

PACER NEWS | March & April 2022

Issue #5

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From the Desk of the Principal



Dear Parents,

I hope you are all doing well and most importantly you are in good health. Nothing resembles our holistic philosophy more than the month of March since it encompasses Women's Day, Teacher's Day, Mother's Day, Earth's Day, and the beginning of the Spring season. During the upcoming two months of March and April, LWIS-AiS will continue to endorse our holistic development philosophy by a series of workshops, meetings, and assemblies with the entire school community. We will focus on generating a new strategic plan for the coming three years. We will continue to implement student-driven learning inside and outside the classroom. Additionally, we will further emphasize the emotional intelligence and enrich learners' personal and social competencies. Furthermore, we will continue to utilize a proactive behavior policy that engages students and gives them a choice and a voice without compromising the zero tolerance policy for disrespect, verbal and physical violence, and illegal substances.

I look forward to your continuous support in order to preserve the high quality of teaching and learning and the positive and caring environment for all learners.

Warm regards,

Dr. Nabil Husni

Principal

Preschool and Elementary School (KG1 till Grade 4)



Dear Parents,

Spring is a lovely reminder of how beautiful change can be! March and April are the months of the year where not only do we see nature blooming but our students as well. Agility is one of our PACER values, and we try our best to instill in our learners that change is good. After all, progress is impossible without change. We are faced daily with changes, and we can safely say our learners are coping quite well.

Find some ideas on how you can help with having your children cope with change.

1-Invite them to talk about their feelings. Listen to whatever they say—to their anger, sadness and confusion. Validate their feelings and let them know that whatever they're experiencing is OK.

2-Help them see the elements of stability in their life and school. Name all the teachers and adults who aren't leaving and the classmates who will stay.

3-Assure kids that the foundations of their community and learning experience will be strong. Help them see that their experience in school is more than one person or program.

4-Make sure they don't take the change personally. Kids tend to blame themselves when things go wrong.

5-Direct children to see what they are in control of. Unwelcome change makes people feel like they don't have control over their lives. Ask your child, "What are you free to choose right now?" and they'll be reminded of their own power.

6-Guide children to focus on a positive future and what might be possible a year from now.

7-Allot a brief time for worry. Especially if you have a child who worries all the time, suggest a 15-minute time during the day when they allow themselves to worry. When they start worrying at other times, remind them that it isn't their designated worry time.

8-Ask children: What really matters here? Help them see the big picture, gain perspective, and keep the change in proportion.

9-Help them connect with their own resilience, coping mechanisms, and energy. They have dealt with change and challenge before. Help them access those resources and remind them that they will get through this latest challenge.

10-Help them see their own resources for making changes that they desire. Help them think about how to be proactive about creating the kind of school and experience they want, even in the face of unwelcomed change.

Most importantly remind them that at the beginning change is hardest, in the middle messy, but in the end, the best!!!

I Love...Day and Two's Day

Over the past month, your child celebrated Love and Two's Day. I Love... Day was a day where your child celebrated the love of learning and also kindness and love towards others. Our class representatives led an activity entitled "Give a heart to pass on a Smile" activity and also created some class games.

On Two's day, 22/2/22, Your child had the opportunity to relate the number TWO to things in everyday life, and as usual, it is always great to see their creativity come to life.

You can find pictures below of our days celebrated in February.

You can also find videos on our Facebook page that have additional pictures.
<https://www.facebook.com/LWISAiS>





March is Reading Month! "A child who reads will be an adult who thinks."

Our goal this March is to encourage our learners to read! We will be holding different reading days throughout this month to help our learners understand the importance of reading.

Here are some Ideas you can try at home that would motivate daily reading.

- 1-Encourage your child to read books of their interest.
- 2-Connect what your child reads with what's happening in real life.
- 3-Have your child read Ads, magazines or any item around him or her.
- 4-Make sure they have less screen time and instead read a book.
- 5-Read a bedtime story with him or her.
- 6-Hold a family reading challenge. Make a reading graph at home for each family member.
- 7- Ask your child about the book he or she read. Ask about the characters, plot, and theme of the story.

Here are some online libraries your child can join:

*Epic Books

*Vooks

Please refer to the March and April calendar to keep up-to-date with our exciting days in March and April!!

