

# APOLLO INTERNATIONAL SCHOOL - KANDANA

## Newsletter

Issue Year - 2022 | Issue Month - February | Issue Number - 12

### INDEPENDENCE DAY CELEBRATION - 2022

The virtual Independence Day Celebrations "Mathru Bhumi" was held on the 04<sup>th</sup> February, 2022. It was live streamed on Face Book.



### SPEECH AND DRAMA ACTING DAY

Our little Grade 1 students are gradually turning themselves to be wonderful performers. They brought up their hidden acting skills during the Speech and Drama lesson.

The children displayed their interest and fun by acting their favourite characters. It helped to build their confidence and to take away their stage fear. Better personalities we build!



Message from our Patron  
**Dr. Mohan Lal Greero**



### Words of Wisdom

*"If you change the way you look at things, the things you look at change".*

-Wayne Dyer-

**I**n the 1930s, a young traveller was exploring the French Alps. He came upon a vast stretch of barren land. It was desolate and not very pleasant to look at. It was the kind of place you hurry away from. Suddenly, the young traveller stopped dead in his tracks. In the middle of this vast wasteland was a bent-over old man. On his back was a sack of acorns. In his hand was a four-foot length of iron pipe. The man was using the iron pipe to punch holes in the ground. Then from the sack he would take an acorn and put it in the hole. The old man said to the traveller, "I've planted over 100,000 acorns. Perhaps only a tenth of them will grow." The old man's wife and son had died, and this was how he chose to spend his final years. "I want to do something useful," he said.

Twenty-five years later, the now not-so-young traveller returned to the same desolate area. What he saw amazed him. The land was covered with a beautiful forest two miles wide and five miles long. Birds were singing, animals were playing, and wild flowers perfumed the air. The traveller stood there recalling the desolation that once was; a beautiful forest stood there now - all because one man, having lost everything he had, chose to make himself useful.

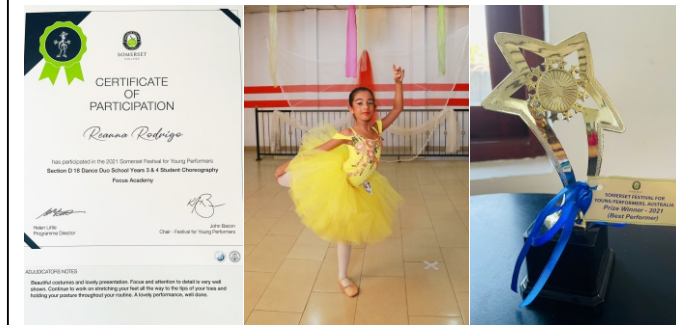
When bad things happen to you, how do you react? When all is seemingly lost, do you tend to give up?  
**May I encourage you my dear children, to make the best out of a bad situation. Choose to do something "useful" even when you feel "useless".**



## SCHOOL EVENTS

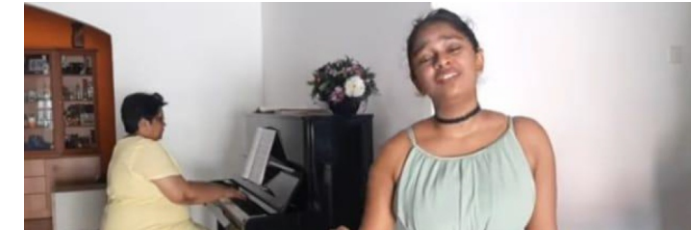
### Congratulations

**Reanna Rodrigo** of Grade 5A participated in Somerset Festival for Young Ballet Participants conducted by the Focus Academy. She was awarded as the Best Performer.



### CONGRATULATIONS!

**Ms. Binudi Kahanda**, the Choir Trainer of Apollo International School Kandana, has achieved a High Distinction at the Musical Theatre Performance - Grade 5 which was conducted by ABRSM. Her result 141/150 is considered an exceptional performance for a Sri Lankan singer. We are indeed proud of her.



## important NOTICES

### UPCOMING EVENTS

DATE	ACTIVITY
08 <sup>th</sup> Mar.	Jana Gayana - Finals
23 <sup>rd</sup> - 28 <sup>th</sup>	1 <sup>st</sup> Semester Examination
31 <sup>st</sup> March	Paper Discussion
01 <sup>st</sup> April	Paper Discussion
06 <sup>th</sup> April	Pre Primary Avurudu Celebrations
07 <sup>th</sup> April	Generating Reports (Holiday for Primary Students)
08 <sup>th</sup> April	Primary School Avurudu Celebrations Distribusion of Reports/End of Second Term

### EXTRA CURRICULAR ACTIVITIES

Extra Curricular Activities conducted online with effect from 02<sup>nd</sup> March, 2022.

