



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
- Tips & Activity suggestions for the holiday week

Head of School Notes

Dear Student and Parents,

We are pleased to look back on 2 weeks of successful online learning, and staff and students truly deserve to have a break. We are still figuring out the best way(s) to deliver learning content and activities online, and the learning curve for all has been tremendous. ISZ teachers are spending innumerable hours trying to reach each student and serve their individual learning needs, and for that I am deeply grateful and quite proud.

We understand the challenges many families face during this time of social distancing. How do I keep my child engaged when our movements are restricted?

Staff and Admin at ISZ are committed to providing you with ideas and suggestions. Of course,

many of you are already following websites, blogs, and other sources for home activities. If you find truly worthwhile resources, I strongly encourage you to share them with each other. Below please find some learning suggestions and activities that we recommend.

I wish everyone a peaceful and relaxing holiday.

Yours Sincerely,

Dr. James W. Pilton

French Activities

Yes, it is vacation time, but it is ALWAYS a good time to polish up on your French. Here are some tips from Mme Pacque

1/ Let's listen a book!

AUDIBLE BOOKS for free

And why not in French?

<https://stories.audible.com/start-listen>

2/ The Lyricstraining site allows you to learn 10 languages through songs. The interface is in English, French or Spanish (you can choose at the bottom of the page).

The principle is simple: you must fill in the missing words in the lyrics of the song (this is the principle of the text with holes or "incomplete text").

You choose your level (4 options).

Lyricstraining is really funny to learn French in songs!

<https://fr.lyricstraining.com/fr>

PE, Health & Fitness Activities with Mr. Vadim

Does sitting around too much make your spine tingle? Try these at home exercise activities. Or as we say: DROP EVERYTHING AND MOVE

Enjoy!



PE fun activities at home with Mr Vadim

ACTIVITY GOALS

- I will follow the rules and have fun with my friends and family.

ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO Cards
- 1 hula hoop
- 1 cone or spot marker per team
- 1 UNO Fitness Chart per team of 2 players

Set-Up:

- Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
- Place 1 cone or spot marker per team 10–20 meters away from the hoop.
- Create teams of 2 players, each team behind a cone or spot marker with an UNO Fitness Chart.

TEACHING TIPS

- Use Proper Form
- Increase Your Heart Rate
- Play Fairly
- Have Fun



Activity Procedures:

- Today's friendly competition is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases.
- During Phase 1, your team will run in relay-race format (1 player at a time) to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. When you return, give your teammate a high-5, and then she/he will run to the hoop. Place the cards face-down in a pile.
- When your team has 10 cards, it's time for Phase 2. During this phase, your team will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. Everyone on your team must complete the exercises together.
- Once you've finished an exercise set, 1 player will return the card to the hoop. Repeat until all cards are back in the hoop.

UNO Chart Info:

- Red = invisible jump rope; blue = jumping jacks; green = mummy jacks; yellow = stationary sprints.
- Wild card = free (no repetitions); draw 2 cards = draw 2 new cards; reverse = count 10 reps backwards; skip = free (no repetitions); wild draw 4 = give to another team—they must draw 4.
- Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!

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Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.



April DEAM Calendar (Drop Everything And Move)

