



Conquering the Sun, the Moon, the Lake

by Selina Chen (9) & Alexandra Cheng (7)

On September 3-4, the 9th graders went to Sun Moon Lake to feel the spirit of the open water and challenge their limits. Thousands of people were swimming in the lake, so the students squished in with the crowd.

The hours in the water seemed to tire them out, the time seemed to drag by. Luckily, the teachers helped to guide students who had been separated by level.

"I think this was a special experience for me. The students helped each other during the swim and the teachers led us and told us how to swim easily. When we all finished, we were all proud of how we conquered the lake," said Selina Chen (9).

Arriving in Nantou by noon, the students grabbed a bite, took pictures of the lake, and checked in. They ended the first day with a safety explanation and the swimsuit handout.

"At first, I was very fear[ful] about this activity and felt that it won't be successful. I realized the strength of unity and learned we need to be confident to try everything. Those lessons can't found in the textbooks,"



From the tiring mornings to the amazing twists and turns, these fifteen-year-olds are proud to say they swam the murky waters of Sun Moon Lake. "The worst part at the time was that it was very tiring. The good thing is that my teammates helped each other," Belle Chu (9) said.

Emma Hsu (9) said.

The next day started out with an assembly to warm up the nervous students and hand out swimming caps. Then, the deep water swim began.

"Students say swimming in Sun Moon Lake is a waste of time, but the journey is a memory which ninth graders will remember years later," Sherry Tang (9) said.

When ninth grader, Jumbo Chen, experienced the unexpectedly deep waters of the lake, the group was always there for support. "Don't think it's too tiring. It's only the beginning. Teamwork is important, count on your friends, your group, and your team," Chen said.



Friends, having each other's backs, make it to the end. "The moment we arrived was very memorable because someone near the middle was feeling uncomfortable," Joyce Yeh (9) said.

Children of the World Play Together

by Daphne Chuang (8)

On July 1 to 31, 2016, 30 students and teachers volunteered for the International Children's Games (ICG).

The ICG is a sport competition with players from all over the world. This year the games were held in New Taipei City, Taiwan. In the 2016 ICG, there were nine sports including athletics, swimming, tennis, taekwondo, table tennis, basketball, soccer, volleyball and handball. Participants from four hundred cities gathered there. Teenagers 12-15 years old and their teachers from

Kang Chiao participated, helping the team from Darmstadt, Germany, to try to do their best.

This activity teaches the participants the importance of teamwork.

"I learned that teamwork is very important. It's the key to winning the game," Ziv Wang (12) said.

Perhaps she learned the most from the relay race which shows teamwork the most.

"Track and field is the most interesting game," Wang (12) said.

KCIS students were responsible

for the track and field competitions.

"We were meant to be monitoring if there's any circumstances or problems happening while the competition was going on. The track and field competitions were very fun and interesting," Elva Lin (11) said.

Every game has its own characteristics which encouraged people to participate and cheer for the game they chose to support. This included a cheerleading team each game.

"I now know how to communicate with other country's people and learn more cultural events

from the other country," Lin (11) said.

Weather sometimes caused scheduling problems, but those delays didn't really bother the students much as they were enthusiastic.

"I had fun there, although the weather is little warm," Lin (11) said.

The students reached the goals they set for themselves.

"I want to participate in ICG volunteering because I believe I will be able to attain new experiences and establish a cross-nation friendship," Wang (12) said.



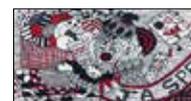
Sports Day 2



Mountain Climbing 4



Scouts 6



Art and Poetry 8



New Year, New Winners

by Ashley Chang (8) & Yingli Lu (8)

This year the championship went to the Western Tigers, which surprised the Northern Tortoises since they had been the champion for the past two years.

"I was completely shocked that the Westerns won this year, since our house has won for two years straight. I was hoping that we would keep winning, but we didn't. I do wish that we'll win next year, though, because if the Western could win after such a long time, I think we can, too," Hans Yang (8) said.

Students try their best to win the games as a team and participate in each sport so they could win, but also to have fun.

