



Al Hekma International School Monthly Newsletter

February 2010

Principal's Note

Dear AHIS Parents,

AHIS will combine the Preschool, KG1 and KG2 information in the monthly AHIS newsletter starting this month. This was decided upon because these classes are an essential part of AHIS and the administration believes it is important that all members of our school community receive crucial information.

The semester exams are here for middle/high school and they will take place at the end of the month (February 21-25). The administration and faculty of AHIS hope your child will spend some time at home studying so he/she may do well on these exams.

The night before an exam it is important to review all that has been studied and get all equipment needed ready for the next day. Please also make sure your child has a good night's sleep and a good breakfast before coming to school. Again, these two practices will go a long way in making sure your child gains the grades he/she has worked for and deserves.

All parents please remember that children's eating habits can be very challenging for parents and caregivers. We need to make sure all children have fast food and junk food in extreme moderation. Make sure you offer your child a variety of foods from the basic food groups:

- Breads, cereal, rice, and pasta - buy brown whole grain products, unsweetened (non-sugary) kid's cereal.
- Vegetables - fresh, frozen, canned
- Fruits - in season when available, 100% juices
- Milk, yogurt, cheese - whole milk until age two
- Meats, poultry, fish, beans, eggs - limit luncheon meat

Please see how to satisfy children's desire for sweets in this newsletter. AHIS hopes all our students have a productive month in school.

Sincerely,

Dawn E. Lee
Principal
AHIS

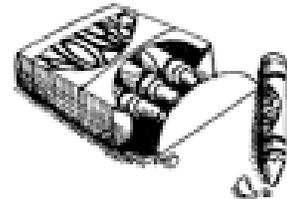


Satisfy Your Child's Sweet Tooth Naturally

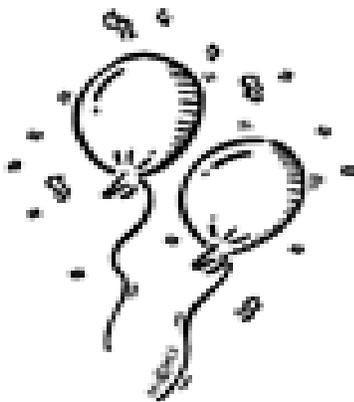
Satisfy your child's sweet tooth naturally with ripe bananas, sweet potatoes, winter squash, and dried fruit. If your child is used to having sweet desserts, try offering a fruit ambrosia salad made with sliced bananas, cubed steamed sweet potatoes, and a sprinkling of chopped dates or dried apricots.

Healthy Color Days

Nursery, Preschool, KG1 and KG2 have been celebrating color days and healthy color days during the school year. We have celebrated yellow, red, green and orange during the month of January. This helps our young learners commit these colors to memory, and learn more about them.



AHIS Students Chosen



The Creativity Centre of the General Organization for Youth and Sports have chosen two AHIS students, namely Mahmood Abdulla Al Mahmeed Grade 8 and Ebrahim Adel Al Hamad Grade 6 to be amongst the 10 candidates from Bahrain for the scientific forum which will be held in Jeddah from 29th January to 5th February. The students had to take a test and go through an interview in order to be chosen. Congratulations to both our students!

AHIS Mission

“Dedicating our lives and hearts to building confident and motivated life long learners.”

YLC held at AHIS

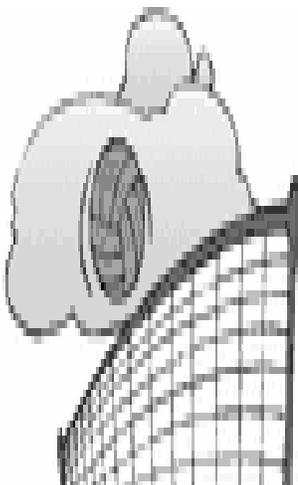


AHIS held its annual YLC on January 31, 2010. This event is held every year and is part of AHIS's model united nations program. AHIS believes this helps to develop a number of skills in our student to turn them into "confident and motivated life long learners" Many students worked all weekend on this event and their hard work turned out another well planned and successful YLC.

AHIS Student Attends UAE Model United Nations

Jonas Belbel in grade 10 will attend the UAE Model United Nations in February, 2010. This will allow him to receive more training in the model united nations program.

Sport Days Held at AHIS



Sports Days were held for Pre-school, KG1, KG2, Elementary and Middle School during the month of January. There was a slight addition this year in that parents were invited to attend and AHIS had a wonderful turn out. The students enjoyed the day with games for all and even parents took part. This school spirit is very important to AHIS, so thank you to all parents who could take the time out of their busy scheduled to attend!

Middle/ High School Student Council Held Break Activities

The student council for Middle / High held a series of break activities for the students. In order to keep everyone busy they were invited to take part in a series of computer games. The council also held another bake sale on the 26th January. These activities help all students become part of the school's community.



