



Accredited by CIS & NEASC

The Franconian International School

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Health @ FIS

The 'New Flu' – H1N1 You will all have heard or seen an increasing number of reports in the media about the H1N1 virus and its recent spread in Germany now that the weather is colder. The FIS continues to be in contact with the local health and school authorities in Erlangen and we will inform all members of the FIS community regarding updates and procedures as needed. Decisions regarding measures to contain the spread of this virus are based on the matrix developed by management in consultation with other German international schools at the beginning of this school year, and on the advice of local school and health authorities. A recent report from the *Journal of the American Medical Association* concluded that those with underlying conditions (or chronically reduced immune systems) are most at risk of developing H1N1 disease severe enough to require hospital care, and that H1N1 was least likely to turn fatal in patients under age 17.

At this point (early Friday afternoon) the FIS has no newly confirmed cases of H1N1. However, in cooperation with the local health and education authorities, due to the high rate of absenteeism in Grade Ten and to prevent further spread into other classes, we will be **closing the Grade Ten class on both Monday and Tuesday** of next week. Additionally we will be taking further measures to limit contact between students. This includes the **cancellation of all After School Activities** for the upcoming **week from 9th to 13th November**, and the **cancellation** of our PTO **St. Martin's Parade** and activities. Further steps regarding H1N1 containment procedures to be implemented will be communicated next week.

We ask that if your child is unwell and/or showing flu-like symptoms s/he should be kept home until checked and cleared by a doctor to return to school. We also ask you to **inform the school** should a member of your immediate family be diagnosed with the H1N1 virus.

We would kindly ask you to maintain increased awareness regarding protective hygiene measures, in particular **the frequent washing of hands with soap**, regular ventilation of rooms, covering coughs and sneezes and keeping a distance from others when doing so. Please also discuss these things with your children. FIS homeroom teachers have been reminded to continue implementing the preventative measures and to talk about them with the students.

We also ask that, in accordance with the response matrix developed at the FIS, that **no home-baked food** be brought to school **for sale or distribution** to members of the broader school community. This means that there will be **no bake sales until further notice**, and that if you would like to mark your child's birthday in the classroom, **pre-packaged food only** is permitted. Children may continue to bring in their own lunches and snacks from home.

If everyone remains vigilant by keeping family members with flu symptoms at home, then we can ensure that teaching and learning continues. We understand that H1N1 inoculations are available in Germany– this however is left to your family to decide.

For your convenience, a list of the symptoms of influenza and how they differ from common cold is produced below.

SYMPTOM	INFLUENZA	COMMON COLD
Fever	sudden onset 38°-40° and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after the acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhoea	In children over 5 years	Rare
Watering of the eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes but mild to moderate
Complications	Respiratory failure; can worsen a current chronic condition; can be life threatening	Congestion or ear-ache
Prevention	Influenza vaccine; frequent hand-washing; cover your cough	Frequent hand-washing, cover your cough

When flu symptoms are present within your family please do the following

- Any family member who complains of **severe flu symptoms** (H1N1 symptoms are similar to a seasonal flu virus) **must stay away from school**, as must all other members of the family.
- **Contact the FIS Office** on 09131-940 390 to keep the school informed.
- **Consult your doctor.** Return to campus following H1N1 infection is only allowed with a doctor's permission note in hand when the family has been cleared of H1N1. Our goal is to maintain the school's learning program and hopefully we will be able to do so if we preserve strong lines of communication and remain vigilant about ensuring family members stay at home rather than coming to school to avoid a possible spread to other members of the community.

Many thanks for your cooperation in confining the spread of the H1N1 virus. If you have questions or concerns please do not hesitate to contact us.

Fifth Disease A Kindergarten pupil was diagnosed with Fifth Disease (Slap Cheek/Slapped Cheek/erythema infectiosum) in the holidays, but was cleared to return to school last Monday. It would seem that this viral complaint is still with us, so many thanks again to the community for your cooperation in keeping us informed.

Eat well, dress for the weather, and stay healthy.

Cats and Dogs, Shoelaces, a Foxes' Wedding or just Soft Weather....

The grey days of autumn are well and truly upon us, so please ensure that your child/ren can enjoy their outside play or break time by being dressed appropriately for the weather. If it looks as if it will be particularly inclement, please consider packing an extra set of dry socks and other dry clothing, or providing some outerwear. ...and remind them not to stand next to their friends if they happen to be jumping in a puddle!



Welcome

To Elliot **Collins**, born on 23rd October to two FIS teachers, Andrew (English) and Cristel (Art) Collins. Elliott is a new brother for Owen (1TA) and Nina (K3R) Congratulations to all the family. To Ms Katie **Toppel** in her new role at the FIS - Ms Toppel has now jointed our team in the Student Support Services Department. And to the **Witek** family – Leon started this week in K5W. Welcome to the FIS!

Sport @ FIS

Junior Girl's Volleyball:

As our two Junior Girls volleyball teams were the only two teams registered in this age group in Erlangen, FIS teams 1 and 2 will be playing against each other in the Erlangen City Finale next week in our very own FIS gym. The match is scheduled for next **Tuesday, 10th November**

So one of our FIS teams is guaranteed to be crowned Erlangen city champion and will be qualified for the regional tournament on 27th November. Parents and students alike are invited to come and cheer on the girls and be the first to find out which team will make it to the next round.

