NORTHFIELDS

NORTHFIELDS INTERNATIONAL SCHOOL NEWSLETTER

APRIL 2024

UPCOMING EVENTS

APRIL

16th - 17th: Worlds Scholars Cup Trip (West Coast)
19th: Eid Celebration
23rd: Maths Easter Treasure Hunt - Year 7
24th: Cyber Security Talk - Primary Students
25th: Coffee Morning Year 7-9
25th: Primary School Coffee Morning & Cyber Security Talk - Primary Parents
26th: Fit Fruit Friday
26th: Dental Care Talk - Primary
26th: Second Hand Collection

MAY

6th-10th: Road Safety Week
14th: Interhouse Maths Quiz - Year 10 & Year 12
16th: Coffee Morning Year 10-13
17th: Monkeynastics Sports Day
17th: Primary School Coffee Morning
18th: Secondary Schools Conference
21st: Public Speaking Competition
21st: Maths Trip - Ebony forest - Year 10
21st: Cultural Diversity Day
31st: Graduation Ceremony
31st: Fit Fruit Friday
31st: Second Hand Collection

JUNE

5th: World Environement Day
6th: Secondary School Coffee Morning
10th - 14th: IBDP Induction Week Year 11
21st - 22nd: DoE Practice Adventurous Journey Year 10
21st: Music Day
22nd: Fun Day TBC
24th-25th: DoE Final Adventurous Journey Year 11
24th- 28th: Kindness Week
26th: Trip to Ile aux Aigrettes
27th: Secondary School Coffee Morning
28th: Second Hand Collection

HEAD OF SCHOOL MESSAGE

This issue of our newsletter is packed full of articles that truly reflect the outstanding talent and engagement of our school community.

The remarkable diversity of activities and projects that our students engage in with the support of our teachers and leadership teams confirms that Northfields' vision of fostering holistic education continues to shine through!

Congratulations to all who have challenged themselves, both academically and through enriching activities like Duke of Edinburg, MUN, Drama and Arts, Sports, and many others. Our students have achieved excellent results in these pursuits and serve as inspiration for us all.

Special recognition also must go to our Year 13 students, who have completed their courses this term and are now preparing to sit their final examinations.

We appreciate all that our senior students have shared with the school, and we wish them all the best as they complete this last stage of their time at Northfields.

As we now look ahead to the third term, I encourage all of our students to give their best in their learning, action and service.

Northfields has much to be proud of, and I am sure that our students will continue embracing new opportunities to grow and make a difference for themselves and others.

Phyllis Philogene
Head of School

NORTHFIELDS
VIRTUS ET HONOR

PRE-NURSERY

International Event Celebrations

Our Pre-Nursery children joined in various celebrations with Northfields' main campus, promoting unity within our school community. They engaged in festivities such as Chinese New Year, Valentine's Day, Disney Day, and Mauritius Day of Independence during the second term. Our team plans enriching activities, including themed dress-up days, to provide valuable learning experiences for our students, always keeping their perspective in mind.

Pre-Nursery Students

Our young students have shown resilience this term, despite time spent at home due to weather days. Each return to school was met with a warm welcome, as teachers missed their little ones. A child's day is busy, catering to their curiosity and eagerness to learn, helping them grasp their place in the world.

Through interactions at school, they discover themselves, influenced by peers and teachers. As adults, we leave a lasting impact on children's lives, serving as role models they observe and learn from.

Umbrella Day

On Friday, 9th February, the Pre-Nursery participated in Umbrella Day. As the morning began, we were delighted to see our students arriving at school, proudly displaying their umbrellas from home. During outdoor playtime, the playground was adorned with a variety of umbrellas - big, small, and adorned with unique designs. Our children also gained insight into unfamiliar words such as 'up' and 'down', as well as 'open' and 'close', in both languages at school. We extend our gratitude to everyone for joining in the fun.

Normally, umbrellas protect us from the rain, keeping us dry on wet weather days. However, here on the island of Mauritius, which we all call home, umbrellas also shield us from the sun. At the beach, an umbrella can make the difference between a pleasant, comfortable experience and returning home looking like a lobster! Therefore, we have much to be thankful for when it comes to this ingenious creation.

International French Language Day

As we have all asked ourselves at some point, 'Je parle Français?' The pre-nursery enthusiastically participated in International French Language Day on the 20th of March. Since French is one of the languages we focus on with our students, the event was warmly welcomed by all.

Students and staff members chose one of the colours of the French flag to represent for the day and engaged in rehearsing their voices by singing a variety of French songs. Additionally, they made French flag biscuits to take home. Our little French chefs were

eager to taste their creations in class but managed to wait until they left the pre-nursery campus in the afternoon on their way home.

Egg Hunt

On the last day of term, we organised a morning filled with colour, which included our children arriving in casual clothes for a morning picnic. However, the highlight of the day was the 'Egg Hunt'. Our little ones eagerly took on the task of searching for small baskets of chocolate eggs for the toddler students and a bunny surprise with a hidden surprise inside for the older students of the pre-nursery.

The egg hunt elicited giggles, curiosity, and discovery as the students wondered why small objects were hidden in their garden and why their teachers were encouraging them to search for eggs. One of the older students even felt the need to correct their teacher, saying, 'It's not a bunny, it's a rabbit!' when they found their surprise in the garden.

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CHILDREN'S HOUSE

Celebrating Chinese New Year

The vibrant spirit of Chinese New Year swept through our school as children donned their traditional Chinese outfits, ready to celebrate in style. Excitement filled the air as we gathered to commemorate this special day, marked by ancient traditions and colorful festivities.
A highlight of the celebration was the mesmerizing lion dance, a symbol of good luck and prosperity. For many children, witnessing the lion dance for the first time was a thrilling experience, captivating them with its rhythmic movements and vibrant colors.

As the lion snaked its way through the school grounds, accompanied by the rhythmic beat of drums and cymbals, cheers of excitement filled the air. The energy was infectious as students, teachers, and parents alike came together to revel in the joyous atmosphere.
The Chinese New Year celebration provided a unique opportunity for cultural enrichment and appreciation, allowing students to learn about and experience traditions from around the world.

It was a day filled with laughter, learning, and memorable moments that will be cherished for years to come.

Valentine's Day : Love and Kindness at School

Valentine's Day at our school was a heartwarming celebration filled with love and kindness.
Children eagerly engaged in crafting, baking, and creating heartfelt gestures for their loved ones. The vibrant colors of red, pink, and white filled the halls, reflecting the spirit of affection that permeated the day.
Beyond the traditional activities, emphasis was placed on the power of kindness, inspiring children to express qualities like generosity and empathy. Dressed in festive attire, they exchanged handmade cards and treats, spreading joy and warmth throughout the school.

The celebration left a lasting impression, reminding everyone that love and kindness are timeless expressions that can brighten anyone's day.

