



OCTOBER 2022



UPCOMING EVENTS

OCTOBER

- 17th: UN Eradication of Poverty & Launch of EOY Grocery Bags
Year 13 Otentik trip
- 19th: Year 11 Parent Meeting(T1 progress)
App Support Session
- 20th: Launch of Yearly I-DEA Campaign
- 21st: Diwali Celebrations
- 25th – 27th: Year 10 Camp
- 26th: Year 12 & 13 Parent Meeting (T1 progress)
- 28th: Pre-Nursery Parents Consultation
- 29th: Interschool Fun Run
- 31st: Halloween
Dia de Los Muertos

NOVEMBER

- 3rd – 4th: Year 8 Camp (8I & 8H)
Year 13 ESS Field Trip
- 7th – 8th: Year 8 Camp (8H & 8V)
- 7th – 11th: International Science Week
- 9th – 11th: Year 9 Camp
- 10th: World Science Day
World Transport Day
- 13th: World Kindness Day
- 14th: Odd Socks Day
- 14th – 15th: Year 7 Camp (7H & 7R)
- 16th: International Day for Tolerance
- 16th – 18th: Year 12 Camp
- 20th: Children's Day
- 21st: Universal Children's Day
- 22nd-23rd: Year 5 Camp
- 23rd: Lower Primary Parents Consultation
- 24th – 25th: Year 6 Camp
- 24th: Campus Abroad University Fair
- 25th: Interhouse Netball & Football
Pre-Nursery Baking Friday
- 26th: Interschool Netball & Football
- 28th-29th: Year 7 Camp (7I & 7V)
- 30th: Children's House, Lower Primary and
Upper Primary Parents Consultations
Year 9 Parents Meeting

DECEMBER

- 1st: Interhouse Table Tennis
- 2nd: Water Play Day
- 5th: Water Soil Day
- 7th: Upper Primary Humanities Exhibition
Children's House Christmas Assembly
- 8th: Lower Primary Christmas Assembly
Upper Primary Christmas Celebrations
- 9th: Last Day of Term 1

HEAD OF SCHOOL MESSAGE

It has been wonderful to start the year this year together with our returning students and staff, as well as with the many new members of our community who have just joined us. **It is clear that Northfields has grown considerably in many ways these past years, and our community is expanding not only in number but in background and experience as well.** This growth is adding so much to the life of our students and enriching our experience as we share and learn from each other.

Our growth has also been evident through our facilities expansion projects, which are taking shape nicely now. The new Primary classrooms for CH and LP look fantastic and have been bustling with activity since the start of term. Our beautiful new Music Room has also become fully operational, and our students have been benefitting from this new space for their lessons for the past few weeks. We look forward to completing our expansion works over the coming months with the opening of our new block at the front of the school with our new Library and study rooms, as well as the conversion of our existing library to additional classroom space. We expect to be able to use these new spaces as of Term 2 and look forward

to holding a celebratory inauguration soon thereafter.

Until then, we have many activities and events planned to supplement our academic programme, and I thank our staff, students and parents for your support in making these special occasions a reality as part of our Northfields way of life. As we celebrate our first 20 years, it is heartening to see that this integral part of our ethos remains so strong. Our recent Founders Day ceremony provided a lovely perspective on how we have grown over the past 20 years, and it was a pleasure having our first Head of School, Mrs Paula Atchia, with us on the day to share in this celebration.

I look forward to seeing the remainder of term continue with productive and successful learning experiences for all our students, and further community building through our important efforts in helping others, especially as we approach the end of the year. Thank you all in advance for your contributions at every level in this respect be it in the classroom, at home or in our wider community.

Mrs Phyllis Philogène
Head of School



Blood Drive

In Mauritius, every 15 to 20 mins, someone requires blood or blood products based on the 125 to 150 pints of the daily requirements for Mauritius. A car accident victim can need up to 50 units of blood or more, while a cancer patient might need up to 8 units of platelets per week.

To help this cause, Northfields community came together on Wednesday 14th September for a blood donation activity in collaboration with the Mauritius Blood Bank with the view to address the shortage of blood in the Blood Bank. The objective was to help the Blood Bank maintain an adequate stock level of blood and collect as many pints as we could as a community.

It was heart-warming to see some of our older learners taking part in the blood donation as it is important for our younger generation to come forward and donate blood.

Blood donation takes not more than 15 minutes of our time while at the same time allowing us to give a 2nd lease of life to a patient in need.

We would like to thank all donors for their time in helping to save lives and we hope to make blood donation a regular affair at Northfields.



Founders' Day - Celebrating 20 years



This year Northfields celebrated Founder's Day with great pomp due to the special commemoration of its 20-year anniversary.

