

Dora Kennedy French Immersion School

March 2018 e.Journal

From the Desk of Monsieur Awono,

On Wednesday, February 21, 2018, we received a visit from a French Senator at Dora Kennedy French Immersion. Senator Richard Yung is a senator of French citizens who live outside of France. His visit is aligned to the new initiative of the French government to support the teaching and learning of French in the United States. As you may remember, Mme Kristy, principal of Maya Angelou French Immersion, and I attended a meeting lead by the French President, Emmanuel Macron, in New York in the fall.

During that meeting, the president inaugurated the French Dual Language Fund. This year, we have received a \$2,500 grant from that fund that allows us to help run our after school program. Senator Yung's visit also brought something positive to our school. The French government will send a French graduate student to work in our school during the 2018-2019 school year. All DKFI is required to do is to find a family that is willing to host the intern for the school year. We will be sending out more information as it becomes available in order to seek host families.

A Note From Madame Auguste!

Dear Dora Kennedy French Immersion Family and Friends,

Welcome March! The season of St. Patrick Day and Women's month. A month were the students will begin testing to show off all of the skills they have acquired in their time of learning and being intellectually challenged. As we press forward and start counting the months until June, let's continue to work together to encourage the students to be respectful, treat each other with kindness, and walk in integrity. Every day is a new day and an opportunity to do better.

We must remember that everything we do as adults, the students are watching and learning. Let's be different and show them that despite challenges we face or disagreements we have, we will always treat each other the way we want to be treated and be kind. Let's not just be people of a "good talk", let's be a community that "walks the talk."

7 Juicy Reasons to Eat Tomatoes

The Health Benefits of Tomatoes. What's So Great about them?

Tomatoes are loaded with a substance called lycopene. It gives them their bright red color and helps protect them from the ultraviolet rays of the sun. In much the same way, it can help protect your cells from damage. Tomatoes also have potassium, vitamins B and E, and other nutrients.

Immune System

Lycopene is an antioxidant. It fights molecules called free radicals that can damage your cells and affect your immune system. Foods high in lycopene, like tomatoes, may make you less likely to develop some cancers.

Heart

Lycopene also may help lower your levels of LDL, or "bad" cholesterol, as well as your blood pressure. And that may lower your chances of heart disease. Other nutrients in tomatoes, like vitamins B and E and antioxidants called flavonoids, may boost your heart health, too.

Eyes

Tomatoes have substances called lutein and zeaxanthin that may help protect your eyes from the blue light made by digital devices like smartphones and computers. They also may help keep your eyes from feeling tired and ease headaches from eyestrain.

Lungs

Some studies show that tomatoes may be helpful for people who have asthma and may help prevent emphysema.

Blood Vessels

Getting more tomatoes into your diet may make you less likely to have a stroke. Studies suggest that they ease inflammation, boost your immune system, and keep your blood from clotting.

Oral Health

Studies have shown that lycopene may help with the gum diseases gingivitis and periodontitis in the same way it may help prevent cancer by fighting free radicals.

Skin

You know sunscreen helps shield you from the sun. The lycopene in tomatoes may do something for that, too, possibly in the same way it protects tomatoes. But you don't put it on your skin, it works on your cells from the inside.

Fresh vs. Canned

Both can be good for you, but in different ways. Nutrients like lycopene may be easier for your body to take in and use from canned tomato products compared with fresh tomatoes. But the heat that's used to process them can get rid of some vitamin C and other nutrients.

Caprese Salad

Fresh summer tomatoes with buffalo mozzarella cheese, olive oil, and basil. It's beautiful and delicious. The combo also works from a health perspective: Your body needs the fat in ingredients like cheese and olive oil to take in and use certain nutrients, including lycopene.

Homemade Marinara

This is a great way to get the most out of the tomato's most famous nutrient: lycopene. The heat used to cook the tomatoes can make the nutrient easier for your body to use. And you can add a touch of olive oil to help you absorb it.

Salsa

Use this in place of tomato-based sauces like ketchup and barbecue sauce, which can be loaded with sugar, salt, and preservatives. Make your own so you know exactly what's going into it, or check the labels and look for a healthy version.

Roasted Tomatoes

If you've never roasted them over the grill, you're missing out on a treat. Their intense smoky flavor makes for a nice side dish with whatever you're serving. If it's too cold to get out to the grill, just broil them in the oven and drizzle on a little olive oil.



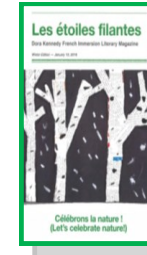


The DC Francophonie Festival is in March!

The D.C. Francophonie Cultural Festival celebrates the diversity and richness of the French language and Francophone communities around the world through a series of cultural events and outreach programs presented every spring in the capital of the United States.

Since 2001, more than 40 embassies and partners (including the Alliance Française de Washington DC and the Smithsonian Associates) have collaborated each year to present an array of experiences all rooted in the Francophone culture, from Africa, to the Americas, to the Middle East through concerts, cuisine, films, literary salons, and lectures for all ages.

For details, go to: <https://www.francophonie-dc.org/>



A note from Madame Boukabara!

Here is a link to view our last issue of "Les étoiles filantes", Dora Kennedy's literary and art magazine.

<https://tinyurl.com/DoraKennedy>

We are so proud of our students' excellent work. Please feel free to share with as many people as you would like. We would love our students to shine beyond our community.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		March 2018			1 Talent Show Tech. Rehearsal 4:30-8:30 pm	2 Mme. Segbor's Class to Owens Science Ctr. 11:00 am -2:00 pm
3	4	5	6	7 Talent Show Dress Rehearsal 4:30-7:30 pm	8 3rd Quarter Progress Reports Talent Show Dress Rehearsal 4:30-7:30 pm (Rain Day)	9 Dr. Leka's Class to Owens Science Ctr. 11:00 am -2:00 pm Montreal Trip Meeting 6:00-7:00 pm Talent Show "La Soirée des Étoiles" 7:00 - 9:00 pm
10	11	12 M. Biaka's Class to Owens Science Ctr. 11:00 am -2:00 pm	13 M. Adjallah's Class to Owens Science Ctr. 11:00 am -2:00 pm	14 Mme. Durand's Class to Owens Science Ctr. 11:00 am -2:00 pm PTA Meeting @ 7:00 pm	15 Dr. Mills's Class to Owens Science Ctr. 11:00 am -2:00 pm France Trip Mtg @ 6:00 pm	16 M. Nguena's Class to Owens Science Ctr. 11:00 am -2:00 pm
17	18	19	20	21	22	23 Grade 4 Trip to St. Mary's 9:30 am - 6:00 pm
24	25	26	27	28 End of 3rd Quarter	29 2hrs Early Dismissal (1:55 pm)	30 SCHOOL CLOSED First day of Spring Break!
31	April 1st	~~~~~ SPRING BREAK ~~~~~ March 30 to April 7, 2018 ~~~~~				

