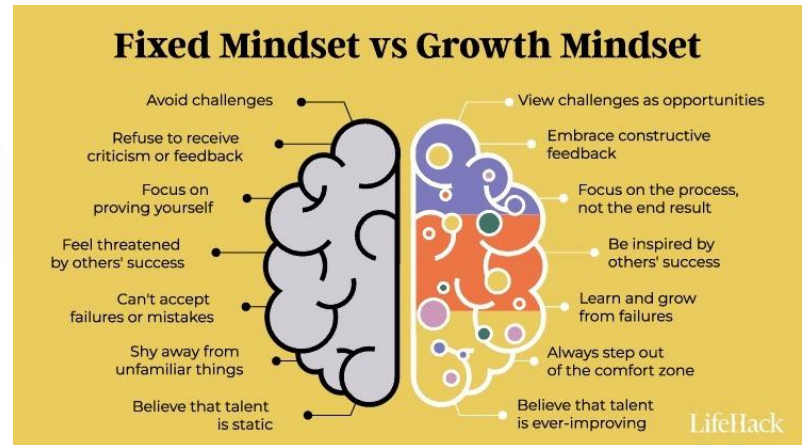
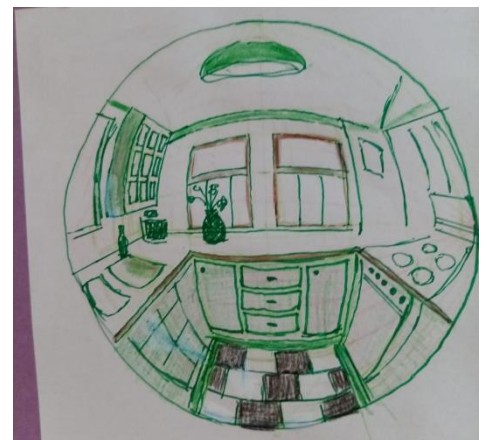
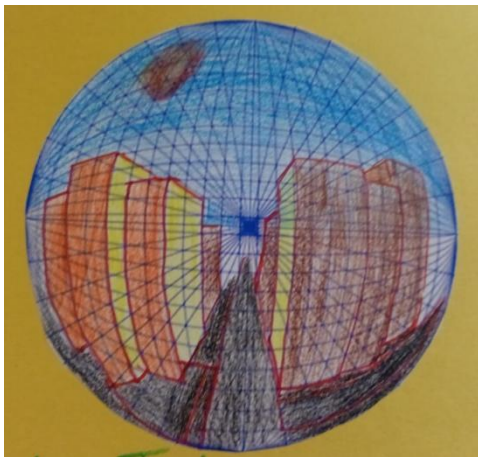


From Elizabeth's Desk

This week as well as PTC meetings and STUCO planning for the events that lie ahead, this trimester, some of us have been looking at ways in which what we eat, and drink can have a direct impact on how we feel about things and our ability to concentrate and make the most of learning opportunities. Students in Grades 3&4, (the sea turtles), demonstrated their imaginative skills in both their writing and drawing about the human brain when they were learning about fixed and growth mindsets.



In Middle School Art, Students have been learning about perspectives, 1 Point, 2 Point, 3 Point perspective.



Photographs from the
AMAZING James Webb
Space Telescope!
If you want to explore
more with your
children, this weekend
<https://science.nasa.gov/mission/webb/>
Click on the link above.



Nutritional well-being

Healthy Millet Flatbreads for the AISF Community

A note from
our nurse!



A wholesome AISF community recipe celebrating healthy, local, and gluten-free goodness.

Prepared by the AISF Well-Being & Nutrition Committee 🌱

Developing students' love of learning in an internationally recognized, safe, student-centered, and interactive learning environment.

