



Dora Kennedy French Immersion School

NOVEMBER 2016



How to Use Your Immune System to Stay Healthy

By Mary Anne Dunkin WebMD Feature Reviewed by Brunilda Nazario, MD

Do you seem to catch cold after cold, while your friends sail through winter unscathed? Maybe you need to think about strengthening your immune system. You may pay more attention to the health of your immune system during the winter, when colds and flu surround you. But the truth is, your immune system has to work hard all through the year, whether it's offering protection from a flu virus or an infection that could happen any time.

How the Immune System Works

The immune system is your body's natural defense system. It's an intricate network of cells, tissues, and organs that band together to defend your body against invaders. Those invaders can include bacteria, viruses, parasites, even a fungus, all with the potential to make us sick. They are everywhere – in our homes, offices, and backyards. A healthy immune system protects us by first creating a barrier that stops those invaders, or antigens, from entering the body. And if one slips by the barrier, the immune system produces white blood cells, and other chemicals and proteins that attack and destroy these foreign substances. They try to find the antigen and get rid of it before it can reproduce. Failing that, the immune system revs up even more to destroy the invaders as they multiply. The immune system can recognize millions of different antigens. And it can produce what it needs to eradicate nearly all of them. When it's working properly, this elaborate defense system can keep health problems ranging from cancer to the common cold at bay.

Some Foods That Boost Your Immune System

Elderberry: It's an old folk remedy. This fruit is loaded with nutrients called antioxidants, and it may help fight inflammation. In some lab studies, an extract from the berries appears to block flu viruses. But scientists caution that more study is needed. You definitely still need to get a yearly flu vaccination!

Button Mushrooms: They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu. Riboflavin and niacin play a role in a healthy immune system.

Watermelon: It's not only refreshing. When it's ripe, it's also got plenty of an antioxidant called glutathione. It strengthens the immune system so it can fight infection. To get the most glutathione in your watermelon, eat the red pulpy flesh near the rind.

Wheat Germ: It's the part of a wheat seed that feeds a baby wheat plant, and it's rich in nutrients. It's a great way to get zinc, antioxidants, and B vitamins. Wheat germ delivers a good mix of fiber, protein, and some healthy fat. In recipes, you can substitute some of the regular flour with wheat germ.

Low-Fat Yogurt: Probiotics, found in yogurt and other fermented products, may ease the severity of colds. Look for labels that say "live and active cultures." Also look for added vitamin D. Studies show that people with low vitamin D levels may be more likely to get colds or the flu.

Spinach: you'll find lots of nutrients in this "super food." One of them is folate, which helps your body make new cells and repair DNA. It also boasts fiber, antioxidants such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.

Sweet Potato: Like carrots, sweet potatoes have beta-carotene. In your body that turns into vitamin A, which mops up damaging free radicals. This helps bolster the immune system and may even improve the aging process.

Broccoli: It's easy to find at the grocery store, and it's an immune-boosting basic. You'll get plenty of nutrients that protect your body from damage. It has vitamins A and C, and the antioxidant glutathione. Add to any dish or top with some low-fat cheese to round out a side dish.

Pomegranate Juice: The ancient Egyptians were on to something when they used this colorful fruit to treat infections. So far, most modern research has focused on pomegranate extract, but the juice shows promise: It may help your body fight bacteria and several kinds of viruses, including the flu.

Ginger: Maybe you love ginger for the spicy kick it gives Asian food. Or because when you drink it in tea or ginger ale, it can ease nausea and vomiting. But wait -- there's more. This knobby root is also a good source of antioxidants. Skip the supplements, though. Add ginger to stir fries or steep it in hot water to make tea. Antioxidants work best in your body when you get them straight from fruits and veggies.

STEM Fair Competition Reminder

Peter Mills

STEM Fair Competition sign-up for all students must be completed by **11/30/16**. Make sure your question, materials, and procedure have been approved by your science teacher before you visit the website to sign up <http://tinyurl.com/regdkstemfair2017> Only projects that have earned full approval from your science teacher and have been corrected and reviewed by the science teacher will be **retained for judging**.