Junior 1		Junior 2	
Natalia	Griem	Richa	Sharma
Stephanie	Kotterer	Ellen	Bird
Denisa	Galaskova	Kira	McManus
Natascha	Sturm	Jana	Schmid
Claudia	Kampmann	Ana	Rivero Valles
Maria	Bayer	Leonie	Becker
Marta	Salgado	Sunetra	Choudhury
Janina	Sidhu	MaryAshton	Watson
		Lauren	Sperber

Senior Girl's Volleyball:

The Senior Girl's volleyball team will be competing in the city semi-finals on 18th November. The FIS is proud to announce that it has been chosen to host the semi-finals and final this year. The matches will begin at 1:30 in the FIS gym on **Wednesday 18th November**. There will be two out of six teams that qualify for the City Finale. The Final will take place in the FIS gym on **Thursday 26th November**.

Again, the FIS community is welcome to attend.

Senior Girls

Sabrina	Becker	Victoria	Arkadeyeva
Julia	Griem	Luisa	Hohmann
Caroline	Dimaczek	Kyla	Brown
Carmen	Shütz	Lena	Zagel
Alina	Rehorst	Hanna	Bayer
Jessica	Lebitz		

Winter Celebration

What is going to be the school's most entertaining event so far this year? The FIS MS/HS **Winter Celebration** will be held on **Thursday 3rd December** in the Aula at **7pm**. This special annual event will consist of a variety of Music and Drama performances and will showcase some of the work which has been undertaken in both Music and Drama classes. It will be an exciting occasion where all

students will come together to celebrate the end of the calendar year and the upcoming holiday season, giving every student the opportunity for demonstrating artistic expression and creativity to an appreciative audience. Admission is free and refreshments will be available at interval for a small charge. We hope you and your families will join in the celebrations by attending this wonderful event!

Current Affairs @ FIS

The Business & Management Classes in the High School would appreciate donations of current affairs magazines or journals (preferably in English) which students can use to research their IB projects. The students need to be able to analyse data from a range of different sources to get a more balanced view of the issues.

We already have *The Economist*. Thanks again to the **Lewke** family who have recently donated a subscription to the *Wall Street Journal*. We would appreciate journals such as the *Financial Times*, *The Ecologist*, *New Internationalist*, *Far Eastern Economic Review*, *London Review of Books*, *New Yorker* or any other broadsheet journal or magazine. Please contact Steven Fogarty Steven.Fogarty@the-fis.de if you would like to help.

Are you good with a needle and thread?

The Drama department is seeking sewers to help with the making of stage curtains. If you have talents in this area or if you could loan your sewing machine, please email Ms Panagakis at connie.panagakis@the-fis.de

Toastmasters Erlangen

Do you like to speak in front of an audience?
 Would you like to develop your public speaking skills?
 Would you like to meet people from all over the world?

All of this is possible at the Toastmasters Club Erlangen, which meets **19:00** every **first and third Wednesday** at The **UNICUM**, Carl Thiersch Straße 9, Erlangen. Develop your skills as a writer, speaker, and storyteller with membership of Toastmasters. We are an English-speaking club which provides support and friendship as members develop public speaking skills.

Further questions?

e-mail to erlangentm@yahoo.com

visit our website: <http://erlangen.freetoasthost.org> .

talk with Fiona Whiting (Middle School English) at the FIS

Ladies Night at the "Enoteca" in Erlangen

The International Womens Group would like to invite you to our Ladies Night. Come and enjoy an evening of Tapas & Wine in this charming restaurant in Erlangens old town, make new acquaintances and refresh old ones. The restaurant is reserved just for us Ladies!! We will be given a hands-on demonstration on how to make tapas in many variations.

Thurs. 12th November. at 19:00 in the Enoteca Schiffstraße 2 Erlangen.

Price 20€, includes: cold, warm, desert tapas & wine.

Reserve by 7th November. Teachers, Staff & Parents welcome.

Please contact: lindaeviston@gmx.de 09192 998970 or mariczaspr@aol.com 09134 7650

For Sale – Vauxhall Zafira 7-seater family vehicle and a range of other household items under <http://www.trw-2.com/SalesList.html>. Please see attachments.

Wanted – We think it would make our lives easier if we had a **typewriter** so that we could fill in forms, type single envelopes, etc). Would someone in the community have an electronic typewriter out there lying about which they don't need any more, and which they can donate to the school? Our only requirement is that we are still able to get replacement ribbons. If you think you can help, please contact Bettina.wiegel@the-fis.de. Thank you!

Found – The lovely Alex from our nearby Mr. Bleck's coffee shop has let us know that she has found a **wedding ring**. If someone from school has lost one, please speak to Alex in person at Mr Bleck's or phone 0176-23324321.



Next Week @ FIS – 9th – 13th November 2009

Monday	9 th Nov	CANCELLED All After School Activities this week
Tuesday	10 th Nov	➤ 14:00 Girls Volleyball Matches
Wednesday	11 th Nov	➤ 08:45 – 09:45 Yoga / Pilates classes, Gym CANCELLED St Martin's Day Lantern Parade
Thursday	12 th Nov	➤ 08:45 – 10:45 Toddler Group, ES Music Room (1.59)
Friday	13 th Nov	➤ 08:45 – 09:45 Yoga / Pilates classes, Gym CANCELLED Cub scouts meeting

FIS School Newsletter The FIS newsletter is published on a weekly basis and is emailed home each Friday. The newsletter contains items of information relating to school operations, PTO News, for-sale items placed by members of our community, and much more. Contributions to the newsletter can be emailed to the school at info@the-fis.de. The editor reserves the right to... edit... This newsletter and other important school information can also be found on the school's web page. Newsletters are usually placed on the web site (www.the-fis.de) a day or two after publication and will remain there until the end of the school year.

Coming up: 3rd December – Winter Celebration