

GWA PARENTS WEEKLY

Week of Dec 9 – 15



Your Weekly Lower and Upper Schools Communication

What parents need to know about this week @ GWA

ALL SCHOOL ANNOUNCEMENTS



Join us for the Winter Concert at 6:30PM on Friday, December 8 in the MPR featuring our 5th - 12th grade students.

SCHOOL NOTICES & EVENTS

Save the date

Dec 14 [MS Winter Ball in the MPR @ 7:00pm](#)

Dec 16 – Jan 5 [Christmas Holidays](#)

Please visit our [Master Calendar](#) or [Facebook](#) to see more events and updates! (ctrl, click on 'Master Calendar')

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ALL SCHOOL ANNOUNCEMENTS

Nurse:

Snack Time!

Is your child a picky eater? Are you constantly giving in to their requests for sugar-filled foods? Learn to say “no” in love and offer a healthier alternative.

Check out [these ideas](#) for a new, creative twist to providing snacks for your family. Have your children help make them in the kitchen with you!



At GWA we want students to be physically healthy so they can achieve their fullest potential. Please do not send chocolate, cake, cookies or other similar unhealthy snacks to school.

Do you have a sore throat?

Developing a sore throat is common during the winter months. *Remember that being cold does not cause illness; only a viral or bacterial infection can cause our bodies to feel unwell!*

In an effort to not abuse antibiotic use, try these remedies for a sore throat -

1. REST - getting adequate and even more than normal rest is crucial for your body to fight any illness
2. WATER - drinking 1 ½-2 liters of water will help expedite recovery exponentially. Especially if fighting a fever!
3. GARGLE - with warm salt water 3-4 times a day
4. HONEY and LEMON tea can be soothing
5. LOZENGES - such as Strepisils can help with discomfort
6. ANTI-INFLAMMATORY medication - if no known allergies; Algantil or Brufen can help reduce swollen tonsils
7. PATIENCE - some viral infections can be present for 7-10 days. Persevere!
8. NUTRITION - eating a healthy, well balanced diet also helps equip our body to fight infections well!

For a healthy GWA,
Miss Hannah Hair, RN, BSN

LOWER SCHOOL ANNOUNCEMENTS

Dear Parents/Guardians,

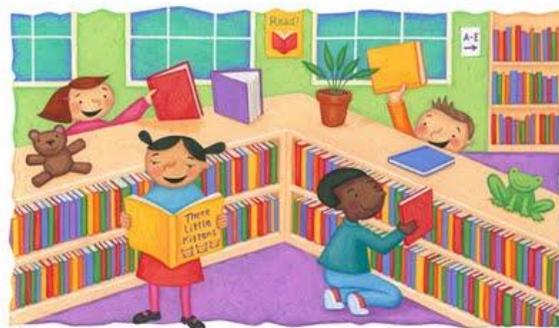
With the new month comes new character traits emphasized as part of our comprehensive character education program in the Lower School at GWA. We are focusing on compassion and caring in December, starting with a fantastic Character Assembly on Friday morning. These traits are defined as the ability to share the feelings or ideas of others. Please join us in promoting these character traits at home and in the community as together we equip minds and build character.

Kind regards,
Kevin Brenner
Lower School Principal



Announcements:

- No parent should go to the classrooms without checking in at reception or the Lower School Office to obtain a parent visitor pass.
- Lower School students are not permitted to purchase breakfast and hot drinks from the cafeteria unless accompanied by an adult. Please make sure students have a healthy breakfast at home.
- If students go to the library before school (with an adult or a pass from the adult in the MPR) they must be in their classroom BY 8:00am.



- As a reminder, rolling backpacks are not permitted in the Lower School at GWA. Please do not buy these for your students as they are dangerous in many ways.
- As the weather turns cooler please be reminded that all 1st-5th graders should have a GWA uniform item as their outer layer. Non-GWA jackets are not permitted.

LOWER SCHOOL ANNOUNCEMENTS

Announcements:

Dear Preschool parents,

Santa Clause is coming to school on Thursday December the 14th to hand out small gifts to the students. Please keep it secret, we would like it to be a surprise for your child.

For this occasion, please have your child wear red or green.

