



الأكاديمية الدولية - عمان  
THE INTERNATIONAL ACADEMY - AMMAN

# Parent News

## Monday, 9<sup>th</sup> March 2020

### Calendar

## MARCH

<b>9 MON</b>	<b>Open meeting with Mr. Andrew Powell</b> <b>Primary Principal's Office</b> <b>8:00 - 9:00 AM</b>
<b>10 TUE</b>	<b>Director's Open Meeting with parents</b> <b>Director's Office</b> <b>8:00 - 9:00 AM</b>
<b>12 THU</b>	<b>G1 Miss Madeline Assembly</b> <b>Auditorium</b> <b>1:15 - 2:15 PM</b>
<b>16 MON</b>	<b>Open meeting with Mr. Andrew Powell</b> <b>Primary Principal's Office</b> <b>8:00 - 9:00 AM</b>
<b>17 TUE</b>	<b>Director's Open Meeting with parents</b> <b>Director's Office</b> <b>8:00 - 9:00 AM</b>
<b>19 THU</b>	<b>G2 Miss Zaina Assembly</b> <b>Auditorium</b> <b>1:15 - 2:15 PM</b>
<b>23 MON</b>	<b>Open meeting with Mr. Andrew Powell</b> <b>Primary Principal's Office</b> <b>8:00 - 9:00 AM</b>

# MARCH

## HOT MEALS

WE SHOULD CERTAINLY COUNT OUR BLESSINGS,  
BUT WE SHOULD ALSO MAKE OUR BLESSINGS COUNT.

SUN	MON	TUE	WED	THU	
1 MANSAF	2 LASAGNA	3	4 WHITE BEANS & RICE	5	
8 MOLOKHYA	9 FETTUCCINE	10	11 KOFTA WITH TAHINA SAUCE	12	
15 SHUSHBARAK	16 GRILLS	17	18 CHINESE	19	
22 KABSA RICE	23 LASAGNA	24	25 BEEF STROGANOFF	26	

### Primary School News

Dear Parents,

This week is our annual celebration of books written for young people. We have arranged a variety of guests and activities to inspire our students, and further their love and connection to literature.

Yesterday, we hosted Ms Taghreed Al- Najjar who worked with our Grade 5 students and we also have Areej Al-Taji working with our Grade 2 students. We are all very appreciative of their time and talents. Tomorrow Ann Bryant will begin to work with our students and teachers. Ann is an experienced educator and prolific author of over 100 books. She also has a background in the performing arts with her work adapted and performed by the London Philharmonic Orchestra.

Our Libraries are holding a Book Fair until March 10<sup>th</sup> in the MPR lobby where books will be available for purchase from 7:30am- 3:00pm. The week will conclude with children dressing as their favourite character on Thursday, March 12<sup>th</sup>. This is sure to be a fun day!

Our most recent assembly featured a book theme with Ms Rula's Grade 2 class performing an adaptation of Rudyard Kipling's classic *The Jungle Book*. The performance was more worthy of a production than an assembly and the audience were treated to an amazing spectacle. Congratulations Grade 2!

Thank you to the many people that contributed to our recent Bake Sale. We raised over 1,800 JD which will be used to help support a very special young lady as she prepares to undergo surgery to help her walk unaided for the first time. The campaign "Until Sama Walks" has been initiated by our CAS team and there are a variety of gifts that may be purchased at the Primary Reception, with all of the money going to cover the cost of a very complex operation.

Our counsellors sent out a very well written letter last week with advice on how to deal with the uncertainty gripping the world right now. It is important that we remember that our children are looking towards us for reassurance and cues on how to react and respond. Remaining positive, sticking to facts and supporting each other are crucial. I'm sure that you are aware that as a school we have initiated several protocols aimed at educating our children and doing our best to keep them safe. It is very important to eliminate stigma and I appreciate the supportive way in which the large majority of parents have responded and supported members of our community. Ms Maria and Ms Sophie are very much available to support your children.

This week I would like to recognise the following students:

Bronze Award Winners:

Abdullah Abu Halimeh 5C	Butros Sweidan 1B	Samir Shawareb 1B
Faris Al- Karaki 3A	Celina Al Azzawi 1B	Rayan Azzeh 1B
Naya Abu Haltam 2A	Aya Dibie 1B	Abullah Khader 1C

Silver Award Winners

Yousef Mustafa 3C	Bisher Elbaraqouni 3C	Ayla Al Kayyali 2A
Omar Dajani 3C	Juman Al Samhour 3C	Kenzy Aballah 1C
Jafar Abdallat 3C	Taraf Al Qudsi 3C	Hashem Abu Haltam 1C
Hasan Al- Sarraf 3C		

Gold Award Winners

Miryam Kanber Agha 3C	Yahya Atari 1C	Saya Al Kurdi 1C
Maia Gourgourinis 3C	Tajeddin Arkhagha 1C	

Gold Award Merit Winners

Anoud Mirza 2A

Wishing you a wonderful week.

**Andrew Powell**  
**Primary Principal**

## Secondary School News

Dear Parents

It has been a challenging week and I would like to thank you for support and patience. Our attendance in Secondary was very good last week. On the other hand, it was a sad week for all the extra-curricular events that were taking place this last weekend. With the postponement of the World Scholars Cup, Robotics and the Basketball competition and with our withdrawal from the King Academy's MUN, it meant that a lot of students who had worked hard for some wonderful experiences were unable to complete their activities. At this moment in time Robotics is re-scheduled for the last weekend of March, and the World Scholars Cup for the first weekend of April.

