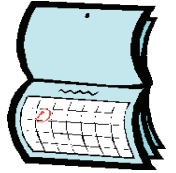




# Newsletter

March 1, 2010

## Calendar of Upcoming Events



<u>March</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
3 - 6	<b>ISSEA Basketball Tournament!</b> – See Schedule and Announcements detailed in the Newsletter.		
4	ES Report Cards Distributed		
9 – 11	MAP Tests for Grades 4 and 6		
12	Fabulous Friday	1:20 – 1:50	PAC
12	Middle School Art Exhibition – One month		PAC Foyer
13	MTV Night	7:00 PM	PAC
15	March Newsletter Distribution		
16	Board Meeting	6:30 PM	Band Room
19	ES Student Led Conferences, Per Schedule in Classrooms		No Classes
22 – 27	Eisteddfod Musical Competition		PAC
24	PTO Meeting	7:30 AM	Pavilion
24	MS/HS Parent/Teacher Conferences	8:00 - 4:00	No Classes
26	Fabulous Friday	1:20 – 1:50	PAC

From The Director



Paul Olson

### Welcome ISSEA Athletes and Coaches

Harare International School is pleased to host the ISSEA Basketball Tournament this week. On behalf of our school community I extend a hearty WELCOME to our visiting athletes and coaches. I also encourage our students, teachers and parents to attend and support our mighty Warthogs as they compete in this exciting competition among international teams. Please see the schedule of games published in this newsletter to find games to watch during this event.

### A Greener H.I.S.



So far we have received 165 requests for email delivery of the Newsletter to help conserve on paper usage. I am still waiting for 103 parents to reply to my many emails. For those that have responded please ignore this request, to the others please inform our new receptionist, Martha Rukato, by email at [mru-kato@his.ac.zw](mailto:mru-kato@his.ac.zw) the following two things: 1. Confirm receipt of the email newsletter 2. Affirm desire to continue to receive the newsletter by email with a “YES”. Or decline online delivery with a “NO”.



### Stay up to Date with the New Online calendar

The Harare International School website ([www.his-zim.com](http://www.his-zim.com)) has launched a new online calendar in order to facilitate communication between the school and the HIS community. All elementary, high school and middle school events as well as sports events and afterschool activities will be updated regularly. The school calendar can be found at <http://www.his-zim.com/calendar/calendar.html>.

From The Director Cont.



Paul Olson

### Introducing New Faculty Members for the 2010 – 2011 School Year

I am pleased to report that we have achieved excellent results in our recruitment efforts for the coming school year. Please see the introductions below of these new recruits. We have one more position to fill, Middle School Math, and are seeking to contact strong candidates for this position. At the top of the list is Cynthia Dragich, who will become our new Elementary Principal. She comes with extensive experience in the US and internationally. I am very happy with the quality, experience and talent of these new additions to our faculty.

**Cynthia Dragich – Elementary Principal.** Cynthia has twelve years of experience as a school administrator in several schools in Charlottesville, Virginia, and 4 of those years as Principal of the Marymount International School in Rome, Italy. She has served as a learning specialist and classroom teacher in Connecticut and Virginia, as well as several years in Germany. She holds a BA from Virginia Tech and an MA from the University of Virginia, as well as additional graduate work there. She was nominated for a District Outstanding Teacher of the Year Award. She will be accompanied by her 7 year old daughter.

**Troy Gordon – Elementary IT Teacher.** Troy has 16 years of teaching experience at several elementary schools in Maryland, most recently as elementary technology teacher, and also as gifted and talented teacher. He has initiated some amazing technology projects and will bring much to our program. He taught 3 years at the Schutz American School in Alexandria, Egypt. He completed his BS at Towson State University in Maryland and his MS at Johns Hopkins, along with further graduate courses in Educational Technology and Gifted and Talented Education. He will be accompanied by his wife and two young sons.

**Jennifer Horton – Kindergarten Teacher.** Jennifer has taught elementary classes 8 years in Florida and Tucker, Georgia. She taught abroad at the American International School in Gaza. She holds a B.S. and M.Ed. from the College of Charleston, South Carolina. She will be accompanied by Grant Knowles.

**Grant Knowles – Grade 5 Teacher.** Grant has taught elementary classes, particularly special education and ESOL inclusion classes, for four years in Tucker, Georgia. He holds a B.S. from the University of West Georgia. He will be accompanied by Jennifer Horton.

