

# GAA PRIMARY

## End of Term 1 Newsletter 2022/2023 Academic Session

It is heartwarming to realize that we have pulled through to the end of another exciting term. We wish to appreciate all parents for collaborating with and believing in us. It has been an exciting learning experience and adventure. We created an engaging learning environment and with your support, our scholars have substantially developed more skills, confidence, exposure and love for learning.



Some activities explored include:

- A thematic walkthrough on the causes of hunger and the possible ways of curbing it.
- A puzzle on the classes of food and the deficiencies

Food hunt by key stage 1 and arranging the foods according to their respective food classes. The learners' take home project tasked them to create a Hunger wheel model on the causes of hunger and the remedies, and a Food deficiency wheel on the classes of vitamins and their deficiencies.

### THEMATIC WALK THROUGH

Our theme for the term has been "End World Hunger" and our Sub-theme: Pathways to Zero Hunger. Do realize that as many as 828 million people go to bed hungry every night? The number of those facing acute food insecurity has soared - from 135 million to 345 million - since 2019. A total of 49 million people in 49 countries are teetering on the edge of famine. - (World Food Programme, 2022)

Studies show that nearly 70% of people facing crises levels of hunger were living in 10 countries: Afghanistan, The Democratic Republic of the Congo, Haiti, Ethiopia, Syria, Sudan, South Sudan, Pakistan, Yemen and Nigeria.



## **Building food pyramids with different classes of food**

The food pyramid consisted of various foods cutting across different classes of food. Scholars were asked to bring in fruits, pasta, vegetables raw beans, potatoes, noodles, macaroni, palm and vegetable oil, and yams.

This theme was geared towards communicating and promoting the importance of combining different classes and types of food to achieve the consumption of healthy and nutritious foods. We also looked at resilient ways of achieving food security and amplifying collective actions to create a system that will deliver food to the less privileged or undernourished people around us. The foodstuff used to build the food pyramid were all taken to the palace of the traditional ruler of Galaladimawa where it was shared to over a hundred widows and poor families.



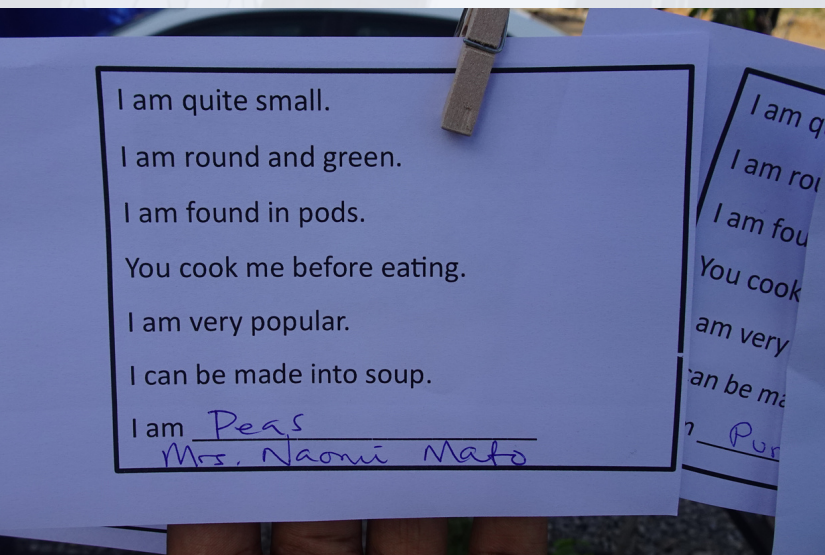
## **SUGAR FREE WEEK - DITCH THAT SUGAR !**

The body needs sugar for energy but too much sugar can lead to weight gain, tooth decay, and diabetes. The main goal of the sugar free week was to intentionally reduce all sources of added sugar for a week from the 7th-11th of November, 2022, and encourage the consumption of alternative sources of natural sugar and vegetables. Ultimately, we hope to raise the awareness in children to embrace a healthy eating habit and appreciate the health benefits of different fruits and vegetables. Our ultimate aim is to encourage the children to consciously include them in their diet.

