



## Dear Parents,

Earlier this week we were fortunate to have Steven Davies ([www.voiceinthedesert.org.uk](http://www.voiceinthedesert.org.uk)), a visiting author visit AISB. Steven has published a number of children's books that are set in West Africa. During his visit Steven spoke to all students about how he goes about writing, the important elements of a good story, and how to write about experiences that you have had in your every day life. I hope that your child will use some of what Steven taught them in his/her future writing. Steve was also excellent at reminding us of what an interesting environment we live in and the importance of never taking that for granted. This was particularly poignant during the wine and cheese reception for parents and teachers last Tuesday night on the library terrace watching the sunset over the Niger River.

During the last month we have had two teams travel to Ghana and Senegal to compete in WAISAL sporting competitions with other international schools. By all reports the students did themselves and AISB proud, particularly the HS Girls Volleyball team who won an award for the best sportsmanship. Please see the students' articles in the following pages.

In November the Elementary School had a family reading night. It was wonderful to see so many families attend and participate in a variety of fun activities to encourage reading in both English and other languages.

You may have noticed the new color scheme of the newsletter. A group of students recently led a process to choose some AISB school colors. As you will see from the article below, this is something new for AISB. Over the coming months, we will begin to use these colors for school advertising, stationary and sports uniforms.

Our sixth grade students have been preparing a musical piece, which they will be performing at the Santa Fair at Jardin du Palais de la Culture in Badalabougou this Saturday. They will be on stage at 11:30a.m. I am sure I will see many of you there.

Best regards,  
Caroline Jacoby  
Director  
[cjacoby@aisbmali.org](mailto:cjacoby@aisbmali.org)



### Wondering About Security In Mali?

All parents are invited to attend an information session and open forum to update you about the security procedures AISB has in place to keep your children safe and the general security situation in Mali.

Special Guests: Peter Barlerin, Deputy Chief of Mission and Ron Fites, Assistant Regional Security Officer from the US embassy.

When: Friday 2nd December, 2011 – 3:00p.m

Where: AISB Library

## 1, 2, 3 HIPPOS! by Leah Rattunde and Rahel Mekonnen

The WAISAL high school volleyball tournament, hosted by Lincoln Community School in Accra, was a competitive and fun event for all of us that went. The AISB girls volleyball team that travelled to Ghana was Carla Rattunde, Holli Ramirez, Assa Kouma, Juliette Fayaud, Kale Kamano, Djenabou Kamano, and the two of us. Our team was filled with spirit and competition. We played seven games in total. Out of the seven exciting games, we won three and unfortunately lost four, placing us in fifth place out of the seven teams that were at the tournament.



Even though we didn't win the tournament, we all felt we had played our best and also always stayed positive. We really enjoyed playing out there whether

we won or lost and we had a lot of fun with it. Being such a positive and friendly team we won the sportsmanship award. This event also included an excursion to the beach and a dance. The volleyball season was a great experience, and the whole team really wants to thank Mr. Randy Neen and Mr. Jon Pennington for making it such a successful season.



## New AISB School Colors, by John Weiller

About a month ago in Yearbook class, we had to decide on a color scheme, something to tie all the pages together. Unable to reach a consensus, we decided to use our school colors, only to come to a startling realization: none of us knew the school colors. After asking Mr. Neen, Ms. Jacoby, Mr. Erickson, and half the teachers, we realized we HAD no school colors, we set out to choose some.

We first surveyed various students and teachers to come up with color combinations. Then we put together a survey with eight color options and asked the entire secondary school to give us an opinion. Finally, we approached Ms. Jacoby and Mr. Neen with our survey winners. They spent a week deliberating, and provided us with a final answer, and our new school colors-Black and Red.

## Grade 6 Trip to the Dakar Soccer Tournament

### Our Awesome Soccer Hosts

When we arrived at the school in Dakar, we had to wait for our hosts to come and get us. We took that time to get a feel for the soccer ball on grass. After a while, people started to come and introduce themselves. Some of them were hosts and some were not. Fousseiny and I were lucky because our host, Mrs. Vannelly, had come early to get us.

We gathered our stuff and we left with them. When we arrived at their house her family met us. We met her sons in the order from youngest to oldest. First we met Kyle, then Collin, then Dillon, then Nathen.

