



JUNE 2026

NEWSLETTER

# ISCS

*The British School of Zug*

NO. 106

## WHAT IS INSIDE?

- [PRIMARY NEWS](#)
- [MIDDLE SCHOOL NEWS](#)
- [HIGH SCHOOL NEWS](#)
- [ANNOUNCEMENTS](#)
- [WEEKLY AGENDA](#)
- [SCHOOL LUNCH MENU](#)



## HOUSE POINTS



2092 2052 2040 1806

## MESSAGE FROM HEAD OF EDUCATION



Dear ISCS Community,

At ISCS, we firmly believe that education goes far beyond academic achievement. While academic excellence remains a key pillar of our mission and values, we place equal importance on the integral development of every student — helping them grow not only intellectually, but also socially, emotionally, creatively, and personally.

We are looking forward to tonight's wonderful performance of the 2026 ISCS School Musical Annie Junior was a perfect example of this vision in action. During the past months, our students demonstrated remarkable talent, dedication, and confidence on stage, but above all, they showed the value of teamwork, perseverance, responsibility, and mutual support. Behind every scene, song, and performance there were many hours of effort, collaboration, and commitment from students and staff alike.

Experiences such as these help our students develop essential life skills that will accompany them far beyond the classroom. We are incredibly proud of all the students involved and grateful to the teachers and families who supported them throughout this journey.

Congratulations to everyone who contributed to making today's musical such a memorable success. And special mention goes to Ms. McCoubrey for her leadership in this even, Ms. Trigg for her organisation, Ms. Pike and Ms. Berry for their support, Mr. Álvarez for his technical assistance, and Mr. Santos for the fantastic decorations.

I would like to thank everyone for the continued trust and support, and wish every member of our school family a fantastic weekend and Whit Monday.

Warm regards,

Mr. Soto.



# PRIMARY SCHOOL



This term, Year 1 has loved learning all about bees! We have become a hive of activity, writing bee-themed poetry, following instructions on how to make a bee bath in English writing, and writing our own instructions on how to make a bee garden. The class also completed fantastic homework projects on bees, including honey tastings, 3D hives and informational books!

We have also been enjoying our new whole school topic - The World Cup. The class has been researching different countries which are taking part in the world cup, such as Haiti, Brazil, South Africa and Australia, and learning about different aspects of those cultures. We learnt about traditional tribes in South Africa, and created traditional jewellery, and aboriginal culture in Australia, looking at the importance of sea turtles.

In Maths, we have been learning about measurement - looking at how to compare capacity and weight. The children have experimented using bucket scales and creating their own capacity measuring systems to compare different containers.





# MIDDLE SCHOOL



Our ISCS pupils swapped the gym for courts and quickly discovered that squash is a game that keeps you thinking, moving, and reacting from the very first rally.

During the session, run by amazing coaches from “squash addict Schweiz” at a nearby Zugerland Sports complex, pupils learned the rules of the game, practised key techniques, and worked through a variety of drills designed to improve movement, control, accuracy, and reactions. From serving practice to fast-paced rallies, the courts were full of energy throughout the morning.

The session gave pupils the chance to challenge themselves in a completely new sport while building confidence with every rally. As the morning went on, pupils became more comfortable on court, improving their reactions, and enjoying the competitive side of the game.

For many pupils, this was their very first experience playing squash, making the session even more exciting. It was great to see so many pupils stepping outside their comfort zones, supporting one another, and developing new skills in such a positive environment. Our very own Coach Booth, our PE teacher, was impressed by how quickly pupils became more confident and comfortable on court. Thank you to the amazing coaches for your expertise! Well done everyone!!!



# ANNIE JUNIOR - THE MUSICAL



# ANNIE JUNIOR - THE MUSICAL



# NATIONAL GAMES ZUG 2026

Last night, pupils from ISCS volunteered at the opening ceremony of the National Summer Games in Zug, one of Switzerland's largest celebrations of sport and inclusion. Our pupils played an important role in the Athletes' Parade, proudly carrying flags and signs as competitors from across the country entered the ceremony. It was a fantastic opportunity to be part of such a special event and to help create a memorable welcome for the athletes.