We were very lucky and blessed to have the founding Headmistress, Mrs Paula Atchia as our special guest on the day. Her message to the community was on the importance and relevance of education and how education has evolved so much in the past 20 years. We were very lucky and inspired by her wise words.

The Academic and Sporting awards were once again very popular this year with students achieving excellent grades overall as well in IGCSE/IB international examinations.

Special congratulations to the Eagles House this year on winning the House Cup- this was a moment of great excitement.



The school also recognised staff members who had reached the 10-year milestone in their career.



We were also fortunate to honour those who had reached the 20-year milestone with our Director Mr John McIlraith, Our Head of School Mrs Philogene and our Assistant Principal for Student Life and Well-Being, Mrs Rungasamy who were all honoured by the school for their dedicated service to the community.

As always, we had amazing musical performances by the students who always make us extremely proud. Northfields has achieved a great milestone of 20 years with the aim of empowering all students in achieving their full potential.

We have no doubt that our school will move from strength to strength in the next 20 years.



Interschool Cross Country



Well done to all the Northfields athletes who competed at the Interschool cross country event held at Lighthouse school on Wednesday 28th September. The participating schools were Northfields, Lighthouse, West Coast and Morning Star. It proved to be a very enjoyable and successful afternoon with a number of Northfields athletes receiving medals. Congratulations to all the runners who participated.



1st places: Melody C., Helena D., Jacob F, Sienna H., Immi R., Capucine P. and Matthew S.
2nd places: Ameline C., Abigail S. and Carlos C.
3rd places: Scott S., Erin M., Sasha G., Alexia L., Eloise C., Sienna L., Paloma M., Antoine B. and Sanjeev R.



SPORTS

Interhouse Cross Country



On Wednesday 21st September Northfields held its first Interhouse event of the academic year: Cross Country. The students had a new route to complete and were excited to come together as a team. It was fantastic to see the level of participation and hard work from all those involved within the various categories and to witness the determination to succeed.



Well done to all the runners and congratulations to Dolphins who were victorious on the day!



INTERHOUSE CROSS COUNTRY RESULTS

POUSSIN BOYS

1. Phoenix- Thomas H.
2. Phoenix- John K.
3. Eagles- Clement F.

POUSSIN GIRLS

1. Dolphins- Melody C.
2. Dolphins- Erin M.
3. Phoenix- Zoey L.

BENJAMIN BOYS

1. Phoenix- Jacob F.
2. Eagles- Cole F.
3. Eagles- Campbell F.

BENJAMIN GIRLS

1. Dolphins- Sasha G
2. Phoenix- Faustine H
3. Dolphins- Alexia L

MINIM BOYS

1. Dolphins- Daniel C
2. Dolphins- Shawn M
3. Dolphins- Samuel L

MINIM GIRLS

1. Phoenix- Immi R.
2. Phoenix- Sienna H.
3. Phoenix- Sienna L.

CADET BOYS

1. Dolphins- Antoine B.
2. Eagles- Carlos V.
3. Dolphins- Jonas D.

CADET GIRLS

1. Dolphins- Abigail S.
2. Dolphins- Tiffany S.
3. Dolphins- Paloma M.

JUNIOR BOYS

1. Eagles- Sanjeev R.
2. Eagles- Oliver B.
3. Eagles- Joshua P.

JUNIOR GIRL

1. Eagles- Capucine P.
2. Dolphins- Anna P.
3. Phoenix- Kate V.

OVERALL RESULTS

1. Dolphins
2. Phoenix
3. Eagles



Interhouse Football & Basketball Results

GIRLS FOOTBALL

The final results were as follows:

YEAR 5/6

1. Phoenix
2. Dolphins
3. Eagles

Best player – Freddi R.

YEAR 7 – 13

1. Eagles
2. Phoenix
3. Dolphins

Best junior player – Sophia J.

Best senior player – Immi R.



BOYS BASKETBALL

The final results were as follows:

YEAR 5/6

1. Eagles
2. Phoenix
3. Dolphins

Best player – Clement F.

YEAR 7 – 13

1. Phoenix
2. Eagles
3. Dolphins

Best junior player – Ashley D.

Best senior player – Dimitri D.



Interhouse Football & Basketball

INTERHOUSE GIRLS FOOTBALL



The Interhouse girls' football event took place on Tuesday 27th October. The girls were excited and there was certainly a buzz in the air, along with the tunes of the DJ.



There was evidence of outstanding team work on the day as well as excellent house spirit and the girls need to be commended for their efforts on the day.



INTERHOUSE BOYS BASKETBALL

The Interhouse boys' basketball event took place on Tuesday 27th October. Each year group was represented and every student was encouraged to participate.



