

APC Newsletter



Spring is in the air, the birds are singing, the Mimosa flowers have been and gone and the blossom is starting to bloom. It seems like my children are waking up earlier and earlier too and learning more and more at school, that they too are in blossom!

The Easter holidays are just around the corner and the Easter bunny is on his way! For those of you who have ordered some Easter chocolates from Leonidas via the APC, we hope you all enjoy! We thought we would try this company for a change and look forward to your feedback...

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DATES FOR YOUR DIARY

Friday 5th April - APC Easter Gouter Party 4pm onwards in the garden

6th-22nd April Easter holidays

16th May at 3pm - Conference on Developing Empowerment: the Keys to positive education by Isabelle Wijers Buffet, Founder and manager of Act Well

28th May - Circus Workshops at school (APC organised and paid for this event)

RECENT EVENTS

The 16th March saw the Colibris open day , which was a great success, it was lovely seeing so many new families interested in our school as well as parents coming to see their children's' classrooms. Have you filled in the online survey yet for the new proposal of the 12-15 year old section starting at Colibris in 2020? If not, please do so. The school is keen to get your feedback, so that it can move forward on this exciting project.

Your feedback is needed!

Please let us know what you think in this survey - click on the link below

[Les Colibris Questionnaire of Opening Adolescents Group 12-15Y](#)

APC Carnival Party was celebrated on Friday 22nd March

Thank you to all the parents who came to see their children parade in the Carnival atmosphere, the sun was shining, and the children had lots of fun!

The Apc organised a gouter afterwards. Thank you particularly to Petra and her two children, Max who ran the crepe stand and Eliska for her Ice cream stand, they were very popular and between the two stands and the cakes brought by the parents and sold we managed to make 332,50€! We can



really make a difference with a small amount spent per person! So thank you for all your support for future events!

(More pictures from Carnival on page 10)

BIG THANK YOU TO CHINESE FAMILIES!

Recently we celebrated Chinese New Year at school and thanks to Wen, Linda and their families it was an unforgettable experience for the whole school! Lanterns, spring rolls, fire crackers, presentations in the classrooms and much more! Thank you once again for this great "red day" sharing your culture with the families and for your generosity. This event was financed by the two Chinese families, with a contribution from the APC.



ICI NOUS VENDONS | HERE WE SELL

Emma Bridgewater

...Certaines des plus belles choses dans votre cuisine...
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CONGRATULATIONS!

Haoren T. Flemming A. and Eliska N. from 7-12 class finished their huge Extracting a square root for numbers up to 99,999,999 (pegboard, hierarchical pegs/cups), this is a record of the school so far! Look at those happy faces!



Nice books to read for you and your kids

AFRICAN TALES

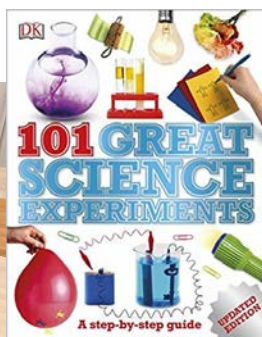
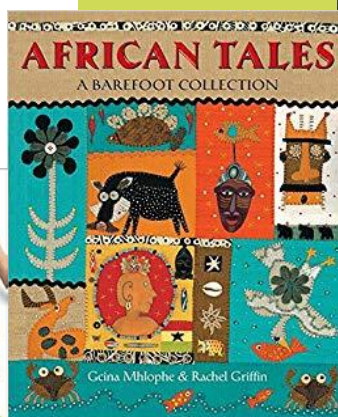
by Gcina Mhlophe and Rachel Griffin

This African collection is beautifully illustrated with hand-sewn embroidered artwork decorated with African beads on a silk base. The eight tales are from Ghana, Senegal, Lesotho, Namibia, Malawi, Sudan, Swaziland and Ethiopia; each is prefaced by a short introduction to the country.

I absolutely loved reading this book. I like the fact that prior to each story there is a short introduction to the country. The stories are full of adventure, emotion and they really are uplifting and enticing for the children to listen to and also for them to read themselves.

I have to comment on the illustrations as they are absolutely beautiful and compliment the book so well. The illustrations were handmade and embroidered for each story. As you turn each page, you are immersed into Africa!

There are many, many activities you could link to this book such as literacy - story writing, art - textile book covers/illustrations, pshe - discussing origins/cultures/traditions.



EXPERIMENT!