"This is our first year winning since I came to Kang Chiao, and it was the best feeling knowing that we won. I am so proud of our house. I really wish that we can win again next year. Go Western," Cindy Chung (8) said.

The Eastern Dragons won the spirit award. They also no longer received the fewest total overall points as in the past two years.

"It was great that everyone participated. We all deserve the spirit award," Michelle Lee (7) said.

Many students agree Sports Day was a success, especially the seventh graders. This was the very first experience for them.

Lee (7) said, "Sports Day this year was a success and perfectly planned because it came out so fun and enjoyable for all of us first timers as they also give activities and sports to do for the students who didn't get to join in any competitions."

One of the most important

competitions in this year's Sports Day was the relay race. Many who participated in the race were first-timers, and that caused them to have new experiences and ideas about competing and Sports Day.

Tiffany Chang (10) ran in the race for the first time.

"The day before Sports Day, I felt my heart pounding so fast because the next day would be the first time I participate in racing. During the race, I tried my very best to run as quick as I can, and thinking to win the champion for Tigers for the whole time. Well, it was worth it," she said.

Sports Day historically starts with a warm-up activity for both students and teachers. Every student who completed this activity would gain points for their house, which determines if they are going to win or not.

"Of the entire Sports Day event, my favorite is the running. I love the thrill of the wind in my face and the sun on my skin. Even though running 1.8k is not much, but completing it is still a great accomplishment to me," Janna Lee (8) said.

Many students agreed this year's Sports Day was a success. They hope next year's Sports Day would be as good as this year's, or perhaps, even better.

"This year's Sports Day was great. I got to participate in many sports, such as water polo and tug-of-war. Even though my house, the Eastern Dragons, didn't win the overall award, we still won the spirit award. I cheered so loud I lost my voice by the end of the day," Amy Chou (8) said.

What Do You Want to Be When You Grow Up?

by Max Ko (9) & Eric Chen (9)

Career Day, Friday, October 28, allowed students to seek out their interests and learn about jobs in the real world, when parents with various jobs came to introduce and explain their jobs.

During Career Day, Ms. Ansley Wu and Ms. Grace Mao, two of over 60 presenters, came to Kang Chiao to introduce their jobs.

"Career day was fun and full of new information," Fiona Chen (9) said. "I learned about different jobs."

Students visited presenters during the last four periods of the day. Students picked which presentations they would attend based on their interests.

Career Day was a day full of new ideas. Cherry Chen (9) learned about the life of an adult with a job.

"It helped me filter some of the jobs I think I won't do in the future," Cherry said.

"I [want] to be a lawyer when I grow up," Fiona Chen (9) said.

So Fiona Chen attended Ms. Mao's class. A lawyer in Taiwan, Mao studied law in university.

"I went there just because I don't like math," Ms. Mao said, "and I think you can get away with it if you study law."

This turned out to be Ms. Mao's main job and career. She came to Career Day to share her experiences and to take a look at the school.

Ms. Mao said, "I think it

is a good idea to share some of the other aspect of the law practice to the students."

Becoming a lawyer requires passing a test. To get the license requires a lawyer pass an examination. Ms. Mao passed the bar examination.

"It is the examination for the license of a lawyer," said Mao, "if you want to be a lawyer you will need to pass the bar." The bar is the basic requirement of becoming a lawyer.

Along with Ms. Mao, Ansley Wu, an User Experience Designer, introduced her profession. Wu is both a psychologist and a designer.

"I start to dedicate myself into marketing advertisement," she said. "My design can affect not only our customers, but also the product itself."

Ms. Wu enjoys her career. She explained she is able to use creativity to improve her products, and using her skills as a psychologist gives her an advantage.

"I was thrilled because of this career upsurge," Wu said, "so that's why I dedicated myself into this job."

Career day was helpful to students who believe career day was "well organized" and should "continue" Chen (9) said.

Cherry hopes Career Day will continue.

"[Career Day] can help us know more about jobs that we want to dedicate ourselves to," Cherry said.