Wishing you a blessed month ahead!!

Sincerely,

Mrs. Layla Sayed Shalabi

Head of Preschool and Elementary

Middle and Senior School



Dear Middle and Senior School Parents,

At LWIS- AIS, we treasure this time of the year. Your child has already worked eagerly on his or her exams. We are at a very crucial time of the year. This is the time for your child who has done so well academically to continue with his or her endeavors. This is also the time to assist and encourage your child if he or she is not performing up to the expected level to do so in order to avoid any undesirable consequences at the end of the year.

Parenting practices around the world share major goals. A high-quality parent-child relationship is critical for healthy development.

All you have to do is:

Walk the walk. Do not just tell your child what you want them to do. Show them.

Show your love.

Practice kind and firm positive parenting.

Be a safe haven for your child.

Talk with your child.

Reflect on your own childhood.

Pay attention to your own well-being.

Do not hit, no matter what.

Keep things in perspective and remember your parenting goals.

For an update of the school's activities and events, the monthly calendar can be accessed on the school's website and on WhatsApp. Please take the time to check the monthly activities that have been planned. Do not forget to also check the afterschool activities.

Middle and Senior Students are busy preparing different competitions related to Science. The competition will be held via zoom with the AUB judges. Wish them good luck.

This month is very special.

March 8 International Women's Day

March 9 Teacher's Day

March 21 Mother's Day

March 30 Earth's Day

Enjoy this special month...

Sincerely,

Mr. Alex Husni, Head of Middle School

Mr. Jacques El Khoury, Head of Senior School



From the Nurse's Corner

Have a **Headache**? Try this:



- 1- Drink a lot of water.
- 2- Breathe slowly, several times, inhaling from your nose, and exhaling from your mouth.
- 3- Put your head down on your desk.
- 4- Wait for 15 minutes.
- 5- If not better after that, then request from your teacher to see the nurse.



- 1- If your child takes any daily medicine, don't let him/her fast and skip any doses.



- 2- If a family member tests positive for Covid 19 or has a pending PCR result, kindly don't send your children to school before checking that they have tested negative.



- 3- If your child has seasonal allergies (due to the pollen or change of weather, etc...), make sure to provide the school with a medical report as soon as possible.

Show; Don't Tell



1. Participate in Cooperative Games

It is difficult for me to get down on the floor and play as a parent when I am thinking about all of the things I need to do during the day! Nonetheless, I feel closer to my children every time I do so, knowing that I have entered their world and tapped into their incredible imaginations.

2. Read as a Group

Sharing books is a "get to!" rather than a "have to!" Reading with my family has brought us more joy, closeness, and discourse than any other pastime.

3. Have a Group Discussion

It's amazing how many days I go to bed thinking, "Did I truly connect with my kids today?" between work, school pick-ups and drop-offs, dinner, laundry, and so on.

4. Solve Conflicts Together

The world is full of issues to unravel and our children are continuously up for understanding them. Playing games that resolves issues advances a child's early math and thinking aptitudes and gives him or her certainty as issue solvers.

5. Bond Together

Eye contact, closeness, harmony—these are all portions of the secure, reinforced connections that our children have to shape with grown-ups.

What are some cooperative games we can play with our children?

What can we do if our children do not like to read or listen to others reading?

What are the conversation topics we can have as a family?

How can we be proactive to avoid conflicts with our children?

How can we become closer with our children?

The above questions are for you to think of and find answers to.

Who said that parents can't be creative, too?

Counseling, a Key for Positive Change



The Counselor's Corner

Dear Parents,

The single most important skill for staying close to your child is listening-not teaching, advising, or offering solutions.

Sometimes you'll be listening to her words. Brilliant listeners hear beyond the words. Sometimes, you'll be noticing that his actions are telling you something.

Try to develop this habit through practice. How?