Middle/ High School Student Council Desert Camping Trip

AHIS Middle / High Student Council have set up a desert camping trip for students on Friday February 5. All middle/high students can join in and take part in Bahraini tradition. The student will be picked up at the school at 3pm and brought back to school at 9pm. Permission forms were sent out.

Inter School Competitions



Grade 8 students, Alysar Kaddour and Esha Sanyal participated in the Inter School Quiz Competition which was held on 15th January, 2010.

We have two students Dalal Al Kurdi and Esha Sanyal Grade 6 and Grade 8 who participated in the Al Mahd Boarding School Quiz Competition- Junior group on 30th January.

SAT Grade 12

AHIS has been informed by the Ministry of Education that all graduating senior students planning on applying for a **government scholarship** must take the **SAT exams** and score 1000+.

AHIS also requires all graduating seniors to take the SAT exam in order to receive a diploma. The SAT exam can be set up through Mr. Fatima Al Goush, Grade 12 University Counselor. The student needs to see her and she will help him/her apply online at school.

The exam is given periodically throughout the year in Bahrain and may be taken as many times as the students wants, but it is important that it is completed at least one time this school year. For best results the student should complete the exam as early as possible in the school year.

Below is the international calendar for the test. Please note that application **MUST** be received by the registration date or the student will not get into the testing hall. In Bahrain the test is held at Gulf University.

SAT International Test Dates

(Only these dates are left)

2009-10 Test Dates	Test	Early Registration (must be received by)	Regular Registration (must be received by)
May 1, 2010	SAT & Subject Tests	March 10, 2010	March 25, 2010
June 5, 2010	SAT & Subject Tests	April 14, 2010	April 29, 2010

Parent Teacher Meeting

AHIS held a Parent Teacher meeting for grades 1-12 on January 13th from 4-6:30 pm. These meetings are held in order for teachers and parents to discuss academic issues of the students. This year the AHIS PTA also took part in greeting parents as they arrived. Thank you all parents who were able to attend this meeting.



Action Steps for Parents H1N1

Tips for taking care of children (and other household members) with the flu

- **Stay home if you or your child is sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.
- **Cover coughs and sneezes. Clean hands** with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.
- **Keep sick household members in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick person.
- **Monitor the health of the sick child and any other household members** by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than (37.8 degrees Celsius). If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

Watch for emergency warning signs that need urgent medical attention. These warning signs include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough
- **Check with your doctor about any special care** needed for household members who may be at higher risk for complications from flu. This includes children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.
- **Have the sick household member wear a facemask** – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from flu.
- **Make sure sick household members get plenty of rest and drink clear fluids** to keep from being dehydrated.
- **If a household member is sick, keep any school-aged brothers or sisters home** for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.



Academic Honesty

AHIS has an academic honesty policy that requires all students to deal honestly with school work. Students are not allowed to give or complete any school work for other students. If a student is caught being dishonest in his/her work a zero will be given.



New Address

If you have a new address please contact the Registration Department on 17-623999 to update your file.

Absent/Late Arrival

If your child will be absent or late please contact the Registration Department on 17-623999 before 7:00 am.

Soccer Tournament



Girl's Soccer Tournament was held at breaks during the week of January 17th. The 11th grade girls won the tournament. Congratulations!

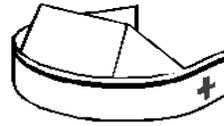
Bus Information

If your child will not ride the bus please provide a written note to be given to administration informing who is authorized to take him/her home.



Yearbook Pictures

Yearbook pictures will be rescheduled and a new schedule will be sent to parents. Make sure your child wears the regular uniform on this day even if they have PE.



Health Information

AHIS has a no medication policy unless written instructions are received from the parents to the administration.

Although AHIS has a nurse on staff if your child is running a fever, **please do not send him/her to school per Ministry of Health directives. If your child comes to school with a fever he/she will be isolated. The nurse will call the parent to take him/her to the nearest health center.**

The Student Health Form is part of the school packet sent out on the first day of school. Please complete the **Student Health Form** for your child listing a medical release, and emergency contact information.

AHIS Uniforms

PE uniforms can only be worn on PE days. All other school days the students must be in correct uniform. If a student comes to school in the incorrect uniform he/she will be sent home.





**School Timings
SY 2009/10**

Nursery-KG2: 7:30 -1:45

AHIS (grades 1-12) 7:30 – 1:50

If a student is more than 15 minutes late to school he/she will be sent home. We are educating our students to respect timing.

**Mark
Your
Calendar**

Activities and Events for January

SAT Exam (grade 12 sign up on www.collegeboard.com/testing)

Please see enclosed schedule

- **3rd February Field trip for grades 6-8 to Bahrain Museum to see “Picturing America” Exhibition and workshop**
- **4th February Mr. & Mrs. Health Day OS and Elementary/ Multi Colored Day OS**
- **25th Feb-Postponed to March 4th Sports Day High School**

