



AFNORTH INTERNATIONAL SCHOOL

British Section

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

British.office@afnorth-is.com

27 September 2024

Dear Parents,

Our Assemblies continue to have focus upon change and managing our feelings and emotions.

Thank you to our Year 5-6 pupils who did an excellent job sharing their insights and experiences about managing feelings. "Embracing Change" and "Be the Pond" were strong messages. Well done Agatka and Orla who also shared their Bucket Filler creations and explained their thinking so well.

At AFNORTH we want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. In the playground children have to learn to manage conflict and differences of opinion. As a staff we have looked at different ways to approach this and have decided to adopt the programme "Zones of Regulation".



The "Zones of Regulation" shows children that everyone has big feelings sometimes and offers a range of strategies to help them navigate them. By teaching children how to cope with

these feelings, we hope they will in turn become better at tackling learning challenges and build stronger resilience so they don't give up so easily when faced with difficulty. We plan to launch the programme on Wednesday 9th October with an art activity with parents. We will confirm this with you next week as it is dependent on the arrival of materials.

<https://zonesofregulation.com/>

Debbie Taylor, Teaching and Learning Advisor, visited us this week and spent time working with staff on Adaptive Teaching strategies. This included a Staff Meeting, planning with teachers and working in our classrooms. Debbie works across many of our schools and is always highly complimentary about AFNORTH, our pupils and practices. *Have a lovely weekend*



*Aled, Victoria, Antoni, Eliza S., Maja, Joshua C.,
Ginevra, Henry, Shiv, Jonah, Cinar, Sofia,
Oscar C-T., Martin*

Bucket Fillers



DATES TO NOTE

September

30 Orange Shirt Day

30 Y4-6 Parents Lunch

October

3 Pretzel Sale

4 Terry Fox Run

14-18 SCHOOL CLOSED

November

6,7 Parent Teacher Progress Meetings

27 School Closed

February

20 Family Steam Night

AFNORTH Fayre
Volunteer Sign Up
AFNORTH Fayre
Stall Holder Sign Up

WANTED Boxes of Tissues

We would very much appreciate if your child could bring a box of tissues to share with the class.

Attendance This Week

Whole School 99%

Reception 94%

Year 1 97%

Year 2 99%

Year 3 96%

Year 4 96%

Year 5-6 97%



ORANGE SHIRT DAY—Each year in Canada, September 30 marks the National Day for Truth and Reconciliation (also known as Orange Shirt Day).

The day honours the Indigenous children who were sent to residential school and never returned home. During this day, we also honour the Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

School Governance Committee (SGC) Update

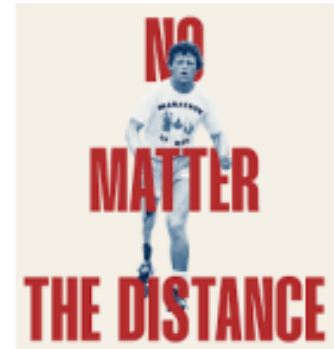
The SGC met in full committee format for the first time this academic year on Friday 20th September. We welcomed 6 new members to the committee, including representatives from GK and our international community - the SGC cannot operate without the amazing volunteer commitment and ethos of our governors. We were updated by the Headteacher on the situation within the British Section and their improvement plans for this year. The SGC agreed to adopt a new, more delegated structure, and the governors are now assessing the school's plans with a view to deciding how best we can perform our role of providing both challenge and support. We are proud of our contribution to improving school policy with the adoption of the Bereavement policy, which was developed by a governor. This is a great example of how our combined efforts, skills and experiences collaborates with our school the best possible place that it can be for our children.

The minutes are being drafted now and will be published on the school website as soon as possible. The committee will next meet together in Jan 2025, but governors are at work in cooperation with the school leadership team each week.

September 2024

Dear AFNORTH families,

AFNORTH International School will participate in the Terry Fox Run on Friday, October 4, 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, October 4 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 Monday, September 18.

