

POLICY PLAN FOR SABA

By Jet van Heijnsbergen

An important step was made for the education system of Saba, when chairman of the Task Force **Franklin Wilson** handed the **Education Plan Saba 2008-2018** to the Lt. Governor, in his function of chairman of the Executive and Island Council. **Mr. Sidney Sorton**, in turn, passed the plan on to the Commissioner of Education, **Chris Johnson**.

The plan is ready to be examined, scrutinized, amended and approved by the Island Council. After this political process, the final plan will have to be put in practice by all parties involved.

The possibility of writing an education policy was first discussed in October 2006, when Franklin Wilson and I discussed the need for such a document with USONA. Although we hadn't planned a budget for it, USONA advisor **Jeroen Thielemans** allowed us to tender the assignment to various experienced consultants, who each submitted a proposal.

Eventually, Dr. Lennox Bernard was awarded the assignment because of:

- His vast experience in writing policy plans;
- His thorough approach, which involved participation of parents, teachers, politicians, and the community.
- His positive involvement with the Saban community through the Innovations Bureau.

A **Task Force** of 11 members was set up to research and describe the different aspects of



our education system. They were in alphabetical order: Sam Belmar, Carl Buncamper, Elka Charles, Constance Clement, Henriette van Heijnsbergen, Jonathan Johnson, Dave Leven-

stone, Delroy Sinclair, Roy Smith, Diane Wilson, and Franklin Wilson. The Task Force met about 25 times, including full-day workshops with Dr. Bernard. On one of these occasions a symposium was held, to receive input from NGOs, parents, teachers and board members.

On May 13, all these groups were invited again to hear the major conclusions of the plan.



The Task Force wants to congratulate the Island Government with now having the framework for a comprehensive island policy. Government was advised to stay in touch with the core group of the Task Force, who can help putting the plan in action.

THANK YOU ALL FOR YOUR INPUT!

ANNOUNCEMENT



Child FOCUS
Teenage Pregnancy Prevention

Saturday, June 7

at Child FOCUS from 7:30—9:00 pm

Workshop for parents:

Empower yourself with some important communication skills that matter!
Come and learn to talk with your teens before someone else does.

Monday June 9

At Child FOCUS from 5:30—7:00 pm

Workshop for teens:

Teens and sex, straight talk!
Doing it or not doing it?
Interested or not interested?
Come get the facts. Come get informed!

DUTCH DAY AT SHS

By Tr. Natasja

The Dutch speaking teachers of the Sacred Heart School organized a Dutch Day which was held on Monday April 30th, 2008.



The Day commenced with an assembly which had Dutch items that were done by grade 1A, teacher Jarmila's class. It continued with students and members of the public participating in different Dutch activities set up in the classrooms, e.g. the Queen's House.

Parents were also invited to take part in Dutch day which was a great turnout.

The message of the day was to introduce students to Dutch communities and to use the language in every day activities.

The Dutch Police officers were on site to assist in preparing Dutch day dishes which were on sale in the restaurant.

The day concluded with students participating in the water balloon game.

Generally speaking, it is important for parents to encourage their children to read Dutch books. This is a long process, however, with the proper guidance they will succeed. Parents are also encouraged to watch Dutch programmes on BSN together with their children. This is a positive incentive.

WHAT'S COOKING WITH THE PARENTS?

By Tara Every

SABA—The Parent Teachers Association sponsored a lecture and demonstration of healthy eating and cooking Tuesday evening in the Saba Comprehensive School (SCS) kitchen. Michael Chammaa, owner and chef of the Brigadoon Restaurant in Windwardside, volunteered to give a presentation to the PTA as part of its current program that emphasizes better nutrition for school children.

Chammaa presented a review of healthy food choices and explained that eating less and exercising more is the key to losing weight. Participants asked how to get school children to eat the most important meal of the day: breakfast. Chammaa suggested healthy (not sugarized) cereals with low fat milk and fresh fruits as quick solutions, but he added that getting up on time was also necessary. Chammaa also reassured his audience that good cooking does not have to be more expensive since fresh herbs and vegetables can be grown at home. He said that he prefers cooking with olive oil, which really is not more expensive than butter, because he uses much less. He recommended avoiding foods fried in unhealthy fats, foods that are too high in carbohydrates, and sugary drinks such as sodas, as it would take over an hour of walking to off-set the number of calories in one soft drink.

The audience of about 25 then went into the SCS kitchen where Chammaa showed how to prepare tomato-fresh basil soup. He recommended freezing single portions to serve as an after school pick-me up. Next, he prepared "Chicken Picata" -- a chicken breast with only a breadcrumb coating (no milk or eggs). After searing both sides in a frying pan with a teaspoon of olive oil, he added chicken stock as moisture to the pan, which went into the oven to finish. Everyone then enjoyed a sample of the very moist, tender filet.



TO ALL PARENTS OF STUDENTS IN THE
LAURA LINZEY DAYCARE CENTER &
SACRED HEART PRIMARY SCHOOL

FOUNDATION BASED EDUCATION



Michael Chamma giving a demonstration on healthy eating and cooking sponsored by the PTA

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