

Message from the Superintendent

STATE OF THE SCHOOL FORUM

Thanks to those who attended the State of the School. The parents who attended the forum were appreciated for the comments and feedback that was given. The Board of Directors will compile the feedback and then take that information and develop the strategic plan for 2010-2020.

Traffic:

Early morning drop off will have a new feature beginning next week. Those cars entering the 1004 estates from the Ozumba/Lekki Expressway will not be impeded by traffic arriving from the other direction because we will be opening the back gate for early morning drop off. Those coming from the Aboyode Cole will be directed to drop off through the back gate. Regardless of where you drop off, "Kiss and Wave" practice needs to be adhered to by all. No adults should be exiting the car to assist the students. It would help if kids are prepared to exit the car as it pulls up to unload. Most parents are very helpful and cognizant of the need to have the kids exit the cars safely and walk in areas that are designated for foot traffic. However, we have experienced many difficulties with drivers and nannies that do not have parents in the vehicle. The drivers are ignoring and arguing with security guards, school staff, and with administrators. This is not acceptable. Drivers cannot leave the cars parked and disappear.

1004 Estates has expressed concern related to AISL cars and the traffic congestion caused by parking. They stated that the road in 1004 Estates does not allow for parking. So far they have not enforced the rule, however I expect that they will soon based on the frustration with traffic.

The most important issue is student safety. I have witnessed many near misses with foot traffic of students and parents from AISL and our neighbors (Crescent Primary school) which concerns me greatly.

The afternoon pick up will remain the same for the time being, however we will monitor the progress with drop off to establish a routine before making further changes.

Regardless, the traffic situation is very frustrating for the school and for the parents. Please remind the drivers to comply with school personnel. Given the conditions of our circumstances, we have very few options to arrive at the optimal solution. Your help is appreciated.

Have a nice weekend!

Tom Shearer

Upcoming Events

October 9, Saturday

- **PTO Bazaar**
9:00-12:00 am - AISL Gym
- **MS Conferences**
11:30-2:30 pm - In Classrooms
- **ES Conferences**
By Appointment Only

October 11, Monday

- **10th Grade Individual Pictures**
During Scholars
- **New Pre-K Playground Opens**

October 13, Wednesday

- **PSAT**
7:00-11:00 am - AISL Gym

Visit
www.aislagos.org
or
www.edline.net/pages/aisl
for the most current information
and news

New Pre-K Playground

Our new playground will be opened on Monday. Please note that it will be open for pre-k, kindergarten and first grade students during the school day. It will be closed for use after 2:10.

High School Competitive Soccer

Our high school competitive soccer team played a home game on Thursday against a local team. This was a practice game against some older players and our team really competed well! It was so much fun to watch our boys and girls playing on their home field. Thanks to those who were able to come watch and support the players. We'll let you know when the next game is scheduled.

End of Mid-Term

Mid-term ends October 15th for secondary students, and report cards will be sent home October 22nd. On Monday, October 18th, a new group of tenth grade students will rotate into the SAT Prep class that Mr. Edler and Mrs. Klancke teach. By the end of the year, all of our tenth grade students will have taken SAT Prep.

From the PTO

Fall Bazaar 2010

Date: Saturday, October 9, 2010

Time: 9am - 12 noon

Venue: AISL Gym

Fall Book Fair 2010

Due to the delay in receiving some of our books in the school shipment, the PTO Fall Book Fair which was meant to hold in the last week of October, 2010 has been postponed to February 2011. Date and times will be announced in the AISL newsletter.

If you are interested in being a volunteer during Bookfair Week, please drop an e-mail to Camila Pizzala at cpizzala@hotmail.com. Please include your full name and phone number. Thanks.

PTO Monthly Meeting

Date: Tuesday, October 19, 2010

Time: 7.45am

Venue: Cactus Restaurant,
Ozumba Mbadiwe Street, VI



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SUPERINTENDENT

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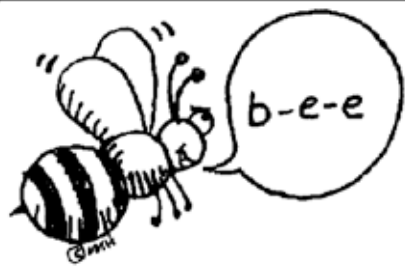
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*Contributions to the newsletter
may be e-mailed to the editor:
newsletter@aislagos.com*



The 2010 AISL Spelling Bee will be taking place Wednesday, November 3 for grades three through eight. Preliminary spelling bees will be taking place soon and winners for the individual classes will be found right here in the newsletter. Those classroom winners will represent their classes in the school-wide spelling bee. How exciting! I know I don't want to miss it, and you shouldn't want to, either. Stay tuned to updates right here from the bee!



