# Newsletter

September 6, 2010

Harare international School

## Calendar of Upcoming Events

| September | Event | Time | Location |
|---|---|---|---|
| 6-8 | School Photographs Taken | Scheduled by classes | |
| 6-17 | Interviews with Director Candidates | To be announced | |
| 10 | Staff In-Service Day / No Classes | | |
| 24 | Tarisai Zimbabwe Day | | |
| 20-25 | Explore Zimbabwe | | |
| 27 | School Holiday / No classes | | |

## From The Director

Paul Olson

**Welcome to Candidates**

HIS will be welcoming candidates interviewing for the position of Director during the next two weeks. The Board Search Committee will be informing you of the schedule of interviews for each candidate. Times are scheduled for groups of parents, students, teachers, staff and the Board to meet the candidates. You are invited to participate in this important process and provide input to the Search Committee regarding the candidates.

**Newspaper Article**

You may have read an article in the August 29th Sunday Mail about HIS. The school normally does not give interviews regarding its program to the media. An interview request from a reporter was not granted for this particular article. The reporter, in turn, chose to take pictures of students and vehicles from a vantage point outside the gates of the school, which is unacceptable in terms of protecting the privacy of our students and families. However, we have little control over such methods. The story itself blurred facts and figures regarding the school. Should you have any questions regarding the article feel free to contact me.

## From The Board

You have been hearing: “They are coming! They are coming.” … and now they are here!

This is a very exciting time for us here at HIS; over the next four days, we will host the three candidates for school director who have been selected for on-campus interviews so that we as a community can learn about them more directly.

The board cannot stress enough how important your participation is in this process. We are selecting someone who will lead this school for the next three to five years. Think of where your children are now, and where they will be in three years time. While the board is entrusted with the final decision, it values the input from the entire HIS community.

The three candidates are:

Christopher Maggio – former principal at HIS, currently director of the International School of Florence.

Jim Laney – currently director of the International School of Addis Ababa

Andrew Derry – currently director of Riverstone International School in Boise, Idaho

All candidates have experience with IB, have worked in international schools, and have director experience.

Firstly, we encourage you to read up on each potential director; CVs for each candidate can be found in the library (open from 7 to 5). Secondly, for each candidate we have organized a **one hour meeting for parents between 1 and 2 in the afternoon.**

## From The Board

This is your opportunity to formally meet each candidate and ask them questions. Please ensure that you give your impressions to members of the PTO immediately following the session, as they will feed this back to us later in the day. You can also meet them informally under the Big Tree on Friday, Monday and Tuesday when you pick up your children.

- Christopher Maggio: 1-2 pm on Friday 3 September
- Jim Laney: 1-2 pm on Monday 6 September
- Andrew Derry: 1-2 pm on Tuesday 7 September

Thank you for taking the time to contribute to this process.

The Board

## From The MS/HS Principal — Russ Menard

**Student Planners and Handbooks**

By now, every middle and high school student has received a copy of the official H.I.S. planner. This is a place for students to keep track of assignments, activities, and due dates. Please help us by reviewing your son or daughter's planner with him or her on a regular – even daily – basis. If the planners are emphasized both at home and school, then our students will begin to understand their value as an important organizational tool. Student handbooks were also recently distributed. Please read it carefully to familiarize yourself with important school policies and procedures.

**Explore Zimbabwe (EZ)**

All of our Explore Zimbabwe trips are ready to go! Our trip coordinators have been working hard to organize all the details of these trips. Hopefully you were able to attend the EZ trip meetings after Open House on September 2nd. Please help us by making sure that you submit all the necessary forms for the trip AS SOON AS POSSIBLE. It's important that we have all the paperwork completed well before the trips.

