Page 24: Read all about this wonderful home season for our HS Girls Basketball teams!
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Director’s Message

Dear Parents,

There are many trends that have emerged over the past twenty years; obviously the technological changes have been significant, as has the inescapable use of the internet and the accompanying social media presence, but the most dominant one, for me, has been the increase in stress, concern and anxiety that I see in our students. So, it was important last week that it was calendared as a ‘mental health week’; a small but significant step in acknowledging a disturbing trend of our times.

As someone who had a classical rather than contemporary education, I always seem to turn to Greek or Latin literature for a source of wisdom and understanding, as I firmly believe that, ‘the thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun’. Classical educational systems have always held a reputation for stoicism, the ‘stiff upper lip’ (as opposed to the quivering one), not giving way to emotions, allowing logic and objectivity from the head to rule the heart. However, this way belies a subtler foundation to ‘stoicism’, that promotes the concept that we do not allow ourselves to be controlled by the moment, rather to seek to recognize what is happening, by first looking to understand the situation in which we find ourselves: a way of living that is based on how we behave and interact with those around us coupled with an underlying focus on non-judgmental ‘stoic calm’.

So, how might our students achieve this in a world that is moving faster and faster, where every moment can be recorded and played back to us, limiting our freedom to get things wrong; in a world that is so unbalanced and unnecessarily competitive; a world where people, things and feelings get discarded so quickly and easily.

I experienced a rare gift this weekend, forty-eight hours away from Bucharest with a stay in a mountain chalet. An escape to poor wireless reception, fresh air, walking instead of driving, away from the bustle and hustle into the natural sounds of the forest, natural food and drink – a real walk on the wild side. So, whilst I have no cure for the perils of the modern age, what I do know is that the natural world around us has a remarkable way of softening our thoughts, calming unsettled pressures, creating peaceful moments, and ultimately giving a more rational and stoic view of the world.

Best regards,
Robert Brindley
Dear Parents and Guardians,

As we continue to move forward on developing our strategic plan, the AISB Board needs your help. We have six committees focused on different priorities of the school and we welcome volunteers. These committees manage special projects and make policy and funding recommendations to the Board. Members consist of Board members, school personnel and community members.

- Advancement Committee [fund raising and outreach]
- Policy Committee [policy and procedure updates]
- Facilities Committee [construction and maintenance]
- Finance Committee [budget and financial planning]
- Advisory Committee [long term strategy and risk assessment]
- Technology Committee [use of technology in learning; smart buildings; Design Center]

Expressions of interest should be mailed to board@aisb.ro

Best regards,

Abby Rupp
Chair, AISB Board of Trustees
We have six committees focused on different priorities of the school and we welcome volunteers.
April 6 is almost here!

Saturday, April 6 @
JW Marriott Bucharest
Grand Hotel

Visit our page on the AISB website and check out what we’ve been doing for our children and community.
Jazz up for the Gatsby Gala on April 6!

A huge thank you goes out to Monica from ‘Motography’, who took the lovely PTO gala team pictures!
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Yunjeong Lee
Susane Indenhuck & Martina Schretzmeir

A SPECIAL THANK YOU
A very special thank you to our private donors without whom this event would not have been possible:
The Alexa Family
The Caragui Family & Ion Mos

INTERNATIONAL BASKETS
The Gatsby Gala is our festive way of celebrating the beautiful diversity of the AISB community. Thank you to all communities who made baskets, offering our guests a taste of their culture:
The American Community
The Austrian Community
The Belgian Community
The Bulgarian Community
The Canadian Community
The Chinese Community
The Dutch Community
The French Community
The German Community
The Italian Community
The Indian Community
The Japanese Community
The Pakistani Community
The Polish Community
The Portuguese Community
The Romanian Community
The South Korean Community
The Swiss Community
The Turkish Community
The PTO scholarship fund changes lives every year and it is the project closest to our hearts. We could not have accomplished anything, however, without the support, involvement and enthusiasm of our sponsors. Year after year, they bring to the table creative and generous donations that secure funding for the education of 12 brilliant students, who make everything worthwhile.
While at AISB various actors are actively involved in activities, dialogs and projects revolving around education, the Alumni Association is a diverse group of people, with a part of the alumni still being still involved in higher education, and the rest of it in businesses and other family and social ventures.

