

21 JANUARY 2022

IN THE LOOP

Updates for the Secondary parents of BMIS



OVERVIEW

This week in our BMIS **community**

It's the 21st of January - can you believe it?!

We are now almost one month into 2022 and I hope that you and your families have been keeping well and enjoying the new year. The fact that time is already flying by has me reflecting about the need to stop and appreciate the small things, whether it's the sincere "Hello, how are you - it's good to see you" that students have shared this week, or the smile behind a mask, watching the kids excitedly run around the field enjoying each other's company, and watching the Year 12 students relax on their new tyre swings. It's the little things each day that can bring so much joy, so we have to be sure not to pass them by too quickly.

It's a short first week back kicking off Term 2, but I can assure you it has been a busy but happy one. We've welcomed three new families to our BMIS community, almost finished MAP testing for Years 7-10, Year 11 enjoyed a week of DP subject tasters, and everyone else is either wrapping up units of study or starting fresh! There has been such a positive and calm atmosphere around campus, with so many of us feeling refreshed and genuinely pleased to be back in each other's company after our four week break!

And speaking of our campus, it is looking absolutely stunning. The rains have brought the grass back to life, trees are thriving, and the flowers are blooming - it really is a wonderful sight to behold. And the Squeaky Wheelbarrow have been hard at work planting trees and flowers (some of which were so generously donated), and making our space even more enjoyable for all!

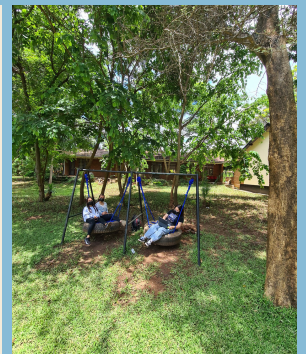
It's a short update this week, but still so wonderful to see what's been happening at school, so please grab a "cuppa", settle down, and stay "In the Loop!"

Kathryn Leaper
k.leaper@bmis.mw

- Y11 DP Subject Taster Week
- MAP testing
- The Great Kindness Challenge
- Community!
- ECP Update
- Put it in your calendar

**ENJOY
THE LITTLE
THINGS, ONE
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Picture Quotes.com



Y11 DP Subject Taster Week

This week has seen our Year 11 students enjoy a range of subject tasters, that serve to help them understand what's on offer in Year 12 and help guide their decision making process. While the week isn't over yet (they still have Monday because it was a short week), we're already hearing such positive feedback about how valuable the experience has been. Our Year 11 students themselves, will feature in next week's "In the Loop" sharing their experiences, but before then I wanted to share a few pics to highlight the learning and fun that they've been having!



	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	07:25-08:20	08:20-09:15	09:30-10:25	10:25-11:20	12:00-12:55	12:55-13:50
Tuesday	Intro DP & DCP & HSD	Group 1 Lit & Lang Lit & SSST		Group 4 Bio & Phy & DT		
Wed	Group 4 Bio & DT		Group 6 SEHS & Theatre		Core TOK	Support Student & Ed Support
Thurs	Group 3 BM & GP & ESS		Group 6 SEHS & VA		Peer discussions G1 - G6 Y11s & Y12s & Y13s	
Friday	Group 2 Lang B & Ab			Group 3 BM & GP & ESS		
Monday	Core CAS & EE	Core CSC & EP	Group 5 Math AI & Math AA		Support Wellbeing	Conclusion Road Ahead

The Year 11 students finished off their day on Thursday having the opportunity to speak to a panel of Year 12 and 13 students. We left them to it, so that they could ask the honest and hard hitting questions, and Mr Mac tells me that this was a very well received session, which they found very valuable!



MAP testing

MAP testing got underway this week, seeing Years 7-10 in the hall completing Mathematics, Writing, and Language tests.

For some of our students this was their first experience with MAP and for others, they'll have the opportunity to see their growth over the years.

Early next week we will be holding make-up testing sessions for students who were either absent or weren't quite able to finish their test during the time that had been allocated. MAP testing results will then be shared with Term 1 reports on Wednesday 9th February.



The Great Kindness Challenge

Next week our school is hosting "The Great Kindness Challenge". This has been organised by our Student Council, who will be setting kindness challenges each day, culminating in a kindness dress up day on Friday.

I was fortunate this week to be on the receiving end of kindness, including this morning when I arrived in my office to find a plunger of coffee had been prepared for me by an incredibly kind colleague, and one of our students very kindly shared a small gift with me today too.

"Psychology Today" shares that, "Kindness is defined as the quality of being friendly, generous, and considerate." Notice the "and"? All three qualities are interwoven to make someone kind. There is so much research that shows the benefits of kindness on our own health and that of others - just a quick Google search proves this.

