



UFS International

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"Semper Sursum - Always Aim High"

14 July 2023

Dear Parents / Guardians

Winter has certainly arrived in Mhlambanyatsi, and we are pleased to see our students coming to school with layers of warm clothing underneath their uniforms. Please remember to label all your child's items to avoid them becoming misplaced.

Cultural Day

On Friday, 7th July we celebrated our UFSI Cultural day. We had various performances on stage, including poetry, dancing, singing, but the highlight of the day was undoubtedly our staff members who showcased the Eswatini culture through traditional song and dance. We thank everyone for dressing up and participating in the day.



Literacy/Reading Week

The Primary School has enjoyed a week of focused reading and fun activities in class at home. This initiative is aimed at fostering the love of reading. Our theme is a promotion of UNESCO Sustainable Development Goal 4, which aims to promote education and lifelong learning and the role of literacy in building more inclusive, peaceful, just, and sustainable societies. This means that every child, everywhere, should have the opportunity to build their literacy skills for self and societal development. We hope that we continue to encourage reading for pleasure and take time to read with and to our children.



Sport

Congratulations to our U16 Netball girls who participated in the Independent Schools festival last weekend and came back as champions! We are proud to have brought the trophy home.



Academics

With our examinations/cycle tests around the corner, please may we urge parents to ensure their children are equipped with the necessary tools to ensure they can prepare fully for the assessments. A Cambridge blog entitled *"Coping with Exam Stress"* has been attached to this newsletter which aims to assist you and your child in dealing with exam stress. However, we also advise the following for each student at home:

- ★ A quiet space at home to study, preferably at a well lit desk with a comfortable chair
- ★ As little distraction as possible by limiting screen time and access to the internet when not needed for revision purposes.
- ★ Students should have unlimited access to their books
- ★ Time to focus on their work and not worry about too many household chores
- ★ Sufficient hours of sleep (6-8 hours)
- ★ Access to fresh and healthy snacks and water while studying
- ★ Sufficient breaks between studying

School Closing Times

During the test/exam cycle there will not be any sport or afternoon activities. Please take note of the following closing times:

Primary School: The co-curricular ends on the 14th of July. School will close at 13:40 for the Primary School until the end of the term.

High School: Sport ends on Wednesday 20th July. School closes 13h40 from Thursday 21st onwards for all classes up until the end of the term.

Our sincere appreciation to all our parents for your continuous support and attendance at all our Inter-house and Inter-schools fixtures or festivals.

Monday 24th July Public Holiday

The 24th July has been scheduled as a normal school day. However, should it be announced to be a National Holiday, we will close and inform you accordingly.

Dress Code

Please be reminded that our school uniform policies remain in place: specifically regarding hair styles, hair bands, jewellery, make up etc.



62 DAYS TO GO!!!

Yours in Education

Mrs. Magagula
Primary School Principal

Mrs. Naylor
High School Principal