The experience gave pupils a unique behind-the-scenes look at a major sporting event while allowing them to contribute to an occasion that celebrates determination, teamwork, and achievement. Most importantly, they had the best time. The energy of the opening ceremony, the atmosphere of the parade, and the chance to support the athletes made it an unforgettable evening for everyone involved.

A huge thank you to the organisers for welcoming our pupils and giving them the opportunity to be part of such an inspiring event.



# MIDDLE SCHOOL

## Supporting Years 7–9 Through Exam Season

As Years 7–9 approach their exams, it is normal for students to feel some pressure. For some, this can be motivating; for others, it can quickly feel overwhelming. At home, the most helpful support is often calm reassurance, routine, and helping your child find what works best for them.

Every child experiences exam stress differently. Even within the same family, one child may seem calm while another feels anxious, avoidant or unsettled. Try to avoid comparisons with siblings, friends or classmates. Exams matter, but they do not define your child's ability, character or future.

A simple way to check in is to ask: "On a scale of 1–10, how anxious are you feeling?" If the number is high, you could follow up with: "What might help bring that down by one point?" This is often more helpful than simply saying "calm down", because it helps children think about what support they actually need and what may have worked to help calm them in the past.

It is also important to remember that students revise in different ways. Not every child works best sitting silently at a desk. Some concentrate better by moving around, using flashcards, changing rooms, talking ideas through, or taking short breaks. Ask your child what style of learning works best to both help regulate them, and to absorb information.

### Simple tools to try at home

#### 1. Name the worry

Some children find it helpful to give their anxious thoughts a name, such as "The Worry Monster", or "The Perfectionist Pest". This helps separate the child from the anxiety. You might ask: "What is your "Worry Monster" / "Perfectionist Pest" trying to tell you?" "Do you have to believe it every time?" This can make anxious thoughts feel less powerful.

#### 2. Separate worries from facts

When a child says, "I'm going to fail" or "Everyone is better than me", help them ask: "Is this a fact, or is this my Worry Monster?" For example: Worry thought - "I'll fail." Everyone is better than me." Helpful fact - "I have got through tests before." "Lots of people feel nervous before exams." This helps children challenge negative self-talk without dismissing how they feel.

#### 3. Make a confidence evidence list

Before exams, students can write a short list called: "Things that prove I can cope"

This could include:

- I revised yesterday.
- I answered difficult questions before.
- I kept going last time, even when I felt nervous.
- I know I can ask for help.

Anxiety can make children forget what they have already managed. A confidence list gives them evidence to come back to.

#### 4. Normalise physical anxiety

A fast heartbeat, butterflies, shaky hands or feeling hot can feel frightening, but these are common signs of anxiety. You can remind your child: "Your brain's security guard triggers a fight or flight alarm when you feel nervous about a test. A test is like burnt toast. It smells like smoke and sets off the alarm, but you are not in real danger. This feeling is uncomfortable, but it will not hurt you and it will pass." This can reduce the fear of the anxiety itself.

#### Before and during the exam

The night before an exam, focus on routine: packing their bag, checking equipment, eating well, and getting enough sleep. The morning of the exam should be as calm and predictable as possible. If your child feels overwhelmed before or during the exam, they can try taking four to six slow breaths, placing both feet on the floor, relaxing their shoulders, or pausing briefly before returning to the test. A simple phrase such as: "What if it all works out?" can also help challenge spiralling thoughts. For students with extra time, it may help to talk beforehand about how they can use it. Extra time does not always mean writing continuously. It can be used to pause, breathe, reread a question, plan an answer or reset.