Name:	Teacher: Mr Vadim
Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).	Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).
<input checked="" type="checkbox"/> Done	DEAM Activity
1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
2	Play with a family member.
3	Do as many curl-ups as you can.
4	Did you know donuts have ~280 calories? Top in place for a 280 count.
5	Say your math facts while doing reverse lunges.
6	Read a book while doing a wall sit.
7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
9	Play a game that is active. You decide what that is.
10	Do as many trunk-lifts as you can.
11	Take 32 imaginary dunks and 16 cross-over dribbles.
12	Do push-up shoulder taps while reciting your spelling words.
13	Find someone to do 20 jumping jacks with you.
14	Run in place and name 3 reasons why you will never smoke or use tobacco.
15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
16	Invent a game and try it out!
17	Do as many squats as you can.
18	Take 8 pretend chest passes and 4 imaginary foul shots.
19	Perform squat-jumps while naming the continents.
20	Find someone to do 20 jumping jacks with you.
21	How many food groups are there? Do 5 plank-jacks.
22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
23	Play outside.
24	Do as many push-ups as you can.
25	Take 2 laps around a pretend court and 1 giant star-jump!
26	Read a book while doing a wall sit.
27	Find someone to do 20 jumping jacks with you.
28	About how many glasses of water should you drink each day? Do 8 burpees.
29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
30	Did you know hot dogs have ~330 mg of sodium? Raise the roof 330 times!
31	Do as many squat-thrusts as you can.

Please Remember

- Always get adult permission before doing any activity.
- Return calendar to your teacher at the end of the month.



PE fun activities at home with Mr Vadim

ACTIVITY GOALS

- I will demonstrate communication, cooperation, and trust with others.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think "Safety First"

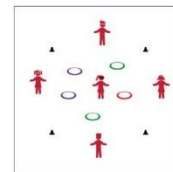
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 5 hula hoops per team
- 1 blindfold per team per player
- 4 cones or spot markers per team

Set-Up:

- Create an 8'x8' play space (1 per team) using cones or spot markers.
- Scatter hoops within the play space.
- Create teams of 2-5 players.
- Teams stand outside of the play space with 1 player wearing blindfold.



Activity Procedures:

- Today's activity is called Blindfold Building. The group will use positive communication to guide the blindfolded player through the play area to collect all the hoops.
- Only the blindfolded player may be inside your team's play space. The other team members must remain outside the play space.
- The group may move around the outside of the play space as needed to help guide the blindfolded player safely to the hoops and assembly area.
- Once the blindfolded player collects all the hoops, the other players will instruct her/him to build a hula hut.

Tips:

- Keep players safe by making sure they stay in bounds.
- Keep the activity area quiet during this activity so teams can communicate clearly and effectively.
- If a player doesn't wish to be blindfolded, respect that choice.

- Did You Know?** An avocado is high in potassium and low in sugar! Avocados contain 14% of your daily recommendation for potassium.

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Some General Tips & Activities

Drama - Turn a story into a play and act it out as a family.

Choose a story that your children have read in the last two weeks, or a family favorite, and turn it into a play. Work together to write the lines, divide up the characters, make costumes and design a set, and get acting. Film yourselves performing your play and send it to us at info@isz.co.tz and we'll put it up on the Youtube channel.

DIY/Design Technology - Build an arcade game from cardboard

Use recycled materials in your house, or from your office to build an arcade game for your family to play. Watch this inspiring video about a boy who turned his father's car parts store into an exciting place for families when he used old boxes and parts to make an entire arcade for fun! <https://www.youtube.com/watch?v=falFNkdq96U>

Math - Make a map or model of your home.

Take some time to measure the rooms in your house, furniture and other items and draw a map of your house. This can be as detailed as you want and can be engaging for children of all ages. They could take the project a step further and create a model using cardboard or paper.

Cooking - Share your favorite recipes with ISZ and we'll put them in a cookbook for our school to share with the community.

Now is a great time to get in the kitchen and have fun with your kids! You could start with the ideas from BBC Good Food Recipes for Kids or share your own ideas. <https://www.bbcgoodfood.com/recipes/collection/kids-cooking> Send your family recipes to info@isz.co.tz and a photo of you and your kids in the kitchen.

Talent Show - If school was open, we would have been preparing for International Day and the ISZ Talent Show. But, as they say, even though school is closed, the show must go on!

Practice a dance, song, magic trick, monologue or other performance that you'd like to share with ISZ and make a video of your performance. We will compile these together for the ISZ Virtual Talent Show which will be shared after the holiday.

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

- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Term 3 Break from April 6-13

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