

APOLLO Newsletter

NEWS & UPDATES

Issue Year - 2021 | Issue Month - November | Issue Number - 23



here are a lot of things that we cannot control in life. We cannot control the weather, the air that we breathe and we can't control the people around us. But we can control what we put into our mouths.

Many people don't realize the reason why they don't feel well and the reason they don't have any energy. They're dealing with headaches and allergies and sometimes even serious chronic illnesses, simply because of what they're putting into their system every day.

We need a lifestyle change. We need to develop better habits to take care of our bodies from a very young age. As children, you need to know that it is harmful to eat junk food.

I wonder how much smarter children would be if they just started eating the right kind of food. I wonder how much more creative, more energetic and more productive they would be if they started eating more fruits and vegetables. I read about a small group of islands called Micronesia, over in the Pacific Ocean, not too far from the Philippines. For hundreds of years, this one particular island was inhabited by natives. They ate the traditional Polynesian diet: fruits and vegetables, coconuts and fresh fish. And as you can imagine, their health was extremely well. Very rarely did they have any kind of sickness or disease. But after World War II, they discovered that the land was rich in phosphates and all kinds of minerals. So big companies from the West came over and started to harvest the minerals, causing the people to become extremely wealthy. So much so, they quit farming and they quit fishing too. They no longer had to rely on natural sources for their food. They started importing canned foods, frozen dinners, bakery items, colas and candy bars from all over the world. They replaced their fruits and vegetables with flour and sugar filled products. Soon their health began to severely decline. They started catching diseases that they had never come across before. Sadly, today, one in three people on that little island suffer from diabetes.

Decide today to take care of your health. Drink more water. Eat more fruits and vegetables. Trust me, you will get stronger, healthier and wiser.

Message from our Patron
Dr. Mohan Lal Greero



Words of
Wisdom

**UPCOMING
EVENTS**

**MONTH OF
DECEMBER - 2021 & JANUARY - 2022**

10 th December	End of Term - 1
20 th December	Virtual Christmas Programme
03 rd January	Staff Meeting
04 th January	Beginning of Term - 2

ENGLISH SINGING COMPETITION - 2021/2022

The selections for the competition mentioned above will take place on the 18th and 19th January, 2022. Therefore the students have to be ready with the songs mentioned below:

Gr. 1 - Brown Girl in the Ring	Gr. 4 - Jamaican Farewell
Gr. 2 - It's a Beautiful day	Gr. 5 & 6 - Any Dream Will Do
Gr. 3 - Happy Wanderer	

GENERAL QUESTION AND ANSWER

Question - Who discovered electricity?

Answer - Benjamin Franklin

Question - What do you call a shape that has five sides?

Answer - Pentagon

Question - Which is the most widely spoken language in the world?

Answer - Mandarin (Chinese)

BE AWESOME,

BE AMAZING,

BE YOU.

DEEPAVALI PROGRAMME

Deepavali Celebrations of the Pre-school of Apollo Kandy was held at school premises on 03rd November, 2021. The students of Primary School had their Deepavali Celebrations online on the 04th November, 2021. It was streamed live on Facebook at 4.00 p.m. The students learned about the history and discovered elements of geometry while celebrating Deepavali. Students performed different cultural items and celebrated a bright Festival of Lights.



VIRTUAL PROJECT SHOWCASE

The Project Showcase of Apollo International School, Kandy was held on the 21st November, 2021 the students displayed their presentations online exceptionally well. Every student made their own project according to the class themes and presented them with great confidence and good presentation skills. It was indeed an excellent showcase of the talents of young Apollians.



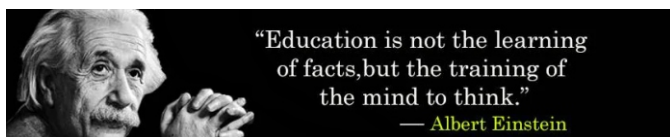
important NOTICES

TIP TO THE PARENTS

HOMEWORK THAT REALLY WORKS!

If you have children at secondary school, do you ever feel their evenings and weekends disappear under an avalanche of paper? Homework is important for children to learn how to use research materials and solve problems for themselves, but there are things parents can do to help them stay on top of it without burning themselves out before they are 18:

- Make a cosy homework room or corner that is well-lit and has a comfortable desk and chair. .
- Encourage kids to eat and drink before starting work.
- Remind them that going to bed at a reasonable time is better than an extra hour of work when they are too tired.
- Make a wall chart so they can note what homework is due and when.
- Liaise with the school if you have any concerns.



HELPING YOUR CHILD TO RECOGNISE WORDS

Words in books

- ★ Point to a word. Ask your child to find the same word on a different page.
- ★ When reading books with repeating patterns, ask your child to point to the words as they read them. Pointing focuses on reading the words rather than just memorising the text.
- ★ Before reading a new book, ask your child to look through the first few pages and find words that he or she already knows. This can help a nervous child feel more confident about tackling something new.

Looking closely

- ★ Talk about the shape of different words: for example, 'a long word', 'a short word'.
- ★ Write words using different media (paint, felt pens, rainbow crayons).
- ★ Make words out of magnetic, foam or plastic letters.
- ★ Use the letters to make two words that are similar, such as 'the' and 'they'. Ask your child to say what is the same and what is different. Then ask the child to make 'the' into 'they' and 'they' into 'the'.