Message for the week...

Northside is now entering into our fourth week of co-curricular activities. It is vitally important that from Standard 1 onwards we begin to encourage our children to participate in a wide range of co-curricular. Both physical activities as well as cultural activities will benefit your child in various ways. The following article by Kathryn Hatter sheds more light on the positive spin-off of participating in co-curricular.

How Do Sports Help Kids in School?
by KATHRYN HATTER

Psychological Well-Being
A child participating in school sports stands to gain important psychological benefits, according to Marianne Engle, sports psychologist and clinical assistant professor, with the New York University Child Study Center. Kids playing sports may have reduced anxiety and depression. Children can also receive self-esteem boosts, which may improve confidence and school performance.

Social Interaction
Youngsters who play sports in school often enjoy enhanced social interaction, reports the National Association for Sport and Physical Education. The socialization that occurs with organized sports can help a youngster learn effective skills for interacting with both peers and adults. The peer culture that surrounds organized sports often plays an important role in the school environment. When a child feels integrated into this environment, her school performance may become stronger.

Character Building
Sports can provide your youngster with a variety of character-building experiences, according to the American Academy of Child & Adolescent Psychiatry. Kids can learn valuable lessons about how to cooperate with others and play fairly. A child can also develop strong self-discipline as he strives to learn and excel at a sport. If the youngster uses this self-discipline academically, he may improve school performance. Sports participation may enhance critical-thinking and problem-solving skills, too.

Physical Health and Strength
Children need daily physical activity to stay healthy and strong, advises the Centers for Disease Control and Prevention. With participation in sports, your child could become stronger, increase endurance, build healthy muscles and bones and control weight. Kids who feel overwhelmed or tense with academic issues might benefit from the physical activity involved with sports activities. After running off negative anxiety and tension, your youngster might feel more able to concentrate on school. These physical benefits often have a direct impact on emotional well-being, which can improve a child’s school performance.

Watch for the Downside
Although there are many benefits of sports participation, stay vigilant for possible negatives that could occur. The focus of sports participation should center on learning skills, developing teamwork and having fun. If a focus turns toward unhealthy competition, the experience could become negative, warns Engle. Your ongoing involvement can ensure that your child keeps sports participation in perspective to keep it positive.

Gayle Freese
Head of Student & Community Life
Notices

Mid term Break
Please take note that our mid-term break is Monday and Tuesday the 6&7th March.

NB: Dear Parents, please could you take some time and read through the Parent School Contract. Please forward any constructive contributions to administration@northside.ac.bw

Physical appearances for Girls & Boys:

Hair - should be clean, neat, today and off the face. Hair should be natural color and no hair gel is permitted. For girls if hair is longer than shoulder length it must be tied back.

Nails - Finger and toe nails may not be painted and must be short and clean.

Jewelry - Girls may wear plain gold or silver studs or sleepers.

Tennis News

We would like to congratulate the following players who made it into the SCSA Tennis squad:

Arya Iyer
Aleksandar Pejovic
Sheran Edrisinghe
Student Council

Junior Student Council members help out in the library on Monday and Thursday afternoon. Their first task was to sort shelves out making sure the books were in the right place. During the term they will help with a variety of exciting activities in the library.

Standard 5 - Dumatau Recycling Centre

On Wednesday 8th February we were excited to pay a visit to the Dumatau Recycling Centre in Gaborone. At first we were greeted by the owner who gave us an informative talk about the operation and why recycling is important. He explained how the operation works at Dumatau and we could then see first-hand how paper waste gets sorted and then compressed into bales. All the waste received is categorised and whilst we were walking around, we noticed lots of old labels lying around. It was explained that Dumatau gets given old labels to recycle. We learnt a great deal about the importance of recycling and the impact it has on our lives.

Naledi Lopang 5A

Dumatau Recycling Centre is attempting to make a difference and curb our carbon footprint. We visited the centre last week and spent time observing the operations. It was fascinating to learn just how much waste we as humans are responsible for on a daily basis. We are learning that the earth cannot sustain the levels of waste that the average human being is using and this needs to change. After all we only have one chance to get it right. It was a great experience and one day maybe I will start an operation that recycles waste like Damutau.

Mumtaz Abdulla 5A
Standard 2’s go to Pie City

Last week the Standard 2 classes thoroughly enjoyed their outings to Pie City. Standard 2B had the added excitement of attempting to get there in that terrific rainstorm on Friday and stay dry. Our thanks go to Mr. Hugh Ross for always making our visits to Pie City so interesting and exciting for the children.

“Out of the mouths of our Standard 2 babes”.

Loeto 2B
Pie City was a great place to visit and it was a very good experience and an honor to be there. I learned how to make pie and pizza and to bottle fruit juice.