🥗 Vegetable-Infused Millet Flatbreads

Ingredients:

- 1 cup millet flour (any variety, if you do not need gluten free you can use 1 part millet +2 parts wheat flour)
- ¼ cup grated carrot
- ¼ cup chopped spinach
- 1 tbsp chopped herbs (parsley, coriander, or basil)
- ¼–½ cup warm water
- Pinch of salt
- 1 tsp oil or ghee

Instructions:

1. Mix flour, salt, and vegetables.
2. Add warm water gradually to form a soft dough.
3. Let rest for 5–10 minutes.
4. Roll small circles using extra flour.
5. Cook on a hot pan, 1 minute per side, brushing with oil.

🥙 Stuffed Millet Parathas

Ingredients (Filling):

- 1 boiled potato or ½ cup cooked lentils
- 1 tsp cumin
- ½ tsp salt
- ½ tsp chili powder or turmeric (optional)
- Chopped herbs or onions (optional)

Instructions:

1. Prepare filling and mash smoothly.
2. Roll a small millet dough ball, add filling, seal and roll gently.
3. Cook on both sides in a hot pan until golden.
4. Brush with ghee or oil and serve warm.

💡 Tips for Texture, Serving & Storage

- Use warm water for softer dough.
- Cover the dough to keep it moist.
- Serve fresh or store in an airtight container for up to 2 days.
- Add yogurt for softer texture if desired.

🌿 Nutritional Benefits of Millet Flatbreads

- Supports healthy blood pressure and heart function (magnesium & potassium rich)
- High in plant-based protein and fiber
- Naturally gluten-free and easy to digest
- Contains B-vitamins and antioxidants for sustained energy

**Do you have a recipe to
share?**

Please share with us on
nurse@ais-freetown.net or
admin@ais-freetown.net

HEXAGON PROJECT 2025 to 2026

This Year it is a student from the **Goodwill Foundation** that has started off our **Hexagon Project 2025 to 2026!**



This is the young artist from Goodwill Foundation.
Joshua!

Please ask the Homeroom Teacher of your child for a Hexagon if you would like to design a Hexagon for this year's project! Everyone is welcome to contribute and share their creativity for us all to enjoy for years to come!



This week, we continued exploring our IEYC unit “Ocean Treasures and Treasure Island,” and we had such an exciting time! We made our own special Rainbow Fish scales, decorating them with glitter, colorful gems, and sparkles — each one as unique as us!

We also made pirate cutouts, carefully cutting and pasting clothes to dress our pirates. Then we learned about the motion of the ocean — we used our hands and bodies to make big waves and danced joyfully to the “Ocean Jam” song! We even discovered things we can find by the sea and learned about the important gear divers use, like oxygen tanks, flippers, and goggles.

It’s been a week full of creativity, movement, and underwater fun! 🐠👁️💙



Grade 1-2

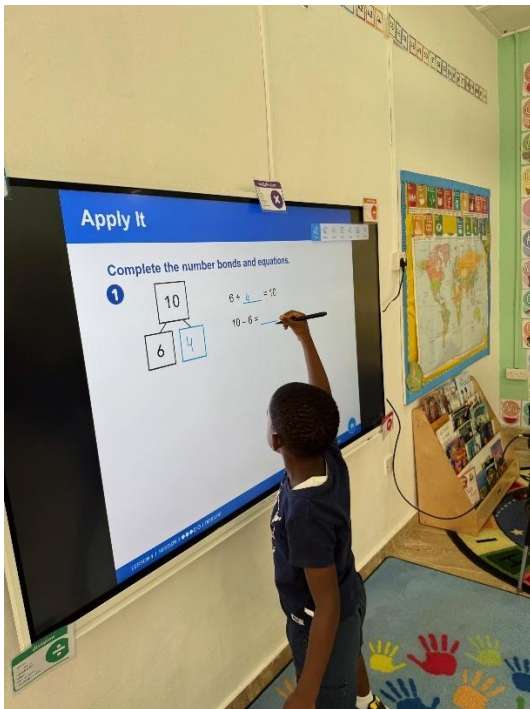
This Week with the Crocodiles

What an exciting week of learning we've had! The Crocodiles were absolutely thrilled to conduct our volcanic eruption experiment, which sparked lots of curiosity and scientific thinking. We learned what a hypothesis is and how scientists make predictions before testing their ideas.

