



# Clavis International Primary School

Montagne Ory, Moka, Mauritius

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## The Clavis Chronicle

Dear Clavis Community,

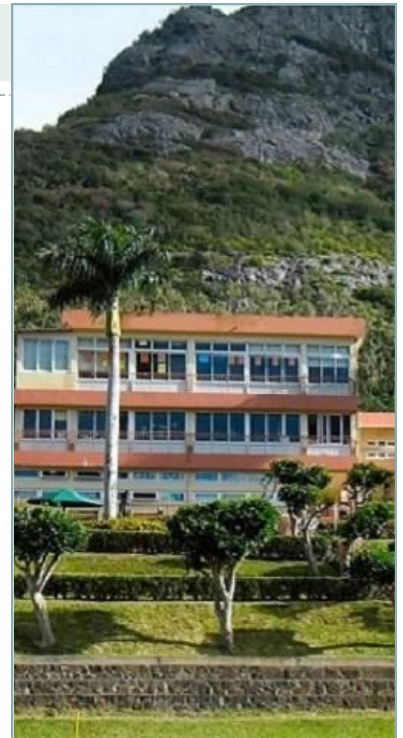
**P**ositive case - isolation - testing - return to school. Positive case - isolation - testing - return to school. It is a cycle that keeps going around and around. It is a situation that most of our classes have now experienced once. A few of you have gone through this more than once. It's not an ideal situation but it is a system that has been working and we have seen the few positive cases each week in our community remain just that: *a few*. Our flowchart has been posted again on page 4 and I cannot stress enough why we cannot have students at school with any symptoms of illness (page 2). Until you have tested, we should always take the precaution and treat it as the possibility of being COVID-19.

**Beep! Beep!** Actually, many of you may have noticed that we actually have not had many of these sounds around the school very often. Aside from a few slow-down moments in the morning and afternoon, Clavis has been able to transition our students in and out better than how we started the year. For anyone arriving after 2:45PM you will experience the beginning of the LBIS traffic and closer to 3:00PM the traffic can be at a standstill. As we have requested, please take any opportunity to drop students off at or near the gate instead of parking in the morning. This will greatly help traffic flow. Secondly, please do not park before your child's dismissal time and take away space for families who are arriving earlier for younger students. And, thirdly, while I cannot believe I have to say this to people driving through a school parking lot, slow down! See page 4.

Finally, there was a nice turnout for the hike to Le Pouce and back. Congratulations to our staff, students, and parents who did the roundtrip. Big thanks to the organisers, Mr Michael and Mr Aaron, our PE teachers. The Clavis Keep Fit project does not end there! Check out the next challenge, CrossFit, on page 3. You will find a link to the new website, along with the explanation video and all of the movements to perform. Are you in?

Take care,  
Jeff

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### WHAT'S COMING UP?

- **11 March:** Flag Raising Ceremony at school (Friday)
- **12 March:** National Holiday—Independence and Republic Day (Saturday)
- **1 April:** Term 1 Report Card available on ManageBac
- **4 April to 22 April:** Easter/ Term 1 holidays
- **2 May:** Staff in-Service day (no school for students, Monday)
- **3 May:** National holiday (Eid al-Fitr—TBC)
- **3 June (Fri) to 7 June (Tues):** Mid-Term Break
- **25 July to 19 August:** Term 2 Holidays

## WHAT ELSE DO YOU NEED TO KNOW AT CLAVIS?



**Wet Weather Wear:** We know that the weather can be unpredictable at times and rain is very common during the current months. While it is not far for students to get from the parking lot to their classes or between classes, it does not take long for children to get very wet when it is raining hard. Please have wet-weather jackets and umbrellas available for your children whenever there is a possibility of rain.



