

PACER NEWS | May 2022

Issue #6

-
- *From the Desk of the Principal*
 - *Academic News*
 - From the Nurse's Corner
 - Teaching and Learning, the Core
 - Counseling, a Key for Positive Change
 - *Book of the Month*
 - *Plate of the Month*
 - *Contact Us*

From the Desk of the Principal



Dear Parents,

We are hopeful that Corona Virus will be soon behind us. As such, we were busy during last week planning the rest of the year and the enclosed calendar for next year.

For this year, we are busy preparing the different academic year issues including internal and external assessments. We are also beginning to collect students' perceptions of their teachers during the next two weeks to ensure consistency with student-driven learning. Furthermore, I will be meeting with the student council to include them in the preparation of International Day and celebrations on both campuses. As for the physical plant, we just finished putting a new roof above the cafeteria and dance area in addition to a fully refurbished bathrooms on the high school level. It is exciting to also be preparing for the accreditation visit for next year to ensure continuous improvement of our school. We hope in coordination with parents and students to develop a new strategic plan that will serve as the road map for the next three years. I look forward for your collaboration in all aspects of school life and would like to thank the Parents' Committee for their positive and active role in the new development.

Warm regards,

Dr. Nabil Husni

Principal

Preschool and Elementary School (KG1 till Grade 4)



Dear Parents,

As we enter May, we wish our learning community a blessed month. May you be happy. May you be healthy. May you be safe. May you have strength. May you have peace. May you only surround yourself with positivity. Our learners are staying positive and being exposed to how being positive can build positive relationships and how it helps them to always seek solutions.

We have been celebrating many fun and engaging activities over the past month. Supporting our learner's mental health is just as important as their physical health. Encouraging students to take part in their learning helps to motivate and this is what makes them happy learners.

"Student Agency" is what we encourage daily. We encourage our students to learn through activities that are meaningful, relevant, and driven by their interests. Here are some activities our learners have been enjoying over the past month.

LWIS AiS Got Talent

Our G1 to G4 learners were confident and self-driven during their performance where they shared their talent. We had various participants who either sang, danced, performed gymnastics, drew, did some magic, made a cocktail drink, or played the violin or piano. We are proud of all who participated. Congrats to the finalists!

1st Place: Jasmine El Khoury, the Violinist

2nd Place: Zoe Saab, the Creative Cocktail Specialist

3rd Place: Mounir Barreto Solis, the Magician

LWIS AiS got Talent Participants



Easter Activity Day

Easter is a reminder of new beginnings! Our learners learn to be perseverant and that it is never too late to dust themselves off and try again.

Students met the Easter Bunny, participated in an Easter Egg Hunt organized by the Grade 4 learners, and took part of differentiated fun activities. Pictures can be found on our Facebook and Instagram pages.



Fire Safety Day

KG1 to KG3 had an exciting day with a visit from the Civil Defense. They learned how to extinguish a fire, what clothes a firefighter wears to keep safe, and how to use the hose from the fire truck. They were ecstatic to meet actual firefighters and were thankful to them for their help in keeping the community safe.



Earth Day

Life gets better with Change! This Earth day the focus was on how to be the change. How can we invest in our planet to bring about change? Our learners had the chance to give back to Earth. They collected recyclables and used them to make things that helped them observe nature and help nature. The main lesson they learned was to invest in their planet if they want to help it! You can find the videos of this day on our LWIS AiS Instagram and Facebook page.



As we enter a new month, please find the upcoming activities we will be celebrating:

May 12th- Non-uniform Day

May 17th, May 18th, May 23rd, May 24th – Interclass Football Competition (Boys & Girls)

May 19th- Unity Day

May 26th- Career Day

Wish you all a safe, peaceful and healthy month!

Sincerely,

Mrs. Layla Sayed Shalabi

Head of Preschool and Elementary

Middle and Senior School



Dear Parents,

We are into our final two months of the third and final trimester and the school year. This is a busy time of the year for everyone.