In mathematics, we've been working with graphs - reading data from different charts and creating our own graphs to display information. We've also developed a new strategy for subtraction by using our addition skills, which has helped us solve problems more confidently.

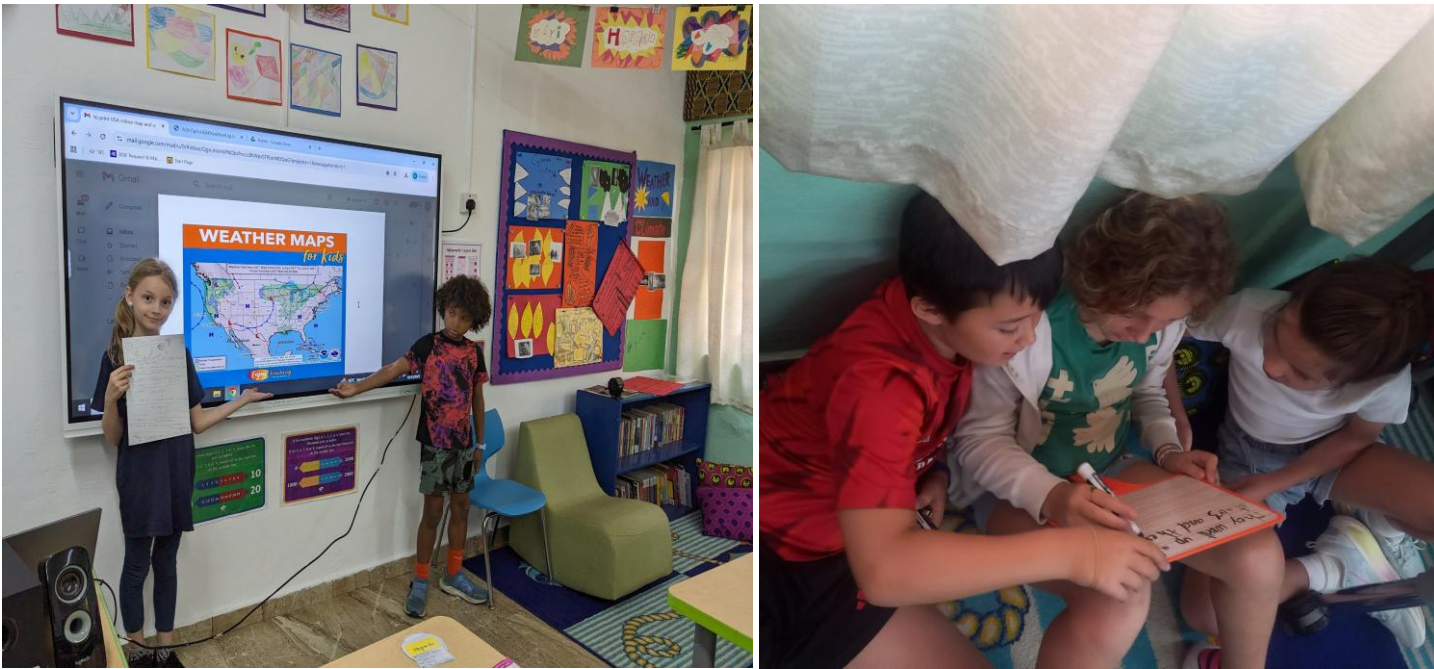
Our phonics sessions have focused on practicing different diagraphs and continuing to build our knowledge of super words, strengthening our reading and spelling abilities.

The Crocodiles have shown wonderful enthusiasm and curiosity throughout the week. Well done, everyone!