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 Friday, October 11. Last year students from Kindergarten to Grade 12 from the American, British, Canadian and German sections participated enthusiastically and raised almost 5000 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



Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



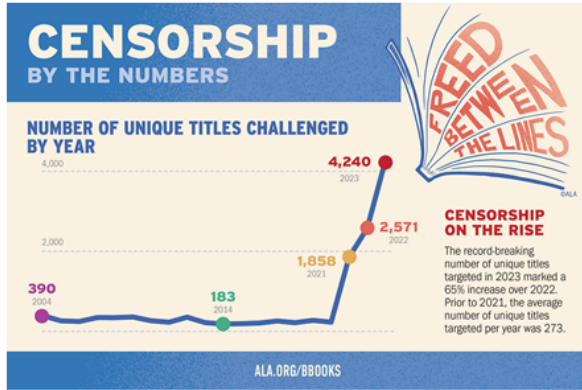
Ask your Library Information Specialists

We've got answers ...

library@afnorth-is.com

What is "Banned Books" week?

Banned Books Week highlights the value of free and open access to information. Launched in 1982, it was in response to a sudden surge in the number of challenges to books in schools, bookstores and libraries. By focusing on efforts across the country to remove or restrict access to books, Banned Books Week draws national attention to the harms of censorship. It will be held September 22 - 28, 2024.



In 2023, the American Library Association recorded the highest number of attempted book bans since they began compiling data about censorship in libraries more than 20 years ago.

Source: "Banned Books Week (September 22 - 28, 2024)". American Library Association, 2024.

AFNORTH Elementary Library Information Center Services

Circulation services such as Check-in and Check-out are available daily from 8:40-3:45. Small groups (2-3 students) may come any time to return books and shop for new ones at their teacher's discretion.



Student-centered services

Find Texts

Locate Print & eBooks, Catalog Searches, Dewey System, Library Organization

Guide Research

Database Use, Evaluating Sources, Asking Questions, Note-taking, Filling in Graphic Organizers, Citations, Copyright, Plagiarism

Reinforce Instruction

Teach, Co-teach & Assess Lessons; Deep-dives into Subjects

Promote Reading

Read Alouds, Selecting "Good Fit" Books, Promote New & Popular Titles, Book Reviews, Reading Initiatives

Provide Workspaces

Research, Book Buddies, Presentations, Student Collaboration, Display Student Works

Educator support

Find Texts

Specific Books, Authors, Thematic Units, eBooks, Articles, Magazines, Images

Demonstrate Technology Resources

Destiny Discover, MackinVia, Gale, Britannica, eBooks, collections, etc.

Assist With Planning and Content Development

CCRS correlations, Daily 5 integration, Collaborative Planning & Instruction

Copy and Enlargement

Poster Prints Up To 36 Inches Wide

Need something else? Just ask!

library@afnorth-is.com



PRETZEL SALE

October 3

1€

Where:
The WELL

For pre-orders please use this link:
<https://forms.gle/NUypsdoahuRgPc7B8>

Verband der Eltern und Schüler der Deutschen Abteilung der American International School, Brno a.s.

ELEMENTARY PTO

AFNORTH BOOK SALE

BOOKS IN GERMAN FRENCH POLISH SPANISH ENGLISH

23 OCT, 2024
8:30AM TO 2:00PM

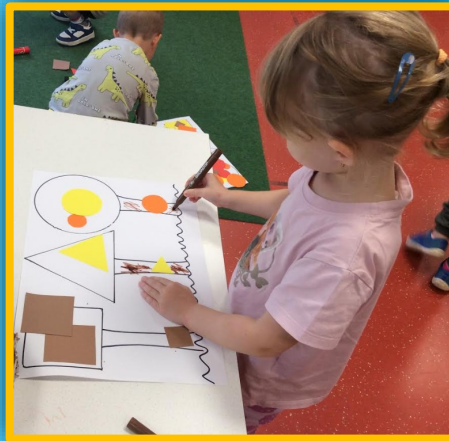
THE SCHOOL WELL
1 BOOK FOR 50¢
3 BOOKS FOR 1€

CHILDREN AND ADULTS

JULIE MULVIHILL • DANCEJULIE@YAHOO.COM

Sunbeams

Sunbeams have been super mathematicians this week! We always help Mrs Craven count how many children are here each day and we love to sing counting songs before home time. We have also been doing a lot of sorting, grouping items by shape or colour and beginning to recognise numbers up to 5!



