



University Fair Visit

7th February 2023



AMERICAN SCHOOL OF YAOUNDE

MONTHLY NEWSLETTER

February 2023



Join The ASOY Alumni



My name is Cindy Kemta Mfendoun, I graduated from ASOY in 2014 with the presidential award .

I studied at the University of Ottawa, where I graduated with an honours BA in communications and a minor in political science.

Then, pursued with a master's degree at the University of Law Business School in the United Kingdom . I majored in organizational leadership and HR management. I began my career as a management assistant at Mouvassur Insurance during my final year of the Bachelors. Then I went on to become a Claims Case Manager at the Royal Bank of Canada.

I currently work for the Canadian Federal Government in the housing department, where I deliver housing programs for vulnerable communities and indigenous populations. In addition, I have an event planning business which promotes Afro chic events with locally made materials.

My fondest memory of ASOY is having lunch at the canteen because Mr Patrice's food was so good, it was always a time for everyone to come together and have some conversations and enjoy our food.

I recently moved back to build my family and career.



I am currently working with ASOY to create an Alumni Association, which can promote networking and mentoring.

To join the ASOY Alumni please write an email to asoyalumni@gmail.com

You can watch Cindy's post and follow @asoycameroon for more posts about ASOY or just click on the link above.



100 days of School

On Wednesday, 8th February, ASOY completed 100 days of school. Throughout the day, the Elementary children did various activities to celebrate the number 100.





University Fair

On Tuesday, 7th February, We were very happy to welcome EduCanada to the ASOY campus. Representatives from over 20 universities in Canada came to speak to our high school students. This was the first time in three years that we could host a live university fair.





Mon bananier

Dans un coin de mon jardin
il ya un bananier.
C'est grand Père qui l'a semé.
La graine ronde et noire.
il était tout petit comme une gomme
mais le voilà plus haut qu'un poteau
Le bananier que grand Père a semé
il est à moi,
et fait ma joie!

MON MANGIER

Dans un coin de mon jardin
il ya un mangier.
C'est moi qui l'ai semé.
La graine ronde et brune,
il était tout petit comme une fourmi
Mais le voilà plus haut qu'une girafe.
Ce Mangier que j'ai semé,
il fait mes fruits et ma joie.

Mon ananas

Dans un coin de ma
ferme, il ya un ananas
C'est moi qui l'ai
semé. Le plant vert
et piquant, il était tout
petit comme stichy mais le
voilà plus grande qu'une poule. Ce
Ananas que j'ai semé,
il est à moi et fait mes
fruits et ma joie.

Mon pastèque

Dans un coin de mon jardin
il ya un pastèque. C'est moi
qui l'ai semé. La graine ronde
et noire, il était tout petit
comme moi, mais le voilà
plus haut qu'un homme. Ce
pateque que j'ai semé, il est à
moi et fait ma joie.

Mon arbre Roi

Dans un coin de mon Jardin
il ya un Arbre Roi.
C'est moi qui l'ai semé.
La graine ronde et Brune
il était tout petit comme une fourmi
Mais le voilà plus haut qu'une
girafe
Ce arbre Roique j'ai semé
il est à moi et fait ma joie.

MON Pommier

Dans un coin de mon jardin,
il ya un pommier.
C'est moi et mamman qui l'avons semé.
La graine ronde et noire,
il était tout petit come un bébé.
Mais le voilà plus haut qu'un homme
Ce pommier que nous avons semé
il est à moi,
et fait ma rente contente!!!

Le Palmier

Dans Un Coin De Mon Jardin
Il Ya Un Palmier
C'est Papa Qui la Semé
La Graine Petite Et Marron
Il Etait Tout Moche Comme Un Scarabée
Mais Le Voila Plus Beau qu'un Papillon
Ce Palmier Que Papa A Semé
Il est A Papa
Et lui Plait Bien.

