

Notes from the Schoolyard:

"And I, I took the road less traveled by/ and that has made all the difference." - Robert Frost

Special Points of Interests:

- July 19 : Badminton game for grades 4-6 girls was a success. Yasmine Abu Hajar and Anna Ashley Marmar won the tournament.
- July 25 : Culminating activities for the Nutrition Month were organized. Pictures will be posted next week.
- July 28 , Monday : No Classes—State of the Nation Address by Pres. Arroyo.
- August 6-12 : Non- Academics 1st quarter examinations
- August 13-15: Academic -1st quarter examinations

No More "Duck and Cover": Children Learn New Ways to Save Lives During Earthquakes

The Philippines can boast some of the most beautiful places on the planet, but our archipelago is also in the notorious Ring of Fire, the area hit by monsoons, typhoons, and earthquakes. All of us are familiar with 'duck and cover,' the age-old advice of hiding under furniture to keep ourselves safe. However, recent joint studies conducted by the American Rescue Team International (ARTI) and the University of Istanbul have shown that this rule of thumb is not only obsolete but also dangerous.

Over the next few weeks, FIS will be practicing what the ARTI calls creating "triangles of life." We will be teaching your children these tips and we will

instruct them to show you also. Condensed from an article by the ARTI are some tips for earthquake safety to give you a glimpse of what we will be discussing with our students:

- Do not lie under the furniture. Lie down next to it so that a space is created. The furniture will protect you from some falling debris.
- Lie in the fetal position.
- Never go to the stairs and never stand under a doorway.
- Wooden buildings are the safest type of construction. Get near the outer walls of buildings or outside of them if possible.

Birthday Celebrants- JULY 26- August 8

- Jeong Min Lee
- Ken Teramoto
- Ahmed Ibn Djalib Hataman
- Gayathri Sathyanarayanan
- Tao-Hung Wang (Marco)
- Florentino Vincenzo Duenas
- Chan Kang (David)
- Get out of your vehicle. Your chances of survival are greater if you sit or lie next to it.

A Slice of Life:

Using macaroni and paint, nursery students make their own necklaces.

Don't be surprised if you find them adding their creative, culinary additions to your jewellery collection.



"We will cook these vegetables for our mom and dad and together we will eat them."

For your children's safety, you must submit necessary forms and photo.