

INSIDE THIS ISSUE:

THE HEAD OF SCHOOL MESSAGE

page 1

SCHOOL CALENDAR AND REMINDERS

page 2

EXTRA CURRICULAR ACTIVITIES

page 3

FOUNDATION NEWS

page 4

PRIMARY NEWS

page 5/6/7

IB /SECONDARY NEWS

page 8

CORONAVIRUS

page 9/10

BISC LUNCHES

page 11/12

Term 2 Week 5 7th February, 2020

BRITISH INTERNATIONAL SCHOOL OF CRACOW

NEWSLETTER



Strong wind expected in Kraków fot. Flickr

Dear All

I owe you the most recent update on the Coronavirus . So far 43138 people have been infected and 1018 have died. Last night almost 108 people passed away in the Chinese province Hubei. WHO experts alarming that with 99% of 2019nCoV cases in China, this remains very much an emergency for the country, but one that holds a very serious threat for the rest of the world. One can find the most updated , relevant and reliable information on the official WHO site: <https://www.who.int/health-topics/coronavirus>. Together with Mr Joe Peck (Headmaster of BISC Wroclaw) and all the staff working at BISC Wroclaw and BISC Krakow, we have been taking precautions to reduce the risk of anyone being exposed to this virus or any other.

We encourage everyone to frequently clean their hands, to cover their mouth and nose with tissue or flexed elbow when sneezing and to report any flu-like syndromes such as body aches and/or fever to the medical care unit and to the school management.

We will increase our efforts to clean the surfaces with disinfectant to reduce the risk of spreading germs. Monitoring of local and national health agencies is part of my daily routine nowadays

There is an alert about strong wind going through Malopolska region and Krakow city in the following three days. Try to avoid parking your cars near big trees, remove all loose objects from the balcony and terrace and be vigilant. A sudden change of pressure which causes these winds may also affect people suffering from heart diseases.

Your heart may beat at the higher rate due to Valentine's day which is approaching fast (14th of February). My big thanks go to Mrs Rosenlund for creating beautiful decorations exposed at the foyer on the ground floor. A magic date which no one should forget

The teachers from the international School of Lodz will visit us this week, to learn more about the IB programme . They will participate in lessons and they will be given information by our staff members and the IB coordinator. Collaboration is one of the key words in the IB world.

BISC students will sit International School Assessment tests (ISA) on Wednesday 12th and Thursday 13th in English, Mathematics and Science. We will be able to compare our achievement with students of similar age from other countries both individually and classwise. These externally moderated exams are paid by the school.

The weather conditions may encourage you to go to the cinema to see four films, four Oscar winners: South Korean film "Parasite" and Polish film "Corpus Christi" selected to the top five are must- see ones. Alternatively, you can enjoy The world of Hans Zimmer film music in Tauron Arena, Krakow on Thursday 13th February, 2020

Warmest regards,
Dr Stanisław Kwiecinski



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Reports Out	4	5	6	7 Primary BISCO (POSTPONED)	8	9
10 ISA'S	11 ISA'S	12 ISA'S	13 ISA'S	14 Ski Camp De- parture (22:00)	15 Ski Camp	16 Ski Camp
17 Ski Camp	18 Ski Camp	19 Ski Camp	20 Ski Camp	21 Ski Camp Last Day of Term	22 Ski Camp Return	23 Half Term Break
24 Half Term Break	25 Half Term Break	26 Half Term Break	27 Half Term Break	28 Half Term Break	29 Half Term Break	1 Half Term Break

REMINDERS

Lunch orders and lunch cancellations

I kindly ask you to order the lunches or cancel the lunches directly with Mrs Dorota Malinowska.

There are three convenient ways of doing it

- A) Talk to her face to face every day in the library till 9.00 am
- B) Call her at 500 646 653
- C) Send e-mail to lunchbisc@gmail.com



