



FINGER PUPPETS WITH MS COOKIE
After School Activities



AMERICAN SCHOOL OF YAOUNDE

MONTHLY NEWSLETTER

October 2022

PARROT'S CHIRP - BY R. NYUGHA G12



UPDATES ON THE GISS AND YEARBOOK CLUBS



GISS CLUB

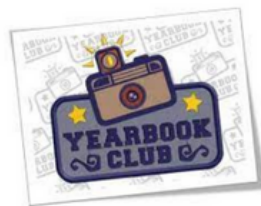
Theme: Rise in Crisis

GISS club is working beautifully on planning the 2022 mini GISS at ASOY in November. What they have done up to this point has been within the categories of budgeting the food, the decorations, and gift bags. They have planned for activities that will take place and have chosen the schools that will participate in the event. We can't wait for this possible life-changing event which will promote International Mindedness at ASOY.

YEARBOOK

Theme: Undisclosable for now

Yearbook Club has been hard at work creating and designing our yearbook cover. They have also been collecting and organizing images to create a beautiful yearbook for the school. So far, Yearbook Club has assigned people to do different tasks. A way start!



PAST YEARBOOK COVERS



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PICTURES FROM THE YEARBOOK COMMITTEE

HOUSE GAMES

House activities, creating friendly rivalry as well as bonds. Yellow, red, blue, green. These are the house teams competing for points to win a prize. Each team gets to choose a game. So far we have played, dodge ball, tug of war, knock out and some more. On the 13th, it will be yellow team's turn to pick a game.

I can not wait!!!

POINTS SO FAR

HIGH SCHOOL

- Blue: 32
- Green: 31
- Yellow: 28
- Red: 24

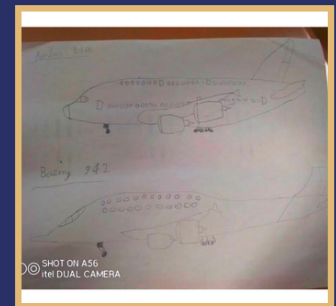
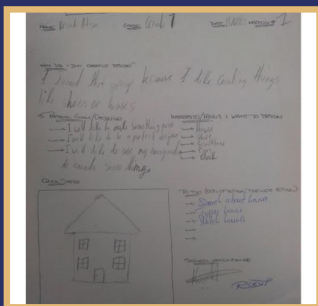
MIDDLE SCHOOL

