

## Our Mission

Providing a balanced and innovative international education that enables students to achieve their individual potential while preparing them to be successful citizens who make positive contributions to society and the world.



### Today's Content:

- Head of School Notes
- A quick update from Cambridge on IGCSE exams and grades
- ISZ Bookweek part 1: Free audio books on Audible <https://stories.audible.com/start-listen>
- ISZ Bookweek Part 2: Books on YouTube ctd.
- ISZ Bookweek Part 3: Tips
- Covid-19 Parenting Tips

## Head of School Notes

Dear Students and Parents,

I wanted to take a moment to thank many of you who have been sending us valuable information on the corona virus and/or how to cope with this situation while largely isolating ourselves at home.

For Bookweek, we have learned that Amazon is now granting free access to audio books. Please check out their website at <https://stories.audible.com/start-listen>

We also continue to post 2 videos per day. Here are the links:

<https://www.youtube.com/watch?v=JFWcSEdNyko>

<https://www.youtube.com/watch?v=9hHWEopvLVw>

We are still accepting SCHOLASTIC BOOK ORDERS today. You can drop off your order at the office M-F between 9am and 3pm.

Yours Sincerely,

Dr. James W. Pilton

## A Quick Update on IGCSE Exams and Grades

Dear Students and Parents,

We received the following update from Cambridge today. Please stay posted for more information.

*We know how important it is to you to have clarity on what happens next.*

*We will be working with schools worldwide to ensure that the subject grades earned by the students represent their achievement levels as set out by rigorous Cambridge programme standards. Schools will be asked to collaborate with us to ensure that candidates' grades are based on a range of evidence. **We will provide an update with more details on 31 March.***

## Books to Read or Listen to (Audible) and Movies to Watch

A nice activity, especially when thinking about the April holidays which are just a week away, is to read or now that we have access to Audible, listen to a book first, and then watch the movie together. Families can then share impressions, compare and contrast how the movie is similar or different to the book etc. Below is a list of suggestions. There are many many more...Enjoy!

- Charlie and the Chocolate Factory
- Stellaluna
- The Gruffalo
- James and the Giant Peach
- Winnie the Pooh
- Charlotte's Web
- The Boxcar Children
- The Secret of Kells

## Parenting Tips on Covid-19

(shared with us by Maha Damaj)



## 5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

**You are not alone**  
Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

**Take a break**  
We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

**Listen to your kids**  
Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

**Take a Pause**

**Step 1: Set up**

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

**Step 2: Think, feel, body**

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

**Step 3: Focus on your breath**

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath for a while.

**Step 4: Coming back**

- Notice how your whole body feels.
- Listen to the sounds in the room.

**Step 5: Reflecting**

- Think "do I feel different at all?"
- When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

## 6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

**Be open and listen**  
Allow your child to talk freely. Ask them open questions and find out how much they already know.

**Be honest**  
Always answer their questions truthfully. Think about how old your child is and how much they can understand.

**Be supportive**  
Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

**It is OK not to know the answers**  
It is fine to say "We don't know, but we're working on it, or we don't know, but we think..." Use this as an opportunity to learn something new with your child!

**Heroes not bullies**  
Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them. Look for stories of people who are working to stop the outbreak and are caring for sick people.

**There are a lot of stories going around**  
Some may not be true. Use trustworthy sites: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and <https://www.unicef.org/covid19> from WHO and UNICEF.

**End on a good note**  
Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

For more information click below links:

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## Family Feature: My Study Space

We continue to invite students and parents to share with us the study space you created. Send us a picture an a caption to [info@isz.co.tz](mailto:info@isz.co.tz) or share it with your homeroom teacher.

Thank you for sharing.



## UPCOMING EVENTS

- March/April - Mock exams continue
- OFFICE HOURS FROM 9AM TO 3PM MONDAY THROUGH FRIDAY
- Bookweek March 25 - April 3
- SCHOLASTIC book order open until Friday, March 27
- Term 3 Break from April 6-13

Nurture, Empower, Lead

