



UPCOMING EVENTS

APRIL

- 2nd-18th: School Holidays
- 8th&11th School Office Closure
- 11th: Start of International Examinations
- 19th: First Day of Term 3
Year 6 Visit to Ecole du Nord Global Village
- 22nd: Easter Civvies Day and Bake Sale
Earth Day
- 23rd: World Book Day
- 27th: Year 7 Parents Meeting
- 29th: Eid-UI-Fitr Celebration

MAY

- 1st: Public Holiday: Labour Day
- 2nd: Public Holiday: Eid-UI-Fitr TBC*
- 3rd- 6th: Anti-Bullying and Kindness Week
- 6th: Coffee Morning - Middle School
- 9th-13th: Mental Health Awareness Week
- 20th: World Day for Cultural Diversity
- 21st-24th: Mid Term Break

JUNE

- 1st: STEM Fair
- 1st-10th: End of Year Exams - Year 10&12
- 8th: World Ocean Day
- 10th: Final Day of International Examinations
Graduation Ceremony
- 13th: Start of Year 12 IB Induction Week (Year 11)
- 18th: Fun Day and Sports Festival TBC*
- 21st: Music Day
Start of Duke of Edinbrough Expedition
- 23rd: Interhouse Rounders
- 24th: Last Day of Term 3

NEWSLETTER

APRIL 2022



Empowering learners to reach their full potential

It has been quite an eventful end of term with holistic learning at all levels, engagement with charitable causes, participation in a variety of sporting and cultural activities, farewell celebrations for our graduating seniors and of course final preparations for IGCSE, A-Level and IBDP examinations.

“ It takes strength as a community to push through difficulties ”

This was all accomplished through the ongoing challenges of several staff and students suffering with Covid and rain coming down in torrents on several days these past weeks.

It takes strength as a community to push through difficulties and keep our eyes on our goals, and it is great to see this continues to be the case for our students, staff and parents.

This issue of our newsletter is packed with articles on the positive and enriching learning activities and achievements we have seen among our students over the second half of term in all sections of the school.

Congratulations and thanks go to our staff who have worked hard to ensure these opportunities and experiences have been possible.

Special thanks go to our many guests this term who have visited and shared their knowledge with our students and to you as parents in supporting the school’s programmes, activities and initiatives.

I wish you all a fantastic holiday filled with relaxation, fun, and togetheress, for our examination candidates, productive revision time as well. I look forward to welcoming you all back for a happy and successful third term.

Ms Phyllis Philogène
Principal





UPCOMING EXAMS

MAY/JUNE 2022 SESSION FOR INTERNATIONAL BACCALAUREATE AND CAMBRIDGE INTERNATIONAL EXAMINATIONS

The 2022 international examinations are fast approaching. All IGCSE and A Level students of Art & Design were at school during the holidays making final touches to their prep work and coursework as well as preparing their tables for the practical IGCSE examinations which will be held on Monday 11th April and Tuesday 12th April.

The IGCSE students of Spanish have been invited to oral sessions before their oral examination on Wednesday 13th April. The oral sessions will be from 9am – 12 pm on Thursday 7th April to Tuesday 12 April. Students should confirm their place so that appropriate photocopies can be made. Students should be at school between 07:15 – 07:30 on the day of the examination, Wednesday 13th April.

The French oral examinations will take place in alphabetical order from Thursday 14th April until Monday 18th April. The individual times will be sent to students and parents. Written examinations begin on Monday 25th April and finish on Friday 10th June. We hope students have planned a revision timetable and strictly adhere to it to give them an opportunity to review their work and reach their full potential. Students are encouraged to come to school by 07:15 – 07:30 for AM examinations and at 11:30 for PM examinations to avoid any traffic problems entering the school. Masks must be worn at all times for examinations at school.



EVENTS

SEMAINE DE LA FRANCOPHONIE

From March 17th to 25th, we celebrated 'La Semaine de la Francophonie'. The Year 12's actively participated and decorated the notice board showcasing the different aspects of French culture. The board was impossible not to miss along the corridor, with the colours of the French flag!

There were also delicious crêpes on sale at the canteen for our whole school community. To add to the festivity, it was a civvies day where all



learners came to school in the colors of the French Flag. Teachers also played French movies in classes.

The week was fun with all the many activities organized for the students, and this also enabled them to discover more about the culture and gain more knowledge.



