

## Elementary Essentials

### International Days – A Celebration of Cultures

I love looking through my office window at the forty-eight flags hung in the amphitheater. I feel happy and proud knowing they represent the many countries of our students. These flags are an important reminder that NOVA is an international school. 75% of our students in elementary are internationals and 25% are host nationals. Whether your child comes from the Balkans, Europe, North America, Asia, Africa, or South America, all cultures are valued and respected. You and your children have the incredible opportunity to meet and make friends with people from around the world and be exposed to different perspectives and cultural norms.

This opportunity can also bring challenges. As parents and educators we need to teach our children not to be afraid when someone or something is different. This is not always easy because it's

only human to feel more comfortable with what we are used to. When NOVA does something differently than your local schools back home, this may cause confusion or concern. And yet, so often I've seen parents who at first struggled with getting used to a dif-



ferent grading system, curriculum, schedule or school policy later point out how happy and well adjusted their child has become. Often those very things that seemed strange in the beginning become the very assets that make an interna-

tional school such an effective and valuable learning environment.

During the last week of October we will celebrate INTERNATIONAL DAYS. I invite you to volunteer to share a game, story, song, recipe, or craft from your home country with your child's class. In all my years of working in international schools, I have never seen children more proud of their heritage than when they and their parents showcase their culture. Your child's homeroom teacher will send out more information so you can get involved. I remember baking a turkey and pumpkin pie, reading American folktales and teaching American games to my sons' classes at the International School of Prague. I encourage you to take advantage of this wonderful experience with your child!

By Cindy Gold,  
Elementary Principle

#### Calendar of events

October, 5th	Teacher Appreciation Day
October, 11th	Uprising Day No school
Week of October 24th	International Days
October, 28th	Culminating International Event
November, 1st	End of Semester 1





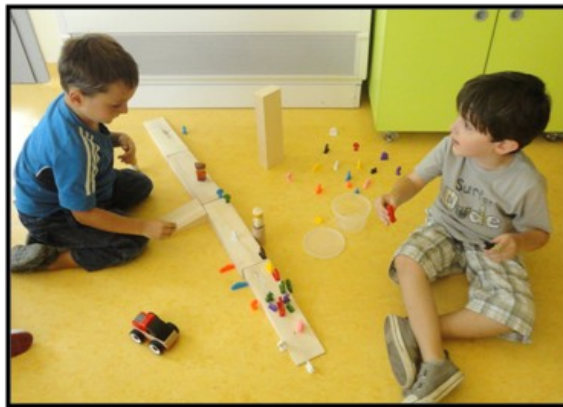
# BUILDING BUILDINGS



# FRIENDSHIPS



Through play, our three, four and five year olds learn how to share, take turns and become friends.



## The Letter S



Children learn in a variety of ways, as explained by Howard Gardner's theory of multiple intelligences. Molding clay into letter shapes is a fun and effective way for Kindergartens to learn the alphabet and its sounds. We're using the Jolly Phonics program and hands on activities to reinforce letter recognition.



# FUNNY FACES

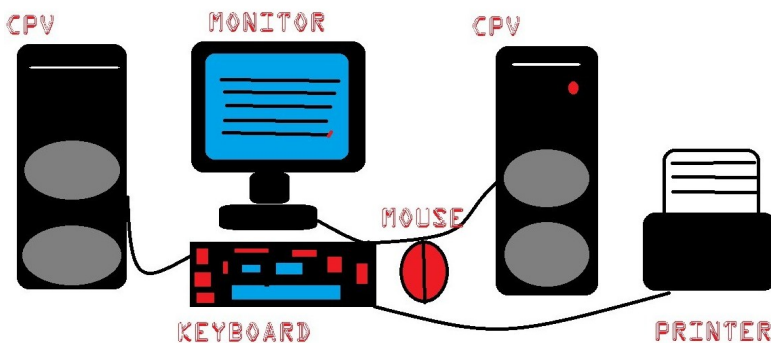
Ms. Buralieva's ESL classes focused on learning about the face, its parts and features, along with the letter and sound of "F". A culminating project was creating a "Funny Faces" poster where each student drew an unusual face while listening to a phonics song using this sound. So, if by any chance, you hear someone singing "Fee, fie, foe, fum, funny faces are so much fun...." you should join in! It really is fun!