The family really went out of their way to make us feel at home. She made us drinks as soon as we got there, hooked up the X-Box, and made us brownies. Now that I'm back in Bamako, I miss them. We are sending emails to each other. - Jesse

### Playing Against the International School of Lagos

Our third game was important because a win would take us to the quarterfinals. We did what we could but we lost against the International School of Lagos. The match was easy for them because they were big, really big. Most of them were eighth and ninth graders and we were mostly sixth graders. When Gael, the smallest member of our team, went on the pitch they were saying, "What's that little kid doing on the pitch." We thought it was funny. Salman scored the last goal of the match and then the referee blew the whistle. We lost five to one. - Abdul

### The Beach in Dakar, Senegal

The soccer team went to a restaurant to eat on our last day in Dakar. Behind the restaurant there was a beach too. There were a lot of big waves. Everyone went swimming except for me. After a while, I put my bag on the sand where everyone had put his things. Suddenly, a small wave came so fast and took all our stuff far away. We went and gathered everything up and we decided to go because the food was ready. There was a nice smell of food. We ordered some marguerita, shrimp and cheese pizzas. Their pizzas were so delicious that we didn't want to stop eating. After, we couldn't walk or even move. Hussein and I went to buy some drinks. At two o'clock we went to the airport because it was our last day in Dakar. We waited for an hour because there was a very long line of people going to Mali and Nairobi. At the airport, we bought a lot of things like souvenir key chains and baseball caps. When we arrived in Mali our parents were very happy to see us, but not all of our parents came. Some took the school van. When I arrived home, I told my parents what we did and what happened in Dakar. My parents were really sad because we lost. They told me that next time our team goes we will surely win the tournament. - Salman

### Our coach, Mr. Keirl

Mr. Keirl, our coach, is like the best coach in the world. He doesn't shout at us. He teaches us good soccer skills and when we were in Senegal he really believed that we could win, and he is really funny. During the trip he made tons of jokes about me. One of them was, "Stand up when you talk to me." Well, I've got to admit, I'm short. - Gael

Our second match was against the international school of Dakar. This match was important because we had lost our first match against Ghana, so if we lost our second match, our chances of being in the top four would be lost. Our best goal was in the first half when Hussein took a corner. As he took the shot, the Dakar goalie came out to punch it out of the way, unaware that it was going to curl right into the goal.

In the second half, Dakar was trying to get back at us. They played the ball to their left legged attacker who got close to our goal. Fingal got beaten so I had to run in his position, but it looked like Dakar's attacker was going to get there first. Out of nowhere Fingal dashed toward our goal like a bullet being shot out of a gun. He slide-tackled the ball away from the attacker's legs and the ball went out. We went on to win the game 7-0.

Mr. Keirl was happy with our performance during the match. As we sat on our bench we felt really happy and satisfied that we had won, now our confidence was bursting and we couldn't wait till our next match.

### Our Second Win Against I.S.D

Our final game of the tournament was against Dakar. This match was for seventh and eighth place. There were eight teams in the tournament. We did not want to finish in last place.

We were feeling confident because the first time we played Dakar, we won easily, seven to zero. But this time Dakar seemed stronger, or maybe we just weren't playing well. Maybe we were too confident so we didn't play as hard. We had many chances to score but their goalie was very good. In the first half, Jimmy scored a goal on a penalty kick. Then Dakar's allstar left footed player evened the score one-one. Now we were in trouble and we needed to score fast. We didn't want the game to go into a penalty shootout.

Our strategy was to get Gael as close to the goal as possible. With fifteen minutes left in the match, Fousseiny passed the ball to Jimmy who crossed it to Gael. Gael wound up and the ball exploded off his foot like a cannonball into the goal. - Gael