NATIONAL DAY

In view of the COVID-19 situation, Northfields commemorated the 54th Independence Day of Mauritius in a special way this year, both in the lead up to and on the day itself.

The focus of our National Day celebration this year was on the protection of our environment and the critical part this plays in being a responsible global citizen. In line with our theme, we had the pleasure of welcoming Mr Flavio Joseph from Reef Conservation Mauritius as our Guest of Honor to grace this occasion.

There were poetry competitions held and the winners were given the opportunity to recite their winning

poem during the official ceremony. We had participants representing the different nationalities at Northfields reciting a timely poem on peace in their native language.

Our CAS students also wonderfully decorated a board outlining the history of Mauritius.



I61 FOUNDATION

Northfields partnered with I61 Foundation and donated beds and other pre owned furniture. The I61 foundation brings hope to those oppressed by poverty and social injustice by facilitating projects that restore, renew and rebuild vulnerable communities.

Northfields is glad to have been able to help vulnerable families in need through this gesture.



PLASTIC DRIVE

Northfields organised its annual plastic drive from the 15th to the 25th of March and many students and parents participated by sending their plastic bottles to school. This project was organised with the help of Mission Verte and Precious Plastics. All plastic collected was collected by Mission Verte. We would like to thank Mission Verte for their help. Some students prepared insightful posters to help boost the drive around the school.

The Plastic Drive will continue in Term 3 and we will organise a series of activities around that theme to help students understand the implications of plastic pollution and the need to recycle.

Please do encourage your child to collect and send plastic to school. Recycling should become part of our

daily habits and we count on your collaboration for the success of this event.



CAS CORNER

CAS, an abbreviation for 'Creativity', 'Activity', and 'Service', is one of the three core components of the IB Diploma Program, designed to provide students with an enriching experience while acting as a counterbalance to the academic pressures of the DP.

This year, the Year 13 CAS group developed the new concept of a 'CAS Exhibition', where each student exhibited around two to three experiences which were the most memorable to them.



final time before their examinations and provided an enriching experience for younger year groups who visited, to interact and understand this core component of the IBDP from the oldest of the student community.

We look forward to a continuation of this new initiative over the coming years and seeing many more successful experiences from our senior students.



VISIT FROM POV

On Tuesday 29th March, we welcomed the very well-known Mauritian Illustrator Mr. William Rasoanaivo, or as he is more popularly known as POV.

He illustrates for many educational books, magazines and daily for L'express. He did a small session in the library with a selection of students who were interested to learn more about illustrating techniques and what it takes to become a professional illustrator.

We cannot thank Mr. Rasoanaivo enough for his time, useful tips and inspirational words. Please look out in the library for a few of his illustrated novels, in stock now.



SPEED RUBIKS COMPETITION



On Wednesday 30th March, we held a speed rubiks competition between two of our talented students, Aman, Year 7 and Erik, Year 8. They competed for 5 rounds, and on average completed their cubes in around 30 seconds. Erik stormed into the lead with a solve of 26.90 seconds! Now that's quick. Well done to both of them.



SRC HOLIDAY WISHES

The members of the SRC would like to wish all the students of Northfields a well-deserved, happy and relaxed holiday period. We wish all those celebrating religious festivities, blessed family time.

Sadly, we have to bid Tayla A., our Vice Leader farewell, as she embarks on a new journey and we wish her all the luck and prosperity in her future endeavours.

Our newly elected Leadership team is as follows and we congratulate the students on their new leadership roles:

Senior SRC Leader – Julie K.



Junior SRC Leader – Céleste D.



Secretary (Social Media & Treasurer duties) Tayyibah B.



Our student Representative Council's focus is designed to foster school spirit and leadership amongst students. The students are focused on developing a strong voice to help create and nurture constructive ideas within the school community.

The SRC acts as a focus for student opinion in the development and implementation of policies. We look forward to many more exciting projects in the upcoming term.

SPORTS

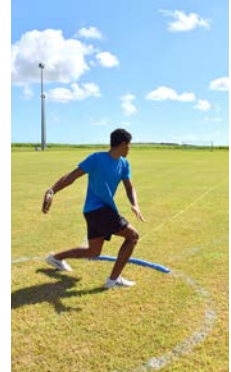
INTERHOUSE ATHLETICS



Victor and Victrix Junior
(Benjamin and Minim)
1. Sophia J. – 24pts
2. Ella M./Kayra T. – 17pts

1. Ladislav R. – 24pts
2. Carlos V. – 22pts
3. Soma P. – 16pts

After missing out on our Interhouse athletics events for the last 2 years it was such a pleasure seeing all our students participate again, even if the structure of the program was slightly different this year.