The Alumni Association is one of the AISB Community bodies that strives to engage our worldwide alumni, to promote international education and to foster opportunities, to inspire global citizens to make a positive impact by adding value to their communities.

The AISB Alumni page is new and growing every day with new members. We have been very committed to spreading the word far and wide to have as many alumni as possible activate their profiles at our portal, start making connections not only with fellow students and teachers they once knew, but to also have the opportunity to start fruitful networking, stay tuned to various opportunities, etc.

In this regard, we encourage not just former students to activate their profiles, but also former parents and teachers.
Our vision in doing so is to create true and meaningful connections and opportunities between various bodies of our big AISB family, as well as with wider business, alumni owned or not, to support the AISB Students & alumni as much as possible and become the necessary bridge between school and real life.

Are you a former student (alumni), an alumni parent or former AISB teacher? Do you know one? If yes, visit our page and activate your profile, we would love to see you there and we are sure you will love being there.

Another initiative that Alumni Association Team discussed in their last meeting was the creation, growing and featuring of the Alumni Business Directory, a directory of businesses owned and/or run by our alumni. There are many ideas and aspects that we are still discussing, and we will keep our community up to date with the developments of this initiative. We would be happy to hear from you, let us know about your business and drop us a line at alumni@goaisb.ro to tell us about your ideas and suggestions!

Visit ALUMNI.AISB.RO TO KEEP UP WITH THE ALUMNI ASSOCIATION’S LATEST NEWS & EVENTS!
school wide news

• Romanian Week in pictures
• Counselors abroad
• Mental health awareness week
• Doctor's Corner
• Eco School
• Grade 2&3 Musical
• MS/Musical
BEAUTIFUL TRADITIONAL DECORATIONS

DAMIAN DRAGHICI TALK AND WORKSHOP

ROMANIAN ARTISANS
Romanian Week in Pictures

Old music & instruments

Live cooking workshop with chef Foa
Last weekend, three of our school counselors (myself included) represented AISB at the annual International School Counselor Association (ISCA) Conference in Brussels. The theme of this year’s conference; Counselors, heart of the school, reflected the unique role of the international school counselor. This year’s keynote speaker, Susie March, an internationally recognised expert in Comprehensive Sexuality Education, presented on (among other things) how to introduce a Comprehensive K-12 Sexuality Education program into a school. The pre-conference provided participants with crisis prevention and preparedness training. Over the course of the conference there were many interesting and informative workshops and presentations offered, and we have returned with new ideas and knowledge that we are excited to share and implement.

In addition to attending 3 days of workshops, we also facilitated a workshop on raising the profile of the school counseling program entitled, “Allow Us to Reintroduce Ourselves”. This school year, the AISB counseling team has worked hard to raise our profile among key constituents (parents, teachers, administration and students). After recognising the need for greater transparency, we implemented several strategies to increase our levels of communication with stakeholders with the hope that the increased visibility would enable us to better serve the unique needs of the AISB community.

The ISCA Conference gave us a platform to present to our peers on these strategies and an opportunity to gather feedback on their experiences. During our presentation we addressed the challenges faced by many international school counselors due to role ambiguity. We provided strategies for increasing visibility and improving communication with the school-wide community whilst balancing the need for confidentiality and privacy.

Our session was well attended and the feedback from participants was overwhelmingly positive. The vast majority of comments were appreciative of the content and ideas we presented with 88% of responses rating our presentation 5 out of 5 stars. In the knowledge that imitation is the best kind of flattery, I will leave you with a few comments provided by participants after taking part in our presentation:

"Lots of really great ideas and a few things I feel like I can try right away. Thank you!"