**Year 6 Enrolment to LBIS:** This has been said many times to parents in Year 6, both this year and a few times last year in Year 5. Transferring to LBIS is not automatic and is not a guaranteed acceptance. LBIS does have seats they hold for our Year 6 students but parents must apply for them and there cannot be any significant concerns that indicate that a student would struggle to meet the learning requirements in Form 1. If families do not complete the admission process in time or it is not completed properly, **your child will not be accepted.** From LBIS :

### Admission to Form 1 2023 at Le Bocage International School

If you are considering enrolling your child at LBIS, please note that you must complete an application. The transition from Clavis to LBIS is not automatic. You must apply if you want to be part of our school community. The deadline for completing your application is **15 May 2022**. You may begin your application at any time, via our online portal found on our school website and at this specific address: [https://lebocage.openapply.com/parents/sign\\_up](https://lebocage.openapply.com/parents/sign_up)

Please take note that applications to Form 1 at LBIS can be done **before** Year 6 for the 2024 school year.



### **Sibling Enrolment for the 2023 Academic year**

For parents who wish to enrol a sibling for Pre-Reception, Reception and Year 1 in 2023, please complete all the formalities by 11th March 2022. Applications for Year 1 submitted after this date cannot be considered, as priority will then go to families on the waiting list. Please note that we still have a few open places in Pre-Reception and Reception for 2023.



**Signs and symptoms of illness:** There is a reason we cannot have students at school who are exhibiting signs of illness. The spread of everyday illnesses like colds can and will compromise immunity in people, making them more likely to be susceptible to COVID-19 infection; however, we have found that many of the students who have been sent to school with various symptoms and were sent home, were later found out to be COVID positive. It is very hard to supervise and take time off work to keep your child at home and it is a significant added stress that most families do not need. But that stress or

inconvenience cannot be a reason to potentially place their classmates and teachers at risk in their class. When you are unsure of what to do, please contact our nurse for advice. We will always be happy to help.



**School Van Riders:** If your child is a regular school van rider but will not be taking the van for any reason one day, parents must contact the van driver to inform him or her. In addition, parents should also make the homeroom teacher aware. With new requirements for vans, they will not be able to leave from school until they have confirmation that a missing student is either not at school or they have made alternate arrangements for going home.



# THE CLAVIS KEEP FIT! PROJECT: CROSSFIT


You already know about the Clavis Keep Fit! initiative - a series of monthly activities and events to promote active and healthy lifestyles directed at **everyone** in our community. The webpage, as part of our [Distance Learning Portal](#), continues to be updated and you will find something new this week. **CrossFit!**

We want to see you activate and move every part of your body this month with a series of simple and fun movements everyone will be able to do almost anywhere. Mr Michael and Mr Aaron have put together a [video](#) to explain the challenge and all of the activities. These include:


### CLAVIS CROSSFIT CHALLENGE

- ☐ 1. AIR SQUAT
- ☐ 2. SINGLE BOTTLE RAISE
- ☐ 3. MOUNTAIN CLIMBING
- ☐ 4. AIR PUNCHING + SMALL JUMPS
- ☐ 5. RUN 50 STEPS
- ☐ 6. PLANK
- ☐ 7. ARMY JUMPING JACKS
- ☐ 8. BURPEES
- ☐ 9. PUSH UP COMBO
- ☐ 10. LUNGES


