



*Dear Parents and Students,*

*Posting has been light around here because it's the one and half month of classes, and the run-up to final exams has begun in earnest. I usually advise parents and students to relax psychologically before this period, therefore as you move closer to the final, increase the length and depth of your review. Ramp yourself up into a rigorous review of material gradually but intentionally. By 3-4 days before the final, you ought to be spending significant amounts of time doing significant things each day. Our exams will start on 22nd of May and end up by 16th of June which gives us significant amount of time to assess students' progress.*

*School expansion plans are in the progress and our new premises are ready from September 2016.*

*There will be also positive changes in school's curriculum, which will prepare our students for global learning and expand critical thinking abilities.*

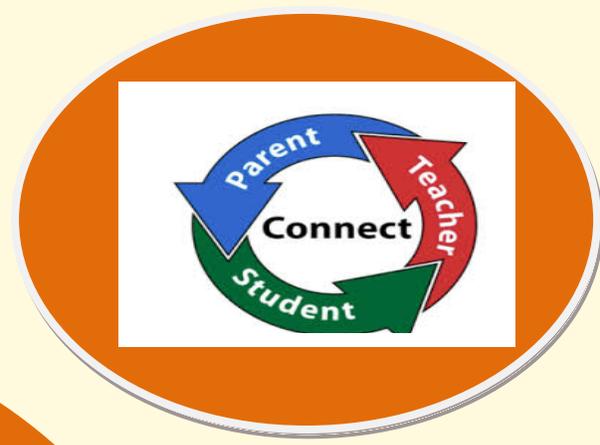
*Our registration should be opened very shortly as we know that many of you are getting impatient to register your children in the school of your choice.*

*Wishing you all the best,*

*Your sincerely,*

*Jwona Tadeusz Jozef Kojder*

# PTA CORNER



*PTA members have attended the meeting before the Spring break and many school expansion plans had been discussed. The new curriculum has been shown to PTA members and approved by them. PTA members had been informed about their obligations and responsibilities towards the school especially when it comes to linking the school with the outside organizations. We need the support of the outside organizations in sponsoring many activities prepared for the next academic year. Furthermore the idea of "Dilmun Year Book" has been discussed as well.*

# TIPS FOR PARENTS

- **Create Study Guides One Week Before the Final.** Many times, creating study guides are the most time-consuming part of studying. One thing I would recommend is to create these outlines or guides one week prior to the tests so you can just read the organized material and be able to answer the questions quickly and effectively.
- **Study in Groups Only if it Benefits You.** Certainly there are many cases where studying in groups can be beneficial, since many minds working together can help explain concepts better that you perhaps did not understand. However, a study group only works well if you are concentrated and serious. If not, conversations, jokes, and distractions can take control of the study sessions.
- **Take Your Time.** It is important to spend an adequate amount of time and energy to study. Recall that final exams usually last from an hour and a half to three hours and it can be difficult (if we are not prepared) to handle the concentration level for such a long period of time. Be prepared; practice.
- **Finish Your Practice Problems.** Whenever you find yourself practicing your math problems or something of this sort, don't give up on them. Finish the problem completely so you can understand them better for the exam and leave no place for doubt. If you have questions on those practice problems, check your notes or talk to a classmate who can help. Be sure to work the problem because, more often than not, the ones you don't understand are the ones that end up in the test.
- **Relax.** Keep your stress levels low. It's good that you worry about your finals, but don't let stress and anxiety take over you. Complete all your work and try and finish it all up early. The better you distribute your tasks during the weeks before final exams, the better you will understand the material.
- **Do a practice quiz.** Ask your parents or your brothers and sisters to quiz you about the material you are studying. Create a "home-made" quiz with all relevant information you need to know and review it two hours after you create it (or just after studying). This can help to keep your goals aligned.
- **Exercise and eat healthy.** Exercise and good nutrition cannot only help control your stress levels, but it can also maintain your emotions stable. Exercise helps keep your blood pressure low and it can help raise your energy levels so you can continue to study more effectively. Remember, the focus and the concentration (not necessarily the time) you spend while studying for a final exam is more important than anything.



Crazy hats day!

22<sup>nd</sup> March , 2016



**THANK YOU!**