“What an inspiring team of counselors! Thank you for all the takeaways from this session. I feel energized and encouraged for the next counseling team meeting at my school. Thank you so much!"

“The unity of the team is truly inspiring. Loved all the initiatives shared. The school is lucky to have this team of dedicated professionals.”
The Counselors and Wellness Council partnered together to host Mental Health Awareness Week. Thanks to the Wellness Council and the hard work that they put into organizing lunch time events for the week.
Dear Parents,

Please take a few minutes to go through our general guidelines below.

Students should not attend school if they show:

- Fever – temperature above 100.40F (38C) or higher. If your child has a fever, even without any other accompanying symptoms, he/she should not return to school until at least 24 hours without a fever and without the use of fever medication.
- Diarrhea with blood or mucus visible; diarrhea that is causing “accidents” in a child that already is toileted-trained; diarrhea that cannot be contained by the diaper.
- Vomiting 2 or more times during the previous 24 hours.
- Sores in the mouth or throat, if associated with drooling.
- Any skin rash associated with fever.
- Child feeling unwell, unable to fully participate in activities.
- The child has head lice. In this situation, if the child receives an appropriate treatment, he/she could return to school on the next day, provided that there are not viable nits found in the child’s scalp.

EC2 – EC3 ADDITIONAL EXCLUSION CRITERIA

Based on the increased number of sick children, the low immunity of children aged 2 and 3, and because of further illnesses’ complications and persistent symptoms, we are increasing the health measures prevention in EC2 and EC3 classes.

In this respect, besides the general exclusion criteria (indicated above), all the EC2 and EC3 students should not attend school if they present the following symptoms:

- Constant runny nose (watery, yellowish or greenish secretions)
- Persistent, irritative cough
- Itchy red eyes
**Important Reminders:**

**If your child is well enough to come to school, then he/she is expected to participate in all school activities (i.e. outdoor recess, PE lessons, etc.). Exceptions will only be made with a medical certificate.**

**If there is a need to exclude your child for the day, due to concerns of a contagious illness or other medical reasons, the medical office will contact you by phone. You will be asked to make arrangements for your child to be picked up by an authorized adult as soon as possible, within 1 hour after the notification.**

Once your child’s symptoms have subsided and are fully recovered, please stop by the ELC medical office in the morning to be checked and cleared to attend school.

Thank you for your support, feedback and understanding. This is highly appreciated, as our goal is to ensure a healthy environment for your children and our staff.

Should you have any questions, please feel free to contact me via email or stop by the medical office in the ELC.

Best Regards,
Anita Pop
M.D. PhD Pediatrician | Health Office Manager
apop@goaisb.ro
Thank you for your support to the ‘Bling the Bins’ Garbage Bin Decoration Competition set up by the Grade 1 - 3 Eco Ambassadors! We’ve received over 100 (!) imaginative and fun ideas to make the outside garbage bins more visible with the aim to reduce litter in the schoolyard.

Given the overwhelming response, the Eco Ambassadors defined categories ranging from ‘adorable’ to ‘scary’ and made their choice. And the winners are (by category)...

Allesya (2LB) in ‘Shapes’
Cornelie (4CL) in ‘Message’
Damira (4CL) in ‘Trash can’
Gefen (1LMK), Lincoln, and Ole (2JR) in ‘Minions’
Kiana (2SW) in ‘Adorable’
Manuel (1MFP) in ‘Feed Me’
Naomi (3ML) in ‘Characters’
Ole (2JR) in ‘Scary’ and
Winston (3MM) in the ‘Colorful’ category.

The next step is to transfer the designs to the bins - watch this space...and the bins in the yard!

Earth Day

Everyday is Earth Day, but the official day is Monday, 22 April 2019.