The matches were keenly contested and only one point separated the houses once all matches were completed.



Congratulations to all the players who played their best on the day and for all the support from the side lines.





Farm Animals Day

World Farm Animals Day was founded to highlight the poor conditions suffered by some farm animals and promote awareness in the hope something may be done to improve their lives.

Bringing this concept to our students, we guide them in learning about kindness, love, and respect at school. This concept is still abstract to our little students, though through their experiences this understanding will be learnt in time.



The Toddler and Walker Class were also introduced to the world of farm animals. For circle time, our students brought an object from home.

This turned into a social activity, as they learnt to show and share their objects. We are so proud of the learning that is taking place at our school.



Orientation Day at the Pre-Nursery



life and the school's daily routine, the toddler and walker class teachers did a morning circle with everyone. Everyone sang the 'Good Morning' song to begin and we later sang the favourite song of each child seated in the circle. It was a moment in celebrating the diversity of our families and their home languages of English and French. We are looking forward to establishing our relationships with the new families of the Northfields community.

Our academic year 2022-2023 began with our team welcoming our new families. It was the first of many firsts to come for our little ones; My first day of school, my first teacher, my first school uniform and my first meeting with my new friends. It was a well planned morning with the families meeting one another, the children exploring their new surroundings and meeting the Pre-Nursery team.



As part of the intergration into school



International Peace Day

The Toddler and Walker class of the Pre-Nursery joined in with International Peace Day.

As a Montessori Pre-Nursery we are imprinting in each student the understanding of the concept of peace as they start to understand what kindness is.

Peace Day is not celebrated on just one day at the Pre Nursery, we strive every day to express the Montessori values of peace, grace, and courtesy in some way, and the International Day of Peace is the perfect time to focus on peace in the Montessori classroom.

At the Pre Nursery, our children wore the color blue and got involved in peace day arts and crafts. They also learnt the importance of sharing which indirectly lead to the concept of respect.

As an International school, we strive to work together to create a world where evryone, everywhere is able to enjoy and exercise their 'right to peace'





Eco-School Corner



CLEAN-UP DAY

The Daruty forest clean-up has become over the years, one of our major community event.

On Saturday 17th September, Northfields community gathered to do its share for the World Cleanup Day. The event, which was held in collaboration with Let's Do It Mauritius, saw our community come together to keep our beautiful forest free of illegal garbage and littering.



By the end of the morning, the students, parents and staff had filled multiple bin bags with all the waste found in the forest.

The forest certainly looks cleaner than before and we would like to thank all who were involved on that day for their contribution.

PRE-NURSERY

Music and Movement Begin

At the start of September our two external providers of the Pre-Nursery Helena from Monkeynastix and Katerina from Musikgarten, conducted sessions which were very well received by our children.

Our focus theme this term is 'Our Bodies' and this theme was incorporated in both Monkeynastix and Musikgarten where learners gained insights into what their bodies can do and how music can make a lasting impression in the life of a child.



Music Open Day



world of music to each family. It was an interactive morning planned by Katerina.

She discussed the importance of music and what her sessions during the week would entail with her students. Everyone had the opportunity to explore their auditory and listening skills.

The Pre-Nursery campus organized two special Saturdays for their parent and children to bring the

Thank you to Katerina who led a fun-filled morning.

Let us be Healthy

On the last Friday of each month, our Pre Nursery students work on their practical life skills and prepare a healthy snack.

During this term our little students learnt about healthy eating with fruits, vegetables and dairy products.

The Pre-Nursery teachers took this opportunity to make a fruit salad for morning snack with all their students.

This activity was warmly welcomed by all and needless to say there was no fruit salad left as our students thoroughly enjoyed their healthy alternative meal on that morning.





World Peace Day

On the 21st September, our focus was to think about what we can all do to make peace around us. During circle times, the students talked about Peace Day; its meaning and age-appropriate significance. In the CH, students coloured their own dove and wrote something that contributes to making the world a more peaceful place, such as Love, Respect, Harmony, Understanding, Justice, Unity, and Hope.



Tennis at Tennis Nord

We are pleased to have launched our partnership with Tennis Nord this term. Throughout the year, as part of our school sports program, our students from Reception to Year 4 will be participating in Tennis lessons once every two/three weeks on a rotation basis.

The aim is to give students an opportunity to learn tennis and develop their racket skills. So far, the students have loved their lessons with the dynamic coaches from Tennis Nord.



National Sports Day

We had lots of fun at school celebrating National Sports Day on the 2nd September. The students learned about different types of equipment and the clothing we can wear to protect ourselves when participating in our favourite sports! CH3 students also created their own baseballs / basket balls craft using dot mark making.

