



ST CONSTANTINE'S INTERNATIONAL SCHOOL NEWSLETTER 20, SEPTEMBER 7, 2020

Karibu! Edition 20

School is open and we are up and running with all precautions in place. Of course, there were some students who were still learning to judge their distances, or in the excitement of being back with their friends, they forget, but our staff and seniors are vigilant and now everything is running smoothly.

Some reminders for parents:

1. If you send drivers to collect students - please do not arrive too early. 3.15 pm is plenty early enough (2.45pm on Friday).

2. **PLEASE check your contact details on ISAMS** - click 'Communication' on the parent portal and you will see the details we have and if they are not correct please email me and we will update them.

3. **LUNCHES** - Please remember - when you buy lunch from George, your child also gets the break time snack - otherwise they are not entitled to it. Students enjoy a drink and snack as well as a good lunch to keep them going. If your child is not a boarder (it is already part of their fees) please sign them up with George this week.

See more on the next page re false claims about thermometers.

Best wishes,
Tony Macfadyen
Headmaster



FALSE CLAIMS:

The claims that the non contact infrared temperature thermometers are dangerous to children is false. There is no danger to the pineal gland which is buried far back in the brain anyway. The claim, originally made by an Australian, male nurse, is not supported by any credible health organisation.

These non contact infrared temperature thermometers only detect the body's emitted radiation (heat). Since the infrared temperature thermometer is passive the age of the person makes no difference. They are used safely throughout the world in airports and Coronavirus testing stations and many other outlets.



No Coronavirus here ! Nurse Lina checked up on Bhavya's tummy ache just to make sure, but he was back to class quickly to continue with his studies.

"Our staff take every headache and sneeze seriously," Nurse Lina said, "to ensure that our students remain safe and happy. After five months away from school, some students just need a little counselling to get used to the uninterrupted school programme again and to understand why we are taking such careful measures to keep everyone healthy," she said. "We are always happy to listen to the children tell us about their aches and pains - we check everything - and it gives us a chance to explain how and why we are taking precautions. It is all about education for everyone."



WHY USE THE FOREHEAD?

The forehead is a stable, convenient, location to take a measurement, and as the body looks after the brain as such a vital organ, keeping it warm and safe, it has a regular blood supply making it an accurate place to read the body's temperature.



This is not the case for the wrist which is a peripheral body part; the hands and wrist are notoriously irregular in terms of temperature. Add the fact that our children have just washed their hands and wrists in cold water (so there can be evaporation) and the wrist is simply not suitable for an effective measure. Indeed, using the wrist risks under-measuring the accurate temperature, so we could allow a child into school who should actually be excluded.

Like medical practitioners around the world, who know it is safe practice, we will continue to measure temperature in the middle of the forehead, with the thermometer perpendicular as advised, to get as accurate a reading as we can.



PLEASE continue to temperature check and ask questions of your child(ren) at home before setting off for school.

ARE WE CLOSE? OR ARE WE NEAR?

Chosen angles and different camera lenses can create the impression that people are breaking social distancing rules.

People are calling out photos that appear to show people not adhering to social distancing measures in public.

They say that carefully chosen angles and camera lenses are creating an illusion that people are standing close together when they actually are not.

Social media users, as well as a Danish news website, are attributing this to simple photography tricks: using a different camera lens to make it look like people are not social distancing, even though they are; or simply taking a picture from an angle so more people can fit in it.

We, at St Constantine's continue to bring you news and photos of what your children are doing at school, but we're not professional photographers and sometimes the illusion of closeness will be misleading if we are to produce shots without big gaps in the middle.

Rest assured, the safety of your children is paramount and although students sometimes forget, we are there constantly reminding them and will continue to do so until these difficult days are past. As the world continues to fight the coronavirus pandemic, social distancing has become as important as ever.

Danish news site reminds people of being skeptical of how news photographers take pictures. Here is the same place, one picture taken with a zoom lens, and the other with a wide-angle lens:
nyheder.tv2.dk/samfund/2020-0...



A #Copenhagen moment ...

Another moment, same brilliant photographers - one using a camera with a zoom lens, the other a wide angle. Bottom line: #KeepYourDistance! ❤️

📷 Philip Davali & Ólafur Rye | #Perspective



7:23 PM · Apr 27, 2020



IDEALS are back!

It was with great excitement that the Primary children welcomed back their IDEALS lessons. Focusing on Environmentalism, Miss Leena's Year 4 students - with the help of newly graduated Hannah Joshua - used tissue rolls and threads to make birds. The project addressed two aspects of the topic - as a way of keeping their environment clean, while learning the importance of recycling.