To emphasize that Earth Day shouldn’t just be a ‘day’, the Secondary School Eco Council is putting together a month-long eco quizz to highlight some of our focal areas.

New Eco Policy

AISB now has an Environmental Policy, drafted together with the Secondary School Eco Council and recently approved by the School Board.

It formulates the school’s aims in environmental protection and follows a two pronged approach: educational and institutional: How we can strengthen environmental education in the curriculum and through service learning AND how AISB as an institution can lower its environmental footprint.

One of the first initiatives under the new policy is a petition to stop the sale of plastic bottled water at the Cafe. The petition runs until April 9. If you wish to add your name, please do so at the desk near the reception or in front of the Elementary School office.

Check out the Environmental Policy
LIMIT YOUR FOOD WASTE

- Buy / take what you will eat & make use of leftovers
- Not so ‘fun fact’: Food is a significant driver of global warming: 1/3 of food intended for human consumption is wasted. One third! The reasons differ across regions, but the food in landfills emits large amounts of methane, a greenhouse gas more potent than CO2. And that’s in addition to the wasted resources that went into growing, producing, transporting all that food in the first place! The UN’s FAO estimates, that if food waste was a country, it would be the 3rd biggest emitter of greenhouse gases.

REDUCE YOUR CONSUMPTION GENERALLY AND SHOP WISELY! Wh

- Earth Overshoot Day 2018 was Aug 1, 2018. That means humans have used up more of Earth’s resources than Earth can regenerate within one year as of Aug. 1, 2018, according to the Global Footprint Network. 2018 was the earliest ever.
- To get an idea of your personal environmental footprint, take the environmental footprint calculator. It’s a quick and enlightening exercise.
- While shopping, choose wisely: local / regional over products from far away; avoid fast fashion; lower meat and dairy consumption; choose the less packaged version; refuse plastic bags and avoid other single-use plastic.

RECYCLE

- Bucharest has some first class recycling facilities, such as Sigurec’s recycling collection point at the Baneasa mall parking lot (all the way down pink letter ‘F’). They accept: plastic bottles/containers, plastic foil, glass, tetrapaks (juice / milk containers), paper, metal cans, light bulbs, electronic waste, cooking oil. Staff is on site to help with any questions.
- Once you separate your recyclables (at home), it will only take you a couple of minutes to drop it off. Easier still, use Sigurec’s mobile collection service via the Sigurec App.
- Request a pick up and your recyclables will be whisked away for you. It really couldn’t be easier.
- And these are just a few examples of how you can make a positive difference.

AS ALWAYS, IF YOU HAVE QUESTIONS, COMMENTS, SUGGESTIONS, OR WANT TO GET INVOLVED, PLEASE CONTACT MARION SIEKIERSKI AT ECOSCHOOL@GOAISB.RO.
grade 2&3 musical
MS musical - High School Musical JR
An interesting idea to explore is whether a team can go into a competition knowing they are out-skilled and still perform with their heads held high? This was the case of the Junior Varsity Girls basketball team in this year's Varsity CEESA tournament.

When opportunity presented itself midway through the wintry basketball season for the junior varsity team to participate at a high-level tournament at home, reactions from the team were mixed. It meant supporting our seniors who had mock exams coming up, not travelling to Prague for the equivalent level competition, and of course playing for a home crowd and raising the spirit of the Vampires! One question was left to beg: How do you raise the spirit when you might be down double-digits? The answer to this question did not hesitate to come: by playing your hardest always, by being relentless on both ends of the court, and despite having less skills at the time than some of the girls from the Varsity teams, being a competitor through and through.

Was the JV team perfect at this? No, they were not; they had moments of downs and outs – that was to be expected. Did they need to be perfect? No, of course not; sport reflects life, and how one handles certain situations of adversity defines their character. So, as a Coach, when I agree for the team to play and be challenged and know players will not ultimately succeed in ranking, can I be satisfied? The answer is an unequivocal Yes!