Mon fraisier

* Dans un coin de ma Maison.
il ya une fraisier.
C'est moi qui l'ai Semé.
La graine ovale et noire.
il était tout petit comme la fourmi.
Mais le voilà plus haut qu'une table.
Ce fraisier que j'ai Semé.
il est à moi.
et fait ma joie *

Mon Oranger

Dans un coin de la rue,
il ya un Oranger.
C'est moi qui l'ai semé.
la graine Ovale et noir,
il était tout petit comme
un point. Mais le Voila
plus haut qu'une Maison. ce
Oranger que j'ai Semé il est
à moi et me rend heureuse!

Grade 6

Grade 6 students have started a unit where they are looking at matter, the different states of matter, and working to use vocabulary to describe the changes within these states of matter. This week, they conducted a short lab in class to help them build their vocabulary and strengthen their laboratory investigations skills.

Name of material:	Rigidity		Fluidity		Compressibility	
	How 'stiff' the material is.	Does it fall apart?	How 'runny' the material is.	Does it spread out?	How 'squishy' the material is.	Does its shape change when force is applied?
Wood						
Sand						
Water						
Air						

V. Collected Data

Table 2.2

Name of material:	Rigidity		Fluidity		Compressibility	
	How 'stiff' the material is.	Does it fall apart?	How 'runny' the material is.	Does it spread out?	How 'squishy' the material is.	Does its shape change when force is applied?
Wood	Very stiff	No	Not runny	No	Not squishy	No
Sand	Stiff when compressed	No	Not runny	Yes	Not squishy	Only compress
Water	Not stiff	No	Runny	Yes	Squishy	Yes
Air	Not stiff	Yes	Runny	Yes	Squishy	No

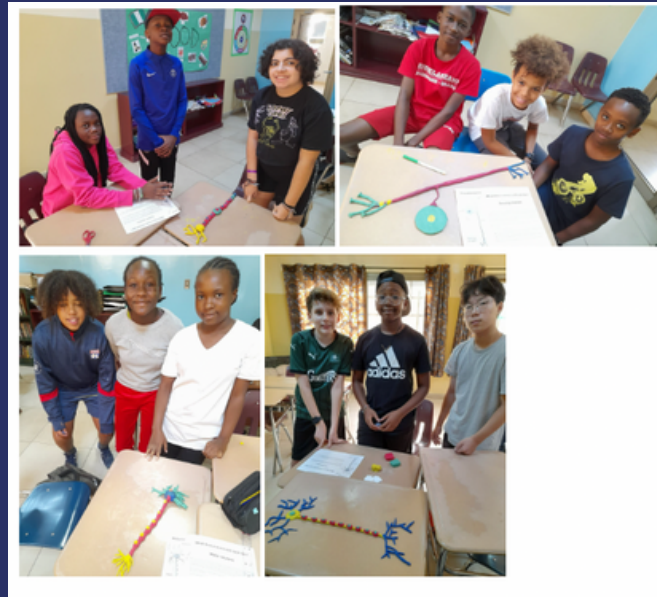
VI. Analysis

Try to analyze and explain the meaning behind the data you collected. What patterns do you notice? What forces exerted most stress? Think of the "why" behind what you observed.



Grade 7

Grade 7 students have just finished up a unit exploring the Respiratory System and the Nervous System. They had a science investigation about common respiratory illnesses and treatments, creating an infographic to be displayed in an imaginary doctors office. They continued by exploring neurons, stimuli, and the body's response to stimuli. They built their own neuron models with clay, presented the different sensory responses to stimuli, and drew and labeled the different parts of the brain.



ASTHMA

THERE IS NO CURE
By Victoria Elton

What positives and negatives?

Positives:
- Medication - you do not have to live your life around it, it's just a tool to help you breathe better.
- Inhalers - you can use them as often as you need them, and they are easy to use.
- Asthma - you can live a normal life, and you can keep your asthma under control.

