

HEADS UP

A Weekly News Update from the Principal and Heads of School

Friday, 18 November 2011

Volume 8 Issue 10

PRINCIPAL'S NEWS

**Tell me and I'll forget; show me and I may remember; involve me and I'll understand
(Chinese Proverb)**



In slightly less than two weeks the school production of Seussical will take place in the school hall. The three shows (Nov 30th, Dec 1st & 2nd) will be the accumulation of many weeks of hard work by students and teachers. A large number of our secondary students will be involved, either directly through their performances on stage or by helping behind the scenes in a variety of roles such as stage hands, make-up artists or front-of-house support. In addition, eleven of our staff have given up more hours than they would care to count, including weekends to build the set, design costumes, produce posters and programmes and help guide and direct the students.

Although I am confident the show will be a massive success, the educational importance of taking part in drama and music based activities should not be underestimated.

Research published by The American Association of School Administrators and The John F Kennedy Centre for the Performing Arts states, 'Dramatic Arts education is an important means of stimulating creativity in problem solving'. It goes on to say; 'at the center of all Drama is communication.....that can help students develop tolerance and empathy'. In addition, as well as its intrinsic educational value, 'drama can reinforce the rest of the school curriculum'.

These sentiments are also reflected in research about music education. A publication from the U.S. Department of Education states, 'Many colleges view participation in the arts and music as a valuable experience that broadens students' understanding and appreciation of the world around them. It is also well known and widely recognised that the arts contribute significantly to a child's intellectual development'. This point is supported by scientific research presented in *The Importance of Music Education* by Patricia Guth that argues students who are able to read music and play an instrument develop higher thinking skills and are able to visualise complex patterns. It has been suggested that good musicians often make good mathematicians. The article goes on to say that children who allocate a time each day for practicing an instrument develop similar habits 'in conjunction with other subjects as well'. The U.S. Department of Education also suggest that schools with music programmes have significantly higher graduation rates than do those without programmes – 90.2% compared to 72.9%.

Tickets for Seussical go on sale on Monday (Adults \$10.00, Students \$5.00) and I would encourage you to reserve yours now! However, as you sit back and enjoy the performance you might do well to remember that those students on stage might just be singing and dancing their way towards better subject grades without even realising it.

Glenn Canterford

SECONDARY SCHOOL NEWS

Secondary School Programmes - Parental Input request!

On Wednesday of last week I sent out an email to all secondary school parents requesting their input with regard to our secondary school programmes. I would like to thank all of the parents who have taken time out to reply to me already. Parents this is an opportunity to make your suggestions. Constructive criticism is always welcomed.

IB Coordinator



"Use it or lose it"



I am certain that you have all heard the expression above but do you know the importance of it when it comes to teenagers! This week I had the opportunity to facilitate a professional learning workshop organised by Mrs Williams, Middle School Curriculum Coordinator. The workshop was on the teenage brain and as most of you have teenage children I thought it would also be good to share some of the information with you.

During the last 25 years, scientists and researchers have made enormous strides in the area of brain functionality and architecture specific to the period of adolescence. Recent research conducted using magnetic resonance imaging (MRI) provides support that the adolescent brain is still under development and maturing during the teen years. The biggest changes occur in areas of the brain that affect self-control, decision making, emotions, and risk-taking behaviours.

The general conclusion amongst neuroscientists is that adolescent brains go through a period of circuit refinement, pruning unused connections and strengthening more heavily used circuits. For example, if a child were to grow up in a visually rich, but silent environment, neuroscientists would expect to find a high level of complexity in the circuits of visual areas of the brain while the auditory areas of the brain would have simple or even abnormally reduced circuits.

This pruning of unused connections in human adolescence is most predominant in the prefrontal cortex (front), the part of the brain critical to information synthesis. In contrast, many other areas of the brain appear relatively stable in volume throughout late childhood and adolescence. Thus, the prefrontal cortex appears to be the last region of the brain to mature, undergoing major changes throughout the teen years.



The prefrontal cortex is the area of the brain controlling planning, working memory, organization, and mood modulation. This area of the brain is not fully mature until about the early to mid-20 years of age. The scientific hypothesis is that this growth and then pruning is an important stage of brain development that can influence learners for the rest of their lives. The saying "use it or lose it" applies to brain growth during the teen years. Scientists are warning that "if a teen is doing music, sports or academics, those are the connections that will be hard wired. If they're lying on the couch or playing video games or watching TV, those are the cells and connections that are going to survive".