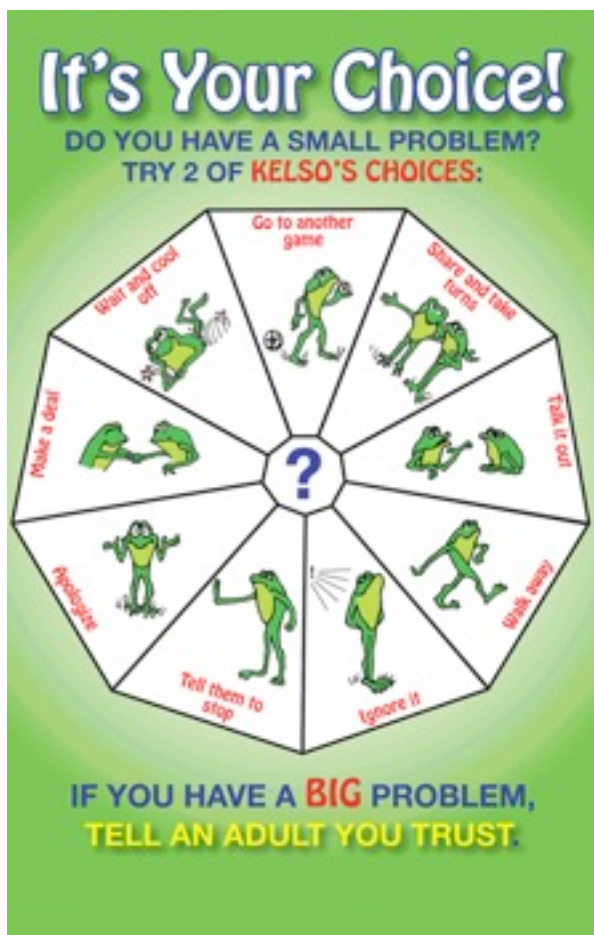
## COUNSELOR'S CORNER



### KELSO'S CHOICE FOR CONFLICT MANAGEMENT

If your child is in the elementary school at AISB, you may have heard reference to "Kelso's Choice." This model has been introduced in grades K through Gr. 5 as a means for teaching conflict resolution skills aimed at building a community of peacemakers. Centered on Kelso the Frog and his wheel of nine choices, the program teaches students how to identify manageable conflicts (small problems) and apply skills to solve them.

With this approach we believe that all children can manage the "small problems" on their own by applying at least two of the nine strategies. A small problem is identified as one that makes a child feel a little mad or a little sad. If a child feels scared or in danger, they should consult a big person. For the small problems we tell them that they are smart enough and strong enough to solve it on their own. If they try two choices and the problem continues, then they are encouraged to tell an adult.



The strategies on Kelso's wheel include (in no particular order - students can select skills based on the situation, personality and preference): 1) walk away, 2) ignore it, 3) talk it out, 4) go to another game, 5) make a deal, 6) apologize, 7) wait and cool off, 8) tell them to stop, and 9) share and take turns.

In most of the classrooms, students have practiced applying these skills to real-life scenarios using role-play and discussion. They have identified which strategies would work for which situations. They have come up with ideas, for example, on how one could "make a deal" – such as flipping a coin, guessing a number between 1 and 10, using the rock/paper/scissors game, or agreeing to a compromise. Kelso's choices have been posted in each classroom and handed out in pocket size versions. The 3rd, 4th and 5th graders created their own colorful Kelso's Choice posters to display on the playground.

The ultimate goal of this model is to increase student confidence and reduce bullying. Research shows that the most effective way to reduce bullying is to "bullyproof" – which means teaching students resilience by giving them the skills to respond with confidence and wisdom when harassed. Of course, attention must also be given to creating a culture of respect, caring and tolerance of differences. Thus, Kelso's Choice is only one of the guidance curriculum units and approaches offered at AISB. For this approach to be the most effective, we must all work together in reminding our kids that they are "smart enough and strong enough to solve the small problems themselves."

So, the next time your child or student is telling you about a problem, resist the urge to offer your own solution and instead send them the message that you believe they are capable of solving it on their own. First, listen empathetically, then say something like "that sounds really hard – I wonder how you will solve it?" If they can't come up with an idea, you might say "well, some kids would try (insert one of the choices) – how do you think that would work?" Encourage them to brainstorm several ideas with you, then tell them "I look forward to hearing how it works out for you!"

Cindy Cleary,  
School Counselor

[www.aisbcounselor.blogspot.com](http://www.aisbcounselor.blogspot.com)



## The Importance of Breakfast, by Ms Cissé Sissoko, AISB Nurse

Welcome back to my Wellness Center. Let us talk a little bit about the importance of giving your child with a healthy breakfast.

Every meal plays a nutritional role for our body, but breakfast, unlike any other meal, is the most important meal of the day, like fuel in the engine or icing in chocolate cake. Eating breakfast benefits both adults and children in many ways:

- Energy and focus for your day,
- A healthy eating pattern
- Better results at work and at school
- Nutritional benefits

Just a reminder...

When we wake up in the morning, our body has been going without food, during the hours we were asleep. Eating breakfast means we give our body and brain the energy they need to function. Having breakfast helps us start the day with more energy and makes us feel better throughout the day.

For those who are trying to lose weight, please don't try to skip breakfast; a healthy eating pattern is part of healthy living style. Also, by eating breakfast, we are more likely to be more productive, at work and at school.

Studies have shown that adults who eat a healthy breakfast are more efficient during their workday than those who do not. Children who don't have breakfast get sleepy at school, have a harder time paying attention, and tend to eat more junk food later in the day. Kids who do eat breakfast get higher test scores and perform better in sports.

Breakfast is a great opportunity to eat nutritious foods like whole grains, fruits (fresh or frozen), and dairy products to ensure you and your children are getting all of the vitamins and minerals you need. Choose breakfast foods that are rich in whole grains, fiber, and protein but low in added sugar.

Some examples are:

- Whole grain cereal with nonfat milk
- Oatmeal with raisins or fresh fruit
- Whole wheat English muffin with peanut butter
- Corn tortilla with beans
- Eggs and whole grain toast
- Smoothie made of fresh or frozen fruit and nonfat yogurt
- Half a turkey sandwich on whole wheat bread
- Dinner leftovers like soup, stew, pasta, or casseroles

For those who are not used to eating breakfast, start with small portions, like a piece of toast or half of a container of yogurt. Once you get used to it, start adding more to your morning meal. Or, try having a glass of water or juice when you first wake up, and eat breakfast after an hour or so when your appetite has increased. If you can't eat before you leave for work or school in the morning, have some easily packable healthy foods on hand to take with you.

