



UPDATES FOR BMIS SECONDARY PARENTS

17th February 2023

Our Mission

We are a diverse and welcoming community in a joyful learning environment that promotes well-being, sustainability, and inclusivity and celebrates growth as success.

Dear Parents/Guardians,

Online Safety

It's important to acknowledge that as children enter adolescence they spend increasing amounts of time outside of the home in public environments (including those online) within which they may experience abuse. But what is online abuse?

According to the NSPCC, it is a type of abuse experienced on the internet, facilitated through technology, which happens on any platform that allows for digital communication. Young people can experience one or more of the following:

- Bullying/cyberbullying
- Emotional abuse (including emotional blackmailing), and
- Sexual abuse, sexual exploitation, or sexting.

Young people can be at risk of online abuse from people they know as well as from strangers. Online abuse may be part of abuse that's taking place in the real world such as bullying or an abusive relationship. In other instances, it can start online and crossover to 'real life' situations.

Whether abuse happens on or offline, it can have a long-term impact on an individual. It can result in young people falling behind in school, becoming socially isolated and experiencing anxiety, depression, self harm, or suicidal ideation.

Working in partnership, it is therefore important that both parents and teachers support young people. These areas will be discussed on the following page.

OVERVIEW:

- Online Safety
- Rugby at BMIS
- Int.Maths Olympiad
- Coffee with the Counselors
- Theatre and Sports Updates
- Personal Project Exhibition
- Classroom Activities
- Free Webinars
- Up and Coming Events



Help children understand the benefits of online communities

Despite the risk, online communities can provide young people with opportunities to socialise, make connections and develop relationships, as well as to learn digital skills. They can serve as platforms where young people can advocate for a cause or develop social responsibility. Online communities also provide opportunities for young people to broaden their learning and understanding of the world around them. Talking to children about the appropriate use of online communities and online behaviour is an important reminder of how technology can contribute positively to our daily lives.

Safety and creating a safe environment both off and online

Common Sense Education, a very popular website that develops educational resources for digital citizenship, recommends the following tips to parents, specifically for dealing with cybersafety:

Define your terms: make sure that your children understand terms such as cyberbullying and online abuse, as well as the risks of engaging in mean online behaviour.

Check in about online life: Just as you ask about their sleeping and eating habits, check in on their online interactions and relationships.

Encourage upstanding behaviour: Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important too!

Encourage taking many breaks from technology: especially if your child is easily drawn into digital life.

Who can you or your child contact to report an incident?

It's always recommended that parents help their children understand what to do to keep safe, whether on or offline. Reviewing 'worst case' steps can equip young people with safety strategies they may need.

This may include walking through what to do if your child or a peer is being bullied online:

First, step away. Ignoring a bully can be very effective.

If the bullying continues, take screenshots or print out evidence. Then block the person and leave a platform.

If it gets worse, report the behaviour to a trusted adult, in school, at home or even when in a public venue. Talk about who those people are and make sure your child has their contact information.

Thank you for your ongoing support and recognition of the importance of this topic. We hope that these recommendations and strategies are useful and will help in the support of your child. Please don't hesitate to contact us if you have any further questions.

Kind regards,

Lesley Peacock: Secondary Principal

Richard Ellis: Student Support Coordinator

Mariella Vittetoe Castillo: Secondary Counsellor

Kathryn Leaper: Designated Safeguarding Lead (DSL)

RUGBY at BMIS

The intensity in Girls' and Boys' senior and junior rugby has intensified over the past few weeks as more games are now on the horizon. The focus has been on teamwork and participation, where at all levels, we've welcomed many new players to rugby. It now shifts to cohesion in attack and defense and working hard for each other. Please come and support all our teams on the 7th and 14th of March for Game Days v Lilongwe Select and the big interschool games on the 24th and 25th of March.

Jonathan McClenahan
Diploma Programme Coordinator



will get up and move on.



ELITIST



Japheth Hirpa 9FMP

The International Maths Olympiad Challenge provides engaging Maths online tests and preparatory content to primary and middle school students throughout the world. The IMOC has been running for the past 26 years and has attracted over 3.1 million students from 4189+ school in 37+ countries.

In the December 2022 Competition, a second of our young mathematicians, Japheth Hirpa (9FMP), achieved the title of International Maths Olympiad Elitist. This is an accolade awarded to students ranked in the top 20% in the final round of the competition.

The Mathematics Department joins the entire BMIS community in congratulating him for this achievement. Well done!