As we enter the last two months of school, it gets much more difficult for students to maintain focus and keep their grades in order. Many students have done such a great job all year that we do not want them to mess it up at the end. We also have a large amount of students who have struggled all year and really need a good month at the end to balance out their grades. It is important that you continue to monitor your child's grades to make sure he/she keeps them at a passing level. If your child had any failing grades over the first two trimesters, it is important that he/ she makes sure passing grades be maintained during the third trimester to average out their final grades for the year.

As the weather continues to get warmer, students want to wear spring and summer clothes. Unfortunately, students have to wear their school uniform.

News and Activities!!!

During the months of May and June, exciting activities will take place.

Our IB DP students started their external assessment. We wish them good luck!

We will have our International Day on May 26, 2022.

We are thankful for your continuous support.

Way to go, AIS... Way to go, AIS Students...

We are proud of you.

Sincerely,

Mr. Alex Husni, Head of Middle School
Mr. Jacques El Khoury, Head of Senior School



Five Tips to Keep Kids Healthy During School Year

- 1- Get adequate sleep:** Help your child establish a consistent bedtime routine.
- 2- Exercise daily:** Getting at least 60 minutes of exercise a day will help your child improve his behavior and ability to manage stress as well as better performance at school.
- 3- Reduce screen time:** Any screen time not associated with homework should be limited to less than two hours a day.
- 4- Get regular hearing and vision checks:** Vision and hearing impairments can lead to behavioral issues and impact learning and development.
- 5- Help your child deal with stress and anxiety:** Keep an open line of communication and help your child deal with these types of issues or visit a specialist.

Teaching and Learning, the Core

The Love of Learning



Final examinations are the most difficult components of school life. As you approach finals, there is a lot to learn, organize, and remember. Effective study methods can help you minimize stress while also improving your grade point average.

Because not every studying strategy works for every student, try out a couple of these helpful study strategies to see which ones work best for you.

1. Attend every session, pay attention in class, and take notes in a method that makes sense to you. The idea is to be able to comprehend your notes when you go back over them later.
2. In addition to making friends, forming study groups in each of your classes is an effective—and enjoyable—way to prepare for exams.
3. If you have a problem with a concept or topic, your teacher will help you. Stop by during office hours or email your question to the teacher to better understand the course materials.
4. One of the best learning tips for students is to rewrite important facts, concepts, and definitions on flashcards. You can also use flashcards to quiz yourself without the help of others.
5. Some people like the complete silence of a library setting, while others like the stimulation of a busy café. Some students prefer sitting at their desks to study, others like a study spot outside in the sun. Find your best spot.
6. If you spend too much time on a topic, you can lose focus. One of the secrets of studying for exams is to change subjects every 30 minutes to avoid studying fatigue.
7. Memorizing means finding ways to remember and repeat facts. Understanding goes a little deeper, and means you can apply new knowledge to various scenarios and know how it relates to other concepts.
8. If your teacher is offering a pre-test review session before finals week, make sure to attend.
9. Keep a balanced diet of “brain foods” like fresh fruits and vegetables, balanced with protein and healthy fats to fuel your mind.
10. Good study habits are hard work! Give yourself a break and a little reward to keep you happy. Healthy snacks, outdoor walks, and even episodes of your favorite TV shows are a good way to stay motivated.

Good luck!!!

Lisette Bou Lahoud Saadeh, Head of Teaching and Learning

Counseling, a Key for Positive Change



Dear Parents,

When a child defies or rejects parental control, instead of recognizing this behavior as bad or wrong, positive parenting simply acknowledges that the defiant child is out of his parents' control. Instead of judging, punishing, or lecturing the child, all that is required is **to bring the child back into control**.

When children are not getting what they need to feel their desire to cooperate, they eventually become disconnected from their parents and go out of control. Children need guidance. When they stop feeling their need to be guided, they spin out of control. Inviting cooperation, listening to and nurturing a child's needs, and giving rewards keep a child connected to his or her willingness to cooperate. When stress increases for the child or the parent, this inner connection is temporarily broken. Like a car out of control, the child will inevitably crash.

The first skill for resolving conflict in a relationship and ending all violence is recognizing that when feelings become strong, defiant, or rejecting, it is time to take a time out and cool off.

