



# ISCS NEWSLETTER

MARCH 2020 - WEEK 23RD - 27TH

*"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."*

MALCOLM X



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## MESSAGE FROM MR PARRA

Dear ISCS Community,

I would like to thank all our students, families and teachers for your commitment and great attitude towards the hard work needed during these weeks. We have managed to carry on with the academic programme all the way through the school. Thank you for your support, discipline and great enthusiasm. This experience will make us better in every way. Thank you for your constant words of support, for your photos of you working and all your videos. Every little detail counts! We are excited to see learning and hard work from the smallest students practising their phonics to those who are in the highest grades. The end of this period is getting closer!

The important thing for us is that the impact of this is kept to the minimum for our ISCS Community - students, families and teachers alike. We'll keep working to move forward.

Thank you again to everybody. *by Mr Parra*

## ISCS HOUSE POINTS

	1079	1377	
	1122	1449	

The House Points system continues to be updated in the Online version. The students earn points in the same way when they show extra effort, skills or perform in education and we encourage healthy competition among them. We are finally happy to announce that all our four houses reached 4-digit numbers.

*by Mr Perlijev*



# ISCS THROUGH THE COVID-19 DAYS



## TIPS FROM OUR COUNSELLOR

As the coronavirus situation has prompted closures of schools, offices, and restaurants across the nation, a big percentage of our community is now working and studying from home. These changes in our normal routines may be overwhelming for some of us; therefore, I decided to share some common tips for overcoming some of the challenges of working/studying from home:

- **Buddy up.** Find someone to check in with quickly each morning. Review top priorities for the day and check the status on the ones from the previous day.
- **Use a timer.** Work for two hours and then take a 10-15 minutes break. Using a timer makes easier to stay on task and to know how much longer you have until your next activity.
- **Try to sit at a table or desk** in an area with as few visual distractions as possible, not the couch, your bed or among your hobby supplies (pack them up if that's the only table). Use a fan, sound machine, or headphones to block out neighborhood and house noise distractions.
- **Do a brain dump list every morning** of the things that are on your mind that are stressing you out. Keep a master list of all the things you need to do, and every morning add or prioritize items from your brain dump. Then go through and add new things and take off old things. Finally, make a separate list of just three to five things to do today – culled from the items that are urgent, brief, or were stressing you out when you woke up.
- **Set a schedule and keep it.** Get dressed in the morning – even putting on shoes can help your brain shift into work mode. Take breaks and make sure to eat lunch. Remote work can make it easy to hyperfocus and spend time tunneling in. That can be an advantage, but not eating or drinking enough water will leave you exhausted and on edge as the day wraps up.
- **Schedule regular contact with your teachers,** mentors and/or anyone who is collaborating with you on projects
- **Have a separate workspace and keep regular studying hours.** Don't set the expectation at school or at home that you're available at all hours of the day or night.
- **Stay focused** and see change as an opportunity to learn, to grow and to become a better you!

by Ms Saenz



It is hard to believe that we have been remote teaching now for almost two weeks, although I can imagine for some - you have probably felt every second of it and have been kept very busy! Don't despair you are doing an amazing job and it is great to see that the children are hard at work and producing some excellent work. Thank you for sharing photos with us and please continue to do so, seeing them motivates us also and brings smiles to our faces. The Google Hangouts are very popular with students and parents and helps us to feel a sense of community during these difficult times. As you can see I have included a free useful site, that will support you as you continue to do a grand job at home!

*by Mr Hawthorne*



## KEY STAGE 1



Although we are working from home the fabulous learning has continued...with the support of our new teachers, our wonderful parents! We have been spending time creating family trees for our Global Perspectives topic, learning all about rocks in Science (I have even had some private video lessons!), and going over our phonics and fractions for practise. We are even starting to look at graphs and hopefully will be creating some of our own over the next week. Along with this offered learning and resources, many parents have created their own routines with interesting learning experiences too. It has been a lot of fun having some Google Hangouts, it's definitely upbeat with a bunch of 6 and 7 year olds! It has been great to see that the motivation and engagement of Grade 1 has not changed. I am so happy to see them continuing what they can at home and having fun in a new learning environment. A special thanks to the amazing parents in Grade 1 for your support during this time, you are superstars!

## KEY STAGE 2

The children have been very busy this week remote learning and have completed a variety of activities. We have been embedding mental strategies in maths, story writing and using aspects of punctuation and grammar in English, as well as carrying out some fun investigations in science. We even managed a virtual tour of The British museum!

## EARLY YEARS

Week two of virtual learning and the Early Years class has had an opportunity to see how well technology connects us these days. On Monday morning, our class reconnected using Google Hangouts. The children all seemed so excited to chat and see one another again! Thanks to parent involvement, we have also been practicing our numeracy and literacy skills daily. Miss. Mooijer has really enjoyed seeing photos of the children's completed work and sending greeting videos back and forth! Parents have also shown how the children are able to engage in physical activity without Mr.V. It is wonderful that we can still keep in contact and continue to meet learning targets despite the circumstances.



## LOWER SECONDARY SCIENCE

QUARANTINE'S NOT ALL THAT BAD  
- LOOK WHAT ISAAC NEWTON ACHIEVED!

During a quarantine in the time of bubonic plague, Isaac Newton formulated his momentous theories on calculus, optics and gravity. He experimented, reflected and learned. While much of the world is currently making new Netflix discoveries while stuck at home, it has been wonderful to see meaningful learning continuing to thrive for our ISCS students.