Honoring Mother Tongue Language Day

At our school, diversity thrives, and on Mother Tongue Language Day, we embrace our rich cultural tapestry. This year, we welcomed Mrs. Anju, Clara's mother from CH 1, to share her Italian heritage with us. Mrs. Anju's passion for Italy shone brightly as she shared captivating stories of its history, traditions, and mouthwatering cuisine.

The children were spellbound by Mrs. Anju's presentation, eagerly soaking up insights into Italian customs, language, and values. From iconic landmarks like the Colosseum to the art of crafting authentic pasta, the students were fully immersed in the cultural journey.Encouraging active participation, Mrs.Anju invited questions and shared discussions, igniting excitement and curiosity among the students. Their enthusiasm was palpable as they engaged deeply with the material, hungry to learn more about Italy and its people.

As Mrs. Anju's visit came to an end, the children expressed heartfelt gratitude for the invaluable experience. Her presentation left a lasting impact, nurturing appreciation and understanding for Italy's language and culture.

Mother Tongue Language Day reinforces the importance of honoring our diverse linguistic heritage. By celebrating the languages and cultures of our school community, we foster unity and a sense of belonging. We extend our sincere thanks to Mrs. Anju for enriching our understanding of the world around us.

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CHILDREN'S HOUSE

Disney Day

Our school united in excitement for Disney Day, a joyous occasion dedicated to raising funds for the outstanding Moana show. Children arrived dressed as their favorite Disney characters,binfusing the campus with color and enchantment.

Throughout the day, students engaged in Disney-themed activities and games, radiating creativity and enthusiasm. Beyond the fun, the event held deeper significance as a fundraiser for the production, sparking community support and excitement.

As Disney Day came to a close, its success was evident. Not only did it bring joy and camaraderie, but it also raised vital funds for the Moana show, promising an unforgettable experience for all involved.

Disney Day exemplified the magic of community and the enduring allure of Disney, reminding us of the power of unity and support in achieving shared goals.

Independence Day Celebration

On the 11th of March, our school community came together to commemorate Independence Day, a momentous occasion in Mauritius' history.

The day was filled with pride, joy, and a deep sense of appreciation for our nation's journey to freedom.

We were honored to have Annega as our guest of honor, whose presence added a special significance to the celebration.

Alongside Annega, Miss Sam delivered important messages, including a letter from the Prime Minister, underscoring the significance of the day and the values it represents.

The highlight of the event was the solemn flag-raising ceremony, symbolizing our unity and sovereignty as a nation. Against the backdrop of the fluttering flag, the school choir filled the air with patriotic melodies, stirring hearts and evoking a sense of national pride.

Throughout the day, students and teachers engaged in various activities and performances, showcasing their love for their country and their commitment to upholding its ideals. From cultural displays to poetry readings, each moment served as a tribute to Mauritius' rich heritage and the sacrifices made for its independence.

As we reflected on the importance of Independence Day, we were reminded of the resilience and determination of our forefathers who fought for our freedom. Their legacy inspires us to cherish our liberties and work towards a brighter future for all Mauritians.

Independence Day at our school was more than just a celebration; it was a reaffirmation of our identity as Mauritians and a testament to the unity and strength of our nation.

As we look ahead, we carry with us the spirit of independence and the hope for a prosperous and inclusive future for Mauritius.

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LOWER PRIMARY

Outing

Lower Primary students had a fantastic start of term with their first outing to L' Adventure du Sucre, located in Beau Plan.

L' Adventure du Sucre provided an enriching experience, offering a treasure trove of knowledge about sugarcane, the vibrant history of Mauritius, and the delightful taste of sugar. From interactive exhibits to captivating storytelling, our students were immersed in a world of discovery and learning.

The students stepped into the captivating world of sugar at The Adventure du Sucre, a modern interactive museum nestled within the historic walls of a former sugar factory. Journey through time as you explore the fascinating history of Mauritius and its iconic sugar cane industry.

They delved into the origins of sugar cane cultivation in Mauritius, dating back to the 17th century when Dutch settlers first planted the seeds of this lucrative crop. The Lower Primary students also learnt how the island's tropical climate fostered the growth of sugar cane fields, leading to a booming industry. They experienced the pivotal role played by French governor Mahé de La Bourdonnais in revolutionizing sugar production with the construction of the island's first sugar mill in the 18th century.

We completed the tour by tasting the awesome sugar of Mauritius.

Exciting New Changes at Northfields Primary!

As we embarked on Term 2, our older primary students were introduced by a fantastic addition to our school routine: biweekly assemblies led by none other than the amazing Miss Samantha Streak! Despite the occasional challenge of bad weather, Miss Streak's dedication ensured that these assemblies became a regular highlight for both Upper and Lower Primary students.

During these assemblies, Miss Streak skillfully disseminated important information, fostering a sense of community and unity among our students. But wait, there's more! Miss Streak introduced a delightful new initiative: the introduction of a letter box placed right outside her office door. This letter box isn't just any ordinary box; it's a gateway for students to express their thoughts, feelings, and concerns directly to Miss Streak.

Whether it's sharing their joys, seeking guidance, or addressing important issues, students can trust Miss Streak to listen attentively and provide support. But here's the best part: Miss Streak doesn't just collect these letters; she takes the time to personally respond to each one. This thoughtful gesture not only boosts the confidence of our students but also instills in them a profound sense of belonging and importance within our school community.

At Northfields Primary, we believe in fostering open communication, trust, and empowerment among our students, and Miss Streak's initiatives embody these values perfectly.

International Mother Tongue Day

On our diverse island, International Mother Tongue Day is a cherished event in our Lower Primary classes, celebrating languages' richness worldwide. From Hungarian to Turkish, Greek to Swedish, Hebrew to French, and Hindi, each language holds deep cultural significance. We thank parents for sharing their linguistic heritage, fostering appreciation for global languages.

In our interconnected world, recognising languages isn't just about proficiency but honouring humanity's diverse experiences. International Mother Tongue Day embodies Montessori values of diversity, inclusion, and respect, teaching students the value of language in understanding one another. As they bid farewell, students carry the lesson that every language is precious, knitting together our shared humanity.

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LOWER PRIMARY

Disney Day

On Friday 1st March 2024, Northfields International school celebrated Disney Day where students dressed up as their favorite Disney characters to help raise funds for the school play " Moana".

It was a magical day where classrooms and hallways were filled with Disney princesses such as Elsa from Frozen, Snow-white, Sleeping beauty aka Aurora, Belle and many more. On the boys' side, Mickey Mouse, Zorro, Mark Razowski from Monster Inc or Robin Hood were among the Disney characters walking side by side with Darth Vador and Han Solo who fall under the Disney banner. Even the teachers took part in the folly with either Mickey t-shirts or disguised as other well-known Disney figures.

As a warm thank you for participating in this fund-raising event, some of the Moana cast members gave the Children's House and Lower Primary sections a surprise Avant-premiere rendition of their play by singing a few songs. It was a beautiful performance which was met with a great cheers and applause from all who were present.

