

Thought for the week:

"The best things in life are nearest: Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you." - Robert Louis Stevenson

Visitors at TIS this Week

There will be two sets of visitors at the school this week. Firstly Mr Trevor Birney, who many parents will know from previous visits, will be doing some work with teaching staff and students, amongst other things, on the Count Me In Too maths programme.

Also Yase Kitum the IT manager from Edutech, the IEA's IT section, will be here to conduct some work on the school computers and network. This work should bring some significant improvements to the schools networking capabilities.

As we will be having extra staff meetings this week to make use of Mr Birney's visit and because of the work being conducted in the computer room, the following After School Activities will not be taking place this week:

- Tuesday: Computers
- Thursday: Art, Computers

P & W News

The P & W Committee for 2005 has been elected:

- President: Deidre Logvyn
- Secretary: Kirsty Martin
- Treasurer: Ruth McKenzie
- Tuck-shop Coordinator: Tracey Piercy

We have a few things planned for the coming year so be sure to support us in our endeavours. We will keep you updated on events. Watch this space. The canteen would appreciate donations of cup cakes. If you can help, please see Tracey.

School Medicals

The Medical Department from Tabubil Haus Sik will conduct the Annual School Medicals at Tabubil International School on Monday March 21st and Tuesday 22nd March, for Prep, Grade 1 and Grade 6 students.

The Medical will consist of:

- A Physical examination
- Dental check
- Immunisations
- Vision & hearing Screening

Parents concerned will receive letters and permission forms with further details of the medicals.

Assemblies & Dates for the Term

Assemblies and dates for the rest of this term are as follows:

- 11th MARCH - Grade 3
- 18th MARCH - Grade 2
- 25th MARCH - Good Friday Holiday
- 1st APRIL - General Assembly

Helping your Child to cope with School

Often children find school difficult because they are not sleeping well or not getting enough sleep. Parents might find the following advice from The Sleep Foundation helpful with bedtime routines.

<http://www.sleepfoundation.org>

Curriculum Corner

In the last two weeks we have highlighted the first two IEA "key outcomes" which provide the broad focus for all learning activity in IEA schools. The third of these is that each child will...

... behave ethically

One who exhibits appropriate morals, manners and virtues in a range of social and cultural settings.

Grade One Happenings!



Dominica and Jonathan match the word and picture puzzles



Lauren and Sally playing word domino game

IT'S TIME TO GET YOUR CHILD'S SLEEP SCHEDULE BACK ON TRACK FOR THE NEW SCHOOL YEAR, SAYS THE NATIONAL SLEEP FOUNDATION

Students can find it difficult to get back to their school year sleep schedules after a summer of staying up and waking up at later hours. Back to school means resetting biological clocks to ensure sufficient sleep every night and a healthier, safer, and more productive school year. And it isn't too soon for children and their parents to begin planning for the change in sleep schedules, says the National Sleep Foundation (NSF).

"It is important for children to have a healthy start to their school day and come to classes feeling awake and ready to learn," said Jodi Mindell, Ph.D., a nationally recognized expert in pediatric sleep and a member of the NSF board of directors. Dr. Mindell noted that in addition to the health benefits of sufficient sleep, there are also safety issues. "A recent study even shows there is a higher accident rate for children following any period of sleep loss," she added.

To help parents, educators, and children plan a back to school sleep schedule, NSF offers the following tips that should be maintained throughout the school year.

- **Begin the routine now.** Parents should start their child's school sleep routine at least one to two weeks before opening day by introducing a gradual change in their child's sleep schedule, such as going to bed 15-30 minutes earlier each night. This can make it easier for children to adjust their sleeping patterns to meet the new school schedule.
- **Establish a regular bedtime and wake up time.** Parents and children should plan a daily schedule that includes the basic daily sleep requirements for particular age groups. This schedule should be maintained on the weekends, though students can be permitted to sleep in one or two hours on weekend mornings if necessary. While individual sleep needs can vary, the amount of sleep suggested by Dr. Mindell and other sleep experts for particular age groups is:
 - School Age Students (5 – 9) 10-12 hours/night
 - Pre-teens (9-12 years old approx) 9-11 hours/night
 - Teens (13 upwards) 8.5-9.5 hours/night
 - *Remember to add 10-20 minutes to bedtime for falling asleep.*
- **Create a bedtime routine.** Bedtime routines are important, regardless of a child's age. It should include at least 15-30 minutes of calm, soothing activities.
- **Immediately prior to bedtime, encourage quiet time with some relaxing activities.** Discourage television, exercise, computer and telephone use, and avoid caffeine (found in beverages, chocolate and other products).