



## ANNOUNCEMENT CALENDAR

- Friday, September 20: ICF
- Friday, September 20: Rugby World Cup starts
- Monday, September 23: Autumnal Equinox Day
- Friday, October 11: Sports Day
- Monday, October 14: Physical Education Day
- Tuesday, October 22: Coronation for the new Emperor Naruhito

## LEARNER PROFILE: RISK - TAKER



Being a risk-taker involves you taking risks and doing things that you might not really want to do. Here are some examples of being a risk-taker:

- When you're not sure if your answer is correct but you still raise your hand and say it.
- When you stand up for a friend.
- When you try a new thing.
- Helping people who have problems.
- Volunteering when nobody wants help or do something.
- Donating blood.
- Adopting homeless pets.
- Risk making a mistake.
- Doing something that your friends aren't doing.
- Risk sharing your feelings.

## ART CONTEST

Do you like draw? Do you like to paint? Do you like to create digital art? If so, this is your time to shine! Our theme for this month is INTERNATIONAL! Please submit any art that fits this theme before October 11th. You can send your art to grade 7 and 8 before this time. The winner will be posted in next month's issue. Get your paint flowing!

## GAME CORNER

Welcome to The Abroad Post Game Corner!

Today's Game Corner will be about riddles! Level 1 will be for grade 1 and 2, Level 2 will be for 3 and 4, and the last Level 3 will be for 5 and 6. The first person from each level to tell Murty or H.M the answer will get a prize!!

### Level 1

**Q:** What comes once in a minute, twice in a moment, but never in a thousand years?

### Level 2

**Q:** I have no doors but I have keys. I have no room but I do have space. You can enter but you can never leave. What am I?

### Level 3

**Q:** In a one-story pink house there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower – everything was pink! What color were the stairs?

## Tips From Brooklyn

This is the advice corner for AIS students and teachers where you send in questions and Brooklyn answers them. Send me questions or concerns so that I can answer for you. Put your questions in the advice box in the 7&8 grade classroom.

### Question 1

Dear Brooklyn,

I have minor anxiety around my classmates and school, what should I do?

From,  
Anonymous

Dear Anonymous,

Take a big breath, relax. Sleep more!! If this does not work, talk about your problems to adults or friends. You can also write your feelings in a journal or diary. You can try meditation or yoga too, and there are many videos on youtube to show you how.

### Question 2

Dear Brooklyn,

When I meet people I can't speak and all the time I think what can I say. How can I speak to people easily?

Sincerely,  
Quiet Communicator

Dear Quiet Communicator,

Great question! So, you can think positively and relax. You can also practice at home, like talking in the mirror to yourself. If you have a problem with language, try practicing with your friends or others you are comfortable with. I know it's easier to speak your native language but just try and practice. Everything gets easier when you practice often.

### Question 3

Dear Brooklyn,

What is fun to do? I can't find my fun thing.

From,  
Hobbyson

Dear Hobbyson,

That's a nice question! For this question you can be a risk-taker and challenge yourself to try new things. It may sound boring, but maybe it will be fun. You never know! Maybe ask a friend. If you don't have ideas, look online!!

Here is a link: [wiki/List\\_of\\_hobbies](http://wiki/List_of_hobbies)

Some ideas are...

With Friends:

- Board/card games
- Ride a bicycle/ unicycle
- Role play
- Play online games
- Create a book
- Make an animation
- Acting in a play

Alone:

- Drawing
- Scrapbooking
- Reading
- Write poetry
- Cross stich
- Play online games
- Write a book/short story
- Cooking