



UPCOMING EVENTS

AUGUST

- 17th: First day for Years 7 and 13
- 18th: First day for Years 8 – 11
- 22nd: First day for Year 12
- 24th: First day for Pre-Nursery, Nursery and Primary Students

SEPTEMBER

- 1st: Public Holiday: Ganesh Chaturthi

OCTOBER

- 5th: Teachers' Day TBC*
- 10th: First day of Mid-Term break
- 17th: First day after Mid-Term break
- 24th: Public Holiday: Divali

NOVEMBER

- 2nd: Public Holiday: Arrival of the Indentured Labourers

DECEMBER

- 9th: Last day of Term 1
- 10th Dec to 9th Jan 2023: Holidays
- 25th: Public Holiday: Christmas

EXAMINATIONS

The examinations this year ran quite smoothly from mid-April until mid-June. We congratulate all our candidates for their efforts.

RESULTS:

- IB results will be published online on 6 July at 16:15
- A Level results will be available online on 11 August at 11:00
- IGCSE results available online on 18 August at 11:00

Please contact the school for any further information.

NEWSLETTER

JULY 2022



Empowering learners to reach their full potential

This year has been full of exciting opportunities for adaptation and growth. We have come together in many different ways to meet the adversities and challenges of online learning and coping with the restrictions that have been necessary during the pandemic.

Thankfully, we are now seeing hope for more normalcy on our return, and I look forward to focussing on building our high quality teaching and learning across the school throughout the coming year.

Our CIS visit this term went very well and we thank all who have contributed to its success. We look forward to continuing with our self-study over the coming academic year in preparation for our accreditation visit in early 2024. This is a long but worthwhile process that we are confident will help us to grow and improve as a school of excellence at all levels from Pre Nursery through to the IB DP.

Congratulations go to all of our students on their achievements in lessons, in sports and through so many other activities this year – often with creative adaptations necessary to make sure they could continue. Perseverance has been the name of the game for us all, especially our examination candidates, who have made it through this session with clear determination and positive attitudes - we're proud of you!

Thank you to all of our parents who have supported our staff and students throughout the year, with special thanks

to our Parent Committee, who never fail to step up and make every effort to help build positive community spirit. Their most recent initiative in celebrating the ongoing dedication of our teachers at the end of this term has been very much appreciated.

“ Thank you to all of our parents who have supported our staff and students throughout the year ”

As a school community, we extend special congratulations to our class of 2022 graduates and wish them great success as they pursue their further studies and careers. Unfortunately, we must also bid farewell to some of our teachers and other students who are moving on to new places next year. We have truly enjoyed having you all with us at Northfields and wish you every success in the future.

On our return next academic year, we look forward to implementing several changes in our school structure to accommodate the amazing growth we have seen over the past years. More information on these developments will be sent out separately in the coming weeks.

In the meantime, I wish you all a safe, restful and happy break together with your families, and I look forward to welcoming you back in August for a fantastic year ahead.



Ms Phyllis Philogène
Principal



WORLD BOOK DAY AND EASTER CIVVIES

During the first week of Term 3, the school celebrated World Book Day, which is a huge day on the international calendar, celebrated every year on the 23rd April.



This day was a civvies day where the whole school and staff was invited to dress up as their favourite book characters. The focus were on mystery and detective books in the library with some new titles from local Mauritian artists such as John-Erich Nielsen.



The school ended that week with a special event in the library at lunch time on the 22nd April 2022. This was a ticketed event for Years 5 and above, where the lucky ones got a chance to solve the mystery of 'Who stole the Easter Bunny's Eggs?' with a scavenger book hunt and clues to solve the crime.



WORLD DAY FOR CULTURAL DIVERSITY

World day for cultural diversity was celebrated on the 21st May 2022, and the school celebrated the event the day before with a food fair that was organised by the Language Acquisition and CAS departments.



Students were allocated different countries; they wore traditional clothes and brought dishes representing their countries.



The student participation was astounding and a great time was had by all. We also welcomed students from Ecole du Nord; their Year 10 students (3eme) supported the fair and enjoyed the fine cuisine on offer. EDN primary also sent a class who prepared dishes representing France. It was a great celebration for our community and we would like to thank the parents and students for their contributions, the proceeds of which went to SOS Children's village.