Even though it was a normal school day, many activities were planned with the main theme in mind, but it would not be a Disney Day without the most important of them all, a Disney Movie or cartoon.

It was a memorable day for children and adults alike and a repeat of this event would be appreciated for the next academic year.

Global Family Day The Montessori Way : A journey of Unity and Understanding

It was during the first week of term 2, Lower Primary classes brought to life the principles of unity, empathy, and cultural understanding in vibrant and engaging ways.

The day began with a circle time, where the students gathered to share their reflections on what family meant to them.

From heart-warming stories of sibling adventures to touching anecdotes about grandparents' wisdom, the diversity of family experiences was evident. Each tale underscored the universal truth that family, in its myriad forms, is a source of love, support, and belonging.

The highlight of the day was the "Family Globe" craft accompanied by heartfelt captions celebrating the unique qualities that makes each person special.

As they admired the kaleidoscope of faces and smiles, a sense of unity and connection permeated the class, transcending differences and fostering a spirit of inclusivity and acceptance.

In the spirit of Montessori education, Global Family Day had been a journey of discovery, empathy, and celebration—a testament to the power of education to nurture global citizens who embrace diversity, champion unity, and strive to make the world a better place for all.

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UPPER PRIMARY

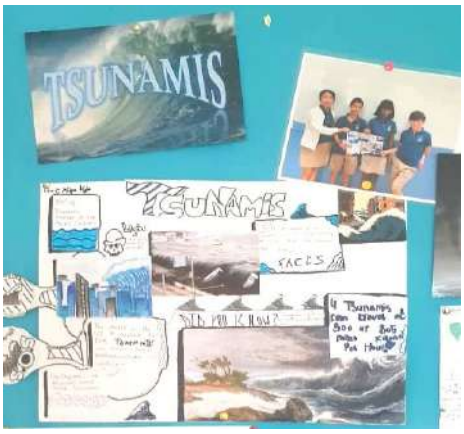
Disney Day Celebration

Our Disney Day celebration unfolded on the 1st of March 2024. It was a day filled with excitement and wonder. We celebrated this day with a shared sense of purpose: to support our high school's production of Moana, a theatrical masterpiece that was enjoyed by all who watched it. Yet Disney Day was not solely about fundraising for the production, it was a celebration of the enchanting world of Disney itself. From classic tales of princesses and heroes to modern-day adventures in far-off lands.

As the day unfolded, laughter filled the air, familiar melodies sung and vibrant creative costumes worn, a testament to the enduring magic of Disney. It was an unforgettable Disney Day, and we were filled with gratitude for the memories created.

In celebrating Disney, we celebrated the timeless values of courage, friendship, and the belief in the power of dreams.

Year 6 Extreme Weather Project



The year 6 group produced posters and phenomenal presentations on "Extreme Weather". Each group was given a natural disaster that they had to research. Information needed to be gathered and then presented to the class. The end product was outstanding, with valuable insights into each disaster obtained. It was a fun way of learning, and the confidence projected during the delivery of their projects was applaudable. They worked in groups, which helped them develop teamwork. Additionally, working in teams provided an opportunity for students to practice important interpersonal skills such as communication, cooperation, and delegation.

Furthermore, by being assigned specific natural disasters to research, the children gained a deeper understanding of the various types of extreme weather events and their impacts. This hands-on approach to learning not only encouraged active engagement but also helped students connect knowledge with real-world examples.

Overall, this project was a great success which was enjoyed by the children, providing them with both valuable knowledge about extreme weather and important skills that would serve them well in their academic and personal lives.

International Mother Language Day

International Mother Language Day is celebrated annually on the 21st February to promote linguistic and cultural diversity and multilingualism. The first International Mother Language Day took place in 2000.

This year, we decided to make our Year 5 and 6 students aware of this important day during our PSHE lessons. Each class carried out a survey on the students' home language. This was completed on the whiteboard. It was evident that, here at Northfields, there are many different languages that are spoken at home. In one class alone, 14 different languages were recorded. The students were interested to learn that there are around 7000 different languages spoken around the world. However, there are languages that are facing extinction. The students were given an opportunity to use a Chromebook and research questions such as: What do you think a mother language is? What do you think multilingualism is? Why do you think International Mother Tongue Day is important to celebrate?

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UPPER PRIMARY

Upper Primary Open Day

On Saturday 2nd March, our school welcomed parents and potential students to an exciting Open Day in Upper Primary. Class captains from Year 5 and 6 led the way, participating in activities and warmly greeting our visitors.

Families immersed themselves in various activities, including a captivating Rainbow Milk experiment in Science, exploring 3D shapes in Maths, and engaging in a lively Kahoot quiz. The giant map activity sparked curiosity as children placed flags and learned about different countries.

New parents had the opportunity to meet with Principal Mrs. Streak for an informative discussion, gaining insights into school life and curriculum.

Thanks to the enthusiastic participation of our class captains, the Open Day was a great success, showcasing the dynamic learning environment of Upper Primary. We look forward to welcoming new students to our school community in the future.

IPS Literature Quiz

The Northfields Upper Primary students excitedly walked across the road to IPS for a head-to-head showdown at this year's Literature Quiz! Divided into house teams, the children battled it out over questions that would stump even the most seasoned bookworm. From unraveling character quirks to dissecting plot twists, they didn't shy away from the challenge. The air was buzzing with excitement and a sprinkle of nervous energy as they raced to outsmart each other.

It wasn't all about the competition; there were laughs, high-fives, and a whole lot of literary banter. At the end of the day, it wasn't just about who won, but the thrill of diving into the magical world of books together. Hats off to these young students and the IPS teachers for making literature come alive in the most epic way possible!

Roman Roads History Project

This term, as part of their history curriculum, the Year 5 students dove into the fascinating world of Roman roads. They did not just read about them; they got their hands dirty, constructing, and labelling 3D models of the layers. Some chose to go the edible route, crafting roads out of sweets and treats, while others opted for natural materials like gravel, sand, and stones. The classroom buzzed with creativity as each student brought their unique vision to life.

By the end of the project, not only did they have a deeper understanding of Roman engineering, but some also had some delicious snacks to enjoy! All roads lead to Rome!

Valentine's Day Celebration

Celebrating Valentine's Day in our Upper Primary was a heartwarming and educational experience. As the children dressed in white, red, and pink, they created a festive atmosphere symbolizing love and friendship.

Activities like writing down opinions on what love meant to them encouraged self-expression and fostered empathy and understanding among peers. The heartfelt messages were displayed on a caring tree, showcasing the diversity of perspectives, and reinforcing the importance of appreciation in relationships. The genuine and sincere nature of the messages reflected the purity of the children's feelings, making the celebration even more meaningful.

Overall, such celebrations not only spread joy and love but also contributed to the emotional and social development of students, creating memories that they would cherish for years to come.

