



Nanohana - MIS Newsletter

Edition 326 – Friday 18 September 2020

From Mr. Trent Citrano, Head of School



Despite the novel coronavirus restrictions on trips and visits, our work on global citizenship continues. I'd like to share an example of how students have been learning from - and making a positive impact on - the world around them.



Students in Grades 3-6 have their own individual Global Citizenship Journals and students in Grades 1 & 2 work as a class on a Global Citizenship Big Book to document and share what they are learning and how they are making a difference in their world. Students in G1G shared their Global Citizenship Big Book with me this week, and I was so impressed to see that their focus (connected to their PSNS studies of people who help us in our community) was on 'filling up people's buckets'. That is to say that they want to fill up people with positive feelings and emotions so that they can feel valued and appreciated for the contributions they are making.

As you can see from the pictures below, students have made commitments on how they are going to fill people's buckets and have also created and handed out special thank you messages to staff around the school. You that you are never too young or too old to make a positive impact on our world. To see an example of how students in Grade 5 are learning their impact on the world through agriculture and climate change, please see p. 4 of this issue of Nanohana.



Calendar

Per MIS's Return to School Operation Protocols, in order to prevent the risk of COVID-19, events are limited.

Monday 21 September

School Holiday
Respect the Aged Day

Tuesday 22 September

School Holiday
Autumn Equinox

Wednesday 23 September

G5&6 Swimming - Day 4

Thursday 24 September

G1&2 Internal Medical Checks

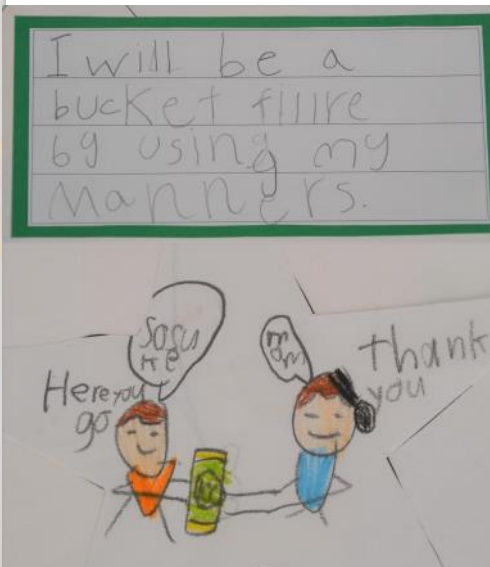
Friday 25 September

Global Citizenship Time
During Creative Studies for Elementary Grades

(G3-6 Students should make sure that their GCA Journals are at school)



GLOBAL CITIZENS LIFE-LONG LEARNERS



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Kindergarten News

From Mrs. Laura McKeown, Kindergarten Coordinator



Resilience Part 3 – Understanding Emotions and Developing Coping Strategies



All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more

they bounce back on their own, the more they internalise the message that they are strong and capable. Children being able to recognise and label their feelings is an important step to managing their emotions independently. Teach your children that all feelings are important and that labeling their feelings can help them make sense of what they're experiencing. This can be done through story books or through sharing how you are feeling with your child: 'I am feeling happy today, look at my smile.'

It is important that children learn about feelings that make them comfortable like happy and calm but also feelings that are uncomfortable like feeling angry, sad, jealous. Tell them it's okay to feel angry, sad, jealous, etc. and reassure them that bad feelings usually pass. To help children regulate their emotions you can demonstrate strategies such as taking deep breaths or asking for a moment alone when you are feeling disappointed or upset.

'I am feeling too angry/upset to speak right now, I need a moment to calm down'.

When you are ready, return to your child and say you are ready to speak about the problem. Even if you didn't need a minute to calm down, it is good for children to see this strategy being used successfully. This will help children to copy your coping strategy when they need to!





WFP Charity Essay Contest 2020

Recently, Grade 5 students and teachers wrote essays about their special memorable meal or food that encouraged them or that they made to encourage someone else. Besides the G5 students, some students at other grade-levels wrote essays during the summer holiday. All of the essays were submitted to the WFP Charity Essay Contest 2020. Sponsors for this contest will donate the money to the WFP (World Food Programme) per essay to provide three days of school lunch for one child in need. MIS Global Citizenship in action!



G6 Learn the Power of Propaganda

As part of their Social Studies work on looking at World War I, the students in G6G are looking into the power of propaganda influencing people's opinions and actions. The children created their very own propaganda posters as if they were in WWI, then toured each others and wrote down what emotions the posters brought out in them. As a Maths connection, students then took the data from the responses from their classmates and created either a bar graph or pie chart to illustrate the intensity and commonality of the different emotions that their poster evoked. Excellent work, G6G!





Grade 5 Students Harvest the MIS Rice Paddy

As part of their work on Global Citizenship, their study of the impact of agriculture on local culture and global economics, and their work on climate change and how it effects our world, the students in Grade 5 have been tracking the growth of the MIS rice paddy. While students weren't on campus when the rice paddy needed to be planted this year, they have been tracking it's development and growth. Today, the students were able to use scythes to cut and harvest the rice that they have so eagerly awaited. Given the long rainy season and hot weather that followed it (changes in our climate), our rice harvest this year was greater than ever! Much better than last year when two typhoons destroyed the crop. The G5 students will now get to decide what to do with their rice to make a positive impact on their world.



What's Netball, You Ask?

The students in G4 have been learning Netball, a game similar to basketball played with smaller teams. They have been practicing passing, shooting, and guarding. The children have shown great teamwork and sportsmanship as they build their skills towards playing a full match!



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Out and About at MIS!



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