BEST IN CATEGORY

Year 5/6
Jacob S.
Amber-Jade C.

Benjamin
Ladislav R.
Sophia J.

Minim
Carlos V.
Ella M./Emma P.

Cadet
Chadd N.
Capucine P.

Year 12/13
Amir O.
Jenna R.

The athletes were committed and performed at their best and some outstanding results were recorded. Well done to all the athletes as well as the supporters who cheered them on throughout.

A big thank you goes to the Parent Committee for their support and the refreshments provided to the athletes.

THE FINAL RESULTS ARE AS FOLLOWS:

- 1. Eagles – 475
- 2. Dolphins – 332
- 3. Phoenix - 322

Victor and Victrix Senior (Cadet and Junior)

- 1. Capucine P. – 30pts
- 2. Kiara B. - 25pts
- 3. Jenna R. – 15pts

- 1. Amir O. – 21pts
- 2. Chadd N. – 20pts
- 3. Antoine H. – 17pts





YOUNG REPORTERS

Northfields participated for the first time ever in the Young Reporters for the Environment national competition. Our students chose to address a new environmental challenge that we have been facing as a result of the pandemic; disposal of face masks.

Facemasks being irresponsibly disposed of have serious consequences on our environment and while we battle the pandemic, it is important to remember that the way forward is one that preserves the balance in our ecosystem.

This image is the submission for their photo campaign.



REEF CONSERVATION

On the 3rd March, our young eco-leaders had the chance to participate in a workshop organised by Reef Conservation as part of the OneWithNature project. Urvashi and her team organised various activities to sensitize our eco-leaders on the importance of protecting our mangrove ecosystem and biodiversity in general.

They ended the workshop with a visit to BisLamer. This marks the start of our week-long initiative on Biodiversity with the celebration of World Wildlife Day.

We would like to thank the Reef Conservation for their fantastic visit and for the nice gifts they offered to the school.



MARDI GRAS

The Language Acquisition students of Year 8 emergent group, celebrated Mardi Gras on the Thursday 03rd March where they learned the vocabulary and the origin of this festival. Then to tie up with the global citizenship theme of Diversity, they all had a feast of many delectable French treats including, croissants, pain au chocolat, macarons, chouquettes and much, much more.



The students also created Mardi Gras posters for the event with many intricate designs and fabulous colors to go along with the theme.



Poster by Jessica P.

BAKING IN SCIENCE

In March, the 7V had fun when in Science class. When science meets baking, the results can only be yummy! Students explored the use of microorganisms in everyday life. They found out that yeast, a fungi, was the star of the show. Let the bread rise!



KATAPULT CODING COMPETITION

On Saturday 19th March, six students represented Northfields for the Katapult Coding Competition which was held at the African Leadership University campus in Pamplemousses. 25 students from around 12 schools took part in the competition that consisted of 3 challenging rounds. The organizing committee provided a small training session to the students before they were given the tasks. We are proud to announce that Zara S. and William F. have won the 1st prize and the 3rd prize respectively for our school. A special mention to

the students who also participated in this competition.

Congratulations to the following students: Ahmed H., Umar R., Samarth B., William F., Zara S., and Anandita N.





MYP NEWS

We are pleased that our students are becoming more familiar with the MYP programme and are really embracing the Global Contexts presented to them in class during lessons and during their pastoral time with their Form Tutors. Service as Action continues to work well at school with our students showing a lot of interest in weekly activities. It is to be noted that Service as Action is an integral part of the MYP programme which provides a holistic approach to education. We are glad to see so many activities from horse riding to drawing and sport.

We are also proud in the work that Year 10 MYP students have undertaken this term in preparing themselves for their Personal Projects. In a recent meeting held with all students, there was a very interesting exchange of ideas and we were happy to note that everyone was really forthcoming with their project ideas. The thinking process is starting at the moment and more formal meetings will be held as we approach the end of the academic year. The bulk of the Personal Project will be completed in Year 11, culminating in the exhibition. We are excited to see what the students will be coming up with later on this year. For any information about the MPY Personal Project, please send any questions to Mrs Helen Keetarut, our Personal Project Coordinator.