Thank you,

Preschool and Kindergarten team



Attendance at school is critical to the success of each of our students! However, in order to keep everyone at GWA healthy (including students and staff) please keep your son or daughter home if they have any of the following symptoms [\(please refer to the GWA health policy for further guidance\)](#) -

- Fever (>38 C) in the past 24 hours; without fever-reducing medications such as doliprane or brufen
- Vomiting or diarrhea
- Diagnosis of a contagious illness (chickenpox, hand foot mouth disease, etc); we need a medical certificate to allow students to safely return on campus
- Excessive coughing, sneezing, runny nose with an inability to keep hands clean independently.



UPPER SCHOOL ANNOUNCEMENTS

US Teacher Profile:

This week the Upper School would like to highlight a teacher that does a great job educating the whole person and building character in our students. As a PE teacher, Ms. Amy Botha's students do much more than learn about sports in her classes; they get to actively learn about how the human body works, what effects different forms of exercise have on it, and how proper nutrition completes this process. The enthusiastic participation of her students shows that they are really enjoying her lessons. When you talk to Ms. Botha it is evident that she puts considerable thought into planning each day's lesson. Way to go Ms. Botha!



Attendance:

As the end of the first-semester nears, please remember that the best place for your student to be each day is in class. If you need to schedule appointments, please call the Upper School Office ahead of time to let us know.

Upper School students who accumulate more than ten absences in a semester may not receive course credit. School-related absences are not counted toward this requirement. Medical absences may be excused with a written note from a doctor explaining the reason for the absence. Written excuses should be submitted to the office coordinator within three days of the student's return to school.

Announcements:

- December 8-10 Model United Nations will be at a conference in Tangier



- December 8 Upper School Band concert December



- December 9 Middle School Girls Basketball at Rabat American School & Middle School Boys Basketball at Casablanca American School



UPPER SCHOOL ANNOUNCEMENTS

From the Guidance Counselor:

11th grade students are strongly encouraged to register for the March 10th or May 5th SAT. Students who take the SAT at least once their junior year have a better idea of their options for universities and they can increase their chances at getting merit-based scholarships. Students should register as soon as possible since space is limited. Students may register at [CollegeBoard](https://collegeboard.org).

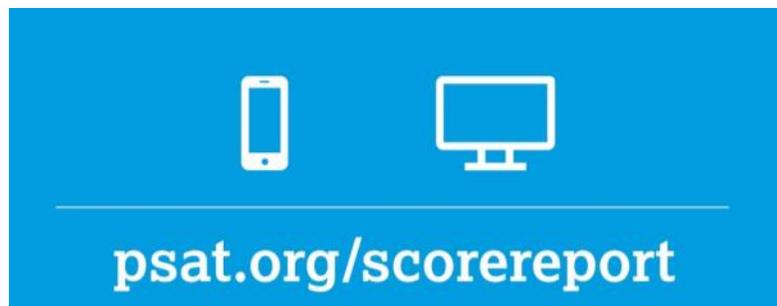
PSAT scores are now available online -

Students who took the PSAT in October can now access their scores online at [College Board](https://collegeboard.org). If a student does not yet have a College Board account, they should create an account using their GWA email address.

[This video](#) explains how to read your child's PSAT score report and how to use the information to prepare for the SAT.

Most students take the SAT in the Spring of their 11th grade year at in the Fall of their senior year. Students who achieve a high score on the SAT are more competitive applicants for university and have more opportunities for scholarships.

Test prep features on Naviance: GWA students can use the SAT Prep feature on Naviance to develop a personalized study plan. [Watch this video for an overview of Naviance test prep features](#). Students and parents can log into Naviance from the Student and Parent portal on the GWA website or go to www.connection.naviance.com/gwa