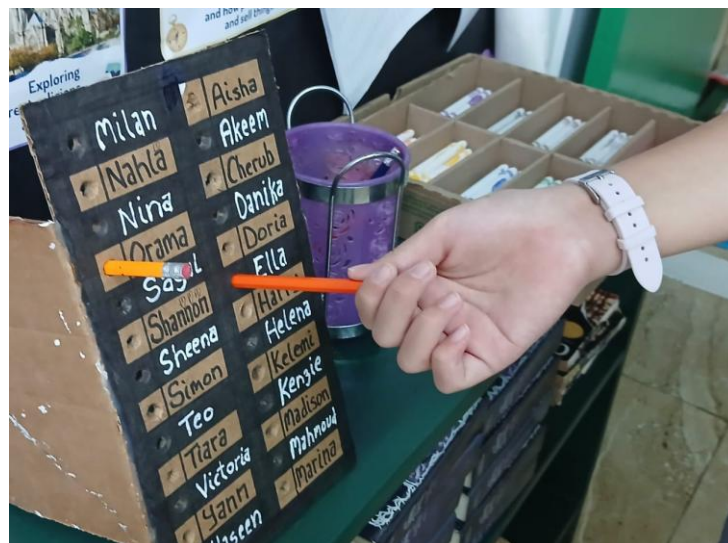
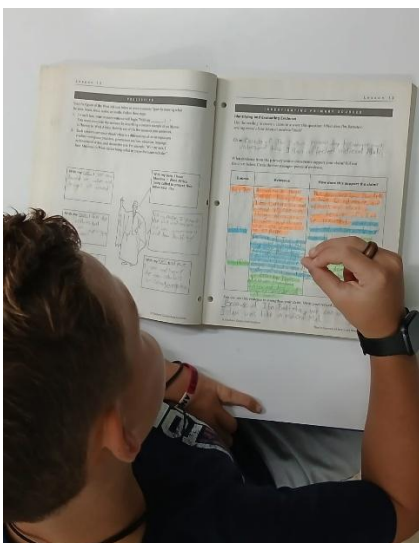
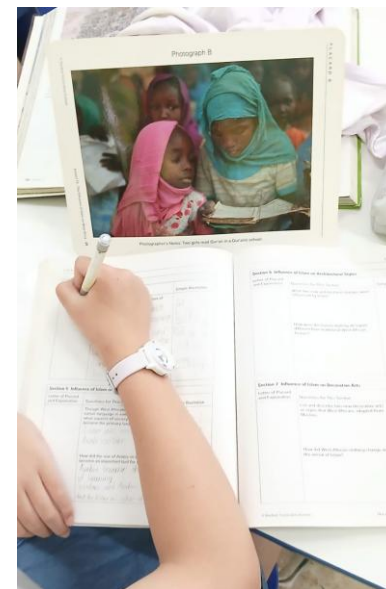
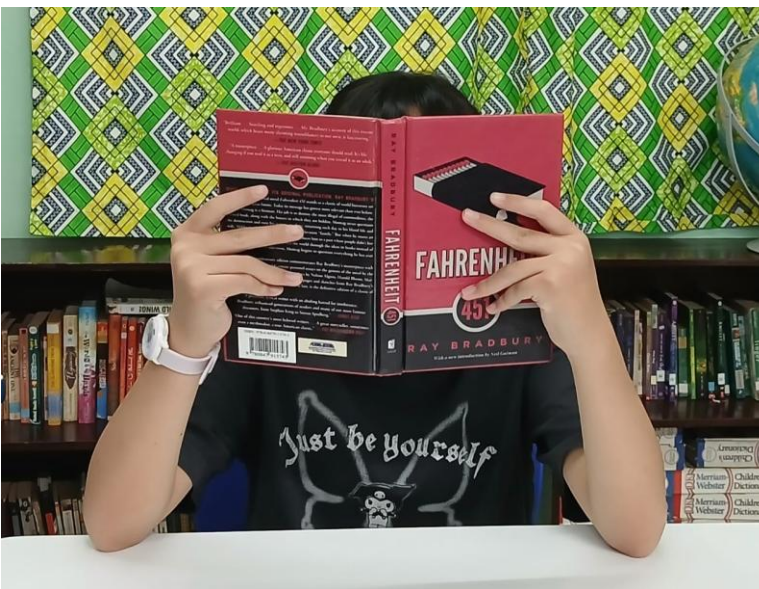
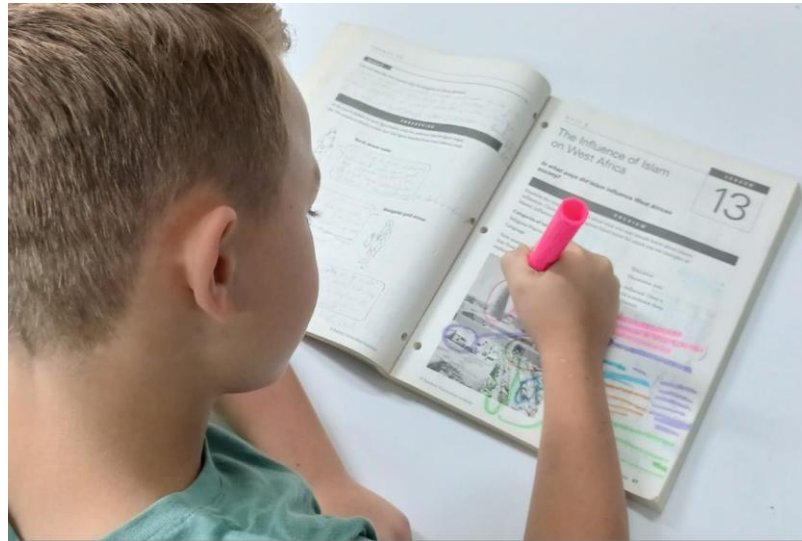
Grade 3-4