Reception

Our Reception friends have been focussing on counting and sorting this week. Looking at a range of items from our class and organising them into different groups, sometimes by size or colour and even shape! We continued this interest in the forest by gathering lots of fallen leaves into an enormous line. We looked at the similarities and differences between each item we found. Finally we counted how many we had in our line, we made it all the way up to 100! A key skill in all of our maths this week was the opportunity and enjoyment of collaborating with our wonderful friends, we are really getting great at this vital social skill!



Year 1

Year 1 have been talking about directions this week. We made a giant map of Brunssum on the playground and practiced using the directions forwards, backwards, left, right and stop. In maths we have been practicing using part-whole models. We then learnt how to use a part-whole model to write a number sentence. In our writing books we have been retelling the beginning of the story of the Gingerbread man. Well done everyone!



1 Group the counters by colour.
Complete the sentences, number sentences and part-whole models.

a
 2 red counters plus 7 yellow counters is equal to 9 counters.
 $2 + 7 = 9$

b
 5 red counters plus 3 yellow counters is equal to 8 counters. ✓
 $5 + 3 = 8$



First he met a cow
and he met her
and then the ginger
bread man and he said
Run! Run!

st First First First

First he met a cow
and he met her
and then the ginger
bread man and he said
Run! Run!

licked licked licked licked



First he met a cow.
vavavava

Year 2

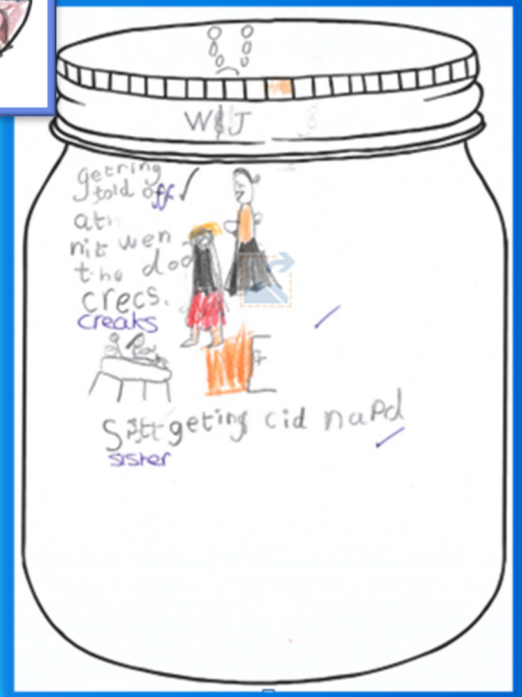
This week Year 2 have been thinking about our feelings and what makes us worried. We read a lovely book that helped us to think about our worries and how to deal with them.

We wrote our worries down and thought about how we can deal with them in an effective way

Wemberly Worried



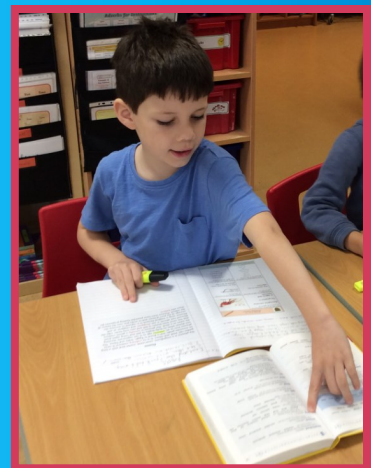
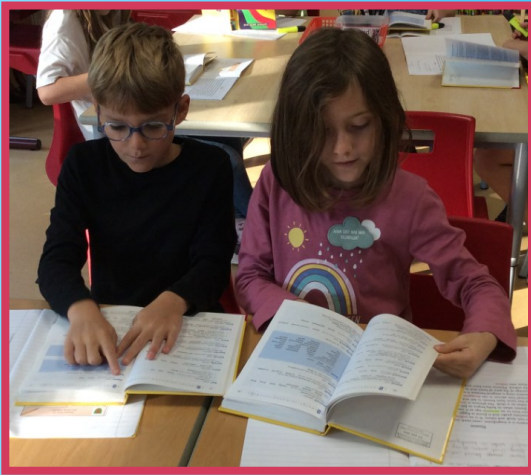
by KEVIN HENKES



