



Newsletter 25 2021-22

Friday 11th March 2022

Dear Parents and JIS community –

Week 10, term 2 at JIS:

A week where we were able to engage with almost everyone in our school community in many ways – student lessons, 3 way conferences and also a parent workshop on Wednesday evening. This contact is really important for all of us as we manage our way through the extended school closure for the 5th wave of Covid in Hong Kong. Included below are some of the details from the parent workshop if you were unable to attend. There are some really useful ideas and tips for all of us.

3 Way conference meetings – 8th and 10th March 2022 – thank you

Many thanks to all the families and students who engaged with the JIS staff on Tuesday and Thursday this week. We hope you found it useful and despite the online event, that it was a positive experience for the children to share some of their recent work from both in school and from their online activities.

It is vitally important that we continue the students learning journey in a positive direction and through involving both parents and staff we want them to feel a consistent, supportive message about their education. If plans return to normal our next series of conferences between students, parents and JIS staff will be hosted in June 2022 and is the Student Led Conference day (21st June). Let's hope this is done at school.

JIS community workshop – Mindfulness, Managing the current circumstances and parenting through online learning. Wednesday evening, 9th March.



On Wednesday – 9th March we were delighted to offer a parent information session led by our Student Support Department and our Emotional Wellbeing support staff – Jenny Procter, Vikki Rixon, Ashima Sharma (JIS counsellor) and Amber Le Scelle (ex JIS teacher and mindfulness/wellbeing coach).

The presentation included a range of topics and tips for managing your

children, yourself and maintaining a positive family routine in times of challenge. Please check out the details if you are interested.

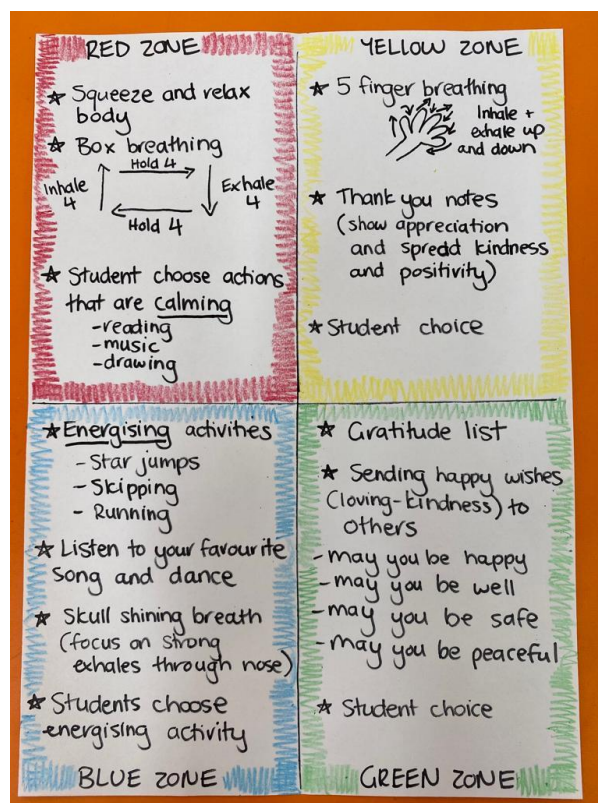
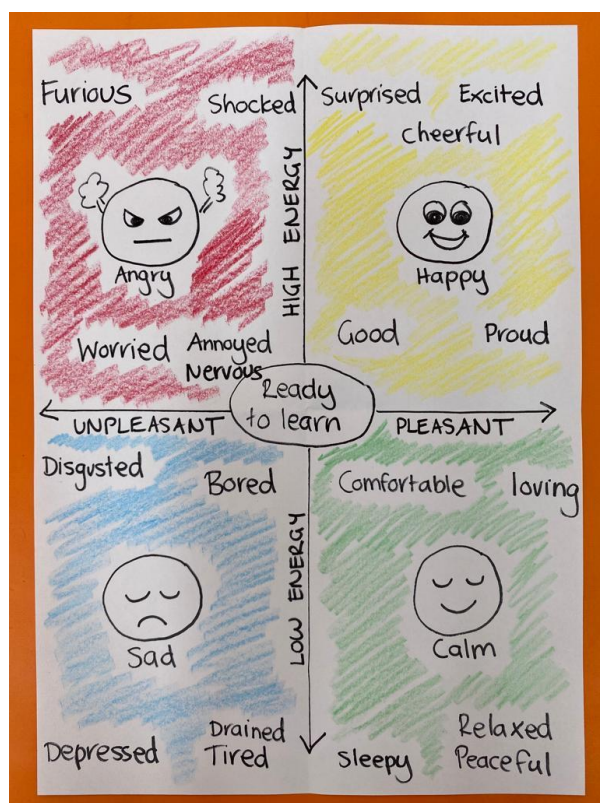
The link for the presentation presented by our 4 speakers is included here:

https://docs.google.com/presentation/d/1H2i0Y0JIRf-R8NNpoUH4P5_5eg5MzaLuXrnp9tGPXU4/edit?usp=sharing

My thanks on behalf of all the 50 or so people who joined on Wednesday evening go to our 4 presenters.

One of the practical activities run by Amber Le Scelle – the Emotion Graph, was very well received – she includes details of this here:

1. Create the lines for your graph and label the arrows. All emotions fall somewhere on a scale between high energy, low energy, pleasant or unpleasant
2. The area where we are most ready to learn is somewhere in the middle
3. Discuss with your child where different emotions may go on the graph- younger kids use simple emotion words and pictures. Older kids can use more sophisticated emotion words (such as the difference between annoyed, angry and furious). This helps to develop emotional literacy.
4. Colour your zones or decorate (allow your child to feel ownership over the graph and 'make it their own')
5. Brainstorm with your child activities and tools that they can use when they feel in each zone. Practice the activities together.
 - Red zone will need calming activities
 - Blue zone will need energising activities
 - Yellow and Green Zones are best used for kindness, appreciation and gratitude activities
6. Display your graph somewhere that everyone will see it and check in daily (or throughout the day) to see how you are feeling and what activity you need to bring you back toward the middle



Anna Fisher – assembly presentation on Wednesday afternoon (9th March)

As an interesting way of following on from International Women's Day 2022 we were delighted to welcome Anna Fisher (sister of Laura Fisher P3) to share with the students her amazing achievement of being the first woman to ever row solo around Hong Kong Island.

Anna shared some fascinating information about her achievement and amazing video clips from her race. She rowed solo against a strong series of tides and some very rough seas for almost 7 hours to get the whole way around the island. The students were delighted to listen to another guest speaker and to be inspired by such a feat of strength and endurance – awesome!



Library Books – collection and delivery from JIS – delivery no 2.

Many thanks for all the orders for library books – they are being sorted this week along with some classes resources. Thanks to all the staff who are preparing things ready to go out. We are aiming for a drop off on Thursday 17th March – week 11.

If you have any questions about library books or our online subscriptions, please contact our librarian Floyd Samarakkody on: fsamarakkody@es.jis.edu.hk



Reception class 2022 – interviews this week - online

Due to the ongoing lack of opportunity for face to face interviews Mr. Walton met some of the potential new Reception Class online this week. It was great to connect with some new JIS families. A few more interviews will be scheduled for next week, also.

Parents of current JIS siblings wishing to enter for Reception have received an offer of a school place from the school. This will allow them to make plans for August 2022.

Awesome Afternoons: activities still available for all

Afternoon activities will still be available for those who wish to join in. This week there are some very interesting challenges related to the HK Young Readers Festival! Have a look on Monday when the challenges get shared with all the children.



Young Readers Festival 2022 – JIS booked in for March 2022



This year the HK Young Readers Festival continues with some presentations and workshops using famous children's authors from around the world. We have booked all classes to get involved in this event. Some will be during class schedules and some will be at different times during the school day or evening.

Wednesday 9th March – 4-5 p.m. Michael Morpurgo (world famous author and children's favourite)

Judging by the chat around some of the classes a lot of the students logged in to meet Michael Morpurgo on Wednesday afternoon. He had some very inspiring comments about being a writer and how persevering and being creative with your ideas were the key things – never give up and keep having great ideas to work on! The inspirations for his own work seemed to come from so many directions, objects, experiences, people – clearly we all just need to keep looking and keep dreaming up new ideas and thoughts! A fabulous experience to hear a real author share his thoughts and reflections with the students as aspirant writers themselves.

Events coming up this week:

Tuesday, Elena Favilli (Goodnight stories for Rebel Girls) on Wednesday morning at 8:30 a.m. will present to the whole school - link will be shared next week - parents welcome to join.