Your kids do a lot of experiments at school and they really enjoy it. The school kids are often able to remember and to tell you what they were doing, and even replicate the experiment at home for you if they see you are interested. It is a great

opportunity for you to ask "how does it work" and "why", you will be amazed what your kids already know about physics or chemistry for example. In this picture Eliska shows me an experiment with gas and liquid. It worked perfectly and she was able to explain everything to me, so I am sure she understands what she is doing. We just needed an empty beer bottle, piece of playdough, bit of water and a funnel. If you would like to repeat this experiment at home, here is what you need to do: Put the funnel into the bottle, fit the playdough around to prevent the leak of air from the bottle around the funnel, and then pour a bit of water into the bottle. Normally you would say that the water goes in smoothly, but ...surprise...not this time!

Stay with us and read about more experiments in the next issue! ;)

For those who cannot wait here is a very nice book that you can follow when experimenting at home:

101 Great Science Experiments: A Step-by-Step Guide, by Neil Ardley (buy via [this link](#))

George's Secret Key to the Universe

is a 2007 children's book written by **Lucy and Stephen Hawking** with Christophe Galfard. The book was followed by five sequels, George's Cosmic Treasure Huntin (2009), George and the Big Bangin (2011), George and the Unbreakable Code (2014), George and the Blue Moon in 2016 and George and the Ship of Time in 2018. It is intended for readers aged 10 and up, but we read it with Eliska (8) and Max (6) and everybody enjoyed it very much. Parts with a dramatic story are switched with parts with scientifically correct information corresponding to the most recent information and theories. Everything is accompanied by many photographs of the universe and written in a very amateur friendly way. I personally like most the last episode about the unbreakable cod and I am wondering what would be your favourite one? :)



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We look forward to meeting you...



TEACHER OF THE MONTH

MARIELLE FROM 3-6 YELLOW CLASS

Born : Grasse, France

Lives: Bar-sur-Loup, in process of constructing a house made from wood

Star Sign : Sagittarius

Brothers and Sisters: I have 2 brothers

Experiences: 2 years now at the Colibris School teaching 3-6. I have also worked previously as an assistant in schools for children with difficulties and as a children's' animator. I have trained with the Anthropedia Foundation to be a Well-being coach and trained in Naturopathy

Favourite Music : I like Indie Pop and Norah Joans

Hobby: My passions are Art, Contemporary dance and singing
I enjoy bringing my passion for Art into school and doing the Matisse project or the Art of Recyclage

Favourite Food: My grandmothers cooking, Provençal style food

Favourite Movie: I love chick flicks like Brigitte Jones!

Favourite Book: I like the authors Marc Levy or Guillaume Musso

Best part of the day: I enjoy circle time with the children around me or doing an art project together

(Interview by Emma D.)



Maîtriser son art pour y prendre du plaisir

Direction artistique Christine & Benoit Kammerer issu de l'OPÉRA NATIONAL DE PARIS .

L'objectif du centre "DANSE ART STUDIO" est d'ouvrir la danse à tous, au travers d'un enseignement de qualité dans la bienveillance et le respect de chacun.
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PINE PROCESSIONARY CATERPILLAR: DANGER!

We believe this is important to know no matter if you have a pet or not. We are by no means specialists on this subject, we just want to make as many people aware of the dangers. We have read several articles and we had no idea that something that looks so innocent like a small hairy caterpillar could be so dangerous to humans and animals.

During January/February if you walk past a pine tree in South France and a lot of other areas in Europe you will probably see the silky nests which are usually at the tip of the branches of the pine tree. Some nests are small and only the size of a 50 pence piece but most nests are a similar size to a grapefruit and hold about 300 caterpillars. The nests are usually located on the south facing side of the tree and there are usually several nests in one tree. I think it seems safe to say, if there are pine trees about they will more than likely have the caterpillars in them.

The caterpillars tend to disperse through the trees at night to feed on the pine needles and then go to the communal nests by day to increase their warmth and digest the food they have eaten.

The time for them to leave the nest for their next life cycle varies with temperature and how hot it is, so in warmer climates it will be earlier than up in the mountainous regions.

During late winter/spring the processionary caterpillars come down out of the trees and form conspicuous snake-like lines. They leave the trees and look for a suitable place to burrow underground where they will undergo the transformation to turn into moths.

It is as they leave the trees that they are more likely to come into contact with humans/pets and sometimes with very painful consequences. The caterpillars are quite large at 3-4 cms each and are very noticeable when on the ground as they form a snake like procession and the line usually ranges from 1-2

metres long.

The danger they pose to humans/pets is a simple defensive mechanism designed to stop them being eaten themselves. Each caterpillar is covered with tiny barbed hairs, it is these which cause the harm. It is important for humans not to touch the nests or go to close to them as the hairs are constantly being dropped while the caterpillars are in the trees and of course the nests are loaded with them.