**Diane Wever – Elementary Music Teacher.** Diane has taught Music for 5 years at three schools internationally in Yemen, Kazakhstan and Honduras. She holds a BA in Education at Dort College in Iowa and further coursework in Music Education at Brandon University in Manitoba. She has led a wide variety of choirs and bands, several of which have been awarded trophies and high recognitions. As a soloist, she has recently cut a CD. She will be accompanied by her husband David Wever and three children, ages 17, 15, and 12.

**David Wever – Middle School Social Studies Teacher.** David has taught a variety of subjects in middle school and high school for 5 years, and has served as athletic director. He completed his B.Ed. at the University of Lethbridge in Alberta, Canada. He will be accompanied by Diane and their children.

**Joan Lang – Middle School French Teacher.** Joan has 30 years of teaching experience, including 5 years overseas in Macedonia and China. She holds a BA in French from California State University and an MA in Linguistics from the University of California at Davis. She has been named Teacher of the Month, and nominated for Teacher of the Year. She will be accompanied by her husband Mahlon Lang.

**Danielle Butler – Middle School Science.** Danielle has taught Biology, Chemistry and Physics for the past two years at the Arnold Hill Comprehensive School in Nottingham, UK. She completed her B.Sc. in Zoology at the University College Dublin in Ireland, her home country. She has been involved with a number of service projects in Mexico, Botswana and Mozambique. She will be accompanied by John Danaher.

**Mahlon Lang – IB Economics and Math.** Mahlon has taught Economics at the University of California at Davis and at Purdue University. He has also held several management roles with agricultural and business cooperatives. More recently he has taught at several international schools in China and Macedonia. He completed his BA at Augustana College in South Dakota, his MS in Economics at South Dakota State University and his PhD in Agricultural Economics at Michigan State University. He will be accompanied by his wife Joan Lang.

**John Danaher – IB Biology.** John has taught Science and Biology at Big Wood School in Nottingham for the past two years, as well as several years teaching in Japan. He holds a B.Sc. in Biotechnology from the University of Abertay in Scotland and a PhD in Plant Pathology and Epidemiology from the University of Aberdeen. In addition to teaching Science he has led his school's Year 9 football team to the Nottingham City 11-a-side champions and Nottinghamshire County Finalists. This year he coached the year 7 team who also became Nottingham City Champions. He will be accompanied by Danielle Butler.

From The MS/HS Principal



Russ Menard

## ISSEA XXI

The ISSEA XXI Basketball Tournament is almost upon us! All of the final planning and preparation is being done and on Wednesday, March 3<sup>rd</sup>, we'll be welcoming visiting athletes and coaches from five of our fellow international schools in Africa. The visiting schools will represent The International Community School of Addis Ababa (ICS), The International School of Uganda (ISU), The International School of Kenya (ISK), The International School of Tanganyika (IST) and the American International School of Johannesburg (AISJ). Thank you to all those families who agreed to host our guests.

The games will begin on Thursday after a brief opening ceremony. The middle and high schools will be holding a special schedule to allow our students to enjoy all of the HIS games. Please feel welcome (in fact, encouraged) to come and watch any of the games during the ISSEA tournament. Andrew Tanner, our Athletic Director and Tournament Organizer, has posted the game schedules later in this newsletter. Please come support our teams and, better still, please come wearing the school colors or HIS clothing, which are being sold under the big tree all this week. Let's show our visitors how much the HIS community supports its teams.

While you're watching the games, I hope you'll enjoy the new paintjob in the gym and particularly our new wart-hog logo and lettering on the gym walls. This artwork was done by our Elementary School Art Assistant, Mr. Charles Kamangwana. Thanks, Charles!

## Thoughts Uncensored

The English Department hosted an extremely successful spoken word festival, entitled *Thoughts Uncensored*, in February. It opened with an assembly, called *Mushoka*, on February 3<sup>rd</sup> that featured famous spoken word artists Comrade Fatso, Rina Mushonga, Outspoken, and Aura Kawanzaruwa. All of these artists have toured internationally and are regular performers at HIFA. Our media arts students made brilliant posters for the week that were projected as backdrops during the performances. About forty students from St. John's IB program were able to join us.