New Teachers Bring Experience, Ideas

by Ryan Lee (8)

Tiana Sexton teaches 9th and 10th English Literature LL. She has taught in Texas and Thailand.

Ms. Sexton, room 6305, has always wanted to be a teacher since she was in first grade.

“When I was in first grade, I started to see that teachers can change students’ lives. Also, I have had a lot of excellent teachers, which made me feel that being a teacher isn’t that bad,” Ms. Sexton said.

Since she likes to teach students to view literature from a very different angle, Ms. Sexton enjoys it when the students have new ideas.

“I always like my own students to have different dreams, goals, and the perseverance to study,” Ms. Sexton said.

She added she would teach history if she didn’t teach literature.

“I studied history in college and I think that I am good at it,” the new KCIS teacher said.

Ms. Sexton believes every student can become a model student.

“I think to become a model student, you must be hard working and motivated to learn. Also, you must participate in class.”



by Ethan Chang (7)

Mr. Kenneth Sexton, a self-proclaimed social, patient, approachable, energetic and inquisitive person from Scotland, teaches English Literature LL 11th and 12th English AP.

Before KCIS, Mr. Sexton had experience in many other countries.

“I’ve also taught in Australia, Korea, Italy, and China,” Mr. Sexton said.

Mr. Sexton decided to

become a teacher when he was halfway through his English literature degree. So, he did his post-graduate work in education.

“I wanted to be a teacher because I realized the importance of getting a good education. Having a good education makes you a successful man when you grow up,” he said.

Since Mr. Sexton is a very energetic person, he said, “I guess I would teach PE,” if he wasn’t an English literature teacher.

Mr. Sexton hopes that every student will become a model student.

“A model student, to me, gives opinions and wants to answer questions,” Mr. Sexton said.

Building Rafts, Building Spirit, Building a Team

by Kerilee Nickles (Faculty)

The importance and rewards of team building is not lost on the staff here at KCIS. We had our chance to get a formal introduction to our new coworkers at this year’s team building trip in Hualien. There was lots of bubbling energy as we met at the Taipei Main train station, gathered into groups, and loaded onto the train down to our hotel, excited for what could come next. On the agenda were a beautiful hotel stay, all meals taken care of, and a chance to learn more about the IB curriculum, which many of us were unfamiliar with.

First, we got together in the large meeting room. We had to get into groups, take sorting pieces, and create a triangle using bits of lizard-shaped foam. The purpose was to teach us how we come across to our students. The speaker hadn’t given us all of the info.

We were taking the student’s perspective and trying to achieve what we THOUGHT the “teacher” wanted...

Lesson learned.



The next day, we got into groups, grabbed our materials: bamboo poles, kayaks, and ropes, and got to work on our plans from the night before. It took about an hour, but everyone finished their rafts and sailed out onto the lake, competing with the other rafts for speed and stability.

This was probably everyone’s favorite part.

Again, we were met with a beautiful sunny day, as we had to quickly pick up our wetsuits and boots in the morning to experience a Taiwanese river tracing trip. We were driven up to the edge of a mountain, asked to change into our outfits, so we could start at the mouth of the river. We hiked along a forest path, through a tunnel, and there we were, ready to dip our feet into the glistening emerald water. It was cold, but refreshing, and our guides were so helpful and fun as we made our way up, the river. We got lots of fun pictures and wonderful new memories with our colleagues.



On the last day, we got the chance to help out at the Wu Wei House, choosing from the list of activities, such as woodworking, planting, and toy sorting. We signed up for our favorite and headed out for the day.

At the end of the trip, we had a final team-building activity. We had to sit in a circle, and hold onto a rope and try to stand up. It was the finishing touch to a great trip of bonding and learning with our new coworkers. It was a great start to a fresh school year at KCIS.

'It Is Not the Mountain We Conquer, But Ourselves'

Sir Edmund Hillary

by Wilson Lin (8) & Alonzo Chang (8)

Climbing, hiking, walking, even running in the mountains. They had been through all of this. Laughing, complaining in the mountains; yet, finally, enjoying the mountains.