If you have specific questions about your son or daughter's trip, please feel free to contact the following people:

Overall Explore Zimbabwe Coordinator: Carol Madziva– cmadziva@his.ac.zw
Grade 6 Coordinator: Kevin Mirosi – kmirosi@his.ac.zw
Grade 7 Coordinator: Edwin Chinyemba – echinyemba@his.ac.zw
Grade 8 Coordinator: Josh Giddens – jgiddens@his.ac.zw
Grade 9 Coordinator: Al Briesemeister – abriesemeister@his.ac.zw
Grade 10 Coordinator: Brett Meenach – bmeenach@his.ac.zw
Grade 11 Coordinator: Kathy Chromicz – kchromicz@his.ac.zw
Grade 12 Coordinator: Anne Rail – arail@his.ac.zw

**Staff In-Service Day – September 10 – NO CLASSES**

There will be no classes on September 10th. Our faculty will spend that day reviewing and revising our curriculum and preparing for our upcoming reaccreditation by the New England Association of Schools and Colleges and the Council of International Schools.

**S.A.T. Prep Course for Seniors**

The counseling department has organized an S.A.T. Prep Course for seniors. This will include six ninety-minute sessions focused on math and English skills that are relevant to the S.A.T. exam. This course is free for H.I.S. seniors. Please contact the counselor, Mr. Brett Meenach (bmeenach@his.ac.zw) to register your son or daughter. You can see more details in his section of the newsletter.

## From The MS/HS Principal — Russ Menard

**IMPORTANT: Please Pick Up Your Children Promptly**

It is important to note that H.I.S. does not offer any supervision for students after their scheduled activities have ended. Please make sure that you (or your drivers) know when your son or daughter's scheduled activities end every day and collect them promptly. At any rate, all regularly scheduled student activities are done by 5:00 PM, so all students should be picked up by that time. Please do not depend on your child to use a school telephone to call for a pick-up; our telephone resources remain VERY limited at the moment.

## From The ES Principal — Cindy Dragich

School is in full swing now with children busily engaged in the process of learning. My visits to classrooms have given me the opportunity to see children working on bar graphs, stories about personal experiences, practice for a school presentation, big book reading, sponge painting, and rubric building! All of these activities support our goals to develop the tools (critical thinking skills, research skills, self-management skills, communication skills and social skills) for life-long learning. It is a joy to watch the learning take place!

**Thank You for Attending and Participating in Open House**

Thursday, August 12, 2010 parents came to school to learn about their children's new school year. Teachers shared information about the classroom procedures, expectations, and the Primary Years Programme. This important event helps parents and teachers begin their partnership between school and home that is so important for a positive school year. Thank you for your attendance!

**Welcome to New Students and Families**

It is with great pleasure to welcome, not only the returning students and families, but to all of our new students and families as well. We are so happy to have you as part of the HIS family!

Tamer Al-Qsar
Tia Al-Qsar
Annabel Asamoah
Leah Attfield
Saba Attfield
Sara Attfield
Michael Assaye Kassie
Ama Boadi
Afua Boadi
Elizabeth Brigham
Eliana Brown
Maria Carriker-Dragich
Chelsea Chikonyora
Claudia Dean
Jacqueline Dean
Takushi Doi
Shunsike Doi
Keita Doi
Yasin Elkanzi
Saad Elkanzi
Kamal Fahad
Tawona Makumbe
Leonie Mellac
Noe Mellac
Louis Mellac
Celeste Mushore
Michelle Muzorewa
Khensani Khoza
Raazik Nakhwa
David Nyamande
Stephanie Oehrlein
Tshepiso Ramodimoosi
Gofaone Ramodimoosi
Tanaka Rwodzi
Ayanda Rwodzi
Deeksha Sharma
Elena Sheppard
Siphesihle Sibeko
Iqra Simmins
Nissi Smith
Vaughn Stumbras
Emma Sweeny
Trymore Simango
Nihal Nagandran
Vilveshwer Nagandran
Joan Kirui
Maximilian Koehler
Robelle Wisman
Lucien Wisman
Tania Khumalo
Taylin Johnson
Rayleigh Johnson
Blake Johnson
Damian Haritatos
Masai Gordon
Godwin Etukudo
Kaitlyn Gonzales
Ferguson Dzimiri
Peter Giddens
Jason Whaley
Jamil Friedrichsen

**Parents Corner**

The development of positive attitudes is a very important part of the Primary Years Programme and woven throughout everything everything the children and teachers do. One of the attitudes we stress here at HIS is respect. This article by Steve McChesney may help you with ideas for home!

