



UPCOMING EVENTS

JANUARY

- 11th Dec - 10th: School Holidays
- 1st- 2nd: Public Holiday: New Year's
- 11th: First Day of Term 2 – Year 5 to 13
- 12th: First Day of Term 2 – Pre-nursery to Year 4
- 17th - 20th: Online Parents Meeting – Year 8
- 18th: Public Holiday: Thai Poosam Cavadee
- 20th: Online IGCSE Subject Choice Evening – Year 9
- 21st: Understanding IBDP Assessment – Year 12 & 13
- 22nd: Pre-Nursery Parents' Morning
- 24th - 27th: Online Parents Meeting – Year 10

FEBRUARY

- 1st: Public Holiday: Abolition of Slavery & Chinese New Year
- 2nd-16th: Mock Exams – AS, A Levels and IBDP
- 4th: Chinese New Year Celebration (TBC)
- 7th - 23rd: Mock Exams – IGCSE
- 7th: Observation Workshop 2 – CH & LP Parents (TBC)
- 12th: CH and LP Dad's Morning (TBC)
- 14th: Valentine's Day Celebration
- 15th: Interhouse Swimming Gala (Year 7-13) (TBC)
- 17th-20th: Mid Term Break

Empowering learners to reach their full potential

NEWSLETTER

DECEMBER 2021



I am happy to share with you our latest newsletter, which illustrates the engagement our school community continues to show through the ongoing challenges we are facing. It is clear that we have not let these challenges stop us from being creative and developing a variety of learning experiences and activities that show our shared commitment to our values of perseverance, excellence and community.

The ongoing impacts of Covid have meant that several well-loved students and staff have had to leave the school this term, which has been difficult for us all. In particular, I would like to say a special farewell and thank you to our Vice Principal Miss Ingamells for her dedication and outstanding contributions to Northfields over the past 12 years. It has been a real pleasure having her as part of our team and she will be greatly missed. We all wish her the very best as she moves abroad and hope she knows that she will always have a place in our hearts as a teacher, leader, esteemed colleague and friend.

I must also recognise Mrs Axten for her fantastic contributions to the school as she steps down as President of our Parent Committee. Her enthusiasm and energy in this role over the past 6 years have added so much to our school life through the committee's organization and support of events like our annual Fun Days and Golf Days, numerous holiday bake sales, inter-house sporting events, and charity drives to name a few. This support from

our parents is invaluable, and our students and the wider community have benefitted immensely throughout her time as leader of the committee. Thank you!

As we look ahead to 2022, I am confident that what has been built by so many great staff, students and parents throughout Northfields' first 20 years will continue to grow and our students will thrive thanks to the amazing commitment and valued talents of our ever expanding community. I do hope that you enjoy reading about some of the most recent of these achievements, as well as reflections and advice from our remarkable students and staff here in this issue.

I wish you all a safe and happy holiday with your families and a new year full of joy, good health, personal growth and ongoing success.

Best Regards

Ms Phyllis Philogène
Principal



"I am confident that what has been built will continue to grow and our students will thrive"

VACCINATION

On the 14th of October our learners between the ages of 15 and 17 got their first dose of the Pfizer-BioNtech vaccine. There were anxious and nervous students but as soon as the vaccination process started there was relief. The students received their second dose on the 17th November.

Northfields is glad to have been able to assist in getting its students inoculated.



COUNSELLOR'S PRESENTATION

It was with great pleasure that our school counsellor, Mrs Melanie Sandiford, delivered a fun and motivating workshop on how to build resilience with our Year 11 students.

They were introduced to ideas on how to develop "grit" and also the Ikigai way of thinking in developing a happy and healthy life. Students interacted positively during the session.

We look forward to future workshops already.



EVENTS

FOUNDERS' DAY

On Friday 22nd October, Northfields celebrated its 20th anniversary and Founder's Day.

It was a time to reflect on the School's past and those that have helped to shape who we are, and to acknowledge the community members, both past and present, who have influenced the character and values that embody the vibrant and engaging environment we see today. Keeping with acknowledging the community members, Northfields welcomed back Northfields alumnus Ashley Epstein as its Guest of Honour.

Mr Epstein gave a short but very impactful address outlining his approach for success.