- Red: 53
- Yellow: 41
- Blue: 32
- Green: 29



update

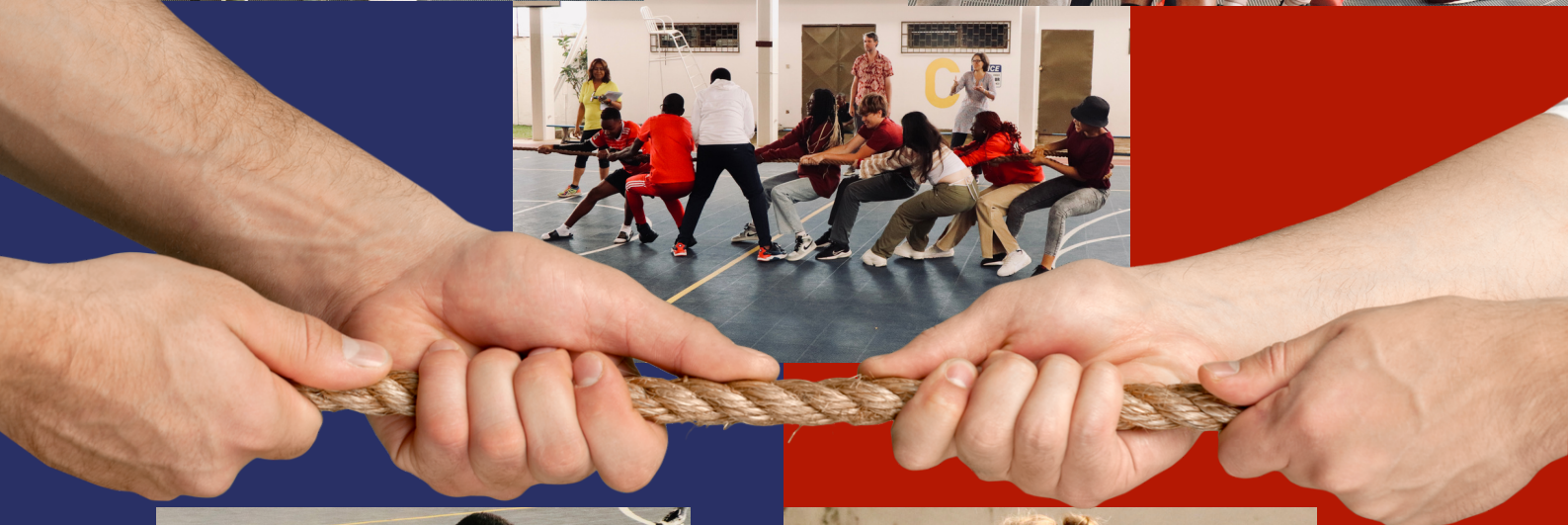
CREATIVE DESIGNS



During this sessions, students have viewed and explored various types of design and modeling methods. They were given the liberty to select an object of their choice to research about and make quick sketches with a bit of their own personal touch. Together, they have watched videos on different ways to model their creations. Soon students will begin their own modeling process.

HOUSE COMPETITIONS - MS & HS

At ASOY House, competitions today were Tug-of-war for High school and an adaption of Capture the Flag for Middle School. House Competitions in Middle and High schools are created and run by the students. The House system is inclusive of all learners that promotes leadership, positive self-esteem, self-identity, belonging, integrity and pride among the students.



HOUSE COMPETITIONS



HOUSE COMPETITIONS - ELEMENTARY

In Elementary there were a weeks long House competitions organised by the Student council. Each day students were encouraged to come in their House colour and participate in House competitions run during their lunch time.



Kindergarten to Grade 3 sat in their HOUSES.



- Green Vipers: 67
- Blue:Mambas: 61
- Yellow Jackals: 64
- Red Lions: 57

POINTS for the week

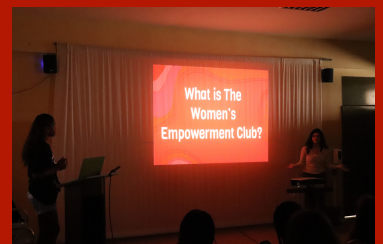
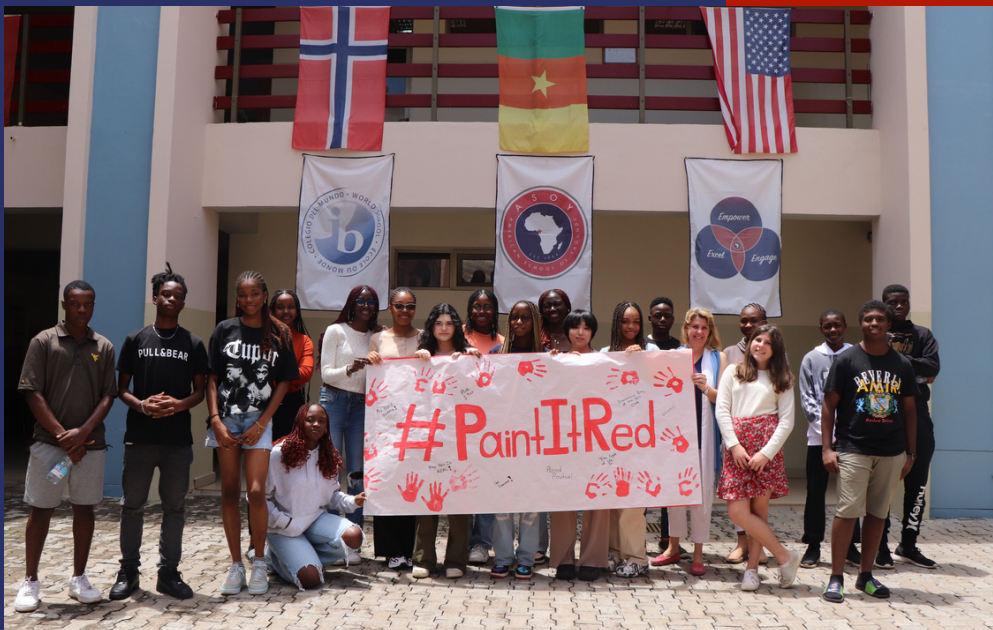
ELEMENTARY MOVIE NIGHT

On Friday 7th of October from 6pm to 7:30pm, 46 people attended the 'Bad Guys' Elementary Movie Night.



INTERNATIONAL DAY OF THE GIRL CHILD

Tuesday 11th October marked the International Day of the Girl Child. The Women's Empowerment club presented an assembly for both Middle and High School about Menstruation Awareness and the #PaintItRed campaign. Menstruation awareness is an important movement to make hygiene products available to girls and women, and erasing period stigmas. It is very important to educate our students in the importance of these matters.