Finally, remind your child that asking for help is a strength. Teachers, parents, friends and family members can all offer support. The aim is not to remove all nerves, but to help students feel prepared, supported and able to manage difficult moments. A useful question to ask is: "If a friend felt this way, what would you say to them?" Often, children are kinder and more balanced when advising a friend than when speaking to themselves. This can reduce the fear of the anxiety itself.

# EXAM SEASON



SUMMER TERM

Form vs Function / summative assessment

To create a 2D artwork inspired by your personal project outcome.

- Pathways response suggestions:
  - **Sculpture / Functional Object:** Observe, interpret, or zoom into your object
  - **Stop Motion:** Show movement, transformation, or sequence from your animation.
  - **2D Artwork:** Transform, simplify, distort, or develop your original image.
  - **Photography:** Use your photographs to create a composition, atmosphere, or story.

# HIGH SCHOOL

EXAM



## Supporting Older Students While They Wait for Results

For students who have finished GCSEs or A-levels, the waiting period before results day can bring a different kind of stress. The exams are over, but the uncertainty continues. Some students may feel relieved and ready to enjoy themselves, while others may replay papers in their mind, worry about grades, or feel unsure about what comes next.

As parents and carers, one of the most helpful things we can do is acknowledge this without keeping the focus on results. Try to avoid repeated questions such as “How do you think you did?” or “What grade do you think you’ll get?” For some students, these questions can increase anxiety, even when they are well meant.

A helpful message might be:

“You’ve done the hard part. Now your job is to rest, recover and enjoy some time for yourself.”

After a long exam period, students need time to decompress. Encourage them to do the things they may not have had time for during revision: seeing friends, exercising, being outside, watching a series, reading for pleasure, sleeping properly, spending time with family, or simply doing very little for a while.

Right before and straight after an exam, students should avoid long conversations about exam questions and possible answers. Comparing answers can often increase worry without changing the outcome.

It is also normal for students to feel a bit unsettled once exams finish. They may have gone from a very structured routine to suddenly having lots of free time. Gentle routine can help: regular meals, sleep, movement, social plans, and small goals for the week.

If worries about results come up, try helping your child separate what they can and cannot control:

“We can’t know the results today. What would help you enjoy this week while you wait?”

Some students may also find it useful to agree a simple results day plan in advance: who they want to be with, how they want to open results, and what support they might need afterwards.

Most importantly, remind them that there is always a next step. If results are not what they hoped for, there will normally be a Plan B, and the school will be there to help students and families understand their options. Results matter, but they are not the whole story.

For now, students deserve time to rest, reconnect and enjoy life beyond exams.



**GOOD LUCK!**



**COFFEE**  
**COFFEE**  
**COFFEE**



ISCS Parents Community  
 Whatsapp group



*Happy*  
**Father's Day**

*Welcome*  
**June**  
*but first,*  
**Coffee!**

**JOIN A FRIENDLY &  
 LIVING COMMUNITY**

**ATTEND OUR MONTHLY**

*Coffee Talk*  
*And Connect*

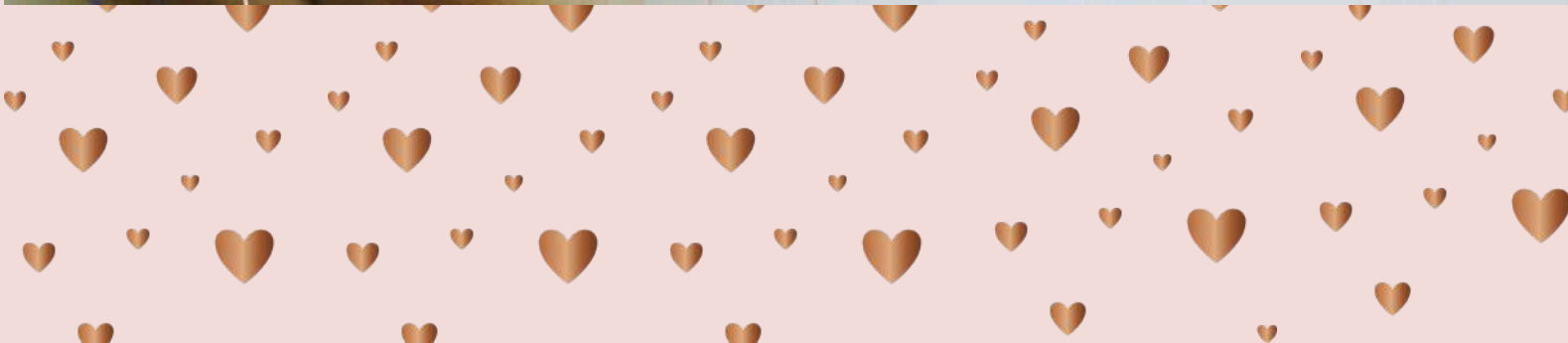
**Tuesday, June 2nd 2026  
 from 8:15 till 10:00 am**