ACTIVITY	TEACHER	AGE GROUP	WHERE	WHEN	CHARGE
Swimming Club	Ms Ania Nabielec	Y3—IB2	Ingardena 4	Monday 3.45pm - 4.30pm	Free
Indoor Games Club	Mr Bogdan Nabielec	Y6 – Y9	Ingardena 4	Tuesday 3.30pm - 5.00pm	Free
Indoor Games Club	Mr Bogdan Nabielec	Y2– Y5	Ingardena 4	Wednesday 3.30pm - 5.00pm	Free
Roller Blading Club	Ms Ania Nabielec Mr Bogdan Nabielec	All Students	Park Jordana	Thursday 3.30 pm - 5.00pm September	Free
Ice Skating Club	Ms Ania Nabielec Mr Bogdan Nabielec	All Students	Cracovia Rink Siedleckiego 7	Thursday 4.00 pm - 4.45pm October—March	Free
LEGO Programming Club	Robotowo's Instructors	Y6—IB2	BISC Room 31	Thursday 15.30—16.50	1134/1260 Year
Hindi Language	Ms Shampa Sarkar	Y1-IB2	BISC Room 25	Wednesday 3.45pm - 4.450pm	25 Pln
LAMDA Drama Club	Mr Michael Thomas	Y6-IB2	BISC Room 48	Tuesday, Thursday 3.30pm - 4.30pm	Free

**There are more Extracurricular activities to come
Please check out regularly this page
and the display board in the Foyer on the ground floor**



FOUNDATION NEWS



What a Week in Foundation!



Boy o boy it sure was quite the week in foundations. With both our beloved Ms. Wiesia and Ms. Gosia down with the flu (along with over half the Tigers and Froggy's) Ms. Blanka and I combined our two groups. The biggest challenge was we did never know how many children would show up on any given day.

However, that being said, we continued on providing the children with appropriate learning objectives during all lessons.

Maths: Using a combination hands on, and group activities we reinforced the concept of connecting numbers to specific amounts.

Literacy: The emphasis was on "oral language" development. Using paints, teacher directed activities and even a guest reader. Children spent time making up stories and connecting real life experiences to the spoken language.

Thanks for all your support

Mr. Randy

Reminders:

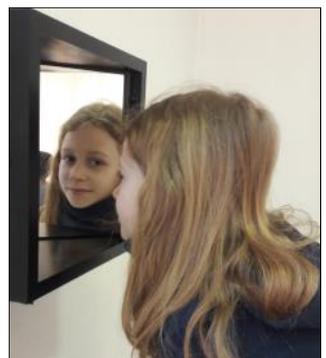
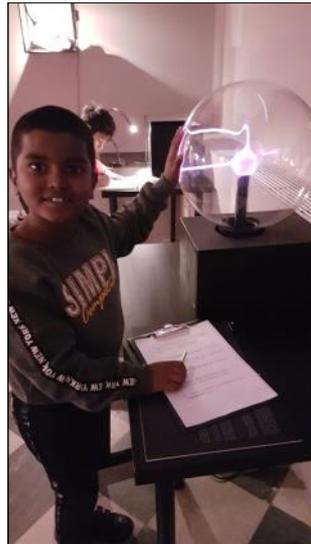
We all know it is difficult to keep children at home, but please err on the side of caution when deciding if they should attend.



PRIMARY NEWS

Year 3 and the Illusions.

On Thursday, Year 3 went on a trip to the Museum of Illusions. They have been learning about light and shadows in Science and there were so many fun activities for them to do, such as taking pictures of their shadows and writing on the walls with light! They were also able to look at illusions using mirrors and learn about how they work. Year 3 had a brilliant time and asked lots of fantastic questions. They will be able to use what they have learnt for English, art and science next week!



PRIMARY NEWS

Certificates

Foundation 1 &— *The Froggys and the Tigers*—for just being such great kids.

Foundation 2

Year 1— *Lara* —for sharing a fabulous presentation about Argentina with Foundation and KS1.

Year 2—*Arek*—for always being focused and ready to learn and for trying really hard with his story this week.

Year 3—*Sam* - for trying his best in all our lessons and doing some great editing in English.

Year 4— *Rita*—for having a great first week back at school. It's awesome to have you back!

Year 5—*Nahia*— for showing that maths isn't as big a challenge when you are thinking mathematically, and breaking the 'Blue' book boundary.

Year 6—*The Survivors of Year 6*- for surviving the week and being able to adapt to unusual circumstances.

Reminders

ISA (International Schools' Assessments) will take place on the week starting 10/2/20 for children in Years 4 to 6.



Air



111

3489

Earth



130

4033

Fire



130

3726

Water



90

3763

PRIMARY NEWS



Presents.....

Spooky Poetry

The student council would like to continue the success that last year's inaugural poetry competition brought.

