as part of their study on osmosis. From this, they will draw and construct models of the phenomenon they observed, and design a new experiment that will return the cells to homeostasis.

The grade 8s got to be geologists today in physical science. They completed a mineral identification lab, in which they observed chemical reactions and physical changes to 5 unknown minerals. They recorded data and identified patterns of common characteristics to make a claim for the identification of the unknown minerals.



Grade 7 Science: Kimchi Lab

It's kimchi season in grade 7 science, where students made their own batches of kimchi as part of an inquiry investigation into cellular respiration and fermentation. Students will record changes in pH and CO₂ over a one week period before making observations under a microscope. Finally, students will develop a model to describe the kimchi's cellular structure and function during the process of fermentation.



High School Creative Writing Class

Creative Writing Class is busy planning another digital publication for their Literacy Magazine this year! We can't wait to see another great work that creative writers will make!



High School Korean Class

High school Korean class students did some Korean paintings on their own bags. Check out how beautiful they are!



Applying for College Presentation with Mr. Saunders

Full house during College Counselor Mr. Glenn Saunders presentation on Applying to College. It was interesting to hear about recent changes in college entrance requirements specially with regards to tests (SAT, ACT). We are also thankful to our new COOV QR reading machines that help keep our community safe and made this presentation possible.



Class of 2022 Cap & Gown Picture Day

In Korea, wedding pictures are usually taken before the actual wedding ... and so are graduation cap and gown pictures! This is how confident we are on our students successfully graduating by the end of the year. With already over 26 acceptances and over 800,000 USD in merit based scholarships this is a very safe bet.



High School Boys Basketball: Black Pink In Your Area

Our high school boys basketball match was fantastic! Black and Pink brought all they've got as if it's their last game! We keep live streaming all our major events. Make sure to read your emails for the live stream private links.



Middle School Volleyball Friendly Game with ISB

Fun day for our middle school volleyball sharks as they played some friendly games against our rival Bears. Both schools realize it is frustrating for our families not to be able to attend these events and we hope you appreciated the live streaming of the games.



Elementary Volleyball Jamboree

As all SKAC championships have been put on hold, the upper elementary department decided to honor the efforts of our volleyball teams by hosting an upper elementary volleyball jamboree. With teams composed of players performing at different levels, this made for a really interesting and fun afternoon that culminated in an ice-cream party celebrating the end of the volleyball season.



IMAGES OF THE MONTH



IMAGES OF THE MONTH





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