Giving a time out allows a child first to feel **anger** and frustration. Then, after a short period of time, the child will begin to cry and feel **sadness** or hurt. A little later, the child will feel his or her underlying **fears** and vulnerability. Within a few short minutes, all this drama will lift away and suddenly once again, the child will be miraculously back in your control.

The time needed is generally one minute for each year. A four-year old goes in for four minutes.

When children ask why they have to take a time out, the simple answer is this, **“When we go out of control, we need a time out.”** It is neither accurate nor helpful to say that a child needs some time to think about what he or she did wrong. Thinking in a time out is not necessary. All that is needed is to feel the emotions that come up and automatically the child comes back into control. Children don't need to think about what they did wrong. When parents focus too much on right and wrong with children, the only thing children learn is to feel guilty.

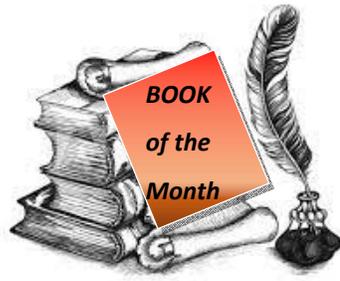
Locking the door and leaving a child create feelings of abandonment. Being present on the other side of the door, at least in your children's early experiences with time outs, is very important for some children.

Hope this helped!

Kind Regards,

Ms. Randa Wehbe, School Counselor

Book of the Month | Roller Girl



#62003817



By: Victoria Jamieson

For most of her twelve years, Astrid has done everything with her best friend Nicole. But after Astrid falls in love with roller derby and signs up for derby camp, Nicole decides to go to dance camp instead. And so begins the most difficult summer of Astrid's life as she struggles to keep up with the older girls at camp, hang on to the friend she feels slipping away, and cautiously embark on a new friendship. As the end of summer nears and her first roller derby bout (and junior high!) draws closer, Astrid realizes that maybe she is strong enough to handle the bout, a lost friendship, and middle school... in short, strong enough to be a roller girl.

In this graphic novel debut that earned a Newbery Honor and five starred reviews, real-life derby girl Victoria Jamieson has created an inspiring coming-of-age story about friendship, perseverance, and girl power!

Plate of the Month | Quick Lemon Broccoli Pasta Skillet



Ingredients:

- * 1 lb / 453 gr penne (or rotini) pasta (I used [Garofalo gluten-free penne](#))
- * 1 lb broccoli, cut into small florets (almost bite-size)
- * 4 cups spinach, washed and roughly chopped
- * Zest and juice of one lemon
- * 3 tablespoons butter, divided
- * 2 garlic cloves, minced
- * Zest and juice of one lemon
- * ½ cup freshly grated Parmesan cheese
- * ¼ teaspoon ground black pepper
- * 1 teaspoon fine grain salt

Instructions:

- 1- Melt 3 tablespoons of butter in a small saucepan over low heat. Add garlic and sauté for 3 to 4 minutes, until fragrant.
 - 2- Keep an eye on the garlic the whole time, you don't want it to burn or it will turn bitter (use the smallest burner you have if necessary). Turn off the heat and set aside.
 - 3- Bring a large pot of salted water to boil. Add pasta and boil for 3 minutes.
 - 4- Add broccoli florets and cook for 4 minutes (leave the burner high enough to keep a rolling boil).
 - 5- Drain the pasta reserving ½ cup of cooking water.
 - 6- Heat the remaining tablespoon of butter in a large skillet over medium-high heat.
 - 7- Add broccoli pasta, spinach, and sauté for 1 minute or until the spinach has wilted.
 - 8- Add garlic butter, lemon juice, cooking water, and cook until all the liquid has evaporated.
 - 9- Stir in Parmesan cheese, ground black pepper, salt, and sprinkle with lemon zest. Toss to coat.
 - 10- Take a taste and adjust seasoning, if needed.
- Serve!

Nutrition facts

One serving yields 465 calories, 14 grams of fat, 70 grams of carbs, and 15 grams of protein.

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