INTERSCHOOL PUBLIC SPEAKING

We are so pleased that Keva B. was the overall winner in her category during the finals of the Interschool Public Speaking competition that took place this year at l'Ecole du Nord on Friday the 20th May 2022. The students did a fantastic job representing the school and it was a very positive experience for them all. A big thank you to the Language and Literature Department, the parents of selected students and everyone who helped make this such a successful day.



MENTAL AWARENESS WEEK

During Mental Awareness Week, our School Counsellor organised a special session for our Year 8 students on recognising and respecting boundaries.

The interaction was very positive and all students made valuable contributions.





VISIT FROM ALUMNI

Northfields had the pleasure to welcome back class of 2017 alumnus Liam B. to talk to Year 12 about his experience of undergraduate studies in the Netherlands.

Liam was interviewed by the Alumni Relations extracurricular group students, Flavia (Year 9) and Raza (Year 7). Liam enthusiastically shared advice on key areas to focus on for applications and answered questions from our Year 12 students.



FOOD DONATION

On the 6th May 2022, we delivered all the pet food collected by the Northfields community to Animo. We would like to thank the Parents Committee for their immense effort in supporting this initiative. We are thankful for the tremendous contributions received. This will certainly make some puppies and kitties happy!

Thank you Northfields!



GRADUATION

On Friday 10th June 2022, we celebrated the graduation of the Class of 2022. Despite ongoing restrictions with regards to gatherings, we were able to welcome graduates and some guests to mark the end of their time at Northfields.

Our Guest of Honour, Mr Shaun Payen spoke to the graduates about the importance of perseverance but also the recognition of the sacrifice made by parents to allow them to pursue their dreams.

Our form tutors Mr Gopaul, Ms Prayag, Ms Canakiah and Ms Burtenshaw conducted the graduation of their respective classes with a sense of pride, and the appreciation of students for their form tutors contribution to their development was evident.



Adorned in their graduation gowns and mortarboards, students braved the cooler weather, and some rain to join together to celebrate this special occasion with the usual sense of nostalgia for the past and excitement for the future.



Victoria and Vidya spoke on behalf of the graduates to thank parents, staff and friends for their support through their high school years whilst Clemence and Tiya's musical performance was a memorable testimony to the talent of Northfields' students. We wish the graduating Class of 2022 all the best of luck as they pursue their individual paths in life.

MUSIC DAY

The school celebrated Music Day on the 21st June 2022 with a set of small assemblies. Around the theme "Music through the decades", each year group had the chance to discover the music of a specific decade from the 1950s' to the 2000s', and were then given the floor to perform on stage.



Through songs, dances and musical performances, we celebrated music beautifully on that day. Our staff band also performed and amazed our young audience with their talent.

We hope that next year we will be able to celebrate all together.





COMPETITIONS AT ECOLE DU NORD

TABLE TENNIS

On Friday 27th May 2022, 9 Northfields students participated in a table tennis tournament at Ecole Du Nord. All the students really enjoyed themselves and it was certainly exciting to see the collaboration between schools again within the sporting environment.



BASKETBALL



On Friday 3rd June Northfields played basketball matches against Ecole Du Nord. The matches were played in excellent spirit and all the players enjoyed the competition. Many thanks to EDN for hosting us on the day and congratulations to all the players. The final results were as follows:

YEAR 2009/10

Northfields 12 – EDN 28

YEAR 2007/2008

Northfields 31 – EDN 11



SPORTS

INTERHOUSE TOUCH RUGBY

During the week commencing May 16th, the students had the chance to participate in our first Interhouse Touch Rugby event. Touch Rugby is a new sport which we have introduced this year. It was an exciting time for those



students who have knowledge of the sport, and even those who do not.

The level of competition was high, and a lot of tries were scored due to fantastic communication and teamwork. We would like to congratulate the players on their performance, this was a positive start to the sport!

The results are:

1. Eagles
2. Phoenix
3. Dolphins

BASKETBALL FESTIVAL



YUT Invitational. All the matches were competitive and played in an outstanding spirit. Congratulations to all the players who participated.

U18 WINNERS:

West Coast

U15 WINNERS:

Northfields

On Saturday 18th June 2022, Northfields hosted a Basketball festival involving U15 and U18 teams from Northfields, West Coast and

Congratulations to Emile F. who was nominated as the U15 player of the festival.

