



JIS Newsletter 29

Friday 8th May 2020

Dear Students, Parents and JIS community

Events around school:

JIS Online conferences – Monday 4th and Tuesday 5th May

Thank you for supporting the on-line conferences this week. As the school closure had become increasingly extended it was really important for staff to engage with all our students and families. It was the first time for us all to try out a different format and in many ways it was very successful. The format does not fully suit all age groups and all students but we will review the feedback from staff and parents who have completed the quick evaluation form.

School Resumption Plan for JIS –International Section:



As you will have seen from my initial message on Class Dojo this week all international schools have been asked to submit a school resumption plan to their local EDB District Office by Friday 15th May. JIS has sent their plan in today to make sure we can be ahead of the game and to give us maximum time to prepare the school for the children to come back safely. We have put in our plan that some classes would start on Wednesday May 20th

and the rest of the school would join us from Monday 25th May.

As soon as there is any news on what has been accepted I will let everyone know immediately as there will be things that need to be prepared at home and at school. We will also spend some time with the students in video meetings to make sure that they all clearly understand what is expected and how we can all stay safe and hygienic. School will have to look quite different for a while, but it will be SO great to be back.

News will follow next week.

Please note: Japanese Section will be having a different starting date as many of their new staff are currently unable to leave Japan, so the start date will be adjusted to fit with staffing possibilities in Hong Kong.

Activities to join in with, entries due in the coming weeks:

JIS Talent Show – by video this year. Get planning or recording a piece for us all to enjoy. Send in by May 15th to s-walton@jis.edu.hk Big thanks for those I have received already.

School Yearbook cover– LAST CHANCE this weekend. We have around 18 sent in now. Get creative and think about the things that have happened this year – at school and beyond school, with learning at home. Please keep the original – but send in a photo for sharing initially. The original will be needed by the publisher later. Send in to s-walton@jis.edu.hk.

A big thank you to all those students who have sent something in already.

Sunflower competition / growing fun / kit delivery

The sunflower challenge is going well on a variety of balconies, window sills and in gardens around HK! We have received lots of smiling photos of proud sunflower growers! The seeds will need to be kept moist but not too wet. Keep the pots in the sun but don't let them get too dry. Sunflowers usually begin to sprout within 3-4 days. Once the sunflower gets big you may need to put it/them in a larger pot – or send it to school for planting in the 3rd floor garden



School library books and resources delivery. (Mondays)

We will continue to use our school bus services for the collection and delivery of library books for students on Mondays. Buses will leave school at 12pm and be with community members at their usual times. A range of staff will be on bus duty this week.



[Learning at JIS – from Cath Wan, Deputy Principal/ PYP Coordinator](#)

Mindfulness, Gratitude Attitude and Creativity

You may have noticed that our Friday challenges often contain activities which involve mindfulness, gratitude and creativity. This is not by chance. As we face challenging times, these 3 activities help us build our resilience and help us to take control of our own happiness. Here are some examples.

Mindfulness

Mindfulness, contrary to some beliefs, is not all about sitting cross legged, chanting and listening to pan-pipes. It is actually 'training the brain'. I think we all have times when we have a hundred different things going on in our mind and it's almost like our brain is constantly flicking between channels. Mindfulness trains the mind on one thing – whether it be the breath, or listening to sounds, or careful observation. As well as supporting academic focus, this helps

to alleviate stress as we learn to stop the mind worrying and ruminating – states of mind which are damaging to well-being.

Here is an example of one of our JIS students documenting a ‘mindfulness safari’ – an exercise where we mindfully focus in and notice things around us.

Challenge 5: MINDFULNESS SAFARI

INDOORS

- Birds chirping
- Dogs barking
- Hear the boats in the marina
- Cars going down the street
- People playing tennis in the courts
- Helicopter flying over Gold Coast area
- Ceiling fan making a purring noise
- Our noisy neighbours upstairs banging

OUTDOORS

- Ants and bugs crawling
- Bees and wasps
- Birds flying above
- Butterflies
- Dogs walking with owners
- Cats wandering around
- People out walking
- People driving their cars
- Fish swimming in the sea

