



Sana'a International School

Wednesday Scoop



Issue 84
January 27, 2010
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Upcoming Events

- ◆ After school basketball in the dome has begun. Students 12 years old and older can participate.
 - ◆ After school track from 3-4:20 for 12 and up
 - ◆ ITBS testing February 6-9
- Parent/Teacher conferences:
February 16 from 1:00-5:40
and February 17 from 8:00-2:00 - please sign up!
- ◆ Gymnastics night - February 16 at 6:00
 - ◆ Elementary music night February 24 @ 6:00

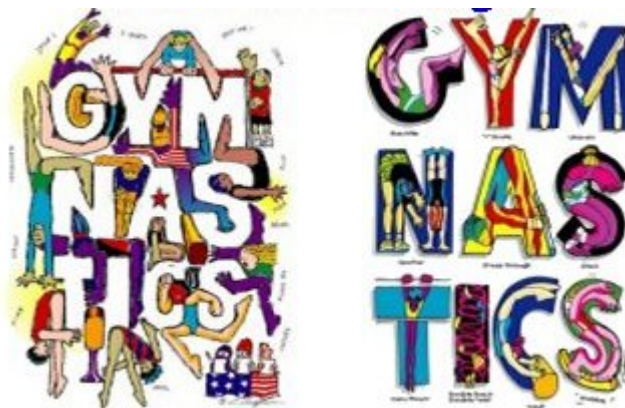
Walk for Arabian Leopard a Success

The overall results of this year's walk were not as spectacular as in previous years, but the efforts of a few were stupendous! Close to \$4,000 was collected to support the activities of the Foundation for the Protection of the Arabian Leopard in Yemen (formerly the Yemeni Leopard Recovery Program). Remarkably, more than half of the total amount was collected by only three individuals: Areh Boni was the champion fund-raiser and collected a whopping YR 195,000! Way to go Areh! Next came Johannes Klor who solicited close to YR 167,000 in sponsorship money for this important cause! Vielen dank, Johannes! Finally, Ms. Dixon did some creative fund-raising outside of the SIS community and brought an additional \$600 into the foundation's coffers with another \$200 promised. Thank you to

all who were so intimately involved in this year's effort with special thanks to Mr. Arimura for overseeing the entire fund-raising process. If you had intended to donate but never got around to it, it is never too late to do so. Please contact Mr. Arimura.

Many of you may have noticed the cover article about Arabian leopards in the January edition of Yemen Today. If you would like to know more about the activities of the Foundation for the Protection of the Arabian Leopard in Yemen, please don't hesitate to contact the Executive Director at ylrp@yemenileopard.org. You can request to have your name added to the Friends of the Arabian Leopard news-group and receive automatic monthly updates in English and/or Arabic by email.

Parent Teacher Conferences February 16-17



Night

Come to the DOME February 16 from 6:00-7:30 and watch your child display their amazing talent on the various gymnastic equipment! You'll be in awe of their fantastic athletic ability!

At SIS, we settle for nothing less than mastery levels of performance and behavior

Does Your Family Suffer from Over-Scheduling Disorder (OSD)?

For many families, parenting has become an F-4 tornado, characterized by a frenzied whirlwind of activity. This is not good for kids...or anybody else!

Much of this chaos has evolved out of the misguided belief that children must be entertained or "stimulated" each and every millisecond of each and every day. While pop psychologists may think this is wise, the rest of us ought to know better. Kids who never have an opportunity to rest, relax and get a bit bored, come to believe that life and relationships should always be exciting and fun. They also miss opportunities to develop creativity and problem-solving skills.



If you answer "yes" to any of the following statements, you and your kids probably suffer from OSD:

- You're completely worn out from trying to help your kids participate in all of your activities
- Your kids appear anxious, irritable, stressed, exhausted or hyperactive
- Your kids don't have enough time to contribute to the family by doing their chores
- Your kids complain about being bored any time they aren't being entertained

Although there's no medicinal cure for OSD, we can protect our families by giving ourselves permission to say "no" to too many activities. My personal advice as someone who's experienced this debilitating disorder is to trust your gut.

Common College Application Mistakes - part 2

The college admission process can be a scary one, but it doesn't have to be. Armed with good information and a solid plan of action, you can eliminate mistakes that might stifle your options or kill your chances of admission. The second common mistake is:

2. YOU IGNORE GREAT RESOURCES

Limited information is the No. 1 cause of bad decisions. Many students fail to identify and use the resources (human and material) available to them during the college exploration and decision-making process. This often leads to the if-only-I-had-known statement at some point in the future.

Contact current college students (perhaps graduates of your high school) for the inside scoop on your top-choice schools. Seek out school counselors, admission counselors, and financial aid officers for specific information regarding the admissions process.

Parents, family members, and friends can serve as sounding boards for all this newly acquired information. There are also countless tools — guides, directories, videos, and software — available through your career/college resource center, guidance office, and school and public libraries. Finally, take advantage of campus visits, college fairs, and counseling seminars to learn more about your options.