



NGG ID PTA Weekly Bulletin 2012 – Week 2

Dear International Families,

Welcome to the first PTA bulletin of 2012. We trust that you are all refreshed and ready for these coming 4 weeks of school up to the next vacation! In this edition we have just a few reminders, some healthy directions from parents at the school and a small feature on the most recent kids and parents trip to UNICEF. We are in need of more attendees for the HSP talk on the 31st of January and there is a date change to note for the garage sale, now on the 1st of Feb. I have meetings scheduled with Jo Jobling, for some new event ideas to keep us laughing and creative, and with Karen and Jan Thrane for an update on school issues. Oh, and one more date for your calendars: Parent Networking meeting on Wednesday 25th January at 9:00 in Svanereden

If you have ideas for events, items to be discussed with the school admin or if you wish to contribute to the next bulletin of 2012, published next on Thursday the 19th of January, then please contact me at: heathergartside@gmail.com.

Best wishes and looking forward to an energetic, caring and successful year ahead!

The PTA

- **January Parent Awareness Talk:**

This 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 non-refundable charge of 50 Kroner 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:**

NGG International families visited the UNICEF warehouse yet again in the holidays. 15 kids and parents (from 5 years old to 50) helped to pack boxes containing all the essentials for emergency schools. It was yet again a very satisfying, educational and heartfelt experience for us all. We will be going again soon, so please join my emailing list if you fancy coming along with your kids another time! heathergartside@.com



Anita, Vipul and Arnav Konnur. Mickey, Sean and Allan Hviid Jensen. Faia, Valdemar and Marianne Rommelhoff. Mia, Kasper, Sasha and Heather Gartside Knudsen. Abdul and FolakeJJaiyeola

- **NEW DATE: Garage Sale on Wednesday the 1st February:**

February the 1st, 14:30 in the aula. Sign-up now online at heathergartside@gmail.com or on the PTA noticeboard. 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

- **Pilates:**

Pilates In Hornbaek on Tuesday mornings at 9:30. With Therese Christoffersen. Skovvej 15 C, 3100 Hornbaek.

Tel: 61130277 and 49700900

- **Running:**

Meet for a run starting at 09:05 at the school entrance every Wednesday.

Jenny: 0045 28491384