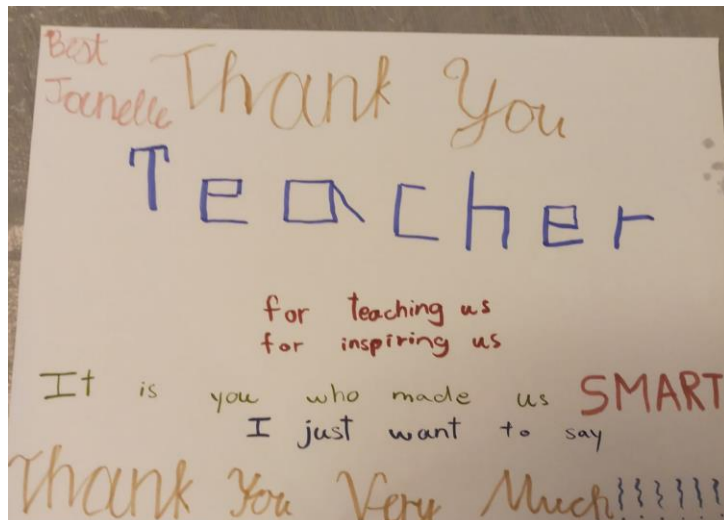
Some useful resources on mindfulness:

<https://www.happify.com/hd/skeptics-guide-to-meditation-infographic-dan-harris/>

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Gratitude Attitude

Similar to mindfulness, a ‘gratitude attitude’ focuses in on the positive things in our life and helps us become in charge of our own happiness. Ways to focus in on gratitude range from keeping a journal, creating a ‘gratitude chain’ or ‘gratitude jar’ to simply pausing to notice a beautiful view or noticing someone’s kindness and appreciating it.



Useful resources:

<https://kidshealth.org/en/teens/gratitude.html>

https://biglifejournal.com/blogs/blog/grateful-children-printable-challenge?_pos=2&_sid=cb9dc9383&_ss=r

Creativity

As well as creativity being identified as a key skill for our future workers, many studies have shown a direct correlation between engaging in creative activities and personal well-being. Creativity also improves resilience as children learn to approach challenges from multiple angles and become flexible in their thinking. Art work is a great way of developing children's creativity; they are playing with possibilities and making decisions for themselves. Some people reach a state of 'flow' whilst engaging in artwork - an energized feeling where they are completely immersed and time seems to pass by quickly.



Further reading:

<https://www.psychologytoday.com/us/blog/arts-and-health/201612/creativity-and-emotional-well-being-recent-research>

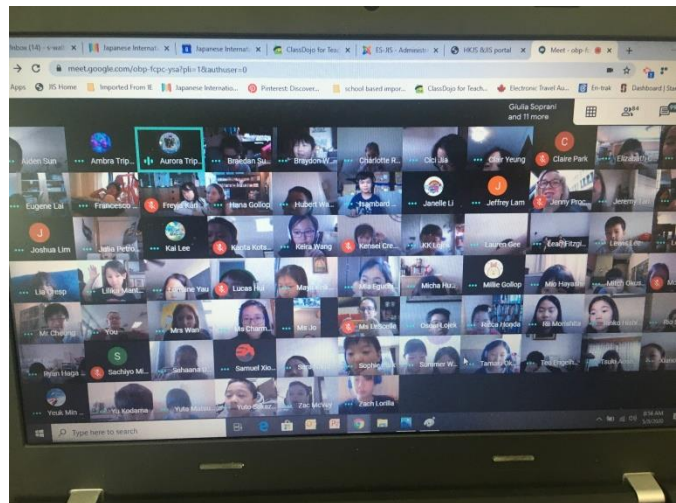
<https://www.aboutkidshealth.ca/article?contentid=627&language=english>

https://www.researchgate.net/publication/323202190_The_relationship_between_children's_creativity_and_well-being_at_school

As always, if you have any questions about learning at JIS, feel free to contact me at cwan@es.jis.edu.hk

Have a great weekend everybody – let's really hope that the EDB can review and approve our 'back to school plan' so that we can get back to school working together as soon as possible.

Thank you also to Ms Wan for taking over this morning's assembly and insisting that 84 blurry eyed and internet-lagging JIS voices sang 'Happy Birthday' this morning to me! Happy Birthday also to Sienna in Reception who shares 8th May as her birthday with me!



Take care and stay healthy, enjoy your weekend – it's going to be hot!

Simon Walton and all the JIS staff.