



UPCOMING EVENTS

- **May 2**
ES Grade 5 Exhibition
(for classes)
- **May 3**
ES Grade 5 Exhibition
6:00-8:00PM
- **Mai 4**
Early Release
(PD Day)
- **May 11**
ES Movie Night
- **May 14-18**
ES MAP Testing
- **May 18**
HS Career Day
- **May 19**
ASOY Swim Meet
ES Story Time
- **May 21**
ASOY School Day
- **May 25**
Grade 5 Stepping up Day
- **May 26-27**
HS Prom (Evening)
Spring Bazaar

ASOY TIMES

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NHS INDUCTION CEREMONY

ASOY-NHS is proud to be inducting these new members indicating the continuing emphasis on excellence that they represent for our school and community.

Throughout the year, members of our chapter serve as role models for other students in addition to the strong academic records they established to be eligible.

These new members are leaders in many student organizations and serve our school through many activities.

We are proud to welcome these new members who bring new energy in support of our continuing work as NHS members. We would like to thank their advisers,

Ms. Katherine Phillips, Mrs. Esther Pondi and the senior members of the National Honor Society for their hard work in organizing this year's Induction.



L to R: Sylvie, Thierry, Angela, Kai, Mailee

It is our pleasure to congratulate the 2018 NHS and NJHS new members !!



L to R: Leone, Jade, Akansa, Tintswalo



Parents & Kids connecting

Have a daily 'chatting' time with each of your children

Healthy families have routines which allow for daily times of connection between parents and children. These connecting times can be simple everyday events such as reading a story before bed or sitting down together to eat dinner

(with phones and the TV turned off) or walking together to school or having the ritual of baking and a chat when they come in from school.

Each family is different and all that matters is that most days you have this connecting time with each of your children.

If you are lucky, such connecting times can become habits that lasts through the teen years.

For example, in many families the nightly ritual of reading a story before bedtime with a younger child becomes a nightly chat and check in with a teenager. Though the specifics change, the habit of talking and connecting before bedtime continues.



Next month,

2- Build shared hobbies together



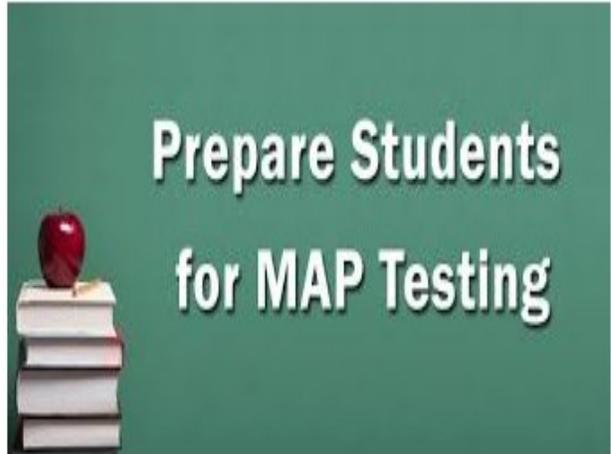
Elementary Corner

Thursday, May 3

Grade 5 PYP Exhibition

The PYP Exhibition elementary presentation will occur @ 6PM.

May 14-18 ES Map Testing All Day



Friday, May 11 ES Movie Night

Gym Doors open

@6PM

Movie starts

@6:30PM

Title: TBA

Dinner, Water, Popcorn and Candy will be available for purchase.

