



MARIA'S NOTES

MV PILATES

New classical Pilates studio in Sauvagnon!

Classical Pilates is a great exercise for anyone who wants to improve their strength, core, posture and flexibility.

Classes available:

- Individual (with Pilates equipment)
- Duos (with Pilates equipment)
- Group Mat Classes (max 5 pers)
- Classes in French, English and Russian
- By appointment only



Phone: 07.83.60.79.97
mariavpilates@gmail.com

More info at:
mvpilates.fr

After more than 10 years of a successful career teaching Classical Pilates in Seattle USA, Masha has now reopened the doors of her “MV Pilates” studio here in France, in Sauvagnon (15 min. from school). If you want to improve your physical health, work on your strength, posture and flexibility Masha will be happy to help you. For more details you can visit her website : mariavpilates.fr

PRIMARY NEWS

John-Mark Hanrahan

The week before the holidays, **Grade 2** shared what they have been learning about in class, during their class assembly. They have been learning all sorts of things, and amongst other things, enthusiastically demonstrated some yoga poses; interviewed different children for jobs in a castle; and showed us some examples of food chains. Well done Grade 2!





Certificates

As usual, there were quite a few certificates of merit to give out, which was a great way for some more fantastic, hard-working students to end the half term:



After a beautiful holiday, full of sunshine, we started this week's assembly with a film made by the Grade 5s, during their French lessons. Since November, Grade 5 have been following the progress of a sailing feat called the Vendée Globe. Nicknamed *The Everest of the sea*, the concept of the Vendée Globe is simple and easy to understand: You have to sail around the world alone without stopping and without assistance.

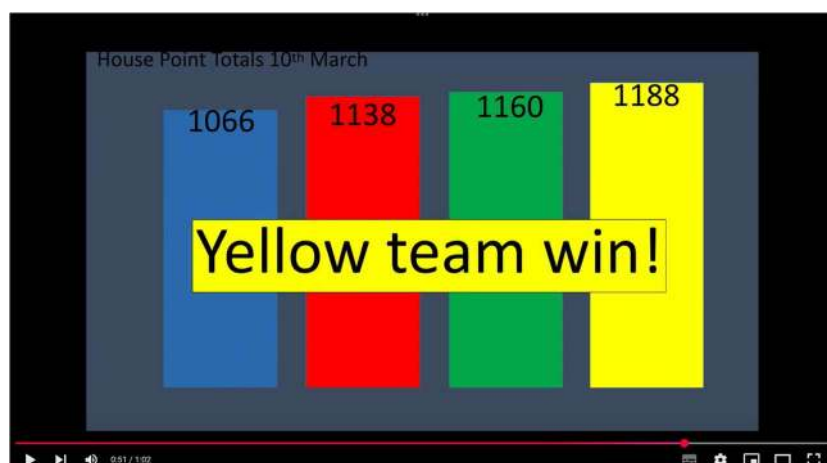
The Grade 5s were supporting skipper **Sam Davies** in particular, who embodies determination, bravery and passion. Sam uses every race to raise funds for children with heart defects. Her dedication to this noble cause makes her a sailor with a big heart, combining sporting performance with solidarity. During the race, Grade 5 got to attend an online Q & A with the courageous skipper, and wrote messages of solidarity in French for the sick children that she supports.

Check out **TeamISB** on *Microsoft Teams*, if you want to watch the film that the Grade 5s made about this impressive challenge.



House-Points

After three weeks of earning house-points, with a two week holiday in the middle, the house captains had a mammoth task of counting up all of the house-points that had been collected around the school. The totals were pretty impressive, but alas, as usual, there could only be one winner. For the second time this year, the Yellow team came out on top with a whopping 1188 points! Misu, the Yellow Team House Captain, came to claim the coveted house-points trophy.



Certificates

Despite it only being the first day back, there were quite a few more certificates to merit to hand-out. Well done everybody, what a positive start to the half term!