In line with Globalization and Sustainability, MYP students are starting to think about ideas for Earth Day. As an Eco-School, our aim is to sensitise our students and community on becoming responsible global citizens by respecting all the natural resources available to us on Earth. As an IB World School, Northfields encourages our students to think of what it means to be a global citizen and how this can contribute to them becoming balanced individuals.

We have held several assemblies on this topic with both staff and students involved and are impressed with the enthusiasm and engagement all are showing in this area.



HIGH SCHOOL

ESL LANGUAGES

Year 8 ESL (English second language) students have been studying the topic of languages. This ties in with the celebration of International Mother language day. Students were asked to create a poster on languages that they wish to explore or learn, and investigate the culture associated with the language. They will present their findings to the class as part of a speaking assessment. Here are some samples of their posters.



TOK EXHIBITION

The Year 13 students have completed the TOK exhibition work and the TOK essay and are now busy focussing on revision for their written examinations which start on the 28th April and finish on the 20th May. The Year 12 students held their TOK exhibition on Thursday 31 March in the Hall. It was very pleasing to see the work put into preparing for the exhibition and the prompts brought to illustrate the students' arguments.

The students spoke confidently and shared their ideas with staff and fellow students. The feedback received may allow them to change their approach before final submission of their essay which is due in Term 3. The Year 11 students had an opportunity to experience the TOK exhibition so that they have a better idea of what

lies ahead next year. It was also very pleasing to see the Year 13 students who are now more experienced with TOK help the Year 12 students by asking them directed questions and giving them feedback. It was wonderful to see the full cycle of learning taking place.

The Year 12 students will be focussing on the Areas of Knowledge next term and working with different subject teachers during their TOK lessons.



GOODBYE TO YEAR 13



At the end of each Term 2 we say goodbye to our Year 13 students. Whilst this is a sad occasion it is also a milestone to be celebrated as it marks the start of the transition to the next part of their lives. Year 13's last week was filled with themed civvies including gender swap, pyjamas, and future career. They have had breakfast together and lunch together, enjoyed good food, each other's company, and the company of their teachers. On Wednesday they were the envy of the school when they had fun on a slip and slide on

the school field. The time they have spent together is very special!

This Year 13 are a group of students who have been most particularly impacted by the effects of COVID-19. They did not get to take their IGCSE examinations in Year 11 and have had their Year 12 and 13 years punctuated with online learning and restrictions. We are immensely proud of the resilience they have demonstrated throughout their IBDP and A-level studies.

As they now embark on a more serious period of final examination preparation and examinations, we wish them all the best of luck as they strive towards their individual goals.

We look forward to welcoming them on the 10th of June for their graduation ceremony and a final goodbye.



We have had a busy, fun, and full Second Term in Upper Primary. After a couple of weeks of remote schooling, our students were so excited to come back to school. It was a joy for them to be on campus and to be able to interact and engage with their teachers and friends again.

This term we have continued to focus on our Northfields values. Emphasis was placed on 'independence', 'excellence' and 'perseverance'. Every Wednesday, during our Assembly, we revisited our values and discussed the importance of implementing them not only at school, but also at home.



ClassDojo points were awarded throughout the term to those students who exhibited our values successfully during the school day. Our learners enjoyed celebrating Valentine's Day and took delight in decorating their classrooms doors to spread the love.

To celebrate Independence Day, our Year 5 and 6 students participated in a colouring in competition. The picture the children coloured in, illustrated the change of the Mauritian National bird from the Dodo to the Mauritius Kestrel. Mrs. Philogene was given the difficult task of choosing a winner from each grade.

Congratulations to Lula B. in Year 5, and to Shreya B. in Year 6 on their selection as the winners. Thank you to our incredibly talented Mrs. D for drawing this picture.



In addition, our students presented a song during our National Day High School Assembly.

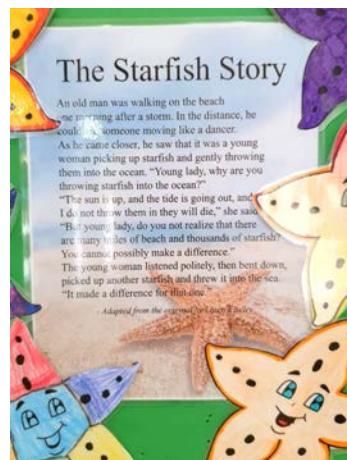
For St. Patrick's Day, the Year 5's made Leprechaun Traps and the Year 6's

created St. Patrick's Day poems. Congratulations to Emilie, Flo and Skyler for creating a very tricky trap, which even included a mini mask for the leprechaun to wear.