The main danger to dogs are if the dogs stand on the caterpillars or sniff them. If the tiny hairs get on the paws, they will cause irritation and your dog will lick them. Once the hairs are on the lips/tongue it will induce itching, swelling and possibly vomiting. Noticeable symptoms are white spots in the mouth/tongue, excessive drooling and chomping.

It is really important to get your dog to a vets as quickly as possible. In the interim, try and rinse the area with water immediately. If you are in the vicinity of pine trees with your dogs then they should be kept on a short lead and away from the trees.



Facts about the environment by Petra

How much CO2 do we produce?

It is an easy calculation that you can do with your kids ... unfortunately the numbers are quite shocking (imagine how much gas we produce in order for it to weigh one kilogram!):

A well maintained car consumes 10% less fuel and also produces 20% less emissions than a car that you take to service regularly. So it is highly recommended to "keep your car fit."

Due to a recent study, Europe will sell its last "traditional" car consuming petrol no later than in 20 years time. The change is inevitable. Collective or shared transportation should be the preferred choice and new types of vehicles must be introduced to avoid a significant climate change.

More via this link...



CALCULATE YOUR CARBON FOOTPRINT

Another interesting thing to do with your kids may be to calculate the "Carbon footprint" of your household, you can do it online here:

<https://www3.epa.gov/carbon-footprint-calculator>

when traveling 5km by car

we produce 1,4 kg CO2

5km by motorbike ... 0,8 kg CO2

5km by bus ...0,5 kg CO2

5km by train ... 0,2 kg CO2

5km on foot or by bike ... 0 kg CO2

And now the fun part! - for the Dads maybe - to keep this newsletter interesting also for them :) ... if you are considering to buy a new car, let it be a "zero carbon vehicle", buy a fully electric car and may be get inspired by our tips...

Look at the new futuristic cars!

Renault Tresor, Lagonda or Skoda Vision iV

(click on images for more)



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RECIPE OF THE MONTH: VEGAN CHOCOLATE MOUSSE

BY KARINE RICHARD

Delicious and so simple to make.
Tested and approved by my
daughter, my partner and
myself!



Ingredients:

150 g chickpea juice (400 g tin)

150 g of Vegan chocolate (without
milk) at 70% fat

Instructrions:

Melt the chocolate in a bain-marie.

Drain the chickpeas and keep only 150 g of juice.

With the help of a robot or a mixer, whisk the juice until a
firm mousse is obtained.

Add the chickpea juice to the chocolate in several additions.

When the mixture is homogeneous, divide into mousse
glasses. Cool in the fridge for at least an hour.

This is a gourmet recipe, ethical, healthy, light, digestible

« La Fée des Bobos »



Carole Bertrand
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TIPS FOR FAMILY ACTIVITIES



"Bon Appétit" interactive exposition at Parc Phoenix in Nice until 22nd april 2019

Do not miss ! From December 22, 2018 to April 22, 2019,
the Phoenix Park in Nice welcomes "Bon Appétit", a fun
and educational exhibition from the Cité des Sciences & Industry! An
interactive course full of surprises designed for children and teenagers. 6 to
14 years, who will be questioning the rules and issues of a good diet, and
learn whilst having fun!

Good Plan: the entrance to the Phoenix Park is included in the price of the
visit!

La Ferme de Pinocchio (Pinocchio`s Farm) in Cagnes-sur-mer from 6th till 22nd april 2019

From 09 to 27 March 2017th March the Farm Pinocchio moved to
Villefranche-sur-mer, then from 06 to 22 April 2019 in Cagnes-sur-mer! A
playful and pedgaogical space in which your children will love to attend the

2 interactive puppet shows, get to see and pet the Farm and Barnyard animals, inflatable structures and
have fun with the many games available.

Try an Escape Game!



Enigm'art is something new and exiting to try, Its a real escape game based in the
leisure park Actipark in Mougins. The mother of Anastasia and Leo in the 3-6 yellow
and green has just opened her new venture and is offering ...

10% discount to the Colibris parents with the code Colibri10

More info on www.enigmart.fr

SWEDISH MIDSUMMER AT SCHOOL

At the end of this issue we would like to say big Thank You also to the Swedish family of Anna Hagström who came into school and celebrated their midsummer festival with the children. We thought we would tell you a little more about their beautiful Swedish traditions:

In mid-June, school is out and nature has burst into life. It seems like the sun never sets. In fact, in the north of Sweden it doesn't, and in the south only for an hour or two. This calls for celebration! Friends and family gather for the most typically Swedish tradition of all: Midsummer.

The start of summer holidays

Swedes are fairly well attuned to the rhythms of nature. At Midsummer, many begin their five-week annual holidays and everyone is in a hurry to get things done during the relatively short summer season. Midsummer Eve is celebrated in the countryside – as always – and on the day before, everyone leaves town, everything closes and the city streets are suddenly spookily deserted.