We had a series of activities through the week to this cause. For example, our parents participated in fruit and vegetable inspired riddles. We also had our GAA nurses stationed at the gate checking parents' blood sugar levels and giving professional advice where necessary. At the end of the week, our learners had popcorn and guess what? It was sugarless popcorn but the kids still enjoyed it. We all had a wonderful sugar free week. Dear parents, let sugar free week not just be a memory of an event at GAA but a lifestyle.



## DITCH THAT SUGAR !



## GAA ELECTED PREFECTS

As a tradition in GAA, we aim to expose our children to the electoral process and democratic nature of leadership. Some of our learners were given the opportunity to lead the school community at their level. Year 4 and 5 learners were given a chance to campaign for their desired offices. Afterwards, all the learners were given the opportunity to cast their votes electronically. The elected prefects will meet regularly with management to discuss their contributions from the students point of view regarding the progress of the school.



Personal hygiene is maintaining cleanliness of one's body and clothing and surroundings and preserve overall health and life. This includes bathing, washing of clothes, grooming, brushing of teeth, hand washing and keeping our surroundings clean.

Good personal hygiene helps to keep us safe from diseases and germs, and is important for maintaining both physical and mental well-being. Living in a clean space promotes focus and reduces ailments. Health concerns that could arise from poor personal hygiene include Body odour, Bad breath (halitosis), Tooth decay, Scabies, Ringworm and Bacterial infection.

It is advisable to take your bath at least twice daily to remove dirt and bacteria from your skin. Apply deodorant to prevent odour.

Brush your teeth twice in a day to protect your cavities and prevent bad breath and dental carries.

Always practice proper hand washing. Wash your hands before and after using the restroom, avoid putting your hands in your mouth and wash your hands before and after eating.

Fingernails should be kept neat and well-trimmed to prevent trapping of germs

Lastly, remember to keep your surroundings clean.

### Hygiene Routine Tips

Make it a habit with daily practice, a new habit can become a regular part of life. Make reference to the image below as a guide for your daily personal routine this holiday and ask yourself "Am I practicing good personal hygiene?"

From The Nurse's Desk.

### HYGIENE — HOW OFTEN?



PLACE A CHECKMARK UNDER HOW OFTEN YOU THINK YOU SHOULD COMPLETE EACH OF THE HYGIENE TASKS ON THE LIST!

All the time
Once or twice daily
Once in a while
Never!

1	Brushing your teeth				
2	Putting on deodorant				
3	Wiping well after using the toilet				
4	Clipping your fingernails				
5	Wearing dirty and smelly clothes				
6	Changing your underwear				
7	Taking a bath or a shower				
8	Letting people smell your body odor				
9	Cleaning out your ears				
10	Washing your hair and keeping it neat				
11	Wearing stinky shoes				
12	Wiping your boogers on your shirt				
13	Covering your mouth when coughing				
14	Biting off and chewing your fingernails				
15	Washing your hands when they're dirty				

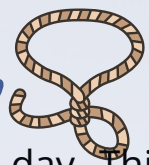


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## END-OF-YEAR-PARTY: THE WILD WEST



The term came to a befitting climax with our annual GAA family fun day. This year, the theme was "Lets Go Country". We had various interesting and informative performances by the learners who also used this opportunity to explore some aspects of American culture (Texas). It was wonderful seeing everyone dressed in a variety of cowboy boots and hats! There were different games available for our scholars to enjoy as well. Yeee-haw! What great fun. Browse through some pictures, don't you just wish you were a kid again?



With 2022 coming to a close, we want to reach out and send our best wishes to you, our dear parents. We hope that 2023 holds success and good fortune for us all. Happy holidays!

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www.glowingages.com



info@glowingages.com