Following the opening, the artists held two solid days of poetry workshops in English classes. Nearly every student in grades 7-12 was able to attend. Students learned how to do poetry slams during these workshops and wrote their own pieces. We also had one published writer, Ann Beattie, come and do a talk about self-publishing and she read excerpts from her memoir, *The Tengen Garden Club*.

The festival culminated with an Open Mic night on February 10<sup>th</sup> where students could get up and share their own poetry. About fifty students attended and twenty-six of them stood up to perform their original work, some of them more than once.

Thank you to the English Department and all the student poets who participated in this event!

## ZIMUN

Our MUN club planned and hosted its fourth Zimbabwe International Model United Nations (ZIMUN) on February 19<sup>th</sup> and 20<sup>th</sup>. It was a great success as our own students met with students from Peterhouse Boys, Peterhouse Girls, Chisipite, and Prince Edward School to debate current world issues. The first day was held in our PAC and began with an opening ceremony including speeches from Mr. Christopher Huddart from the World Food Program and the ZIMUN Secretary General, Bhavin Patel (grade 12). The second day was held in a conference room at the Rainbow Towers. This was a wonderful academic opportunity for our students and another great example of HIS working hard to benefit the community. Thank you to our MUN Directors, Tony Charette and Bill Bush, and to the large team of students who planned, organized, and ran the conference. Five students and Mr. Charette will be attending an MUN conference in Beijing from March 10-20.

## *Smoke and Mirrors*

The high school drama students presented four short plays, collectively entitled *Smoke and Mirrors*, on February 18<sup>th</sup> in the Band Room. Each play was entirely written, conceived, directed, and performed by one of our HS drama classes. There was a fun and energetic mix of topics from murder mysteries to school life to more serious explorations into how tragedy affects people's lives using a "Theater of the Oppressed" style. Congratulations to our HS Theater Arts Teacher, Erin Housam, and all our young writers, directors, and actors.

## St. Giles School

Our IB Creativity, Action, and Service (CAS) coordinator, Mr. Chris Wilkinson along with Mrs. Ruth Verhey have initiated a new service project with the St. Giles School for handicapped children. About twice per month, our students visit the school to spend time with the students, do projects, and to read together. Thank you to Mr. Wilkinson, Mrs. Verhey, and all the students who share their time with the students at St. Giles.

## MS/HS Parent-Teacher Conference Day: March 24<sup>th</sup> - NO CLASSES

Parent-Teacher conferences will be held in the gym on March 24<sup>th</sup> from 8:00-4:00. If you would like to make an appointment to speak with some or all of your child's teachers, please plan to attend. Sign-up sheets for appointments will be posted outside the art room from March 8<sup>th</sup>-23<sup>rd</sup>. Middle School students will receive their third quarter report cards on that day. There will be no classes or after-school activities on this day for middle and high school students.

**PLEASE BE ADVISED THAT  
WHEN A STUDENT LEAVES THE  
SCHOOL ALL CAR STICKERS  
MUST BE RETURNED TO RE-  
CEPTION.**



# Read, Read, Read!

## Important: Elementary Parents

*Please note that there will be NO AFTER SCHOOL ACTIVITIES on Wednesday March 3rd and Thursday March 4th as we will be hosting the ISSEA basketball tournament.*

Any questions see Lynn Chanakira in the ES P.E. office.

World Book Day is Thursday, March 4 and we will celebrate reading during the entire week. Every day in each class in ES, we will **Drop Everything and Read** from 7:30-7:45. Celebrate reading at home by finding a few minutes to read or talk about a book together.

## Reading at HIS

Each child is viewed as an individual possessing a unique combination of learning styles, interests, abilities and backgrounds. Given this variety, we believe that no one method of teaching reading will necessarily succeed with all children. Our aim is to make learning to read possible, pleasurable, accessible and useful. We seek to cultivate the act of reading as a lifelong activity.

Through the reading of literature the reader is able to reflect upon the human condition and gain a view of the rest of the world. Children develop proficiency in reading through the act of reading itself and reflecting on meaningful text drawn from a variety of genres: fiction, non-fiction, biographies, personal accounts, drama, poetry, folklore and mythology.