## Respect- How to teach it and how to show it

***by Steve McChesney***

One of the most important things you can teach your child is respect. Keep in mind that respect is not the same as obedience. Children might obey because they are afraid. If they respect you, they will obey because they know you want what's best for them.

The best way to teach respect is to show respect. When a child experiences respect, they know what it feels like and begin to understand how important it is.

Keep in mind the saying "Do unto others as you would have them do unto you."

Respect is an attitude. Being respectful helps a child succeed in life. If children don't have respect for peers, authority, or themselves, it's almost impossible for them to succeed.

A respectful child takes care of belongings and responsibilities, and a respectful child gets along with peers.

Schools teach children about respect, but parents have the most influence on how respectful children become. Until children show respect at home, it's unlikely they will show it anywhere else.

How can you show respect to your child?

Be honest – If you do something wrong, admit it and apologize.

Be positive – Don't embarrass, insult or make fun of your child. Compliment them.

Be Trusting – Let your child make choices and take responsibility.

Be fair – Listen to your child's side of the story before reaching a conclusion.

Be polite – Use "please" and "thank you". Knock before entering your child's room.

Be reliable – Keep promises. Show your child that you mean what you say.

Be a good listener – Give your child your full attention.

Children learn from everything we say and do. Make sure that you are modeling respectful behavior. Some of things you can do are:

Obey laws – Follow rules.

Be caring – Show concern for people, animals and the environment.

Avoid poor role models – When you see examples of disrespect, discuss them.

When you set rules at home, explain to your child why the rule is important. For instance, if the rule is "No TV between 4:00 and 6:00" it is because this is homework time and homework is important to keep grades up in school.

Teach your child to respect themselves. Self-respect is one of the most important forms of respect. Once we respect ourselves, it is easier to respect others.

Your opinion means a lot to your child. If you believe your child can succeed, they will believe they can as well.

Build their independence. Give them responsibilities as soon as they can handle them.

Help them set and achieve goals. Their self-respect will skyrocket when they see themselves achieving those goals.

Encourage honesty. Let your child know that they may be able to fool some people, but they can't fool themselves. There is no pride in stealing, cheating, or lying.

Most importantly, show love! Say 'I love you" often and give plenty of hugs and kisses.

## From The ES Principal Cont — Cindy Dragich

If your child makes a mistake, remind them that they are still loved.

Age affects children's respect. Children and adults deserve respect at every age. Here is a guideline based on age:

Babies – They are too young to show respect but when you meet their needs, they learn to trust you. This helps as they get older because respect for authority is based on trust.

Toddlers – They are old enough to learn to say "please" and "thank you".

Preschoolers – This is a good time to teach rules and consequences.

Elementary age – They show the most respect for adults who make fair rules. It helps to let them have a say in the rules that they are expected to follow.

Middle and High Schoolers – Allow them to show independence, such as clothing or hairstyles, but make sure you have guidelines. They will appreciate the respect you are showing them. We respect you and the incredible job that you have, being a parent.

Have a great day!

Steve McChesney

## From The Accreditation Chairpersons — Niel Petersen/Brownyn Cooper

# New England Association of Schools and Colleges (NEASC) / Council of International Schools (CIS) Accreditation 2010 - 2011

## School Improvement through Accreditation

In December 2009, Dr. Bak Fun Wong (NEASC) and Ms. K. Mongardi (CIS) visited H.I.S. in the Preparatory Visit stage of the accreditation cycle. This was in order to evaluate and ascertain whether our current programmes and practices would allow the administration, faculty, support staff, board, student and parent body to undertake a rigorous self-study towards the school's continued accreditation status. As a reminder, the accreditation process is one of self-improvement through both self-evaluation and external assessment against a prescribed set of standards for each area of our work at H.I.S.

