

ISWB Bulletin Board

23 February 2018

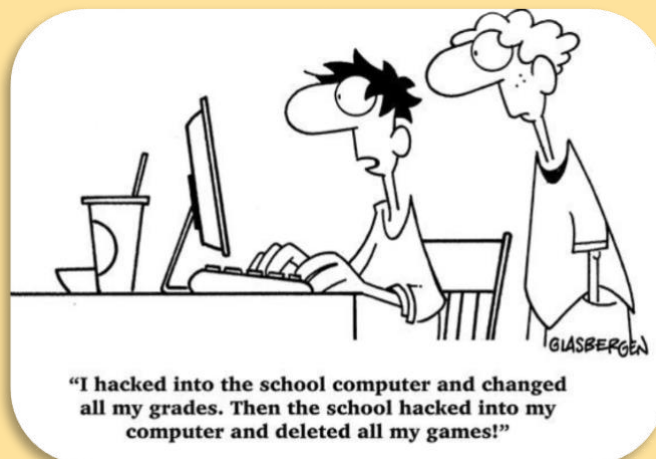


Mid-term Break

Home time on 20 March will be at 12h00.

Back at school on 3rd April

**at 07h20 for the seniors and at 07h30 for the
junior school**



Art in the Window

at ISWB

Stefanie Eins

Designing a dream house requires knowledge of mathematical dimensions

and, of course, a flamboyant imagination.

The Art and Design students in Year 8 and 9 were tasked do design and construct a model of their dream houses.

This is an assignment in progress, but we were allowed a sneak preview:



Evidently we have Master Architects in the making!

KEY STAGE 2
ENTREPRENEURS DAY
20 MARCH 2018



Why children need a good night's sleep



When you get enough sleep you can:

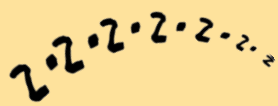
- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family

Solve problems better

Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends

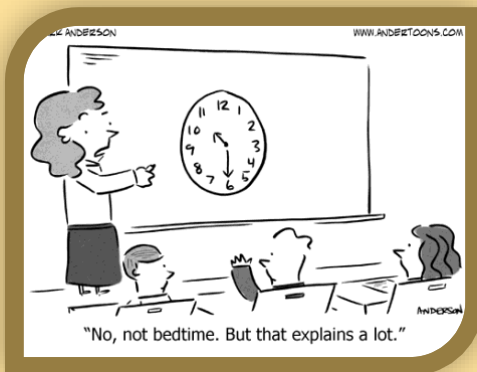
Have trouble listening to parents and teachers



Recommended amount of sleep per age group



Age	Recommended amount of sleep
Newborns (0 to 2 months)	16 to 18 hours (3 to 4 hours at a time)
Babies (2 months to 6 months)	14 to 16 hours
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10 to 13 hours
Pre-schoolers (3 to 5 years)	10 to 12 hours
School-aged children (5 to 10 years)	10 to 12 hours
Age	Recommended amount of sleep
6 to 13 years	9 to 11 hours
14 to 18 years	8 to 10 hours



ISWB Sports Codes and Training Times

Training will commenced on
Monday 12 February 2018

GYMNASTICS: ARTISTIC Mondays 18h00 - 19h00
and Wednesdays 18h00 - 19h00
RHYTHMIC Mondays 18h00 - 19h00
Wednesdays 18h00 - 19h00

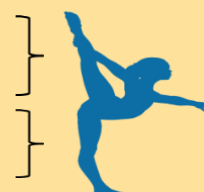


TABLE TENNIS Tuesdays 18h00 - 19h30



VOLLEYBALL HIGH SCHOOL Mondays 16h00 - 17h30

Wednesdays 16h00 - 17h30

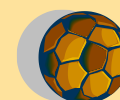
VOLLEYBALL Year 4, 5, 6 Tuesdays 16h00 - 17h30
Thursdays 16h00 - 17h30



NETBALL Tuesdays 14h00 - 15h30
Thursdays 14h00 - 15h30

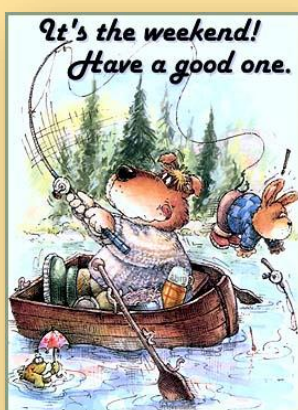


FOOTBALL U9 & U 11 Mon 14h15 - 15h30
Wednesdays 14h15 - 15h30
U13 & U15 Mon 15h15 - 16.45
Wednesdays 15h15 - 16.45



	Born in:	Please indicate age	
2018	2012	6	(Under 7)
2018	2011	7	(Under 8)
2018	2010	8	U/9
2018	2009	9	U/11

2018	2008	10	U/11
2018	2007	11	U/13
2018	2006	12	U/13
2018	2005	13	U/15
2018	2004	14	U/15
2018	2003	15	U/17
2018	2002	16	U/17



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(Errors and omissions excluded)