Only special guests and parents of prize winners attended the celebration in the school hall while the rest of the school community tuned in remotely to participate in the festivities of the day.

It was a wonderful opportunity to show-case the incredible learning environment and connected community that we have developed in our short history.



DIWALI CELEBRATION



The workshops included Henna application, cake decoration, yoga and meditation, and lamp decoration. Some students also worked on the beautiful Rangolis that decorated the school during the day.

We hope that they learned more about the holiday and enjoyed the celebrations.

This year, Diwali was celebrated in a different manner. After watching a few dances in the hall, as well as our traditional Fashion Show, the students had the opportunity to discover and learn more about the Indian culture through various workshops.



SANGO

We are happy to share the results of the South African Geography Olympiad held on the 21st of September 2021. Northfields became the first school from Mauritius to participate in SANGO.

Our Geography students bagged the positions in top 5%, Top 10%, Top 15% category.

The results are as follow:

1. Anandita, 9I-Gold Certificate: Top 5%
2. Laetitia, 9I-Gold Certificate: Top 5%
3. Victoria, 9R-Silver Certificate: Top 10%
4. Armaan, 8H-Bronze Certificate: Top 15%
5. Maelynn, 9R-Bronze Certificate: Top 15%
6. Bailey, 9I - Participation Certificate
7. Eja, 8H- Participation Certificate

Congratulations Students!



CHRISTMAS CAROLS

Encouraging performances at school on special occasions have proven benefits like improving social and emotional well-being, promoting teamwork, reinforcing what has been learnt, involvement in some organizational aspects and much more. Knowing this, we could not afford to miss our traditional performances for Christmas even if the circumstances were difficult and there were many restrictions due to the pandemic. As soon as school went online, a virtual event was organized in a very short period of time. Some students from Year 12 volunteered to help; Anna P. collaborated with me in organizing the event while Jenna R. and Shena T. proposed their help for the presentations.

We did our best to get students to participate in the show. The ones interested sent a first video as a demo and, where needed, I commented and helped them to improve. The duets were harder to synchronize as students did not really have such experiences before. Playing or singing in front of a camera is also stressful and very often the recording has to be done again, a number of times. Thanks to the expertise of Julie, in marketing, we managed to put the videos together, and the result was excellent. From my point of view, this event was a great achievement. In only thirty-minutes, we were able to get a wide array of music and students tried their best to give wonderfully stylish performances of songs. We were blessed by the beautiful voices of some while others shared their knowledge and passion for instruments like the keyboard, the piano, the guitar, the violin and we even had one piece played on the cello, a very rare instrument in Mauritius.

Christmas poems composed by students from the Lower Primary Section were also a great inclusion. A friend of mine also joined to share a song to promote awareness of two more instruments; the recorder and the trumpet. I believe that if we can arrange for some regular rehearsals next year, we will achieve a higher level of performance and I am convinced that you people, will definitely enjoy being part of this movement.

I would like to congratulate the following participants for their dedication and hard work which is very much appreciated by the school community: Odhran L.(Yr1), James K.(Yr2), Jude S.(Yr3), Luke S.(Yr4), Melody C.(Yr4), Oliver L.(Yr5), Florence K.(Yr5), Sophie A.(Yr6), Shreya B.(Yr6), Malou G.(Yr7), Sienna H.(Yr7), Dharelyna P.(Yr7), Stacey Jade F.(Yr8), Ameline C.(Yr8), Eloise C.(Yr8), Eja R.(Yr8), Maelynn L.(Yr9), Flavia L.(Yr9), Sheen B.(Yr12), Anna P.(Yr12) & Tiya S.(Yr13). Special thanks to Mrs. Philogène, Julie, Anna P. Jenna R. Shena T., to all the parents who encouraged their children to participate in this virtual event and to our guest artist J. Pierre Madoosing. Merry Christmas and my best wishes to you all for the New Year 2022. Spend quality time with your friends and families and seize this opportunity to spread love.

Mr. A. Patten, Music Educator



BOOK DONATIONS

The Women For World Peace, in association with the Women's Alliance, participated in a book donation drive for students in need. Books collected were sorted on Saturday 9th October and these books were then handed out to students in Bambous at The Maw Centre. Other distributions were carried out on 23rd October and 13th November. Thanks to these charities we are helping students all over the island one book at a time.