The country's main thoroughfares, on the other hand, are packed. Queues of cars stretch away into the distance, and at the end of the road, family and friends wait among silver birches in full, shimmering bloom.

Maypoles and dancing

Midsummer is an occasion of large gatherings – and to be honest, many Swedes take advantage of it to fulfil their social obligations so that they can enjoy the rest of their holiday in peace. In many cases, whole families gather to celebrate this traditional high-point of the summer.

Swedes like the world to be well-ordered, so Midsummer Eve is always a Friday between 19 and 25 June. People often begin the day by picking flowers and making wreaths to place on the maypole, which is a key component in the celebrations.

The maypole is raised in an open spot and traditional ring-dances ensue, to the delight of the children and some of the adults. Teenagers tend to stay out of it and wait for the evening's more riotous entertainment.

Herring and boiled new potatoes

A typical Midsummer menu features different kinds of pickled herring, boiled new potatoes with fresh dill, soured cream and chives. This is often followed by a grilled dish of some kind, such as spare rib or salmon, and for dessert the first strawberries of summer, with cream.

The traditional accompaniment is a cold beer and schnapps, preferably spiced. Every time the glasses are refilled, singing breaks out anew. Swedes like drinking songs, and the racier the better.

Midsummer is an occasion invested with a certain nostalgia. Deep inside, Swedes are all agreed on what it should look like and how it should proceed. So after dinner, many people still want to go out dancing, just like in the old days. Preferably on an outdoor dance floor beside a lake as the evening mist settles and the sound of the orchestra echoes back from the rocky hills on the opposite shore.

Mysterious Midsummer

On their way home, girls and young women are supposed to pick seven different species of flowers and lay them under their pillows. At night, their future husbands appear to them in a dream.

Legend has it that the night before Midsummer's Day is a magical time for love. It still is, in a way. During this night many a relationship is put

to the test. Under the influence of alcohol, the truth will out, which can lead both to marriage and to divorce.

Like Whitsun, Midsummer is a popular time of year for weddings and christening ceremonies. Despite their poor showing as churchgoers, Swedes still like to wed in a country church with a flower-bedecked, arched entrance and beautiful hymns.



The origins of Midsummer

In agrarian times, Midsummer celebrations in Sweden were held to welcome summertime and the season of fertility. In some areas people dressed up as 'green men', clad in ferns. They also decorated their houses and farm tools with foliage, and raised tall, leafy maypoles to dance around, probably as early as the 1500s.

Midsummer was primarily an occasion for young people, but it was also celebrated in the industrial communities of central Sweden, where all mill employees were given a feast of pickled herring, beer and schnapps. It was not until the 1900s, however, that this became the most Swedish of all traditional festivities.

Ever since the 6th century AD, Midsummer bonfires have been lit around Europe. In Sweden, they were mainly found in the southern part of the country. Young people also liked to visit holy springs, where they drank the healing water and amused themselves with games and dancing. These visits were a reminder of how John the Baptist baptised Christ in the River Jordan.

Midsummer Night is the lightest of the year and was long considered a magical night, as it was the best time for telling people's futures. Girls ate salted porridge so that their future husbands might bring water to them in their dreams, to quench their thirst. You could also discover treasures, for example by studying how moonbeams fell.

Also that night, it was said, water was turned into wine and ferns into flowers. Many plants acquired healing powers on that one night of the year.



APC CARNIVAL PARTY WAS CELEBRATED ON FRIDAY 22ND MARCH ...HERE ARE SOME MORE IMAGES FROM THIS LOVELY EVENT



Since September,
here's what APC
organised for you
so far:

Organised the Halloween Gouter

Organised and paid for the Christmas party with photographer, father Christmas, tombola, card making

Organised the Christmas chocolate sales

Organised the Valentines Gouter

Contributed towards the Chinese Gouter

Organised the Carnival Party

Booked a circus workshop to come into school

Paid for the 3-6 classes to go on their forthcoming trip to the Horses

Contributed towards the transportation costs for the 7-12 class trip to their beach holiday

Contributed towards the 6-7 day trip to the beach

All this would not be possible without your support, paying your membership fee, buying cakes at the gouter events and being present..your children thank you!

As you will have noticed in this month's issue, there are a few **advertisements** that could be of interest to you and your children. If you would like to place an ad in a future issue, please **click on this link** to see sizes and prices and then email us. All proceeds help the APC to pay and organise more social events for your children.

The Apc is the link between the parents and the teachers, so let's keep the flow of communication going, in a positive way! Happy Easter to you all!

Emma, President of the APC

