



AFNORTH INTERNATIONAL SCHOOL

British Section

www.afnorth-is.com Twitter: @AFNORTH_IS www.facebook.com/AFNORTHSchool

British.office@afnorth-is.com

15 September 2023

Dear Parents,

It has been a wonderful week at AFNORTH with respect, commitment and team work being highlighted in many ways.



We were thrilled to have two of the Team UK Invictus athletes visit us on Wednesday. Claudine Martin and Allan McSween provided us with an insight into the history of the Games and inspired us with their personal stories. Allan told us about winning two gold medals and a bronze medal. The bronze was the one which meant the most to him as it was a team medal and they had to dig really deep for this place...the team call it their Golden Bronze. Thank you to Mrs Eaton Bell for organising this very special opportunity for the children.

A HOME FOR RESPECT. DÜSSELDORF 2023



DATES TO NOTE

September

- 18 Staff Day , NO Students
- 19 Tuesday Clubs start
- 22 Terry Fox Run
- 25 Monday Clubs start
- 26 Christmas Fayre Meeting 1900

October

- 20 Half Term break begins

I encourage all families to read the Year 6 page where we have some accounts about their trip to the Invictus Games in Dusseldorf on Thursday.

TERRY FOX RUN We are all very excited for the annual Terry Fox Run next Friday. Please be sure your child is dressed appropriately for walking/running the track. We hope you will come along, join in the run or just cheer on from the side. Together we can make a difference in helping others.

Year 3-6 Clubs Your child was given a letter today stating which club(s) they have been allocated. Several clubs were very, very popular and we have split these into groups to enable as many children as possible to access a club. This means that your child's letter may state Group 1, 2 or 3 after the name of the club. In these cases your child will attend during the following weeks:

	Monday	Tuesday
Group 1	25 September to 16 October	19 Sept to 17 October
Group 2	30 October to 27 November	31 Oct to 28 November
Group 3	8 January to 22 January (THIS WILL BE PARENT PICK UP)	



*Have a lovely weekend and we will see you on **TUESDAY***



Bucket Fillers



**Maddy, Mario, Julia, William, Dylan, Adi, David, Callum
Elsie, Maja, Hilal, Rory, Shiv, Gabin, Agatka**

September 2023

Dear AFNORTH families,

AFNORTH International School will participate in the Terry Fox Run on Friday, September 22 starting at 2:00 pm.

Canadian activist Terry Fox was a young cancer survivor. In order to raise awareness and funding towards cancer research, Terry began the Marathon of Hope running 42 km a day. He started in St John's Newfoundland (Canada) and ran each and every day, rain or shine. Unfortunately, after 143 days into his run (at 4 373 Km or roughly the distance between Brussels and the Afghan border), Terry's cancer returned. He was forced to stop running when he reached Thunder Bay, Ontario. He died 9 months later on June 28, 1981. Terry may not have finished his race but today, millions of people around the world have adopted the cause to run each fall to raise funds to help find a cure for cancer. We all want to carry on Terry's dream of a cure for cancer.

AFNORTH is pleased to be hosting the annual Terry Fox Run on Friday, September 22 starting at 2:00 pm. In the spirit of Terry Fox, all students and teachers are encouraged to walk or run during this event. This year, we are so excited to invite parents and community members to participate in the event with us. For those in attendance, strollers, bicycles, etc are not allowed on the track due to the space required for those participating.

Photos will be taken from school representatives to share on the website or school promotional materials such as newsletter. If parents do not want their child to be photographed during this event, please let your national office know by **Tuesday 19 September**

While the focus is participation, we are happy to accept donations from students, parents, staff and the community. Donations, in Euros, of any size are greatly appreciated and will be donated to Limburg Health Foundation in Maastricht to help with cancer research. Donations can be given to teachers or to the national offices up to Monday, October 2nd. Last year students from Kindergarten to Grade 12 from the American, British, Canadian and German sections participated enthusiastically and raised almost 4000 Euros. We are very proud of past contributions to cancer research and we hope to match last year's contribution. We are confident we can realize these goals with the full participation of the school community. We hope to count on your support. Let's keep Terry' dream to find a cure for cancer.

