



PARENT ASSOCIATION
QFISPA

In this Issue:

- MESSAGE FROM THE PRESIDENT
- LIBRARIAN HIGHLIGHTS
- TREASURY UPDATE: FUNDS RAISED
- CALENDAR OF EVENTS / FUNDRAISING
- CONFLICT RESOLUTION THROUGH PEER-MEDIATION
- NUTRITION FOR KIDS
- OUR TEAM / CONTACT INFORMATION

PRESIDENT'S MESSAGE

In February we held a parent conversation based on the book *Third Culture Kids* by David C. Pollock. TCK's are children who spend "a significant portion of [their] developmental years outside the parents' culture." As so many of our children fit into this definition, I'd like to share a few key takeaways for parents to help our children thrive in this lifestyle.

- **Build a strong foundation.** While nurturing a strong parent-to-parent relationship, parent-to-child relationship, and positive spiritual core are important for all children, "for TCK's, whose world is in continual flux, they are critical."
- **Let your child mourn their losses.** Often as parents we see our children's sadness as a problem to fix; cheer them up, help them understand why they're here. It's normal for them to hurt sometimes, and we just need to listen.
- **Enjoy the journey.** As one parent told his child, "wherever you go in life, unpack your bags - physically and mentally - and plant your trees." Make friends, get involved, learn all you can, have fun, live now.
- When preparing for a transition build a **RAFT**: **R**conciliation: resolve any conflicts; **A**ffirmation: do something to acknowledge the people that have mattered to your children; **F**arewells: say goodbye to the people, places, pets, and possessions in a meaningful way; **T**hink Destination: talk with your children about what to expect in their new home.

In life, raising kids, and living internationally there will always be challenges, but we can meet them and even enjoy the journey. I am personally thankful that my children have the opportunity to grow up with yours in this place far from "home." **NATALIE BROWNING**

Librarian Highlights

Have you visited the Qatar National Library yet? I hope you have. Did you know with your QNL library card you can get access to thousands of ebooks and other digital content? This includes children's books from picture books to beginning readers to chapter books and graphic novels. Just download the Libby app (by Overdrive) on your phone or device and connect your card. It's easy! You may even connect library cards in your home country. The ebooks can then be read on your phone, tablet, or kindle. Some of the books have audio narration which is especially helpful for non-native English speakers. I hope you are reading every day with your child or encouraging them to do independently.

Best, Ms. Cheryl

PLEASE USE OUR [WEBSITE](#) FOR INFORMATION ABOUT: [EVENTS](#), [PARENTS EVENTS](#), TO FIND YOUR [CLASS REP](#), PAST [PA MEETINGS](#) INFORMATION, AND IMPORTANT [PARENT RESOURCES](#)



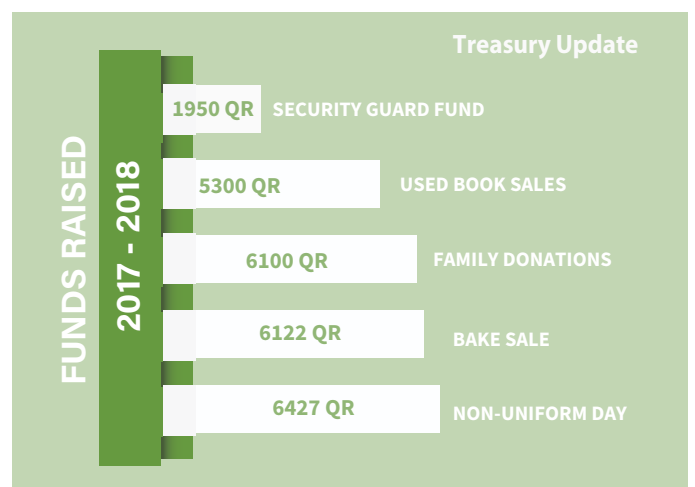
USEFUL LINKS



The Purpose of the PA is ...

- To maintain and foster a constructive partnership between school staff and parents in the interests of the school and children.
- To act as a vehicle of discussion, learning and positive action.
- To enhance programs offered by QFI School and work towards achieving these goals through fundraising and other activities.
- To create a community where ideas and information are shared, new families are welcomed, and learning is promoted. This is done in a respectful and collaborative manner.

Treasury Update



Events

We are looking forward to working with teachers and parents to organize events, charities and fundraising initiatives for the 2017-2018 school year!

APR22 Upcoming Event: "Earth Day"

Plans are underway for this next major event. We are looking for **volunteers** to speak to classes or perform activities related to Earth Day. If you have a background in sustainability or other environmental topics, or know someone who does, please contact Hala Ahmed at hala.arahim@gmail.com.



AN INTERVIEW WITH Ms. AMAL BAAKLINI ON Conflict Resolution through Peer-Mediation

In November 2017, the school organized a Talk to address the issue on bullying at school. The counselors joined together as a team to walk the audience through the process of identifying, discussing and resolving issues that arise on a day to day basis across the campus. During the discussion, peer-mediation has been mentioned as one of the approaches employed by the school to tackle conflicts. We have students who are trained and called on duty to act as peer-mediators. Read on as Ms. Amal Baaklini passionately answers the question on this interview. **By Melody Bergonio-Cabibihan**

- What is Peer-mediation and how did the school decide to have this program? Is it a common practice in Finnish schools and then adopted here in QFIS? How long has the school been having this program?

"Finnish schools are known for their student-centered approaches and emphasis on preparing those young individuals for life beyond the walls of school education. We have had this program here, at QFIS, from the second year.

The VERSO Peer-Mediation program we apply at QFIS is one of different forms of interventions practiced within schools in Finland. It is a mediation and restorative learning opportunity for the students that will help them gain and develop social skills in a safe environment. Peer mediation is run by a team of 32 trained students (from Grades 5 to 8) who help other students resolve conflicts or disagreements. It is a voluntary responsibility that the mediators take up twice per week under the supervision of one of our support team members (Counselors or SEN teachers)."

Please [click here](#) or visit the Parents Resources Section of the QFISPA website to read the full article.



Nutrition for Kids

By Esther Plaza

What does healthy nutrition for kids look like? Eating patterns built during childhood serve as a foundation for life. What we eat early on shapes brain development, metabolism, and overall health. After all, nutrition affects all aspects of childhood growth, development, and health.

This includes:

- maintaining a healthy weight;
- avoiding health problems related to excess body fat;
- gut health; and
- brain development and behavior.

And right now, the top three sources of calories for 2-3 year olds are:

- milk
- fruit juice
- pasta

Hmmm. That's kind of a weak foundation. But there's good news. You may only need to make a few small changes to improve your child's nutritional profile and ensure a lifetime of healthy – and pleasurable – eating.

Start with some simple basics:

- **Choose whole, minimally processed foods.** Avoid processed foods that are specifically marketed to kids.
- **Incorporate vegetables and fruits** into kids' daily diet.
- **Vitamins and minerals,** try to get nutrients from a varied, whole-foods diet first.
- **Help kids regulate their appetite and hunger cues** with whole foods and mindful eating.
- **Take the lead.** You're the parent.
- **Adopt healthy habits yourself,** so that kids have a role model for their own behavior.

Recommendations:

1. How much should kids eat? They should eat until they are no longer hungry.
2. What should kids eat? A mix of mostly whole, minimally processed foods.
3. What should kids drink? Mostly water and unsweetened teas.
4. How to ensure healthy bowel movements? Adequate fluid, physical activity, and whole plant foods (vegetables, fruits, beans, whole grains, nuts, seeds).
5. The #1 thing you can do to help your kids? Adopt healthy habits yourself.

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