



Mar-Jam Preparatory School

Issue 9

NEWSLETTER

November 29, 2006

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Parents & Guardians:

As the school term comes closer to an end we want you to be aware of some of our achievements and some events and dates to bear in mind. We would also like to wish your family a blessed season.



PARENT NIGHT

Our annual Parent Night which was scheduled for November 24th was unfortunately postponed due to the inclement weather. However, it has now been rescheduled for a date to be announced in January 2007.

F. Y. I. - It is a relaxing night filled with fun and laughter. It is also an opportunity for you to see the teachers and other parents 'let their hair down'. Refreshments are served and music is played for your enjoyment.

END OF TERM EXAMINATIONS

End of Term Examinations are scheduled for December 4- 8. Please ensure that you complete the necessary revisions with your child/children in the preparation process for the exams.

Please ensure that your child/ children are punctual and ready with their pencils, erasers and rulers to sit the exams during that week.



CHRISTMAS BAZZAR

This is a fundraising event put on by the P.T.A. in an effort to raise funds for special school projects.

WHEN : Saturday, December 9, 2006

WHERE: School Grounds

TIME: 10am - 5pm

Lots of things on sale and activities for children.

DON'T MISS IT !!!

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Mrs. Annette James
Clinical Specialist

Miss Heather Maragh
Administrator

BOARD MEMBERS:

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Mrs. Kathy Buchanan
Miss Peta Goldsmith
Mr. Greg Chong

ADMINISTRATIVE STAFF

Mrs. Belinda Lue
Principal

Miss Ethlyn Green
Admin. Asst./Bursar

TEACHING STAFF:

Miss Dania Black
Miss Leita Baldie
Mrs. Carleen Bygrave-Byfield
Mrs. Terry-Ann Christie
Miss Lattamar Coombs
Miss Abigail Ellis
Miss Tasha Gordon
Miss Shirley Hamilton
Mrs. Marcel Haye
Mr. Dwayne Jackson
Mrs. Sharonda Henry-Jackson
Mrs. Rosalee Kerr-Ferguson
Mrs. Patricia LeVel
Mrs. Rosemarie McDonald
Mrs. Michelle McKenzie-Hylton
Mr. Shane Oliver
Mrs. Carolyn Patch
Mrs. Gillian Rose-Bailey
Mr. John Spencer
Mrs. Joan Taylor
Miss Sandra Taylor
Mrs. Karla Ward-Campbell
Mrs. Vernie Wisdom
Mrs. Alicia Richards - *Spanish*
Mr. Glenville Graham - *Art & Craft*

ANCILLARY STAFF:

Miss Coleen Thompson
Mr. George James
Mr. Louis Williams

TEA PARTY

Our annual Tea Party will be held on Sunday, December 17, 2006 on the school grounds.

Our theme this year is "Christmas Remix"

Students will be participating and showing off their creative skills at the event which promises to be a pleasant and relaxing evening.

Tickets will be available from the teachers.

All relatives and friends are invited. We are also encouraging all parents to participate in this fundraising event.

Dress Code:

Girls: White or pastel shade dresses.

Boys: Black/ dark pants and white /pastel shade shirts.

We are asking for your usual kind contribution for the event. Please complete and return the contribution sheet attached, by Wednesday December 6.

Non-perishable items can be brought in by Monday, December 11, 2006.

Thank you for your cooperation.

CHRISTMAS HOLIDAY

We will close for the Christmas holidays on December 15, 2006. School will reopen on January 9, 2007.

THANK YOU

We would like to thank all the parents who took the time out to celebrate International Students' Day with us.

Special thanks to the following parents for their kind contribution towards the event:

Mr. Roberto LoVecchio
Miss Sabrina Cesolini
Mr. & Mrs. Earl Carr
Mr. George Hugh
Mrs. Tere Azan
Mr. Thomas Roesch
Mrs. Yasmine Traille
Mrs. Manju Samtani
Mrs. Latika Rawtani

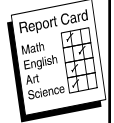
PASSED ON

We wish to announce the passing of Mr. Joseph Flynn (Prodigal) former caretaker of the school.

SCHOOL FEE

School fee vouchers for the Easter Term should be handed in at the office on January 9, 2007.

Failure to do so will result in your child not being admitted to class.

REPORTS

Progress reports for this term will be ready for collection on January 18, 2007.

CLASS PARTIES

Class parties for this term are scheduled for December 15, 2006.

Dress code: Jeans and school t-shirt.

EMERGENCY PROCEDURE

We are asking parents to note carefully the procedure to follow whenever there are instances of consistently heavy rainfall:

* do not venture out to school if there is evidence that you might not be able to reach home due to flooding

* if your child is at school, it is best to periodically call to check on the situation there

* listen to Irie FM radio station for an update from the school

BIRTHS

We would like to congratulate the following families on the birth of their newborn:
Mr. and Mrs. Prakash Rajwani
Mr. and Mrs. Hugh McKoy
Mr. and Mrs. Robert Chatani

SCHOOL PREFECTS

A special ceremony was held on November 17th where twelve students from Prep 6 were selected to comprise the prefect body for the school. These students were selected based on their leadership qualities, their maintenance of a consistently good academic performance, good general deportment, discipline, congeniality, intelligence, neatness and organization and their ability to set a positive example.

We wish to sincerely congratulate them on their commitment and hope that they wear their badges with pride.