COLOUR RUN

On Wednesday 22nd June the High School students participated in the colour run and fun day. The race was 1.8kms and all along the route the Year 12 CAS students were strategically placed to throw colours (holi) over the runners. In between races, students were entertained by the DJ who certainly got everyone moving and dancing which was fantastic to see. Students also participated in rounders and capture the flag and everyone seemed to enjoy themselves.



Results of the races were as follows:

JUNIOR BOYS:

1. Daniel C.; 2. Ladislav R.; 3. Shawn M.; 4. Edouard S.; 5. Shivam R.

JUNIOR GIRLS:

1. Sienna H0.; 2. Sienna L.; 3. Dakota L.; 4. Alexia L.; 5. Ameline C.

SENIOR BOYS

1. Antoine B.; 2. Jonas D.; 3. Enzo L.; 4. Neel A.; 5. Matthew S.

SENIOR GIRLS

1. Tiffany S.; 2. Ophelie D.; 3. Nikita L.; 4. Muskaan K.; 5. Misbah M.

TEACHERS RACE

Male: Mr Childs & Female: Miss Amber



STUDY SKILLS SESSIONS



This was complemented by the stress management sessions with Mr Ramgolam and Mrs Sandiford.

The students enjoyed the breathing techniques and it helped them focus and calm down.

A series of study skills sessions were organised with students of Year 10 and 12 with the aim of preparing them for the End of Year Examinations.

Each student was advised to identify a study skill which worked best for them. The sessions generated some very fruitful discussions and students felt prepared and empowered to pursue their revision.



MEET THE METEOROLOGIST



cyclones and anticyclones, how to measure the weather, what we see on a weather forecast and so much more.

The presentation was very interesting and all the students learned so much (they had a lot of questions). It was a great morning from which learners were taught many helpful things and connect well with their ongoing topic this term. We hope to visit MET services in future.

From anticyclones to the uses of an anemometer, the Year 8 MYP Geography students learned all about the weather and climate through our special guest Mr. Jaikishan Dookhee.

Mr. Dookhee is a meteorologist from the Mauritius meteorological services and on the 20th May 2022, Year 8 got to see and hear everything they need to know about the weather and climate. They now know the uses of many weather instruments, all about



YEAR 12 ASSEMBLY

12H worked as a team to deliver a session to the whole year group about responsibility. The goal was to encourage everyone to become responsible citizens who are proactive and look after their community by taking responsibility in their everyday lives. We looked at examples of how we can better ourselves and our community by taking action. We hope that this will inspire everyone to embrace responsibility with a positive mindset.



REFLECTION ON RIVERS TOPIC BY GEOGRAPHY IGCSE

In Geography, Year 10 students reflected their learning through this term by mini presentations.

They came up with creative ideas to reflect on different stages of rivers through models and using Lego. Well done students!





PREFECT NEWS

COLLABORATIVE SESSIONS

Our newly appointed Prefects took part in their first collaborative sessions at the end of this term. During this time, they were led through team-building activities by Mrs Burtenshaw and reviewed their roles and responsibilities with Mrs Daby. Prefect meetings took place each Friday with their development sessions taking place once a month on Wednesday afternoons.



SENIOR PREFECTS

During Term 3, the Prefects had the opportunity to put themselves forward to be elected as a Senior Prefect. 4 boys and 4 girls from the Prefects body applied for the four positions of Head Boy, Head Girl, Deputy Head Boy and Deputy Head Girl and were subsequently interviewed for the role. The Prefects answered questions from the Head of Sixth Form, Year Group leader and Form Tutor on their leadership skills, school values and vision for the role. Prefects were then invited to vote for the individuals who they felt would guide them and their fellow students through the next academic year. As a result, on Thursday 23rd June we announced Northfields Senior Prefects for 2022-23 as:

- Head Boy: Cedrick L.
- Head Girl: Tayyibah B.
- Deputy Head Boy: Jayden R.
- Deputy Head Girl: Kate V.