Many students came to school in sports kit and loved talking about their skills and favourite sports teams!



International Chocolate Day



We used the occasion of International Chocolate Day to offer the children an additional practical life activity. The children developed real-world skills of cutting, 'threading' onto skewers and dipping in chocolate. The students received an explanation and watched a documentary about how chocolate is made. The children really enjoyed eating the chocolate fruit skewers that they made themselves.

World Animal Day

World Animal Day is celebrated every year on October 4th across the world. In all the classes, we talked about different animals, what they look like and the care they need. We also welcomed some of the children's friendly pets.

Our aim was to promote a peaceful coexistence between animals and our students and making them feel and be aware of how animals enhance our lives. In the LP, we were lucky to have a vet student Hamza, to help our students present their animals and create more awareness from his knowledge and experience.

This day is also known as 'Animal Lovers Day' because it encourages love, care, affection, and protection of animals by supporting individuals and organisations who promote

animal rights. Our children are learning more how to be humble towards animals and how to be able to cater for their needs.





*LP Collaborative
Art Work*

The theme throughout this first half term for our Lower Primary students has been the use of recycled materials such as paper, toilets rolls, magazines, newspapers etc in creating art.



The children were inspired by great artists such as Henri Matisse, Claude Monet, Wassily Kandinsky and included the Polish style of cut paper design called Wycinanki. Group projects help the students develop positive team work, communication, understanding, sharing ideas and creativity.



The school values, especially of Respect and Discipline, is also a key learning area. Well done to Miss Audrey for guiding our budding artists through these beautiful projects.

International Day for the Older Person

Our dear seniors and grandparents to some of our children have visited LP and CH classes on Monday the 3rd October, in honour of International Day of the Older Person, also known as, World Citizen Day.



A heartfelt thank you to Mr and Mrs Tupper, Mrs Rivalland and Mr Desjardins for selflessly giving time to each of the classes, sharing some of their fondest memories and for so patiently answering all the "how" and "why" questions?

The tales that started off with "back in the days" are the ones that intrigued the children most. Listening to how they needed to manually heat water to have a hot bath, dial the operator to connect a call or send a telegraph to stay connected, has certainly inspired our little ones to research the evolution of technology. Like trees whose branches bend and sway in a storm rather than crack under pressure, our "Golden Oldies" had the power to remain flexible and strong amid life's rapid changes and challenges.



This made us realise just how important it is to develop resilience as a virtue and secondly just how fortunate we are to have our seniors amidst us.

The children have beautifully ended the visit with some pledges and to share but a few;

"May we be means of fulfilling your desires in old age, as you did for us when we were young."

"We appreciate your perspective; you see life from a different and experienced set of lenses."



Grandparents and seniors undoubtedly provide the essentials that children need in abundance. Love, kindness, wisdom, guidance, comfort and most importantly, cookies!

To all grandparents and seniors, we salute your courage and wish you love, peace and contentment from this day forward.





World Animal Day



On Tuesday 4th October 2022, the Year 5 and 6 students celebrated World Animal Day. The purpose of this event is to celebrate animal rights, to strive to end the suffering of animals and to create an awareness about the actions required to be taken for animal rights and welfare.

Each class in the Upper Primary focused on a different endangered animal.

- 5H – Giant Pandas
- 5V – Koalas
- 6H – Elephants
- 6V – Rhinos



Students were given the opportunity to share their ideas on this topic. They also completed various activities to celebrate this important day, which were displayed in our Upper Primary area.



Roald Dahl Day



On the 13th September 2022, the Upper Primary celebrated the wonderful and wacky creations of the famous children's author, Roald Dahl.

Our Year 5 and 6 students were invited to dress up and come to school as one of their favourite Roald Dahl characters.

To commemorate Roald Dahl and his achievements and all the magic that he brought and continues to bring to children, our learners participated in various 'Roald Dahl' activities.



These activities took place throughout the day during our English and Mathematics lessons.

It was an exciting and fun-filled day.



World Gratitude Day

On Wednesday 21st September 2022, The Upper Primary celebrated World Gratitude Day. The goal of Gratitude Day is to acknowledge the things and people you are grateful for—whether they are family members, friends, essentials, or your favourite treats.



'gratitude wheels' to illustrate what they are grateful for in their lives. This proved to be a valuable experience for our learners.



Peace Day

On Thursday 23rd September 2022, Northfields decided to celebrate Peace Day. The Year 12 and 13, with the help of teachers, made Peace Day eventful. Firstly, the Year 12 helped in the making of the Peace Day boards. We cut out butterflies, hearts, cut-outs of doves, and the peace sign to put on our board.