Electronic Fair Directions

- One file of **FINAL** project on USB flash drive must be turned in using the **PowerPoint Format**.
Students must label project document with their Last Name, First Name, Teacher name and Class. Grade level Science teachers will upload the electronic fair projects onto the DKFIS Science Department website.
- The presentation file must have **no more than 15 slides or pages (photos included), and must not exceed 1,000KB**. It should contain everything that would normally go on your backboard. Pictures, text, and scanned drawings are all acceptable. All students must bring their USB flash drives to their science teachers for uploading no later than **Thursday, January 5, 2017**.

SPORTS PAGE!

Mr. Price, Athletic Director

The Girls' softball team lost in the semifinals of the County playoffs to Samuel Ogle but stayed confident that they could win. Their sportsmanship was exemplary. However, the girls softball team won their second consecutive West Region Softball Title with a record of 8 wins and zero losses. The boys team finished with 3 wins and 4 losses, but as for the girls' team they demonstrated exemplary teamwork. Congratulations to both teams.

Boys basketball tryouts were held on October 25 and 26. Girls basketball tryouts will be held November 1 and 2nd from 4:30 to 6:00 pm in the gymnasium.

Girls and boys basketball games will begin on November 16, 2016.





American Association of Teachers of French

National French Week 2016 - November 14-18

The AATF is pleased to announce its organization of the seventeenth annual National French Week. This week-long celebration of all things French will take place in schools and communities and AATF chapters across the U.S. from November 4-10, 2016. We are asking our members and any other interested Francophones and Francophiles to take French out of the classroom and demonstrate all the reasons to learn French. Details TBA.

November 2016

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 High School Information Night 5:30-7:00 pm (Cafeteria) B day	2 Montreal Meeting 6:00 - 7:00 pm (Media Center) A day	3 5th grade classes 8th Grade Math Club 4:15-6:00 Room 204 B day	4 to Camp Schmidt Last day for the Music Dept. Citrus Fundraiser A day	5
6	7 PTA Restaurant Fundraiser @ Franklin's (All day) franklinsbrewery.com B day	8 School closed! ***** VOTE! *****	9 PTA Meeting @ 7:00 pm A day	10 8th Grade Math Club 4:15-6:00 Room 204 B day	11 Parent/Teacher Conferences NO SCHOOL for STUDENTS	12
13	14 A day	15 B day	16 A day	17 8th Grade Math Club 4:15-6:00 pm Room 204 B day	18 Picture Make-Up Day (Morning Only) Middle School Dance! 7:00– 9:30 pm A day	19
20	21 B day	22 5th Grade Classes Trip to MD Science Center Baltimore A day	23 24 25 26 Thanksgiving Break			
27	28 B day	29 A day	30 B day			



From the music department!

The DKFI Choruses are doing their annual Florida Indian River Grove Citrus Fundraiser in collaboration with band and orchestra this year! It's healthy, juicy, and full of vitamin C. Students are raising money to assist with field trip costs, uniform pieces (chorus), and music purchases for this school year. Oranges, tangelos, and grapefruit will be available. See a chorus member or contact Mr. Cunningham for an order form. You can also go to: <https://www.floridaindianrivergroves.com/ecommerce/148501> to order with credit card! Our dates are October 17th - **November 4th**. Delivery will be early December.



PICTURE MAKE-UP DAY
Friday, November 18, 2016
(Morning Only)

Middle School Dance
7:00 – 9:30 pm



AFTER SCHOOL ACTIVITIES (Times/dates subject to change)

DAYS	ACTIVITY	GR.	ROOM	LEADER	TIME
TUESDAY	"Le Petites Voix"	3,4,5	103	Mr. Cunningham	8:00-9:00 am
	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
WEDNESDAY	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
THURSDAY	"Drama Kids"	6,7,8	119	Michelle Durr	4:20-5:20 pm
	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
	Math Enrichment Program	8	204	Mme. Mbayu	4:15-6:00 pm
FRIDAYS	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm (Girls/Boys will alternate time of practice)
ONE FRIDAY/MONTH	E.SWAT	2,4,6,8	102b	Mrs. Wutoh-Baylor	4:15-6:30 pm

November testing Grade

Nov. 9 & 10 SAT 10 Make up	3rd
(3rd graders with NO SAT10 scores)	
Reading & Math	
Nov. 1- 4	5 & 8
FAST#1 Make up	
Science	