As with other native organisms, birds help maintain sustainable population levels of their prey and predator species and, after death, provide food for scavengers and decomposers. Many birds are important in plant reproduction through their services as pollinators or seed dispersers.

THE BENEFITS OF BOARDING

“Parents are anxious that their children continue to receive the highest level of education, but in a safe and hygienic location,” said headmaster, Mr Tony Macfadyen. “So, we have put a dedicated team in place specifically for our boarders, under the leadership of Mr Emmanuel Ian Mulima.”

In addition to the international best practice basic steps of regular handwashing with antibacterial soap and handbasins placed throughout the school, social distancing is enforced through the rearranged classrooms.

Mr Mulima and his team have instigated temperature checks, reporting in a staggered system rather than groups, 1.5 metre seating arrangements for eating and study, regulated visitor contact, the school’s own designated driver to avoid the risk of unknown taxis and public transport in an emergency, and our qualified nursing matron living on campus.

“It is my job to ensure a fair, productive and happy social, working and boarding environment,” Mr Mulima said, “and above all, ensure the safety and welfare of the students.”

Boarding school has always been a secure option of children with working and/or travelling parents and many find that they not only make lifelong friends in the boarding house, but secure higher academic and sports results with the distractions of the outside removed.

Assistant Head of Upper Primary, Miss Frances Peacock, personally tutors students after school in study time.



“The duty teachers and I are responsible for overseeing students completing their homework tasks in structured study by assisting them when they need help, answering questions on the spot, hearing students read individually and revising concepts with children who need additional help. Many parents are just too busy to be able to do this,” Miss Peacock said, “while my main role is to ensure their wellbeing while supporting both their pastoral and academic needs, promoting high standards of behaviour and ensuring they make progress in their year group.”

With Boarding Master Mr Mulima having trained in Special Needs, he is additionally able to liaise with teachers like Miss Peacock, to plan for students according to their developmental levels, model instructions and provide consistent one-on-one or small group interventions through prep time. Students also have internet access during ‘prep’ as well as full use of the library.

Miss Peacock pointed out the advantages for students from small families having the opportunity to socialise safely with children their own age, and enjoy excellent facilities they might not have access to at home, such as the athletic tracks, supervised use of the school’s swimming pool - including lifeguards - and the opportunity to join and practice with sports teams, be enthusiastic cheerleaders, or play both indoor (such as table tennis, pool, Lego and Scrabble) as well as outdoor games.

“They have a good balance of free time and study time,” Miss Peacock says, “and boarding boosts many skills that are required in life such as being able to communicate and cooperate with a diverse group of fellow students and staff; being able to adapt to a new environment/routine/challenge that occurs in daily life and, in preparation for adult life, being responsible for their belongings, behaviour and their own learning.”

The boarding house has other well-known tutors and carers on hand like Ighalu Mfinanga, from Moshi Kilimanjaro. Formerly a boarder himself, he now enters his second year as a junior boarding master, also assisting throughout the school while doing online classes to further his academic knowledge.





SENIOR ELECTIVES OFF WITH A BOUNCE:

Under 15 boys' basketball elective provided a challenge with social distancing and vibrant play – but they did it

while putting two desks together for the Chess Club made it easier for Mr Machuwa to keep an eye on distance playing.

With Marketing Manager, Mama Lee caught up in New Zealand, she has continued to further the image of the school while working for us online. An exciting development is planning for an exhibition of our student's artwork across that side of the world. Students who wish to sell their masterpieces can choose to donate the funds towards the new scholarship trust we are establishing for St Constantine's with the help of a New Zealand organisation. watch this space!



FIRST LADY'S ADVICE FROM UGANDA:

The First Lady and Minister of Education and Sports for Uganda, Mrs Janet Museveni, has asked their youth to learn to be adaptable to all situations, especially during the COVID-19 pandemic, when situations are changing globally.

"You need to add one more skill to your set of skills and that is adaptability. My concern as an elder has been how ready you are to face change when it happens," Mrs Museveni said. She said adaptability is a trait that determines how one responds to change.

"How willing are you to change, how flexible is your attitude? Are you open

to change, or are you a creature of habit?" The First Lady, who is the founder and patron of the Uganda Youth Forum (UYF), made the remarks as she officiated at high-level dialogue, which she hosted at State House, Entebbe.