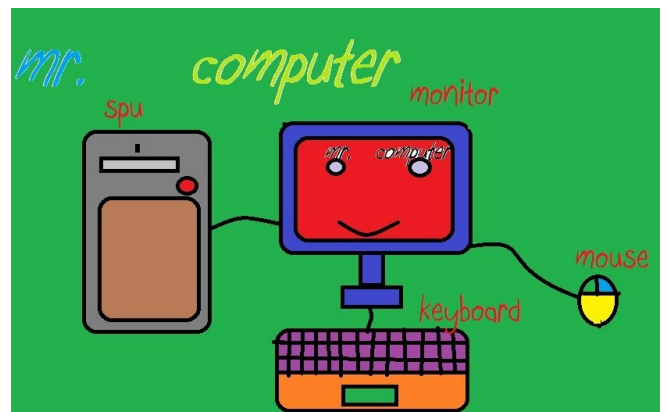
## Learning Math with Manipulatives

Our first graders enjoy learning about geometric shapes and patterns by using specially shaped tiles. Also, they use base 10 blocks to understand place value and quantity. These tiles and blocks are an important tool or "manipulative" in teaching math.

## Cyber Art



By Zechariah Richards



By Maria Glas



## Young Botanists in 2B



How do plants grow?



What do they need? How do we get seeds? How long does it take? These are some of the questions that Ms. Robeva's Grade 2 class are answering in science. They are finding the answers not just in the textbook, but also in real life experiences by planting beans, wheat, lentils and rice seeds. Guess whose responsibility it is to water and take care of them every day?

## Exploring Ecosystems in 3B



Our young third grade scientists in Mrs. Babich's class are exploring ecosystems in nature. A small plot of NOVA land offers fertile ground for learning about organisms and non living things. Students observe, classify, and record their findings in science logs.

## Rockin' in Grade 3

Kostandin Firiev, a musi-Cian and singer who competed on "Macedonian Idol" performed and taught the Grade 3 music class about the history of rock and roll. They learned about the guitar, sang a few songs together, and accompanied him by patting and clapping the beat.





## Junie B. Jones is a Regular in Grade 4S

Books are meant to be shared and enjoyed with other people. That's the reason why we love our snack period. We take our reading blanket and our snacks and listen to a read aloud. Our 'bestest' book is the Junie B. Jones series by Barbara Park. Junie B. Jones makes us laugh out loud and think of the foolish things we did or are still doing now. Junie B., Lucille, Grace and that Meanie Jim are precious to us, probably.



### *Vacation, Vacation*

*Vacation, oh vacation  
Vacation is relaxation  
To go on vacation with your heart and soul  
Means you are really on vacation  
Say you might go to the bay  
That's a great way to have vacation!*

### *Oh, the Pool*

*Oh, the pool, what a wonderful pool.  
We're all in the sun  
And there is the pool to keep up cool.  
So when we're all in the sun  
We'll know to go to the pool.*

*By Caroline Butteremere*

## Parents Back To School Night

Our Parent Back to School Night was a big success! In a relaxed, friendly atmosphere, parents met with teachers and learned about their child's programs and the goals for the year. It was also a chance to learn about our new ESL program and meet other parents. Everyone felt positive and ready to work together. It was a good start to a great year.



# Medical Corner

by Karen Lead, School Nurse

Have you remembered to include sleep and a healthy breakfast as part of your homework everyday? Take the quiz and find out something new about what your body needs.



## Multiple Choice

1. Which of these animals needs the most sleep every day?

- a. elephant
- b. giraffe
- c. lion
- d. NOVA elementary student
- e. chimpanzee

2. Which of the following are **not** affected by lack of sleep?

- a. schoolwork
- b. thinking
- c. creative problem solving
- e. energy to play games at recess or PE
- f. having fun with friends
- g. none of the above

3. Whole grain foods are better for your body. Which of these are *not* whole grains?

- a. whole wheat
- b. white flour
- c.. oatmeal
- d. brown rice
- e. white rice

4. It's best to limit how much \_\_\_\_\_ you eat.

- a. ajvar
- b. brown bread
- c. spinach, apples and carrots
- d. sugar, coca cola, and chips
- e. nuts, beans, cheese or meat

## True or false:

- 1. Eating a Seven Days croissant is the same as eating a sandwich or hot lunch.
- 2. When kids don't sleep well or don't eat a good breakfast and lunch, they may get tired and grouchy.
- 3. It's OK to have cake, pudding or chips once in a while, just not every day.

## Answers:

1. c. A lion gets 20 hours of sleep a day. A giraffe sleeps only 30 minutes a day! A girl or boy from Kindergarten to 5th grade needs **10 or 11 hours of sleep a day!** A chimp sleeps a little more, about 12 hours a day. 2. g. Regularly getting less than 10 hours of sleep affects your whole school day. 3. b and e. White flour and white rice will give you energy for awhile, but not much else. They have few nutrients to make your body strong. 4. d. Don't eat much sugar, cookies and chips, for the same reason as number 3.

T/F: 1. F. A croissant is full of calories, white flour, sugar and fat. Consider it a treat, not a meal. 2. T Children have small stomachs, and they are growing a lot. They need a good breakfast, frequent healthy snacks and regular meals. e.True.

All info from: [KidsHealth.org/kid/stay\\_healthy](http://KidsHealth.org/kid/stay_healthy)