We recognize that phonics instruction may play a key role in assisting students in learning to read. However, we aim to establish reading as the act of comprehending rather than merely the act of decoding. Class libraries, individualized reading, shared literature study, guided reading, sustained silent reading, thematic study of literature and writing are coupled with the study of phonics and selected use of a basal text to strengthen skills in specific areas of need.

As reading skills are developed, a greater emphasis is placed upon improving the quality of reading comprehension (i.e. reading the lines, reading between the lines, reading beyond the lines), and widening the range of voluntary reading. Increasingly reading is seen not as an isolated activity, but as an essential vehicle for accessing the remainder of the curriculum

## Report Cards

Students will bring home their second trimester report on Thursday, March 4. This will be an opportunity to review with your children the progress they have made since the last reporting period and an excellent time to establish a few new goals for the coming weeks. All children have reflected about areas of the Learner Profile they recognize as personal strengths and they have also determined areas for personal growth. This is an ongoing process and not done just at the time of the report card. Your child's development will be especially evident at the time of the upcoming **Student-Led Conferences** that take place on **March 19**. The reports and conferences provide important information as well as opportunities for parents, teachers, and children to deepen their communication about children's learning.

## Are They Getting Enough Sleep?

The American Academy of Pediatrics Guide to Your Child's Sleep provides some helpful guidelines regarding just how much sleep children need at different stages in their development. Keep in mind that these numbers reflect total sleep hours in a 24-hour period. So if your child still naps, you'll need to take that into account when you add up his/her typical sleep hours.

- Between Birth-Six Months, children need 16-20 hours
- Between Six-Twelve Months, children need 14-15 hours
- Between Ages 1-3, children need 10-13 hours
- Between Ages 3-10, children need 10-12 hours
- Between Ages 11-12, children need about 10 hours
- Teenagers need about 9 hours of sleep per night

If those numbers are surprising, you're not alone. As adults, we are accustomed to needing 7-9 hours of sleep, and we're often forced to get by with far less. As a result, it might be tempting to think that our kids have similar sleep requirements, or that they should be able to cope fairly well with a few skipped hours here and there. However, kids who are regularly sleep deprived will exhibit some pretty



**From The ES Principal Cont.** **Kathryn Carter-Golden**

When you are planning the activities’ schedule for your children, it is important to build in an adequate and healthy amount of time for relaxation and sleep. Sometimes an over-involvement in activities can keep children from having restful sleep. Keeping a good balance of exercise, nutritious food, and restorative sleep will support children’s development—physical, social, and emotional.

**Please Keep Us Advised**

Parents, it is so important for you to let us know if you are going to be out of town and have someone else taking care of your child/children. We have had incidents when neither children nor the school have had contact numbers for those who are taking care of the children or the contact number of drivers. Also, if changes or events occur within the family that could impact your child emotionally, please let the teacher know so sensitive support can be provided.

Another area in which we need your help is pick-up at dismissal time. A number of children are not being picked up on time at the end of the school day or after their after-school activities. Please be sure to make arrangements for your children to be picked up on time.

**FABULOUS FRIDAYS** - Please mark your calendars and plan to attend

Friday, March 12	Fabulous Friday	Grade 1 presents	1:20	Theatre
Friday, March 26	Fabulous Friday	Grade 3 presents	1:20	Theatre
Friday, April 23	Fabulous Friday	Grade 4 presents	1:20	TBA
Friday, May 7	Fabulous Friday	Kinder presents	1:20	Theatre
Friday, May 28	Fabulous Friday	Grade 2 presents	1:20	Theatre

**ES Supports ISSEA XX1**

ES classes are adopting visiting basketball teams who will be at HIS this week for the basketball tournament. Our students will be welcoming and rooting for their adopted teams. Of course, they will cheer for HIS when our teams play!

**PLEASE REMEMBER TO DRIVE SLOWLY AND CAUTIOUSLY AT ARRIVAL AND DISMISSAL.**

Fridges and freezers are probably the most expensive electrical items to run in our homes, so make sure they’re not using more energy than they need to:

- ◆ Regulate the internal thermostat (fridges don’t need to be colder than 3-5 degrees C and freezers should operate at -15 degrees C)
- ◆ Defrost regularly
- ◆ Check that the door seal is tight to prevent loss of cold air
- ◆ Don’t leave the door/ lid open for longer than you need to.