These students are:

- Andreanna Grant (Head Girl)
- Hitesh Giani (Head Boy)
- Sumeet Rawtani
- Jodell Sievwright
- Elizabeth Jolley
- Eric Summers-Oertel
- Antonio Mesquita
- Danielle Green
- Sashalee Goldson
- Schamona Pounall
- Naseen Ramsay
- Anna-Lisa Guthrie

PARENT/ TEACHER CONFERENCES

Parents having questions need to make appointments to talk to the class teachers. Teachers are not permitted to have extended conversations before or during class time.



ACHIEVEMENTS

A group of students from the school went to Kingston on Tuesday, November 14, 2006 after qualifying for a place in the Alliance Investment National 11 & Under Finals:

Kyle Gordon, Leroy Soley III, Pierce Rousseau, Ramiesh Christie, David Auden and Michealann Denton.

The boys were eliminated early in their games but Michaelann qualified to play in the semi-finals.

She won an award for **best sportsmanship** and was also **placed third** in the overall competition.

Not only did these students gain experience for their game; they won the award for the **MOST DISCIPLINED SCHOOL.**

We want to congratulate them on their effort and hope that they will continue to make us proud.

We also want to say special thanks to the parents who accompanied these students to the competition and worked hard to ensure that we won the award for being the most disciplined school. They are Mr. & Mrs. Michael Denton, Mrs. Alicia Soley and Miss Dawn Hibbert.



DISMISSAL TIME

We would like to **remind all** parents of the dismissal times for the classes.

K1 ends at 1:30 p.m. These students are expected to be picked up by 2:30 p.m. the latest.

K2 & K3 ends at 2:00 p.m. These students are expected to be picked up by 3:00 p.m. the latest.

P1- P5 ends between 3:00 p.m. and 3:30 p.m. These students are expected to be picked up by 4:00 p.m. the latest.

P6 ends at 4:00 p.m. and these students are expected to be picked up by 4:30 p.m.

The teacher's playground duty ends at 4:00 p.m. All students must leave the school compound by 4:30 p.m. No teacher will be on the school compound after this time to supervise your child.

Please make every effort to have your child/children home early. We are living in dangerous times and there are a lot of unscrupulous people around who will seek to harm your child/children.



SCHOOL EVENT DVD

Copies of the International Students' Day celebration and the Prefect Inauguration Ceremony are available for sale. Contact the school for further information.

Helping Children Overcome Test Anxiety

Test anxiety is almost universal. In fact, it is unusual to find a student who doesn't approach a big test without a high level of anxiety. Test anxiety can cause a host of problems in students, such as upset stomach, headache, loss of focus, fear, irritability, anger and even depression.

Research has shown that providing students with tools and strategies that build both emotional skills and healthy physical habits when preparing for a test can help them overcome test anxiety and the associated symptoms, while improving their ability to prepare for and perform on critical testing. It's important to help students identify what they are feeling and give them tools that will help them learn to manage emotions such as anxiety, self-doubt, anger or frustration. The proper physical habits enable students to have enough energy and stamina for their brain to do its job of thinking and analyzing for a sustained period of time.

Here are a few tips from the Institute of Heart Math based on its Test Edge™ programs. Share these with your children ahead of time to better prepare them emotionally and physically for test taking.

Tips for Students

Practice the neutral tool: When you have uncomfortable feelings about whether you will do well on the test, practice the neutral tool. It's important to catch negative mind loops that reinforce self-doubt or uncomfortable feelings. Every time you catch a negative thought repeating itself, stop the loop and practice going to neutral. Start by focusing on the area around your heart. This helps to take the focus off the mind loop. Then breathe deeply. Breathe as if your breath is flowing in and out through the center of your chest. Breathe quietly and naturally, four-five seconds on the in-breath, and four-five seconds on the out-breath. While you're breathing, try and find an attitude of calmness about the situation. Do this in the days leading up to the test, right before and during the test.

Address the what-if questions: A lot of times before we have to do something like take a test, much of the anxiety we feel is a build-up from negative "what-if" thoughts. What if I fail, what if I can't remember anything, or what if I run out of time. Try writing a what-if question that is positive and can help you take the big deal out of the situation and begin to see things in a different way. Examples of these kinds of questions are, "What if I can remember more than I think I can?" "What if I can feel calmer than I think I can?"

Think good thoughts: Science is showing that good feelings like appreciation can actually help your brain work better. When you feel nervous or anxious, try this. You can do it as many times as you need to or want to. Remember something that makes you feel good. Maybe it is your pet or how you felt when you got a big hug from your mom, or how you felt after a super fun day at the amusement park with your friends. After you remember how you felt, hold that feeling. Pretend you are holding it in your heart. Let yourself feel that feeling for 10-20 seconds or more. It's important to let yourself really feel that good feeling all over again. Practice this tool right before the big test.

Get enough sleep: Big tests require a lot of energy and stamina to be able to focus for several hours. Make sure you get at least eight-10 hours of sleep the night before the test.

Have fun: Do something fun the night before to take your mind off the test, like see a movie, play a board game with your family or participate in a sports activity. That way your mind and emotions are more relaxed in the time leading up to the test.

Eat a hearty breakfast: The brain needs a lot of energy to maintain focus on a big test for several hours. Eat a hearty and healthy breakfast, including complex carbohydrates and protein to make your energy last as long as possible. Foods such as eggs, cereal and whole-wheat toast help energize your brain to think more clearly and much longer compared with the fast-disappearing bolt of energy from drinking a soda pop or eating a cookie for breakfast. For a snack food, bring simple foods such as peanut butter and crackers, cheese and crackers or a burrito to sustain energy until lunch. Practicing these tools in advance of and during a test can help students limit test anxiety and perform even better on their school work.



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