Maths Rocks

Mr Hanrahan then dismissed the younger children and Miss Nairac came to the front of the assembly to speak to us about an exciting event that was starting on Tuesday: Miss Nairac had signed up ISB to a world-wide competition organised by *Times Tables Rock Stars*, which was due to kick off at midnight that very day! All this week, and until Wednesday next week, Grades 3-6 will be taking part in times table and division battles with children from other schools all around the world, group battles against other classes in our school, and individual battles. It's been so exciting so far, but the pinnacle is going to be a battle played out in house teams, with the overall winning team receiving a house-points trophy for the tracker, and a 15 minute extra break-time. Next Wednesday, the winning teams will be announced, as well as various other awards and shout-outs for children who have particularly stood out throughout the competitions. To make this day extra special, Miss Nairac would like to announce the following news:

Times Table Rock Star Dress-Up Day

Who: Grades 3, 4, 5 and 6



When: Wednesday 19th March 2025

Why: to celebrate all the amazing multiplication and division fact progress using Times Tables Rock Stars!

Here are some ideas of how you might like to dress-up:



World Book Day

On Wednesday, ISB was transformed into a magical world of book characters! Children from Early Years to Grade 13 dressed up as their favourite characters and class teachers organised different activities for their classes to celebrate the importance of reading! Check out *TeamISB* for more photos on the *ISB Book Week* channel.



Music Enrichment

On Friday, lucky students from Grades 4, 5 and 6, were invited to attend a truly inspiring performance, presentation and Q&A's with Leelou Garms and Tony Bredelet.

Leelou attended ISB for ten years and she came to our school today to tell us about her amazing musical journey, reminding us that with passion, a lot of work and the right environment like ISB, you can definitely reach the stars and make your dreams come true! ★ What a special and inspiring moment!



Important Dates

Tuesday 18th March - Grade 3 trip to médiathèque (All children must have coats!)

Wednesday 19th March (0900) – PTA Meeting (All parents welcome)

Monday 24th March (1435) - Grade 1 assembly (Grade 1 parents warmly welcome!)

Friday 18th April - NON-UNIFORM DAY!! School closes for holidays (after clubs/Garderie)

This term, **Early Years** will be learning about “Mini beasts”. We looked at pictures of insects like a millipede, grasshopper, dragonfly etc..and talked about the different places they live, such as in the water, in the grass, or in the soil. We also had fun singing “Incy Wincy Spider” and playing the rhythm of the song with instruments.