**Millions of students
Hundreds of thousands of teachers
Thousands of schools
The same dream
A cure for cancer**



INVICTUS GAMES

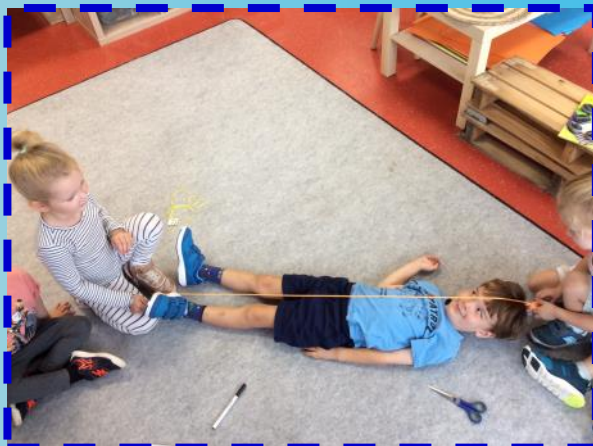


Huge Thanks to Claudine and Allan for coming to share their Invictus Story with us.



Sunbeams

Our Super Sunbeams have had a wonderful week. We have been working collaboratively within the class, constructing using the large coloured blocks to see how tall we could make our tower before it toppled. Also, during adult led we again looked at height, this time comparing ourselves to one another to see who was the tallest and smallest. In our forest school session this week we explored some of the resources and tool available to use. We found binoculars, torches, periscopes, bug boxes, nets and many more items that made our trip more exciting.



Reception

Reception Class children have been exploring Forest School!

First of all, we made sure that we knew the hazards such as berries, mushrooms and prickles. Then, we practised listening to the 'Come back' signal and responding quickly. We used tools such as hammers and trowels, played hiding and chasing games, climbed trees, used the tyre swing and fuelled up on our home-made sandwiches in the shelter.



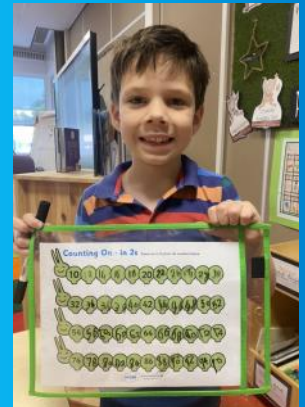
Year 1

Year One had an exciting start to the week when they discovered baking ingredients in the classroom. They worked out eventually that they must be for making gingerbread men as there was a cookie cutter that gave the clue! So having made and decorated the gingerbread men we have spent the week learning to retell the story. In maths we have been working on the language of more, fewer and the same. We have also been comparing numbers and using the language of less than or great than. We had a lovely afternoon at forest school. The children enjoyed exploring, digging, finding many creatures including an enormous slug and climbing a big tree.



Year 2

This week, Year 2 has been very busy learning all about counting in 2'S, 5'S and 10's and ordering numbers in ascending and descending order. We have been looking at numbers with not only tens and units but with hundreds, tens and units. We have also been learning about how we use adjectives in our writing and how this adds detail to our sentences and makes it interesting for our reader. We are nearly at the top of our marble jar AGAIN for our excellent behaviour and enthusiasm for our learning. I am very proud of you all.



Year 3



We have been learning about prepositions and writing animal poems. I wrote a poem about a tiger, a snake and an orangutan. Prepositions give you more information about a noun.

In Science we have been finding out about how hands work. Thumbs are very important...they help us to hold things and pick stuff up.

Claudine and Allan told us to Never Give Up and to try again. They said if you try to win and you do not win try and start again. Allan has two gold medals now but he had to try four times! Working in a team helps everyone.

At assembly today we learned about Terry Fox. Next Friday is the Terry Fox Run. Our school is raising money to help people like my brother. He has cancer but it is in his blood.

Terry was inspired from someone else. His disease got worse but he raised lots of money to help others and now everyone remembers him and wants to help too.

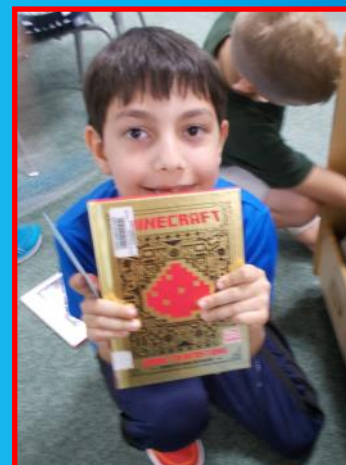
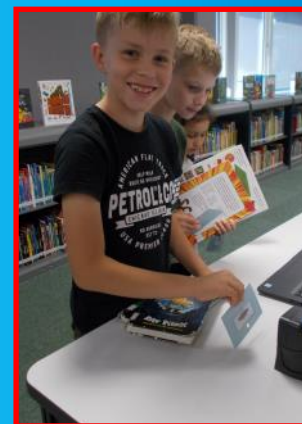
I was sick when I was 3 years old and I had to be in the hospital for very long time. I had my birthday in the hospital. Doctors and nurses made me better. They gave me medicine in the night.