**at Latte Stories**

Lorzenparkstrasse 15a, 6330 Cham

**ISCS PARENTS  
 ORGANISATION**

*WE CONNECT - WE CARE - WE SUPPORT*



**ISCS PARENTS ORGANISATION**

*We connect - We Care - We support*

**PLEASE JOIN**

**US FOR**

**DONUTS**

*With*

**DADS**

**You donut want to miss this!**

All dads, grandpas, uncles, father's figures  
or special carers welcome!



**MONDAY, JUNE 8<sup>th</sup>, 2026**

**8:30-9:00 am: activities in classrooms**

**9:00-10:00 am: gathering in cafeteria**



# SUMMER CAMPS

2026



22.06-26.06 - Code and Sports by CodeCamp



29.06-03.07 - Sports Camp by ISCS



13.7-17.7 - Code and Sports by CodeCamp



13.07-24.07 - Artificial Intelligence camp



03.08-07.08 - Sports Camp by ISCS

## Sage College Camps The British International School of Jerez, Spain

Week 1 27.07-01.08

Week 2 02.08-08.08

Week 3 09.08-15.08

Pick language: Spanish or English

Pick sport: Golf, Football or Tennis



School.Office@ISCS-Zug.ch  
+41 41 781 44 44





Check all events in our online calendar  
<https://iscs-zug.ch/en/2023-24-iscs-calendar/>

# Weekly Agenda

Week: 1<sup>st</sup> of June

Tuesday, 2 <sup>nd</sup> June	Primary Meeting 3:30 - 4:30pm
Wednesday, 3 <sup>rd</sup> June	Middle and High School Meeting 3:30 - 4:30pm
Thursday, 4th June	PUBLIC HOLIDAY - school closed
Friday, 5th June	Year 13 Graduation
Saturday, 6 <sup>th</sup> June	Year 11 Graduation





ISCS

# MENU

## JUNE



ISCS

1

Tortelloni Alfredo by Sebastiano  
Salad and fruit

2

Zander fillet  
Genovese style  
Rice  
Vegetables  
Salad and fruit

3

Mediterranean-style  
chicken strips  
Fusili  
Salad and fruit

4

Public holiday  
No school

5

Grilled Veal sausage  
Pommes frites  
Cake

8

Lasagne  
Salad and fruit

9

Salmon Mediterrean  
Tomato sauce  
Rice  
Vegetables  
Salad and fruit

10

Roasted beef with  
Bernese sauce  
Vegetables  
Potatoes  
Salad and fruit

11

SPORTS DAY AT  
EIZMOOS  
BBQ  
Ice cream

12

Chicken wings  
French fries  
Salad and cake

15

Rigatono pasta with  
peperoni sauce by  
Sebastiano  
Salad and fruit

16

Hake fillet  
Herb sauce  
Rice, Vegetables  
Salad and fruit

17

Breaded Chicken breast  
Potato gratin  
Salad and fruit

18

Meat ragout  
Rice, vegetables  
Cake

19

Last day of school until  
12:00 - no lunch

## THIS WEEK'S MENU ON A PLATE