STUDENT LED ASSEMBLIES - MIDDLE AND HIGH SCHOOL

Student Led Assemblies

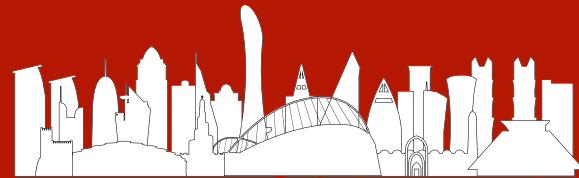
Our High School and Middle School students started the Student Led assemblies this month. Showing leadership qualities, the students in Stucco shared an engaging and informative assembly about up-and-coming events, celebrating student birthdays and reflecting on school values. Giving the students a voice creates a positive culture among students and staff. We look forward to the future High school and Middle school assemblies.



LIFELONG LEARNERS



From 6th to the 8th of October, Mr Glittenberg (Director), Mr Akundo (DP Coordinator) and Ms Boribon (PYP coordinator) attended the International Baccalaureate (IB) Global Conference, in the Hague. This year the theme was **Embracing innovation, inspiring action**. Attending conferences are very rewarding for our staff not only for networking, but to gain valuable experience and to get ASOY on the global map.



During the month of October three teachers attended workshops. During her holiday Ms Gemma (Grade 3) attended a workshop in Venice - The role of Maths. Ms Amanda (Grade 5) and Mr Beh (Grade 2) attended a workshop in Doha, Qatar. Ms Amanda attended the Your Exhibition workshop and Mr Beh attended the Evidencing Learning workshop. When staff return from workshops or conferences they share their findings with the rest of the team so we all benefit from their experiences.



From the 8th to the 10th of October Mr Glittenberg and Mr Besong (Business Manager) attended the AISA conference (Association of International Schools in Africa) in Johannesburg. The theme of this conference is Designing for Belonging, Wellbeing and Transformation.

PHYSICAL EDUCATION

We worked on the "SMART(Specific-Measurable-Attainable-Relevant-Time bound) goal fitness unit."

S.M.A.R.T Goal

OUTLINE YOUR S.M.A.R.T. GOAL				
SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME-BOUND
<i>What do you specifically want to accomplish?</i>	<i>How can you measure your progress over time?</i>	<i>Is this something that is realistic for you to achieve?</i>	<i>How is this relevant to your fitness testing?</i>	<i>When do you want to achieve your goal?</i>

My Goal is.....

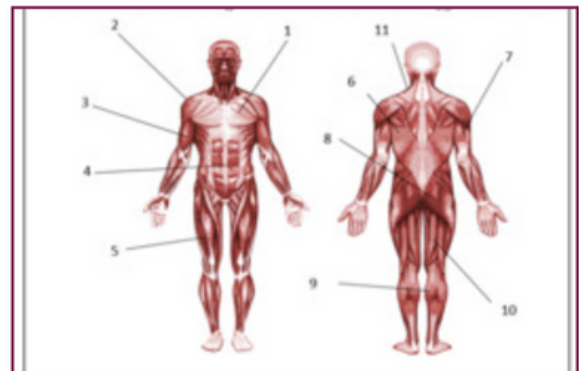
We started the school year by fitness testing on four of the fitness components. We will conduct fitness testing three more times throughout the year. They will compile the data on a fitness document each time. At the end of the year, students will compare their own progress.

Fitness Log- 10 Days

Every exercise to be done in 1 min

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Sit ups										
Jumping Jacks										
Burpees										
Squats										
Leg lifts										
Lunges										
Shuttle run										
Mountain Climbers										
Jump Rope										
Bench dips										

Major Muscles (Summative Assessment)



Throughout the unit, students practiced various types of workouts. They also learned how to warm up and cool down. We concentrated on the major muscles in our bodies and how each exercise affects them. They also set a SMART fitness goal for themselves and worked hard to achieve it.

Students created their own fitness routine and reflected on their fitness SMART goal at the end of the unit.

Reflection (Fitness- unit 1)

What was your goal and was it realistic, if no then why not?

Steps you used to achieve your goal.

Could you achieve your goal, if not then why not?



What is ASOY's definition of high quality learning?



Learning in the ASOY community is an ongoing holistic process which aims to develop knowledge, skills, experiences and reflective attitudes of all.



Learning encourages engagement and empowers all to excel as open-minded global citizens.



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