In July this year, we received the authorization that the school was ready to begin the Self-Study segment. The Preparatory Report issued by the December 2009 Visiting Team made several commendations. Among these were the strong community commitment during difficult times; the positive school climate; the School's commitment to providing students with a variety of international and inter-cultural experiences and the effective management of financial resources. On the other hand, this Preparatory Report also recommends that we give attention to specific areas, including curriculum documentation, assessment procedures, teacher appraisal, college and career counseling, as well as health and safety in the school.

To date the Steering Committee with two co-chairpersons, Niel Petersen and Bronwyn Cooper, who will coordinate the accreditation process, has been set up. As this process also involves the whole school community, in the coming weeks we will be asking for volunteers from the parent and student body to serve on various Self-Study committees. We know that we can count on you to give us some of your valuable time to enhance our practices here at H.I.S. For now, however, we are pleased to inform you that the actual Self-Study has already begun. A time-line has been set up for the whole Self-Study process, which we hope to complete by April/May 2011 in preparation for the NEASC/CIS Team Visit in September 2011. The Steering Committee is currently working on compiling a profile of the school for Section A of the Self-Study.

## From The Accreditation Chairpersons Cont — Niel Petersen/Brownyn Cooper

In order to keep you informed and give you more information about the accreditation process, we will be posting up news and information on the notice board outside the cottage in the Elementary section of the school. Please take some time to visit this board which will keep you informed of the rationale, processes and personnel involved. Any questions, suggestions or contributions will be gladly received by either Niel (npetersen@his.ac.zw) or Bronwyn (bcooper@his.ac.zw). We will also provide updates and more information in each subsequent newsletter.

Thank you all for your continued assistance and support! We are our best resource!

Niel Petersen
Bronwyn Cooper
Accreditation Co-chairpersons

## From The IB/PYP Coordinator — Pip Farrelly

First of all I would like to thank the many parents that attended the opening session of Open House on Thursday 26th August. During that time the essential elements of the International Baccalaureate Organization (I.B.O.) Primary Years Programme (PYP) were outlined.

As an IB World School we aim to develop "internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world." The LEARNER PROFILE is central to the definition of what it means to be internationally minded.

During the course of the year you will be hearing more about the Learner Profile from the teachers and from the students themselves. As a community we are all encouraged to model the attributes as we strive to be inquirers, thinkers, communicators, risk-takers, knowledgeable, principled, caring, open-minded, balanced, reflective, responsible, and self-directed.

Last year I sent out the full version of the HIS Learner Profile. In the classrooms we have adapted the wording to be more child friendly and below is one such version that you may wish to use at home:

**Inquirer** I am naturally curious and enjoy learning.

**Thinker** I use my brain to figure things out around me.

**Communicator** I can express myself by talking, singing, dancing, drawing and writing.

**Risk-taker** I have confidence to try new things.

**Knowledgeable** I like to learn more about myself, others and the world around me.

**Principled** I share, play and work well with myself and others.

**Caring** I have a caring attitude towards people, plants, animals and things.

**Open-minded** I listen to others.

**Balanced** I use my body, brain and heart to live in a healthy way.

**Reflective** I know when I have done my best work.

**Responsible** I am able to make choices for which I am able to take personal responsibility.

**Self-directed** I can set my own personal goals and can follow ways of achieving them.

Meanwhile our first PYP units of inquiry are well underway at all grade levels, with the Learner Profile attributes embedded within those units, as well as in other subject areas and throughout all aspects of your child's learning. While all the attributes of the Learner Profile are a focus throughout the year, during each unit of inquiry two or three in particular are highlighted. Information about which attributes are being focused on will be relayed to you in the class newsletters. Please help to reinforce these at home.

## From The Counselor — Brett Meenach

### COUNSELOR CORNER

**Upcoming Grade Reports**

1st Progress Reports – Middle and High School students will receive their first progress reports for the new school year on Monday, September 13th.

**Grade 12 Parent/Student College Night**

Grade 12 students and their parents are invited to attend "College Night" on Tuesday, September 14th at 6pm in the band room. Information will be provided to help you get started on your university search and the application process.