We enjoyed La Francophonie Day, a celebration of the French language, and the children came to school dressed in red, white and blue and enjoyed a delicious crepe from the canteen.

During our Collaboration time, our students are learning about 'global citizenship'. The children have completed various activities on what it means to be a global citizen. One such activity, The Starfish Story, focused on 'making a difference'. Each student's starfish has been placed on display in the Upper Primary area. The children completed various research projects across the subjects during the term, to put their investigative skills into practice. The Year 5's designed and created a Science project on Jane Goodall and the chimpanzees, as well as a Pizza Box Biography on a person of their choice for English.



The Year 6's created projects on natural disasters and electricity. We wish our students a happy and well-deserved break and look forward to teaching them again in the Third term.

Thank you to all the Upper Primary teachers for making this term so productive, happy, and successful.

ADDITIONAL UPPER PRIMARY EVENTS

APRIL

- 19th: Year 6 Visit to Ecole du Nord Global Village
- 20th: Upper Primary CAT4 Tests

MAY

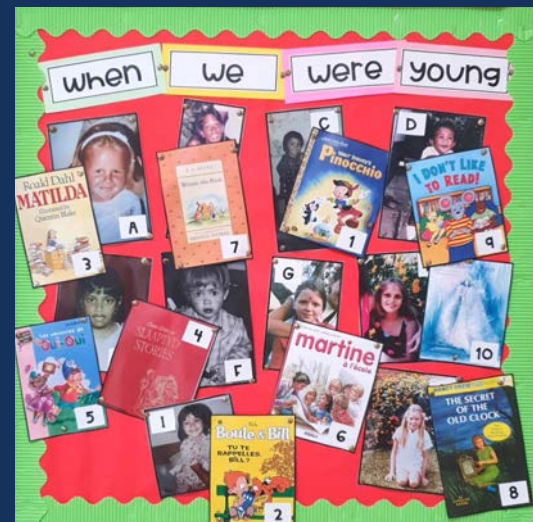
- 3rd- 6th: Anti-Bullying and Kindness Week
- 9th- 13th: Mental Health Awareness Week
- 20th: World Day for Cultural Diversity

JUNE

- 1st: STEM Fair
- 3rd: Spelling Bee
- 15th: Parents Consultation Day
- 21st: Prize Giving Ceremony

FAVOURITE CHILDHOOD BOOK

To encourage our Year 5 and 6 students to relish in the joy of reading, they were challenged with matching a picture of each of all the Upper Primary teachers, taken when they were children themselves, to their favourite childhood story.



The students showed great excitement, trying to figure out who was who and what they liked to read. Elise and Ava managed to match the most teachers with their books correctly and received a certificate.





ADDITIONAL NURSERY & PRIMARY EVENTS

JUNE

- 8th: Reports and Parents Consultation
- 13th: Reports and Parents Consultation
- 22nd: School Play TBC*

DR SEUSS



In the beginning of March, the LP students have celebrated the birthday of a famous writer Dr. Seuss.

In drama they acted out some scenes from his book "The Cat in the Hat" and in art we created some funny hats.



NURSERY & PRIMARY SCHOOL

SEMAINE DE LA FRANCOPHONIE

In celebration of this day, we promoted the French language, culture and traditions. The highlight for most children was the eating of 'Crepes' at snack time.

The CH students painted the Eiffel Tower in the colours of the French flag by using the Pointillism technique developed by a French painter called Georges Seurat. They also found France and other French speaking countries on the map and discovered that French is spoken in

five continents. In LP, they also learnt about France and different French cultures around the world, participated in craft activities and enjoyed singing and dancing to French songs.



TIGER ADOPTION PROJECT

"Don't let this be the last Year of the Tiger"

With less than 400 remaining in the wild, if we do not act now, they will almost certainly be extinct by next Year of the Tiger, just twelve years from now. Don't let extinction be their future.



"One way that children learn the significance of their own actions, is through acts of kindness." The students were asked to raise the money as part of their contribution by taking part in a service at home, such as cleaning the car, taking care of a pet or doing some gardening. By adopting Berani, we can ensure this tiger's territory and prey are protected, so he survives and sires cubs for the next generation of tigers. We look forward to receiving our adoption pack soon after the holidays. Once again thank you to parents for their generosity and support.