1. Air Squats (20X)




2. Single Arm Bottle Raise (10 each arm)




3. Wall Mountain Climbing (20X)




4. Air Punches (20X)




5. Running (50 steps)




6. Plank (20 seconds)




7. Military Jumping Jacks (20X)




8. Burpee (20X)



9. Push-Up Combo (20X)



10. Lunges (10 each foot)

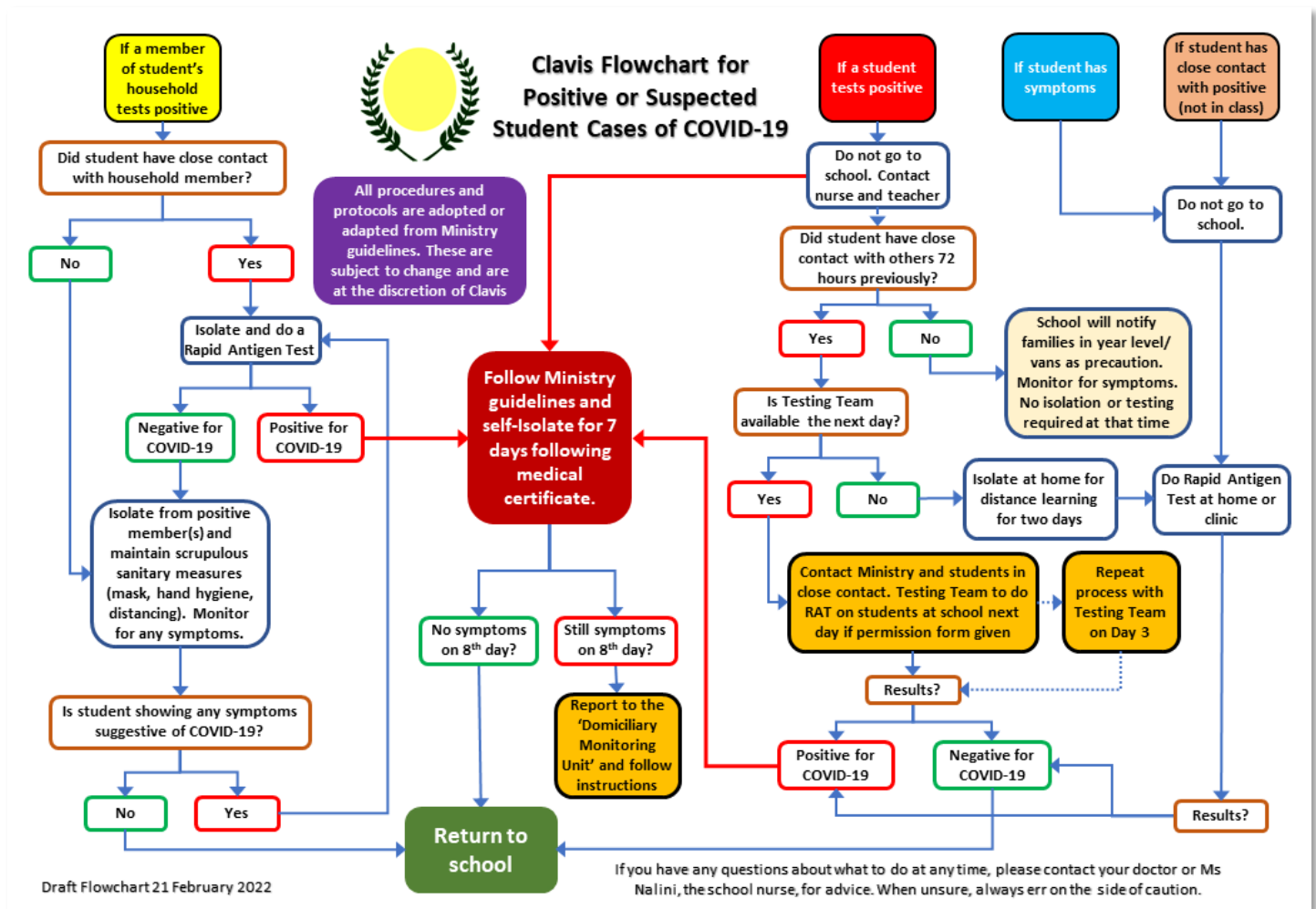


Each time you complete all of the activities, we want you to add your information to the online form. That form is on the [Keep Fit page](#) or you can go directly to it [here](#). Good luck and have fun!

**ARE YOU IN?**

# FLOWCHART FOR COVID-19 STUDENT CASES

Below is the flowchart we sent out the previous week. It is subject to change. Click to download.



## HOW TO USE OUR PARKING LOT

### Clavis International Primary School

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(+230) 433 4439 or  
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**CIPS**



### Seriously, what is wrong with some of our parents and drivers?

It is a school parking lot.

There are children walking through it.

It is a small space.

Why are you speeding or rushing through this area?

Is it worth risking hitting or killing someone because you are late and in a hurry?  
(Hint: No!!! Never!!!)

We will begin banning cars from the parking lot for unsafe driving.

**Drive carefully. Drive properly.**

**Drive slow!**