**SAT Testing**

All grade 12 students should consider taking the SAT in either October, November, or December 2010.

Registration deadline for the October 9th test is September 10th.

Registration deadline for the November 6th test is October 8th.

Registration deadline for the December 4th test is November 5th.

Students must log on to **Collegeboard.com** and create their own personal account before they can register for the test. You can use your credit card to register for the test and pay the appropriate registration fees. For students who do not have a credit card you can make arrangements with Mr. Meenach in the counseling office.

**ACT Testing**

HIS is offering the ACT test on October 23, 2010. The registration deadline for the ACT Test is September 17th. **ONLY 9 SPOTS ARE AVAILABLE FOR THIS TEST.**

Students must log on to **actstudent.org** and create their own personal account before they can register for the test. You can use your credit card to register for the test and pay the appropriate registration fees. For students who do not have a credit card you can make arrangements with Mr. Meenach in the counseling office.

**PSAT Testing**

HIS will offer the PSAT test on Saturday, October 16th at 8am. The test is an opportunity for grade 11 and 12 students to experience taking the SAT Test. Students interested in taking the exam should sign up in the counseling office.

**SAT Prep Course for Grade 12 Students**

HIS will offer an SAT Prep courses in the areas of English and Math to our Grade 12 students. Each area will have three sessions. Any grade 12 student who wishes to participate should see Mr. Meenach to sign a contract committing to attendance at all the sessions. The schedule for each session is as follows:

**English with Mrs. Maguire in H01**

Monday, Sept. 13 5:30pm to 7pm

Wednesday, Sept. 15 5:30pm to 7pm

Tuesday, Sept. 28 6pm to 7:30pm

**Mathematics with Mrs. Moers in H06**

Wednesday, Sept. 29 5:30pm to 7pm

Monday, Oct. 4 5:30pm to 7pm

Wednesday, Oct 6 5:30pm to 7pm

**GRADE 12 STUDENTS SHOULD CHECK THEIR H.I.S EMAIL ACCOUNT ON A REGULAR BASIS FOR INFORMATION FROM MR. MEENACH REGARDING COLLEGE TESTING, SCHOLARSHIP OPPORTUNITIES, AND UNIVERSITY INFORMATION.**

## From The PE Department

Here is the list of sporting activities offered at H.I.S. during the first quarter.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| outdoor court | 3:00-4:15 U16 Volleyball | | 3:00-4:15 U16 Volleyball | 2:50-3:45 MS/HS Cricket | 3:00-4:15 U16 Volleyball |
| gym | 3:00-5:00 U20 Volleyball | 3:00-4:00 U15 volleyball<br>4:00-5:00 U13 volleyball | 3:00-5:00 U20 Volleyball | 3:00-4:00 U15 volleyball<br>4:00-5:00 U13 volleyball | 3:00-5:00 U20 Volleyball |
| field | 3:00-4:30 U20 Soccer | 3:00-4:00 U13 soccer boys<br>4:00-5:00 U15 soccer boys | 3:00-4:30 U20 Soccer | 3:00-4:00 U13 soccer boys<br>4:00-5:00 U15 soccer boys | 3:00-4:30 U20 Soccer |
| | 3:00-4:00 U16 Soccer | 3:00-4:00 MS soccer girls | 3:00-4:00 U16 Soccer | 3:00-4:00 MS soccer girls | 3:00-4:00 U16 Soccer |
| | | 3:00-4:00 U11 soccer | | | 2:20 – 2:55 FRIDAY FITNESS<br>For all Team players |
| Multi Purpose Room | | 3:00-4:00 Table Tennis | | 3:00-4:00 Table Tennis | |
| Tennis Courts | | | 3:00-5:00 Tennis | 3:00-5:00 Tennis | |

# *ISSEA Soccer and Volleyball*

Those of you who were here last year still vividly remember when we hosted the basketball tournament in March.

There are a few changes to the International Schools of Southern and Eastern Africa (ISSEA) league this year. ISSEA would like to welcome The American International School of Lusaka (AISL) to the league. The acceptance of AISL forced the league to split the November Soccer and Volleyball Tournaments into two different tournaments and venues on the same date. This year, soccer players will be travelling to Uganda while the volleyball players will be travelling to Tanzania.

