

The International School of Panama

Middle School News

What Can Parents Do To Support Education at Home?

Important Dates:

Student –Led Conferences

March 10

AASCA Soccer Tournament

March 11-13

There will be **no** After-School activities scheduled Thurs., March 11 and Fri., March 12.

Free Clothes Days

March 11,12—Blue &White to support our teams, or a uniform shirt from an ISP team—**\$1.00 fee** for Student Council Fund-raising (Two days for the price of one!)

March 17—Wear Green!

St. Patrick's Day—no charge

School Supply Drive

March 22-26

There are many ways that parents can demonstrate to their adolescent children that they are interested in academic success and that they are available to offer support and protection when there are problems. Here are some suggestions:

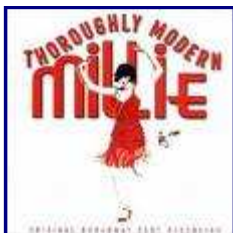
- Talk with your child about what happens at school every day. Ask often if there are messages from the school.
- Spend some relaxed time with your children. Share a meal or a snack.
- Tell them often what you like about them.
- Listen to and share their worries.
- Support what you believe to be good about the school and offer your help to change any school practices that you believe could be harmful to your child.
- Avoid scolding and arguments when your teenagers bring bad news home. Listen to their reasons and offer your help to improve the situation. It helps if your children know you believe they will be successful.



- Value their education by encouraging homework and reading. Help your children choose a good time and place to do their assignments and special projects. Provide the necessary materials and give them your unconditional support.

"The Middle School Years: A Parents' Handbook,"

Middle and High School Thespians to Perform



If you happen to pass by the music room in the gym these days, you will hear the sounds of songs being rehearsed, dance steps being practiced and lines being learned, all in

preparation for the performance of Thoroughly Modern Millie.

Under the direction of the Middle -High School drama teacher, Mr. Arturo Wong, and with the assistance of Ms. Kari

King, the Elementary music teacher the students are getting ready to put on a wonderful performance.

Time and place will be announced soon...stay tuned!



Creative Science student, Hassan Cheytili stops to make sure his solar oven is properly set up. "This project was fun because we could be creative with the design of our ovens. It felt good to work on something that is important for the world."

"Because batteries disposed of in municipal landfills and trash incinerators can disperse significant amounts of heavy metals and other toxic substances into the air and water, battery waste prevention and recycling strategies are essential." – Earth911.com

What to do with batteries?
 Bring them to room 44 in the Middle School and we will deliver them to Parque Omar where there will be a collection on April 23 and 24. **YOU** can make a difference.



Creative Science Solar Ovens

This week Creative Science students learned important information about solar energy. As part of their lesson they built their very own solar ovens and set up an experiment in the Middle School area.

A **solar oven** or **solar cooker** is a device which uses sunlight as its energy source. Because they use no fuels and they cost nothing to run, humanitarian organizations are promoting their use worldwide (e.g. Darfur) to help slow

deforestation caused by using wood as fuel for cooking. Solar ovens are accessible to a great majority of people and can be built from everyday materials in just a few hours or purchased ready-made. Advantages : Solar ovens can be used to prepare anything that can be made in a conventional oven or stove — from baked bread to roasted meat. Since solar ovens are placed outside, they do not contribute unwanted heat inside houses.

Disadvantages: Solar cooking is a new approach to cooking in many parts of the world, so a big challenge is social acceptance of this totally new approach and abandonment of traditional cooking methods. Solar cookers provide hot food during or shortly after the hottest part of the day, when people are less inclined to eat a hot meal, but the insulation of the oven can be used to keep food warm well into the evening



8th Graders Reflect on Student-Led Conferences



Happy it's over, glad they did it!"

For our 8th graders, this was their last Student-led conference in Middle School.

We were interested in hearing their comments about the significance of these conferences. Here are a few reflections to share.

" These conferences help us improve our presentation skills. " " They help us to be open with our parents about school. " " We have a chance to acknowledge progress throughout our Middle School years. " " We thought about goals we would

like to achieve in High School. " " We thought about skills we would need in High School too. " Student-led conferences are part of a journey and we are proud that our students are able to take away positive gains from the experience.