In addition, an idea of students ideally class captains and vice class captains would write on the board sprouted and the making of the board was a great success. The school grounds were filled with joyful students wearing yellow and white outfits to represent Peace.



Moreover, the most crucial part of the day happened during lunchtime when the selling of cookies happened thanks to the help of the fellow Year 12 and 13. We were able to sell all of the cookies and raised a significant amount of money for a designated charity.



Start of the Academic Year

It was a great start to the academic year 2022-2023 with induction for all our Year 7 and new students starting at Northfields. The day started with the more serious information followed by some really fun sessions and team building exercises.

A big thank you to our Year Group Leaders for making this such a fun and interactive day. All of our students left the school premises with a huge smile on their faces.



Celebration of Teachers' Day



In celebration of Teachers' Day that took place on the 5th October, the students of Year 12 led an initiative to spoil their teachers. All secondary school students participated in the surprise: the Year 12 & 13 provided a delicious lunch to the staff, and the students of Year 7 to 11 made nice gift parcels for the members of Northfields staff. The teachers felt very pampered and appreciated all the students' efforts.





Let's do it

In 2020 the Let's Do It Mauritius Song Competition was initiated to give aspiring songwriters in Mauritius a platform to compose songs that makes us think about the power of our daily choices and the huge impact these choices have on the health and wellbeing of both ourselves, and our planet.

Northfields was pleased to announce that Ella has won the first prize of the competition. Due to the Covid restriction, the production was delayed but is now finally available.



On the 16th September, our award winning student Ella joined Warren Permal, Miguel Hermelin, and Ingrid Bell at the Radio One Studios to talk about her song 'Let's Do It', supporting the world wide clean up Day.

Watch the full video here:
https://youtu.be/_CLLsxt4CU

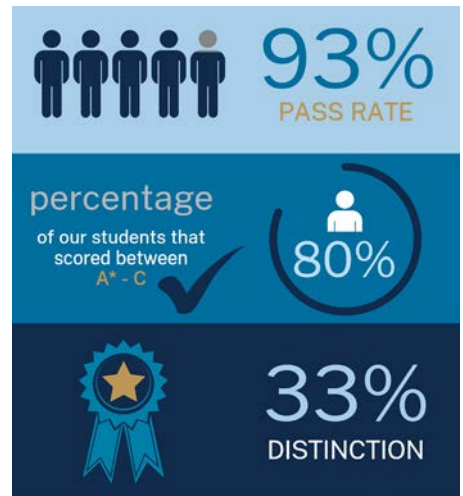


IGCSE Results 2021-2022

Congratulations to our IGCSE students for their great performance in the IGCSE examinations.

We are very proud of them and appreciate the hard work and resilience they have shown while preparing for their external examinations.

Our results keep improving and this shows our determination to achieve excellence at Northfields International School.



Outstanding Cambridge Learner Awards

Northfields would like to congratulate the following students on being recognised as Top in Mauritius and High Achievement in Mauritius at Cambridge O, A and AS Level examinations in any subject during the official Mauritius Examination Syndicate awards ceremony held this week.

Northfields is proud of the achievements of our awardees and we commend them for their outstanding performance, as well as their parents and teachers for their efforts and support. These students can rightly be proud of their achievements!



Rairan
Top in
Mauritius in
MATHEMATICS



Samuel
High
Achievement in
FRENCH



Zahrah
High
Achievement in
HISTORY



Lucas
High
Achievement in
FRENCH



Tom
High
Achievement in
MARINE SCIENCE



Benjamin
High
Achievement in
HISTORY

Global Robotics Competition

Northfields is delighted that Aaryan J. of Year 11 will be representing Mauritius as part of the Mauritian team in the finals of the Global Robotics Competition in Geneva this month.

This is a proud moment for our young Computer Science student, his parents, and his mentor Mr. Aavish, who have been working together with Aaryan in empowering him to reach his potential and rise to new challenges.

We wish him best of luck.





IBDP Achievements

NORTHFIELDS IS PROUD OF ITS
TOP 3 ACHEIVERS FOR THE
IBDP EXAMINATIONS OF 2022



RAYAN
41 PTS



GRETA
37 PTS



LAURA
37 PTS

IBDP OVERALL PASS RATE: 100%
CONGRATULATIONS TO ALL

IBDP CORNER

Group 4 project and CAS activities in October 2022:

Group 1 (18 students): Otentic/
Ferney Oct 17 – 19

Group 2: (20 students): Réunion Oct
15 – 24

Each year we organise a Group 4 project – Science experiment – together with CAS activities for the Year 13 class. This year 20 Northfields students departed for Reunion on Saturday morning, 15th October, returning on 24th October.