DESIGN FOR NGO

One of our Northfields parents was asked by an NGO to design and make some game pieces for Reef Conservation projects in Mauritius and the Indian Ocean. They will be used in schools in Mauritius, Reunion, Rodrigues and the Seychelles, to help educate the next generation about how to look after our ocean.

He pitched the idea of using his daughter Evie's drawings to the NGO, as she is of the age that they will be aimed at. So she stepped up and gave a range of designs and illustrations, and now they are in production.

Well done designer Evie!



ONLINE LEARNING EXPERIENCES

Having conversations through an electronic device day after day and attaining my knowledge in pyjamas is something I never imagined I would experience. When I was small, I pictured my high-school adventure held in a buzzing classroom with teachers and peers by my side, eager to discuss our opinions and share priceless knowledge. Never could I envisage a screen time of 7 hours, and profile pictures being the only method of identifying my classmates. However unexpected this situation might be, I have continued my education and learned new things I never would have grasped if life had carried on as normal. Online learning has its upsides and downsides, but it has made me realise and treasure the smaller things I should be grateful for: going outside, seeing my friends, having break with my year group, asking questions face-to-face, taking notes from the whiteboard, and sitting in a classroom.

Before the pandemic shut down our ordinary lives and turned them 180°, I took all those pleasures for granted. In 2019, our worlds turned upside-down and haven't rotated back yet, but we have persevered and acknowledged the most important things, and people in our lives.

Flavia L.- 9V

As a student who has been doing online for nearly 2 years on and off, I can agree and say that the situation has been sometimes complicated. Although it has been horrible for some students and teachers, I have found online learning a really fun and interesting experience. I know many will disagree with this statement, which is why I thought it was one to share. With learning online I feel more at ease with my work, I understand it better as my teachers are very dedicated to answering my questions and always giving me a helping hand. I feel less pressure when it comes to tests and even feel more comfortable responding to questions in class.

I find the that being online has definitely taught be many skills such as independence. However i would rather go back to school where I can return to living a normal teenager life, surrounded by my friends, playing on the fields and laughing at lunch.

Paloma L.- Year 9V

EVENTS

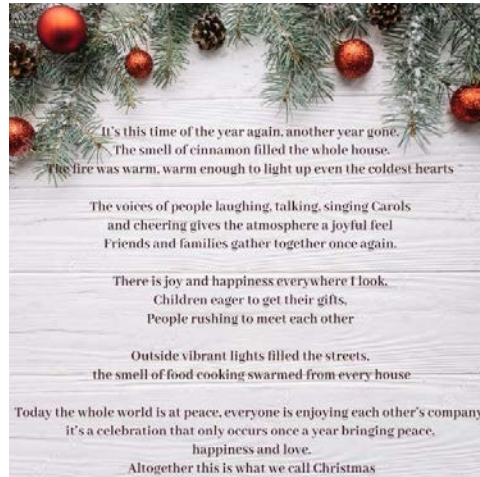
CHRISTMAS POETRY COMPETITION

Despite the stressful situation, we still think Christmas is the season to be jolly. The Library ran a Christmas poem competition and here are our winners. Those three poems successfully portrayed the Christmas spirit and the values of Christmastime.

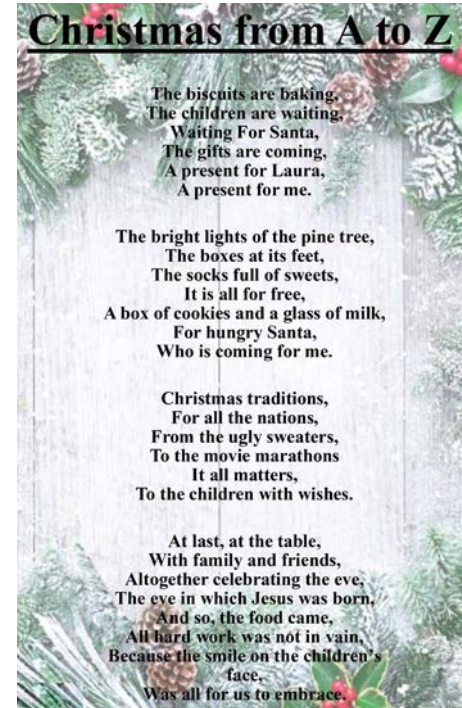
We would like to thank all our participants for their lovely poems and congratulate everyone for their creativity.