## From The Counselor



Brett Meenach

### Counselor's Corner

**School Wide Testing** - MAP Testing for grades 4 and 6 will occur Tuesday, March 9<sup>th</sup> through Thursday, March 11<sup>th</sup>. More information regarding the test will be forthcoming in a parent letter.

**Upcoming Grade Reports** - Quarter 3 ends Friday, March 12<sup>th</sup>, 2010. Middle School Quarter Reports can be collected on Wednesday, March 24<sup>th</sup>, 2010, during conferences. The next high school progress report will come out on Friday, April 16<sup>th</sup>.

**Parent/Teacher Conferences** - High School and Middle School parent/teacher conferences will be held Wednesday, March 24<sup>th</sup>, 2010, from 8am to 4pm in the gym.

**College Admissions for the Class of 2010** - I am excited to report the 22 students from the Class of 2010 applied to approximately 100 different Universities throughout the United States, Canada, the UK, and South Africa. It is important for those students to keep Mr. Meenach updated on admission offers, admission denials, and the school you have accepted the offer of admissions from.

### Upcoming College Testing

**ACT Test** - HIS will offer the ACT Test on Saturday, April 10<sup>th</sup>, 2010. The deadline to register for the ACT Test is March 10<sup>th</sup>. Any grade 11 student interested in taking the ACT should log onto [www.actstudnet.org](http://www.actstudnet.org) and create their own personal student account before they can register for the test.

**SAT Test** - Grade 11 students should consider taking either the May 1<sup>st</sup> or June 5<sup>th</sup> SAT Test. The deadline to register for the May test is March 10<sup>th</sup>. The deadline to register for the June test is April 29<sup>th</sup>. Students should log onto [www.collegeboard.com](http://www.collegeboard.com) and create their own personal student account before they can register.

NOTE: Students can register online at home with your own credit card or in the counseling center if you do not have a credit card. If you do not have a credit card, Mr. Meenach will use his to pay the test fee and students will need to bring a cash payment with them.

## Interact Club of Harare International School



Interact is concentrating its fund raising drive this semester on selling snacks and drinks at the IS-SEA tournament. This will take an enormous amount of organisation and effort but should make a tidy profit for our projects. Ideas and help from parents will be welcomed.

The Icecream Social and the pizza and coke sales in early February raised nearly \$300. We are hoping to buy building materials for Hatcliffe Extension and Crowhill Primary School with the proceeds from our fund raising this semester.

Several Interactors from grades 11 and 12 will be attending the Interact Officers Training Seminar at Prince Edward School on Saturday 20 February.

Don't forget elections for the new committee members and for the office bearers on Monday 22 February 2010.

Louise du Toit, Interact facilitator



## Interact Club of Harare International School

On Saturday 20 February, 2010 Rotary Harare District held an Interact officers training seminar at Prince Edward School. This was attended by about 500 students from 12 schools. Harare International School representatives were Fatoumatta Sisay (Vice president of Interact) and Joy Yala (committee member). The seminar was chaired by Leanne Sherin, President of Harare West Rotary Club, and Tember Banda, District Chair for Rotaract.

The programme included:

- ◆ Club Administration – how to run an Interact Club
- ◆ Goal setting - how each club should prepare their goals and attain them
- ◆ RYLA - The Rotary Youth Leadership Awards
- ◆ Running Interact in schools – What every faculty advisor should know
- ◆ Environment Africa
- ◆ Fellowship and Fundraising - How to manage fundraising activities with fellowship
- ◆ Family of Rotary – what is Rotary and how do Interact and Rotaract fit in
- ◆ Georgia Rotary Student Programme

Our students not only learned a huge amount about the network of Rotarians throughout the world and their service commitment, but they also they enjoyed socializing over an abundant tea and, afterwards, in large and small groups for the workshop. The Interact club at HIS is bound to benefit from our new administrative skills and our new fellowship with other schools.

Louise du Toit, Interact facilitator

**Tadiwa Musiiwa**, son of Wonder and Stella Musiiwa, is a member of our 6<sup>th</sup> grade class at HIS and has here attended since preschool. Recently, he was called in to the UNICEF offices in Harare to participate in a yearly event they sponsor entitled, “**The International Children’s Day of Broadcasting.**” The 2010 theme for ICDB is “**All rights; All Children.**” Tadiwa was asked to participate because officers at UNICEF remembered the interviews he conducted there last year as a part of his 5<sup>th</sup> grade Exhibition project concerning the UN Children’s Rights.