This week our grades 3 & 4 students are working hard on writing Scary Stories as we prepare our Monster Myth for Halloween. There is a lot of excitement in the class as we see which group can create the scariest monster story. Meanwhile, in IPC, we are learning about climates around the world and how to write a weather forecast.



Grade 5-8 (English and Social Studies)

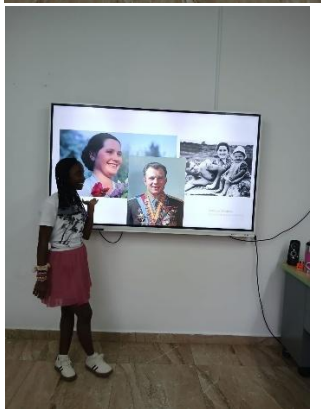
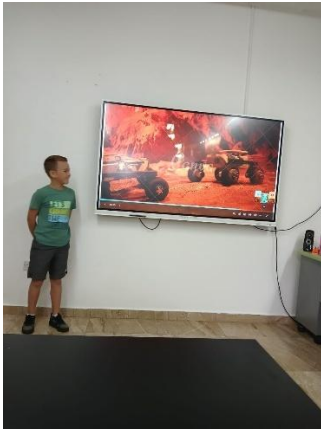
This week in ELA the grade 5/6 class looked closely at the various characters in *The Boy Who Harnessed the Wind* and how their interactions affect the plot of the story. In social studies they looked at the origins and spread of early Christianity. In grade 7/8 students competed in groups to test their comprehension and understanding of multiple sections of *Fahrenheit 451*. While in social studies they looked at the influence of Islam on West Africa.



Grade 5-8 (Math and Science)

This week in Year 6 we have been preparing presentations on important space explorations. The students are due to present to the class on Thursday, on topics ranging from Yuri Gagarin, first man in space, to the Mars Lander. We are looking forward to sharing our knowledge and expertise.

