



Our Mission

Providing a balanced and innovative international education that enables students to achieve their individual potential while preparing them to be successful citizens who make positive contributions to society and the world.



Today's Content:

- Head of School Notes
- Families getting creative - A Year 7 student's amazing project
- PE Suggestion for the whole family with Mr. Vadim
- ISZ Bookweek part 1: On Wednesday dress up as your favorite book character
- ISZ Bookweek Part 2: Books on YouTube ctd.
- April Fools - share your pranks

Head of School Notes

Dear Students and Parents,

I am deeply impressed how some of you are rising to the challenge of online learning. While our teachers are providing you with suggested daily routines, it really boils down to each family finding their own rhythm how best to structure the day for learning. Administration and staff are

constantly in touch to review how we can improve our services. Please feel free to share your experiences with the homeroom teacher so that we can make adjustments if necessary. At ISZ we remain fully committed to serving the learning needs of ALL children.

Today I am very pleased to share with you a Year 7 project. Muskan did such a fantastic job of making a model of the Old Fort. Thank you Muskan for sharing. Your work is very impressive, and we are proud how you are coping with this new situation. Well done!

Yours Sincerely,

Dr. James W. Pilton



A PE Exercise for the Whole Family with Mr. Vadim

SHARNY  JULIUS

SPELL YOUR NAME WORKOUT

A 20 leg raises	N 50 star jumps
B 30 star jumps	O 10 pushups
C 20 pushups	P 2 min lunges
D 40 star jumps	Q 10 burpees
E 1 min lunges	R 2 min run on the spot
F 20 mountain climbers	S 15 squats
G 1 min wall sit	T 2 min wall sit
H 25 squats	U 10 crunches
I 30 burpees	V 30 leg raises
J 1 min run on the spot	W 2 mins lunges
K 20 crunches	X 40 mountain climbers
L 60 star jumps	Y 20 burpees
M 50 mountain climbers	Z 15 pushups

Bookweek Activity: Dress Up As Your Favorite Character

Dear Students and Parents,

Just a reminder: Today, Wednesday April 1, we invite all students and parents to dress up and

share your pictures with us. Please send your picture(s) to j.pilton@isz.co.tz

Bookweek Activity: Books on YouTube ctd.

We also continue to post 2 videos per day. Here are the links:

<https://www.youtube.com/watch?v=gzz1f5aCXIs>

<https://www.youtube.com/watch?v=o-iViz2Gaoc>

April Fools - Share your Pranks

Did you play a prank on someone today? Please share your story and send us a picture and a caption to info@isz.co.tz or j.pilton@isz.co.tz.

Thank you for sharing.

Family Feature: My Study Space

We continue to invite students and parents to share with us the study space you created. Send us a picture and a caption to info@isz.co.tz or share it with your homeroom teacher.

Thank you for sharing.





UPCOMING EVENTS

- March/April - Mock exams continue
- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Bookweek March 25 - April 3
- Term 3 Break from April 6-13

Nurture, Empower, Lead