Tadiwa, along with two children from other schools, spent this past Thursday afternoon at the UNICEF headquarters interviewing the new UNICEF Representative Dr. Peter Salama for Zimbabwe Broadcasting Company TV. The following morning, Mr. and Mrs. Musiiwa and his teacher, Mrs. Bush, accompanied Tadiwa to the Zimbabwe governmental offices where Tadiwa and his team then interviewed Zimbabwe’s Deputy Prime Minister, Thokozani Khupe concerning children’s rights for both a radio and television interview.

These interviews will be broadcast on ZBC at an (as yet) undesignated time on **Sunday, March 7.**

Without much preparation time at all, Tadiwa put together several salient questions for the interviews and presented them skillfully. He certainly represented HIS very well!

## HEALTH CORNER

### Childhood Illnesses [part 1]

#### MEASLES, also known as RUBEOLA.

This is a highly infectious viral disease spread via aerosol transmission. The virus resides in the mucus membranes of the nose and throat of infected people, as they sneeze or cough, the droplets spray into the air where they can remain active and contagious on infected surfaces for up to 2 hours.

**Classical symptoms** usually occur approximately 8-14 days after exposure with the sudden onset of a “high fever” [40°C / 104°F] associated with any one of the “three C,s” – Cough, Coryza [runny nose] and conjunctivitis. Spots inside the mouth can also be indicative but quite often may disappear within a day of arising. Approximately 4-5 days later a rash appears, usually starting on the face and neck and spreading eventually to the rest of the body, including hands and feet. This rash lasts for 5-6 days and then disappears.

**Incubation period** is on average 14 days. Infectivity is usually 2-4 days **before** onset of any symptom, until 2-5 days following the onset of the rash. Measles itself is unpleasant, there is no specific treatment but for most people recovery will take 2-3 weeks.

**Complications** can be serious and according to the World Health Organisation [WHO] measles is the **leading cause of vaccine-preventable** childhood mortality. With the introduction of the vaccine programme 40 years ago the fatality rates have reduced significantly. Routine measles vaccination is recommended for children at 12 months old and then again at pre-school age of 5. It can be given as a combined vaccine incorporating rubella and mumps [MMR] but is equally as effective in single form. Two doses are recommended to ensure immunity as about 15% of vaccinated children fail to develop immunity from the first dose.

**If you or your children haven't had the vaccine** then don't worry, you are never too late to protect yourselves. Visit your Family Practitioner [Dr.] or one of the Vaccination Clinics for advice on this or any other concerns.

#### CHICKENPOX, also known as VARICELLA

This is one of the most common childhood illnesses. Also a very infectious airborne viral disease caused by **varicella-zoster**; a member of the herpes family, can be difficult to avoid as it is contagious before any symptoms are evident.

**Classical symptoms** can be a 'general' feeling of illness a few days before the outbreak of the **chickenpox rash**; this could be fever staying within the range of 37.7°C – 38.8°C [100°F-102°F], headache, tummy ache or loss of appetite and can continue 2-4 days after the rash appears. **The rash**, which initially begins as multiple small red bumps that look like pimples or insect bites often appear first on the scalp, abdomen and back before spreading to the rest of the body. They develop into thin walled blisters filled with clear fluid which become cloudy and finally crust over and become dry brown scabs.

**Infection** occurs 10-21 days before the appearance of the pox rash. The individual becomes **contagious 1-2 days before** breaking out in the rash and will continue to be so while uncrusted blisters are present. Most pox will not leave scars unless they are infected with bacteria from scratching.

**Treatment** for most cases is rest and recuperation. Oatmeal baths in lukewarm water can alleviate the itching as can anti-histamines and topical lotions. Anti-viral medications have been developed but for most healthy children without severe symptoms these are unnecessary.

Most cases occur in children under the age of 10 years generally resulting in symptoms being much milder however, older children and adults generally are much sicker. There is a vaccination available which **may prevent the chickenpox virus** or if not make it a very mild infection. It is recommended that initial dose be administered between 12-15 months of age, with a booster being given at 4-6 years. Anyone older than 13 years who has not had the virus can also have the vaccination receiving the 2 doses 28 days apart.

