



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
- Mathematics Week ctd
- Some Impressive Cell models created by Year 7 students
- Scholastic Books are on the way

Head of School Notes

Dear Student and Parents,

I hope many of you have been expressing your appreciation for our teachers this week. They really are doing an outstanding job trying to not only keep learning going but also keeping morale up and spirits high. In turn, we all want to return this kindness and lift their spirits. Thank you for being an exemplary community.

Family well-being is a big challenge during these times. Here are a few tips:

1. **Adequate and restful sleep** Recharges both body and brain; improves the capacity to learn and retain information; and improves social and emotional interactions
2. **Healthy and balanced diet** Gives our organs and tissues adequate nutrition to work effectively and reduces risk of disease and ill-health
3. **Moderate to vigorous and regular physical activity** Decreases the risks of developing certain diseases and conditions

4. **Connecting with self and others** Develops moment-by-moment awareness of our thoughts, feelings and bodily sensations and gives a sense of belonging, identity and security
5. **Being engaged in a fulfilling activity** Provides a sense of engagement, meaning and purpose
6. **Giving to help a cause or others** Creates more compassionate and grateful communities and generates positive emotions for the giver as well as the receiver

We continue with Mathematics Week. Today we have specific suggestions for primary and secondary Thank you to Mrs. Meiners and Mr. Levy for contributing these daily suggestions.

ON FRIDAY, MAY 1, I SENT OUT A COMMUNITY SURVEY ASKING FAMILIES ABOUT THEIR INTENTION TO RETURN TO ISZ IN AUGUST OF 2020. If you have not already done so, please take the time (around 30 seconds) to provide us with this crucial information. Proper planning of our educational program and staffing rely on this information. Thank you. https://docs.google.com/forms/d/e/1FAIpQLSefhL9JYn-S7leueWx_mL8zWbLxSzdK1CgR_ktcv_IQggjtVg/viewform?usp=sf_link

Mathematics Week for Primary

Today we are going to do some cooking. Choose one of your favorite recipes, maybe a cake or some cookies, or a soup or casserole. For a challenge, be sure to choose a recipe that has lots of fractions in it.

Early years and lower primary: Figure out how to double or triple your recipe so you can share with your friends.

Upper Primary: Figure out how to halve or quarter your recipe so that you don't end up with leftovers.

Extra challenge: There are many people around the world who have found themselves stuck at home and cooking for one. Pretend you are all alone and making a recipe that is normally for 5 people. Break it down for one person.

Send a photo of you cooking to info@isz.co.tz and we'll put it in the Daily Bulletin. And feel free to share your cookies and cakes with everyone in the Main Office who is working hard to keep our school running while we are at home!

Mrs. Meg

Mathematics Week for Secondary

High School Math and Art: Sierpinski's Triangle

Not only is mathematics applicable in everyday life, some people use math, as well as cartography, geography, and art, to make beauty!

Sierpinski's triangle illustrates the underlying principles of fractals in which similar patterns recur at progressively smaller scales. Read more about Sierpinski's triangle <http://mathworld.wolfram.com/SierpinskiSieve.html>

Now that you've read a little bit about Sierpinski's triangles, take a moment to appreciate the splendor of Simon Beck's snowart!



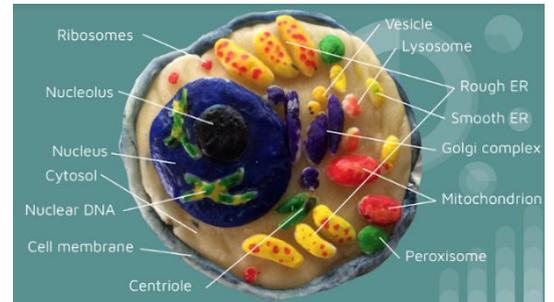
You can read more about Simon Beck and his snowart (and sandart!) <https://www.theguardian.com/science/alex-adventures-in-numberland/gallery/2014/nov/06/simon-becks-snow-art-landscapes-mathematical-designs-drawings-alps>

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.

Today we are sharing some very impressive cell models Year 7s created for Science. Well done, guys!



Our Scholastic Order Has Shipped

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

[Tracking for Parcel 1 \(1Z4145EX0442166125\)](https://www.tracking.com/1Z4145EX0442166125)

[Tracking for Parcel 1 \(1Z4145EX0442990510\)](https://www.tracking.com/1Z4145EX0442990510)



UPCOMING EVENTS

- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Teacher Appreciation Week May 4-8
- Mathematics Week May 4-8
- Language Week May 11-15

Nurture, Empower, Lead