We look forward to supporting them in their leadership of the Northfields student body and through the initiatives which they have planned



HIGH SCHOOL

MIDDLE SCHOOL COFFEE MORNING

Middle School parents were welcomed for a lovely Coffee Morning on the 6th May 2022 in our school hall. Parents were given an opportunity to meet and greet other parents and the Head of Middle School in a light-hearted atmosphere. There were also 3 presentations that day as follows:

Time Management for the End of Year Exams which was presented by our School Counsellor, Mrs Melanie Sandiford. Online safety for teenagers, presented by Mr Ashley Goolar and Mr Ashley Purhooa. The last presentation was by Mrs Tammy

Rungasamy on stress management for teenagers and also discipline at the school.

Parents were also invited to write One Kind Word on the special board as part of Anti-Bullying week. We do hope to host more Coffee mornings in the future .



GROUP 4 INTRODUCTORY TRIP

An introductory trip for Group 4 was done on Friday 17th June 2022, with the Year 11 students, for them to be trained on how to do on-the-field experiments. They were accompanied by Mr Gooljar, Mrs Salina, Mr Gopaul, Miss Deepa and Miss Sharon. During the three-hour trip, the groups were divided into Chemistry, Biology, Physics and ESS and were asked to conduct specific experiments assigned to them and their job was to collect data and prepare a poster presentation to be presented to the whole group and teachers present.

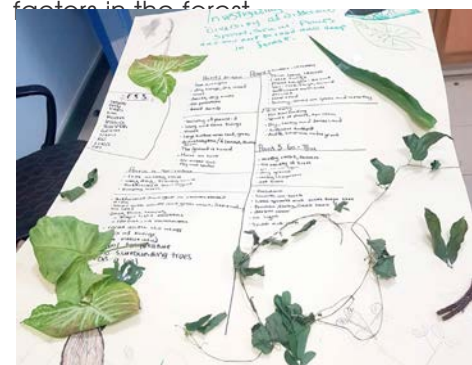


Chemistry Group - the students had to measure the pH level and nitrogen, phosphorus and potassium level in soil near roots. The students found that there is a particularly high level of those parameters near the roots compared to the soil away from roots. They associated it with the nutrients needed by the plants for a good development.

Physics Group - the students measured the density of rocks taken at random in the forest using measuring cylinders and distilled water. The goal was to find any correlation in diversity of rock density

within a set area of the forest. Biology Group - the student's measured the pH of the soil at regular intervals in the forest. At each interval, they had to sample soil near roots and away from the roots. At first, the students determined an interval of 5 metres, but because they were having similar results, they changed the interval distance to 15 metres. They found that the deeper they went into the forest, the more alkaline the soil was. They associated the difference in results with pollution level near the busy road.

ESS Group - the student had to study the plant biodiversity of the forest. They determined that they would collect visual data at 15 metres intervals going deeper into the forest. They collected data at five observations points, selecting two areas per observation point. They concluded that the deeper you go into the forest, the more humid the soil becomes, the sunlight intensity decreases, the plant height increases, the animal density increases and the pollution level decreases. It was interesting to draw a pattern between those factors in the forest.





STEM FAIR



On Wednesday 1st June 2022, our Year 5 and 6 students presented their STEM fair projects in the hall. Owing to Covid restrictions and remote learning, this event did not take place for the last two years. Therefore, the students were most excited to be given the opportunity to be involved in a hands-on approach to Science exploration.



The students worked hard on this project for several weeks both at school and at home. Not only did the students put a great deal of effort into their research, experiments, prototypes, and observations, they also went the extra mile in making their display boards and presentation tables look attractive and interesting.



The standard of work produced was of a very high standard. We certainly have some budding scientists in the making. Thank you to all the parents, students and teachers for your contribution to making this event such a great success.

PRIZE-GIVING AND GRADUATION

On Wednesday 22nd June 2022, we acknowledged and celebrated our student's achievements in the Upper Primary.

This year, this formal event was held on campus in the hall. Mrs O'Flaherty addressed the parents, members of staff and students by reflecting on the academic year as well as delivering a message to the students: The future belongs to those who believe in the beauty of their dreams; believe in yourself, chase your dreams and you will find something magical.



The Upper Primary teachers were delighted to handout several certificates and book vouchers to those students who either excelled, showed perseverance, or improved in the academic, cultural, or sporting front.



This year our Year 6 students made their own graduation caps under the guidance of Mrs Hamilton during their Art and Design lessons.