This year, the theme is spooky/creepy/scary. We want you to use your best imagination skills to come up with some brilliant poetry.

If you want to take part, you may submit your entries to your class teacher.

Competition

Open for all age groups. Prizes for KS1 and for KS2 (entries pending).

Deadline is Wednesday 19th February.

IB/SECONDARY NEWS

Fridays for the Future

Last Friday my colleagues and I were selling bookmarks to collect money for people on Madagascar. The charity we decided to support helps people on Madagascar to survive after floods have destroyed their houses and schools. The situation of Malagasy people is critical and our help is needed. Unfortunately the issue is not being covered by media. Thank You all for Your support, Your help is going to make a real difference in Malagasy people lives.

Agnieszka Medrala IB1



Coronavirus—WHO advices

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



Coronavirus—zalecenia WHO

BĄDŹ ZDROWY W PODRÓŻY

Unikaj bliskiego kontaktu z osobami, które kaszlą i mają gorączkę



Często czyść ręce za pomocą środków do odkażania na bazie alkoholu lub mydła i wody

Unikaj dotykania oczu, nosa i ust



World Health Organization

Chroń innych przed chorobą



Unikaj bliskiego kontaktu z innymi, jeżeli kaszlesz i masz gorączkę

Unikaj kichania w miejscach publicznych



Jeżeli masz gorączkę, trudności z oddychaniem i kaszel, zasięgnij porady lekarza. Poinformuj go o wcześniej odbytych podróżach



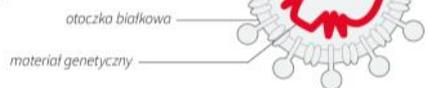
World Health Organization

Koronawirus 2019-nCoV

Koronawirusy to grupa wirusów znanych z wywoływania infekcji układu oddechowego, w tym zarówno powszechnie występujących przeziębień, jak też rzadszych i groźniejszych infekcji, jak np. SARS czy MERS.

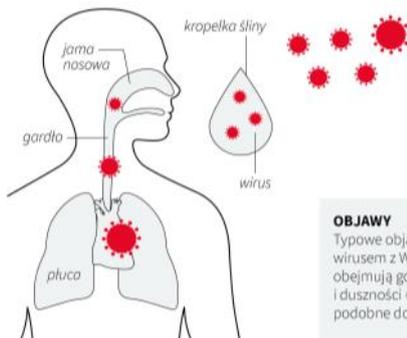
KORONAWIRUS 2019-NCOV

Nie wiadomo, jakie zwierzę było ogniwem pośrednim w przypadku zakażenia ludzi koronawirusem Wuhan. Jedynymi z podejrzanych są węże lub bielegi - rzadki gatunek ryby z rodziny jesiotrowatych, będące nośnikami koronawirusów.



ZAKAŻENIE

Wirusy mogą być zlokalizowane w wydzielinie dróg oddechowych a nawet w moczu i kale. Bezpośredni kontakt z wymionionymi wydzielinami może skutkować przeniesieniem zakażenia.



OBJAWY

Typowe objawy zakażenia wirusem z Wuhan (2019-nCoV) obejmują gorączkę, kaszel i duszność (objawy podobne do grypy).

PROFILAKTYKA

W związku z ryzykiem rozwoju epidemii wywołanej przez nowego wirusa międzynarodowi eksperci przypominają o podstawowych zasadach profilaktyki zakażeń.

- Jak najczęściej **myj ręce**, najlepiej używając mydła i wody albo preparatów odkażających zawierających alkohol
- Kiedy kichasz lub kaszlesz będąc między ludźmi **zakryj usta chusteczką** lub swoim zgiętym łokciem, zaraz po tym wyrzuć chusteczkę i umyj ręce
- Unikaj bliskiego **kontaktu z osobami, które mają gorączkę i kaszlą**
- Jeśli masz gorączkę, kaszel i trudności z oddychaniem **udaj się do lekarza**, powiedz mu o ewentualnych, odbytych wcześniej dalekich podróżach
- **Unikaj konsumpcji surowego lub niedogotowanego mięsa** oraz mleka, a także dbaj o higienę miejsc, w których używa się surowego mięsa czy podrobów
- **Zaszczep się przeciw grypie**
- Jeśli podróżujesz na tereny, gdzie odnotowano przypadki zakażenia nowym koronawirusem, **unikaj bliskiego kontaktu z osobami chorymi**, zwłaszcza z objawami ze strony układu oddechowego; unikaj odwiedzania bazarów lub innych miejsc, w których znajdują się żywe lub martwe zwierzęta i ptaki; unikaj kontaktu ze zwierzętami, ich wydalaminami lub odchodami oraz przestrzegaj zasad higieny rąk

