

APOLLO Newsletter

NEWS & UPDATES

Issue Year - 2020 | Issue Month - August | Issue Number - 14

SAFETY MEASURES AGAINST COVID-19

HOW IT SPREADS



AIR BY COUGH OR SNEEZE



PERSONAL CONTACT



CONTAMINATED OBJECTS

PREVENTION



SCREENING AND CHECKING TEMPERATURE AT ENTRY POINTS



ENSURE GOOD HAND HYGIENE



SANITIZER POINTS IN THE OFFICE AND OTHER AREAS



MINIMAL CONTACT AND HANDSHAKES



WEAR A FACE MASK



ALWAYS COVER YOUR COUGH OR SNEEZE

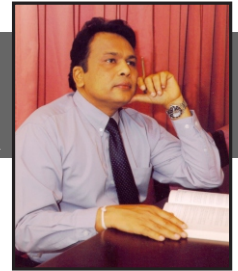


FOLLOW ALL PUBLIC HEALTH RECOMMENDATIONS AND GUIDELINES

REMINDER

- School will be re-opened for teachers on Monday, 31st August, 2020.
- School will be re-opened for students on Monday, 07th September, 2020.

Message from our Patron Dr. Mohan Lal Greero



ompassion is a greater virtue than sympathy and empathy. Com-

passionate people do not only sympathize and empathize but they also actively help alleviate the sufferings of others. In other words, compassion is not only about thoughts, feelings and emotions, but also about actions and solutions.

"A story is told about Beethoven, a man not known for social grace. Because of his deafness, he found conversation difficult and humiliating. When he heard of the death of a friend's son, Beethoven hurried to the house, overcome with grief. He had no words of comfort to offer. But he saw a piano in the room. For the next half hour he played the piano, pouring out his emotions in the most eloquent way he could.

When he finished playing, he left. The friend later remarked that no one else's visit had meant so much." Let's take the words of Thomas J. Watson to heart. ***"Really big people are, above everything else, courteous, considerate and generous - not just to some people in some circumstances - but to everyone all the time."***

important NOTICES

ORIENTATION DAY - 2020/2021

Thursday, 03rd SEPTEMBER, 2020

Surnames beginning with	Time to meet the teacher
A, B, C, D	7.45 a.m. - 9.45 a.m.
E, F, G, H	9.45 a.m. - 11.45 a.m.
I, J, K, L	11.45 a.m. - 1.45 p.m.

Friday, 04th SEPTEMBER, 2020

Surnames beginning with	Time to meet the teacher
M, N, O, P	7.45 a.m. - 9.45 a.m.
Q, R, S	9.45 a.m. - 11.45 a.m.
T, U, V, W, X, Y, Z	11.45 a.m. - 1.45 p.m.

RELIGIOUS SCHOOL - (GRADE 1 - 5)

Kindly note that it is mandatory that your child attends a Religious School (Dhamma School). Please do encourage your child to attend Religious School weekly. A child should attend the Religious School at least 80% for a Semester.

The Religious School Attendance Card will be given with the SRB. Please maintain it well.

REFUNDABLE DEPOSIT RECEIPT

Please see that you keep this receipt with you. If you do not produce the original receipt Apollo International School will not be able to refund this payment.

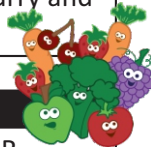
HEALTHY MEALS FOR STUDENTS OF APOLLO

Focus on healthy food for students. A general guideline has been given below. This list has been made after consulting a nutritionist and a GP.

Consuming lots of sweets, snacks, bakery products, chocolate and fizzy drinks which contain heavy doses of sugar are frowned upon at Apollo International School. We appreciate if you could adhere to the menus mentioned below and send meals for your children.

MENU - 1

Monday	Boiled vegetables and a piece of fried / grilled fish and a yoghurt
Tuesday	Red rice with one vegetable curry and green leaves (mallum)
Wednesday	Cheese and Egg sandwiches OR Fish sandwiches and a natural fruit drink (not fizzy drinks)
Thursday	Any boiled gram with lunumiris / fresh coconut and kola-kenda
Friday	Red rice with one vegetable curry and green leaves (mallum)



MENU - 2

Monday	Cheese and Egg sandwiches OR Fish sandwiches
Tuesday	Rice and Curry OR Samaposha and a fresh fruit juice
Wednesday	Green gram OR Kadala (Chick peas) OR Cowpea
Thursday	Sweet Potato and Fruit Or Boiled Vegetables with grilled fish and yoghurt
Friday	Milk Rice OR Rice and Curry



MENU - 3

Monday	Rice and Curry OR Boiled vegetables with an omlette / any grilled meat of choice + water
Tuesday	Soft coconut Roti with seeni sambol / lunumiris / jam OR Cheese and egg / fish sandwich + water
Wednesday	Milk rice with lunumiris + Fresh fruit juice OR boiled Cereals with coconut (Green gram, chick peas, cowpea)
Thursday	Boiled Sweet Potatoes / Manioc with coconut OR Cheese and boiled vegetable sandwich + water
Friday	Samaposha balls with a yoghurt OR Boiled (Green gram, chick peas, Cowpea) with coconut and a Fresh fruit juice



CHESS ►



Congratulations

KANDY DISTRICT CHESS CHAMPIONSHIP

A selected group of chess players of Apollo International School, Kandy participated in the Kandy District Schools Individual Chess Tournament on 01st



Dasuni Dissanayake Nethula Kobbekaduwa

March which was held at Dirgananda Maha Vidyalaya, Pilimathalawa. The tournament was held on three consecutive days which included six rounds from 01st - 03rd March, 2020.

The rankings and points gained by the students under 7 were as follows:

- Rank 16 Dasuni Dissanayake - 5 points
- Rank 26 Nethula Kobbekaduwa - 4.5 points
- Rank 62 Vinuth Dharmarathne - 4 points
- Rank 70 Chamalsha Deyon - 4 points

Dasuni Dissanayeka & Nethula Kobbekaduwa were selected for the All Island Final Competitions.

EXTRA-CURRICULAR ACTIVITY SCHEDULE

GRADE 1 & 2

DAY	ACTIVITY	TIME
Mon.	Art Circle / Badminton	1.00 p.m. - 2.00 p.m.
Tue.	Athletics	
Wed.	Chess	
Thu.	Elocution Classes	
Fri.	Choir	

GRADE 3, 4 & 5

DAY	ACTIVITY	TIME
Mon.	Art Circle / Badminton	1.15 p.m. - 2.15 p.m.
Tue.	Athletics	
Wed.	Elocution Classes	
Thu.	Chess	
Fri.	Choir / Netball	

★ Please note that Netball for Grade 4 and 5 will be held until 3.00 p.m. on Fridays.

STUDENT CLEARANCE

Please note that students who wish to get the Leaving Certificates from school should submit a full term's notice of withdrawal in writing to the Registrar. In default of such notice, the parent will be liable for payment of the next term fee. Please note that awards, certificates, leaving certificates which are not collected, will be kept on, for one year after a student has left the school. Such documents will be destroyed after one year. In addition, leaving certificates will not be issued after one year of leaving school.