



AMERICAN SCHOOL OF YAOUNDE

MONTHLY NEWSLETTER

August 2022



A MESSAGE FROM THE DIRECTOR



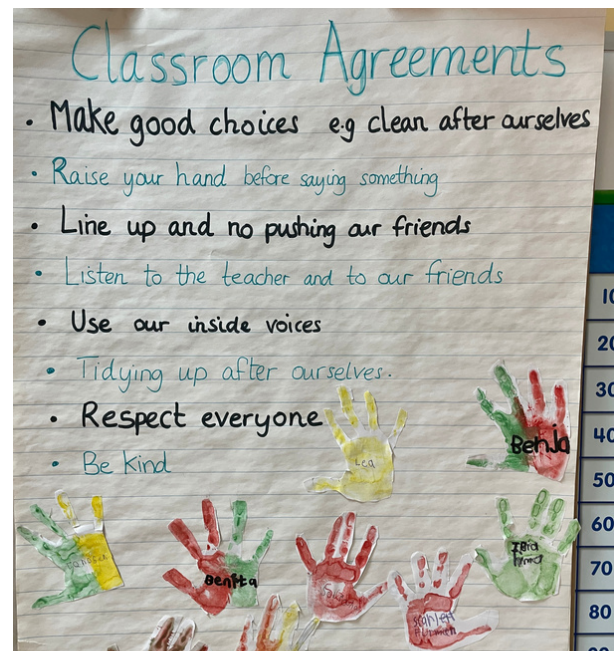
Dear ASOY Community,

Welcome back to the new 2022-2023 Academic year. It has been wonderful to meet all the new students and families and to see all of that are returning. I hope you have all had a relaxing and enjoyable summer with friends and family. As I walk around campus and visit classrooms, I am invigorated by the buzz and energy amongst the students and staff. I am looking forward to a wonderful year with a lot of exciting opportunities for us all.

Best Wishes,
Joergen Glittenberg
Director



On Friday 19th of August, we welcomed new students and returning students and families on campus for orientation and meet the teachers.





BACK TO SCHOOL



MEET THE TEACHERS



Ms Cami - Grade 1



Ms Cookie - Kindergarten



Ms Nourane - Design



Ms Mac - Eng/Science/MYP coordinator



Ms Keira- ELL



Mr Ludo - French



Mr MacDonald - I&S



Ms Madhu - Athletics Director



Ms Amanda - Grade 5



Ms Mira - English



Mr Brad - I&S

READ ABOUT ALL OUR NEW STAFF ON THE WEBSITE!

Coming Soon

LIONS



JACKALS



HOUSE SYSTEM

MAMBAS



VIPERS



Information

AFTER SCHOOL ACTIVITIES

season one- 10 weeks

SEPT 12-NOV 17

Overview of Available Activities Elementary School

Teacher	Activity	Venue
Monday		
Nadine Boribon	Digital skills(3-5)	ICT lab and Hadison
Keira Vicente	Invasion Games(K-2)	Soccer Field
Sarita Anang	Arts in the Park (PreK4-3)	Class Room & Playground
Florence Nehanji	After School Care Program(Pre K4) 2:15-3:15	Pre K4 Room #12
Tuesday		
Richard Nyugha	Upper Elementary Soccer(3-5)	Soccer Field
Helen Talambe	Art in the early years(PreK4-1)	Pre K classroom
Cookie Icarangal	Finger-puppet Play (K-2)	Room #14
Florence Nehanji	After School Care Program(Pre K4) 2:15-3:15	Pre K4 Room #12
Wednesday		
Keira Vicente	Invasion Games(3-5)	Soccer Field
Greca Durant	ASOY School Yearbook - year-long (Gr. 5 only) Only 2 students	Art Room
Thursday		
Amanda Emotu	The Green Thumbs(3-5)	
Cyprian Beh	Lower Elementary Soccer(K-2)	

