



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
- Music Week
- Scholastic Books are here! Please come pick them up

Head of School Notes

Dear Students and Parents,

Mens sana in corpore sano. Even though it looks like the government will lift some restrictions soon, ISZ continues to invite you to work on your physical fitness at home. Mr. Vadim has made a series of fantastic exercise videos which you can find on YouTube. Just click on the links below.

Talking about fitness, many of you have asked when we will open the pool again. The Board discussed this issue, and we all agree that we have to wait until the government declares that it is ok to use swimming pools again. We all hope that this will happen shortly.

When we do reopen, we will have some social distancing measures in place to protect the health and safety of all community swimmers. We have 5 lanes, so please no more than 5 swimmers at any given time. Also, the number of families using the pool for fun will be limited to 2 at a time, one on each side of the pool. As always, hygiene rules like taking a shower prior to entering the pool apply. Dadas will make sure to regularly disinfect the changing areas, particularly the sinks, toilets and shower areas. We will share more information once we are allowed to reopen.

A big thank you to Mrs. Wild and her Art students for sharing some more pictures. I am also pleased to share a parent testimonial about some of the positive effects that have come out of our Virtual Learning Program (see below in the Family Study Space section.)

Please also don't forget about our Music Activity this week!

I wish everyone a great day.

Dr. James W. Pilton

PE Activities with Mr. Vadim

https://youtu.be/LUfZX_r0BKk

In this video you'll see a basic set of isometric (static) exercises, which are especially effective for the strength development. Try to hold each posture at least 20 seconds to gain muscle tonus and become stronger!

<https://youtu.be/yIUjLSc0is0>

In this video you'll find everything you need for achieving splits. Exercises for the flexibility could be dynamic, static, active and passive. This sequence of exercises may be used as a cool down activity after any work out. Good luck!

<https://youtu.be/FWjsjcZiSos>

At these challenging times I'm trying to suggest exercises for which you do not need any equipment. Everyone has a wall at home. From this video choose exercises which you can do

(not difficult ones), create a program and make it 3 times a week.

Music Week Activity

Hello students! This week we are giving you a chance to express your musical talents. This could be dancing, singing, or playing an instrument. We will all learn the song Memories (originally sung by Maroon 5).

If you want to be a part of this project, you need to learn the song, make a video of yourself performing the song and send it to me (Ms. Meg) by next Wednesday. Once I get all the videos in, we will try to put them together in a combo video to share with the school community. Please email me if you plan to be involved so we can keep in touch as you practice and prepare for making your video. Here's what you need to get started!

Memories lyrics: <https://www.azlyrics.com/lyrics/maroon5/memories.html>

Memories sheet music: <https://musescore.com/user/29410427/scores/5726739>

Memories guitar tutorial: <https://www.youtube.com/watch?v=TC48cKtzUho>

Memories video: <https://www.youtube.com/watch?v=o2DXt11SMNI>

ISZ Will Reopen Its Doors in August

Here is the link to the draft de-escalation and re-opening document. We will continue to revise this document prior to the August 20th opening date and will inform the community in a timely manner about the details.

https://docs.google.com/document/d/197zK13lxqmj_4yQ0Rksru36eIA5X2ELStEDULsk6dFI/edit?usp=sharing

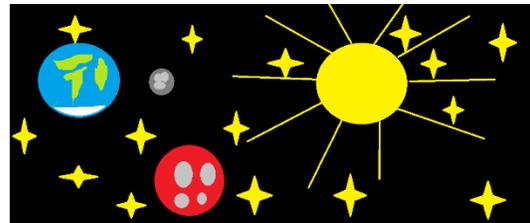
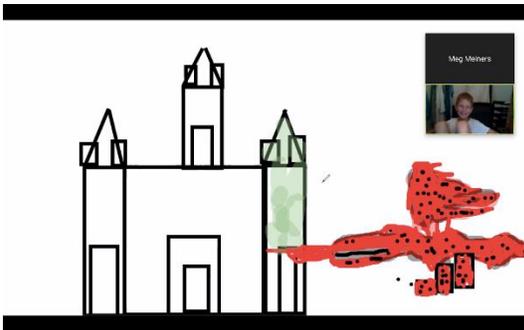
If you have any questions, please send them to j.pilton@isz.co.tz.

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.

Today we are pleased to share a wonderful story from Year 3. Adina taught Rostik how to share his screen and draw on the whiteboard. Rostik's mother says: He has enjoyed exploring Paint app on the computer, you can see in the attachment what he's created over the last few days!

I think one of the great assets that online learning has provided to the children is computer literacy (he now knows how to open the Paint app, how to use its different features, and even how to save and give names to the files!). There is always positive side of things :-)



UPCOMING EVENTS

- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Board Meeting on Tuesday, June 2 at 4pm (virtual meeting)

Nurture, Empower, Lead

