



# American School of Douala TALKING DRUMS

EDITION 18-19, ISSUE #23

FEBRUARY 22, 2019

## INSIDE THIS ISSUE:

Director's Desk 1

Calendar 1

Counselor's  
Corner 2

University Sum-  
mer Programs 3

Spring Break 4

Water Bottles 4

Talent Show 5

## *From the Director's Desk* by Michael Breece

### SPORTS!!!

Ms. Barbara, our school Athletics Director, has been working hard to provide our students with an increased amount of competitive sports opportunities.

We currently have two new opportunities for our students. We recently joined the Cameroon Swimming and Rescue Federation, which will allow our students to enter nationally sponsored swimming competitions. As a result of this, we have increased the amount of swimming practices our students have, to ensure they are well prepared.

We have also been working with a group of schools in Douala, including the Bridge, Galaxy,

Maarif, and Dewey to organize a 4-week soccer tournament. The tournament will occur between March and May. This is the beginning of a great collaboration among schools that will give our students more opportunities for competition locally for our various sports teams.

Additionally, you may be aware, ASD has developed a strong relationship with the American School of Yaoundé. They have sent teams to ASD and we have gone to their campus to compete in swimming, volleyball, soccer, and basketball. This is a relationship we look forward to growing.

We are also member of the West African In-

ternational Schools Athletics League (WAISAL), which allows our students to travel to other West African countries to compete against other international schools. So far this year, we have sent teams to Nigeria, Ivory Coast, and Ghana. Remaining in this year's schedule is a high school soccer tournament in Senegal and a basketball tournament in Ghana which we hope to send teams to.

Thank you to Ms. Barbara, the coaches, the students, and their parents for the commitment they have shown to our sports program!

### Mark Your Calendar

<b>Mar. 1</b>	<b>Progress Reports</b>
<b>Mar. 4-8</b>	<b>Spring Break</b>
<b>Mar. 15</b>	<b>PTA Bake Sale</b>
<b>Mar. 16</b>	<b>ASD Swim Meet</b>

# Counselor's Corner

by Nika Bowens

## University Summer Programs for K-12 Students

As we are quickly approaching the halfway point of 3rd quarter, this is a good time to highlight the benefits of university summer programs for students.

### What are university summer programs?

Universities offer special summer programs for students every summer. Some programs are for specific intended majors or interests, while other programs are more general interest and tailored to real-life experience on campus. Programs are typically grouped by age/grade level, with many universities offering multiple programs during the summer. While there are some program options for elementary and middle school students, the majority of programs are for students entering grades 9-12 in the upcoming school year. There are also organizations that offer university summer programs that include guided university tours and activities.

### Where are the universities that offer summer programs?

Universities around the world offer summer programs for K-12 students. Popular locations for international students are the U.S., U.K. and Canada.

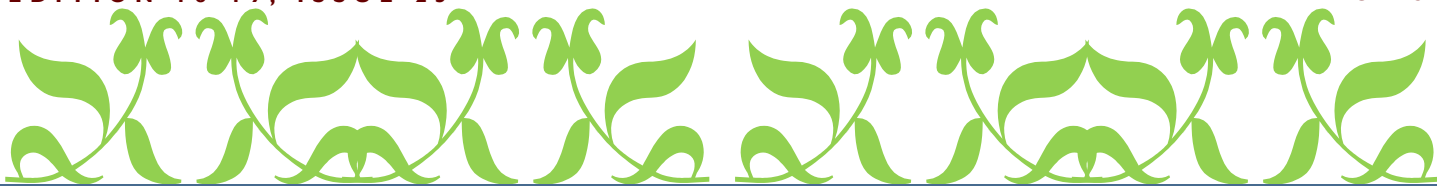
### How do students benefit from attending a university summer program?

Regardless of the university and the type of program your child is interested in, all students can benefit from the experience. Students are introduced to life on a university campus, they attend university classes, they learn more about potential majors/courses of study and they can make connections with university faculty and staff. Additionally, students attending a university summer program meet other students from different backgrounds with shared interests and they can also further develop their social and self-reliance skills.

### How do I find out more information about university summer programs for my child?

I have included links for popular programs below and I also shared this information with grades 6-12 students. This list is not exhaustive by any means; if the university or program your child is interested in is not listed, please check the preferred university's website for more information and/or peruse the links listed under "other." Most application deadlines are before June, so if your child is interested in applying, I recommend starting the application soon.





To view the program, please click on the university or program name.

**Canada**

[University of Toronto](#)

[University of Waterloo](#)

[Queen's University](#)

[McGill University](#)

[University of British Columbia](#)

[University of Ottawa](#)

[York University](#)

[University of Alberta](#)

**United Kingdom**

[University College](#)

[London](#)

[University of London](#)

[King's College London](#)

[University of Oxford](#)

[Blythe Academy](#)

[University of Cambridge](#)

**United States**

[University of](#)

[Pennsylvania](#)

[New York University](#)

[University of Chicago](#)

[Boston University](#)

[Columbia University](#)

[Northwestern](#)

[University](#)

[Emory University](#)

[Washington](#)

[University](#)

[University of](#)

[California-](#)

[Los Angeles](#)

[University of](#)

[California-](#)

[Berkeley](#)

**Other**

[Summer Discovery](#)

[Go Abbey Road](#)

[Go Abroad](#)

[College Transitions](#)



# Spring Break By Matis

Spring break will start March 2nd and will finish March 9th. Work hard until the break. With only week of no school, you have time to travel away from Douala to another location, such as Kribi or France.



We hope you will have fun during your break. I'm sure a lot of people will travel around Cameroon and other countries!

# Water Bottles by Reina

The easiest way to remember to drink more water is to carry a water bottle. Rather than buying a new plastic water bottle every day, buy a reusable one.

Water is important for our bodies. Carrying around a water bottle is not only good for you but for the environment.



There are many benefits to having a water bottle with you throughout the day and drinking enough water:

1. Water regulates the body temperature.
2. Your digestive system depends on water.
3. It helps your brain function.
4. Water boosts your energy.
5. It prevents overall dehydration.



EDITION 18-19, ISSUE 23

# Talent Show

This year's talent show is going to be upon us before we know it. We are currently looking for parents of students at any grade level who would be interested in helping to be judges and select the acts for this year's show. You would only be needed for one of the two tryout days after school on either March 12th or 13th from 3:00 pm-5:30 pm. We have a great group of candidates who are really looking forward to showing off their talents! If you are interested in being a talent show judge, please be sure to contact Ms. Davis at [jdavis@asddouala.com](mailto:jdavis@asddouala.com).

We are also still accepting acts so make sure you sign up soon!!!

There is only one week left to sign up! Lower school students should sign up with their classroom teacher. Upper school students should use the sign-up sheet outside Ms. Bowens' office if they are interested in auditioning.