I feel that we all have an obligation to enrich adolescents' environment and to strengthen those connections that will be in teens' best interests later in life. Just remember that when teenagers are active and learning something, they are not only becoming knowledgeable they are also HARD-WIRING their brains.

Further information on the teenage brain can be found on

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

http://www.hhs.gov/opa/familylife/tech_assistance/etraining/adolescent_brain/index.html and

<http://www.brains.org/> as well as many other websites.



Beauty Sleep - Annual Sleepover for Year 8 Girls

'Beauty Sleep' is a sleepover for year 8 girls held each year in the St Andrew's School library. We hope to:

- Encourage the girls to develop and maintain *positive peer relationships* based on supportiveness, assertiveness and empathy
- Promote a critical understanding of *the role of the media* in shaping our perceptions of beauty, body image and female roles
- Strengthen *self-esteem*
- Provide an opportunity for *a positive, shared experience*
- Have *fun*

In April of this year, our annual sleepover was featured in Middle Ground, an internationally distributed magazine published by the American Middle Level Association (AMLE), which highlights best practices in education for adolescents.

'Beauty Sleep 2011' will be held on Friday 25th November, 2011. Students should arrive at the library at 5.00 pm on Friday 25th November and be collected the next morning at 10.30 am. Students will be supervised by teachers in the library and security guards will be patrolling the outside area. Students should bring their own bedding or sleeping bag, pillow, pajamas, toiletries and a change of clothes for the next morning. Electronic devices will not be permitted. Please also monitor the amount of junk food snacks that are packed. A supper of pizza and a light breakfast will be provided and we ask that a contribution of \$15 be made to cover these costs. **All year 8 girls were given letters today and the permission slip should be returned by Friday 18th November 2011.**

If you have further questions regarding the sleepover or would like a copy of the above-mentioned article, please do not hesitate to contact Mrs Williams at rachael.williams@st-andrews.com or call 677 7828 ext 254.

The Annual College Fair

116 of our year 11 and year 12 students accompanied by faculty and parents attended the Fair on Thursday. The North American colleges/universities are looking for St Andrew's students as our reputation is well known. A big thank you to our parent volunteers!!

Spanish Language Trip to Costa Rica

The Modern Languages Department will be traveling to Costa Rica during the Easter break of 2012. The trip is a 10 day cultural and language experience and we are delighted to be able to offer this opportunity to our students once again. The trip is open to students in Years 10-12, and we shall be traveling to Costa Rica on 29th March, 2012 and returning to Nassau on 7th April, 2012. The cost of the trip is \$2,200.00 which will be collected in three installments. This is a homestay programme and students will be housed with caring professional host-families where they will be accepted as a member of the family and enjoy all the benefits of a cultural immersion. Intensive Spanish lessons will take place at a Spanish language school in San Joaquin during the week and group activities and excursions will also be enjoyed. Included in the cost are:

Year 8 www trips to The Island School Eleuthera

The last of the three year 8 groups returned from Eleuthera yesterday on Thursday at 6:30pm and from what I have heard so far the students thoroughly enjoyed this educational experience. Thank you to our three teacher chaperones Mrs Reba Sterling, Mrs Tiffany Saunders and Mr Nathan Hughes. Our students are so fortunate to have teachers to chaperone them otherwise these types of curriculum related trips could not take place. Being a chaperone is a 24 hour job.

College Representatives Visit St Andrew's School

This month, colleges and universities in the US and Canada are ready and excited for their visit to our school. Visits take place during school hours in the library. Students in year 11 are invited to attend lunch time sessions and students in years 12 and 13 are also encouraged to attend lunch time sessions and get permission from their subject teachers to attend sessions occurring during class time. Please encourage your

Student Council Annual Thanksgiving Food Drive

In aid of...