It was an extraordinary experience to be forced to do for three days as an 8th grader, so the students didn't expect too much in the beginning. However, they found they enjoyed the adventure more and more. And to their surprise, they were even looking forward to completing this mission with their team members.

"I hate mountain climbing, especially this kind of difficulty. But I know what the teacher wants us to learn from this event. Again, I hate mountain climbing," Paul Yang (8) said.

There was only three days to accomplish climbing to the top of four separate peaks.

"The second day will be the most difficult day because we are going to hike for 15 hours," Ms. Jane Hsieh (faculty) said.

And that was 100% true. Indeed, the hikers had a happy first day. They enjoyed the sunset and the not-too-cold breeze on the top of the mountain.

Then they ate a quick dinner and went to bed early because wake-up call was at 1:30 a.m. They had no idea how cold it would be in the high mountains. And they felt a little bit of regret for not bringing warmer pants.

Fortunately, after a 30 minute walk, they could feel their feet again. All were quiet and focused on the trails for the next two hours until the first break.

One team member was already pale and breathing hard.

Yang said, "I think I'm going to pass out today. If I don't survive, please bury me under a tree at Kang Chiao."

But he survived to see the view from the first top of the second day; however, he couldn't finish all of the tops.

Daniel Chang (8) said, "This is the most tiring exercise I have ever met in my life. Kill me."

By noon, they had already conquered two tops. What an amazing sight in front of them. Clouds enclosed them for a long time. They could see so far, no high buildings, no big bridges, no cars, no noise; only the wildflowers, the wind and them.

Why didn't they know Taiwan's mountains were so beautiful before? It reminded them how everyday they take things for granted and forget to take a look around. They take the bus to school every day, but don't know the names of the mountains surrounding the school.

Ms. Hsieh said to them at the end of the trip, "Not all people conquered the mountain, but we all conquered ourselves."

No one knew what would happen on this long journey. The students were lucky to have guidance.



Outcomes from the Challenge

1. They were here to learn from nature.
 2. They understood what they lack.
 3. Why they should aim for a goal.
- And the most important:
4. They can count on their team.



Never Underestimate High Illness

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What is High Altitude Illness?

Backpacking strengthens cardiovascular system, pulmonary functions, physical fitness, and endurance. As altitude increases, air pressure and partial pressure of oxygen decrease (Hypobaric Hypoxia), causing unusual low concentration of oxygen in the blood (Hypoxemia). Human bodies adjust very well to moderate hypoxia, but the adjustment takes time for preventing high altitude illness. Acute acclimatization takes three to five days. Abrupt ascent and insufficient acclimatization may lead to high altitude illness for travelers going to 2,500 m or higher.

How to prevent High Altitude Illness?

1. Ascend slowly if possible: the most important rule is to ascend gradually to allow your body enough time to acclimatize.
 - (1) For the best acclimatization, stay in moderate-altitude (about 2,500 m) for one night prior to ascending to high altitude.
 - (2) Avoid ascending directly from low altitude to overnight stay in areas higher than 2,750 m.
 - (3) Once above 2,750 m, ascend no more than 500 m per day, and plan for an extra day to acclimatize for every 1,000 m of ascent.
 - (4) If abrupt ascent is unavoidable, adults can consider using medications to accelerate acclimatization.
 - (5) Children should not take medications to speed up acclimatization, and should never join backpacking trips that involve unavoidable abrupt ascent.
2. General tips to prevent or reduce the occurrence of high altitude illness: Stay warm, eat carbohydrates, and drink plenty of water (2~3 liters per day). Avoid strenuous activities, smoking, drinking alcohol, or taking sedatives. Avoid gas-producing foods (beans, carbonated beverages, etc.).
3. Pharmacological prevention: children should never use medications to acclimatize. Adults should consult with primary care physician for prescriptions and proper instructions before using medications to accelerate acclimatization.

