

# Fine Arts Fair 2007

**THE  
WEEKLY**

**FEB 23.  
2007**

**The American  
International  
School**

**Lagos  
Nigeria**

# Assistant Superintendent's Message



February 23, 2007

## Greetings Parents,

Last Tuesday AISL board members, staff, and community members took a field trip to the new High School site in Lekki. It's amazing the difference one feels standing on cleared grounds, witnessing heavy machinery at work back filling the property, as opposed to looking at proposed plans on paper.



Folks, let me tell you, our high school is becoming a reality and will be a high school unparalleled in its academic appeal, aesthetic appeal, and positive impact on its surrounding community. We know that a picture is worth a thousand words so please have a look see.

An evening of class and sass are the descriptors that come to my mind in review of the evening of the arts presented by the visual and fine and performing arts departments of AISL last night. The intimate setting in the round created an inside amphitheatre for performers and observers alike. Our students were absolutely stellar and came dressed for the occasion. Kudos are extended to our fine arts staff members, Mrs.

Laura Reese, Mrs. Glenda Masha, Mrs. Liz Lawson, Mrs. Barbara Reynolds, and Mr. Abraham Agunmola.

Characteristically, I must close with a few requests. Unfortunately, our campus is experiencing a rash of thefts; cell phones and money are at the top of the list, but also personal electronic items are included. What we are asking each child to do to prevent these occurrences are the following:

- Leave all personal electronic toys and devices at home
- Bring only the amount of money needed for snack or lunch to school
- Do not leave cell phones in non-secured areas such as the shower room, picnic tables, or on the bleachers –give them to the swim or p.e. coaches to lock up in their offices.
- Give any amounts of money to pay for specific items to classroom teachers immediately or take it directly to the office

Hopefully, by following these suggestions, we can bring this situation to a halt.

Our captain of the ship, Tom Shearer, will return early next week with a report of his recruiting efforts abroad. Join me in holding a good thought for his safe return.

In the Spirit of Excellence!

*Ethel Wellington-Frawick*

## BOARD OF DIRECTORS 2007 ELECTIONS

A Nominating committee is being formed to identify candidates for the school board positions that will be open for the 2007-2008 school year. The committee meets to line up candidates and organize the May election. If you are interested in serving as a nominating committee member, please contact Ekaba Davies, 0803-313-7155 or Marionette Audifferen, 0802-056-7442

Feb. 23 2007

# Counselor's Corner

Counselor- Julia L. Simens  
American International School of Lagos



## You Snooze, You Win?

### Research from ZZZs to AAAs

Among scientist there's an emerging consensus that teens need, on average, as much sleep as younger children – 9 ¼ hours per night. The average adolescent's actual sleep time is just over seven hours on school nights. Sleeping past noon on weekends does not overcome the deficit.

Studies of melatonin—a hormone associated with sleepiness – shows that teenagers naturally fall asleep later and wake up later. As a result, often the first period of school is not the best time for most students.

My favorite report is from Carskadon and Wolfson, who correlated sleep patterns of children with their grades. Students struggling or failing at school were found to get less sleep than their

peers earning A's and B's. Students need to be taught healthy sleep habits. For all of our children who have to get up before the sun, here are some suggestions. Sleep rhythms are governed by light, so students should turn on the lights and not dress in the dark. They should do something active to shift their body clocks forward.

***In a Survey of more than 3000 high school students, lack of sleep was linked to lower grades.***

<b>GRADES</b>	<b>Ave. per school night</b>
<i>Mostly A's and B's</i>	<i>7 hours, 21 minutes</i>
<i>Mostly C's</i>	<i>7 hours, 4 minutes</i>
<i>Mostly D's or lower</i>	<i>6 hours, 48 minutes</i>

***New York Times: Child Development***

## How Can Counselors help Students?

### Counselors serve the needs of students by:

- Helping students develop better interpersonal relationships. I am glad to say that we are continuing to do "Lunch Bunch" where children meet with me in a small group to discuss items that are important to

them. This is a wonderful time for me to sit with a student where he/she does not have to feel like they are a concern. I love the excitement the kids have when they get to spend this time with me. I have yet to have one student on campus turn down my offer of a "Bring your own Picnic" and talk.

2007

# TOUR OF ITALY



## Don't miss it!

- **Italy Tour Student Participant meeting at lunch** -Monday, February 26 in Mr. Slater's room. BRING A LUNCH AND BE THERE AT 11:25.
- **Parent meeting**-Thursday March 1 at 5:30 in Mr. Slater's room, 317. Complete the documents handed out to students at the Monday meeting and bring them to this meeting. We will also talk about packing, luggage guidelines and restrictions, final itinerary, behavior expectations, and other important topics for travel.

### Travel dates:

- **20 March 2007**-Depart AIS in the evening for the late KLM flight to Amsterdam and on to Rome
- **30 March 2007**-Depart Venice early in the morning for the KLM flight to Amsterdam and on to Lagos.