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UPPER PRIMARY

Independence Day

On the 11th March, the hall of Northfields Primary School was alive with the spirit of Mauritius as students, teachers, and a special guest came together to commemorate the nation's Independence Day. It was a day filled with patriotism, cultural performances, and inspiring words, marking a significant moment in Mauritius's history. The ceremony started with a solemn flag-raising ceremony accompanied by the singing of the national anthem, followed by the Primary School Principal sharing the Prime Minister's message.

The secondary school choir dazzled us with cultural performances, showcasing Mauritius's rich heritage. The event was further graced by the presence of a distinguished guest of honor, Annega, a talented Mauritian singer-songwriter.

Annega not only delivered a motivational speech but also treated the audience to the debut performance of her latest song, "Losean" released on this very day.

It was a day filled with memories that will be cherished by all who attended, fostering a sense of community and national identity among the students and staff alike.

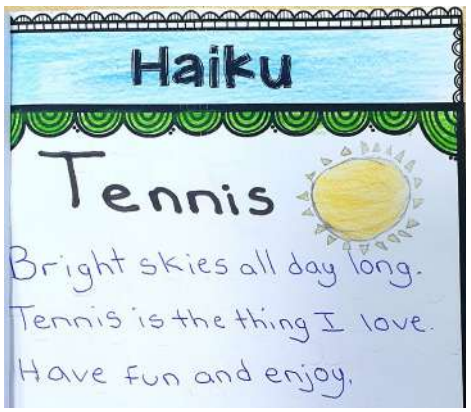
Year 5 Science Project: Advocating for Chimpanzee Conservation

During Term 2, Year 5 students engaged in an exciting science activity centered on animal life cycles, habitats, and adaptations. Following their learning, they embarked on a project focusing on Jane Goodall and her Institute's efforts to protect chimpanzees. The students' task was to create visually striking posters showcasing facts about Jane Goodall and her Institute, emphasizing the importance of chimpanzee conservation. This activity served a dual purpose: enhancing their understanding of ecosystems and advocating for a critical cause. By researching and designing their posters, students honed various skills, including research, critical thinking, and communication. The project also instilled empathy and responsibility towards endangered species and the environment.

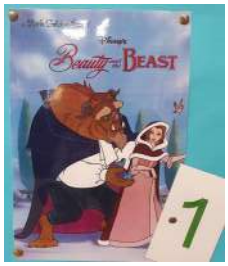
The pride and enthusiasm of the students were evident as their posters embellished the outside board, serving as a testament to their dedication and passion for conservation. This project exemplified the transformative power of education in nurturing care for the environment and fostering empathy towards all living beings.

Year 5 Poetry Booklets

The Year 5 students at Northfields have been getting creative this term! They've been diving into the world of poetry and just recently, they put together their very own poetry books. They learned all about different types of poems like haikus, cinquains, diamantes, and even those hilarious limericks. Then, they rolled up their sleeves and got to work, writing, and illustrating one of each type of poem. Talk about talent! Those books are absolute gems, filled with their unique words and beautiful drawings. Keep an eye out for these budding poets - they're definitely going places!



Match the Teacher to the Book



The Upper Primary students participated in an exciting competition called 'Match the Teacher to the Book' and it was a blast! A board with photographs of teachers when they were children were displayed next to the covers of their favourite childhood books. The students had to connect the dots by filling out forms with their guesses. There were lots of giggles, guesses, and good times. Hopefully, it inspired them to get stuck into their own books, as their teachers did all those years ago.

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SECONDARY SCHOOL

Galette des Rois

In January, the Year 9 French Proficient learnt about the tradition of La Galette des Rois (The Day of the King). We cut the cake into 20 slices, and following tradition, the youngest student went under the table. As we pointed to a slice of cake, this student named one of their classmates. Once everyone had a piece, we enjoyed the cake. Inside the cake, two fèves were hidden, so two students received them and became Queen and King for the day. Everyone enjoyed this tradition, celebrated in France throughout January.

Year 11 Final Assembly

It's that special time of the year when the Secondary Principal and the Year Group Leader organise a farewell assembly to mark a significant milestone. It's a delightful occasion, gathering all students together for one last time in a school assembly, before they embark on their IGCSE examinations. We took the opportunity to honour the accomplishments of our exceptional students and were privileged to have some special awards bestowed by the Rotary Club of Grand-Baie. It was a poignant moment as we said goodbye to this remarkable year group. Here's to wishing them the very best for their upcoming examinations!

Valentine's Day

On the 14th February, Northfields International School was animated with excitement as students and staff celebrated Valentine's Day. Some Year 7s welcomed the students in the morning with love songs. The air was filled with the sweet fragrance of roses, as students and staff alike had the opportunity to order roses and have them delivered to their loved ones on Valentine's Day. The pink drinks were a refreshing addition, perfectly complementing the sugary delights of the bake sale. The event was a resounding success, thanks to the hard work and dedication of the Year 12 students who led the initiative to raise funds for Prom. It was a beautiful celebration of love and friendship, bringing the Northfields community closer together.

Hector Ollivry
Year 12V

Mother Language Day

On Wednesday 28th February, we marked International Mother Language Day at Northfields with a wonderful celebration! Our students crafted a captivating video, showcasing the diverse languages spoken within our school. A special shoutout goes to our CAS students for their outstanding effort in creating a Language CAS board.

They collected the favorite words of students in their respective mother languages, making the board a meaningful representation of diversity. Let's continue celebrating our unique identities through the beauty of language!

Prom

Prom is an event on our school calendar that the senior student body and teachers eagerly anticipate. It is a tradition in our school for the Year 12s to organize the Year 13 prom.

This CAS experience was enlightening and beneficial as it allowed me to develop my leadership skills. Leading a team for a significant event and coordinating with all parties involved helped enhance my communication skills. I also learned how to overcome challenges and maintain composure throughout the process. Additionally, being able to rely on my team to complement my weaknesses with their strengths was a valuable lesson.

Overall, this experience demonstrated my dedication to making the event memorable for everyone. I am proud of what the team and I accomplished, ensuring everyone enjoyed themselves. We crowned Michela Merven as the prom queen and Ayaan Surally as the prom king."

By Neel Appadoo
Year 12V

NORTHFIELDS
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SECONDARY SCHOOL

International Day of Mathematics

On the 14th March, a significant day in the global mathematics community, Northfields embraced the convergence of Pi Day, Albert Einstein Day, and the International Day of Mathematics.

The Faculty of Mathematics orchestrated a lively celebration, engaging students and staff in various activities themed around "Playing with Maths." Year 10 students created posters with riddles, while Year 12 students displayed them around the school. Year 7 and 8 students participated in a Kahoot interhouse quiz.

From making cookie dough to enjoying street quizzes and educational videos, everyone found something to engage with. The atmosphere buzzed with excitement as students and staff immersed themselves in mathematical exploration.

This celebration not only deepened our appreciation of mathematics but also highlighted its relevance in our lives. Plans are already underway for next year's grand celebration on the same date.