Also:

Imogen Dean will work with Reception and P1

Connie Yuen will work with P2 and P3

Sarah Scheerger- P4

Lindsey Stoddard - P5

Joannie Li (Leadership and coaching) P6

Dress Up in library sessions next Friday – Friday 18th March

As part of the Awesome Afternoon activities for next week Cath Wan has invited students to plan or create an outfit to wear when they attend their library session. This can be a full costume or part of a costume or even a clever accessory to discuss.



Learning at JIS – from Cath Wan, Deputy Principal/ PYP Coordinator

Empowering our community!

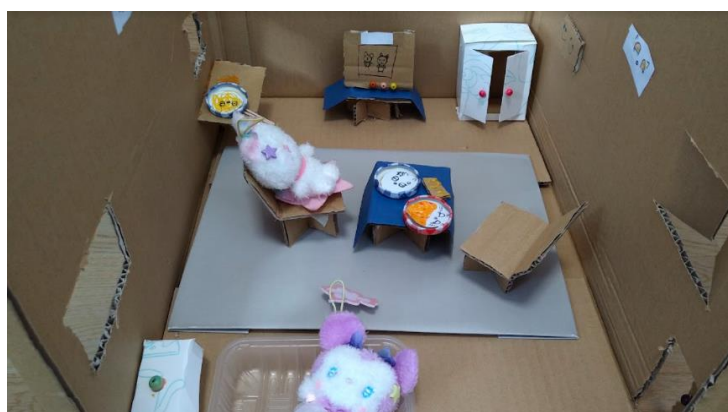
If you attended the parent workshop on Wednesday evening, you may have noticed that we are taking a well-researched, scientific approach to supporting our community through these challenging times. 3 key points that we are focusing on are as follows:

1. **Creating a sense of security** - Ms. Rixon's advice on maintaining schedules and routines is really important here. Being able to maintain a sense of control through being able to predict what is going to happen throughout the day really supports students in times of challenge.
2. **A sense of belonging** - this is a basic psychological need and, as Ms. Procter pointed out - we are all in this together. Class meetings, assemblies, celebrations, 3-Way conferences all feed into our sense of 'not being alone'.
3. **Specific actions** that we can take to help us 'take charge' of our emotions. The work that Ms. Le Scelle and Ms. Ashima are doing with the students is designed to support this. Our Awesome Afternoons, and this week, our Teddy Bear Tuesday and "Thankful Thursday", as well as classroom activities are often designed to develop this area. Today we'll take a closer look

Empowering technique

Creativity and flow. Any experiences that encourage us to enter into a 'flow' state, help us to focus our mind and take a break from the unsettling things that are filling the news and our daily lives at the moment.

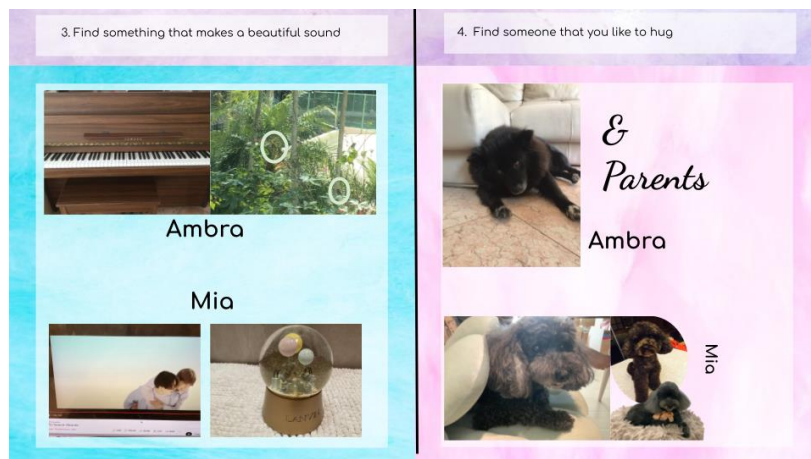
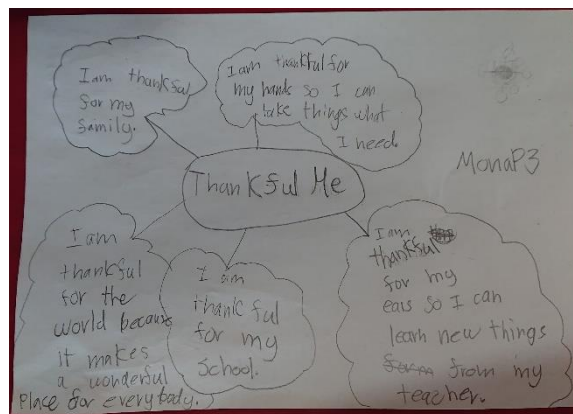
This week, students showed a lot of enthusiasm for designing and creating a boat, a dream house, clothes and a 'get Teddy down safely' device!