Coffee with the Counselors

Last week, our counselors facilitated a thought provoking workshop on the topic of Compassionate Discipline. This new field of parenting and managing behaviour encourages us to think about disciplinary approaches in a new way, going beyond considerations for schoolwide consistency, to consider factors that underlie misbehaviors. It approaches discipline as a moral act and seeks to reinforce acceptable behavior through examining the child's thoughts and feelings and setting a positive example (Bryant & McCamish, 2015). Please find the slides to the workshop attached:

https://www.canva.com/design/DAFR50d8DcM/ROAzQO4mj6hvzdRi-OIZ-g/view?utm_content=DAFR50d8DcM&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

We hope to see you in our next workshop!
Mariella Vittetoe Castillo BSc, MSc, PGDip,



Happy Valentines from STUCO!

We started off the celebration with a 'Pink, Red and White Dress Up' on Friday 10th. In the evening, we then celebrated with a Valentine's Disco which featured some live music from the Year 11 Ellipsis band. It was a lot of fun with dancing, singing, eating and more. We also put together Valentine's candy grams that students and teachers could buy for their friends which had chocolates, roses and teddy bears! With over 200 orders we were able to spread the joy on Valentines Day. Thank you to everyone for all your support. *Daniella Lamont*



Well-Being Class



Each Friday afternoon our Year 12 and 13 students enjoy a well-being class, which introduces a range of strategies and approaches to well-being guided by the PERMA-V model (positive emotions; engagement; relationships; meaning; accomplishment; vitality). Last week students were focusing on "meaning" and were introduced to the Japanese concept of Ikigai, which is a way to find your life's purpose or worth. We watched a Ted Talk by Tim Tamashiro and began to reflect on and answer questions to help discover our Ikigai.

Kathryn Leaper
Middle Years Programme (MYP) Coordinator



Last Friday our Year 12 English Language and Literature SL and HL classes engaged in a Socratic fishbowl discussion, debating whether song lyrics are poetry. This was a lively and informed discussion, that lead some of our students (and teachers) to change their perspective on the topic!

Kathryn Leaper
Middle Years Programme (MYP) Coordinator



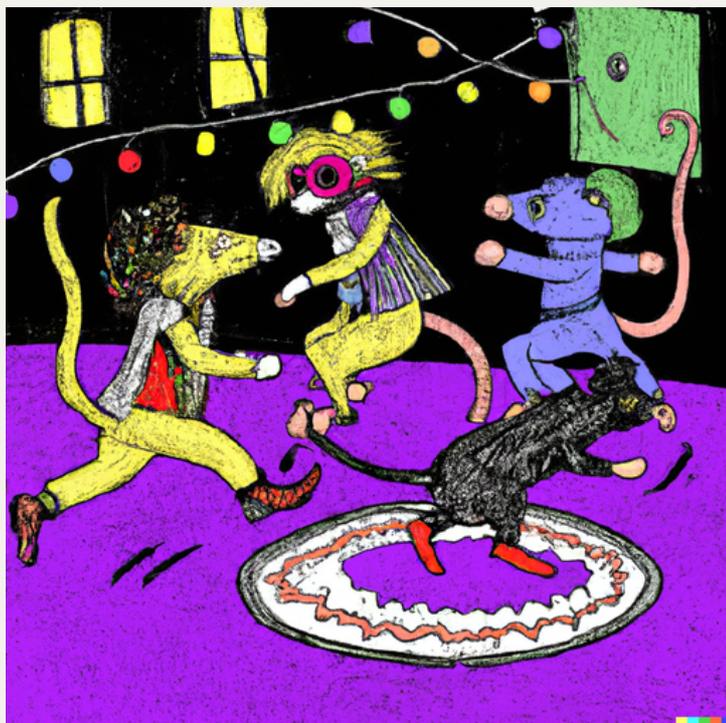
Pantomime - Dick Whittington

One night only! Friday, Feb. 17th - tonight! Come join the Year 7 RHA pantomime performance of Dick Whittington. It has cats! It has rats! It has tuk-tuks! It has Chipiku! It has ABBA songs! It has everything! Guaranteed to make you laugh!

Friday, February 17th.

6:30 pm to 7:30 pm in the upper hall at BMIS.

Open to the BMIS community - free of charge!



HAMILTON

Movie night / Sing Along - Hamilton!

Friday, Feb. 24th at 6pm to 9pm in the Theatre Studio

Come and see the hip-hop musical about history that has been making history! This is a chance to have a great night singing your favourite Hamilton songs - or if you have not yet seen Hamilton - to discover which of the Hamilton songs are your favourites! As Hamilton is likely to be our next school musical, this evening will be used to see how much interest we have and to get the ball rolling. Auditions will be held soon!

Dave Montreuil

MYP Music Teacher, Year 7 Drama Teacher

Y12 Sport and Exercise Health Science

Students got physical this week whilst they completed a revision lesson on 'the brain'. Students had to draw an accurate brain out of chalk, label the relevant lobes and select the correct function from a list of 20 different sentences.