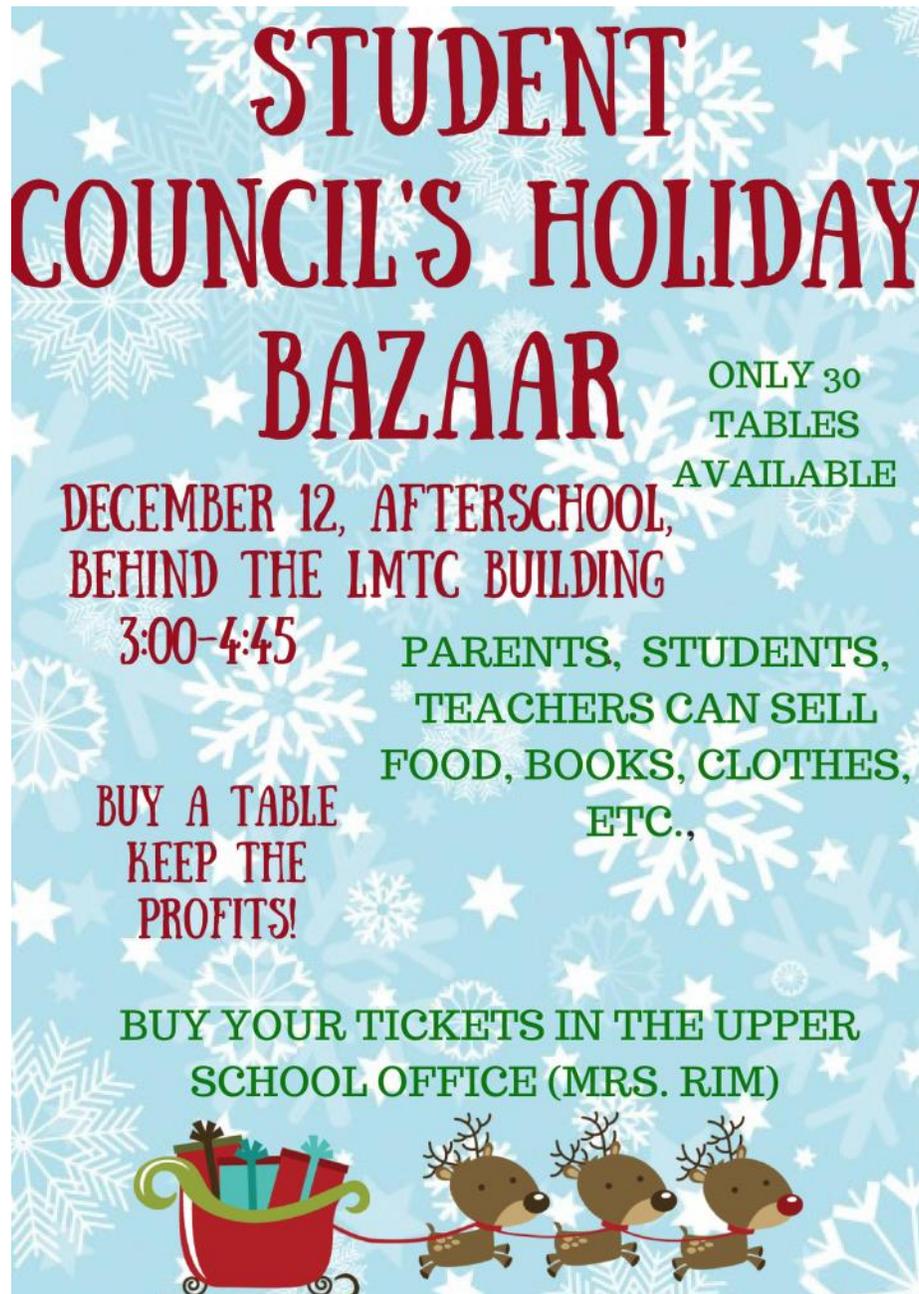


EVENTS

To parents, staff, and students of George Washington Academy,

Student Council is organizing a Holiday Bazaar on **Tuesday, December 12th** afterschool from 3:00 to 5:00 p.m. Tables are available for sale at the Upper School Office with the High School coordinator, Mrs. Rim. Each table is worth 100 dirhams, but whatever profit you make, you are allowed to keep. However, there is a maximum of 30 tables, therefore it is first come, first serve.

You may sell clothes, food, artisan crafts, jewelry, accessories, books, etc. We invite all parents and staff to attend our festive Holiday Bazaar, and enjoy an afternoon of shopping, selling, and fun.



**STUDENT
COUNCIL'S HOLIDAY
BAZAAR**

**ONLY 30
TABLES
AVAILABLE**

**DECEMBER 12, AFTERSCHOOL,
BEHIND THE LMTC BUILDING**

3:00-4:45

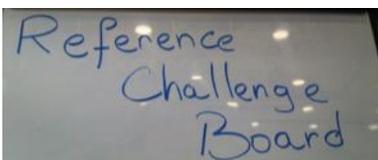
**PARENTS, STUDENTS,
TEACHERS CAN SELL
FOOD, BOOKS, CLOTHES,
ETC.,**

**BUY A TABLE
KEEP THE
PROFITS!**

**BUY YOUR TICKETS IN THE UPPER
SCHOOL OFFICE (MRS. RIM)**

LIBRARY

What's happening in the high elementary library classes?



