



NGG ID PTA Weekly Bulletin No.9. December 15th, 2011

Dear International Families,

Welcome to the ninth and final edition of 2011 of our weekly bulletin. If you have items that you wish to contribute to the first bulletin of 2012, published next on Thursday the 12th of January, then please contact me beforehand at: heathergartside@gmail.com.

A couple of days ago at UNICEF in Copenhagen, a large crowd of international parents learnt a little about the true meaning of Christmas, when we gave a little of our time and helped to pack 3000 medical boxes for those in need in Africa. More details on UNICEF in this bulletin and a chance for us to go and volunteer again this vacation with the kids. Feeling a little achy today from all that packing, but I'm sat by my sunshine lamp trying to soak- up some badly needed vitamin D as I multi-task my way up to the holidays! On behalf of the PTA and the Bulletin team I'd like to wish all students, parents, teachers and administration a wonderful sunny vacation; be it in your heart, in your homelands or in a fancy destination. Travel safe and we look forward to seeing you all again in the brand New Year!

Best wishes,

The Bulletin Team and PTA

- **January Parent Awareness Talk:**

Next month the PTA will be offering a talk by psychotherapist Elaine Aunsberg Nielsen on HSC. (Highly Sensitive Children) and HSP (Highly Sensitive Personalities)

The date for this is now set at Tuesday the 31st of January at 19:00 in the Gr.9 classroom. Please sign-up and secure a place at the talk now: heathergartside@gmail.com . There will be a small non-refundable charge for the evening. Refreshments served

Is your child is sensitive to scratchy clothes, strong tastes, loud noises, crowded places, a change of routine, distressed by scary films or from watching the news?

Maybe your child is frequently labeled as shy, introverted, fussy or faddy? Is fearful in new situations, prone to hurt feelings, is upset by criticism or always eager to do things just right?

If your answer is yes to just a few of the above, your child may be one of the 15-20% of children born highly sensitive.

According to American Clinical Psychologist Elaine N. Aron's research, 15-20% of the world's population has a common inherited innate trait she calls High Sensitivity. She is the author of *The Highly Sensitive Person* (1999), and the *The Highly Sensitive Child* (2002), her research has been widely published. Research has shown that many species have the same % of sensitivity amongst them.

Highly Sensitive Children are intuitive, reflective, conscientious and very often creative, but they are easily overwhelmed. Our Western society does not appreciate these qualities, which are often misunderstood and often leave children feeling inadequate and frustrated. Knowledge of this trait is invaluable for the successful parenting of Highly Sensitive Children into happy, healthy, well adjusted adults.

My name is Elaine Aunsbjerg Nielsen, I am a trained psychotherapist and I am a Highly Sensitive Person with Highly Sensitive Children. After reading Elaine Aron's books and research, I gained the knowledge, awareness and insight to understand so many aspects of my own life and those of many of my clients. I would like to share my knowledge and experience in a talk about the subject on the 31st January

- **UNICEF:**

Here is a little background to UNICEF. Many classes in CIE have now visited UNICEF with Michelle. After the parent trip this last Tuesday, we can vouch for the fabulous organisation and great humanitarian works that are going on just a few kilometers away. I really want to take my kids and do it again this vacation. If you'd like to join us, it will be in the week before school (tba). Contact me on : heathergartside@gmail.com if you'd like to come and help:

The United Nations Children's Fund or UNICEF was created by the United Nations General Assembly on December 11, 1946, to provide emergency food and healthcare to children in countries that had been devastated by World War II. In 1953, UNICEF became

a permanent part of the United Nations System and its name was shortened from the original United Nations International Children's Emergency Fund but it has continued to be known by the popular acronym based on this old name. Headquartered in New York City, UNICEF provides long-term humanitarian and developmental assistance to children and mothers in developing countries. It is one of the members of the United Nations Development Group and its Executive Committee.

UNICEF relies on contributions from governments and private donors and UNICEF's total income for 2006 was \$2,781,000,000. Governments contribute two thirds of the organization's resources; private groups and some 6 million individuals contribute the rest through the National Committees. UNICEF's programs emphasize developing community-level services to promote the health and well-being of children. UNICEF was awarded the Nobel Peace Prize in 1965 and the Prince of Asturias Award of Concord in 2006.