They got an opportunity to stand together in our beautiful Northfields gardens and participate in the traditional act of throwing their graduation caps into the air. We ended off our Prize-giving and Graduation with a lunch which gave the students and parents a chance to socialize and share special memories of the past year.

We wish our Year 6 students all the best as they make their way to high school.

STUDENT REPRESENTATIVE COUNCIL

Our SRC members are to be commended for being motivated and involved in representing the High School student body at Northfields and we look forward to continuing our participation and helping to make a difference both within our school and external communities in the coming academic year.

Term three ended on a high, with the initiative of the SOS Children's Village Food Drive. The organisation was touched and appreciative of the kind donations from the Northfield's community.

The food and monetary donations were most welcomed and supporting the wider community and aid for children in need, was indeed a most worthwhile cause to support.

Thank you to our Leaders, Julie K. Tat, Tayyibah B., Céleste D., for being enthusiastic representatives and driving initiatives and supporting the issues communicated by the students.



To the Parent's Committee, for always being there to support all initiatives at the school and for assisting us on this project. We look forward to collaborating in many more projects in the future.

We wish our families a happy holiday period and we look forward to many more exciting ventures together.



GARDENING

There's a huge amount of evidence for the benefits gardening has in schools. It improves pupils' concentration, creativity, knowledge, and understanding of the world, and above all it's fun!



This year, for the Gardening week - the Children's House students created their space for gardening with the help of some gardeners from the school. The students were proud to plant vegetables, flowers, fine herbs, and seeds. They are happy to see the plant work cycle with their friends and teachers.

PARACHUTE PROJECT

This term, the Year 2 and Year 3 students from LP1 have worked on their parachute project for cultural to show what gravity is. Our students used black bin bags and string to create their parachute.



LOWER PRIMARY SHOW



moving up into the Upper Primary next academic year and many more amazing performances. We also saw the amazing performance of our local Michael Jackson live on stage!

A beautiful show remembered by all.



The Lower Primary Team was very excited to invite parents for their End of Year Talent Show on the 1st June 2022. The show comprised of students performing various dance items, a story prepared by the drama club, a farewell song for our Year 4 students

CHILDREN'S HOUSE SHOW

On Wednesday 8th June 2022, the Children's House classes had their end of year show. Our children worked hard and were very eager to present their acting talents to their parents.



Our star tiger Berani took the audience on a journey around the world, where

the students showcased the different cultures of the planet. With all their heart, they gave their best and left their parents in awe.



Special thanks to all the CH teachers, and especially to Miss Duhita for coordinating such a beautiful show.

CLOUD PROJECT

This term the Year 4 from LP2 have worked on their Cloud Project in which they had to describe types of clouds and make examples of the four types of clouds which are cirrus, cumulus, stratus, and nimbus. They worked very hard and came up with great craft ideas to present each of their projects. In English, all the year groups are learning about transports from the past and the future and about the common five modes of

transport that are railways, roadways, airways, waterways, and pipelines.



VISIT TO THE AQUARIUM



classmates. At the Aquarium it was exciting, and we enjoyed seeing the fish, sharks, octopus, baby seahorses and eels. We learnt about new and rare species that live in the sea.

On Thursday 23rd June 2022, the CH, LP and IIP students went to Odysseo Aquarium in Port Louis. Getting there by bus was really fun and we were able to sit and chat and get to know new

We also enjoyed going to the park for lunch, playing on the roundabout and swings and playing and interacting with children from other sections. It was a great, fun day out.

By Kiatee and Jack



COMMUNITY INTERLINKING INTO GLOBAL CITIZENSHIP

As a Montessori school, we follow the child in building their capabilities and potential through their work, who they are and the family that they form part of. At Northfields Pre-Nursery school, we look at the child and how we as a school can guide them in becoming a global citizen, as it is about growing the world as a community.

It is also about guiding our children in how they can contribute in making our global community a better place to live and grow in. In the Pre-Nursery society, we envision how we can bring a higher awareness to our students and start learning how to form global connections. It is about bringing this concept to the level of our students under three years. In our Montessori class, we nurture this concept through experiences and activities that interlink connections of Mauritius and countries abroad. It is about bringing this component to our little students and their families.