By the time students reach fourth and fifth grade, they have been in the library enough times to know the basics – a library is full of books. But do they know some of the other useful print and online resources that might be hiding some place in the library? Now they are ready and eager to use all the components at the library. They are capable of searching the shelves for fiction and non-fiction books; they enjoy discovering and examining reference materials; they are able to use computers both for searching and responding to what they have read. In the library, fourth and fifth graders are being prepared to cope with the world of searching. So, what did they learn in the library recently?

Fifth grade students are introduced to the skill “where to find it”. In this section, students practice performing searches, including activities on author, subject, title, and keyword search and evaluating internet sites as sources. We led them through the concept while developing dictionary, almanac, atlas, and encyclopedia skills.



Library Announcements:

The Library will be closed for Inventory on Monday 11th from 11:00am – 3:00pm

You may return any materials in the book drop located at the entrance of the library.



Amazing Alumni Event

GWA student council will be hosting about 25 alumni students for the Annual College Reality Check on Monday, January 8th from 4:00pm to 5:30pm. Alumni students will get to share with our students' community the great things they have accomplished since they earned their high school degree. For this reason, the library will close at 3:00pm.

LUNCH MENU GRADES NURSERY – KINDER

Menu for grades Nursery/Kinder DEC 2017				
MONDAY/11	TUESDAY/12	WEDNESDAY/13	THURSDAY/14	FRIDAY/15
*Potato leek soup *Pasta Fettuccini w/ Alfredo sauce *Steamed gourds and cauliflowers *Seasonal fruit *Yogurt	*Vegetables soup *Baked chicken finger *Broccoli and carrots *Oatmeal cookies *Seasonal fruit	*Coleslaw salad *Baked fish *Steamed vegetables *Seasonal fruit *Vanilla apple tart	*Chicken noodles soup *Thai stir-fried beef *Julienne vegetables *Brown rice *Tiramisu *Seasonal fruit	*Moroccan salad *Chicken tagine w/ preserved lemons and olives *Vegetables tagine *Chocolate cake *Seasonal fruit
*Soupe aux poireaux *Pâtes / sauce Alfredo *Potiron et chou-fleur à la vapeur *Fruit de saison *Yaourt	*Soupe de légumes *Nuggets de poulet *brocolis et carottes *Fruit de saison * cookie	*Salade Coleslaw *Poisson au four * légumes c à la vapeur *Tarte aux pommes *Fruit de saison	* nouilles au poulet *Boeuf à la Thaïlandaise *Juliennes de légumes *Riz complet *Tiramisu *Fruit de saison	*Salade Marocaine *Tajine de poulet/ citron confit et olives *Tajine de légumes *Gâteau au chocolat *Fruit de saison

LUNCH MENU GRADES 1-12

Menu for Grades 1-12 DEC 2017				
MONDAY/11	TUESDAY/12	WEDNESDAY/13	THURSDAY/14	FRIDAY/15
*Potato leek soup *Pasta Fettuccini w/ Alfredo sauce *Chicken Francaise *Steamed gourds and cauliflowers *Seasonal fruit *Yogurt	*Vegetables soup *Beef stroganoff *Baked chicken finger *Broccoli and carrots *Oatmeal cookies *Seasonal fruit	*Coleslaw salad *Baked fish *Beef kebob *Steamed vegetables *Seasonal fruit *Vanilla apple tart	*Chicken noodles soup *Thai stir-fried beef *Thai stir-fried Chicken *Julienne vegetables *White rice *Tiramisu *Seasonal fruit	*Moroccan salad *Chicken tagine w/ preserved lemons and olives *Beef tagine w/ onions *Vegetables tagine *Chocolate cake *Seasonal fruit
*Soupe aux poireaux *Pâtes/ sauce Alfredo *Poulet à la française *Potiron et chou-fleur à la vapeur *Fruit de saison *Yaourt	*Soupe de légumes *Boeuf stroganoff *Nuggets de poulet *Brocolis et carottes *Fruit de saison * cookie	*Salade Coleslaw *Poisson au four *Brochettes de bœuf * légumes à la vapeur *Tarte aux pommes *Fruit de saison	* nouilles au poulet *steaks de Bœuf à la Thaïlandaise *Poulet à la Thaïlandaise *Juliennes de légumes *Riz blanc *Tiramisu *Fruit de saison	*Salade Marocaine *Tajine de poulet/ citron confit et olives Tajine de bouf aux oignons *Tajine de légumes *Gâteaux au chocolat *Fruit de saison