I am sure many parents are wondering what will happen if school does close given the precedent in so many countries around us. We have been working on a "Distance Learning" plan, and we are upskilling staff so that teaching and learning remains as effective as possible should school close. For Grades 10 and 12, the situation is slightly more complex with mock exams scheduled in the next few weeks. However, a plan is being formulated to allow students to still benefit from this important exam exposure. Let us hope that none of these contingency plans are needed.

In the meantime, school remains open and we are looking forward to a productive week. In addition to our class learning, our Toastmasters activity continues on Monday afternoons and on Wednesday we will be participating in the CNN sponsored #MyFreedomDay. Grade 6 to 9 will be off timetable on Wednesday morning as they explore this important concept and focus in on the two issues of child labour and modern-day slavery in our world today.

This coming weekend we still have our SAT exams taking place. Unfortunately the CIS University Fair is not taking place on Saturday. Please ignore the letter that was sent to you promoting this event. As you can imagine, the increasing and ever changing travel restrictions have made it difficult for university reps to physically move around the world. Likewise the swimming competition to which we had entered students this weekend is postponed.

One thing that can't be changed is Pi Day! On Sunday the 15<sup>th</sup> March we will be celebrating (one day late) this irrational mathematical number with activities in class and our annual competition to find the student who can recite the largest number of digits of Pi. Last year the winner went over 100 – but records are meant to be broken!

Grades 10 and 12 are very busy completing their e-portfolios and internal assessments this week. Looking ahead, an updated Grade 10 Mock exam schedule will be shared with you shortly. There is a minor change to the timing of the IAS exam. Please take note and discard the old schedule. The Grade 12 mock schedule has been shared with students and will be sent to you this week. Both sets of exams start their session on the 22<sup>nd</sup> March, and students will only be expected in school for their exams. Students are welcome to work in the Library during the school day if they wish. Please note our students are expected to be in full school uniform during assessment week.

As mentioned in many of our communications, the health and safety of our school community remains a priority. We have increased the frequency and intensity of our cleaning in school. All in our community are advised to follow the World Health Organisations advice on personal hygiene (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>). Finally, we need your support in monitoring your children and not sending them to school should they be showing flu-like symptoms. All of these precautions are what we should normally practice but extra care and vigilance is currently needed.

At this time of uncertainty, there are many reasons for stress levels to rise in students and parents. I would also like to refer to you the excellent letter sent to the community from our Counsellors in Primary and Secondary that addressed this issue. You can find a copy of the letter at this link:

Whilst we work in a fluid and uncertain time, one thing is for sure: teaching and learning carries on as usual at IAA, and our students are going to be very busy this week.

**Yours sincerely**

**Mr Martin and Ms Zena**

**Re: Coronavirus (COVID-19)**

Dear Parents,

The coronavirus (officially named COVID-19) has been declared a public health emergency by the World Health Organization (WHO), and with the recent announcement by the country's Ministry of Health, uncertainty around this can bring about fear and worry with our students. It is important to remember our children are looking towards us for reassurance and cues on how to react and respond.

Five strategies to build resilience and have reassuring conversations with kids are:

**Stay Positive:**

Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Sudden changes to the environment and routines can create unease. Having calm, panic-free discussions can ease emotions around these changes. Check-in on how your child is feeling; acknowledging and addressing their worries rather than ignore them.

**Stick to the facts:**

It is important to have thoughtful conversations regarding the coronavirus to distil anxiety, worry or fear. Looking at the facts helps to resolve any questionable unproven information. Consider your child's age, processing, and emotions to determine how to frame these conversations to ensure your child understands. Let them know that there are health workers and government officials working to do everything they can to keep the people in Jordan safe. Keep updated on the latest official news so when your child has questions, you can help to ease their mind by providing accurate information.

Discuss that not everything they hear or see is real. Highlight positive news as well (e.g. number of people who recover is much higher than those who face complications).

**Consider Media Consumption:**

When looking online, consider the source and fact-check to prevent fake news, and think before you share on social media or Whatsapp. Be mindful of how much media you are checking and minimize how often you are reading stories. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle.

Keep young children away from social media and offer reliable and age-appropriate information sources to them. For example, this BrainPop video for children about Corona Virus: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

(Search on Google: “brainpop coronavirus” for easy access)

**Eliminate stigma:**

It is important to be aware of how the coronavirus is explained to your children to avoid any person/group being blamed. Communicate that if someone has a fever or cough does not necessarily mean that this person has the coronavirus.

**Boost Your Coping Strategies:**

It's important to practice positive strategies to calm and modify our thinking to improve outlook and overall well-being. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, movies, creating a gratitude list, meditation, yoga, colouring, exercise, cooking/baking, talking to a friend or family member, or doing other activities that are fun or give you joy and make you feel good.

Smiling Mind is a website and app with free mindfulness activities that can be useful at any time and particularly when dealing with anxiety: <https://www.smilingmind.com.au/>

If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue conversations while providing care for your child. If you find that additional support is needed, please reach out to one of our school counsellors.

Warm regards,  
IAA's School Counsellors