Hands 4 Hunger, Great Commissions Outreach, Bilney Lane Children's Home & Salvation Army
Please send in nonperishable food items such as: rice, flour, grits, oatmeal, baby food and other canned goods by Thursday, November 24, 2011

EDLINE

Edline was introduced last academic year and improved communication between home and school and improved student learning. Teachers, students and parents will be even more expert in its use this year. This software allows our students and parents to access teachers' grade books no matter where they are; Europe, North America etc anywhere there is internet. Like last year teachers' grade books will show updates every 3 weeks and an EDLINE 3 week grade update schedule will be in next week's Heads Up

EDLINE 3 WEEK GRADE UPDATE SCHEDULE

Parents will expect to see your grade book updated as shown below

DAY, DATE & TIME	STATUS
Monday, 26 September 3:30pm	X
VACATION: 14 Oct -1 7 Oct	
Monday, 24 October 3:30pm	X
Monday, 14 November 3:30pm	X
Monday, 5 December 3:30pm	
VACATION: 19 Dec 2011 - 3 Jan 2012	
Monday, 16 January 3:30pm	
Monday, 6 February 3:30pm	
VACATION: 13 Feb - 17 Feb	
Monday, 27 February 3:30pm	
Monday, 19 March 3:30pm	
VACATION: 2 Apr - 13 Apr	
Monday, 23 April 3:30pm	
Monday, 14 May 3:30pm	
Monday, 4 June 3:30pm	

Status x = completed

MIDDLE SCHOOL TRIMESTERS	UPPER SCHOOL SEMESTERS
1: August 25 - November 25	1: August 25 - January 20 Teachers' Gradebooks close December 16
2: November 28 - March 9	2: January 23 - June 15
3: March 12 - June 15	
School reports sent home electronically after each trimester is completed.	School reports sent home electronically after each semester is completed.

2011 - 2012 Test Dates

Test Date	Test	Registration Deadline
October 1st, 2011	SAT	September 9th, 2011
November 5th, 2011	SAT	October 7th, 2011
November 12th, 2011	SSAT	October 21st, 2011
December 3rd, 2011	SAT	November 8th, 2011
December 10th, 2011	ACT	November 4th, 2011
January 07th, 2012	SSAT	December 16th, 2011
January 28th, 2012	SAT	December 30th, 2011
February 11th, 2012	ACT	January 13th, 2012
April 04th, 2012	SSAT	March 30th, 2012
April 14th, 2012	ACT	March 9th, 2012
May 05th, 2012	SAT	May 8th, 2012

BAISS Interschool Softball Playoffs

This week both our junior girls and senior boys lost in the Championship games. The girls and the boys made us proud by never giving up and by their sportsmanlike behaviour after the loss. All 4 teams played well. This is the first time since 2005 that we have not won any softball championships. One thing is for sure our softball teams will be out next year competing as hard as always. Well done to coaches Roach, Phillips, Wilson, Coyle, Saunders, Eldon and Montgomery.

Good News

Amari Bethel and Eden Taylor both Year 10 are members of the Under 17 Women's National Soccer Team scheduled to participate in qualifying games for FIFA World Cup 2012. The qualifying games are scheduled to be held in Jamaica, 27th November – 4th December 2011. We wish the team, but in particular our girls, success.

More Good News

Celina Gomez, who plays saxophone, will be participating in the Florida Classic "Battle of the Bands", 17-20 November. Celina plays with The Bahamas All Stars Band and this band has been selected to participate in this event. We wish Celina and her band well.

Good News

Parents, if you have good news to share with us about our students, e.g., weekend activities not sponsored by the school, please email me directly. Over the holiday, if students represented The Bahamas or their clubs, in different areas, please let me know.

Important Secondary School Events

Monday 21 – Friday 25 Road Safety Week
 Thursday 24 Thanksgiving
 Friday 25 November Year 8 girls 'Beauty Sleep'
 Sunday 27 November Service at the Kirk (10:30am) **all welcome**
 Wednesday 30 November St Andrew's Day
 Thursday 1 December Boys wear ties (until Easter)
 Wednesday 30 Nov - Friday 2 December Seussical Jr The Musical
 Tuesday 13 December Christmas Concert 7:00pm
 Friday 16 December School closes at 12:00noon

Frank Coyle
Head of Secondary School
Email: frank.coyle@st-andrews.com

PRIMARY SCHOOL NEWS

Year 4 Art at the Beach

Mrs. Dias, primary art teacher, organized a field trip to Cabbage Beach as an extension of Year 4's "What a Waste" Unit of Inquiry. The children's task was to create art using materials and natural items that were found on the beach. The children gathered into groups of threes and worked cooperatively, designing various art sculptures. We were all amazed by the ways in which natural and man-made materials were used as part of their projects proving that trash can indeed be turned to treasure! The teachers would like to commend the group for listening attentively, working well together and showing such creativity. It was a fantastic day of fun and learning and an opportunity to serve the community by tidying up the beach!



