

Elementary School Newsletter

November 9, 2017



Fall Festival 2017

Dear Parents,

Last week's Fall Festival was another great success! We truly hope that everyone in your family had a wonderful time as you connected with each other and experienced all the that the TAISM Fall Festival had to offer.

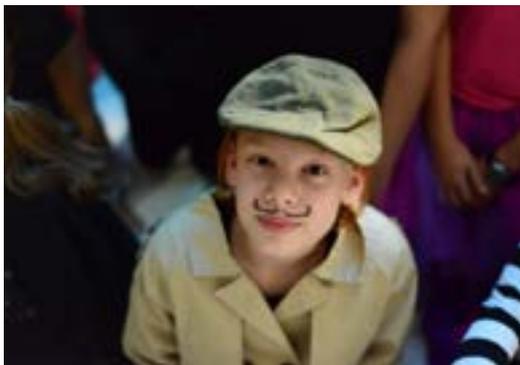
As always, our parents, with the guidance and support of our Parent Volunteer Coordinator, Natasha Fernandez, out did themselves with the decorations and experiences they designed for the evening. From Beauty and the Beast to Percy Jackson, to Goosebumps and Little Red Riding Hood, the hallways were a virtual storybook village. The games and activities and decorations in the gyms were just as spectacular. Special thanks also to our middle school volunteers who ran all of our games. This year also included the Storytelling Tent with performers from our high school drama students.

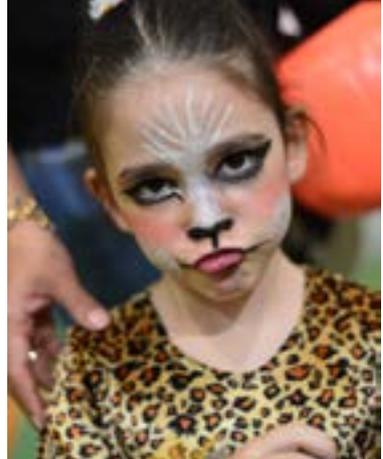
It's evident that each year there is an effort to hold on to all the great experiences that Fall Festival affords while looking for additional ways to make it meaningful. Thanks to everyone involved for making this a spectacular event for our TAISM Community.



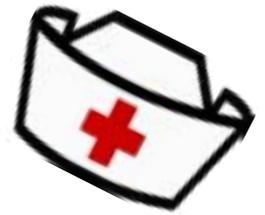
Below are some photos from the event. You can find more photos on parents.taism.com











There is no better time to talk with your children about how to stay healthy by keeping your immune system strong, and avoiding illness by washing your hands. Cold and flu virus are everywhere around us. On our mobile phones, on computer keyboards, door handles, and almost every surface we touch, where they can live for up to 7 days!

How do they get there?

When someone is sneezing, coughing, or has a runny nose, they often cough, or sneeze into their hands. Now the viruses are transferred to everything they touch! It seems sometimes that there is nothing we can do to avoid getting the cold or flu virus.

The good news is, those viruses cannot enter our bodies and make us sick, unless we put them in our mouths or eyes! This is why **WASHING OUR HANDS** is so important.

When we wash with warm soap and water before we eat, we remove the viruses and bacteria that we picked up during our day, so when we eat, we do not put them in our mouths and give them a place to grow. But what happens if we forget to wash our hands before we eat, or touch our eyes, and the virus enters our body? Our immune system is great at destroying the virus BEFORE it has a chance to multiply, but only if we keep our bodies strong. There are many things we can do to keep our immune system strong:

- 1- **SAY NO TO SUGAR.** Limit your intake of sugary food and drinks. Viruses and bacteria LOVE sugar. It feeds them and makes them grow and multiply.
- 2 **SLEEP.** Studies have shown that 6 hours of sleep or less per night seriously decreases our immune system's ability to fight off viruses.
- 3- Eat your **VEGETABLES.** Why? Because we now know that much of our immune system is actually from our intestines, where healthy bacteria live and work with us to kill off the cold and flu virus. Eating veggies and skipping sugary foods helps our immune system to stay strong.
- 4- **VITAMIN D** from the **SUN.** We are lucky to live in Oman! All year, our bodies can make enough Vit D to protect us not just from cold and flu virus, but from heart disease and Cancer as well. Just 10 minutes at midday with no sunscreen will allow your body to make 10,000 iu. Those with darker skin may require up to 6 times that amount of time.

But what do we do if our defences fail, and we start to feel tired, have muscle aches, fever/chills, sore throat, cough, stuffy/ runny nose?

STAY HOME. You have a cold or flu (flu lasts longer, usually includes fever and body aches, and can sometimes lead to pneumonia, bronchitis, and sinus infections)

Your body needs REST. When you sleep, your body can fight the virus.

ANTIBIOTICS CANNOT KILL VIRUSES, and may harm your immunity.

Take Panadol, or cold medication from the pharmacy if the symptoms are too uncomfortable for you. These medications will NOT stop the virus. It is better to allow our bodies to have a fever. A higher temperature of the body keeps the virus from multiplying. Treat a fever with Panadol or Ibuprofen when it is more than 38.5C (101 F) and see a Dr. if you are short of breath, or become dehydrated. Influenza can cause serious illness in the weak or elderly.

Drink plenty of **WARM FLUIDS** like tea with lemon, ginger, and honey, and take Vitamin C and zinc lozenges. These are all proven to inhibit viral growth.

Keeping your family healthy, encouraging everyone to wash their hands frequently, and coughing or sneezing into a tissue or your sleeve, will help you, your family, and friends to stay healthy through cold and flu season, and throughout the year.

School Nurses,
Carla and Deb

Volleyball Clinic

The Volleyball Clinic took place this week at TAISM with the participation of 6 school and a total of 70 students.