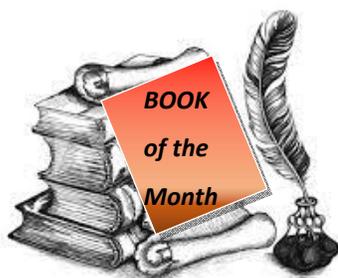
1. Remember to close your mouth.
2. When you begin any interaction with your child, pay attention. Stop. Breathe. Look in your child's eyes and listen.
3. Notice the little conversation openers your child offers and respond.
4. If you can't listen now, say so: "I hear you're angry about that. I want to focus on our discussion, and I can't right now. Can we make a date to talk about this after dinner tonight?" Then, don't forget. Show up. That's how you earn your child's trust.
5. Be fully present. No work; no phone.
It erodes his/her sense of self-worth when you pretend to and don't.
6. Ask nonjudgmental questions that require real answers. "Who did you sit with at lunch today?" or "How was the spelling test?"
7. Avoid giving solutions and advice, judging, and asking "Why" questions.
8. If you notice your child getting angry, scared, or hurt, back up, and reconnect. Remind him/her how much you love him/her, and that you're committed to finding a solution that works for everyone.
9. Keep the conversation safe for your child by managing your own emotions. Don't take it personally. Breathe.

Please do not hesitate to contact me for further information.

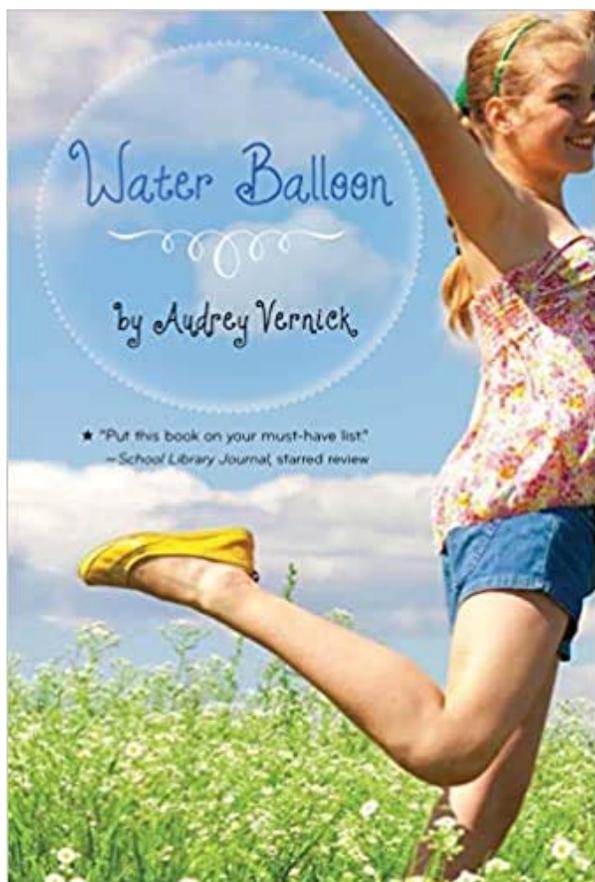
Kind Regards,

Ms. Randa Wehbe, School Counselor

Book of the Month | Water Balloon



#62003817



By: Audrey Vernick

Marley's life is as precarious as an overfull water balloon—one false move and everything will burst. Her best friends are pulling away from her, and her parents, newly separated, have decided she should spend the summer with her dad in his new house, with a job she didn't ask for and certainly doesn't want. On the upside is a cute boy who loves dogs as much as Marley does . . . but young love has lots of opportunity for humiliation and misinterpreted signals. Luckily Marley is a girl who trusts her instincts and knows the truth when she sees it, making her an immensely appealing character and her story funny, heartfelt, and emotionally true.

Plate of the Month | Crab Salad



Ingredients:

- **Green cabbage**
- **Canned corn**
- **Crabmeat**
- **Green onion**
- **English cucumber**
- **Mayonnaise**
- **Salt and Pepper to taste**

Recipe Instructions:

- **Rinse all vegetables well.**
- **Shred cabbage.**
- **Cut green onion and cucumber.**
- **Cut crab meat into smaller pieces.**

If making this salad ahead of time, store ingredients in one large bowl until ready for use. (Cover with plastic wrap and keep refrigerated until ready for dressing and seasoning; up to 4 hours.)

Prior to serving, add mayonnaise and mix gently (to avoid mashing on the vegetables and releasing juice, which makes the salad watery).

Then add salt and pepper to taste and mix carefully once again.

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