There are advantages in having the split tournaments. It allows more students to experience an ISSEA Tournament, to see another country, to live the camaraderie, to experience competition, and plenty more.

In order to prepare our teams for ISSEA and all other games, we have started FRIDAY FITNESS from 2:20-2:55. The goal is to have fitter and stronger players throughout the season.

## From The PE Department Cont

The tournaments will take place on November 4, 5 and 6. To make the travelling team, each player must have passing grades, no late work, a valid passport, purchase uniforms, and pay the tournament fees.

# *Saturday Soccer*

Saturday Soccer will be starting on Saturday September 11. Practices go from 9:00 to 11:00. It is open to the entire H.I.S. community, boys and girls of all ages, and also to their friends.

Players are asked to wear soccer shoes and shin guards. If you have extra shoes or shin guards, that you can donate, please bring them to Mr. Tanner. If you are looking for these items, please let Mr. Tanner know as well (atanner@his.ac.zw).

Saturday Soccer is possible thanks to volunteer coaches. We are always looking for coaches and assistant coaches. Please help. Once again, please contact Mr. Tanner

There will be Saturday Soccer at the following dates:

September 11, 18

October 7, 30

November 6, 13, 20

December 4, 11

**Go Hogs!**

## From The Nurse's Office — Carol Morgan-Madziva

Health corner

LUNCH BOX DILEMMAS

"We are much more than what we eat, but what we eat can nevertheless help us to be much more than what we are" {Adele Davis 1904 -1974: nutritionalist}

Good nutrition is essential for children to have great day at school.

I'm sure that all of us as parents have a daily problem trying to give our children a healthy nutritious "lunch" that they will enjoy and at least eat. Ensuring a healthy lunchbox should help to improve your child's attention, behavior and learning capacity throughout the day, as well as provide them with future healthy eating habits.
Alternatively, a diet high in fat, salt and refined carbohydrates diminishes mental alertness, so your child is likely to find themselves tired towards the end of the day. Such a diet can also lay down the foundations for future health issues; such as heart disease, high blood pressure, obesity and diabetes.

WHAT IS A HEALTHY LUNCHBOX?

Recommended lunchbox requirements for children; as advised by U.K.Food Standards Agency [Healthy Eating Made Easy. 2009] suggests one of each of the following;

1 portion of starchy food: bread, pasta, rice.

1 portion of milk or dairy food

1 portion fruit

1 portion of vegetable

1 portion of protein: fish, meat, eggs, cheese.

HOW DO WE ENTICE OUR CHILDREN INTO "EATING HEALTHY"?

First and foremost try and include your child in the planning. There is no point in packing a lunch box with food they simply do not like.

Remember, actual "eating time "lasts approximately 15-20 minutes, so make their "snacks "easy to eat. For example; Cut sandwiches into smaller pieces, try cutting into different shapes using "cookie cutters "; not only does it make the sandwiches easier to eat but also makes it fun.

## From The Nurse's Office

Carol Morgan-Madziva

Think about using different types of bread for sandwiches. Try mini waffles, small bagels, cinnamon or raisin bread, mini muffins, tortillas, pita bread.

Make your own "snack mixes". You can include healthy additions like unsalted nuts, dried fruit, pretzels', baked crackers. Children love to munch on something crunchy, sweet or savory.

Make sure you think about food safety. Freeze water bottles or juice cartons the night before as they will not only keep the food cool but will thaw to just about the right temperature by lunchtime.

If your child wants the same food every day, go ahead and pack it. As long as it's healthy and nutritious and you are sure your child eats it. Children quite often don't like a lot of changes in what they eat, so if they like it let them eat it.

### IDEAS FOR YOUR LUNCHBOX

Try and choose whole meal bread, wraps or pitas. If your child resists try use products with 'some' wholegrain present. Alternatively try 1 slice wholegrain with 1 slice white bread. Suggestions:

Tuna sandwich wrap with light mayonnaise, lettuce, tomato and cucumber.