For more information about this charity, please go to:
<https://www.internationaltigerproject.org>

Through the support of the Children's House students and parents, we are pleased to introduce you to a new member of the Northfields Community - Berani the Sumatran Tiger. The aim of this charity project was twofold - to raise children's awareness of the plight of tigers and to help our children understand the importance of giving and taking part in community service. It is said,



MOTHER LANGUAGE DAY

During the first week of March, the Children's House worked on their International Mother Language Day's project to present to the class.

It has been exciting for the children as they explored the diverse cultures of their classmates and we all learned new things.





SEMAINE DE LA FRANCOPHONIE

During the week 21st to 25th March the Pre-nursery joined Northfields community in focusing on the language of French. It was a week full of excitement and learning as our students learnt the French flag colours, sang a-long to nursery rhymes and engaged in conversations with their teachers in class in the french language.



Thursday was an extra special day as our students selected red, blue or white and came dressed to school in that colour. As a sensory experience two of our students went for a trip to the main campus to help purchase the crepes from the canteen for all their friends. Needless to say the crepes were well received and the pre-nursery students enjoyed their snack as part of their outdoor picnic later that morning.



ADDITIONAL PRE-NURSERY EVENTS

APRIL

21st: Parents Meeting TBC*

MAY

- 4th: Toddlers Mommy and Me
Anti-bullying day
- 14th: Walkers Mommy and Me
- 18th: Monkeynastics Sports Day TBC*
- 25th: Mothers' Day Celebration

JUNE

- 5th: Celebration of World Environment Day
- 17th: Daddy Coffee and Muffin Morning
- 22nd: Walker Class Graduation

MOTHER LANGUAGE DAY

On the 21st February, International Mother Language Day was celebrated across the globe. At the Pre-Nursery, we spent the week acknowledging the different languages spoken at home by all our families in both the toddler and walker class.

a discussion amongst two children was overheard. "Why is your flag different to mine?". To which the other student politely responded "Because, I am different!"



Our students had their flag painted on their hand and later were introduced to the flag of the country that they were born into. Late Friday afternoon,

WORLD WATER DAY

The commemoration of World Water Day was postponed to Tuesday 29th March due to the weather day we had the previous week. World Water Day is an annual United Nations observance day held on 22nd March that highlights the importance of fresh water. In developing the minds of our global citizens at the pre nursery, we used the day as a learning experience for our learners to feel and appreciate what the water is, before they understand how to take care of it.



It was a sunny day and our students were so excited to get dressed into their costumes and get ready for their sensory activity of the morning.

There were giggles, splashing and laughter that was heard from the boys and girls as they enjoyed the sensation of the water and social activity that they experienced with their friends at school.

WILDLIFE DAY

It was a morning of anticipation as the Pre-Nursery teachers waited for the arrival of their students. Everyone was excited to see what animals the children had decided to dress up as for International Wildlife Day.

As a school we would like to take this opportunity to thank all the parents who contributed towards the Wildlife Foundation of Mauritius.

As an international school, we aim to develop our students as global citizens and we guide our students, with the assistance of their families, in their responsibility of the animal kingdom.



It was interesting to note that as it is the year of the tiger, we had more students dress up as animals from the cat family! During the day we could hear the sounds of the animals roaming around the playground as our pupils were so excited to be an animal for a day.



STUDENTS ACHEIVEMENTS

ESU PUBLIC SPEAKING



Julia G. attended the ESU Prizegiving Ceremony on the 3rd of March at the prestigious residence of the US ambassador in Vacoas.

She was congratulated by the judges for her hard work and dedication. Well done to Julia in being among the nine finalists- she has done us all very proud!



MERIT IN VIOLIN

We are extremely proud of Flavia L. who has received Merit for her Violin Performance Exams with the Associated Board of the Royal Schools of Music in London.

Flavia is flying the Northfields flag very high and we are so proud of her. Congratulations Flavia and all the best.



ANSHEE K.



and Thursday mornings 5.30-6.45 am as well as exercising at the gym from 5.50-6.45am on the other three mornings. She also aids the younger Bigsplashians in preparation for participation in the Bigsplash Galas.