There's no doubt that kindness is such an exceptional quality for us to have and show to others, so how can we do that? "Psychology Today" has a couple of ideas:

One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help. Opening your eyes means noticing when others are suffering. A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbor with yard work or food, taking a photo of someone and sending it to the person, sharing homemade food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practice kindness.

Kindness is a willingness to full-heartedly celebrate someone else's successes. Kindness is to be openly happy for the other person. Kindness is also about telling the truth in a gentle way when doing so is helpful to the other person. Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

Over the weekend I encourage you, as a family, to discuss the quality of kindness and how we can show kindness to others, because "No act of kindness, no matter how small, is ever wasted" (Aesop).



Community!

Next Thursday during Tutor time students will be reflecting on the data gathered in Term 1 from parents, teachers, and students as to what it means to be a community and what communities must be, have, and show. They will then be setting a community goal or intention for their Tutor group to focus on for the remainder of the year.

Below is a wordle sharing of all the words and ideas that our students, parents, and teachers associate with community. I encourage you to take the time to reflect on these as a family, and maybe even set your own goal in relation to our BMIS community!



ECP Update

We are thrilled to be able to offer a new schedule of ECPs for Term 2, which will be shared with our **community** on Monday. The offerings range from sporting options including netball, football, badminton, tennis, rugby, dance, frisbee, and yoga, to non-sporting offerings such as Eco Aware club, subject help, chess, and music...and so much more!

One new offering this term, which is being supervised by Alicia Giblett, is "Cultural Chameleon Club" for students in Years 7-9 and "University Transitions Course" for Year 13. I've shared a brief snippet of information below from Alicia, which begins to explain what her clubs are about. More details will be attached to Monday's sign up email from ECP Coordinator Nate Cole. Please keep an eye out for the email in your inbox on Monday!

Have you ever noticed your child(ren) struggle with the idea of moving to a new country, grieve the loss of friends who move or have a hard time creating deep friendships in a new place? Even as adults, we can find it difficult to transition between cultures. Young people need to be supported before, during and after shifting their lives to a new location - just like you do!

If you or your child(ren) need support - I can help! I'm an international school teacher, with over a decade of experience. I've seen too many students struggling without the needed help during these big changes. Since I'm so passionate about education and the well-being of young people, I've left the classroom to pursue Expat Family Education and TCK Advocacy. I come alongside parents, teachers and students to help them learn more about Third Culture Kids and the common challenges they face because of their highly mobile lifestyle.

If your child(ren) has grown up outside of your culture(s) and possibly moved from one country to another as you've changed location for work - then you are raising a TCK. This extraordinary group of young people have amazing life stories and from decades of research - common issues and challenges have been identified in this group.

If you're raising a TCK(s), I highly recommend you consider signing your child(ren) up for the ECPs in Term 2.

For Years 7-9, I'm offering a Cultural Chameleon Club that will cover issues such as:

- *Camouflage: what do you change to fit in?*
- *Identity - who am I? What are my identity anchors? How can I truly belong?*
- *Work with identifying a larger range and more specific emotions and freeing ourselves to talk about them.*
- *Storytelling exercises*
- *Identifying both personal benefits and challenges of growing up in multiple cultures.*

For Year 13, I'm offering a University Transitions Course that will cover issues such as:

- *Cycle of Transitions and why this one is different*
- *Identifying visible and invisible losses that come with change*
- *What is grief and how can I process it?*
- *Identity anchors, belonging and finding your tribe at university*
- *Building relationships with monocultural peers*
- *My 10 second story*
- *Leaving well and arriving well*
- *Thinking ahead - preparing for the practicalities of university life*



*If you would like more information, please contact me at alicia.giblett@gmail.com or check out my website www.aliciagiblett.com
You can also follow me on Instagram: https://www.instagram.com/expat_family_educator/*

Put it in your calendar:

Tuesday 18th - Monday 24th January
Years 7-10 MAP Testing

Tuesday 18th - Monday 24th January
Year 11 DP Taster Week: students learn about and engage in activities that help them make informed DP subject choices

Wednesday 26th January
Extended Essay Cafe @3.00-4.00pm in the BMIS canteen
Please come along to hear more about our Year 12 students' EE proposals, and offer feedback and guidance in your area of expertise!

Wednesday 9th February
Term 1 report cards available on ManageBac + MAP testing results shared

Monday 14th - Friday 18th February
Book Week! More details to follow.

Wednesday 16th February
Parent-Teacher-Student Conferences (no school day). More details to follow.

Thursday 3rd - Sunday 6th March
Martyrs' Day long weekend (no school)