Winners:

1. Dakota L.- Year 8V (Winner)
2. William F- Year 9R (2nd)
3. Izyan N.- Year 7V (3rd)

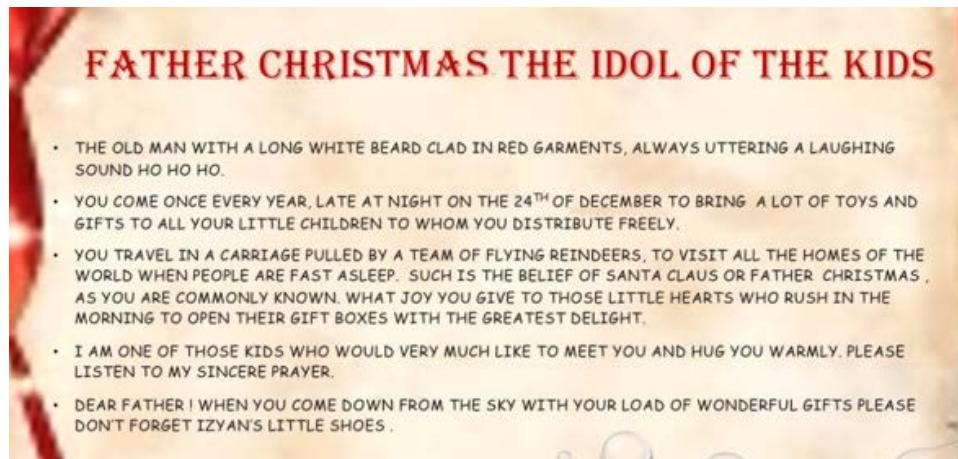


Dakota



William

Izyan



COLLECTION OF PRIZE

The winner of our Christmas Poetry Competition, Dakota L from Year 8V, came to collect her prize and a voucher today, with her mother.

She was so happy that her poem was selected and is now more confident in her writing skills.



YEAR 10 ASSEMBLY

On the 18th of October, Year 10 students had their first assembly after such a long time. It was really nice for this group to come together and meet for some wonderful discussions. Miss Lauren discussed the issue of how to use social media safely. After the short video, a fruitful discussion took place. The session ended with a short mindfulness exercise by Miss Tammy.



YEAR 9 BREAKFAST

On the morning of the 26th of October, all Year 9 students gathered for a lovely breakfast morning. There was such a great variety of food from fruits to chocolate cake and pancakes. All students and the Form Tutors had a lovely morning bonding together after such a long time of either remote learning and staggered school. Thank you to the generosity of our Year 9 parents and to the Year 9 Coordinator and Form Tutors for organising this event. We hope to have a few more in the next year.



ART

Students in Year 9 were asked to draw their school in the style of Mauritian artist Vaco Baissac. Here are some of the pieces produced. Great job!

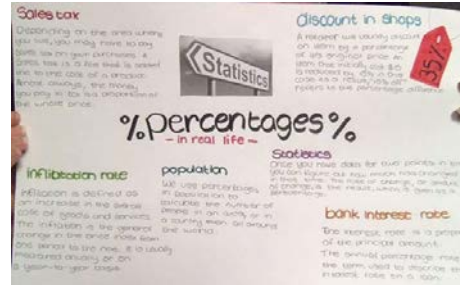
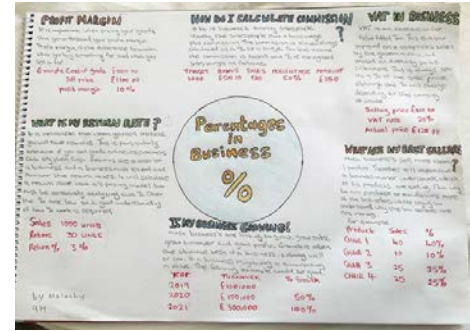


HIGH SCHOOL

MATHEMATICS

For their assessment on applying Mathematics in a real life context, the Year 9 students were encouraged to see mathematics as a tool for solving problems.