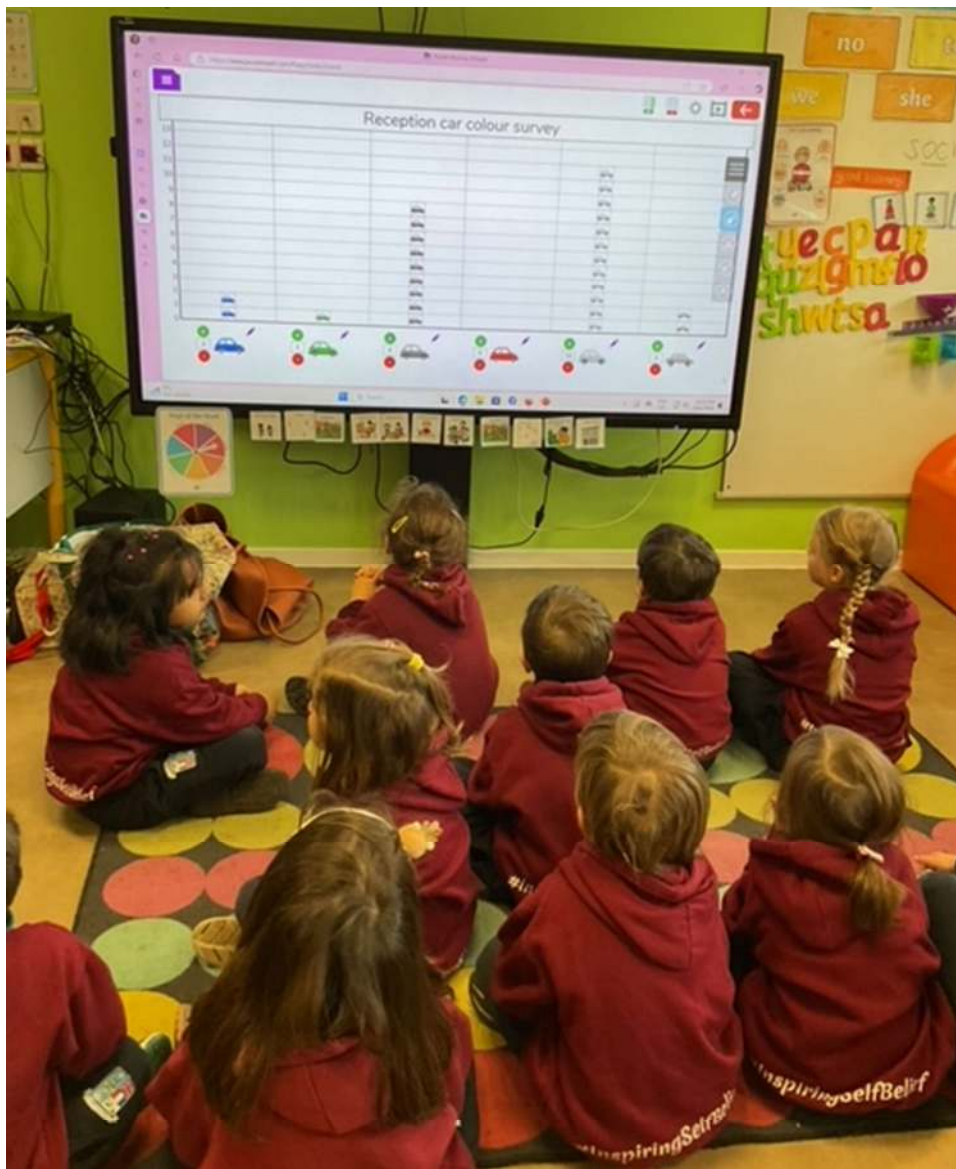
To finish off, we started working on our Spring display.





Reception started off the week with some practical maths and data handling. We went out into the garden to carry out a survey, counting how many cars of each colour drove by school. We collected our data in a table, using tally marks and then worked together to display our findings in a bar chart!





More hands on learning in Reception when t Miss Vanessa took us outside to show us the engine in her car to answer the children's myriad questions about how cars work!





World Book Day in Reception:



Some fab maths in **Reception** dealing with traffic jams, counting carefully and comparing amounts, and recording our work beautifully! what a great start to the term!





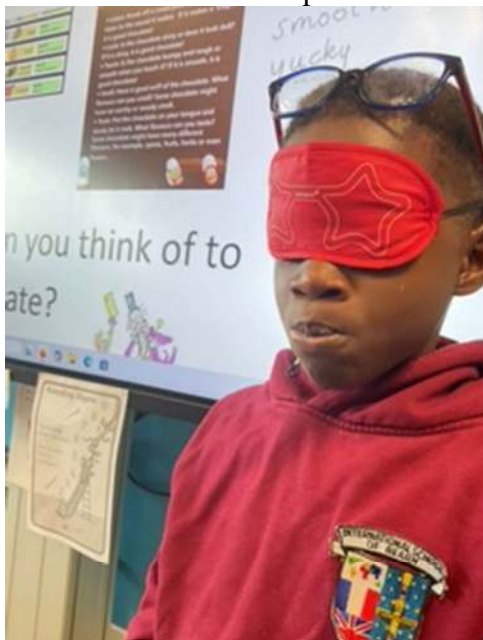
World Book Day in **Grade 1** comprised of secondary pupils reading to the class, Kahoolawe with Grade 2 and a reading session with Grade 4.





Before the holidays, **Grade 2** constructed some amazing castles. They thought very carefully about the parts of a castle that they needed to include to defend their castle from enemies! They are on display in the atrium. Come and have a look!

This week the children have been investigating chocolate. We tasted lots of different types of chocolate and made wordbanks to help us write some super sentences.





We also had a great book day!