On another side, 18 Northfields students departed for Otentic/La Vallée de Ferney on the 17th October and will return on the 19th October.



The Group 4 project (Science) is a collaborative activity where students from different Group 4 subjects work together on a scientific or technological topic. CAS (Creativity, Activity & Service) requires students to take part in a range of experiences which should involve real, purposeful activities and personal learning.



The science experiment is currently taking place at the volcano Pitón de la Fournaise in Réunion Island and the other group will start their experiment at Otentic in the south of Mauritius later today.



It is wonderful to be able to offer exciting learning experiences for our students once again.

Year 12 embarking on the IBDP

This year we have 60 students in Year 12 who have embarked on the IB Diploma Programme since 22 August and now have a better idea of what is expected of them over the next two years. The IB Diploma programme covers a broad curriculum and requires students to develop good organisational skills to cope with the many tasks and submissions expected. The students have completed several weeks of classes in their six chosen subjects and the core components – CAS (Creativity, Activity, Service), EE (Extended Essay) and TOK (Theory of Knowledge). As part of the preparation for the EE – the 4000-word research essay – the students have now chosen a supervisor from one of their

subject areas and have formulated a Research Question to respond to. They have learned how to reference according to the Harvard style and been encouraged to read published EEs to get an idea of the formal style of writing and formatting expected in an academic paper.

This week the students will be sharing their Research Question in their form group and receiving feedback so that they can reflect on whether their research question is too broad or too narrow. With further research and investigation, it is often the case that the Research Question will be edited a little to ensure the final content of the essay is clearly related to the stated Research Question.



Service as Action

Service as action is a vital part of the MYP Programme at Northfields International and is a requirement for our students to complete.

Giving importance to the sense of community throughout the programme encourages responsible citizenship and seeks to deepen the student's knowledge and understanding of the world around them.

The MYP Service as Action Programme provides an avenue for experiential learning through a range of physical, service and community activities. This half term our students had the opportunity to join a range of cultural, sport or creative activities. Moreover, new activities have been included in our programme this year such as Cinephile club, Wellness club and Leadership club.

Through these activities, students would increase their awareness on their own strength, undertake new challenges and develop new skills, plan and initiate activities, work collaboratively, show perseverance and commitment, engage with issues of global importance and consider the ethical implications of service.



SERVICE
AS ACTION



Personal Project

The personal project is a formal and important part of the MYP learning. Our year 11 students explored an area of their interest and had the opportunity to consolidate their learning and develop important skills they will need in their Diploma Program and life beyond the classroom. The personal project helps students to develop confidence to become principled lifelong learners. In term 2, our students will be preparing for a Personal Project exhibition to show their projects.



IB learner profile activities to do at home

Everyone forms part of our learning community including the parents. We will be sending out activities through the academic year whereby parents will be invited to reflect on the IB learner profile, and some activities will be suggested to help the reflective process. So, for this term, here are the learner profiles we are going to explore:

Inquirers:

They develop their natural curiosity. They acquire the skills necessary to conduct inquiry and research and show independence in learning. They actively enjoy learning and this love of learning will be sustained throughout their lives.

Activities for parents:

- Encourage areas of your child's interest by visiting the library to borrow books that explore these topics.
- Develop an understanding of the Internet. Work with your son or daughter when the Internet is being used and try to instill the understanding that some Internet sites are not reputable.
- Model being an Inquirer. Admit when you don't know the answer to a problem or a question and seek out answers in front of your child.

Open-minded:

They understand and appreciate their own cultures and personal histories, and are open to the

perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view, and are willing to grow from the experience.

Activities for parents:

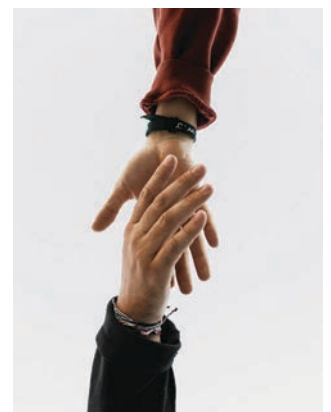
- Encourage your child to try out new things-new food, new games and new activities.
- Expose your child to different festivals, celebrations and traditions and be sure to present them in a non-judgmental way
- Encourage your child to really listen to others when they speak.



Festival of hope

Northfields has registered as a partner with the IBO to promote the festival of hope which is a worldwide initiative. The Festival of Hope is an open invitation to bring issues that matter most in your life and your community to the foreground. No challenge is too small, and no idea for change is too ambitious. Standing up for the causes closest to our hearts is an act of empowerment and can also provide the spark that inspires others to stand with us.