Clinical symptoms, Treatment and Emergency Care for High Altitude Illness

High Altitude Illness consists of three syndromes:

1. Acute mountain sickness (AMS)
2. High altitude cerebral edema (HACE)
3. High altitude pulmonary edema (HAPE)

The Lake Louise Acute Mountain Sickness Criteria:

1. The criteria are widely used all over the world because it can be applied easily to diagnose acute mountain sickness (AMS). Diagnosis of AMS is based on three conditions that occur at the same time (1 + 2 + 3):
 - (1) Recently (within 4 days) ascend to altitude above 2500 m. +
 - (2) Headache. +
 - (3) Presence of one or more of the following: gastrointestinal symptoms (anorexia, nausea, or vomit), insomnia, dizziness, lassitude, or fatigue.
2. Presence of unsteady gait and/or altered consciousness should be considered symptom of High-Altitude Cerebral Edema (HACE).
3. Presence of shortness of breath, cough or hemoptysis, central cyanosis, tachycardia, tachypnea, rales or wheezing over at least one lung should be considered symptoms of High-Altitude Pulmonary Edema (HAPE).

Treatment for High Altitude Illness:

Treatment for high altitude illness depends on the severity of symptoms. Patients with mild symptoms only need to rest, eat frequent and small meals, drink plenty of water, avoid alcohol, and take medicine for headache.

Emergency care for High Altitude Illness:

1. Stop ascending. Descend immediately if symptoms become worse or HAPE/HACE appears.
2. Supportive care: use medications.
3. Supportive care: provide oxygen or use hyperbaric chamber.

Special Consideration:

If you are a heavy smoker, or have a history of high altitude illness, cardiopulmonary disease or operation, anemia, brain tumor, stroke, or other chronic or acute diseases, consult with your primary care physician to evaluate your health conditions for risk management.

'On My Honor, I Will Do My Best'

by Hendrick Lee (8)

This was a really significant journey for us. It included a lot of things we never had a chance to try, like sleeping in a submarine and on an aircraft carrier. We had a great time with the Asian American Scouts over there. We made a lot of friends.

For the first few days, most of us worried if we could take care of ourselves and not make any trouble, but the next few weeks we found out it was not that hard. We washed our clothes, packed our luggage and were on time.

We went to the spectacular Golden Gate Bridge in San Francisco. We could see how the bridge connected two places.

Then we went to Angel Island Immigration Station and Alcatraz Island to see the old prison there.

On Angel Island, we learned about the hardships of the Chinese people who immigrated to America in the early 1900's.

In Alcatraz, where a lot of jail cells rose next to us, a poster said, "Break the rules you go to prison, break the prison rules you go to Alcatraz." This means all the prisoners there were the worst of all.

Then we went to Antelope Canyon. It's a beautiful orange-colored canyon. The Native American tour guide told us there were hundreds of antelopes there many years ago.

The guide took our camera and helped us to take some gorgeous pictures. Some of these pictures look like a sunset, a lightning bolt, a heart and even like George Washington. We really had a good time.

On to the Dragon Rendezvous, the main reason for our trip. We tried some exotic activities like shooting rifles, archery and wilderness survival. We built a big shelter like in the novel, *Hatchet*, and spent a night there.



The following is an excerpt from the journal of Joanne Chang (9):

8/1

This is the first day in the camp. We walked down for the flag raising ceremony with other girls. We were a bit late for the ceremony. In the afternoon, every team got a worksheet. We needed to go to different places to see the staff's acting, and put them together to form a story and act out at the campfire this night. The acting of every team was all great and funny.

8/2

The four classes I finally chose were astronomy, rifle, fishing and wildlife, and archery. I think I really learned something after the classes ended. We played a stationary game in the afternoon. Every team needed to cooperate to succeed. However, the time was too short for most stations, so we lost most of them. Although time was short, I can still feel the happiness. P.S. People started to trade patches today!



8/3

We had a cooking competition between five troops this afternoon. We made snake cookies and fruit pudding. Our fruit pudding failed because we mixed in too many additional materials. I think our snake cookies were successful because they tasted just like what I eat in Taiwan. We had a happy surprise because our troop won first place in the snake cookie cooking competition. Then I went to a grass field with some other girls who also chose the astronomy class. We watched the stars moving through the sky from 9:30 p.m. to midnight. It was tiring and late, but also meaningful.