The girls knew they would not be the team to raise the trophy over their heads, they knew they were the underdog in the contest... still they fought. Still they stood strong, side by side, having each other’s backs and growing with each mistake.

Learning a lesson from the defeats and celebrating beyond measure in the win, bonding along the way. Also understanding why it is ok to fail. One of team players asked, how come I did not want to go to Prague and win first place, that the season would be a stain on my winning statistics, to which I laughed and said: this season is a huge success! For me it’s about forming players, having a strong program (where we can enter a JV team in a Varsity tournament and have a nice showing), and most importantly allowing the girls to fail.

Failing teaches us to get back up. It teaches kids diligence and dedication, it humbles us all, and most importantly allows us to improve and better ourselves. When emphasis is placed on the journey and not always the destination, we’ll begin to truly appreciate the road we travel, and experiences gained along the way. That’s why as coaches and mentors we must let them fail. Ultimately, they will thrive.

I’d like to thank the 2018-19 players of the Junior Varsity team, a special group whom I have had the honor to coach; Go Vampires!

Alex Sota
HS JV Girls Basketball Coach
The Varsity Girls and the Brilliance of Basketball!

When stepping out on the court, some teams exude confidence. Our Varsity Girls basketball team was out to make a statement this year, and that was, our home court, our basketball game! Led by team veterans Milana I. and Phoebe V., the team was strong on both ends of the court. Every player was in-tune with the goal of the team, to finish the basketball game as the better team.

This season featured many matches for the Varsity team going up against reputable Romanian club teams such as the Raptors, Sportul Studentesc, or Champions, and coming out defeated. However, all contests were nail-biters and the Vampires had their looks. These matches alongside some rigorous, but fun mountain training and bonding, brought the girls together as a team, helped them gel, and this translated to their on-court fast breaks, sharp shooting, and tenacious defense.

A special treat for the supporters in attendance was watching point guard Kat V. unravel her game. Being the team’s main distributor and point guard, she often got the crowd on their feet with her drives to the basket and creativity in the game. The team was focused and mentally tough, drawing upon past experiences and on-court chemistry from all the girls who contributed to the great showing at CEESA – going undefeated in their quest for the Championship, a well-deserved title!

It was in the same season 2018-19 that both our high-school boys and girls teams managed to become Champions, showing that the Vampires program is a strong one in the CEESA region, where values of hard work and team comradery take precedent.

On behalf of the CCA department, we’d like to congratulate all student-athletes, coaches, families and fans for making this a great home tournament!
Does Romanian Week

From March 4th-8th, AISB hosted a week dedicated to Romanian culture, where some of the country’s most well-known musicians, historians, physicists, politicians, architects and sports professionals visited the school to deliver presentations and answer questions. The Bite made sure to cover as much as possible. Check out some of our stories below.

Some of the Most Popular Articles...

Meet some of the Artisans from AISB’s Romanian Week

Dorin Ștefan: The Revolutionary Architect

Q&A with Damian Draghici: Roma Musician and Politician
Q&A with Irina Margareta Nistor: The woman who dubbed over 3,000 banned movie titles under Ceaușescu’s Reign

For many Romanian citizens, memories from Nicolae Ceaușescu’s communist regime are still fresh: Standing in line for hours to get half a loaf of bread, having electricity cut off in the evening, and getting two hours of TV everyday – which consisted mostly of government regulated news and cartoons about Ceausescu’s accomplishments. Irina Margareta Nistor, who grew up during this time, says people were “starved for entertainment.” So she did something to help—translating and dubbing thousands of banned movies that were smuggled into the country via VHS tapes.

Read more on TheBite! https://thebite.aisb.ro/
...or scan the QR code with your camera:
Jazz in the Flowershop

April 21, 2019

Two jazz bands will be performing in the Iris flower shop atelier and the event will be catered by the Museum and Tartalicious restaurants.

