



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 - Farewell Ms. Mishelle
- Online Child Protection seminar with Mr. Akram Karamah on Friday, Mai 1
- Science Week continues
- PE Activities with Mr. Vadim
- Scholastic Books are on the way

Head of School Notes

Dear Student and Parents,

We continue with some exciting science activities today. I hope you have been enjoying practicing your science skills at home.

Mr. Vadim is sharing some more PE exercises that you can do when you wash your hands (which I hope we are all doing regularly).

Please note that the child safety webinar with Mr. Akram Karamah has been moved to Friday at

10am. More information about the content of this session is found below.

Last, but certainly not least, I would like to announce that Mrs. Mishelle, our Year 3 teacher, resigned her position for personal health reasons yesterday. Year 3 will continue to be led for the remainder of the year by Mrs. Danielle Geysler, an experienced ISZ veteran teacher. We wish Ms. Mishelle a speedy recovery and would like to thank her for her services these past two years. We all hope that many good things will come her way, and that she will have a prosperous and successful future.

All the best from everyone here at ISZ and good luck!

Sincerely,

Dr. James W. Pilton

ISZ Parent, Mr. Akram Karamah, Conducts an Online Seminar on Child Safety

Dear Parents,

The online seminar on Child Protection has been moved to Friday, May 1, at 10:00am. If you have any questions about Online Learning and Child Safety, please feel free to contact Mrs. Meiners at m.meiners@isz.co.tz

Here are a few topics that may be discussed:

1. What are the risks that my child could face with increased online exposure?
2. What can I do to protect my child online?
3. What is the school doing to protect my child online?
4. What are some safe platforms that I can use for/with my child?
5. What are some platforms, programs, or apps that I need to keep an eye out for?

Thank you Akram for hosting this!

ISZ SCIENCE WEEK

Outline:

Hello ISZ community! This week we will be sharing some simple and fun science activities that you can easily do at home. Each experiment will contain a list of ingredients, step-by-step instructions, and some images to help guide you through the process.

Enjoy!

Mrs. Man-Bourdon

Day 3: Make a mess and experiment with Elephant toothpaste!

<https://www.scientificamerican.com/article/make-elephant-toothpaste/>

With just a few ingredients you can make something that looks like foamy toothpaste being squeezed from a tube—but so big that it looks almost fit for an elephant!

Precautions:

Hydrogen Peroxide can be an irritant to skin and kids should make an effort to avoid it contacting their eye. Secondly, this experiment can make a mess so consider conducting your experiment outside or inside a large pan to collect the foam that overflows.

- Measure 1/2 cup of hydrogen peroxide, and carefully pour it into the bottle.

- Add a big squirt of dish soap into the bottle, and swirl gently to mix.
- If you want to make your foam a single color, add a few drops of food coloring directly into the hydrogen peroxide, and swirl the bottle gently to mix. If you want to give your foam stripes like some toothpastes, put the drops along the inside rim of the bottle's mouth. Let them drip down the inside of the bottle, but do not mix.
- In a measuring cup mix together one tablespoon of yeast and three tablespoons of warm water. Stir for about 30 seconds.
- Pour the yeast mixture into the bottle then quickly step back, and watch your reaction go! What happens? How long does the reaction last?

Experimental Method 2: Try the activity without the dish soap. What happens?
How was the result different?

Experimental Method 3: Try the activity with different-shaped containers. What happens if you use a bottle with a narrower or wider neck—or a cylindrical drinking glass with no neck?

The products are safe to wash down the sink with water after the experiment.

Explaining the Science:

When the hydrogen peroxide comes into contact with the yeast it starts breaking down into water and oxygen. Oxygen is a gas and therefore wants to escape the liquid. The dish soap that you added to your reaction, however, traps these gas bubbles, forming a foam. The reaction continues as long as there is some hydrogen peroxide and yeast left. Once one of them runs out it stops making new foam. If you tried the activity without dish soap, the reaction probably will still made bubbles—but not foam.

Mr. Vadim Shares Some Simple Tricks To Stay Fit While You Are Washing Your Hands



PE with Mr Vadim

20-Seconds or More – At-the-Sink Handwashing Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.

Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.

Let's combine these important practices and maximize our health! Post this Tabata Routine near your sink. Move safely.

Set #	Exercise Name	Interval Start
1	Wall Push-Ups	0:00
	Rest 10 Seconds	
2	Calf Raises	0:30
	Rest 10 Seconds	
3	Wall Planks (Hold wall push-up position)	1:00
	Rest 10 Seconds	
4	WASH YOUR HANDS! (20 seconds standing)	1:30
	Rest 10 Seconds	
5	WASH YOUR HANDS! (MORE! Hold squat position)	2:00
	Rest 10 Seconds	
6	Towel Dry Overhead Squats (Do squats & towel dry overhead.)	2:30
	Rest 10 Seconds	
7	Towel Dry Calf Raises	3:00
	Rest 10 Seconds	
8	Towel Dry Deep Breathing (8 seconds Inhale, 12 seconds exhale)	3:30
	Rest 10 Seconds	

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20-Seconds or More – In Your Room Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.
Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.
Perform this Tabata Routine with enough space to move safely.

Set #	Exercise Name	Interval Start
1	Squat Hold (while pretending to wash your hands)	0:00
	Rest 10 Seconds	
2	Jumping Jack Feet (while pretending to wash your hands)	0:30
	Rest 10 Seconds	
3	Balance on Right Foot (while pretending to wash your hands)	1:00
	Rest 10 Seconds	
4	Ballance on Left Foot (while pretending to wash your hands)	1:30
	Rest 10 Seconds	
5	Calf Raises (while pretending to wash your hands)	2:00
	Rest 10 Seconds	
6	Lunges (while pretending to wash your hands)	2:30
	Rest 10 Seconds	
7	Abdominal Crunches (while pretending to wash your hands)	3:00
	Rest 10 Seconds	
8	Jumping Jack Feet (while pretending to wash your hands)	3:30
	Rest 10 Seconds	

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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.

Our Scholastic Order Has Shipped

If you want to track our shipment, please click on these links

[Tracking for Parcel 1 \(1Z4145EX0442166125\)](#)

[Tracking for Parcel 1 \(1Z4145EX0442990510\)](#)



UPCOMING EVENTS

- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Science Week April 27 to May 1
- Mathematics Week May 4-8

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