Mathematics Faculty News

MATHS MYP AND 21ST CENTURY SKILLS

During Term 2, Years 7, 8, and 9 delved deeper into mathematics, exploring real-life contexts and enhancing their mathematical communication.

Year 7 students undertook an engaging project, using their knowledge of two-dimensional shapes to design dream house plans for a renowned football player. Utilizing technology literacy, they digitally brought their ideas to life, showcasing their ability to navigate essential digital tools. This interdisciplinary approach not only demonstrated their understanding of geometry but also nurtured creativity and practical application skills, connecting learning to real-world contexts.

In Year 8, students explored ratios and proportions through a culinary adventure, making edible cookie dough. Through collaboration, they applied mathematical concepts practically, fostering teamwork and communication skills. Analysing supermarket prices, they learned budgeting and informed decision-making, enhancing critical thinking and problem-solving abilities.

Year 9 students delved into triangles and trigonometry, creating and using clinometers to measure angles and heights. Through practical application and media literacy, they constructed instructional videos, showcasing technical proficiency and creativity. Collaboration ensured accuracy and enhanced interpersonal skills, fostering camaraderie and shared responsibility.

These experiences not only deepen mathematical understanding but also equip students with essential life skills for the modern world.

Through these multifaceted projects, our Years 7, 8 and 9 students have deepened their understanding of mathematical concepts and developed a range of essential skills for the 21st century. From mathematical ability to technology, media literacy, communication and collaboration, students emerged from the project with a newfound appreciation for the interconnectedness of knowledge and the limitless possibilities for learning and innovation. By bridging the gap between theory and practice, our students have demonstrated their potential to thrive in a dynamic and interconnected world, laying the groundwork for lifelong learning and success.

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SECONDARY SCHOOL

Maths Video Competition

Last term, the Mathematics Department organised a Maths Video Competition at the school level, which also extended to a national level organized by the MIE.

The primary objective of the competition was to inspire students to excel in the realm of mathematics within real-life contexts. It provided an avenue for students to refine their skills in interpreting and applying mathematical principles across various scenarios, both familiar and unfamiliar. The competition was divided into two categories: Year 7-9 and Year 10-13, ensuring that students could engage with the theme at a level suitable for their mathematical proficiency.

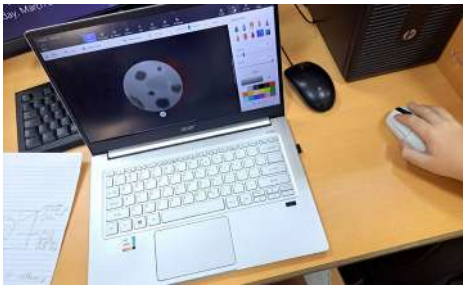
The response from participants in both categories was truly remarkable, reflecting a profound enthusiasm for the subject. The selected videos demonstrated a keen understanding of how mathematics permeates every facet of our lives, from analysing daily routines to tackling complex problems.

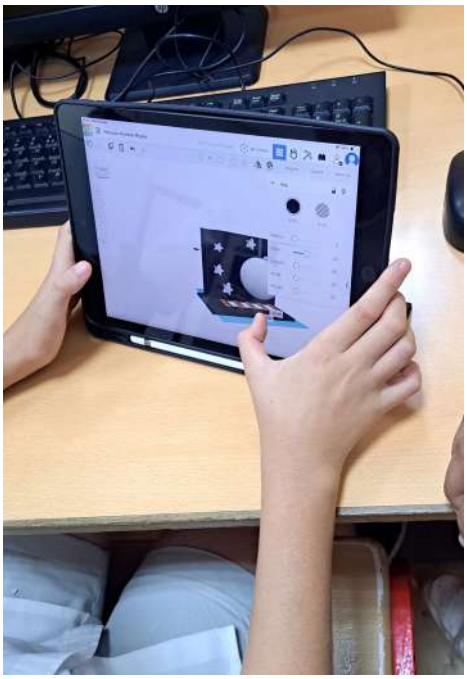
Recently, we had the honor of attending the prize-giving ceremony, where we were pleasantly surprised to receive recognition. Jonathan B. emerged as the winner in Category 7-9 with his video titled "Maths in Everyday Life," while Eja, Keva, Isaah, and Shreya (Year 10) secured the runner-up position in Category 10-13 with their video "Scape Velocity."

Overall, the competition served as a testament to the students' dedication and aptitude in the field of mathematics, reaffirming its significance in our lives and beyond.

Interdisciplinary Unit

Reflecting on the Year 7 experience, it's been exciting to see students connect science and design. They linked creating hand sketches to Design's Criterion B by annotating with materials and measurements. They also understood Criterion C, following their plans to create digital products. It's been a rewarding journey witnessing their growth and creativity in bridging these disciplines.





Blood Donation

A big thank you to everyone who participated in the blood donation drive in March! Your generosity has made a real difference in our community. The blood bank collected over 50 pints of blood. Special congratulations to the Sixth Form students who showed up in great numbers. Your dedication was inspiring! Your contributions will help to save lives and bring hope to those in need. Thank you for being a part of this wonderful cause.

NORTHFIELDS
VIRTUS ET HONOR

SECONDARY SCHOOL

Chinese New Year Celebration

On the 29th February we celebrated Chinese New Year and held a special assembly for the occasion.

We had the pleasure of welcoming guests from the Chinatown Foundation who helped transmit the Chinese culture through the melodious performance of the Erhu, intricate art of Chinese calligraphy and a spirited game of Mahjong.

Musical performances such as dances and songs performed by our students and teachers livened up the atmosphere, igniting the spirit of the New Lunar Year.

The crowd favourite however was definitely the Lion Dancers who brought excitement and joy wherever it passed. It was a fantastic opportunity to learn about Chinese culture and come together as a community to celebrate this special occasion.

By Julie Kwan Tat
Year 12V

Art Exhibition

The 2024 Visual Art exhibition showcased the talents of the Year 13 IB Art students. Our 4 artists impressed with a range of individual art styles, including drawing, painting, sculpture, photography, ephemeral art, and installation.

The vernissage took place on the 27th March, and scheduled visits were held for the students of Northfields the following day.

Renowned Mauritian artist, Pascal Lagesse, inaugurated the exhibition and delivered an inspiring speech to our young artists.

He also provided each student with advice and encouragement on their artworks.

Congratulations to Mariia, Jessica, Capucine, and Geena for completing their IA in Visual Arts.

Year 13: Leavers' Week

Reflecting on a week of farewells and fun, our school community embraced a whirlwind of events as we bid adieu to our graduating students. The week commenced with a lively netball match between teachers and students, followed by a display of creativity as students donned attire representing the first letter of their names.

Thursday brought a thrilling netball match and the inaugural leaver's overnight stay, a collaborative effort between our sixth form team and students. With games, music, and heartfelt reflections, it was a fitting end to a memorable week, celebrating the bonds and achievements of our departing cohort as they embark on new adventures beyond our school walls.