Most of UNICEF's work is in the field, with staff in over 190 countries and territories. More than 200 country offices carry out UNICEF's mission through a program developed with host governments. Seven regional offices provide technical assistance to country offices as needed.

Overall management and administration of the organization takes place at its headquarters in New York. UNICEF's Supply Division is based in Copenhagen and serves as the primary point of distribution for such essential items as vaccines, antiretroviral medicines for children and mothers with HIV, nutritional supplements, emergency shelters, educational supplies, among others. A 36-member Executive Board establishes policies, approves programs and oversees administrative and financial plans. The Executive Board is made up of government representatives who are elected by the United Nations Economic and Social Council, usually for three-year terms.

The UNICEF school in a box!



The UNICEF World Warehouse

The UNICEF World Warehouse is a 25,000m² large warehouse facility in Denmark, which hosts UNICEF deliverable goods as well as co-hosts emergency goods for United Nations High Commissioner for Refugees (UNHCR) and the International Federation of Red Cross

and Red Crescent Societies (IFRC). In addition to the goods, the facility also houses the UNICEF Supply Division which manages strategic transport hubs in Dubai, Panama and Shanghai. The warehouse contains a variety of items, ie. special food supplies like the Plumpy'nut, water purification tablets, various forms of dietary supplements/vitamin supplements and the *School in a box* (illustrated above).

- **Garage Sale on 8th February:**

February the 8th, 14:30 in the aula. This is not a fundraiser for PTA funds

Sign-up now online at heathergartside@gmail.com . We need at least 6 participants, 4 signed-up so far. Kids and parents are invited to sell gently used toys, books, clothes and games etc. Come on, it will be a blast and great for cleaning out cupboards in the holidays and for recycling things on a dark and disgusting February afternoon!

- **Yoga:**

Every Thursday morning at 9:15, yoga and the five elements. With Marzena Jachowicz, Certified yoga teacher and NGG ID mum.

Tel: 60748738. Skovparken 7. 2990 Nivå

- **After School Art and Design Classes:**

Junior Artists (aka: The Christmas Club): 14:30 – 15:30 every Monday in the Grade 2 classroom, first class on Monday 16th January. For creative kids from K2 upwards. We will be making lovely things to take home on a weekly basis. No more Christmas gifts, but plenty of other funny things to make all through the year!

Fashion Bunnies: 14:30 – 15:30 every Tuesday in the Gr.5 classroom, first class on the 17th of January. We'll be learning design, sewing, textile, accessory and construction skills. In our next class we'll be making textiles and jewelry inspired by love hearts!

Art and Design: 14:30 – 15:30 every Thursday in the Grade 2 classroom, first class on the 19th January. Calling all those artistic kids from Gr.3 and up, to come on a relaxed, funny but very creative journey. This past term we have made puppets and have drawn them in action. Next term we will be working on Frida Kahlo inspired self portraits (but not with moustaches)

Each class costs 70 DKK, first taster class free.

Please contact Heather on heathergartside@gmail.com . Tel: 51503099

After school Classes in January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Danish(Jette) K2 and up (Gr.3 A17) 14.30-15.30	Arts and Crafts (Daniela) K1-Gr.5 (K2 L14) 14.30-15.30	Cooking(Ritu) K1-Gr.5 (Ællingen and pickup from K1 L9) 14.30-15.30	Math Support (Archana) Gr.1 and up (Gr.6 A18) 14.30-15.30	
Sewing+Felting (Jennifer) Gr.1-7 (Gr.4 A20) 14.30-15.30	Fashion Bunnies (Heather) Gr.3 and up (Gr.5 A15) 14.30-15.45		Piano(Karin Swiegers) Gr.2 and up (A1,A2,Y1)	Football Club (Joshua) Gr.3-4 Gr.4 and up (Big Gym,Astro) 14.30-15.30
Junior Art K.2 and up (Gr.2 A22) 14.30-15.30	Yoga(Archana) Gr.3 and up (K1 L9)	Football,Fun and Games (Daniela) K1-Gr.4 (Little Gym) 14.30-15.45	Art+Design (Heather) Gr.3 and up (Gr.2 A22) 14.30-15.30	