Kao 2B
I liked learning how to make pies and pizza. Mr Ross was very interesting and kind.

Larona 2B
I was surprised that there was a lady there who was working for long years.

Kgosi 2B
I really liked it when Mr Ross showed us the inside and the outside of the pies. And I liked being cold in the freezer and I felt like an ice cube. I loved eating my pie.

Andrea 2A
I loved Pie City. One day we are going to be just like you Mr. Ross.

Rasmus 2A
I was amazed at how simple it was to make pies!

Lesedi Lopang 2A
Thank you for introducing us to Ester.

Catharina 2A
Why did you take some dough from the mixer and give it to us? Why should we play with the dough?

Elizabeth 2A I wish your factory was made of pie so I can eat it.

Jean 2A
The best thing was about what time you started baking your food (2am every day)

Nolwazi 2C
I found out they don’t only make pies they can also make pizza with different flavours.

Bell 2C
I liked when we all made our own pie and we learned more about what went into the pies.

Leboko 2C
I liked when we got dough because it was squishy and we saw a mountain of butter.
Standard 3’s go to Bahurutshe Cultural Village

Std 3 classes went to Bahurutshe Cultural Village to learn about the rural lifestyle in Botswana. We participated in many enriching and fun activities such as making clay crafts, milking goats, feeding chickens, making Phaphatha, riding donkey carts and learning how to play traditional games. It was interesting meeting the Kgosi (chief) and learning about how he looks after the village.

Move to Movement

MOVE TO MOVEMENT 1ST TERM 2017
PLEASE COME AND JOIN US!

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<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>COACH</th>
<th>RESOURCES</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>ZUMBA</td>
<td>7:00 - 7:15</td>
<td>CRYSTAL</td>
<td>BB COURT</td>
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<tr>
<td>TUESDAY</td>
<td>JUMP ROPE HOOLA HOOP</td>
<td>7:00 - 7:15</td>
<td>MR BENZAH</td>
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<td>WEDNESDAY</td>
<td>ZUMBA</td>
<td>7:00 - 7:15</td>
<td>CRYSTAL</td>
<td>BB COURT</td>
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<td>BRAIN GYM</td>
<td>7:00 - 7:15</td>
<td>BERRY</td>
<td>BB COURT</td>
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<tr>
<td>FRIDAY</td>
<td>JUMP ROPE HOOLA HOOP</td>
<td>7:00 - 7:15</td>
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<td>BB COURT</td>
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I have to exercise in the morning before my brain figures out what I'm doing.

Marsha Doble
Standard 7- Places of Worship

A busy start to Standard 7.

In the last 2 weeks the Std 7’s have been on excursions to various religious buildings to learn more about their beliefs. We have been to a mosque, Anglican Cathedral, Hindu temple and a Buddhist temple.

At the mosque, I learnt that the Muslims have to wash their face three times from forehead to chin, their feet and ankles three times starting from the right, their hands, ears and nose. All before they enter the main area of the mosque for prayers. This is called ablution. – John Chase 7B

The Hindu temple was beautiful. In Hinduism, there is no one God. Hindus believe in cycles of reincarnation. – Hector Kennedy 7A

During Mathematics the Standard 7s learnt about Ancient Number Systems. Many years ago, people from Bolivia and Peru used a Chimpu to represent numbers. We got into groups and made our own Chimpus displaying different numbers and exploring the similarities between our Number Systems. – Jacqui Frohlich 7A

In Standard 7, besides our academic responsibilities, with the help of our parents, we support the Cansa Association of Botswana and Journey of Hope in an effort to create awareness and support cancer patients. Our first fund raising event for the year was to sell Valentine’s cards and lollipops to the school community at P5 each. We sold almost 2500 Valentine’s cards and lollipops. Thank you everyone for your support! Besides raising funds, we feel that it is important for us to give up some of our time to give back to the community in a way that we haven’t done before. We each have a goal to work towards in terms of hours of ‘service’ we have given. Over the year, we will keep a record of the hours we commit. Our goals work like this:

- Bronze award – 24 hours
- Silver award – 30 hours
- Gold award – 36 hours
- Diamond award – 50 hours

Wedu Ndwapi – 7C

We have been enthusiastically working towards accumulating these hours. We put in time by getting the Valentine’s Day cards and lollipops ready and have started knitting sessions with Mrs Morton in the afternoons. We intend to knit as many scarves as we can and donate them to people in need when winter comes. I have thoroughly enjoyed working with my friends in the afternoons. So far I have clocked in 8 hours of service in 2 weeks! I’m aiming for the Diamond Award – Julian Havercamp 7A