Negatives:
- Medication - you have to take it every day, and it can be expensive.
- Asthma - you can't go to school or work if you have an asthma attack, and it can be dangerous.

What parts are affected?

Asthma is a condition that makes your chest tight, makes it difficult to breathe. This affects the lungs and the airways, sometimes the trachea.

How Science helps?

There are two types of asthma, one is called the allergic asthma, and the other is called the non-allergic asthma. The allergic asthma is caused by an allergic reaction to something in the air, and the non-allergic asthma is caused by something else, like a virus or a chemical.

RELIEVER INHALER
This inhaler is used to relieve the symptoms of asthma, and it is used as needed.

PREVENTATIVE INHALER
This inhaler is used to prevent the symptoms of asthma, and it is used every day.

Pneumothorax

Meaning: A condition that makes your chest tight, makes it difficult to breathe. This affects the lungs and the airways, sometimes the trachea.

Pneumothorax is a disease that affects the pleural space and the lungs.

Dangers:
When somebody contracts pneumothorax, the pleural space accumulates with fluid and air, which makes it expand and push against the lungs, making it collapse.

Treatments:
Normally, a tube is inserted through the chest wall which allows the air to escape and allowing the lung to re-expand. Sometimes it may resolve spontaneously if they are small, while others may require surgery.

Pros and Cons of treatment:
A positive thing is that if you have a small pneumothorax it is that it may resolve on its own. A negative may be that if it requires surgery, it may be risky since they are operating on a very delicate part of the body.

Thank you!



SLEEP APNEA

Created by: Victoria Elton

How does their function/structure change if a person has this disease?

In a person with Sleep Apnea you can see that parts of the throat and mouth drop into the airway and block off the flow of oxygen.

What are the positives and negatives of the solution?

This machine helps improve length and quality of life. It can also help treat Sleep Apnea. It prevents your soft tissues from collapsing. Negative things can be waking up with a dry mouth, science that is pumping air down your throat.

Normal airway vs **Sleep apnea**

The diagram shows a normal airway with a soft palate and a blocked airway in sleep apnea.

SLEEP APNEA

What is the role of this/these part(s) of the respiratory system?

The muscles that support the soft tissues are meant to help support your throat so that your throat doesn't collapse.

How is science used to solve/help this disease?

To help defend against this disease the doctor will give you a machine called the CPAP machine that was designed to deliver the right amount of air pressure to a mask to keep your airway passage from collapsing.

Positive Solutions

- 1) Non-surgical endobronchial valves to trap air to escape
- 2) Use of Oxygen therapy

Negative solutions

- 1) Lung Transplant because it is very dangerous and unsafe where someone can easily lose his life

SLEEP APNEA

Normal vs **Sleep apnea**

As you can see when your throat muscle relaxes it will start blocking the airway.

Each part of the process: ICERISING, SIBBLE, CRB

What is it?
This is a very dangerous and a effective disease. It is a disease when you sleep you will have trouble breathing.

In the world, there is approximately 3-7% of men and 2-5% of women have Sleep apnea.

Treatment:
Sometimes you just have to lose weight or, quit Smoking and alcohol. But a lot of people have to use a CPAP machine.

IF YOU HAVE ANY QUESTIONS DON'T HESITATE TO ASK XAVIER ICS@ICSI OR EMAIL ICS@ICSI@ICSI.ORG

BURGER LEVEL ★★★★★

Bronchitis

NORMAL BRONCHI vs **BRONCHITIS**

Symptoms:
-Cough
-Nausea
-Sore throat
-Stuffy or runny nose
-Fatigue
-Peper

Treatment:
-Drinking water
-Lots of rest
-NO ALCOHOL
-Hand washing
-Special Diet

CAUSE
Bronchitis is caused by the same viruses that start the flu or a cold

Grade 8

To understand electricity and how it works, students investigated the factors that affect the electrical voltage and current produced in a battery.