Agatka, Shiv, Gabin, Stepan



Year 4-5

Year 4/5 were very excited to have their library orientation this week! They were given a walking tour of the wonderful range of books available to them and practised using the self-checkout system. It is great to see so many enthusiastic readers in our class! We enjoyed our first 'international collaboration' with the Grade Three classes on Thursday. The children were mixed into different teams, giving them the opportunity to make new friends from other sections. We are looking forward to getting to know each other more throughout the year in our monthly meet activities. To end our week, we attended an international assembly which raised our awareness of the legacy of Terry Fox and his Marathon of Hope. Beautiful shoes were decorated as a dedication - they have joined the 'trail of colourful shoes' on display around the school!



Our Invictus Experience

To join the invictus games you need to have battled something in your life. For example if you have an amputated limb or maybe a problem with your bones. But even trying to join the invictus games and having the resilience to actually move on instead of just staying at home and doing nothing. That is hard. And they are proud of whatever disabilities that they have and they just move on. I also found out that invictus actually means unconquered

At the invictus games it was really busy like 10,000 people busy. The games that we saw were really interesting in the short time that we were there. The games we saw were sitting volleyball (the teams were GBR and another team and GBR won 21-16) and we also saw table tennis. And just watching those people play those games was really interesting of how they did it. And for me I was really impressed in how well they did and how they were committed to doing what they like.

Going to the invictus games made me think about what these people and what they have gone through to accomplish this. And seeing the faces of the participants brought a smile to my face. But I wish that we were there for longer but I still enjoyed it nonetheless. I also loved seeing the people outside of the stadium and taking photos with all of them was nice. It was also a really sunny day with luckily a little breeze on us which was very nice

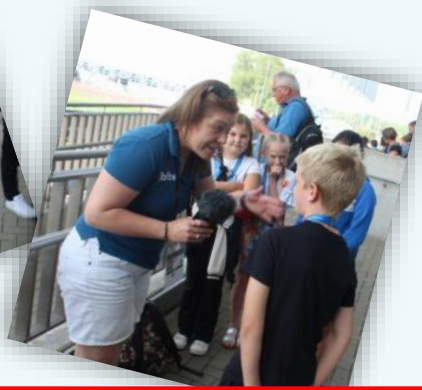


Yesterday we went to the Invictus games in Dusseldorf, Germany. When we were at the Invictus games, I learned a lot about commitment. We also met up with a man named Alan whose hips had dissolved, and he later became a runner. That is what the games are about. Commitment means to dedicate yourself to something and to work hard for it. The men and women there all had a hardship, but they persevered and look at them now. They are all champions in their own right!

We saw two sports at the Invictus games, Sitting Volleyball and Table Tennis. It was pretty fun to watch and the players must have thought it was also fun. Great Britain won sitting volleyball and I was pretty proud of them. I was a bit disappointed that my team didn't win. But I have respect for the British team.

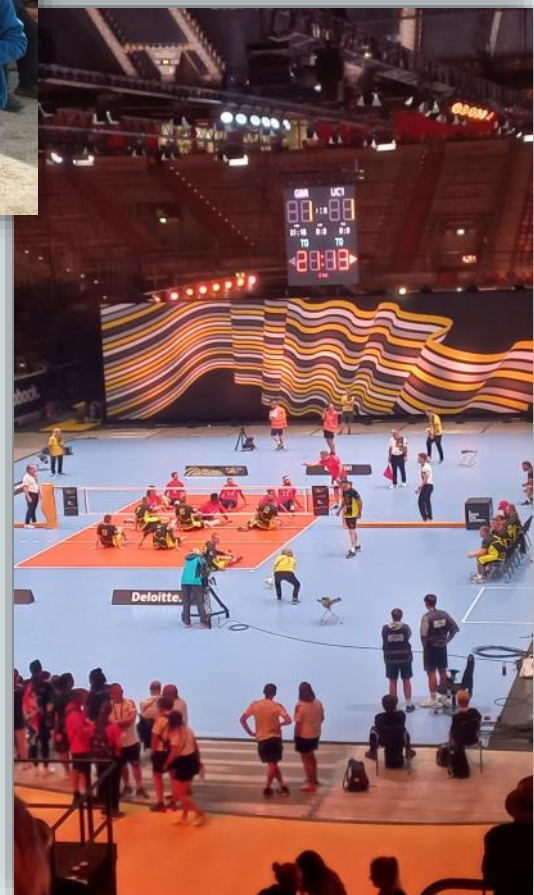
In the end I learned about perseverance, dedication and commitment. They went through real challenges to get there and probably still are, but they're keeping their heads held high walking around with pride and dignity. I learned that I should never give up, stay strong and carry on, and just believe in myself. Overall it was great. I'm really glad we went there.