For more information, visit: https://www.iabilet.ro/bilete-jazz-lunch-in-the-flowershop-41557/

Mindfulness Monday - Sound Meditation

April 22, 2019 - 17:00-18:30

Location: AISB, CR13

Join us for a sound meditation session, with the motto "Almost everything will work again if you unplug it for a few moments. Including you." This is a free event, but donations to the organizer are welcome.

For more information and tickets visit:

http://www.cristinabara.ro/
Bucharest 10k Family Run

April 7, 2019

On Sunday, April 7th, we run as a family!

Register now on www.bucuresti10km.ro for the 4th edition of Bucharest RUNNING CLUB event - Bucharest 10k&Family Run, to be held on April 7th, starting from Izvor Park.

Run with your family and friends, build a team and celebrate the World Health Day alongside the ones you care about.

You can choose between the Family Race (1.5 km or 1.3 km), or 10k (individual or Relay), or you can run both races. You can enjoy the 10k while your child/children is/are having fun with a group of entertainers in a safe place in Izvor Park, and afterwards run or walk the Family Race.

Bucharest RUNNING CLUB is organizer of the major street running events in Romania which gather together over 40,000 participants from over 70 countries yearly: Bucharest Marathon, Bucharest Half Marathon, and Bucharest 10k&Family Run.

For more information visit:

http://bucuresti10km.ro/en/

Love Yard Sale

April 6-7, 2019

Go to the Copper's Pub to browse through beautiful objects that deserve a second chance at love. The yardsale takes place between 11:30 - 17:30, and the address is 25 Hristo Botev street.

For more information visit:

https://www.facebook.com/iloveyardsale/
This year, I go for a healthier lifestyle!

“Help, my child is a picky eater!”

“I have tried every diet, but nothing works!”

“It is so hard to enjoy eating with my allergies/intolerances”

“A healthy employee is a productive one, but where do I start?”

Do these statements sound familiar to you?

Any other nutritional issues I can help you with?

Feel free to contact me,
Healthy greetings,
Vicky

Vicky De Beule Dietetics
Recognised Belgian Dietician/Nutritionist
vickydebeuledietetics@gmail.com
+40 738 823 419
FB: vickydebeuledietetics

Photographs of Bucharest from Motography - 10% discount for the AISB Community

Looking for a nice Christmas present, a thank you gift, souvenir or farewell present or just an addition to your own walls?

Beautiful Photographs of Bucharest on Sale Now. Please have a look at my FB site for available photographs.

Framed, Canvas or Alu-Dibond
phototography@hotmai.com
FB: Motography by MBN

Mention AISB in your email for an exclusive 10% discount for the AISB community.

WE HAVE CREATED A SPACE WHERE MEMBERS OF OUR COMMUNITY CAN CONNECT, MAKE RECOMMENDATIONS, SEEK ADVICE AND ADVERTISE.

SEND US YOUR 20-70 WORDS ADS TO acostiniu@aisb.ro BEFORE THE 20TH OF EVERY MONTH AND THEY WILL APPEAR IN THIS SECTION.
April 2019

The month ahead

1. U7 Vampires Football Friendly @ BSB
2. Secondary Coffee Meeting
3. Bucharest Math Tournament Grades 4-6
4. Senior Pictures
5. PTO General Meeting
6. EC Parent Coffee
7. Counselor's Corner
8. Kg Field Trip
9. Secondary Coffee Meeting
10. ES Parent Coffee
11. Workshop: Outdoor Learning
12. ES Spring Fling
13. PYP Grade 5 Exhibition
14. ELC Family Egg Hunt
15. Earth Day
16. Elementary Sports Day
17. Last Day for Seniors
18. Arts Council Lunch Lounge
19. Orthodox Good Friday (No School)
20. April Break

Schoolwide | PYP | Secondary
AISB engages learners in a rigorous and balanced international education, prepares them to realize their full potential, and inspires them to be successful and responsible global citizens.