



Note from the Administrator Office

For the last week of school in November, our BAIS classrooms were closed and minds were opened to what the world outside our walls can teach us.

The annual Week Without Walls event is a school-wide program designed to provide BAIS students and staff with service learning experiences that will stretch us beyond the walls of our school and move us to engage more fully with the lives of others. The event mission statement explains: "It is our hope that these experiences will spur us closer to the compassion and empathy modeled for us by Christ. Therefore, we want to partner as much as possible with established service organizations (staffed by both national and international teams) that can mentor us in this endeavor."

The theme of our week was Loveology, the study of love in action. Events ranged from working at a soup kitchen to washing local SATPAM motorcycle, construction work to other school visits. Every staff and student participated in this event, and everyone's eyes were opened to how small our lives and view are in relation to everything else going on in this world we have been placed in.

Thank you so much to all of the parents and families who donated money, cars, time and any needed items. This was a great time out of our schools busy schedule to be together exploring love in action.

Thanks! Laura LaPierre, Business Manager

| DECEMBER | |
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| 11 | Christmas Program |
| 15-17 | MS/HS Exams |
| 17 | Half Day/Second Quarter Ends |
| 18 | 1 st Muharram National Holiday |
| 21 | Christmas Break Begins |
| JANUARY | |
| 11 | All Staff Work Day/ No School |
| 12 | THIRD QUARTER BEGINS |
| 14 | Reenrollment Begins |
| 14 | Report Cards Go Home |
| 25-29 | Spiritual Emphasis Week |
| 29 | Half Day |



WE INVITE YOU TO JOIN US FOR THE BAIS CHRISTMAS CONCERT
 FEATURING LOWER AND UPPER ELEMENTARY CHOIRS, CREATIVE WORSHIP, HIGH SCHOOL
 INSTRUMENTAL, HIGH SCHOOL VOCAL ENSEMBLE, AND HIGH SCHOOL GUITAR CLASS.
 FRIDAY, DECEMBER 11 AT 6:30 PM IN THE BAIS MULTIPURPOSE ROOM

ALL ARE WELCOME!



SOFEFO will have its next Middle School event this **Friday, 4 December**. The Middle School SOFEFO event will be the Christmas Party **from 6:00 to 9:00** at the **Neveux's house**. There will be Christmas games, Christmas cookies, Christmas songs, and the Christmas Story! This SOFEFO event is for all students in **grades 6 through 8**. SOFEFO is not just for BAIS students, so invite your friends to come as well! We're looking forward to seeing you, so come enjoy the fun. We hope to see you there!

David for the rest of the SOFEFO staff



Health News

We seem to be having a few students in the elementary coming to school sick. We would like to remind parents again of the school policy and the conditions under which a child will be sent home. It is located on page 35-38 of the parent student handbook. These include: a fever over 38 degrees (100 °F), vomiting, moderate to severe diarrhea, a draining skin rash or lesion, head lice, pink eye, or a grossly productive cough. If any of these conditions are present the night before or morning of school, please keep your child home. If your child has an illness and needs to take medicine at school, please review the medication policy as well. There is a form in the clinic and front desk that parents need to fill out so that the child can take the medicine to the clinic and be supervised while taking it. Make sure your children are getting good sleep and nutrition to keep them healthy.

As students head into their finals at the end of the quarter, there are things that can be done and parents can help with to make students successful. Stress is a consequence of this time and illnesses are more likely to be contracted during stressful times. These are some suggestions to staying healthy and reducing stress associated with Finals and this busy time of year.

Tips on preparing for Finals and Final projects for secondary students

1. Don't forget the basics! Actually spend time studying before your exams, throughout the next 2 weeks. Don't wait until the night before the test to study. Don't save projects for the night before either. Do a small amount of work daily and this will decrease the stress you feel.
2. Get enough sleep at night so that your note taking in class makes sense and you retain what you read when you do study. 7-8 hours of sleep a night should be the goal. Research has shown that students that get enough sleep vs. those that stay up and study actually do better on their exams.
3. Eat a proper, nutritionally balanced, breakfast, lunch, and dinner. This consists of protein, vegetables, fruit, and complex carbohydrates. Good nutrition is vital for good performance. Also get enough healthy drinks (water, milk, juices) at least 6-8 glasses a day.
4. Make sure to get exercise and do extra-curricular activity like sports or music a half hour daily to help keep you healthy and decrease your stress level so you can focus on your school work.