Invictus Experience

The spirit of Invictus is about challenging yourself and about people hurt in the military, it's about sports and fun and things like that. Can you imagine being in the military fighting in wars? Can you imagine how hard is it? Invictus means unbeaten Invictus for people from the military who are hurt. They have been in war and they got hurt. On my visit to the games I saw people in wheelchairs playing ping pong and some people without one leg playing sitting volleyball at the Invictus games. There were many people from the military. I saw 2 mascots, one was a lion and one looked like a dog. The day is about sports and fun.



Invictus experience

Commitment

This word means you stick to something you really want to do and you never give up when doing it. When the athletes came in I asked them what commitment means to them one of the athletes said "I committed to running and that was the greatest choice I ever did and that was because I was discharged from the military ` because my hip had dissolved and I couldn't walk so I had an operation and I was back running in 6 months. So, then I applied for the Invictus games in 2016 and I didn't get in so I tried in 2017 and didn't get in and then 2018 didn't get in and then COVID hit in 2019 so then no one was playing but then in 2022 I finally got I was so proud of myself for not giving up after so many attempts "I felt really inspired after he said it.

Whilst we were there we saw sitting volleyball and wheelchair table tennis and it was so fascinating and then Mr Brown picked me and some other children to be on the radio and it was a once in a lifetime experience and I was so privileged.

I have come back from it and I have felt even more inspired and I think even though you're facing something you can always rise above it and you can do the impossible.



Linked to the book "Have You Filled a Bucket Today?" by Carol McCloud our Bucket Filler Award recognises positive behaviours e.g. kindness, respect, responsibility, resilience as well as hard work and achievement.

Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad.

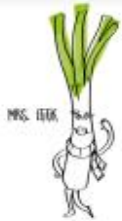
Our actions and words can either fill a bucket or dip into it. We fill buckets when we do and say things that are kind, considerate, caring, and respectful. But if we are inconsiderate or disrespectful, we dip into buckets and remove those good feelings.

[Click here for the story.](#)



LUNCH

Please note the price for lunch is now €3.75



Week 38 18-09 t/m 22-09-2023

MONDAY

No school 2 day!



THURSDAY

Soy Bites , Baked Potato, Beans in Tomato Sauce 3, 4

Crispy Chicken 1, 3, 4, 6

Baked Potato 3

Beans in Tomato Sauce 3

TUESDAY

Veggie Roll, Potato Gratin, Retro Vegetables 1, 2, 3, 4

Chicken Filet 3, 6

Potato Gratin 1, 2, 3

Retro Vegetables

Mushroom Sauce 1, 3

FRIDAY

Empanada, Fries, Carrots 1, 2, 3, 4

Fish Filet or Hot Dog Sausage 2, 3, 5, 7

Fries

Carrots

Tartar Sauce 2, 3

WEDNESDAY

Pasta, Tomato Vegetable Sauce, Snack Tomato 3, 4

Pasta 3

Bolognaise Sauce 3, 10

Snack Tomato

LISTED PRODUCTS AND DISHES CAN CONTAIN TRACES OF ALLERGENS.

- 1 = milk
- 2 = egg
- 3 = gluten
- 4 = soy
- 5 = pork
- 6 = chicken
- 7 = fish
- 8 = sesame
- 9 = peas
- 10 = beef



All meals are nut free



Looking for suggestions for your child's lunchbox...

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Host Nation news

September 2023

Year 5 and Year 6
***4th and 5th Grade project:
'The Host Nation duck
explores the Netherlands'***

Inspired by the book
'The orange duck explores the Netherlands',
4th and 5th Grade students are invited
to submit a request to take a small rubber duck
with them on a trip through the Netherlands.

The Host Nation teachers would like to receive
1 or more photos from the trip
to create a wall of photos with the
HN rubber duckies and to evaluate
with the students in class.
You can send pictures to
hostnation@afnorth-is.com

Every quarter, we will share a summary
in the newsletter to inspire the community
and share knowledge on the geography,
history and culture of the Netherlands.

