Greetings Parents! Now that we have arrived at the end of the 2015-16 school year, I would like to take a moment to thank everyone for their participation and support for our efforts to educate our children. Looking back at the many great accomplishments of this year gives me great pride to have been a part of the IAA family. For those of you who are moving away this summer, I would like to wish you and your family all of the best that this world has to offer in your new locations. Farewell. For those of you who will be returning in August, I wish you the best too, and look forward to our continued team work to provide the best educational experiences for our children. To everyone, HAVE A WONDERFUL SUMMER!

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PSYCHOLOGIST CORNER: FAMILY TRANSITIONS

Sooner or later, many families face the prospect of moving. Disruptive as moving can be for parents, the experience can be even more traumatic for kids, who may not be a part of the decision to move and might not understand it. When parents support each other and work hard to make the move as easy for the themselves and their kids as possible, negative effects are minimized. When moving is fairly normative and the receiving school has many kids who move or have peer networks that are relatively open so it is easier to enter into new social circles, negative effects are minimized. Try these tips to make the process less stressful for everyone.

- No matter what the circumstances, the most important way to prepare kids to move is to talk about it.
- Try to give them as much information about the move as soon as possible. Answer questions completely and truthfully, and be receptive to both positive and negative reactions. Even if the move means an improvement in family life, kids don’t always understand that and may be focused on the frightening aspects of the change.
- Involving kids in the planning as much as possible makes them feel like participants in the house-hunting process or the search for a new school. This can make the change feel less like it’s being forced on them.
- Provide as much information as you can about the new home, city, and state (or country). Access the Internet to learn about the community. Learn where kids can participate in favorite activities. See if a relative, friend, or even a real estate agent can take pictures of the new house and new school for your child.
- For young children, keep explanations clear and simple.
- Hold off on getting rid of your child’s old bedroom furniture, which may provide a sense of comfort in the new house. It might even be a good idea to arrange furniture in a similar way in the new bedroom.

REDUCING THE INTAKE OF SUGAR IN YOUR CHILDREN’S DIET

It is not necessary to eliminate refined sugar completely from your child’s diet. But to teach them to eat right. Here are ways in which you can reduce the sugar in your child’s diet:

- **Ration rather than ban:** banning is unrealistic. Limiting is better.
- **Eliminate aerated drinks:** substitute colas with fruit **juices** or low fat/low sugar milk-based drinks.
- **Be a discriminating consumer:** always make a point to choose products with lower sugar and fat content.
- **Avoid pre-sweetened foods:** When buying products such as breakfast cereal or health drink powders, etc. avoid pre-sweetened ones.
- **Cook smart:** While **cooking** desserts you could use spices like cinnamon, and nutmeg or raisins to lower the sugar.
- **Mould your children’s taste:** Sweet foods can be addictive; the more children eat them, the more they may want. Fresh fruits make a healthy and tasty substitute for a sweet snack. Another option could be dried fruits such as dates, raisins, or apricots.
- **Satisfy with less:** While serving desserts, simply use smaller bowls or glasses.

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