Anyone who has had the virus or the vaccine as a child is at risk of developing **SHINGLES** later in life, and statistically 1 in 10 people do. After an infection the virus can lay dormant in nerve cells near the spinal cord and can re-emerge, particularly during periods of stress, and result in an extremely painful blistering rash.

LUNCH MENU - March 2010

HOT LUNCHES AVAILABLE EVERY DAY IN THE CANTEEN, SMALL \$3.50, LARGE \$5.50

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Mar-01		Mar-02		Mar-03		Mar-04		Mar-05	
Meatballs with sweet and sour sauce and rice	Sticky Lemon and Garlic Roasted Chicken with baked potatoes	Savoury beef pancakes with tomato sauce and mixed salad	Chicken Goujons with sauteed potatoes and mixed veg and garlic sauce	Beef curry and Rice with salsas	Vegetable balls with sweet and sour sauce and rice	Tomato and herb risotto with salad	Vegetable Burgers with sauteed potatoes and veg	Aubergine and potato curry with rice and salsas	
Vegetable balls with sweet and sour sauce and rice	Tomato and herb risotto with salad	Vegetable cannelloni and salad	Vegetable Burgers with sauteed potatoes and veg						
Mar-08		Mar-09		Mar-10		Mar-11		Mar-12	
Chicken stir fry with egg fried rice	Beef Stroganoff with buttered pasta and salad	Honey roasted chicken pieces with potato wedges and salad	Lasagne with green salad	Curried Mango Chicken with coriander rice and cucumber salad	vegetable stir fry with egg fried rice	Grilled Veg and pasta bake with salad	Butternut lasagne with green salad	Vegetable curry with coriander rice and cucumber salad	
Mar-15		Mar-16		Mar-17		Mar-18		Mar-19	
Beef with mashed potatoes and mixed veg	Creamy chicken casserole with pasta and mixed veg	Moussaka with greek salad	Chicken Kiev with sauteed potatoes and mixed veg	Spaghetti Bolognese with salad	or	or	or	or	or
or	or	or	or	or	or	or	or	or	or
Baby marrow and creamy garlic spaghetti	Broccoli and potato bake with mixed veg	Aubergine, tomato and Cheese layer with greek salad	Vegetable patties with sauteed potatoes and veg	Tomato and herb sauce with spaghetti and salad					
Mar-22		Mar-23		Mar-24		Mar-25		Mar-26	
Sweet and Sour Chicken Drumsticks with pasta and salad	Shepherds pie with salad	Chicken Biryani with salsas	Slow braised beef with garlic potatoes and salad	Creamy Chicken Pasta Bake with Salad	Mediterranean vegs with buttered pasta	Vegetarian shepherds pie with salad	Vegetable Frittata with salad	Butternut casserole with pasta and salad	
Mar-29		Mar-30		Mar-31		Apr-01		Apr-02	
Meatballs with sweet and sour sauce and rice	Sticky Lemon and Garlic Roasted Chicken with baked potatoes	Savoury beef pancakes with tomato sauce and mixed salad	Chicken Goujons with sauteed potatoes and mixed veg and garlic sauce	Beef curry and Rice with salsas	Vegetable balls with sweet and sour sauce and rice	Tomato and herb risotto with salad	Vegetable Burgers with sauteed potatoes and veg	Aubergine and potato curry with rice and salsas	

PLEASE COULD PARENTS ENSURE THAT THEY SETTLE THEIR ACCOUNTS AT THE END OF EVERY MONTH, MANY THANKS, KENGE

From The Athletic Director

Andrew Tanner

**ISSEA XXI Schedule:****Wednesday, March 3, 2010**

9:00                Pep Rally  
 12:30-15:30      Visiting Teams Arrive, have lunch, practice  
 17:00                Athletes go home with host families

**Thursday March 4, 2010**

Opening Ceremony from 7:40 – 8:10 in the Gymnasium

Gender	Indoor Court	Outdoor Court	Time
Girls	Ethiopia vs. H.I.S.	Kenya vs. Johannesburg	8:30
Boys	Tanzania vs. Kenya	Uganda vs. Johannesburg	9:40
Girls	H.I.S. vs. Johannesburg	Tanzania vs. Uganda	10:50
Boys	Kenya vs. Johannesburg	Ethiopia vs. H.I.S.	12:00
Girls	Ethiopia vs. Uganda	Kenya vs. Tanzania	13:10
Boys	Tanzania vs. H.I.S.	Uganda vs. Ethiopia	14:20
Girls	Johannesburg vs. Tanzania	Uganda vs. H.I.S.	15:30
Girls	Ethiopia vs. Kenya		16:40