Year 3 Potter has a Visiting Chef (Risk-taker? Inventor?? Mad Scientist???)

Chef Paul, Sr. Executive Pastry Chef at Atlantis, (and Rhys' Dad) came into our class and we got to do some very exciting things! We made soda bottles explode! We made chocolate "Blast" cake with "Homemade Melon Caviar" and we got to eat this with chocolate pop rocks and ice cream! What a treat!



A Balanced Student



2ND PLACE UNDER-15 FEMALE ANGEL WILLIE

Angel Willie, a Taino Junior House Captain, was recognized for her 2nd place position at the 2nd Annual Bahamas Coaches Association Bay Street Mile. Congratulations Angel!!



Thanksgiving Food Drive in aid of...



Hands 4 Hunger, Great Commissions Outreach, Bilney Lane Children's Home & Salvation Army

Please send in nonperishable food items such as: rice, flour, grits, oatmeal, baby food and other canned goods by Thursday, November 24.

Health and Safety

Mrs. Nancy Cartwright has secured a supply of "Bugs Lock" which are bands that repel mosquitoes with a 100% natural aroma. Due to small parts it is not recommended for children under 3. Please see Mary Turner if you are interested in purchasing this product. ***Due to purchasing in bulk, Mrs. Cartwright is now selling the bands for \$1each.***

Primary School Edline Update Calendar

29th September

10th November

8th December

26th January

15th March

10th May

7th June

3- Way Conferences

These conferences will be held on December 1st. They provide an important opportunity for student/parent/teacher discussions about learning, achievement and goals. Further details will go home by letter next week and sign up sheets will be available outside your child's classroom. PLEASE PLAN TO ATTEND.



Meetings with the Principal and Head of Primary

The information below was included in a letter to all parents sent on Monday 24th October. Please return a completed form or contact Mrs. Thomas if you would like to attend a meeting.

Dr. Glenn Canterford, Principal, and Mrs. Yvette Simms, Head of Primary, will host a series of meetings with the parents of our primary school students. These meetings are intended to provide us with an opportunity to get to know you better, to share relevant information with you regarding your child's education and they will serve as an open forum for communication. It is our hope that you will make plans to join us as we value your voice in working toward a Strategic Plan for the future of St. Andrew's School.

Please note the following meeting dates and times. You will be informed of the venue of each meeting closer to the date as numbers will determine our choices. *Please complete the attached form and return it to Mrs. LeKeisha Thomas in the main office on or before the Thursday morning prior to your meeting date.*

Monday, October 31, 2011 – 9:00AM to 10:30AM – Parents of Year 6

Monday, November 7, 2011 – 9:00AM to 10:30AM – Parents of Year 5

Monday, November 14, 2011 – 9:00AM to 10:30AM – Parents of Year 4

Monday, November 21, 2011 – 9:00AM to 10:30AM – Parents of Year 3

Monday, November 28, 2011 – 9:00AM to 10:30AM – Parents of Year 2

Monday, December 5, 2011 – 9:00AM to 10:30AM – Parents of Year 1

Monday, December 12, 2011 – 9:00AM to 10:30AM – Parents of ELC, Pre-School, Pre-Reception, Reception

Dates to Remember

November 17th – 25th (**date change**) Health and Safety Committee's: Road Safety Week

Thursday 24th November Thanksgiving Day

Wednesday 30th November St. Andrew's Day

Thursday 1st December (correction) **Primary Parent/Student/Teacher Conferences**

Friday 2nd December (**date change**) Junior Basketball Tournament

Monday 5th December ELC Christmas Concert

New date TBA Junior Soccer Tournament

Friday 9th December Infant Concert

Tuesday 13th December School Christmas Concert

Thursday 15th December Winter Carnival

Friday 16th December **Noon dismissal for Christmas Break**

Tuesday 3rd January School Reopens

My best to you,

Yvette Simms
Head of Primary

COMMUNITY NEWS AND EVENTS FROM THE ST ANDREW'S FAMILY

Please click on a group's link below to view information from the group:

[PTA News and Events](#)

[Health and Safety News and Events](#)

[Community News and Events](#)