8/4

Every troop needed to make a camp fire. This was easy work to do. People just needed to sit and talk to each other after the campfire got built. This is a wonderful activity to bring friends closer. Once we neglected the fire for a short time, and it became weaker and weaker. Everyone rushed to pick up more wood to save the dying fire. We also put sugar on apples, covered them with tin foil, and cooked them beside the campfire. The apple tasted sweet and crisp, turning this night warm and relaxing.

8/5

Today we ran to different stations to try different things. We needed to wait for everybody to try once. This seemed endless. This night, we watched the staff's campfire, sang together, and shared our feelings about these six days out loud. The atmosphere was full of sentiment. I had made new friends, and had really learned something in these six days, in this camp. I'll always remember this place.

8/6

Today is our last day in Camp Hi-Sierra. We were supposed to wake up at 5:00 a.m. because we needed to pack. However, at 5:15, I suddenly woke up because I heard somebody asking, "Is Joanne awake?" After breakfast, we took a photo with our troops, which meant that part of our journey came to an end.

Teachers Learn More Than Their Students

by Caesar Yu (7) & Eric Chen (7)

This last summer, from July 31 to August 1, students from Kang Chiao went to the Hsin Chu Jianshi Township to help the local children learn some skills they didn't know. When the KCIS students went to the local school, a lot of happy people welcomed them to Jianshi.

Sometimes going to a camp in the mountains can be uncomfortable and inconvenient, but those students who went there to teach were happy to have this chance to teach those children who didn't have money to pay for school or extra classes. The KCIS students taught English, math, social studies and more.

Sherry Lin (11) said, "Also, we went there for other reasons. It's because we want to have volunteer hours."

Before leaving KCIS to go to this camp, students must learn how to cook food by themselves. They had to prepare and bring all they need to teach and help the kids at Jianshi. They also brought items to play with, such as Uno, balls, paper, and toys. When they finished with their lessons, they had fun with other kids playing table games, football, other sports or other fun activities.

Amy Lu (11) said, "We came to this camp also to play with those students. We want to show them some

life skills, like how to cook food by themselves."

The first day of camp, they had a group activity. The second thing they did was interact with their teammates. They read books together and taught the students information about math, as well as other subjects. They made some posters to help improve student learning even after the KCIS students went home.

Mr. Mike Lee (faculty) said, "We wanted to come on this trip because we are happy to teach those kids who didn't have much of a chance to learn. The children who teach them also can learn when they are teaching and leading people."

At night, there was barbecue for dinner. The KCIS students also learned about the native Taiya culture around the campfire.

Mr. Lee said, "We learned a lot at this camp, such as Taiya culture, their working situation and how they do the things we often do. So we felt good. [KCIS] Students helped the kids and played with the children. They all are having a lot of fun at that time."

The children at Hsin Chu are happy because the KCIS students were very kind to them and very friendly. Also, they appreciated the help.



This is not an easy task for the 11th graders. They had to do everything by themselves. Michelle Wang (11) says the team had fun at night and that it brought them closer together as friends. "It is for us who live in the city to experience what it is like to live in rural area and be a tutor. This is the opportunity that I've never had before," Michelle Wang (11) said.



Helping kids who don't have resources to learn was the priority of the volunteers. This was a day where the students did the teaching. Participants say that they were really hyper and that they had a great time. "I think the adults and the children have different thoughts the whole time. We all learned different things together," said Joshua Chen (11).



The hardest part of teaching seems to be grabbing the right attention from your pupils and cooperating with your coworkers. These few students have proven that not all can teach, for it is a difficult occupation. "The children are very naughty, which made it very hard to teach. I could hardly get anything done," Prudence Lin (11) said.



The main idea of this trip was teaching the kids who don't have the resources to learn math and English. Not only did the KCIS students teach the children, but these students also cooked and cleaned for them, too. Rebecca Lan (11) talked about the trip and how the team contributed to the activity. "It was memorable. I believe that most significant part of the trip was what we learned from the kids, how they have different perspectives. Even when they're young they know what to do with their lives. It's really inspiring," Lan said.