As parents, your role is very important when it comes to a healthy living style for you and your children. Let kids help plan and prepare breakfast, teach them, and your entire family, including your helpers the importance of a healthy eating behavior. Avoid skipping meals.

Did you know that it is easier to give away your precious "Evening Dress" than it is to give up your childhood eating patterns?

Stay tuned for my next special topic for the month of January 2012.

Have wonderful holidays.

Cissé Sissoko,  
School Nurse  
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- Please don't forget to keep your children nose and skin moist to prevent nosebleed and skin damage, before school and non school days too.

Mark your  
Calendar

Don't miss AISB's HS students perform:

## Arsenic & Old Lace

This is a frenzied, hilarious, black comedy. It's hard to imagine a play about two sweet old ladies who poison people and bury them in the basement, being anything other than delightful.

Abby and Martha are two old sisters who live together in Brooklyn in the 1940s. They are known all over for being sweet, kind and charitable. No one can imagine they would ever do anything sinister and evil. It seems whenever they have a visitor who is all alone in the world, they put the person out of his or her supposed misery by slipping some poison into the elderberry wine. Once that's taken care of, they have their nephew Teddy, who thinks he's President Teddy Roosevelt, bury the bodies in the basement.

The twist here is NOT that the two sweet old ladies are actually murderers. No, the twist is that they're murderers but don't realize it. They see nothing wrong with what they do, and they make no attempt to hide it from anyone. This results in some very funny moments when Teddy's brother, Mortimer, finds out about the bodies and is quite flustered to discover that his aunts treat it with such nonchalance. There are other mad-cap moments when Jonathan another family member escapes from prison and arrives at the house.

We hope you can come and enjoy the show!



### **Sudoku + Math = Kenken**, by Ms Calley Connelly, HS Math Teacher

Check out my blog for more maths games and puzzles: [www.aisbmath.blogspot.com](http://www.aisbmath.blogspot.com)

Do you remember when Sudoku was so popular? It's even on our phones. As a math teacher, everyone wonders if I love Sudoku because it uses "so much math". Well, in fact, Kenken is much more fun for a mathlete like myself. Kenken asks us to make combinations that will lead to a sum, a difference, a product, or a quotient. We can still only use the suggested numbers (1 - 4 in the example below), and they must show up only once per row and once per column.

Can you figure out this Kenken puzzle? Where do you start?

Hint: there is only one way to add three positive numbers to get 11 - and two of them have to be the same. If you like this one, try lots more on this website: <http://www.kenken.com/playnow.html>.

8x		4+	
10+		4x	
1			11+
3+			



## Spirit Week!

All students (and teachers!) get ready to show your school spirit next week. Check out the posters for more information about what to wear on which days and the prizes you can win!

- \* Monday - Wacky Tacky/ Crazy Hair Day
- \* Tuesday - Character Day
- \* Wednesday- Twin Day
- \* Thursday - Hippie Day
- \* Friday - Gender Bender

### For Sale

AISB is selling the following items. Please contact Baba Coulibaly at ([bcoulibaly@aisbmali.org](mailto:bcoulibaly@aisbmali.org)) if you are interested in purchasing any of these items.

Quantity	Item	Condition	Price per item
3	Wooden shelf	Fair	5000cfa
3	Bulletin board	Fair	3000cfa
1	Blackboard	Fair	3000cfa
3	Large table	Fair	7500cfa
1	Dining table	Fair	7500cfa
1	Metal shelf	Fair	10,000cfa
1	Stove	Poor	7500cfa
1	Clothes drier	Poor	7500cfa
2	Clothes drier	Good	50,000cfa
1	Satellite dish	Fair	20,000cfa
9	Wooden computer table	Good	15,000cfa
2	Small printer	Bad	5000cfa
1	Fax machine	Poor	5000cfa
3	Desk	Fair	1000cfa
3	Large wooden table	Fair	10,000cfa
3	Small wooden table	Fair	3000cfa
1	113 KVA Generator	Fair	Make us an offer!

### House For Rent

AISB has a 3 bedroom/2 bathroom house for rent.

Available: Immediately through until the end of June 2012.

Location: In Sotuba, only a short distance from AISB.

Rent: 250,000cfa a month.

If you are interested, please contact the business manager, Kadia Kamano at [kkamano@aisbmali.org](mailto:kkamano@aisbmali.org)



## In Pictures...

### Elementary Reading Night...



### Author Visit...

