

It's the end of term 1 of our 2016-2017 school year! What a very busy term it has been! All students began in a new class with new teachers and expectations, parent information evening, primary 10<sup>th</sup> birthday, primary parent conference day, primary open house, swimming gala and Honk Jr, just to name a few!

I know there are many people that are looking forward to a break. I think sometimes we are able to continue to push through because we know we have a break coming up. We work ourselves so hard until we can't do anymore and we become stressed out. I have been thinking a lot about stress lately and how it affects our bodies and those around us.

The Bible has many verses relating to us and trees. I actually found 39 verses about trees and us as humans. In Matthew 7:17 it says, "So, every healthy tree bears good fruit, but the diseased tree bears bad fruit." This verse is important as we, ourselves, need to be healthy in order to bear fruit. I read an article titled, "Stress is a Tree Killer". The article relates stresses on a tree to stresses in our lives. If a tree is susceptible to continued stress, it can only last for 2-15 years before it dies. If trees are stressed or wounded they can be more susceptible to damage by insect and diseases. This is the same for us. If we are stressed, we are more likely for other things that don't normally bother us, to stress us out even more. Trees don't often show their stresses immediately as they do different things to try and compensate for the stress. Over time though, the tree will begin to show stress on the outside such as less leaves or even producing a lot more fruit to compensate for its stress. I think this is a lot like us. When we get stressed, we try and compensate on our own, but overtime our stress begins to show to others and it becomes noticeable.

So, why am I writing about stress and trees? Because I think as we are upon a school break, it's important to take some time to address areas of stress in our lives.

Psalm 1:3 says, "He is like a tree planted by streams of water that yields fruit in its season, and its leaf does not wither. In all that he does, he prospers."

ACADEMIC CALENDAR		TERM 2
		<b>October</b>
		Mon 17 ALL CLASSES BEGIN
		Thu 20 Academic Bulletin
		Mon 24 - Fri 28 Activity Week
		Mon 31-Tue 1 Nov Tihar - No School
		<b>November</b>
		Wed 9 Secondary Parent/Teacher Interviews
		Wed 16 Activity Week
		Thu 17 Presentation Evening
		Newsletter

Note that this verse says that we yield fruit in a season and not all the time. So, please enjoy this break. Take some time out from stressful activities and schedules, and rest. Have an enjoyable two weeks with your children and we look forward to seeing you all back on 17 October rested and ready for term 2!

### KISC MUSICAL PRODUCTION HONK JR.

Congratulations to cast and crew on a great show!



## PRIMARY ACTIVITY WEEK

We are looking forward to activity week from 24-28 October for the primary school. This year, our theme is Cave Quest - Following Jesus the Light of the World. The format will be very similar to last year. The students will work in their classrooms until lunch and then have activity week activities in the afternoon. This will be a wonderful week as we learn more about Jesus.

	Bible Point	Bible Story	Key Verse
<b>Day 1: Sal</b>			
	Jesus gives us hope.	Prophets foretell the Light of the world (John 1:1-18, Isaiah 9:2)	"O Lord, you alone are my hope." Psalm 71:5
<b>Day 2: Mawtha</b>			
	Jesus gives us courage.	Jesus and Peter walk on water (Matthew 14:22-36)	"Take courage, I am here." Matthew 14:27
<b>Day 3: Radar</b>			
	Jesus gives us direction.	Jesus sheds light on how to live. (Matthew 5-7)	"He will show you which path to take." Proverbs 3:6
<b>Day 4: Olivia</b>			
	Jesus gives us love.	Jesus dies and comes back to life. (Luke 23:1-24;12)	"We know what real love is because Jesus gave up His life for us." 1 John 3:16
<b>Day 5: Ray</b>			
	Jesus gives us His power.	Jesus ascends and empowers His followers. (Acts 1:1-11)	"Our great power is from God, not from ourselves." 2 Corinthians 4:7

## SECONDARY ACTIVITY WEEK

Dear Parents of students away on Activity Week. Here are the times for departure and return for the various activity week trips. Please note year 8 and 10 arrive back on Thursday and are expected to be at school on Friday. Year 7 and 9 arrive back on Friday.

Year	Depart	Departure Time from KISC	Arrival date and approximate time at KISC	Comments
7	Mon 24 Oct	Meet at 6:15am Departure 6:30am	Fri 28 Oct, 6pm	Bring packed lunch and snacks (make sure water proofs are in daypack)
8	Mon 24 Oct	Meet at 6:45am Departure 7.00am	Thurs 27 Oct, 4pm	Bring packed lunch and snacks
9	Mon 24 Oct	Meet at 5:45am Departure 6:00am	Fri 28 Oct, 5pm	Have breakfast beforehand and bring snacks & packed lunch
10	Mon 24 Oct	Meet at 5.45am Departure 6:00am	Thurs 27 Oct, 1:30pm	Bring packed breakfast

### EXPLORING COLLEGES AND UNIVERSITIES

Interested senior students met visiting representatives to explore offerings of select colleges and universities. They also learned what is expected from them for admissions. They attended sessions by University of British Columbia, Yale University/National University of Singapore and the USEF US College Fair with more than 16 colleges attending at TBS from 5 to 21 September 2016.

Graduating students are currently preparing for and taking their standardized tests. In the coming months they will be submitting their applications for 2017 admission.



"TO BE LIVING WITNESSES OF CHRIST'S LOVE THROUGH EXCELLENT EDUCATION"

## CONTACT US!

WE ARE ALWAYS HAPPY TO HEAR FROM YOU, OR IF YOU ARE IN NEPAL, PLEASE COME VISIT!

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