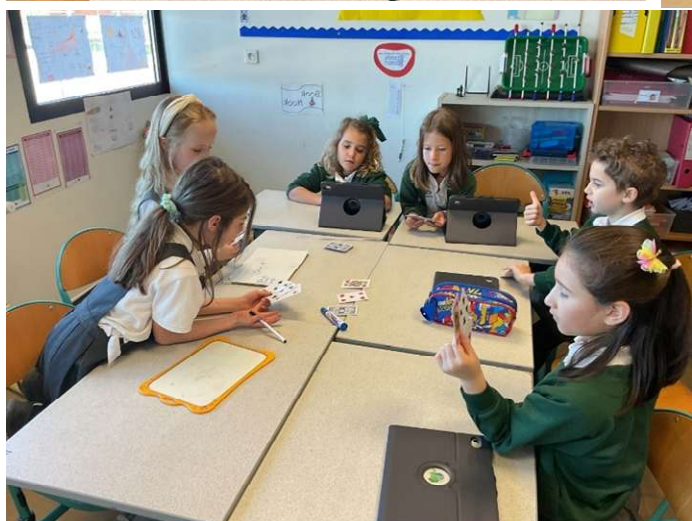


For World Book Day, **Grade 3** created their own mini books.





Grade 3 started the new term with a super fun maths counting game .

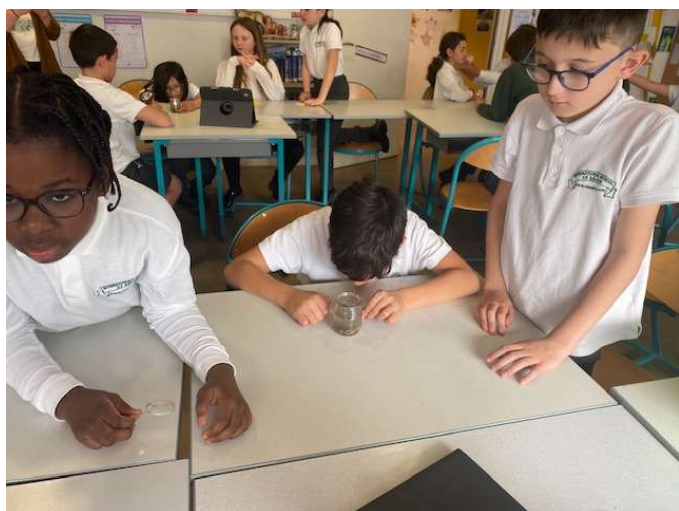




Fantastic world book day costumes in **Grade 4** and some lovely reading time with Grade 1 in the mobile library!



Grade 5 finished off their Science topic *Separating Mixtures* by learning all about filtration. We investigated how we could make muddy water clean by using graduated sieves and filter paper. We spoke about other examples of filtration in our everyday lives such as vacuum cleaners and swimming pool filters.



In PSHE the **Grade 6** class played a game to help us understand the importance of friendship and empathy towards others.



Here are **Grade 6, Grade 5 and 4** students as part of their Music Enrichment Workshop. They were invited to attend a truly inspiring performance, presentation and Q&A's with Leelou Garms and Tony Bredelet. Leelou has attended ISB for ten years and she came to our school today to tell us about her amazing musical journey, reminding us that with passion, a lot of work and the right environment like ISB, you can definitely reach the stars and make your dreams come true! ★ What a special and inspiring moment!





SEC**SEC**SEC*****

Reminder for Secondary PE lessons - **students are required to have a water bottle for all PE lessons** that they take to the lessons full. This should be sufficient for the whole lesson and therefore will not need to be refilled during the PE time. Students will therefore be refused to leave the lesson to get water.

Banque Alimentaire Food Bank Collection - **Saturday 5th April**

Last year was the first year that ISB students took part in the food bank collection at supermarkets in and around Pau. Along with 100s of other young people in the region, ISB students from **grades 10-13** will be volunteering for 2 hours to collect food donations from members of the public at local supermarkets. Just over 50 ISB students have volunteered to take part. Within the next week we should have the supermarkets confirmed and we will organise the times and locations with the students. Following this, parents of volunteers will receive a permission slip confirming the details. We thank parents in advance for supporting your children in enabling them to take part in this activity by getting them to and from the supermarkets.