17:00-18:00      Athletes picked up by host families

**Friday March 5, 2010**

Gender	Indoor Court	Outdoor Court	Time
Boys	Ethiopia vs. Kenya	Johannesburg vs. Tanzania	8:30
Girls	Tanzania vs. H.I.S.	Johannesburg vs. Ethiopia	9:40
Boys	H.I.S. vs. Uganda	Ethiopia vs. Tanzania	10:50
Girls	Uganda vs. Kenya	Tanzania vs. Ethiopia	12:00
Boys	H.I.S. vs. Johannesburg	Kenya vs. Uganda	13:10
Girls	Uganda vs. Johannesburg	H.I.S. vs. Kenya	14:20
Boys	Johannesburg vs. Ethiopia	H.I.S. vs. Kenya	15:30
Boys	Tanzania vs. Uganda		16:40

17:00-18:30      Dinner served to athletes  
 18:30-20:30      Movies in PAC  
 20:30-21:00      Hosts collect athletes

**Saturday March 6, 2010**

8:00	<b>3 vs. 6 girls</b> <b>4 vs. 5 girls</b>	Gym Outdoor court
9:10	<b>3 vs 6 boys</b> <b>4 vs 5 boys</b>	Gym Outdoor court
10:20	<b>Girls semi final 1 vs 4/5</b> <b>Girls 5<sup>th</sup> place game</b>	Gym Outdoor court
11:30	<b>Girls semi final 2 vs 3/6</b> <b>Boys 5<sup>th</sup> place game</b>	Gym Outdoor court
12:40	<b>Boys semi final 1 vs 4/5</b>	Gym
13:50	<b>Boys semi final 2 vs 3/6</b> <b>Girls 3<sup>rd</sup> place game</b>	Gym Outdoor Court
15:00	<b>3<sup>rd</sup> Place playoff Boys</b>	Gym
16:10	<b>Girls final</b>	Gym
17:20	<b>Boys final</b>	Gym

18:30 Closing ceremony in Gym

19:00 Dinner for athletes

20:00 Dance in PAC

22:00 Hosts collect athletes

**Fitness Room**

The fitness room has been thoroughly cleaned. To help maintain the cleanliness of this room, we are asking all users to use a towel to wipe off each machine/barbell/dumbbell/mat after each use. Also, there are wipes to help keep everything clean. Please put the wipes in the bins. Thank you.

*Be fit, be healthy.*

**What is going on in the athletic department ?**

- ◆ We held a fun floor hockey tournament, which lasted 2 weeks. The top two student teams played (and were beaten by) a team of teachers ! Good job teachers !
- ◆ **ISSEA, ISSEA, ISSEA.** There has been a lot of talk about the ISSEA Basketball Tournament. The planning is going well. Thank you to all who have helped out.
- ◆ **SALE UNDER THE BIG TREE.** We have been selling HIS clothing under the Big Tree. Everything at the sale is discounted. We would like everybody to wear HIS clothing during ISSEA. During the tournament, the sales will continue next to the gym.
- ◆ Students are also welcome to participate in aerobics lessons. It is a pay as you go. See me for details.
- ◆ SV Girls Basketball Team beat the teachers at a friendly game.
- ◆ Saturday Soccer ! The turn out of Saturday Soccer has continued to increase. This past Saturday there were 72 players, boys and girls, from age 3 to 18. Saturday Soccer is open to all students and friends. Parents, we are always looking for help with different soccer levels. Please come and help ! Thank you.
- ◆ There is also Saturday Tennis from 9 :00 to 12 :00. Thank you, Ms. Rail.

**What comes next ?**

Once basketball is over, students will be signing up for soccer, softball, and badminton. Also, to get our players ready for next year, we will begin volleyball practices. It's time to build for the future !

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Martha Rukato

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## NEW FAMILIES:



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## Changes:

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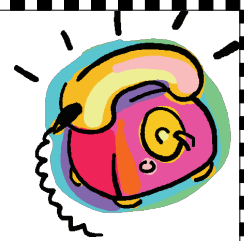
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