We then created a live 'blood brain' barrier with rucking shields as the membrane, tennis balls as AP and different people as glucose and oxygen. We discovered what happens when there is a lack of oxygen and glucose supply to the brain during exercise.

Neil Black

BMIS Sports Coordinator



Personal Project Update

BMIS community, make a diary date for the 2nd of March because it is Year 11's Personal Project Exhibition in the Lower Hall.

It is time for the Year 11's to exhibit their Personal Projects. Since June of 2022, students have been working hard to identify a project of interest, deepen their understanding and bring their ideas to reality. We want to invite our BMIS community to come and join their celebrations of talents and ideas.

During this day, Years 6 to 9 will visit the exhibition, and they will have a chance to speak, listen and interact with Year 11's about their final product but, most importantly, hear about their journey through and experiences of the Personal Project, allowing you to gain first-hand experience while attending the event.

On the evening of the 2nd from 6 pm, Year 10's and 11 parents are invited to attend the exhibition.

Come and celebrate Year 11 achievements.

Wayne kovacs

Last Friday, our Year 8 Theatre students visited our Reception class to share their physical theatre performance rehearsal of "Where the Wild Things Are" for feedback. Our Reception students provided some really helpful feedback about what they enjoyed and some ideas as to how our students could improve their performance! Our Year 8 students were grateful for this opportunity and returned to class to discuss and apply the feedback that was given. Thank you to our Reception students for helping our Year 8 Theatre students learn and grow from feedback!

Kathryn Leaper

Middle Years Programme (MYP) Coordinator

Yr. 13 Business Management:

As part of our revision process, the year 13s Business Management class created a visual display that incorporates all the content of our IB DP Business Management syllabus in which we have been able to create links and make connections across the Introduction to Business, Human Resource Management, Finance and Accounts, and Operations Management units. This display is an engaging and creative way of showing our knowledge while also recapping the content needed as our mocks are right around the corner! - Aya, Kondwani, Claire, Yoann and Swaleha.



Writing Novels in Year 8

The Year 8 Language and Literature are halfway through their year-long Novel Writing Project, adapted from the National Novel Writing Month. Over the course of the first semester, they spent much time designing characters, practising dialogue, planning plot points and exploring conflict. Finally, they have begun writing, with the goal of completing their novels before the end of the academic year.

To whet your appetites, here are some blurbs of the books they're writing:

Spark's Journey

Spark is a fast race car who has a lot of dreams but he needs to beat Jackson Storm in order to win the Chicken Cup. Will Spark beat Storm? Will he find glory?

- [Ashvik Kollipara](#)

Where Moors Meet Cliffs

In the wilds of the Scottish mountains, forests and moors, four friends are enrolled in a mystery of a missing jewel-studded cross; they must travel through the mountains to find the thief and return this cross to its rightful place.

- [Noah Riches](#)

The Trials of Kelly Baxter

Kelly's gotta turn her customers back into humans, and stop the Green-Toed Goblin from min-washing all of North America. She'll need the help of her little sister sorceress.

- [Mahlet Worku](#)

South Mystery

In the beautiful South Beach in Florida, There is a boy called River. He finds trouble, loses a cat and lives a rich and delightful life in his penthouse. Will he find his cat? Or will he lose him forever?

- [Lukas Hemling](#)

A Story of Friendship and Adventure

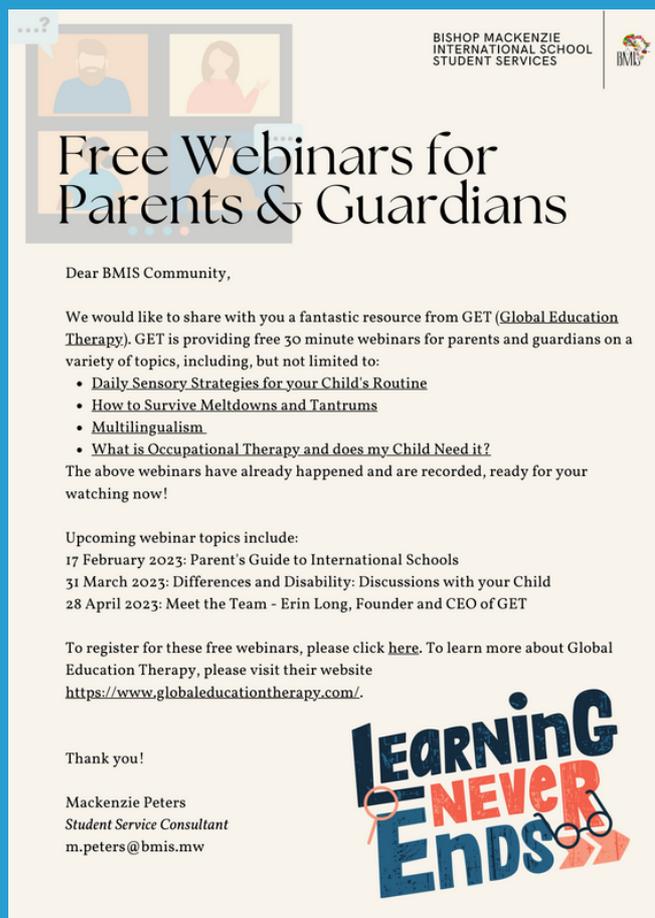
Stacey's family is moving to New York City for her dad's new job. Although she is sad to leave her hometown, she is excited for the opportunity to live in her dream city. Her friends are upset about the news, but they comfort each other and make plans to make the most of their remaining time together.