Here are our commitments as a school: We care about inclusion and acceptance of diversity. We hope for open mindedness through our whole community. We care for each other and value the uniqueness of one another. We want to see more risk takers standing up for the right of others. We will be planning a lot of activities connected to this event and we would like to have everyone on board for this.





My CAS Experience



My CAS experience so far has been quite interesting and fun. It has helped me to develop myself and my personality in some ways such as through teamwork.

I was able to work properly in a group without hesitation because most of the time I like to work solo. Each category in the CAS has aided me to become more responsible and skilled in certain areas such as football.

Each week I devote three hours of my time to CAS so I could enhance my characteristics in becoming a better person

Ayman, Year 12



MY CAS EXPERIENCE AS A YEAR 12

Starting Year 12, I was very excited about CAS as it consisted of being creative such as learning a new language or an instrument, an activity whereby you had to engage in a sport of your liking to develop better skills and grow within the sport, and lastly service which consisted of various ways of engaging to help the community shape in a better way.

Firstly, upon starting this year, my first ever involvement in any CAS experience was Football, which occurs every Monday after school hours. We are with the younger years who are there for their personal liking and some other people doing it as their CAS. I really enjoy doing football after school as you get to do some activities and drills that sometimes aren't taught during our usual PE lessons as well as playing with different players than I used to play with.

Secondly, there was the Peace Day Event at school where I decided to get involved to help with the board and cookie sale. I traced little butterflies and had to stick it on the board where people would write little messages related to Peace. As well as some people volunteered to bake cookies which were brought to school the next day and I helped pack the cookies and sell them, thus the money was used to raise money for a cancer campaign.

Thirdly, I engage in a volleyball club as another activity on Tuesdays with other students who are very skilled and they teach me.

As for creativity, I bake with my mum occasionally, which I started on the 2nd of October, we made fluffy pancakes together.

I then got more involved in school events such as Founder's Day and Teachers' Day which is more recent. For Teacher's Day, I went to the Year 7, 8, and 9s form room in the morning and asked their form room teachers to step aside we told them to bring in items such as coffee, teas, and more which was then collected

to put in different packaging for almost all teachers.



HOW I FELT DOING CAS

I feel very engaged to do CAS, including school events such as Teacher's Day. It also gives me a reason to do something as well as being able to demonstrate different skills such as planning, creativity and being an earful. I believe that by doing CAS events, there are bound to have some little mistakes occurring such as communication problems and people not wanting to be proactive. We even have some problems among ourselves but we should put our personal problems aside and resolve our own issues. Currently CAS is very fun, such as Creativity where you are open to different things you can explore and it can be counted as anything CAS related. As well as taking part in school events such as Teacher's Day resulted in a lot of compliments from all the teachers, making us feel proud of ourselves.

Kimberley V.





Parents Committee

The Northfields Parents Committee is a group of parent volunteers who work throughout the school year assisting in various fundraising activities, community building, charity drives and much more.

This term we gave oranges for Cross County, we assisted Childrens House and lower Primary with Education of senior people what a lovely morning spending time with our older generation learning all about their wonderful stories.

Up and coming events with the Parent Committee will be Divali snack sale, Halloween and DIA DE LOS MUERTOS bake sale and the fun run.

Every month end we run a charity collection. Thank you to all parents and staff for your donated goods.

This term we have donated to serendipity and Caritas Solitude. We have a big year end charity collection that will be launched on the 17th of October please look out for more info.

If you want to join the parents committee please email me on mandy.arazym@northfields.school

Thank you for your continued support

Mandy Arazym
Parents Committee



Self-harm Awareness

On the 19th October we will be celebrating World Mental Health Day as a community.

I would like to share some information and facts about self-harming, what it is, why people do it and how we can support one another in the prevention and treatment process. A person who self-harms or self-injures, is someone who intentionally causes their own body physical pain and harm. This could be in the form of cutting themselves, burning their skin, hitting their head or a body part against the wall or door, over exercising until they faint and hair pulling.

When a person experiences emotional distress we all try to regulate these emotions, some will talk to a friend or cry or write in a journal. But some start to become trapped in their negative emotions and feel stuck. Self-harm can become a quick relief for this emotional pain. It can distract the person or be used to 'feel' again when they feel numb inside. This would be an unhealthy coping mechanism and creates an even further negative emotion of self-hatred, shame and guilt. Social media can often glamorise this action, and studies have shown how social media negatively affects a teens self-confidence and overall happiness. Peer pressure can also influence a person to want to experiment in this kind of negative behaviour and can become an automatic response to unpleasant feelings and can cause long term scars, disfigurement, depression and suicidal thoughts.