The students identified relevant examples where Percentage is used in real life situations. They also had to justify whether the application of Percentages in those examples makes sense in the context of the authentic real-life situation.



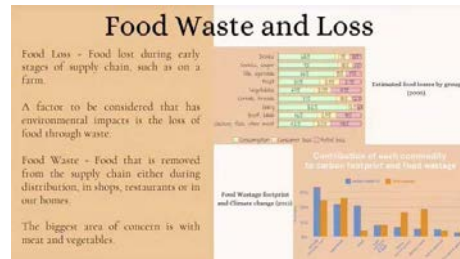
The Year 9 students identified many interesting examples, and most were able to fully explain in terms of calculations, importance, and the use of Percentages. Here are some of their amazing posters.

Special thanks to Year 9 Maths Teachers: Mrs Kallee, Mrs Charlette, Mrs Busawah, Mrs Darga and Mr Gurjoo.

IB GEOGRAPHY PRESENTATIONS

Year 13 IB students of Geography were asked to present their learning and understanding through online presentations.

of how global interactions create environmental risks for particular places and people through a range of topics given to them.



The main focus of the presentation was the environmental impact of global flows on places and people. The student collaborated, discussed, and presented their understanding

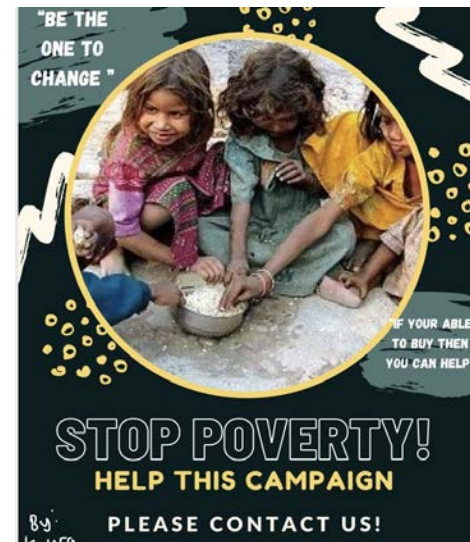
The students presented environmental risks linking to Food miles, Trade, Tourism, population flows, global shift of industry. Here are some highlights of the presentations.



DIGITAL DESIGN

During their Digital Design lessons, the Year 8 students have been designing posters based on different themes. They worked really hard and have exceeded expectations. Well done Year 8s!

Here are some of their finest works.



TEACHERS' SESSION ON ASIAN CONTINENT

On the 19th of October, Miss Ash from the Lower Primary did a presentation on the continent of Asia to her colleagues as part of their holistic professional development and collaboration.

A lot of effort and detail went into the presentation, and discussions focused on how to engage our young learners from a very young age with the world around them to help them develop an appreciation for cultural diversity while being prepared to become active global citizens.



AMERICAN CIVILIZATION

During the last week of October, the Lower Primary students learnt about the Native American in Art classes.

They made beautiful hats and teepees.



ABORIGINAL PAINTING

The Lower Primary students learned about Aboriginal Art by doing dots paintings.

Have a look at their great artworks!



LEARNING PACKS



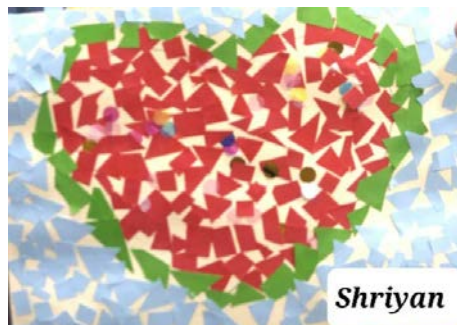
MOSAIC DESIGNS



The lower primary students worked on creating paper mosaic for their Art classes.

The Year 2 made hearts, the Year 3 made suns and the Year 4 worked on trees.

Good job everyone!



As the Government announced the sudden closure of schools, our Lower Primary Teachers came up with a great idea of sending prepared Learning Packs each Friday to every student for the coming week to run remote learning smoothly for their students. In collaboration with Children's House, they worked on a colour coded envelope for each Year group to receive their work and to be prepared for the online classes.

We were happy that our young students were not going to miss any learning!