Year 3

Year 3's baking journey continued this week. The children did a great job thinking of their own ingredients to include. Thank you to parents for sending them in! There were some great imaginative choices. We did some fantastic work on evaluating whether we thought our choices were successful and deciding if we would make different choices next time. The children did a wonderful job using words like texture and appearance to describe how the additions worked.

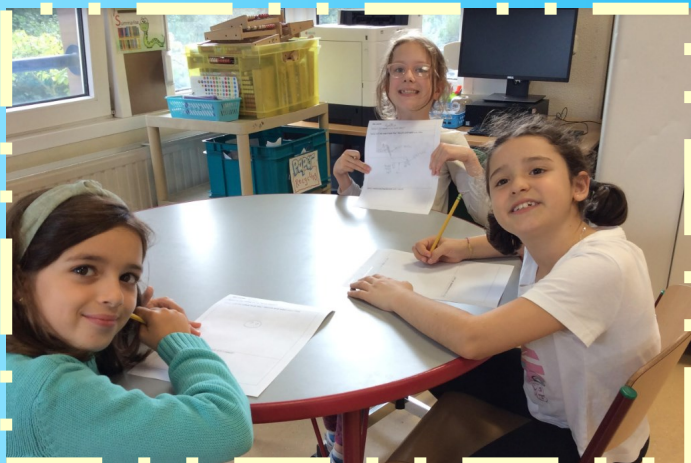
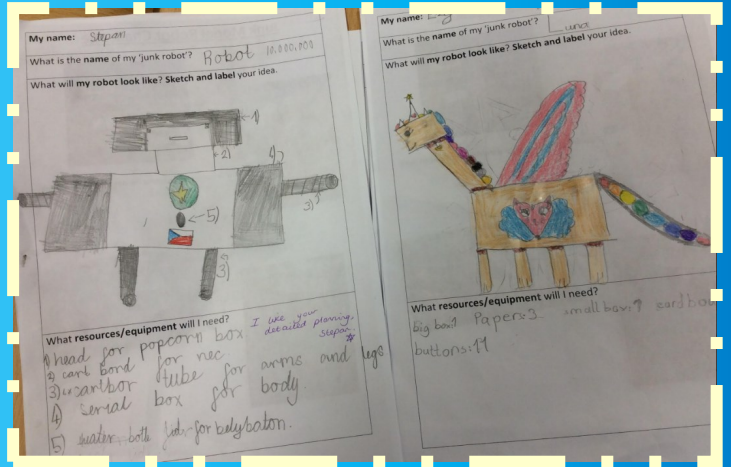
We have also been working on our noun phrases in literacy, using them to describe fantastic beasts. 'Magizooology' is a word in the book and we had to work out what it meant.



Year 4



"This week, we have been focusing on feelings and emotions. We enjoyed listening to the story 'The Way I Feel' and then thought of different emotions - nervous, calm, aggressive, disappointed and lots more. We sorted these emotions into different zones - happy zone, wobbly zone, angry zone and a low zone. It was a bit tricky to sometimes agree because some of us had different ideas and opinions. We did lots of talking together and ended up with success. In English, we have finished our robot story writing. We are proud of our work and are looking forward to publishing them to make a class book. We have designed our own 3D junk robots. They are very creative - now we need to start collecting our materials to get started. We are enjoying the Rhinestone Reader challenge and some of us are already on the second book!" **Reported by Jonah and Agatka**



Year 5-6

Year 5/6 enjoyed researching plant adaptations during Science this week. They used their skills of reading and research to answer specific questions such as where a plant lives and the conditions it likes; the adaptations it has made; and how these adaptations help it to survive. We had to use our higher order thinking and reading skills in order to be able answer these questions. In Computing, we looked at the concept of systems and input and output. Mr Berlin visited our class to talk about Banned Books Week, which was very interesting to hear about. We finished the week off with another fun session in the JFC pool! This is just SOME of our week!



