



20th January 2012



Dear Parents,

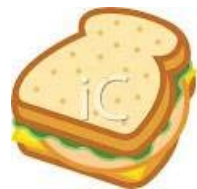
- Student Life:

Houses:	Nyati	Twiga	Kifaru	Ndovu
Most Improved	Gabriel Kanjama		Roselyne Wayiera	
Top Points:	Victoria Ndagijimana	Deborah Karani Audrey Maina	Gad Odero Munene Mugeru	Keita Yamamoto



School Photos: We shall be having our annual photo sessions on **Monday 23rd and Tuesday 24th January**. Village Photoshop will be taking the photos. Kindly ensure that your child comes in full school uniform for the two days. Order forms will be issued later.

Chapel: Year 6 will be hosting chapel on **Friday, 27th January 2011 at 11:50 a.m.** Parents are welcome to join us.



Snacks: Various parents had requested if the school could provide snacks to all the students at a fee. Parents informed us that it was difficult to pack healthy snacks for their children while some students carried 'not so healthy snacks'. Therefore we would like to carry out a survey to find out how many parents would be interested in having their children take the 10:30 a.m. snacks at school. Kindly fill the hard copy of the snacks survey form (sent via the students) and return to school on **Monday 23rd January 2012**. The findings will assist us to find out whether it is viable.

Dance & Movement Club: This club is not being offered this term due to the Joseph production musical. The musical also involves dance and movement with every student participating in it.



P.T.A. Committee List: Below is the P.T.A. Committee list.

SCHOOL OF THE NATIONS - PTA COMMITTEE MEMBERS			
NO.	NAME	EMAIL ADDRESSES	MOBILE NOS.
Year 6	Mrs. Joan Ngeru	ngeru@unhcr.org or joaniga@gmail.com	0727-305190
Year 6	Mrs. Jackie Owusu-Biney	jasiagodo@yahoo.com	0736-965198
Year 5	Mr. Ken Ouko	oukok@stanbic.com	0722-206382
Year 5	Mr. Gitau Macharia	macharia_lachlan@griculture.co.ke	0722-731258
Year 4	Mr. Immanuel Agamah	kagamah@ubs-africa.org	0734-595370
Year 4	Mrs. Violet Gethi	vmgethi@gmail.com	0722-526888
Year 3	Dr. Annemarie Macharia	annemarie.macharia@yahoo.com	0722-726884
Year 3	Mrs. Ida Ngoya	idangoya@gmail.com	0722-713375
Year 2B	Mr. Boniface Musembi	musembi@bmmuite.com	0720-424356
Year 2B	Mr. Jean Paul Ndagijimana	jndagijimana@wr.org	0727-801475
Year 2A	Mrs. Mary Otuka	marygeeotuka66@yahoo.com	0722-715725
Year 2A	Ms. Nyokabi Kamotho	nyokabi@nkadvocates.com	0722-370019
Year 1	Mrs. Jane Claessen	jwamere@yahoo.com	0722-526350
Leadership team	Mrs. Cecilia Kimani	c.kimani@schoolofthenations.org	0722-810059
Leadership team	Mrs. Bronwynne Van Rijn	b.vanrijn@schoolofthenations.org	0711-741627
Leadership team	Mr. William Mukabi	w.mukabi@schoolofthenations.org	0720-324851
Director	Mrs. Hwa ock Im	h.im@schoolofthenations.org	0733-713082



Sports Corner

We had a soccer match at Aga Khan on Wednesday; we won one game and lost in one. Good job to our teams!!

Soccer Match: There will be a girls & boys soccer match against Premier Academy on **Thursday, 26th January 2012 at 1:30 p.m.** in our school. Participating students will be informed.



Potterhouse Swimming Gala: There will be a swimming gala at Potter House on **Saturday, 28th January 2012 from 8:00 a.m.** Participating students will be informed.

We are striving to have an efficient sports department which includes better measurability of the students' progress in every sport. Next week **Wednesday 25th and Thursday 26th** we shall undertake a physical fitness score card for every student. The tests are done by a professional Fitness group at a cost. The school will foot the total cost (Ksh.500.00 per student) of the initial report for the whole school. Parents will cater for follow up evaluation reports at the end of every academic year. This will enable us gauge progress at the end of every term. Below is more information on the test.

PHYSICAL FITNESS SCORE CARD

This is a set of tests aimed at checking body composition (lean body mass, essential fat, excess fat, basal metabolic rate and total body water), postural analysis and lung capacity.



These set of tests targets school children since it's at this age that when postural, body composition and lung capacity problems are captured early, timely intervention through exercise can help or for severe cases referrals to specialists can be recommended.

The yearly tests are done at the beginning of the second term and repeated at the end to evaluate those engaging in physical activities during school term to give a score card of changes in the body in the areas tested. A trend analysis chart/report is generated at the end of school year to see how the effects a combination of our tests and recommendation plus programmes given by the school's physical education department have helped.

BENEFITS

- Above information would help Create in children early awareness of wellness, good food choices and eventually excellent health.
- Good posture contributes to excellent sports performance and general wellbeing because the body is a well balanced body performs at its optimum.
- Good posture gives an impression of a very confident child and eventually a successful adult.
- When one can monitor their body's constituents they can target their activities to address very specific areas, e.g. improving on musculature and reducing excess body fat.

Have a blessed weekend.

Mrs. Hwaock Im

