

Dear Dolphin Parents,

We returned back to school after the Golden Week well relaxed and ready for new adventures! Our theme this month was Health & Nutrition. Everyone knows that we love eating our veggies and fruits because they give us vitamins and help us to stay healthy and fit! But we learned after making our classroom pyramid, that our diet should be always balanced. Our body needs all 5 food groups and junk food should stay far away from us.

We also made a yummy yakisoba art craft with many different kinds of noodles, using all colors you can even think about! In Collins Maths, we studied many interesting topics including directions, sorting data, and making lists/tables/diagrams. They were a little bit abstract, but we had some hands-on activities to handle them easily. In Oxford English, we read and recited a bunch of funny poems. What kind of beat do you prefer for your recitation? We also practiced diligently relay and dodgeball for our Sports day next month.

Did you know that Mr. Scott's most favorite baseball team is Tokyo Yakult Swallows and that Mr. Tom likes playing tennis every week? We finished the month with our "Sports" free dress day and prepared some very healthy and refreshing smoothies from apples, strawberries, grapes, and bananas. It was so delicious and fun!

We also celebrated some birthdays in May: Drishith, Iroha, and Raghav. Happy birthdays!

Kind regards,

Dolphins Team





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May





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May



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May





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May