Grade 7 World Book Day.



Grade 7-9 final PE lesson for this group at Beta Bloc, speed games and "the elevator" on ropes



In Chemistry **Grade 13** have had to design their own procedure to identify a series of unknown organic and inorganic chemicals. Today they have to see if their planned experiments work.



On Sunday 16th of February **Duke of Edinburgh International Award Bronze and Silver Award** participants took part in their second practice day-hike around the Col de Marie-Blanche. Pupils learnt more navigation techniques and enjoyed stretching their legs over a longer route. They are now well-prepped for their practice expedition in April. Well done to all those involved and thank you to the staff who gave up their time to accompany them.





SECONDARY UPDATE

Ann Byrne

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Work Experience Grade 10

All G10 students are encouraged to participate in 'Work Experience' or here in France you will hear this referred to as 'un stage'. Ideally students should research and approach local employers to find work experience in a field that interests them, and in which they may wish to pursue a future career; in reality it is often the parent's workplace or 'friend of the family' who offer the work placements. Regardless of how the work placement is found it offers a great experience for students to spend time in a work environment and to learn valuable skills.

Work placements should be:

- 1 – 2 weeks in duration
- Organised for a time during school holidays

Students/parents will need to:

- Contact Maria for a 'Convention de Stage' ahead of the work placement
- Email Ms Byrne ann.byrne@isbearn.com after the work experience with details of the dates of the placement and the employers contact details.

Grade 10 is an ideal year for students to undertake work experience and we thoroughly recommend that students take advantage of this being a 'lighter' year before exams take place; however, it is also possible to complete work experience in the higher grades and the same criteria apply as listed above.

Parents Evenings, Exams and Report Dates

Date	Event
20 Mar	G7,8,9 Progress reports published
01 Apr	G9 GCSE Options and Parents Evening
10 Apr	G11 - 13 Leaver's reports published
15 Apr	G10 Invitation only Parents Evening
26 May – 06 Jun	G10 Mock Exams
26 Jun	G7 – 10 End of year reports published

Dates for your Calendar

Please check the Calendar each week as new items could be added etc

March

14 March Pi Day

18 March G12 Geographers Mountains field trip

28-30th March Friday (after school)-Sunday DofE Gold Practice Expedition

April

01 April 4pm – 6pm Tuesday Grade 9 Parents Evening

03 April Thursday (Provisional date) G10 Geography Coasts visit

05 April Saturday Banque Alimentaire food collections 09:00 – 19:00

05 April Saturday Prom G10 - 13

12 - 13 April Saturday and Sunday DofE Bronze and Silver Practice Expedition

15 April 4pm – 6pm Tuesday Invitation Only Parents Evening for Grades 10

18 April Friday Final compulsory day in school before study leave begins Grades 11 - 13

19 April – 04 May (inclusive) Easter break

May

08 May Thursday 1945 Victory Day School Closed except for exams

26 May – 28 May Mock exams Grade 10

29 – 30 May Thursday – Friday Ascension School closed except for exams

June

02 – 06 June Monday – Friday Mock exams Grade 10

09 June Monday Pentecost School closed except for exams

10 June D of E First Aid Training for all G10 students

10 – 13 June Tuesday – Friday Key Stage 3 Maths/Drama cross-curricular project week

12 - 13 June Thursday and Friday DofE Bronze Final Expedition

15 – 19 June Sunday - Thursday KS4 and 5 Berlin trip

16 –19 June Monday – Thursday KS3 Barcelona trip

18-20 June Wednesday-Friday DofE Silver Final Expedition

23 June Monday Graduation for Grade 13 students

26 June Thursday morning only (provisional date) Sports Day

27 June Friday School closes for the Summer break at 12:00

July

11 July Friday Administrative closure for Summer

*Have a nice week
Très Bonne Semaine
Maria*