Upper School

Teacher	Activity	Venue
Monday		
Nefertiti Metuge	Global issues Service Summit Club	Room # 111
Mary MacDonald	Craft Club	Room #120
Ludovic Brouilloux	Girls Basketball (2 days activity Monday and Wednesday)	Tennis Court- BB court
Françoise Mekeme	Girls Volleyball (2 days activity Monday and Wednesday)	Gym- Basketball court
Tuesday		
Henrietta Crasto	MathCounts (Grades 7 and 8)	Room #127
Royston Mathias	Volleyball(Boys)	Gym- Basketball court
Nourane Hassan	Learn Arabic	Design Room
Ludovic Brouilloux		
Wednesday		
Greca Durant	Girls Basketball (2 days activity Monday and Wednesday)	Tennis Court- BB court
Françoise Mekeme	ASOY School Yearbook - year-long	Art Room
Nourane Hassan	Girls Volleyball (2 days activity Monday and Wednesday)	Gym-Basketball court
Thursday		
Judith Atem	Basics of Belly dancing (Girls)	Music Room
Jacob Akundo	Book club	Library
Mira	Science Club	Room #128
	BollyX workouts	MPR

Event	Hosting school	Proposed Date	Coach
Season 1			
HS Volleyball Boys T Th	ISCA-Abidjan	Nov 4-6	Mr. Landry Mbarga
HS Volleyball Girls M W	ISCA-Abidjan	Nov 4-6	Ms. Francoise Mekeme
Swimming (MS/HS) (Boys and Girls) M W	ISD- Dakar	Nov 10-13	Mrs. Amanda Mahaffey-Emotu and Mr. Landry Mbarga

Self-Management Skills



Home Learning area

At home, it is important for you to have a place to study and do home learning.

Ideally, it must be:

- quiet
- well lit
- well ventilated
- comfortable
- neat
- colourful

Be well organized with pens, rulers, paper and where possible a computer.

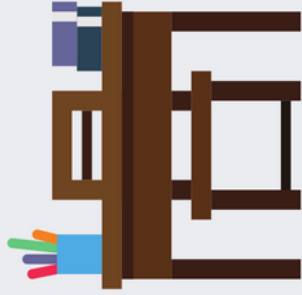
Don't study on your bed. Your mind associates bed with sleep not learning. Don't study with the TV on or loud music. Keep distractions to a minimum.

If you need some sounds and not complete quiet, try relaxing, calming music on a device.

Put up posters of things you want to remember.

If possible keep it just for Study and Home learning.

Feel good about being in control, it's a great way to be.



Self-Management Skills



Home Learning area

To learn effectively at home it is vital to have a special place to study.

Your study space should be a place you feel you can concentrate and focus, where you can think without distractions.

Don't study on your bed. Your mind associates bed with sleep not learning. Don't study with the TV on or loud music. Keep distractions to a minimum.

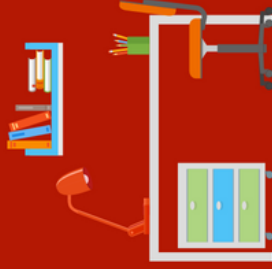
Keep your learning area:

- colourful; colours stimulate your brain
- well organised
- well equipped with pens, rulers, erasers and paper
- supported with a computer, tablet or any other technology that will help your learning.

Put your home learning goals for the week up in the room and mark off the goals as you achieve them. This will help you celebrate your learning successes and keep you motivated.

When reading for leisure don't use your learning area, keep it exclusively for study and home learning.

Feel good about being organised and in control of your learning.



Actions:

What are two things that I will start doing to improve my home learning area?

1. _____
2. _____

Self-Management Skills



Home Study area

To optimise your home study effectiveness, have a special place set aside for your home learning.

Ideally, it should be:

- appropriately lit
- comfortable, neat and efficient
- away from distractions and interruptions
- quiet (no loud music)

Where possible, have your study area adequately resourced with:

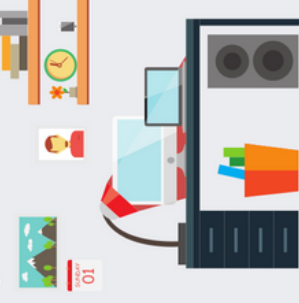
- a device close at hand
- plenty of stationery
- a bottle of water

Always aim to study in the same place at home or in the library. Being consistent will create a pattern in your brain and help you to develop good habits.

When studying, stay hydrated and dress comfortably. Do not study in bed as your brain need to associate your bed with sleep not study.

Remember to get up and move in your breaks. This will help you to clear your mind before moving on to the next topic or task.

Be aware of and avoid the things that make it difficult to study.



Actions:

What are two things that I will do to improve my home learning area?

1. _____
2. _____