NORTHFIELDS
VIRTUS ET HONOR

SECONDARY SCHOOL

Student Leadership

Leadership is an important aspect of the student life at Northfields. Students have many opportunities to build leadership roles via the School Ambassador Programme/Eco-Schools/SRC and the Prefect Body. Our new Prefect Body has recently been elected as follows:

It is our immense pleasure in sharing with you the new list of SRC Presidents/Deputy and our Prefect Body as follows:

Prefects:
- Julie Kwan Tat
- Maheswari Devi Tapsee
- Shayana Mohabeer
- Riley Preston
- Inesh Shankar Narayan
- Celine Beckers
- Annabelle Iversen
- Nikita Lan Yee Chiu
- Neel Appadoo
- Hector Ollivry
- Antoine Heckel
- Isabella Charoux

SRC Presidents
- Julie Kwan Tat
- Ella Mc Gregor

Deputy SRC
- Maria Behadouraly

The new Prefect Body attended a Leadership Retreat on Wednesday 3rd and Thursday 4th April 2024.

The leadership retreat focused on developing leadership skills, mentoring and coaching, safeguarding students and developing new skills in the younger students at school.

We are very proud of our school leaders and wish them all the best this year.

Moana Production

A standing ovation for the cast and crew of Moana Junior!
Mauritius was captivated by the performance of Northfields students at the Caudan Arts Centre from the 7th to the 9th of March. The performance, months in the making, was sold out for all three nights. Our secondary and primary students, under the direction of Mrs. Ribbonaar, worked tirelessly with the support of Mr. Ribbonaar (choreography) and Mrs. Dalais (chorus), rehearsing after school and on weekends. The talented cast, crew, props team, and creative team delivered a production that will leave a lasting impression. The show was breathtaking, with all performers thoroughly enjoying being part of the experience.

This performance would not have been possible without the support of our entire school community, including our parents who not only drove students to and from rehearsals but also helped in making props. Ms. Hamilton from the Art department was also instrumental in

bringing the vision of the puppets to life.

Our performers have gained so much from this experience: resilience, perseverance, teamwork, and, most of all, the shared experience that will remain with them forever.
As a first for Northfields, we cannot thank Mrs. Ribbonaar enough for her commitment to this project and for inspiring our learners.

Special thanks to Sejas Mistry Photography for capturing these professional photos of the production, ensuring it will not be forgotten.

Alumni Visit

Northfields had the pleasure of welcoming former student Adrien L to speak to our students about his career journey as a pilot. With over 1000 hours of flight time, Adrien is enjoying a successful career as a bush pilot having worked in countries such as Malawi, Mozambique and is looking forward to the next stage of his career in Tanzania. As a former student, Adrien was able to provide insights on his training as a pilot as well as the importance of perseverance and pursuing a career which is enjoyable. He spoke about the difficulties he faced as a student and encouraged the students to keep working hard to pursue their goals. The students of Years 7-9 were particularly interested in asking plenty of technical questions about flying planes. We appreciate Adrien giving his time to our students and are very proud of his achievements.

NORTHFIELDS
VIRTUS ET HONOR

SECONDARY SCHOOL

Independence Day Celebration

Northfields was filled with patriotism and joy as we celebrated National Day! Our students embarked on a memorable journey with two captivating assemblies—one for the vibrant primary section and another for our dedicated secondary students.

Our secondary school choir added to the occasion by leading the school in singing the national anthem, followed by a heartwarming performance of the Mauritian song titled "Nou Zenfan Pei Moris." A highlight of the day was the enchanting performance by the talented Mauritian artist Annega. She graced us with her brand-new single, "Losean" (meaning "the ocean"), released on the same day. Annega's powerful message resonated with our students, reminding them of the importance of preserving and nurturing the natural beauty of our island home.

It was heartwarming to witness the students' patriotism as they animatedly waved the Mauritian flag.

Together, let's continue to cherish and protect the flora and fauna that make our beautiful island unique!

COP 28 Simulation :

We are proud to share that our Year 12 Geography students have been participating in a simulation of the COP 28 conference as part of their Global Climate Change unit. They have been researching and representing different countries' perspectives on the global challenge of reducing greenhouse gas emissions and adapting to the impacts of climate change. They have also been negotiating and drafting resolutions to address the key issues and goals of the Paris Agreement. This activity has been a great opportunity for them to develop their critical thinking, communication and collaboration skills, as well as to deepen their understanding of the complex and interrelated nature of climate change. We congratulate them on their enthusiasm and engagement in this important and relevant learning experience.

Global Family Day

Northfields celebrated Global Family Day on Friday 12th January 2024. This was a great opportunity for our students to recognise our diversity by embracing our differences and unite as one big family.

The theme this year is Unity and the colours were green with a red motif. The students made some lovely posters and exchanged heartwarming messages.

DOAMUN

We are thrilled to share the exciting news of our outstanding performance at DIAMUN. With over 600 delegates from various international schools worldwide, it was a highly competitive event. Many of you are familiar with our dedicated preparation leading up to this moment, and we are delighted to see our efforts yield fruitful results.

Please find below the list of our accomplished winners. The atmosphere at the conference was electric, and we could sense the enthusiasm and energy of our students throughout the event.

Best position paper: Dakota B.
Best Delegate of Youth Assembly: Breyten B.
Honourable Mention of HRC: Quinn F.
Honourable Mention of UNCSTD: Somasegaren P.
Recognition in ICJ: Eja Milanto R.

All the hard work of our students paid off and we are extremely happy.

NORTHFIELDS
VIRTUS ET HONOR

SPORTS NEWS

Digital Design

In digital design, during Term 2, Year 7 students engage in the image manipulation unit. In this project, they are appointed as designers by Northfields International School's Eco School initiative to creatively design an Avatar advocating for a greener tomorrow. Their task, assigned by the Eco School coordinator, is to digitally create an eco-warrior avatar resembling themselves, serving as a digital representation to encourage environmental responsibility among students at Northfields International School.

Following the IB MYP design cycle, the Year 7 students meticulously work through the process. They begin by devising a research plan, conducting both primary and secondary research, and utilizing drawing skills acquired in visual arts classes from Term 1. The culmination of their research is presented in a comprehensive design brief.

Next, students develop their ideas by submitting hand-sketched design concepts, outlining key features and success criteria using the ACCESS FM framework to identify design aspects and specifications. Following their plan, students manipulate images to create their eco-warrior avatar.

To conclude the design cycle, students evaluate their work using relevant testing methods, identifying areas for improvement and assessing the impact on the target audience. As an extension task, students implement suggested improvements and utilize animation skills acquired in Term 1 to bring their avatar to life, making it talk and move.

Interhouse Football and netball

The Interhouse football and netball matches took place during the week prior to half term. Each year group opportunity to play and the matches were generally well contested, competitive and played in good spirit.

Every student had the opportunity to play and all the students seemed to enjoy themselves.