Kind regards,

*Ms. Dyon Damen
Mrs. Rosamaria Mancini
(substitute for Mr. Craig McMorland)*

Host Nation Teachers



PTO Meeting 4th September

Report from Mr Brown



After my appeal at Open House for parents in the British Section to join me at the Parent Teacher Organisation meeting I was disappointed to be “all by myself” .

The PTO is an international group of parents and staff who do incredible work to benefit all children. If you are able to support the Parent Teacher Organisation the next meeting will be on Monday 9th October at 16:30 in the Library Conference Room.

The committee, parents and teacher representatives met to discuss a number of ways to raise money for children across all sections of the Elementary School.

- There will be used book sales each Wednesday 09:00 – 14:00 for the children to buy books for 50c or 3 for €1.
- The PTO are hoping to have 4 - 5 fundraisers during the year: an Autumn Fun Run for the children, Christmas Crafts, Carnival Bingo and a Reading Celebration: details to follow.
- The PTO are hoping to provide apple slices to the children during the TERRY FOX Run on September 22nd.
- Preorder forms for AFNORTH Spirit Wear and flyers will be handed out this week. This will raise a significant amount of money to support school activities.
- Fund requests were made for the purchase of:
 - Gardening equipment for classes to use in the garden areas.
 - Outdoor play equipment for playtime and lunchtime.
 - Boardgames for each year ground area for rainy days.
 - Pumpkins for the Year 6 Pumpkin Drop activity working in collaboration with children in the US/Cdn and German Section

PLEASE CONTACT ME FOR FURTHER INFORMATION...or to make my day and say you will join me next time.





BOX TOPS

SEPTEMBER
2023

Easy ways to make a difference for your school.



NATIONAL BOX TOPS WEEK IS ALMOST HERE!

- Big offers
- Better-than-ever bonuses
- Lots of chances to earn for your school



★ ★ BIG NEWS FOR ★ ★ TEX-MEX LOVERS!

Old El Paso Sheet Pan Dinner Starter Kits and Old El Paso Stacked Queso Crunch Kits have joined Box Tops. Try them both, and see for yourself how truly delicious dinner can be when it gives back! Just don't forget to scan your receipts.



NEW
BOX TOPS
PRODUCT

Purchase a Box Tops product and scan your receipt in the app for a chance to win.

ENTER FOR A CHANCE TO WIN
**\$1,000
FOR YOU**
**\$1,000
FOR YOUR SCHOOL**

SEE [BTFE.COM/CASHFORYOU](https://www.btfec.com/cashforyou)
FOR MORE DETAILS

Limit one entry per person, per day. Ends 10/30.



GET THE BOX TOPS APP & START EARNING FOR YOUR SCHOOL TODAY!



Dear Families,

Are you looking for a quick and easy way to support our school?

Box Tops for Education has been around for over 25 years, and it really can make a difference. In fact, the Box Tops program has helped give almost one billion dollars to schools since 1996.

The Box Tops app gives participants the ability to earn for any school across the country with just the touch of a button. Plus, the Box Tops app allows you to search for schools that could use a little extra help, so you can help give students in low-income schools the opportunity to succeed.

HERE'S HOW IT WORKS: Buy participating products and use the Box Tops app to scan your store receipt. The app identifies eligible products and earnings are credited to your designated school online. Even if you're shopping online or doing grocery pickup, you can still submit your digital or email receipt with the Box Tops app and earn. Twice a year, our school gets a check!

See a list of participating products at

[BTFE.COM/PRODUCTS](https://www.btfefund.com/products)

Box Tops earnings really add up, and the more people that participate, the bigger the impact we can make. So let's give our teachers the support they need and give more kids the opportunity to succeed. Together, we can help make a big difference.

**DON'T HAVE THE APP
YET? DOWNLOAD IT
TODAY!**



**LEARN MORE
ABOUT BOX TOPS AT
BTFE.COM**

REMINDERS

Parent Drop Off and Pick Up Times

Reception -Year6

School Day 0900-1530

Drop off from 0845.

Please note there is no supervision prior to this time.

Pick Up at Main Gate

Reception/Year 1 1525 Year 2-6 1530



NO NUTS

We have a number of children with a nut allergy and we therefore ask for no nuts or products containing nuts to be brought into the school. Thank you for your cooperation.