DATE	ACTIVITY	GRADE	TIME
Monday	Gymnastic (Physical)	Gr. 1 & 2	2.00 - 3.00 p.m.
		Gr. 3 to 5	2.00 - 3.30 p.m.
Tuesday	Drumming (Online)	Gr. 3 to 5	3.00 - 4.00 p.m.
Wednesday	Karate (Physical)	Gr. 1 & 2	1.30 - 2.30 p.m.
Thursday	Choir (Online/Physical)	Gr. 2 to 5	2.00 - 3.00 p.m.
Friday	Dancing (Physical)	Gr. 1 to 5	2.00 - 3.00 p.m.
Friday	Chess (Online)	Gr. 1	3.30 - 4.00 p.m.
		Gr. 2 to 5	3.30 - 5.00 p.m.

### FIRST SEMESTER EXAMINATION TIMETABLE (GRADE 1 - 5)

Wednesday, 23 <sup>rd</sup> March	Thursday, 24 <sup>th</sup> March	Friday, 25 <sup>th</sup> March	Monday, 28 <sup>th</sup> March
English Listening Comprehension (15 mins.)	Sinhala / Tamil Listening Comprehension (15 mins.)	Science (2 <sup>nd</sup> - 3 <sup>rd</sup> Period)	Maths (2 <sup>nd</sup> - 3 <sup>rd</sup> Period)
English (2 <sup>nd</sup> - 3 <sup>rd</sup> Period)	Sinhala / Tamil (2 <sup>nd</sup> - 3 <sup>rd</sup> Period)	-	-
-	Social Studies (5 <sup>th</sup> - 6 <sup>th</sup> Period)	Education in Human Values (5 <sup>th</sup> - 6 <sup>th</sup> Period)	Religion (5 <sup>th</sup> - 6 <sup>th</sup> Period)



## WHAT DOES MENTAL HEALTH MEAN

Mental health is an individual's cognitive, behavioural and emotional well-being. It's something we all have including every child and young person. We use the term "mental health issues" to refer to mental health problems, conditions and mental illness. These issues may or may not be medically diagnosed.

## WHY IS IT IMPORTANT TO PROTECT CHILDREN'S MENTAL HEALTH AND WELL-BEING?

Promoting children and young people's well-being is a key part of keeping them safe, helping them develop and ensuring they have positive outcomes into adulthood. Mental health plays a key role in a child's overall well being and can be affected by various factors including the **ENVIRONMENT, STRESS, FAMILY CIRCUMSTANCES, ABUSE AND NEGLIGENCE.**

Negative experiences in a child can adversely affect a child's mental health, just as positive experiences can help to improve the child's mental health.

## SIGNS OF MENTAL HEALTH ISSUES IN A CHILD

There are ways you can identify if a child needs support with their mental health. By being attentive to a child or young person's mood and changes in behaviour, you can recognise patterns that suggest they need support. Here are some common warning signs of mental health issues:

- ★ Sudden mood and behaviour change.
- ★ Self harming.
- ★ Unexplained physical changes such as weight loss or gain.
- ★ Sudden poor behaviour or poor academic performance.
- ★ Sleeping problems.
- ★ Changes in social habits, such as withdrawal or avoidance of friends and family.

These signs suggest that the child maybe struggling and there could be a number of different reasons or explanations for this.

Don't attempt to diagnose mental health issues yourself or make assumptions about what's happening in the child's moods.

Recognising that a child or young person maybe struggling with their mental health is the first step to help them. The next step is to respond appropriately.

## RECOGNISING MENTAL HEALTH ISSUES

Parents may find it difficult to recognise issues a child maybe going through. A professional will be able to recognise the signs that a child maybe going through or struggling.

However, it's important to remember that some mental health issues may not have visible signs. There are also factors that might make it more difficult for a child or young person to ask for help.

Some may try to hide how they are feeling or what they are doing. This might be because,

- ★ They worry they won't be taken seriously.
- ★ Parents would believe others and won't understand them.
- ★ Have had a bad experience talking about their thoughts and feelings in the past.
- ★ Feel that no one can help them.
- ★ Fear being dismissed or labeled as an attention seeker or crazy.

Some signs of mental health issues may also look like normal child behaviour. For example, temper tantrum in young children or teenagers, frustration, anxiety, tiredness, less sleep, poor appetite and lethargy.

## TAKING APPROPRIATE ACTION

It's important to have conversations with children and young people, so that you can understand better how they are feeling and the mental health issues they are experiencing.

Mental health issues indicate that a child or young person needs support. If possible discuss with them what help could be put in place and try to understand the situation the child is facing.

Dear parents, please understand your children, be a strength to them, and help them by supporting them to understand their psychological needs. And be a pillar of strength to your children.



Take care and be safe.

## PRECAUTION AGAINST SPREADING DISEASES

A student who suffers from fever, cold or cough should not attend school until symptoms and the full contagious period is over. They should also get a doctor's advice and act accordingly before coming to school.



"YOUR FUTURE IS CREATED BY WHAT YOU DO NOT { TODAY } TOMORROW"

## LEAVING CERTIFICATES

In order to get the Leaving Certificates from school you should submit a full term's written notice of withdrawal to the Registrar. In default of such notice, the parent will be liable for payment of the next term fee. In addition, leaving certificates will not be issued after one year of leaving school.