INTERNATIONAL PEACE DAY



To commemorate International Peace Day, our youngest learners came to school on Tuesday 21st September all dressed up in the colour blue. On this day, we seized the opportunity to introduce two of our school values "Respect" and "Community" to our learners.



We guided our learners in learning about friendship with "Love, Kindness and Respect" as well as how to look after their world by clearing their playground as a community. Later in the day we asked one of our walker class student's why they were wearing blue today and she replied, "My mum told me to".



PRE-NURSERY

MOMMY AND ME

Our Pre-Nursery organised a "Mother and Child Art Session. It was an interactive hour for our families to engage and create their masterpieces together.



Our students were so proud in the art that they were creating and took their time in savouring the moment and enjoying the time at school with their mummies.



We look forward to organising a day where all our daddies can come through and spend some time at school with their child.

INTERNATIONAL SCIENCE DAY



In linking with the sense of hearing and the sense of sight, our little students were captivated in making high and low sounds, creating different sounds with a variety of objects and visually watching the magic in changing a primary colour into a secondary colour through mixing and combining. We all had an entertaining science week at school.

On the 10th of November, the Pre-Nursery students got involved in discovering the world of science through a few experiments that were done during the week.

We linked International Science Day to the world of the senses of a child. It was lovely observing our young students as they watched the experiments done in class and got really excited when they had an opportunity to experience the wonder themselves.



ICE-CREAM PICNIC

Our last day of term was a time where we sat back and reflected "What a term it has been!" In celebrating the achievements of work well done and just by being "a child", we organized an ice-cream picnic for our little ones to enjoy. Sitting under a tree, surrounded by nature, our students were delighted eating their ice-cream. It was a special memory!



WATER PLAY DAY



On the premises laughter, shrieks and giggles could be heard as the children were engaging with one another, practising their fishing skills and of course splashing one another.

A little man in particular decided to show his swimming skills to his friends. There's nothing more fun than spending time splashing and playing in the water on a hot day!



It was the last week of term and our little students were looking forward to their holidays. The heat on the island has been warming up and we took the opportunity in creating some "fun" play for our students. It was a perfect time to get dressed into our costumes and get outside and explore.

CHRISTMAS TREE



up the tree. We then started looking at a few decorations that the children could create and call their own. It was a special time for our students as the end result was breathtaking.

It was a project that united adult and child, in celebrating who we are and that together we can create something beautiful and something to be proud of – Our Christmas Tree.



"Christmas" is different for each and every family. Our December festive season is a reflection of family and about belonging to something special.

It was the Pre-Nursery's project in creating a Christmas Tree. It started by the children learning how to put



FAREWELL

As the last day of the first term approached, it was time to say a sad farewell to a few students in the Walker class.

Our students have been working hard this past term in learning about who they are, understanding their body awareness and learning what capabilities they possess with their bodies. Some of our graduates had been with us from our previous academic year.

As educators we are so proud of each and every graduate in the progress that they have made and we know that they are going to continue to make their families proud in their coming years of schooling.



ACHEIVEMENTS

RUGBY

Congratulations to Maia M. who represented the Mauritian Barbarians at the recent Dubai 7's Rugby Festival. The Barbarians enjoyed a successful tournament, getting knocked out in the quarter finals and ended up placing 7th out of 19 teams. Well done Maia, we are proud of you.



ESU PUBLIC SPEAKING

We are pleased to share some good news with our Northfields community; our very own Julia G. has made it to the finals of the ESU Public Speaking competition.

Julia has worked hard to write an inspirational speech that impressed the judges. She wrote and delivered a speech titled "A doll's house". This was based on the theme of "Our Real Choices Are Made Without Us Realising it". Julia worked incredibly hard to reach this successful outcome and we could not be any prouder of her.

Well done Julia!



INTERHOUSE TENNIS

Despite the challenges we faced this term we still managed to go ahead with our annual Interhouse tennis competition, consisting of doubles and played within each category.

The players were keen and motivated to get back on the court and enjoy some competitive play. I would like to thank the players for their time and effort and congratulate them all on their performance.

The results are as follows:

- 1st- Eagles
- 2nd- Phoenix
- 3rd- Dolphins

Congratulations to the Eagles tennis team:

- Oscar J. and Giacomo M.
- Felix L. and Cooper P.
- Amisha C. and Shreya J.
- Briseis J. and Flavia L.
- Neel A. and Brandon T.
- Laura L. and Maia M.
- Ines E. and Calypso J.