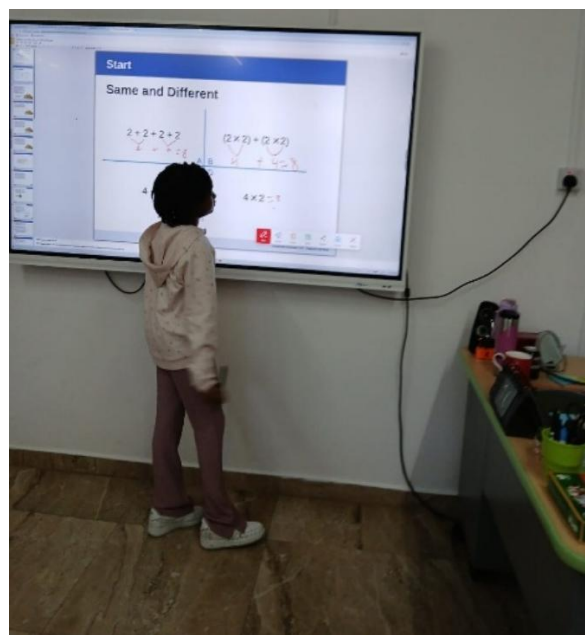
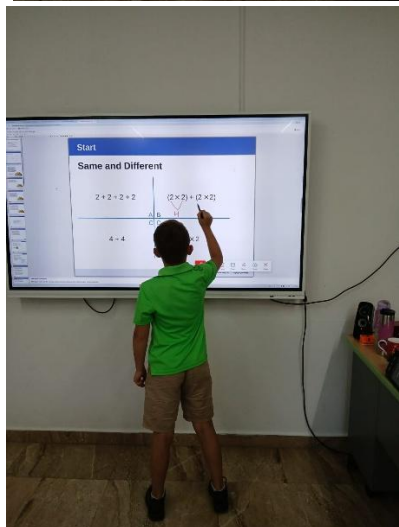
In Years 7 and 8 we carried out experiments to prove Newton's second law of motion; $\text{Force} = \text{Mass} \times \text{Acceleration}$.



In Math this week, Grade 6 started Algebraic Expressions learning how to write mathematical expressions in words.

Grade 7 completed unit rates and proportional relationships and started a project to see how they can apply the concepts that they have learned so far.

Grade 8 are currently working on a project that has to do with transformations - both rigid and dilations.



High School

Teamwork and experience in biology





Friday Oct 17	Mid Term Break: School Closed
Monday Oct 20	Mid Term Break: School Closed
Tuesday Oct 21	Director MSA Training for AISF Accreditation Team visit
Wednesday Oct 22	Seed planting Day whole school with Goodwill Foundation group Staff CPD + Director, Round Square Rep. + Mr Tommy Garnett Visit to Service Projects
Thursday Oct 23	Board meeting 5pm
Wednesday Oct 29	Students make Candy Holder Bags in class G1&2 Exit Point Details tbc
Thursday October 30	G3&4 + HS Day Trip to the Biodiversity Environmental Center
Friday Oct 31	Halloween Events led by STUCO: Costume parade, Door decorating contest and games for treats. Participating students meet on Hard Court at 9:am Students not participating will be in Math/Science Room with Mrs Kerri
Friday Nov 14	Whole School Field trip Details tbc
Monday Nov 17	Wrapped and labelled books collected from Parents
Wednesday Nov 19	ECC- G4 School Dance 3pm to 5pm
Friday Nov 21	Grades 5-12 School Dance: STUCO Masquerade Ball
Wednesday Nov 26	Thanksgiving POT LUCK LUNCH End of Trimester 1: Trimester 2 Fees Due AWOKO reminder to Parents NO ASAs from Dec 1st
Thursday Nov 27	Thanks Giving LONG WEEKEND SCHOOL CLOSED
Friday Nov 28	Thanks Giving LONG WEEKEND SCHOOL CLOSED
Monday Dec 1	NO ASAs
Friday Dec 5	Sankt Niklaus Books for Children

	HOLIDAY SHOW 4pm to 6pm outside
Wednesday Dec 10	Staff Thank you Meal
Friday Dec 12	Winter Awards Ceremony and AISF's Got Talent 9:45-11:45 School Closes at promptly at 12 Noon School Reports go Home. WINTER HOLIDAY BEGINS
Monday Jan 5, 2026	School Re-opens Alim Kamara the Storyteller to be in school this week (tbc)
2nd- 5th March 2026	MSA Re-accreditation visiting team arrive.

Happy New Year
2026