Jedz bezpiecznie

Używaj różnych noży i desek do krojenia przy obróbce surowego mięsa i gotowanej żywności



Myj ręce między przygotowywaniem surowej i gotowanej żywności



World Health Organization

BISC Lunches

FRESH UP



Menu 1002—14.02.2020

10.02-14.02	PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY
ZUPA\SOUP	Rosół z kaczki makaronem/ broth with duck with noodles	Zupa minestrone / Minestrone soup	Zupa meksykańska/mexican soup	Krem marchewkowy z kwaśną śmietaną / Carrot cream with sour cream	Zupa z czerwonej fasoli / Red bean soup
DANIE 1\LUNCH 1	Potrawka z indyka, ryż surówka/turkey stew, rice, salad	noga z kurczaka panierowana, ziemniaki, surówka/ Breaded chicken leg, potatoes, salad	Klopsiki drobiowe w bulionie z kalafiozem i brokułem, ziemniaki, surówka / Poultry meatballs with broccoli and cauliflower, potato, salad	Risotto z indykiem / Risotto with turkey	Ryba panierowana ziemniaki, surówka/ Breaded fish, potato, salad
DANIE 2\LUNCH2	Placki z dyni i marchewki, sałatka/ pumpkin and carrot pies, salad	Tortilla wegetariańska z ciecierzycą / Vegetarian tortilla with chickpeas	Lasagne ze szpinakiem / Lasagne with spinach	Naleśniki z brokułami i camembertem / Pancakes with broccoli and camembert cheese	Naleśniki z jabłkami / Pancakes with apples
DESER\DESSERT	jabłko/apple	jogurt owocowy/fruit yoghurt	Ciasto/cake	Banan/banana	Mandarynka/Mandarin

BISC Lunches

GASTROPOL



Menu 10.02—14.02.2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP ZUPA	Zupa marchewkowa z ryżem Carrot soup with rice	Krupnik polski Barley soup	Krem ziemniaczano-selerowy z grzankami Potato celery cream soup with croutons	Rosół z makaronem Turkey broth with noodles	Żurek z ziemniakami, i jajkiem “Żurek” soup with potatoes and egg
LUNCH 1 DANIE 1 Large: Small:	Makaron z kurczakiem i sosem pieczarkowym Fasolka szparagowa Pasta with chicken, creamy mushroom sauce and green beans	Kotlecik pożarski z drobiu Ziemniaki Marchewka z groszkiem Chicken patty Potatoes Carrots and peas	Kotlet z kurczaka panierowany Ryż ze słodkim sosem chilli Surówka z marchewki z jabłkiem Chicken nuggets Rice with sweet chilli sauce Carrot apple salad	Pieczen rzymska w sosie własnym Kasza jęczmienna Buraczki Roasted pork with sauce Barley Beets	Kopytka z sosem pomidorowym i indykiem Sałata z ogórkiem i papryką “Kopytka” dumplings with turkey and tomato sauce Green salad with cucumber and peppers
LUNCH 2 DANIE 2 Large: Small:	Makaron z sosem pieczarkowym Fasolka szparagowa Pasta with creamy mushrooms sauce and green beans	Kotlety z dyni i kaszy kuskus Ziemniaki Marchewka z groszkiem Pumpkin and couscous patties Potatoes Carrots and peas	Ryż z truskawkami i polewą jogurtową Surówka z marchewki z jabłkiem Rice with strawberries and yogurt topping Carrot apple salad	Zraz z białej fasoli w sosie paprykowym Kasza jęczmienna Buraczki White bean patty with pepper sauce Barley Beets	Kopytka z sosem pomidorowym i mozzarellą Sałata z ogórkiem i papryką “Kopytka” dumplings with tomato sauce and mozzarella cheese Green salad with cucumber and peppers
DESSERT DESER	Jabłko Apple	Ciasto cytrynowe Lemon cake	Gruszka Pear	Galaretka agrestowa Gooseberry jelly	Banan Banana