

International School of Panama

Dolphin Dispatch

March Events

Date	Time	Event	Location
March 8	8:00 a.m.	ES Flag Ceremony & Assembly POD Day—Wear Your Pod Colors PK-4 Parents are Invited to the Assembly	MS/HS Cafeteria
March 11	8:00 a.m.	MAP Parent Info Session	MS/HS Cafeteria
March 14		AASCA High School Soccer Tournament	
March 17		Free Green Clothes Day—Come Dressed in Green	
March 18	1:15 to 2:30	PTA General Meeting	MS/HS Cafeteria
March 26		Report Cards Go Home	

Learner Profile—Caring

There seems to be a generalized opinion that kids and teens ... are selfish and spoiled. While this might be true of some kids, it doesn't have to be true of yours. By setting a good example, talking about people, animals and things that need help, exposing your child to charitable opportunities and stressing the importance of community, you can raise children who are empathetic, giving and kind.

The Most Important Role Model - You It is nearly impossible - not to mention not fair - to expect your child to be caring and charitable if you are not acting that way yourself. On the other hand, if your children see you donating canned goods to a food drive, clothes to a thrift shop and toys to needy children at Christmas time, they are more likely to think of doing good deeds as the "norm". They'll see volunteering as just something that should be done and giving as the only way to be.

Talk About Worthy The opportunity for charity is everywhere. Depending on the age of your children you can talk about those who need our help - be it abandoned pets, the environment or families living in poverty. If your children are in their teens, you can watch news programs and international reports showing how desperate the needs of many are in this world. Caring doesn't have to be done in big ways only. Little acts of kindness make a large difference and you should be sure to let your children know that. Holding the door open for someone, picking up something someone dropped for them, smiling at someone who looks like they are having a bad day, these are all tiny ways you can improve the lives of others while demonstrating to your children that doing good things for the sake of doing good things can give you a feeling of joy and satisfaction.

Simple Projects Naturally you'll want to match your caring project with the age of your child or children. For kids who haven't started school yet, consider activities that involve picking things up or sorting things out. Recycling projects are good for preschool age children.

Six- through nine-year olds enjoy collecting things for donation, picking up litter at parks and beaches, and making arts and crafts for worthy causes.

Once kids get older they can do more planning and promoting events. Volunteering at an animal shelter, after school clubs or a senior center can be a rich and rewarding experience for teens and tweens alike. There are many websites online that can match your children with age-appropriate volunteer opportunities.

Caring DIY Style Eventually your child will bring up an issue or cause that touches them. At this point it is important, even vital, that you encourage your child to do something to help while you support in any way that you can.

All over the news are stories of kids from six to college that have collected pennies for clean drinking water in Africa, schools for children in impoverished countries, a neighborhood playground, protecting the rainforests and on and on. Everywhere kids are doing big things and the one thing they all have in common is someone believed in them and supported them. Be that someone for your children.

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Health Office Record Keeping

Nurses Office

Beginning Monday, March 8, 2010 Nurse Millie will be sending a small note home with each ES student who visits her office. This note will have the name of the student, the date, and grade of the child. The Nurse will indicate why the child visited the office and will send it home with the student. The note will be sent home for non-serious injuries. If you have any questions regarding your child's visit to the Nurse's office, please contact Nurse Millie.

Measurement of Academic Progress (MAP) Parent Information Session

Please join Wendy McArthur, ES Principal, and Frank Becvar, ES Counselor, on Thursday, March 11 at 8:00 a.m. in the MS/HS Cafetorium to learn more about the Measurement of Academic Progress (MAP) and how to read your child's test results. This meeting is for all interested parents, but only parents of students in grades 3-5 who were tested in November will receive individual student results. Student results will be distributed at the meeting, however, if you are unable to join us, we will be sending the results home on Friday, March 12.

After School Activities

After School Activities Cancelled on Thursday and Friday

Due to the AASCA Soccer Tournament that ISP will be hosting next week there will be no After School Activities on Thursday, March 11 and Friday, March 12. These activities will be rescheduled and dates will be announced by the After School Activity Coordinator, Cristine Kelso. Thank you for your understanding and we hope you will come out and enjoy one of the AASCA games!

Monthly Cafeteria Menu

Please remember to check out the Monthly Cafeteria Menu that is posted on the ISP website.: www.isp.edu.pa

TRIP TO COIBA

Mrs. Katrina Kneebone, from the Elementary Library, is organizing a group of twenty people to go to Coiba during the Easter break. The trip will leave Panama City on the evening of Sunday, March 28th and will return on Thursday, April 1st. please contact her at kk1@isp.edu.pa if you are interested in going.

PTA CORNER

PTA Events March / April

March	18	PTA General Meeting
April	15	PTA General Meeting
April	17	ISP Family Fun Fair

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Classified

Sale

INCREDIBLE CAR
 2005 Mercedes 350 SLK Roadster convertible
 Dark blue
 3.5 liter, V6, automatic
 \$27,000 or best offer

contact Gerard gjbradley@gmail.com

Sale

Furniture Offer:

King Size Bed	\$700.00	2 Three Drawer Storage	\$20.00
King Size Mattress / Pillow	\$400.00	1 Seven Drawer Storage	\$20.00
2 Night Stands-Walnut (Basic Unit Steel)	\$150.00	Girls Bookshelf	\$40.00
Desk for a child (glass)	\$. 60.00	Plantoys Table	\$90.00
HP Laser Jet Printer	\$ 80.00	TV LCD Sharp Aquos 17'	\$75.00
Sofa Bed	\$600.00	Beanbag Chair	\$45.00
Home Theater, TV-LCD32',	\$600.00	Black Dinning Cabinet	\$390.00
DVD Player LG, Multi zone	\$ 70.00	Round White Table and	
Home Theater LG	\$190.00	Five Chairs	\$380.00
Sofa	\$1,300.00	Refrigerator	\$690.00
Foot Rests (large square)		Black 12 Drawer Dresser	\$190.00
(Match Chaise Lounge)	\$400.00	Dining Room Table and	
Chaise Lounge	\$600.00	Six Chairs	\$590.00
Crystal Desk	\$200.00	Queen Size Bed	
White Toddler Bed	\$140.00	Base + Mattress	\$450.00
		HP Scan Jet	\$70.00

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