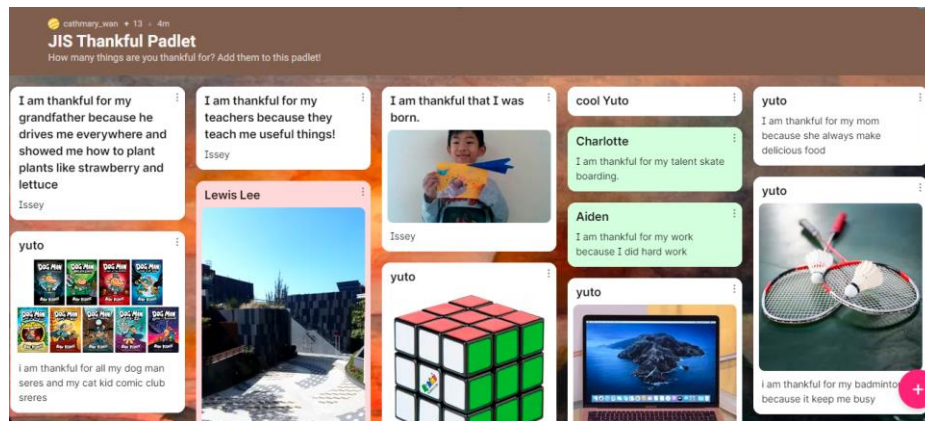




Gratitude and acts of kindness

More and more research is being published that shows the regular practice of gratitude can actually change the neural structures of the brain, leading to greater feelings of wellbeing. This Thursday was 'Thankful Thursday' at JIS, and our JIS students showed us, without a doubt, how much we have to be thankful for!





As we continue to face times of uncertainty together, one thing is certain - we will continue to nurture the skills and habits of mind in our students to empower them to feel in charge of their feelings and be able 'fill up their happiness bucket'. We did not choose this situation, but we ARE choosing how we react to it.

Have a lovely weekend!

Cath Wan

Student Support services – emotional support and strategies for students

As we have now been online for an extended time, our Student Support department strongly encourages families of students who were receiving support from Abi Chan, Speech and Language Therapist or Cheryl Liu, Occupational Therapist to get in touch with SPOT Therapy Centre and try to arrange for students to continue their support. School is happy to accommodate students missing classes in order that they can attend visits to these vital specialists. All of the staff from SPOT can also be available online for meetings. cheryl.liu@spot.com.hk or abi.chan@spot.com.hk

Ms. Ashima Sharma (JIS counsellor) continues to be available to support any student or family who feel this would benefit them. asharma@es.jis.edu.hk Ms. Ashima will be available to meet P5 and P6 students on a weekly basis at 2:30 pm on a Friday and others as and when appropriate.

Slideshow link:

Attached below is a link to some useful slides to support wellbeing for our younger students. They have some useful ideas on ways to support a range of emotional challenges:

<https://docs.google.com/presentation/d/1uxhmkv7pRybWi1iE-nzSFxxtREPH7ZxG/edit#slide=id.p1>

Coming soon – Activity clubs – online created by P6 students:

Our P6 class are in the process of planning some activity clubs for other students to get involved with in the coming weeks. More details will follow soon – but good luck P6!

P6 class are also preparing and editing an online version of the **JIS News** for publication soon.

Tech support for parents– if you are experiencing difficulties with access or computers borrowed from school – please contact our newly set up email. We can exchange a machine or advise on any support. Joseph our I.T manager will be glad to help:

ithelpdesk@es.jis.edu.hk (I.T. Help Desk for JIS community)



Wishing everyone a very safe and healthy weekend – enjoy it somehow – I’m sure you deserve to!

Simon Walton
Principal