- [Hoorain Shahid](#)

CR7

The start of an incredible story. February 5 1985 a child was born with a dream of being the greatest footballer of all. The beginning of his life wasn't looking great but he wanted to achieve his dream.

- [Muhammad Osman](#)



...?

BISHOP MACKENZIE INTERNATIONAL SCHOOL STUDENT SERVICES

Free Webinars for Parents & Guardians

Dear BMIS Community,

We would like to share with you a fantastic resource from GET (Global Education Therapy). GET is providing free 30 minute webinars for parents and guardians on a variety of topics, including, but not limited to:

- [Daily Sensory Strategies for your Child's Routine](#)
- [How to Survive Meltdowns and Tantrums](#)
- [Multilingualism](#)
- [What is Occupational Therapy and does my Child Need it?](#)

The above webinars have already happened and are recorded, ready for your watching now!

Upcoming webinar topics include:

- 17 February 2023: Parent's Guide to International Schools
- 31 March 2023: Differences and Disability: Discussions with your Child
- 28 April 2023: Meet the Team - Erin Long, Founder and CEO of GET

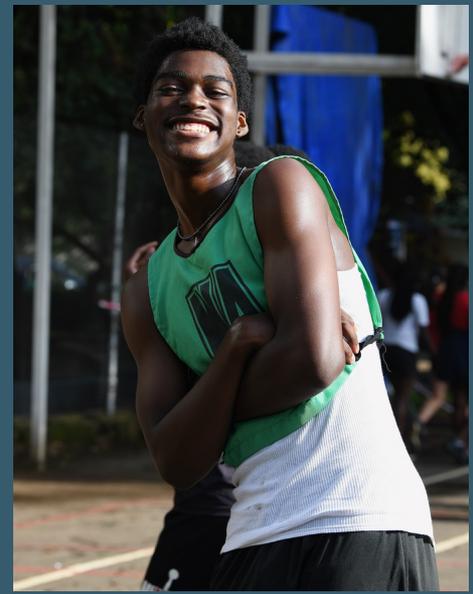
To register for these free webinars, please click [here](#). To learn more about Global Education Therapy, please visit their website <https://www.globaleducationtherapy.com/>.

Thank you!

Mackenzie Peters
Student Service Consultant
m.peters@bmis.mw



House Competitions Part 2



Over the last two weeks, students have taken part in two separate house competitions; Touch Rugby and Basketball. During these competitions, there was an emphasis on involvement, positivity and enjoying playing sport for the fun of it. There was some great basketball and rugby on display with the winning house getting to play an 'all star' game against the other houses combined. In the end, the Elephants were too strong in the Touch Rugby tournament and came out in first place whilst the Leopards dominated the basketball and came out on top. This allowed both houses to catch up on our overall leaders at the moment: the Lion house. The accumulated totals for this year can be seen below:



Elephant 250, Leopard 240, Lion 290, Rhino 210

Neil Black

BMIS Sports Coordinator

UP and Coming Events

Friday. 17th February -6.00 pm-7.30 pm Dick Whittington Production by Yr 7 students in the Upper Hall

Monday 20th -Saturday 25th February-Model United Nations trip to Nairobi

Thursday 23rd February-Secondary Parent/Teacher/Student Conferences from 8.00 am-4 pm

Friday 24th February- 6 pm Hamilton movie and sing along in the Theatre room

Monday 27th-Thursday 2nd March DP Mock Examinations

Thursday 2nd March -Personal Project Exhibition in the Lower Hall at 6 pm.

Friday 3rd March-Martyr's Day Holiday

Thursday 9th March- Parent Workshop 'Growth Mindset and Building Your Child's Confidence and Self-Esteem'. Library 7.30 am-8.30 am.

Monday 13th-Friday 17th March Book Week

Thursday 16th-Saturday 18th March-Duke of Ed trip to Luwawa