Bee the best speller you can bee!

AISL Spelling Bee is scheduled for Wednesday, November 3, 2010

International Trips

Seacamp

There will be a second meeting regarding Seacamp in Mr. Guerreiro's classroom 207 on Thursday, October 21 at 2:30. Come find out more about the 4th Grade trip to Seacamp, 2011. We have scheduled a chaperone to speak to you about her experience. We will be able to answer questions you may still have regarding the trip to the Florida Keys. We hope to see you there.



Washington DC



Plans for the Grade 8 Field Trip to Washington DC are currently being finalized. There will be an informational meeting near the end of October. Please look out for forthcoming details on this great field trip opportunity.

Space Camp

Attention all 5th Grade Parents: There will be an informational meeting about Space Camp 2011. We will meet Wednesday, October 20, in Room 305 at 5:30 pm. We will discuss the timeline, information about the camp, and travel logistics. Please plan to be there to learn about this exciting opportunity for your fifth grader/s.



6th/7th Grade Conferencing

On Saturday parents will have the opportunity to meet with Mrs. Whitney, Ms. Happy, Mr. Dissell, and Mr. Olson from 11:50-2:30. Sign-ups for conferences will begin at 11:30 am outside each teacher's room. Students are welcome to attend conferencing with their parents. Don't miss this opportunity to talk with your child's teacher.

SCHOOL PICTURE DAYS

High School

Tenth grade students will have individual pictures taken on Monday. Please remember to dress in school uniform or appropriate “free dress.” The general idea for this should be to look nice – and preferable not just jeans and a t-shirt. All other students have normal uniform requirements. Juniors and seniors will have pictures taken on October 18th.

Middle School

The Middle School will take their class group photos on Monday, Oct. 25, during their scholars class. Students may only wear their uniform for class photos.

The Middle School will take individual photos on Tuesday and Wednesday, October 12 & 13. Students are allowed to wear their school uniform, spirit wear (AIS spirit wear shirt and dress code appropriate jeans or slacks), or dress clothes (dresses for girls and shirt, tie, and slack for boys). All clothing must adhere to the school dress code for fit and appearance.

Elementary

The elementary school will have their class photos taken on Monday and Tuesday October 25 and 26, 2010. Individual portraits will be taken on October 25-29.

For class groups, students are expected to come in their uniforms while individual portrait is a fancy or formal dress event. Please liaise with your elementary child’s teacher to know when the class photo and/or individual portraits will be taken.

An order form has been placed in the weekly newsletter for your convenience. Feel free to photo copy the form for multiple orders or get more forms from the photographer when placing your order. It is advisable to use one form per order.

Everyone

Living Times Portrait Studio is proud to present to you the year 2010 individual/class pictures of your wards. To place your order, fill out the form below. Remember to indicate your package choice, i.e. Pack A, B, C, D or E. If you have more than one child, photo copy the form or get extra forms from the main office or the photographer in the courtyard. Return the form with the amount of the package of your choice to your child’s teacher or to the photographer or his agent who will be stationed in the courtyard daily beginning Oct 11, 2010.

It is our intention to return all orders before the Christmas break if it is placed on or before November 30, 2010.

<p>A Bumper pack 1 8x10 print N2,500</p> <p>2 5x7 print</p> <p>4 3x5 print</p> <p>1 class photo</p> <p>16 wallet size prints</p> <p>(All in a special school photo envelope)</p>	<p>C Basic pack 1 5x7 print N1,500</p> <p>2 3x5 print</p> <p>1 class photo</p> <p>(All in a special school photo envelope)</p>
<p>B Economy pack 1 8x10 print N2,100</p> <p>1 5x7 print</p> <p>2 3x5 print</p> <p>1 class photo</p> <p>16 wallet size prints</p> <p>(All in a special school photo envelope)</p>	<p>D Gift pack 1 individual portrait 3x5 N1,500</p> <p>1 class photo 5x7</p> <p>(In a gift folder specially designed for AISL)</p>
	<p>E All school picture 1 8x14 all school picture without a frame N1,500</p>

SCHOOL PHOTO ORDER FORM

Student’s NameLastFirst

Package Choice.....Amount.....