As we look at the learnings of the Montessori Methodology, we bring the concept of global citizenship in means of becoming part of a community that builds the foundation of a harmonious society, understanding who we are as part of a human species, a member of society and ultimately as a citizen of the world.

During the third term we honoured our mummies and daddies of the school in arranging a special event between parent and child.

On our Mother's day, it was a day of connections as our little students pampered their mummies through some massaging techniques under the winter sun. It was a day of honouring our 'mummies' for all that they do for their families and their children. The connection between mother and child is like no other, it is about "A Mother's Love" .

Later in the term the Pre-Nursery team organised a day, especially for all the daddies of the Pre-Nursery. It was planned on a Friday morning whereby our dads arrived in their casual wear for some active games and fun with their child on the campus. It was a fun morning as our children played catch, did some bowling and fed their dad's yoghurt whilst their dad was blindfolded. It was interesting to see the foundation of trust as the dads anticipated being fed from their child and hoping that the yoghurt was fed correctly.



The main concept of global citizenship at the Pre-Nursery is laying the foundations in developing respect, appreciation and nurturing all life on Earth. Bringing cultural diversity into the class through age appropriate activities, cultivating moral responsibility in giving our students freedom within boundaries and guiding the foundations of relationships through role modeling between child to adult, adult to adult and child to child. In this guidance we cultivate the learning in peace education and how we can guide our all our students in becoming an ambassador of the world.



APRIL HOLIDAY CAMP

During the first week of the April holidays, the Pre-nursery held a holiday camp for its students. It was an eventful week full of fun, laughter and just being a child. As our little students had time to unwind from their academics, they had the opportunity to spend some quality time with their friends from school while being creative, playing games and being surrounded by the care and patience of their teachers.



EARTH DAY

The Pre-Nursery celebrated World Earth Day on the 22nd April 2022, as we all took part in the international event in bringing our children's awareness towards the planet that they form part of. The morning started off in each class selecting their plant of choice and doing a class activity in planting their plant into the plant-holder.

The children were captivated in the activity that they had done together. The questions, care and helpfulness that was shown between friends was a proud moment for the teachers as our students showed their love towards nature. This was a sensory experience in giving our young students the opportunity to grasp the understanding and the importance in looking after our planet, Our Earth.





NURSE'S DAY

On the 12th May 2022, we celebrated International Nurse's Day and to commemorate this special day, Northfields honored our School Nurse, Marie Danielle.

She provides more than just band aids for scrapes on the playground and check for fevers when a child shows the first sign of illness. Instead, she provides a wealth of information that supports a successful education. She plays a vital role in guiding students towards a healthy lifestyle.



To celebrate this day, our school nurse spent some time at the Pre Nursery with our littlest learners. She discussed the importance of taking care of themselves and their bodies. Later on in the session Marie Danielle brought out her medical bag and named the items in the bag with the children.

Our students were really captivated in what they saw and we are grateful to have such a wonderful school nurse here at Northfields.

We thank you for all you do!



CULTURAL DIVERSITY DAY

It was a special day planned for the Pre-Nursery students in dressing up in their traditional outfits for the day. Our children arrived to school with enthusiasm and pride as they showed off their outfits to their friends and teachers. As the Pre-Nursery community, we joined together in the morning in singing the song "Hello from around the World". There after the children got busy in their separate classes for the morning.



A special excursion had been organised for our Walker class in spending some time later in the day at the main campus. Unfortunately, as the morning got under way, we were not at all sure if we were going to make the trip with the rain that we were experiencing.

During our morning circle, we had a discussion with our Walkers in what to expect in their day. In mentioning that it was a possibility we were not going to make the trip.

Our analytical people in class, said that there were umbrellas and jackets that we could use. It was a proud moment to witness that our children had produced a few solutions on their own.

Later that morning, the sun appeared, the additional cars arrived, and we were on our way to the main campus after lunch.

At first, our students were hesitant to walk forward by the gate, but then they got over the notion, walked towards the door. They were ready to start their journey as they expressed

themselves in letting everyone know that they had arrived at the main campus with their giggles and cheers.



Our tour started off at the lower primary as we were greeted by song, and dance as we entered the hallway.

After spending some time, we were guided up the stairs to the upper primary as we were greeted by the Year 5's and Year 6's, including our principal of Northfields, Phyllis, as well as the principal of Ecole Du Nord.