At Northfields, Anshee participated in the Swimming Galas and won the Victorix Junior Trophy twice, setting many Northfields records and in 2020, was selected and trained for 'Around the Island Swim' under the able guidance of Mr Murray Botha and Ms Jordan. Unfortunately, the implementation of this activity had to be postponed due to Covid.

All this dedication, sacrifice, determination and hardwork has culminated in Anshee's pre-selection for the Indian Ocean Youth and Sports Commission Games in December 2022. She is scheduled to take the upcoming IGCSE exams in May/June 2022.

On the occasion of National Youth Day 2022, she was presented a 'Certificate of Appreciation' by the High Commission of India.

Well done Anshee, we are extremely proud of all your hard work.

Anshee K., currently in Year 11 as always been a serious and committed student.

As a young girl, she did Monkeynastix, attended dance classes after school, performed ballet, practised Kathak through MGI, attempted Karate besides trying to be a chef.

At the age 4, she was enrolled, for swimming to train so that she could participate in the IPS Swimming Gala. Her swimming instructor still recounts how Anshee was trying to run away to avoid getting in the water.

She learnt the four swimming strokes, polished them and kept swimming every week. She complemented her swimming as well as Equestrian Vaulting, and horse riding as well as Sport Dance.

Anshee holds the national record for age 11 50m Butterfly at 34.23s and 100m Butterfly at 1:18.69min.

She has developed a passion for this stroke. Her time in 100m butterfly, at 01:09:97min, is currently the second best in the country in women's section, the best being a 22 year old! Unfortunately, Covid disrupted her training of late.

However, there were workouts to be done regularly and on resumption, Anshee started swimming on Tuesday





THE IMPORTANCE OF A GOOD BREAKFAST FOR OUR STUDENTS

It can be tough to get kids fueled up in time for school, childcare, or a day of play. But a good breakfast is important. Here's how to make a healthy breakfast part of your morning routine.

WHY BOTHER WITH BREAKFAST?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to be physically active — two great ways to help maintain a healthy weight. Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead. Their mood and energy can drop by midmorning if they don't eat something for breakfast. Breakfast may help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories. And some studies suggest that bodies burn calories better in the morning than late at night. People who skip breakfast are more likely to be overweight because they may:

- Snack more often throughout the day.
- Overeat at later meals.
- Eat late at night.

BREAKFAST BRAIN POWER

It's important for kids to have breakfast every day, but what they eat in the morning is important too. To boost nutrition, choose breakfast foods that are rich in whole grains, fruits or vegetables, and protein while low in added sugar. Eating breakfast:

- Helps kids get more fibre, calcium, and other important nutrients
- Can help kids do better in school
- Improves memory and attention, which kids need to learn

Breakfast eaters get better grades and score higher on standardised tests. And kids who participate in school lunch programs have fewer absences from school.

MAKING BREAKFAST HAPPEN

It can be hard to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning. These practical suggestions can help:

- Stock your kitchen with healthy breakfast options.
- Prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.).
- Get everyone up 10 minutes earlier.

- Let kids help plan and prepare breakfast.
- Have grab-and-go alternatives (fresh fruit; individual boxes or baggies of whole-grain, low-sugar cereal; yogurt or smoothies; trail mix) on days when there is little or no time.

If kids aren't hungry first thing in the morning, pack a breakfast that they can eat a little later on the bus or between classes. Fresh fruit, cereal, and banana sandwich are nutritious, easy to make, and easy for kids to take along. What not to serve for breakfast is important too. Sure, toaster pastries and some breakfast bars are portable, easy, and appealing to kids. But many have no more nutritional value than a candy bar and are high in sugar and calories. Read the nutrition labels carefully before you toss these breakfast bars and pastries into your shopping trolley. If your kids eat breakfast outside the home, talk to them about making healthy choices.

BREAKFAST IDEAS TO TRY

The morning meal doesn't have to be all about traditional breakfast items. You can mix it up to include different foods and still provide the nutrients and energy kids need for the day. Serve a balanced breakfast that includes whole grains, protein, and fruit or vegetables. You could try:

- whole-grain cereal with low-fat milk topped with fruit
- whole-grain waffles topped with ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach leaves
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- vegetable omelet with whole-wheat toast
- lean turkey and tomato on a toasted English muffin
- shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds and topped with salsa

Let's encourage our children to eat a good breakfast everyday!!