Check out the website: [www.getjealous.com/aislitaly](http://www.getjealous.com/aislitaly)

### Questions?

Contact Ken Marks [kmarks@aislagos.com](mailto:kmarks@aislagos.com) or Bryan Slater [bslater@aislagos.com](mailto:bslater@aislagos.com)



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## Important Dates!

- ◆ 1 Mar. @ 6:30PM  
Meeting to discuss  
travel logistics,  
luggage, shopping,  
etc.
- ◆ 14 Mar. @ 6:00PM  
Luggage pre-check
- ◆ 16 Mar. @ 4:30PM  
Depart for WashDC

## Chaperones:

Jason Westerbur  
Terry Burns  
Ebele Mbanugo  
Jimmy Mecca  
Marne Burns  
Anne Mathers  
Kathryn Fannin  
Nancy Massey  
Niekpe Inoyo

*Thank you!*



## WashDC Info at:

[www.washingtondckid.com/](http://www.washingtondckid.com/)

[www.washington.org](http://www.washington.org)

Email: [tburns@aislagos.com](mailto:tburns@aislagos.com) (Mr. Burns)  
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[emwankwo@aislagos.com](mailto:emwankwo@aislagos.com) (Mrs. Nwankwo)



## March 1 Parent Info Meeting

Thank you to all Washington DC'rs who have provided the proper paperwork and photocopies of passports (student and parents), US Visas, Nigerian Re-entry Visas, and Transit Visas, shot records, medical insurance and Cerpac residence card.

If you have yet to provide Mr. Westerbur with photocopies of any of the above mentioned items, please provide these copies immediately.

## Washington DC Classes

Students will begin DC classes starting Monday 5 March. Classes will engage students in learning activities that will deepen their understand of American history, culture, and government. When the students arrive in DC they will have background knowledge and lists of questions to support their learning on the trip.

### Class Schedule:

Monday 5 March, Wednesday 7 March  
Monday 12 March, Wednesday 14 March

**Time: 3:30 – 4:30**

If your child needs a safe place to work on homework before their DC class, he/she may come to Mr. Westerbur's room (Rm. 313) with homework and snacks.

### Monday Study Tables:

**2:30 – 3:30**

### Wednesday Study Tables:

**2:30 – 3:30**

At **6:30 pm, Thurs., 1 March 2007**, there will be a meeting to discuss luggage, packing information, medications, special needs, travel details, AISL luggage pre-check date and procedures, and other details.

**Change of Venue!** The venue for this meeting will be in the **AISL gymnasium, on the stage.**

We look forward to seeing parents at the meeting on Thurs., 1 March 2007 at 6:30 pm. A great deal of information will be available at this meeting.

## Website

The Washington DC website is up and running. **Check it out!**

<http://www.getjealous.com/aisl/washington>

Parents! You can use this website to communicate with your child. To type a message, click on the Message Board tab and follow the directions on the page.

During our trip we will be updating you daily on the days events and posting messages from students to you.

Try it out, bookmark it, and check it often.

Thanks Mr. Mecca for all of your hard work and effort on this project.



February 2007  
Volume 1, Issue 3

# Elementary Student Council

## “Have A Heart” Fundraiser- A Huge Success!

Thanks a ton to all students from Grades 1 through 6 who showed what big hearts they have by giving their full support to last week’s fundraiser of the Elementary Student Council.

We raised a total of over 400,000 naira net. A great part of these funds will go to three charitable organizations: *Child Lifeline*, the charity voted in October by our students, *The Seed School* which was visited by the 1<sup>st</sup> term representatives, and *Missionaries of Charity*, a charity that is not just a school but helps children in the neighborhood.

Pizza parties are being organized for the following classes: 1-Teague, 2-Ridenour, 2-Rainbolt, 3-Westerbur, 4-Petersen, 4-Walhaug, 5-Mbanugo, and 6-Lafontant. Congratulations!

Three cheers to the other classes who are equally winners in the hearts of their teachers!



AISL t-shirts sale coming soon.

**Watch for it!**



Student Council  
advisors this  
school year:

Mr. Teague

Mrs. Shearer  
Mrs. Baietto

Mrs. Teague  
Ms. Ridenour  
Mrs. Fizer

## 2007 Swim Team



A big thanks to all that took part in last Friday's swim carnival, swimmers, parents and teachers, it was a fun filled carnival. Special thank you to all the parents who provided treats for the day.

**Spring Invitational Swim meet** comes up on  
Saturday 3<sup>rd</sup> March **2007**

Venue: AISL Pool

Time: 8:30 am to 1:00 pm

Help from parents and teachers will be highly appreciated in officiating on the day of the meet as timers, clerk of course, awards table personnel.

## NJHS

Next meeting for NJHS is March 6th, Tuesday. Attendance is required for all members and candidates. We will start promptly at 11:30.