AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

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KG/ES WEEKLY NEWSLETTER

14 June 2022 *2021-2022 Issue 38*

Principal Message

Dear BIS Families,

Last week I commented on "What a Year it has Been" and listed a number of events that happened throughout the school year. Yes, we did a lot. Now, what did we learn?
Here I offer a list, but not a complete list, of things we learned to do taken from across all grades. This year you learned:

- to read
- the alphabet
- long division
- how shapes are similar, different
- about mixed fractions, and even adding and subtracting fractions!
- to write a story
- to write a paragraph
- to write your name
- to hold a paintbrush
- to shade in colors
- to dribble a basketball
- to avoid a dodgeball
- to keep the beat
- to sing a song
- to recite verses from the Holy Quran
- the Arabic alphabet
- how to code (program) Ogio robots
- about Community helpers
- why it is important to take care of our planet





Think back…what can you now do, that you couldn't yet do in September?
Now think ahead…what more will you learn?

Thank-you for a successful year of teaching and learning! Thank-you for entrusting BIS with your children. Thank-you for your support over the course of the year. I'm looking forward to seeing you again in the fall.

Best wishes for a restful and relaxing summer!

Yours in Learning,

Mr. Sven





Dates to Remember: June, Aug. & Sep.

- **June 15** Report cards distribution 7 AM to 11:30 AM in Reception
- **Aug 30** ES Orientation
- **Aug 31** First day for ES
- **Sept 1** KG Orientation
- **Sept 4** First day for KG



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Ten Hot Weather Safety Tips from The Nurses



1. **Stay hydrated**. Drink plenty of fluids; drink about 500 ml before starting and 150-200 ml every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Coffee, tea and caffeinated soft drinks can hurt more than help. Water (plain or flavoured) is a better choice for staying hydrated.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated. Wear a hat for extra protection.
4. **Pace yourself.** Slow down. Know your own limits and ability to be out safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air conditioned area.
6. **Stay indoors during the hottest times of the day.** 10 am to 5 pm is the hottest time of the day.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if you have to be outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on others that might be at high risk.
   - A. dizziness
   - B. Headache
   - C. Irritability
   - D. Nausea





9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.

Have a safe, fun summer



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