Some signs to look out for:

- Unexplained marks on wrists, arms, thighs, and torso
- Wearing long sleeve clothes on hot summer days
- Avoiding situations where others will see their skin, locker rooms, wearing swimming costumes ect
- Noticing blood stain on the bed spread or clothes
- Withdrawing themselves, being isolated
- Spending long unexplained periods of time in bathroom

What can you do to help?

Do not be upset with the person, they will already be feeling extreme emotions of guilt and shame. Encourage them to open up and share with their parents, a trusted adult, the school counsellor or teacher.

As a parent seeking professional help will be necessary, calling your local doctor/ paediatrician as a first step. Ask questions to try and understand what has caused this behaviour and educate yourself with further information on self-harm. Do not judge and rather focus on positive steps to support.

Replace the self-harm with positive coping mechanisms. It is very important to find new ways of managing the negative feelings in a healthier way. The painful emotions will still come at different times, it's about being equipped with new ways to process them and release them.

Replace self-harm with positive experience:

- Social support, by allowing friends and family to walk this journey with you
- Unplugging from digital media which may be having a negative influence on your mental health
- Exercise to relieve the natural endorphins to get your body into a 'happy' space naturally
- Take control, if things are not easy at the moment put things in place to empower yourself and be more equipped to handle the situation





Portions

5 A Day fruit portions

Small fresh fruit: A portion is 2 or more small fruit (2 plums, 2 kiwi, 3 apricots, 6 lychees, 7 strawberries etc).

Medium fresh fruit: A portion is 1 piece of fruit, such as 1 apple, banana, pear, orange or nectarine.

Large fresh fruit: A portion is half a grapefruit, 1 slice of papaya, 1 slice of melon, 1 large slice of pineapple or 2 slices of mango.

Dried fruit: A portion of dried fruit is around 30g. Try to swap dried fruit for fresh fruit, especially between meals.

Tinned or frozen fruit: A portion is roughly the same quantity of fruit that you would eat for a fresh portion. Choose fruit canned in natural juice, rather than syrup.

5 A Day vegetable portions

Green vegetables: A portion is 2 broccoli spears, 2 heaped tablespoons of cooked spinach or 4 heaped tablespoons of cooked kale, spring greens or green beans.

Cooked vegetables: The same quantity as you would eat for a fresh portion

Salad vegetables: A portion is 3 celery sticks, a 5cm piece of cucumber, 1 medium tomato or 7 cherry tomatoes.

Tinned and frozen vegetables: The same quantity as you would eat for a fresh portion. For tinned, choose those canned in water with no added salt or sugar.

Pulses and beans

A portion is 3 heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans or chickpeas. Remember, however much of these you eat, beans and pulses can only count as a maximum of 1 portion of your 5 A Day.

Potatoes

Potatoes don't count towards your 5 A Day. This is the same for yams, cassava and plantain, too. They're classified nutritionally as a starchy food, because when they're eaten as part of a meal they're usually used in place of other sources of starch, such as bread, rice or pasta.

Although they don't count towards your 5 A Day, potatoes do play an important role in your diet as a starchy food.

5 A Day portion sizes

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It's important that you eat enough of them. Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.

The 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.



5 reasons for eating 5 a day

1. Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.
2. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
3. They can help to reduce your risk of heart disease, stroke and some types of cancer.
4. Fruit and vegetables contribute to a healthy, balanced diet.
5. Fruit and vegetables taste delicious and there's so much variety to choose from.

Fruit and vegetables are also usually low in fat and calories (provided you do not fry them or roast them in lots of oil). To get the most out of your 5 A Day, your 5 portions should include a variety of fruit and vegetables. This is because different fruits

and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients.

Almost all fruit and vegetables count towards your 5 A Day. They can be fresh, frozen, canned, dried or juiced. Potatoes, yams and cassava do not count because they mainly contribute starch to the diet.

Everyone should have at least 5 portions of a variety of fruit and vegetables every day. An adult portion of fruit or vegetables is 80g. The guide below will give you an indication of typical portion sizes for adults. Children should also eat at least 5 portions of a variety of fruit and vegetables a day. The amount of food a child needs varies with age, body size and levels of physical activity. As a rough guide, 1 portion is the amount they can fit in the palm of their hand.

5 A Day and ready-made foods

Fruit and vegetables contained in shop-bought, ready-made foods can also count toward your 5 A Day. Always read the label. Some ready-made foods contain high levels of fat, salt and sugar, so only have them occasionally or in small amounts as part of a healthy, balanced diet.

Source: <https://www.nhs.uk/live-well/eat-well/5-a-day/portion-sizes/>