Teacher/Class



Saturday Soccer

Time to start playing ... WEEK 3

GAME SCHEDULE THIS WEEKEND

09-Oct-10	Pitch 1/1a		Pitch 2		09-Oct-10
0800-0900	PSV Eindhoven	v	FC Twente	Paris St Germain	8am - 9am
	Feyenoord	v	Ajax	Toulouse	
0900-1000	Bordeaux	v	Monaco	St Etienne	9am - 10am
1000-1100	AC Milan	v	Roma	Inter Milan	10am - 11am
1100-1200	Sampdoria	v	Napoli	Atletico Madrid	11am - 12pm
1200-1300	Real Madrid	v	Villa Real	Sevilla	12pm - 1pm
1300-1400	Manchester United	v	Liverpool	Chelsea	1pm - 2pm
1400-1500	Newcastle United	v	Manchester City	Hibernian	2pm - 3pm
1500-1600	Rangers	v	Aberdeen	Celtic	3pm - 4pm

WATER

Don't forget that **every child should bring their own water** to the game. The weather is suddenly much hotter and they will need to keep drinking.

KEEP IT CLEAN

We know how excited and exhausted the kids are at the end of their game but could parents please get them to look around and pick up all their rubbish - the empty capri suns, the water bottles, the cookie wrappers There are several bins around the field and it is each and everyone's responsibility to clean up their rubbish. Perhaps the Team Mum's could check that their area is clean at the end of the game ☺

PRACTICES

Please continue to CHECK THE WEBSITE for latest info on practice times and cancellations due to weather. We seem to be having a lot of rain this season and have had to cancel sessions in order to protect the field. We understand how bad the traffic is at present and are really impressed with the numbers making it to training! Well done to them all - **no matter how good you are training will always benefit the individual and strengthen the team!**

CANCELLATIONS

To learn if games are cancelled please check the soccer website or phone the Weather Phone. Note the phone is a recording only so please don't text it as you won't get an answer, and please check both these before phoning Stuart's personal number! **Weather Phone 0805 839 2753**

CONDUCT

The school's motto for sport is **Pursuing Victory with Honour**. Saturday Soccer wants to encourage an environment of competition where players can learn to both win with dignity and lose with honour. It is an important lesson in life and one that we perhaps need to work on. There have been a few incidents since the start of the season that were far from the spirit of sportsmanship and we will start suspending those players who step outside the boundaries of acceptable behaviour - and we don't mean as demonstrated in the Premiership ☺



Photo of the Week

Boosting 5 Vital Nutrients Kids Need

Easy tips to help your kids get more of 5 essential nutrients often missing from their diets.

By [Elizabeth M. Ward, MS, RD](#)

WebMD Feature

Reviewed by [Louise Chang, MD](#)

Certain essential nutrients have gone missing from our kids' diets. The "Dietary Guidelines for Americans" from the U.S. government encourages children to eat more foods with these five nutrients -- calcium, fiber, magnesium, vitamin E, potassium -- as part of a balanced diet.

Your child may resist your efforts to help him eat better, so use the stealth health tip in each section to covertly include what he needs to develop a strong, healthy body and ward off common illnesses.

Calcium: Essential Nutrient for

Bolstering Bone. Dairy foods are the best sources of calcium, a mineral that's vital for bolstering bone strength and development in growing children, and promoting normal heart and muscle function and blood clotting. Dairy foods are the best calcium sources; most kids need three servings a day.

- Serve up a bowl of whole-grain cereal topped with milk and fresh fruit for breakfast or snack.
- Make smoothies with milk, yogurt, or calcium-added orange juice or soy beverages and fruit.
- Top pancakes or waffles with a mixture of yogurt and fruit instead of syrup.
- Serve cheese and fruit for snacks or dessert; add a slice of hard cheese, such as cheddar, to sandwiches.
- Stir reduced-fat shredded cheese into scrambled eggs; sprinkle grated Parmesan cheese on popcorn.
- Serve milk with every meal; flavored milk and lactose-free milk have just as

much calcium as plain. Nonmilk drinkers should sip calcium-fortified soy beverages or orange juice.

- Make pudding with low-fat milk and serve it to children instead of cookies, cake, and candy.

Stealth Health Tip: Microwave oatmeal with 8 ounces of milk instead of water.

Fiber: Essential Nutrient for

Digestion. Fiber does more than keep a kid's digestive system in working order. Getting into the habit of including fiber-rich foods may curb your child's chances of developing [heart disease](#) and type 2 [diabetes](#) down the road, too. Whole grains, legumes, fruits, and vegetables are generally fiber-rich.

- Serve sliced, raw or cooked vegetables with peanut butter or a yogurt-based dip.
- Include a fruit or vegetable with every meal and snack.
- Swap white bread for whole-grain types, and refined cereals for whole-grain choices, including oatmeal.
- Try whole-wheat pasta and brown rice as side dishes.
- Add chopped vegetables such as broccoli and carrots to marinara sauces.
- Focus on whole fruit for the most fiber, and limit juice intake.

Stealth Health Tip: Prepare your favorite chili recipe with twice the beans and half the meat.

To be continued.....