NEW STAFF

Shara (Sarah) Pather – Cover Teacher

Ms Pather joined the School as a Cover teacher in March 2022 on a temporary basis till the end of the third term. She holds a BA(Hons) in Advertising, Public Relations and Media from Middlesex University and has worked mainly in the marketing field prior to working as a home-schooling teacher, where she has developed her passion for teaching.

Claudia Sauzier – Childcare Practitioner (PRE-NURSERY)

Ms Sauzier who has joined Northfields joined the Pre-Nursery this week as a Childcare Practitioner. She holds an Early Childhood Education Teacher's Certificate from the Mauritius Institute of Mauritius. Claudia has more than 4 years of experience working with infants, toddlers and pre-schoolers.

Julie Darga – Assistant Childcare Practitioner (PRE-NURSERY)

Ms Darga joined the Pre-Nursery earlier this year as an intern and we are pleased to inform our community that she has now been employed by Northfields as an Assistant Childcare Practitioner. She has completed a Diploma in Early Childhood and Care from the Charles Telfair Institute, Mauritius.

Noubhav Panchoo (Yadav)

Please welcome Mr Panchoo, an experienced gardener, who will be joining our Facilities Team. He previously worked with Northfields Sports Club so is familiar with our school and will be a great asset to the team.

Marie Georgia Pepita Collard

Ms Collard is currently working as a Teaching Assistant in the Children's House. She holds a Bachelor of Science in Psychology from University of Mauritius and has experience working with young children.



SELF-ESTEEM

In a nut shell your self-esteem is what you think about yourself. So often we focus most of our attention on the negative things that people, friends or strangers may say about us. While in reality what we say to ourselves silently is often far worse and far more damaging. If I wake up in the morning and say to myself, "Today is going to be a bad day", onto breakfast "I am looking so fat today I don't want to go to school", onto "I am so dumb I am going to fail my maths test" onto, "my friend is upset with me, I am the worst friend and am going to be alone forever" I go to bed thinking to myself "my parents are so disappointed in me, I am such a failure". If this was your self-talk each and every day, how would you feel at the end of a week, I imagine very drained and negative!

When you look in the mirror, face a challenge, have a confrontation or life doesn't go as planned, what do you say to yourself? What does the voice in your head say? Are you kind to yourself?, do you have different perspectives?, do you acknowledge your achievements? Do you see your strengths and progress? We cannot change other people and their views and opinions of us, but we certainly can change our own thoughts and perspectives of ourselves.

Self Esteem

- What is self esteem?
- **Self Esteem: the way we see, feel, and think about ourselves**
- Should be based on the inner qualities of our heart, not on money, looks, etc.



If the above sounds familiar, I challenge you over this time of midterm to really reflect and think about what you think about.

The list below gives a few ideas of how to improve your overall self-esteem:

1. Be with people who treat you well
2. Say helpful things to yourself
3. Accept what's not perfect
4. Set goals and work towards them
5. Focus on what goes well
6. Give and help

REMEMBER: YOU ARE ONE OF A KIND, BE YOUR TRUE AUTHENTIC SELF, ALWAYS!

<https://kidshealth.org/en/teens/self-esteem.html>



PARENT COMMITTEE NEWS

Northfields Parent Committee is made up of parents who volunteer their time and efforts for the betterment of the school and our children's educational experience. One of the main roles of the Parent Committee is to help with the Home School Liaison through the Class Whatsapp Groups and the Class Reps. We are also active with Fund Raising by organising social events during the year to support community spirit and specific school projects. The Parent Committee also organises catering support for functions at school activities as well as sporting events.

Since the resumption of courses on Campus, the Parent Committee organised a second hand collection on Thursday 31 March 2022. All the items collected were donated to Serendipity by All Life Matters. We intend to repeat this collection every month and various charities will receive the items collected. Our next collection will be in favour of Lakaz Iespwar (Caritas), Solitude. We also handed out oranges to the athletes who participated in the interhouse competition on Tuesday 29th March 2022. We had exciting projects such as Fun Days, Movie Nights and many more but they will have to be postponed as sanitary protocol does not allow us to have activities with more than 50 persons.

In the meantime, we wish to help students enjoy their days on campus by proposing some fun activities such as the forthcoming Crazy Hair Day, Bake Sales, and many more activities for each year group.

The Parent Committee is open to all parents of Northfields School who would like to offer their time and skills for the betterment of the school.