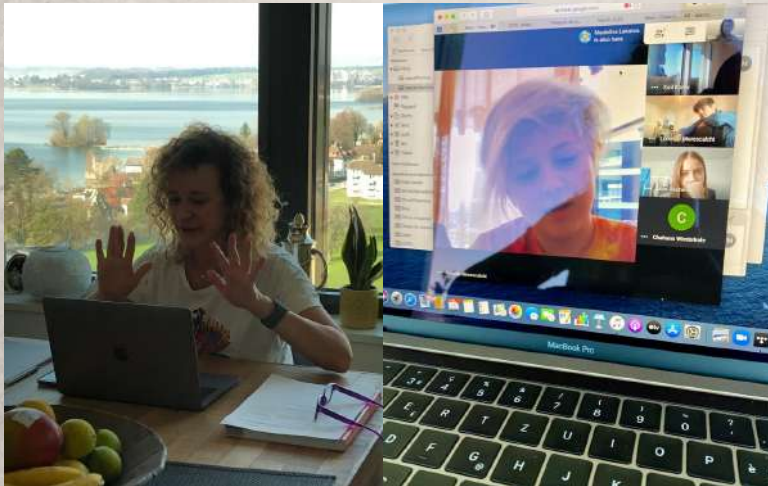
Grades 6, 7 and 8 have been using their scientific knowledge and creativity to perform experiments at home. 6 and 7 investigated the conditions needed for rusting, and explored the common acids, alkalis, and bases that can be found around the house. Meanwhile, Grade 8 continued their study of reaction rates by examining the effects of concentration on a reaction between vinegar and baking soda.

## MATHS

In MATHS, Grade 8 have been looking at the world of data. This carries even more significance now, as scientists and governments around the globe use many of the same techniques we have been studying, to track, analyse and fight the COVID-19 pandemic. The students are now compiling their work from the past few weeks, investigating individual hypotheses using their data analysis skills.

*by Mr Evison*

## SPANISH AT ISCS: ¿HABLA ESPAÑOL?



Ms Montero teaching and online Spanish class virtually

## GRADE 9 SPANISH

This week our students of grade 9 have been challenged to perform the oral role plays in the same way that Cambridge conducts them. They all have done a very good job preparing themselves producing quizlet sets and writing their own dialogues. Google hangouts Meet App did not let us down and everything ran smoothly for their individual oral tests. We all found this experience very enlightening. Main objectives were reached, although there is still room for improvement, of course! but we have plenty of time for that. Well done Grade 9!

## GRUPO A SPANISH (GRADES 6, 7 & 8)

The unit they are exploring at the moment is titled "Mi casa" and what better place to study this vocabulary than in your own house!. It is proving challenging because the prepositions for locating objects are not easy but the group seems to be getting better every day thanks to the persistence of our new member of the team: Ms Montero who is working very closely to Ms Azpeitia providing the best support for our Spanish beginners!

## GRUPO B SPANISH (GRADES 6, 7 & 8)

What a coincidence the unit we started this week refers to the topic of Health! "En el médico". So all students are immersed in revising the parts of the body and learning the wide vocabulary to express all sorts of symptoms when we are ill. Next we will be working in composing helpful advice in Spanish in order to get better protected from Covid-19! We will win the battle, we are sure!



Dear ISCS community,

Second week at home already The routine slowly takes shape with its new rhythm. We all try to balance duties and pleasures, cohabitation and privacy, family life and individuality. These new challenges force us to give the best of ourselves. At the end, we will most probably be amazed about what we were able to achieve together!

Our committee also does its best to face this new situation and finds creative way to still gather our community and keep students engaged in the school's life. Although we don't know how long this crisis will last, we still need to prepare the future. Social media and new technologies should offer us endless perspectives to do so. We wish all of you a restful weekend! Take care of your family, save some time for yourself and don't forget to refresh your mind.

*by The PO Team: Audrey, Mariska, Céline & Kasia*



## PARENT TESTIMONY

*"Overall, we are very happy with the virtual school. We can tell the teachers make an effort to prepare fun and engaging learning materials. The workload is just right for James and I know Mrs Mooijer is going the extra mile every day to send us something tailored for James. James notices the enthusiasm, and this is why he wants to do all the work and is proudly showing us all the pages, he finished.*

*Miss Venissa is helping us loads with German. We get ideas for fun activities, but she also makes time to meet with James on Google Hangout to help James speak the language. With all the teachers, we feel like we can contact them anytime and ask for advice or give feedback, which is great. They are very keen to work with the parents to make this difficult time more manageable. We feel really supported by the whole primary staff team. It really feels like teamwork!"*

*by Aleksandra, James' mother. Early Years*

## MEET OUR STAFF

THIS WEEK...

Miss Johana Saenz

### ABOUT ME...



Hello ISCS!, Most of you already know me and have seen me performing my duties as School Counsellor. I grew up in Venezuela, from where I have beautiful memories. In 1997, I moved to the United States, which I now consider my second home. It was not easy for me to find my true career passion because I was interested in many different things. I tried a diverse range of jobs in my 20s: flight attendant, bartender, quality control supervisor, branch manager, teacher, and finally school counsellor and administrator. I always knew that I had the skills and interest for the business world, but it wasn't until I started working in the educational field that I found my life purpose. I earned a Bachelor's Degree in Finance and a Master's Degree in School Counselling. I have been married for almost 15 years and have 2 amazing kids that you may already know, Isabella and Sebastian. I am very grateful to have the opportunity to live in beautiful Switzerland and to be part of the ISCS community!

### HOBBIES AND PASSIONS...

I love to spend quality time with my family and friends. I also enjoy hiking and doing fun outdoor adventures on weekends, especially if we have good weather. One of my biggest passions is to travel. I have had the pleasure of visiting 33 countries and I am looking forward to my next adventure. For me, seeing the world is the best learning experience! When I am at home, feeling a bit lazy, I enjoy reading a good book, cooking and watching a good show or a good movie.