The final results were as follows:

Football

1. Dolphins
2. Phoenix
3. Eagles

Netball

1. Eagles
2. Phoenix
3. Dolphins

Duke of Edinburgh Adventurous Journey

On the 21st and 22nd March 2024, our Year 11 Bronze participants embarked on their first Adventurous Journey, a practice for their final AJ in June. Despite facing unexpected challenges like rain and mud, they showed resilience, discipline, and determination, successfully completing the AJ.

Gathering at La Nicoliere Parking area on a beautiful morning, participants were briefed before setting off in hands-free mode, with everything tied to their bags. Despite encountering mud and rain, spirits remained high as they reached their first checkpoint around the lake for lunch.

As they ventured deeper into the trail, the rain intensified, and fatigue set in. However, they persevered, relying on camaraderie to guide them forward. By the time they reached Brisee Verdiere Youth Centre, where they camped for the night, they were exhausted but proud.

Preparing dinner together over a fire, they demonstrated perseverance and resourcefulness, sharing a simple yet satisfying meal after hours of hard work. Despite a nighttime downpour, they stood together to prepare breakfast and lunch the next day.

Their adventurous journey, marked by unexpected rain and challenging terrain, tested their resilience, teamwork, and determination.

Despite the conditions, they pressed on, overcoming obstacles with unwavering camaraderie. Every moment of their journey was filled with a sense of shared triumph and camaraderie, from lighting fires to marveling at the stars.

NORTHFIELDS
VIRTUS ET HONOR

IB DP

ToK Outing to the University of Mauritius, a seminar on Ethics

Earlier in the year, Northfields International School was invited by the Port Louis Rotary Club to partake in a seminar on Ethics.

As this is one of the key concepts in the ToK course, this seminar presented our students with an excellent opportunity to see how ToK is relevant and applicable to real life.

The seminar took place on March 22nd, at the University of Mauritius.

The students listened to short presentations ranging from Bioethics, Business Ethics, Politics, Journalism, Religion and Science and were exposed to different perspectives and issues within each discipline.

Overall, it was a very successful trip and the students were able to take a lot of information away from the experience as was evident from the many discussions following the visit.

CAS Exhibition

As we reached the end of term, our Year 13 students took the stage to share their CAS (Creativity, Activity, Service) experiences from their two-year program with the entire school community and the IB cohort. Through compelling presentations, they highlighted the diverse range of activities they participated in, emphasizing their commitment to creativity, physical activity, and service initiatives.

From organizing creative projects to engaging in various physical activities and contributing to meaningful service projects, our Year 13 students showcased the depth and breadth of their CAS journey. Moreover, they shared insights into their CAS projects, demonstrating their dedication to making a positive impact both locally and globally.

This event not only provided a platform for Year 13 students to reflect on their personal growth and achievements but also served as an inspiration for younger students to get involved in service as action. By sharing their learning outcomes and experiences, our graduating students encouraged their peers to embrace the CAS program and its holistic approach to education.

In conclusion, the Year 13 CAS presentations were an enriching experience for both presenters and audience members alike. We congratulate our Year 13 students on their accomplishments and commend them for their dedication to the CAS program.

Some awards were also given to the best reflections from Alisha Bundhun of which she completed 192 reflections, and Dylan Lim Sam awarded the best overall CAS student of 2023-2024, he undertook 5 CAS projects from creativity to service.

We look forward to seeing how they continue to embody the IB learner profile values in their future endeavors.

ToK Exhibition

On the 25th March, the Year 12s presented their first final examination piece, the ToK Exhibition to other students, staff and visitors. The students all did very well and engaged in meaningful and thoughtful conversations about their choice of objects in relation to one of 35 prompts provided by the IB.

The exhibition was the culmination of the course since the start of the academic year, prompting the students to link the core subject of ToK to real life applications and implications. The students' next step will be to use the given feedback and reflections to start writing their 950-word commentary on the same objects and prompt that they presented on. Well done to all of our Year 12 student presenters!

NORTHFIELDS
VIRTUS ET HONOR

IB MYP

Library News

I think it's fair to say that the biggest win in the library this term has been our newly instated Accelerated Reader Programme where we have implemented formalised reading lessons for all students in years 7-9. As a librarian and a lover books there is nothing that makes me happier than seeing students sitting down quietly and reading a book. This term has really taught the students to slow down, and just concentrate on the words on the page. This is not only good for their literacy skills but also for their mental health. These reading lessons will be extended to upper primary in term 3. Not only are these lessons having a positive impact on the student and our library environment but also on the number of books been borrowed, our Term 2 circulation has doubled since the same time last year with a fantastic 1,280 books loaned this term.

Other news in the library this term saw our Valentines Day Promotion where students were encouraged to share their favourite books by adding sticky hearts to our board and then to celebrate Independence day we also ran some lunch time Kreol lessons for students to learn some of the mother tongue.

Outside of the library I have finalised my dissertation for the BLIS Degree at Open University where I researched whether digital resources are hindering comprehension compared to reading physical resources, whilst my findings cannot answer a resounding 'Yes' the deep reading that is only achieved through reading physical books has many cognitive advantages, so please during the break encourage your child to switch off and read for at least 20minutes per day.

Helen Keetarut
Head Library Resource Officer

At the heart of the MYP lies a commitment to nurturing students who are not only knowledgeable but also creative, critical thinkers capable of engaging with complex global challenges. We have collected some of the work our MYP years (7-9) to see this concept come to life.

Music

Students made musical instruments from recycled materials, exploring how discarded items can create music. They learned about various sounds and timbres from unconventional sources, experimenting with combining different "junk" percussion for desired effects. As part of the unit, students composed their own music using trash objects.

Language Acquisition

The MYP framework promotes creativity by prioritising student agency and inquiry-based learning. This allows students to explore their interests, leading to a more engaging learning experience. They express themselves through art, music, drama, and writing, fostering creativity. Below is work from the language acquisition team, where students expressed themselves through language, drawings, and colour patterns.

Interdisciplinary between Product and Digital design.

Furthermore, the MYP promotes interdisciplinary learning by encouraging students to make connections across different subject areas. By exploring concepts and issues from multiple perspectives, students develop a deeper understanding of the interconnectedness of knowledge. This interdisciplinary approach not only enriches students' learning experiences but also prepares them for the complexity of the real world, where problems are rarely confined to a single discipline.

In the picture below, the year 7s are making the link between criteria B in Design where they are annotating and measuring to Criteria C in digital design where they must create their digital product.

History

In history, the students explored media literacy and organisation skills by preparing a PowerPoint on the topic: Architecture in Egyptian civilisation- changes and innovation. They were able to demonstrate the use of their ATL skills through the presentation which they created. Below are a few screenshots from the PowerPoint.

NORTHFIELDS
VIRTUS ET HONOR

IB MYP

Eco - School

FIT FRUIT FRIDAYS

Fit Fruit Fridays is a new initiative devised by Eco-leaders in collaboration with the wellbeing team to promote healthier lifestyles among students. The first edition took place in February, featuring students bringing fruits to share and a Combat Fit session organized by Ms. Amber and Mr. Jessen. The event was a great success, with all year groups participating during homeroom times. It will now be held on the last Friday of every month to encourage community involvement in enjoying fruits and exercise together.