Well Done to our eleven Student Council Candidates. You all delivered great speeches outlining why you should be elected.



LUNCH

[AIS Website-Catering Link](#)



Week 40 30-09 t/m 04-10-2024

MONDAY

Vegetarian Meat Balls, Potato, Red Cabbage, Gravy	3, 4
Beef Meat Balls in Tomato Sauce	3, 4, 10
Potato	3
Red Cabbage	3
Gravy	3

TUESDAY

Pasta Penne with Tomato Zucchini Sauce, Snack Tomato	3, 4
Pasta Penne with Basil	3
Bolognese Sauce	1, 3, 10
Snack Tomato	

WEDNESDAY

Quiche, Potato & Mixed Vegetables	1, 2, 3, 9
Quiche (French Pie with cheese, cream, vegetables)	1, 2, 3, 9
Macedoine Vegetable Mix with Potato	3, 9
Mustard Sauce with Thyme	2, 3

THURSDAY

Soy Bites (Greek Style), Tomato Rice, Cabbage	1, 3, 4
Chicken Filet Greek Style	6
Tomato Rice with Zucchini & Eggplant	1, 3
Cabbage	
Yoghurt Garlic Sauce	1, 2, 3

FRIDAY

Veggie Burger, Fries, Peas	1, 2, 3, 4, 8
Fish Nuggets or Hot Dog	2, 3, 5, 7
Fries	
Peas	
Tartar Sauce	2, 3

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>

Bucket Fillers

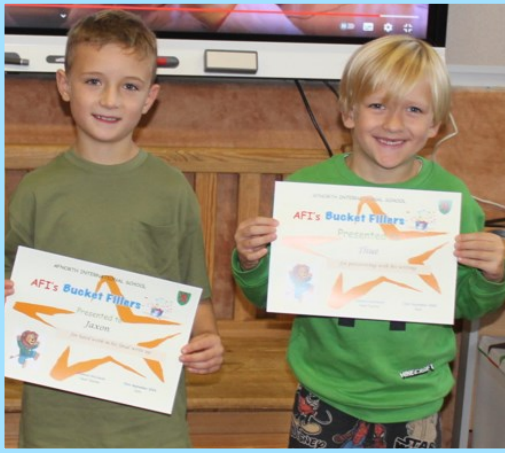


Linked to the book "Have You Filled a Bucket Today?" by Carol McCloud our Bucket Filler Award recognises positive behaviours e.g. kindness, respect, responsibility, resilience as well as hard work and achievement.

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.](#)



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 MUST be made before 1000

FOR YOUR CHILD'S SAFETY WE ASK THAT CHANGES TO ROUTINES ARE KEPT TO A MINIMUM

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 should take responsibility for their own items.

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.

AFNORTH Calendar 2024-2025

Autumn Term

August 19 School Opens

September 11 1400 Dismissal

September 16 STAFF DAY-NO SCHOOL for Children

October 14 to October 18 SCHOOL CLOSED

October 21 School Opens

November 6-7 1230 Dismissals (Parent Conferences)

November 27 STAFF DAY NO SCHOOL for Children

December 20 to January 3 SCHOOL CLOSED

Spring Term

January 6 School Opens

January 22 1400 Dismissal

January 27 STAFF DAY-NO SCHOOL for Children

March 3 to March 7 SCHOOL CLOSED

March 10 School Opens

March 26 1400 Dismissal

April 14 to April 25 SCHOOL CLOSED

Summer Term

April 28 School Opens

May 29 STAFF DAY NO SCHOOL for Children

June 9 SCHOOL CLOSED

June 21 LAST DAY 1230 Dismissal