Egg mayonnaise sandwich; try adding salad if your child enjoys it.

Peanut butter and 100% fruit spread on wholegrain bread – a healthier PB&J

Sliced chicken, ham or beef; left over from last night's dinner, with light mayonnaise, mustard and a slice of cheese.

### ADDITIONS

Cheese sticks go well with any sandwich and are an excellent source of calcium

Whole grain crackers add a nice crunch and lots of healthy fibre

Dried fruit like raisins, banana chips and dried cranberries

Add nuts like almonds, walnuts and cashews; as long as your child has no allergies to these

Snacks of carrot and cucumber sticks; sugar snap peas, sliced sweet peppers, cherry tomatoes are healthy snacks that provide a good tasty source of vegetable

Make a fruit salad with a variety of seasonal fruit; bite size pieces of fruit are much more fun to eat.

### TRY AND THINK BEYOND THE SANDWICH

Pack a cold pasta salad, coleslaw or potato salad

A slice of pizza or quiche; made with whole meal dough or pastry, preferably

Omelette or Tortilla wedges; add cheese and vegetables for extra nutritional value

A flask of warm homemade soup on cold day

### GIVE YOUR CHILD LITTLE TREATS

Healthy lunchboxes can still be fun. Add your own little personal touches like a surprise note, stickers are a joke hidden inside the lunch box. Make your own cookies, cakes and muffins, you know exactly what's in them, they're healthier and you can get your children involved with the baking process at the same time. If your child likes potato chips still let them have them but try limiting them to once per week or share the packet over a couple of days.

With the right approach and a little bit of fun our children can enjoy a delicious healthy lunch everyday and we; as parents, can relax in the knowledge that we are providing our children with the healthy habits for a lifetime.

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## From The Nurse's Office Cont

Carol Morgan-Madziva

**What is the common cold, and what causes it?**

The common cold, also known as a viral upper respiratory tract infection, is a self-limited contagious illness that can be caused by a number of different types of viruses.

More than 200 different types of viruses are known to cause the common cold. Because so many different viruses can cause a cold and because new cold viruses constantly develop, the body never builds up resistance against all of them. For this reason, colds are a frequent and recurring problem.

In fact, children in preschool and elementary school can have 3 to 12 colds per year while adolescents and adults typically have 2 to 4 colds per year. The common cold is the **most frequently occurring illness in the world,** and it is a **leading cause of doctor visits and missed days from school and work.**

**What are the symptoms of the common cold?**

Symptoms of the common cold include nasal stuffiness or drainage, sore or scratchy throat, sneezing, hoarseness, cough, and perhaps a fever and headache. Many people with a cold feel tired and achy. These symptoms will typically last anywhere from 3 to 10 days.

**How is the common cold spread?**

The common cold is usually spread by direct hand-to-hand contact with infected secretions or from contaminated surfaces. For example, if a person with a cold blows or touches their nose and then touches someone else, that person can subsequently become infected with the virus.

Additionally, a cold virus can live on objects such as pens, books, telephones, computer keyboards, and coffee cups for several hours and can thus be acquired from contact with these objects.

**Therefore frequent and effective hand washing is the prime agent in prevention.**

**Does it have anything to do with exposure to cold weather?**

Though the common cold usually occurs in the fall and winter months, the cold weather itself does not cause the common cold. Rather, it is thought that during cold-weather month's people spend more time indoors in close proximity to each other, thus facilitating the spread of the virus. For this same reason, children in day care and school are particularly prone to acquiring the common cold.

**What is the difference between the common cold and influenza (the flu)?**

Many people confuse the common cold with influenza (the **flu).** Influenza is caused by the influenza virus, while the common cold generally is not. While some of the symptoms of the common cold and influenza may be similar, patients with the common cold typically have a milder illness. Patients with influenza are usually sicker and have a more abrupt onset of illness with fever, chills, headache, body aches, dry cough, and extreme weakness.