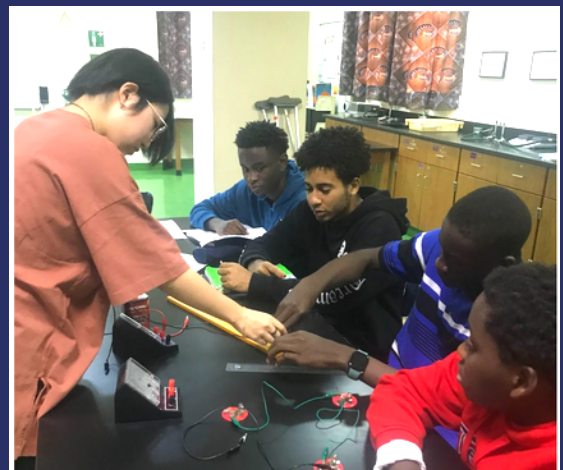
They looked at how variables could affect the amount of electricity produced and chose one of these variables to investigate - independent variable. They measured the current produced by their batteries as the dependent variable. They also had to control all the other variables to make a fair test.

The Criteria focus - B - Inquiring and designing and C - processing and evaluating
ATL skill focus - The characteristics of a reasonable hypothesis, including the explanation for the hypothesis



Grade 10

Students are working on the unit 'Do you feel Electric'. This week they investigated Ohm's law. They created their electrical circuit using all the knowledge they gained through class discussion and research. They then measured the voltage and current passing through the circuit to calculate the resistance and then observed the trends in the data.



DP Students

Students are working on Unit 2 of the DP course. They are learning about different biomolecules and the role they play in our bodies. They carried out an experiment to test the enzyme activity of lipase at different temperatures and different concentrations by analysing how effectively lipase can break down the fats in whole milk.



HAPPY
valentine's
DAY

Valentine's Day



The Middle and High School STUCO organised a candy gram sale to celebrate Valentine's day on the 14th of February. The little pink parcels had lovely, touching messages wrote on them for students to give to other students, staff or faculty members. Students in Elementary were encouraged to wear red, pink or white for the day.



Kandinsky Style Valentine's hearts

Grade 1



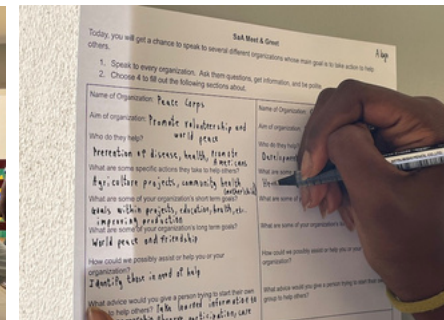
MYP Service as Action - Meet & Greet

On Friday 17th February we held ASOY's first ever Service as Action Meet & Greet!

7 different organizations joined us on campus from 12:45-1:45 while all MYP students, grades 6-10 were able to walk from table to table and ask questions about the different organizations here in our ASOY Community and in Cameroon that help others. These amazing organizations were supreme examples of taking action to make a difference in the lives of others, so this was an invaluable experience for our students.

Students asked: Who does this organization aim to help or serve? What actions does it take to help those people? What are the long and short term goals of this organization? And, most importantly, how could we, as a school or as a small group, help one of these organizations?

Perhaps students will want to create a group that supports/raises funds/raises awareness about your organization/cause here at ASOY? Perhaps they will simply use one of these organizations, aims/goals, or structure to create their own group? We hope this will encourage some real, lasting action here at ASOY. Something that students will participate in this semester, and then want to be a part of in the years to come!



Thank you for joining us



The American School of Yaoundé
B.P. 7475 Rue Martin Samba,
Yaoundé, XAX Cameroon

Cameroon Office No: (237) 222-220-421



2520 Yaoundé Place
Washington, DC 20521-2520
(US mailing address)
email: info@asoy.org / director@asoy.org