*Thank you,
Devlyn Neveux, PA-C*

BE HEALTHY ----- BE HEALTHY ----- BE HEALTHY ----- BE HEALTHY ----- BE HEALTHY



ADOPT A CHRISTMAS ANGEL

In past years many in our BAIS family have been instrumental in making Christmas a little brighter for some sweet kids and staff at the Bali Orphanage in Kuta. Those who have participated have been blessed by giving even more than the kids receiving. This year we would like to offer as many of you as would like this same opportunity to give a gift to a special child at the orphanage. We call this project "Adopt an Angel for Christmas." Now, you **do not** actually adopt a child from the orphanage to bring home with you, but you can make a child's Christmas brighter by giving gifts to one of the kids or one of the staff at the Bali Orphanage.



We have a special sign-up in the BAIS Library. On the Christmas tree in the library, beginning December 2, there will be angel ornaments. On each ornament will be the name, age, and gender of a child or staff member from the orphanage. If you choose a name, please purchase gifts for that child or staff member, wrap them up in a box no bigger than a shoe box, and put the child's name on the box. The gifts should total the amount of at least Rp.100,000 for each person, and not more than Rp 200,000 per person. Once you have



your gift wrapped please put the angel with the child's or staff member's name on the outside of the box. Then, bring the gift to the library. We will ship all of the boxes together in time for the kids to open them on Christmas morning. This will be such a blessing to the kids at the orphanage and to your family as well. Please come by the library and adopt a child for Christmas! Parents, students in the elementary classes must have a parent's approval to do this, so if possible parents please come with your child to choose a name for your family or send a note saying your child has your permission to bring in a gift. All the gifts must be in the library on or before December 14, so we can mail them to Bali. If you have any questions please see Mr. or Mrs. Paese, or Ibu Pauline.

Items you may want to give the kids are things such as school supplies, games, clothes, toiletries, books in Bahasa Indonesia, picture frames, toys for the little kids, CDs, etc...

If you had rather make a monetary donation to help with the shipping of these gifts for Christmas that would be great as well.

Thank you for sharing God's love with these kids.

Sincerely,
Karen Paese



Athletic News

This Saturday December 5th at 5 pm the Varsity boys are playing Jakarta International School (JIS) at JIS. The van will be leaving from the school at 11:30 am, making a pick-up at Bandung International School at 12:15 pm and heading on to Jakarta.

Please join us to cheer on our Eagles - Direction to JIS:

In Bandung take the Cipularang toll road towards Jakarta. At km marker 11 south of Jakarta take the Cikunir toll gate. Use the road on the left side to get on the Cikunir toll road. Follow this road for about 30 km to the Pondok Indah exit. It is about the 7th or 8th exit. After the exit turn to the right- Jl Metro Pondok Indah- big roundabout turn to right- Jl Sekolah Duta Raya which turn into Jl Terogong Raya. The JIS gate is on the right hand side.

All three teams are playing next week, Tuesday, December 8th, at **Soekarno Hatta sports center from 4-6 pm. Currently the schedule is JV boys at 4 pm on one court and girls at 4 pm on another court. The varsity boys will start immediately afterwards on which ever court is free first.**

BAIS Girls vs. SMA10

BAIS Boys JV vs. Club Cendrawasih

BAIS Boys V vs. Club Cendrawasih

The Lady Eagles played an intense game against St. Angela's Girls team last Tuesday, Nov 24. It was a close game in every quarter and the Eagles lost by just 2 points. The final score was 28-26. Though they lost, the girls played excellent man-to-man defense the whole game. They should also be congratulated by their hustle, intensity, and competitiveness. They were 'in it to win it.' Sarah Neveux scored 15 points and was Player of the Game. Joy Park scored 8 points, and Melody Williams, 3. The team loved having parents and friends there to watch and cheer.

Shea Williams
Coach

Basketball will be on break until January 12. Please enjoy your Christmas holiday!

The combined Ms/Hs Christmas Potluck Breakfast is on Wednesday, Dec. 9 during third period. Yum! Each Ms/Hs student is being asked to contribute to the meal. Students will be signing up for what to bring during homeroom time this week.