WATER BOTTLES



Children are encouraged to bring a filled water bottle to school every day and to keep hydrated during lessons. The children have access to chilled water fountains to top up their bottles. Children should take their bottle home each night to be washed. permitted. Cans and bottles of carbonated drinks, including energy drinks, are not permitted in school.

END OF THE DAY CHANGES

If you are making changes to your child's routine e.g. Parent Pick Up rather than the bus we request that these changes are sent via email to:

TO: british.office@afnorth-is.com

CC: class teacher

CC: firstname.lastname@afnorth-is.com (teacher)

These changes should be made before 1000

Sunbeams

Session 0900-1200

Drop off from 0855

Pick up at 1200

Location for Drop Off and Pick Up is at the Flagpoles.

During periods of inclement weather please wait inside the main entrance (in the well area under the stairs or when this area is in use please wait outside the British Office). Staff will collect/deliver the children to you. There is no need to sign in

EDC Pick Up 1500 or 1525-Children will be brought to the gate.

Times and locations are related to supervision and to avoid congestion outside of Sunbeams.

LABEL LABEL LABEL

Please assist us in preventing items being lost or misplaced by labelling your child's belongings e.g. items of clothing, footwear, bags, packed lunch boxes/containers. Please also impress on your child that they



PE SHOES (Y2-Y6)

Please ensure your child has a separate pair of shoes for PE/Gym lessons with Coach Guest. Shoes should have non-marking soles.



PERSONAL ITEMS

Children should NOT be bringing anything to school other than essential items or requested by the teacher to support their learning. Please ensure unnecessary items do not slip into bags e.g. toys, pokemon cards.

Bus Passes

All children will receive their new bus pass for this school year in September

Dear Parent (s) / Guardian (s) of Elementary enrolled children,

AFNORTH provides a bus service for the children attending our school. The use of this bus service is a privilege and not a right. Most of our children use this bus service and AIS does its utmost to make the service safe, effective, and as punctual as possible. Our policies and procedures regarding this service can be found on the school website (afnorth-is.com). When registering your child at school or on receipt of the student bus pass for your child(ren) you should receive an information package about the busing system. When informing yourself about the conditions of the bus service you can read that our youngest children (Reception and Year 1) have a special bus pass which prevents these children to leave the bus at their bus stop if none of the parents/guardians are present (unless other arrangements have been made and communicated with the respective national office). In case nobody is present to pick up the child(ren), they will be brought back to school. The parents will be contacted, and you are expected to pick up your child.

1. Parents of ES children may request a yellow student card for their child(ren). This means that their children will not be left off the bus unless a parent/guardian is at the bus stop. The parent/guardian will have to be present 10 minutes prior to the scheduled bus arrival time. The bus will depart the bus stop at the indicated/scheduled time. Children carrying a yellow card will be brought back to school. Parents will be contacted (by their national section) to pick up the child(ren) from school.

2. For children in Years 2-6, to obtain a yellow student card, a parental request needs to be made at the beginning of the school year or upon registering the child(ren) in their national office. This card will be valid for the current school year and cannot be exchanged for a regular student card throughout the course of that year.

3. Without a parental request for a yellow card all children will automatically receive a regular student card. This implies that the parents have read and accept the school bus policies and procedures.

4. If parents frequently (three or more times) fail to meet their child(ren), carrying a yellow student card, at the bus stop, AIS will inform the parents that the use of the bus service will no longer be possible.

5. Parents always have the option to not use the provided bus service and provide their own transportation.

Parents who would like to obtain a yellow student card for their child(ren) can contact the bus coordinator's office: buscoordinator@afnorth-is.com

AFNORTH Calendar 2023-2024

Autumn Term

August 21 School Opens

September 6 1400 Dismissal

September 18 STAFF DAY-NO SCHOOL for Children

October 23 to October 27 SCHOOL CLOSED

October 30 School Opens

November 1-2 1230 Dismissals (Parent Conferences)

November 29 STAFF DAY NO SCHOOL for Children

December 22-January 5 SCHOOL CLOSED

Spring Term

January 8 School Opens

January 24 1400 Dismissal

January 29 STAFF DAY-NO SCHOOL for Children

February 12-February 16 SCHOOL CLOSED

February 19 School Opens

March 25-April 5 SCHOOL CLOSED

Summer Term

April 8 School Opens

April 17 1400 Dismissal

May 9 STAFF DAY NO SCHOOL for Children

May 20 SCHOOL CLOSED

June 21 LAST DAY 1230 Dismissal