MANGROVE AWARENESS CAMPAIGN

Our eco-leaders visited a mangrove restoration site at Grand Gaube for an educational experience. They learned about the vital role mangroves play in preserving marine fauna and flora. Students were taught to distinguish between the two main species of mangroves in the North, Bruguiera gymnorrhiza and Rhizophora mucronata, and observed the unique biodiversity near mangroves. Empowered by the visit, students shared their knowledge with the school community to raise awareness about preserving and restoring mangrove sites in Mauritius.

Service as Action

In Term 2, students delved further into their service learning experiences by participating in various activities and events organised at school.

The highlight of the Service as Action programme during this start of year 2024, was our donation to Foodwise Mauritius for families who have been impacted by the cyclones and floods.

Our Year 9 students showed empathy and compassion in taking action to support those in need. We are immensely proud of their initiative and commitment to serving, not just the school, but the outside community as well.

By encouraging other Year groups to donate non-perishable items to the NGO, they have upheld our school values and embodied the IB learner profile attributes.

The donation to Foodwise Mauritius was actually the first step in preparing our students for the upcoming mini community project in term 3.

Year 9 students will be investigating the needs of their communities - the school or their neighbourhood - and taking action to bring solutions to identified issues.

This will undoubtedly contribute to their personal growth and holistic development, as well as sustain the mindset of service learning in our school.

Another way in which learners have integrated Service as Action in their experiences at school is through the organisation of events. Year 10 students took the responsibility of decorating our hallways, staffroom and hall for our celebration of Chinese New Year.

They took it as a unique opportunity to apply their classroom knowledge from Visual Arts and Design to this activity.

For International Women's Day, they decorated the SA board with informative posters about the key parts played by famous women throughout history, in order to educate younger students about the topic.

For Valentines' Day, Year 7 students collaborated with Mr. Ashley Patten to sing in the morning at the entrance, contributing to the festive atmosphere and performing for other students and teachers.

These hands-on experiences have allowed our students to reflect on the direct impact of their actions as well as create a sense of responsibility for them.

Our aim is for the Service as Action programme to be a transformative journey for our learners, so that they can develop transferable skills to be used in the school setting and in the outside world.

NORTHFIELDS
VIRTUS ET HONOR

WELL-BEING CORNER

Join the Northfields Parent Committee

Northfields Parent Committee is made up of parents who volunteer their time and efforts for the betterment of the school and our children's educational experience. The Parent Committee is led by a President, Vice-President, Secretary and Treasurer. These roles are all voluntary. The Parent Committee has two main roles:

HOME-SCHOOL LIAISON

- Works with the Board and Management of the school to build an effective partnership of home and school. A Committee representative will attend Board meetings as an invitee, and meet regularly with the School leadership.
- Provides support to new and current parents of the school.
- Supports the Class Rep Parents across the school in creating an open channel of communication. Each year group has volunteer Class Reps who will be the central point of communication of that year group. The aim is to assist parents with the general aspects of school life as well as the social side of being part of the school community.
- The Parent Committee is NOT a forum for complaints against either an individual teacher or parent, or any issues regarding academics or school policy. These are to be directed directly to the Main Office for consideration and appropriate action by the school.

FUND RAISING

- Organising social events during the year to support community spirit and specific school projects including the Golf Day fundraisers and the annual Fun Day which brings the Northfields community together in support of our sports programs.
- Catering as well as support for functions and school activities including sporting events, concerts, productions, fun runs, swimathons, bake sales and civvies days.
- Community Projects such as second-hand clothes collections for the under privileged, Christmas grocery box and shoebox projects as well as other various charities and causes which will be identified prior. All fund raising activities are run in collaboration with school staff and students with the approval from the Principal.

The Parent Committee is open to all parents of Northfields School who would like to offer their time and skills in achieving our objectives.

SEND US AN EMAIL AT OFFICE@NOTHFIELDS.SCHOOL IF YOU WISH YOU JOIN US.

From the Counsellor's Couch: The Importance of a Positive Attitude for Students

School is tough these days – students have so much homework, activities, sports and more. It is easy to get stuck in a rut rather quickly or to feel like you are not succeeding. Positivity makes it easier to achieve your goals. That's because when you're in a positive frame of mind, you can make better decisions. You don't get stuck with negative self-talk. Here are 5 reminders about the importance of a positive attitude for students.

EASIER TO ASK FOR HELP

It's also easier to ask for help when you're feeling positive. This means when you see an obstacle in your path, you're more likely to reach out to a teacher or parent for advice. Soaking in their wisdom can be just what you need to overcome your obstacle and find success.

POSITIVITY CAN EVEN IMPROVE YOUR HEALTH

Positivity makes it easier to relax and manage stress, so you don't have to spend the day feeling like you're on a rollercoaster.

POSITIVITY INCREASES YOUR SATISFACTION IN LIFE AND SCHOOL

When you choose to embrace positive thoughts and focus on the things you're grateful for and successful at, you stop comparing yourself. Instead, you can see all the amazing things around you—like your teachers, friends, and family.

POSITIVITY HELPS YOU GROW

Positivity can be useful by prompting students to take risks and try new things in the classroom and at home.

LEARN FROM YOUR MISTAKES

Of course, being positive and taking a risk doesn't mean everything will turn out the way we might have hoped. Students who learn from their mistakes can still focus on the positive side of things. Maintain a positive outlook, and appreciate the valuable lessons and wisdom and students can share those experiences as well.

https://www.yourtherapysource.com/blog1/2019/02/26/the-benefits-of-positive-attitudes-in-students/

Nurse's Corner: Childhood Obesity

Childhood obesity is a medical condition that affects children. Children who are obese weigh more according to their age and height.

SOME OF THE CAUSES OF CHILDHOOD OBESITY ARE:

- Genetic problem
- Lack of physical inactivity
- Unhealthy eating habits
- Medical Conditions
- Psychological problems

COMPLICATIONS:

There are two main types of complications that Childhood obesity may lead i.e. physical and emotional complications.

PHYSICAL COMPLICATIONS

- Type 2 diabetes
- High cholesterol
- High blood pressure

EMOTIONAL COMPLICATIONS

- Being bullied
- Learning problem
- Depression

PREVENTIONS:

Take measures to ensure children don't fall in traps of childhood obesity

- Limit or avoid the consumption of sweeten beverages.
- Eat plenty of fruits and vegetables.
- Learn to always make a healthier choice.
- Limit or avoid eating outside especially at fast food restaurants.
- Adjust the size of the food portion you're eating according to your age.
- Try to involve in physical activities.
- A child must limit the time of watching television.
- Be sure to get enough sleep.

"KIDS DESERVE TO BE HAPPY, HEALTHY AND SAFE"