**What is the treatment for the common cold?**

There is no cure for the common cold. Home treatment is directed at alleviating the symptoms associated with the common cold and allowing this self-limiting illness to run its course.

Supportive measures for the common cold include:

- Get plenty of rest
- Drink plenty of fluids
- Gargling with warm salt water can alleviate symptoms of dry itchy throat
- Take over-the-counter pain or cold medicines if necessary

*Do not give cough medicine to children under 4 years.

***Do not** use aspirin or aspirin containing medications in children or teenagers because it has been associated with a rare potentially fatal condition called Reye's syndrome

**At A Glance**

- The common cold is caused by many different viruses.
- Being in cold weather does not cause the common cold.
- There are effective over-the-counter medications for treatment of the common cold.
- **Antibiotics do not** help the common cold.
- The common cold can generally be managed at home.

www.medicinenet.com
www.nlm.nih.gov/medlineplus
www.**commoncold**.org

**LUNCH MENU - September 2010**

**small 5.00 large 7.00**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Aug-30 | Aug-31 | Sep-01 | Sep-02 | Sep-03 |
| stuffed peppers with greek salad<br>or<br>Baked Aubergine with tomato and cheese | Sticky Lemon and Garlic Roasted Chicken with garlic potatos and salad<br>or<br>Tomato and herb risotto with salad | Meat and Pasta bake<br>or<br>Vegetable cannelloni and salad | Chicken Goujons with sauteed potatos and mixed veg and garlic sauce<br>or<br>Cauliflower with tomato sauce | Beef curry and Rice with salsas<br>Aubergine and potato curry with rice and salsas |
| Sep-06 | Sep-07 | Sep-08 | Sep-09 | Sep-10 |
| Chicken stir fry with egg fried rice<br>or<br>vegetable stir fry with egg fried rice | Slow braised beef with garlic potatos and salad<br>or<br>Vegetable Frittata with salad | Chicken with tomato and herb sauce with vegetable rice<br>or<br>Macaroni Cheese and salad | Lasagne with green salad<br>or<br>Butternut lasagne with green salad | Curried Mango Chicken with coriander rice and cucumber salad<br>or<br>Vegetable curry with coriander rice and cucumber salad |
| Sep-13 | Sep-14 | Sep-15 | Sep-16 | Sep-17 |
| Spaghetti Bolognaise with salad<br>or<br>Tomato and herb sauce with spaghetti and salad | Creamy chicken casserole with pasta and mixed veg<br>or<br>Brocolli and potato bake with mixed veg | meatballs with tomato sauce and rice<br>or<br>Aubergine, tomato and Cheese layer with greek salad | Sticky Lemon and Garlic Roasted Chicken with garlic potatos and salad<br>or<br>Butternut Risotto | Moroccan Beef Stew with garlic mash<br>or<br>Baby marrow and creamy garlic spaghetti |
| Sep-20 | Sep-21 | Sep-22 | Sep-23 | Sep-24 |
| Sweet and Sour Chicken Drumsticks with pasta and salad<br>Mediteranean vegs with buttered pasta | Shepherds pie with salad<br>or<br>Vegetarian shepherds pie with salad | Chicken Biriyani with salsas<br>or<br>Vegetable biriyani & salsas | Beef Stroganoff with buttered pasta and salad<br>or<br>Grilled Veg and pasta bake with salad | Creamy Chicken Pasta Bake with Salad<br>or<br>Butternut casserole with pasta and salad |
| Sep-27 | Sep-28 | Sep-29 | Sep-30 | Oct-01 |
| Creamy tomato Meat Loaf with tomato sauce and salad<br>or<br>Baked Aubergine with tomato and cheese | Sticky Lemon and Garlic Roasted Chicken with baked potatoes<br>or<br>Tomato and herb risotto with salad | Savoury beef pancakes with tomato sauce and mixed salad<br>or<br>Vegetable cannelloni and salad | Chicken Goujons with sauteed potatos and mixed veg and garlic sauce<br>or<br>Vegetable Burgers with sauted potatoes and veg | Beef curry and Rice with salsas<br>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**