

Message to Parents

Welcome back to school. This term began on Monday September 19, 2016. We are organizing our program to include many interesting learning experiences for all of our students, through careful planning and attention to detail. Apart from the basic syllabus, at all levels we propose to include activities which prepare students for careers in Science, Technology, Social Sciences, and the Arts.

Here are some things you can do to get your child ready to learn and poised for success. If we can work together as teachers and parents, we can expect a higher level of achievement for this school year.

1. Bring your child to school in time and ensure that he or she is picked up on time.
2. Set aside a table or study area where your child can work quietly on home assignments.
3. Make sure you have purchased the books and school supplies required for the grade level. All students in primary and secondary need to have a **dictionary** and an **atlas**. These books are essential reference materials.
4. Make sure your child goes to bed in time, and gets enough sleep. It is not a good idea to have a television in your child's bedroom. Limit television viewing during the school week.
5. Talk about good behavior and polite manners. School rules should be respected and students should use polite and courteous language at all times. Never allow students to wear expensive jewelry or other flashy items to school.
6. Some assignments will require students to use the Internet, so it is an advantage to have Internet accessibility in the home.

Essence students had an Enjoyable
Excursion to South Africa accompanied by 4
Essence staff as chaperones. Two of our Adminis-
trators also visited South Africa for a Leadership
Training Course



In
Nelson Mandela

At
the Zoo



Essence International School, Kaduna
Congratulates Our Own
Love Solomon
a science student
who scored A1 in all her WAEC subjects



Valedictorian from the Essence SS3 Graduating Class of 2016

**We extend our felicitations to her parents and all the teachers
who contributed to her educational development**

**Love, we anticipate wonderful things from you, representing our
nation's greatest natural resource– our multi-talented youth.**

D. L. Mohammed. September 2016

Health Issues

DOES SUGAR MAKE KIDS HYPER?

SHORT ANSWER: ONLY IF YOU BELIEVE IT DOES

By [Daniel Engber](#) June 30, 2015

The image of a kid on a sugar high bouncing off the walls gained credence in the 1970s and '80s, when several studies linked sugar intake to behavioral problems such as hyperactivity. But in 1995, Vanderbilt University pediatrician Mark Wolraich reviewed 23 studies involving more than 400 children and found no evidence for the belief that sugar impacts a kid's behavior or cognition. "We came as close to proving the null hypothesis as you can," says Wolraich, who is now Chief of Developmental and Behavioral Pediatrics at Oklahoma University.



In the early 1990s, psychologists Richard Milich and Daniel Hoover took a different approach to answering the question: They studied 31 boys ages 5 to 7 whose parents identified them as "sugar sensitive." The researchers gave the boys aspartame-sweetened Kool-Aid and then videotaped them interacting with their moms. Beforehand, the researchers told half the moms their kids had consumed sugar and told the other half the truth. Parents who thought their kids were on a sugar high rated them as being more hyperactive and criticized them more severely. Milich and Hoover concluded that the link between sugar and behavior might be based on parents' expectations, not on the sweetener itself.

There might also be other factors at play when sugared-up kids go nuts. Candy and cake, for example, are staples on Halloween and at birthday parties—events rife with kid drama. Or there might be other substances in the mix. Chocolate, for instance, is packed with stimulants, such as caffeine and theobromine.

Still, for many parents, sugar remains the go-to scapegoat, even if proof is lacking.

CREATIVE WRITING

Students in JS 1 will be asked to write and illustrate a short news story with a positive and uplifting focus. This will be a classroom assignment.

What are the key words that help explain a news story? **WHO, WHAT, WHERE, WHEN, and WHY.** We are trying to train proficient readers and writers. Encourage your child to read for pleasure at home, and build up a home library.