Our Walkers were so taken in by the attention by everyone and loved all the tasty treats that the students of Northfields gave them.

After a moment, we joined the Children's House section, where our students were greeted by their siblings with cheer and hugs. They all were so excited to see one another. It was a lovely day and our students enjoyed meeting the 'big' students of the school.



THE IMPORTANCE OF EXERCISE

When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights. But for kids, exercise means playing and being physically active.

The Many Benefits of Exercise

Everyone can benefit from regular exercise. Active kids will have:

- stronger muscles and bones
- leaner bodies
- less risk of becoming overweight
- a lower chance of getting type 2 diabetes
- lower blood pressure and blood cholesterol levels
- a better outlook on life

Exercise improves school performance and makes kids less likely to develop depression. Kids who exercise regularly are also better able to handle physical and emotional challenges -from running to catch a bus to studying for a test.

The 3 Elements of Fitness

If you've ever watched kids on a playground, you've seen the 3 elements of fitness in action when they:

1. run away from the kid who's "it" (endurance)
2. cross the monkey bars (strength)
3. bend down to tie their shoes (flexibility)
4. Parents should encourage their kids to do a variety of activities so that they can work on all these.

Endurance develops when kids regularly get aerobic activity. During aerobic exercise, large muscles are moving, the heart beats faster, and a person breathes harder. Aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells. Aerobic exercise can be fun for both adults and kids. Aerobic activities include:

- basketball
- bicycling
- football
- swimming
- tennis
- walking
- jogging
- running
- volleyball
- rugby

Improving strength doesn't have to mean lifting weights. Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle

under supervision. Muscle strengthening and aerobic exercises like running, jumping, and hopping, also help build strong bones. Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel. Dance, yoga, and martial arts, like karate, are examples of flexibility activities.

The Sedentary Problem

Kids and teens sit around a lot more than they used to. They spend hours every day in front of screens (TVs, smartphones, computers, tablets, and gaming systems). Too much screen time and not enough physical activity can add up to unwanted weight gain. One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV and using phones. It is recommended to:

- Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.
- Limit screen time to 1 hour a day or less for children.
- Choose high-quality programming and watch it with your kids to help them understand what they're seeing.
- Keep TVs, computers, tablets, phones, and video games out of children's bedrooms.
- Turn off screens during mealtimes.
- Raising Fit Kids
- To help keep kids fit and active:
- Help your kids do a variety of fun age-appropriate activities.
- Set a regular schedule for physical activity.
- Make being active a part of daily life, like taking the stairs instead of the elevator.
- Embrace a healthier lifestyle yourself, so you'll be a good role model for your family.
- Be active together as a family.
- Keep it fun, so your kids will come back for more.



MESSAGE FROM THE LIBRARY



DON'T BE STUCK WITHOUT A BOOK!

Use the school break as an opportunity to read more:

- Log into the schools Ebscohost.com account – Username: ns178811main Password: Access1 +
- Then create your own account using your school email address and a password you will remember.
- See tutorial on this here: How to Create and Manage a MyEBSCO Account
- Then search over 13,000 ebooks to read over the break: See tutorials on how to do this: EBSCO eBooks Promotion Kit
- You can also download the Ebsco app onto your device for easier access and books at a top of a button.
- See here for a tutorial on how to download the app: EBSCO Mobile App Promotion Kit

Happy Holidays and Happy reading!





SWIMMING ACHEIVEMENTS

Congratulations to all our Northfields swimmers who have been participating recently in various events across the Island such as the Cote d'Or Africa Championships as well as the two Grand Prix Assessment qualification events.



The results have been phenomenal with over 30 medals won at the Cana Zone 1V Champs and countless podium finishers at the Grand Prix Assessment galas.

We are immensely proud of the following swimmers for their dedication and congratulate them on their outstanding performances so far this season:

- Laetitia L.
- Anshee K.
- Chadd H.
- Anouchka P.
- Muskaan K.
- Rayan A.
- Neel A.
- Samarth B.
- Luca H.
- Tayne H.
- Flavia L.
- Kiara S.
- Paloma M.
- Maelynn L.
- Sarah-Ann R.