Friday, May 25 Heartiest Congratulations to our Grade 5 IB PYP Class of 2018



Sat., May 19

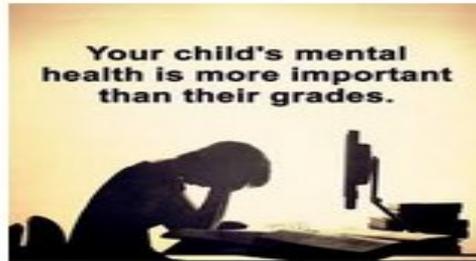
@10:30AM

@ASOY Library





MAY- Mental Health Awareness Month



Kids and teens today are dealing with some heavy stuff -- cyber-bullying, body shaming, community violence, abuse, neglect, unstable home lives, drug exposure, sexual orientation, immigration issues and more. Some young people may not have the tools needed to effectively handle emotions like fear, sadness, and anger, which are often at the root of misbehavior. All too often youth who misbehave aren't given a great deal of attention until they get into trouble at school. Getting in trouble at school usually means adults implement disciplinary measures like time-out, detention, suspension, expulsion, or even arrest. Oftentimes, those who are disciplined are almost always left feeling that they are labeled as a "bad kid" and end up being excluded from their peers in the process.

Yet, before behavior problems surface, there are emotions that young people are unable to deal with. These emotions come about from the environment and situations that kids and teens are exposed to.

One common and BIG misconception in the world of mental health is that you cannot recover from mental illness, addiction or other mental health issues. While we can't completely shield young people from all the stressful or traumatic situations they may be facing, we can help them learn to manage their emotions and reactions in ways that cultivate resilience. Equipping young people with appropriate coping skills for when they are struggling with emotions leads to better mental and physical health in adulthood.

For more on the matter, kindly go to :

<http://www.mentalhealthamerica.net/back-school#parents>



Our Beloved Mrs. Hell Is Retiring



After 15 years as an educator, Mrs. Annette Hell is ending her career after the end of this school year.

Mrs. Hell has long been a favorite staff member of many children at ASOY, and for good reasons.

Her passion for teaching is contagious, and she has instilled her love of reading and learning English in so many children over the years.

Annette's presence will be greatly missed by students and staff alike. When asked what she will do in her retirement, Mrs. Hell said she will take care of her husband and spend more time with her grandchildren. She also admitted she will probably spend even more time than ever... reading!

FAREWELL, MRS. HELL!!



HS EVENTS



HS Career Day at ASOY Friday, May 18- All Day Share your stories with our students

Calling all parents and friends! We need you to help us make our 2018 Career Day a success!

Have an interesting story to share? Have you found success in your career? Overcome difficult challenges? Our students want to hear from you.

Volunteers in all types of careers are encouraged to come to ASOY and talk to classes for any amount of time they can spare (1 period, ½ day, whole day, whatever).

No career is overlooked!

Prom tickets pre-selling!!!

Theme: Titanic

Place: TBA/ Time: May 26th

Price for single person: 30,000 CFA

Couple discount: 50,000 CFA/ 2 persons

Couple discount will only be available until Friday, May 11th, payments after that day will be 30,000 CFA per person .

Tickets can be paid at the front office.

Please note that two persons need to pay together in order to have a discount.





Athletics Saturday



May, 05

HS Soccer Tournament

May, 12

**MS Basketball
Tournament**

May, 19

Swim Meet

2018 Spring Bazaar



Spring Bazaar

Where: American School
of Yaoundé

When: May 26-27

Time: 10:00AM- 4:00PM

**Homemade and creative crafts
and goods!**

To book your table now,
kindly contact Mr. Emmanuel Matiafa
Tel: 673 85 33 17
Email: ematiafa@asoy.org
First come first served. Limited spaces.

Monthly Inspiration: Don't wait too long

Let's not wait for the buses and trains before we reach our destinations
I've waited long enough for the sun to rise every morning and the moon to shine
I have unsettled thoughts in my head that do not permit me to sleep at night
Shivering on the cold grounds of my bathroom floor pretending as though
I Was meant to be
I was meant to believe that this was my destination
Do not drive me there if I have not yet learnt to fly
If the roads to not spread apart I will drown in concrete
They have pulled me apart, broken me to pieces
Whispered "This is the path for me"
But I still don't believe
Let's not wait for the buses and trains before we reach our destinations
I've waited long enough for the sunny days and rainy nights
Do not drive me to this destination
Until I learn to fly

Jennifer Houinato