STUDENTS ACHEIVEMENTS

SDG YOUTH PHOTO COMPETITION

The Humanities department is pleased to announce that Cooper Levi Preston of 7H is the 3rd place winner of the minor age category of the UN and Business Mauritius SDG Youth Photo Competition held in Mauritius.

The participants were asked to take a picture relating to any of the 17 sustainable development goals (SDGs) and tell us what it means to them in the context of Mauritius.

Write a brief story for each photo they had to explain how their shot was linked to the chosen SDG(s) and why it matters to them and to their country.

Cooper won 3rd place in the competition for his take on the sustainability goal of life under the water (SDG 14).

We are proud of you Cooper!



DANCE COMPETITION



Congratulations to Sona L. of Year 9 for her participation in an international dance competition in South Africa. Sona had returned to SA to compete in "The Battle of the Giants" in Sun City which is a World Trial Circuit Championship. She is a WTC Dancer (World Trial Circuit Dancer) Street Dance/ Hip-Hop Dance National Champion.

A WTC Dancer is a dancer of Championship Status who endeavours to enter the IDO World Championships competing in a minimum amount of national qualifying competitions in order to obtain points on the WTC ranking circuit.

Sona did exceptionally well in this competition. Her results are as follows;

Solo: Sona reached the finals and placed 7th.

Group: Sona and team came 2nd and received a Silver Medal.



These results mean that Sona is on her way to the IDO World Championships. Northfields congratulates Sona on her excellent performance and wishes her all the best for the World Championships.



ITS TIME TO REFLECT

We are living in a time where the pressure to be pretty much perfect is at its highest. Whether academically, on the sports field or socially, we often feel overwhelmed by this constant message of being 'perfect'. Why do we feel like this? Well social media has a very big part to play, when we look at Instagram or Twitter we naturally tend to compare another person's best day to our worst day. In doing this we are left feeling unhappy and unsure. The level, or bar seems so exceptionally high that we constantly feel that we cannot reach the mark.

The problem with perfectionism is it simply does not exist, and so we feel like we are always failing. We don't allow room for mistakes and progression, it's rather an all or nothing approach. Be encouraged that each step no matter how big or small is all leading you in a particular direction, be mindful and proud of each step, acknowledging achievements but learning from mistakes and always making sure your decisions are in line with your values and goals.

There is no one in this world who looks exactly like you, who has your personality or has your gifts and talents, you are unique and it's time to stop comparing, and to embrace these differences. Choose to be an active participant in your school and community, accept those around you for their differences and show empathy and compassion in your daily relationships.

Over this time of holidays and relaxing, try to be truly PRESENT in YOUR day, try to take in and enjoy YOUR life.



Some questions to ask yourself and reflect on:

1. What was I proud of myself for this academic year?
2. What did I find most challenging in this academic year?
3. What did I learn about myself this academic year?
4. What do I need to implement in the new academic year?

Remember that in life do not strive for perfection but rather EXCELLENCE in all you do!



PARENT COMMITTEE NEWS

During this last term the Parent Committee have been able to organise monthly collections of pre-loved items which were donated to charities, namely: Serendipity by All Life Matters, The Good Shop and Caritas Lacaze Lespar Solitude. We have also been able to assist the Sports Department by donating oranges to participants in both the Sports Day and the Colour Run. We had fun organising an Easter Bake Sale and Civvies day raising a total of Rs 28,977 which helped pay for the maintenance of the water filter machines, which were generously donated in the past by the Parents Committee. We were also contacted by the school to assist with a Pet Food Drive for the Rescue Centre Animo and have also assisted the Student Representative Council with their Food Drive initiative done in favour of SOS Children Village. We accompanied the representatives of the SRC for the distribution of groceries to the SOS Children Village in Beau Bassin and we sponsored a Pizza Party for the class which donated the most items for the Food Drive.

Finally, we closed this academic year by hosting a "Garden Party" for the teachers to thank them for their dedication they have shown over the last two years with lessons being online. The Parent Committee wanted to thank them and to show how their efforts are appreciated and to further encourage them in their mission with our children.

We would like to thank all those who have given their time to help us complete these activities. We would be very happy to welcome new members to join the Committee next school year so that we may organise more exciting activities. A huge thank you to all Class Reps who have managed the Class WhatsApp Groups which helps communication greatly. Have a nice holiday break, see you all in August for the start of a new academic year.