TENNIS CHAMPIONSHIPS

Northfields had its Tennis Championships which consisted of four categories: Junior boy and girl and Senior boy and girl and singles were played.

We had a great turn out and the players were keen to be outdoors and active, demonstrating a high level of competition and good spirit.

The results of the competition are as follows:

- Junior girl runner-up: Amisha C.
 - Junior girl winner: Briseis J.
 - Junior boy runner-up: Oscar J.
 - Junior boy winner: Thomas G.
 - Senior girl runner-up: Jill H.
 - Senior girl winner: Laura L.
 - Senior boy runner-up: Neel A.
 - Senior boy winner: Antoine H.
- Well done to all the players!



2002-2022

It was a dream that was to come true. In 2001, a group of excited and enthusiastic parents came together with the hope and plan of building a school. This would not be any school but a school with a heart and soul which would put the education and holistic development of the child first. Once the plot of land and building permits had been secured, the journey began. The north was seen as the ideal location for students to avoid the traffic and long hours of travelling across the island. Mapou was such an ideal place, with its green sugarcane fields and lovely summertime breeze. Labourdonnais, being the heart of fertility and the production of fruit trees, seemed to be the ideal spot for education and the fuelling and developing of young minds to take place.



The first Headmistress Mrs Paula Atchia, together with the first teachers, Mr Martin Webb, Mrs Phyllis Philogene and Mrs Tammy Rungasamy, all came together in August 2002 for the beginning of an exciting adventure. The school, then located in an old house, had the basic amenities such as a main office, classrooms, a small library, a kitchen and small outside area for break and lunch time. Thus started the path of education for which would become Northfields International High School. At that time, there were just 2 year groups, Year 7 and Year 8, the latter having started their first year of high school at IPS.

From Mathematics to History and Geography and Art and PE, the students were given rigorous academic opportunities by those initial teachers and a few others who came as part-time practitioners. Together, the vision of the school was to provide premium education, whilst preparing the students to become confident, responsible and active world citizens.

Construction of the school facilities was already underway and in 2003, we all moved into Phase 1 of the new building. The facilities were more modern, and there was much more space, too. Tucked away in the lush green fields, the school was moving in an exciting new direction. The challenges were numerous at that stage as we applied

to become a Cambridge International school and registered with IGCSE and A levels. Very quickly, under the leadership and dedication of Mr Clive Barnes, the new Head of School, we moved towards applying for IB authorisation as well as to be recognised as a member of COBIS. In the excitement of all these new challenges, we were joined by a young and unique member of staff, Mr Thierry Adam, who very quickly became the popular teacher with his ponytail and motorbike style. Mr Adam took over the teaching of the Sciences and especially Physics.

The success story of Northfields has been ongoing ever since with the school being authorised first for the IB Diploma Programme and most recently for the IB Middle Years Programme. We are now firmly rooted as an IB World School with a set of very strong values. Our students have done remarkably well over the years, from 10 A*'s at IGCSE to 42 points at IBDP, and our graduates have moved on to obtain degrees from well-recognised Universities around the world. We continue to aim high in all areas. Our students are able swimmers and are challenged in various sporting activities as well as cultural events such as Public Speaking, Olympiads and Science Fairs. We care for our environment and as a school, we organise beach or forest clean-ups. As a caring school, we also donate to deserving families on a monthly basis and at Christmas, our very keen and dynamic Parent Committee members join forces in leading a successful Christmas Box project each year. From the humble beginnings of a small house, to now a full building of 5 phases in the high school as well as our very own Pre-Nursery and Nursery and Primary School, Northfields is proud of its many achievements in providing an education from 18 months to 18 years of age. As we move towards CIS accreditation at this point in time, the school is aiming even higher.

"The real secret of success is enthusiasm" as the quote goes by Walter Chrysler, we are an enthusiastic school and everyday is a new day with fresh ideas and challenges which we embrace and accept for a bigger, better and brighter future for our community.

Mrs Tammy Rungasamy



MESSAGE FROM ONE OF NORTHFIELDS FIRST STUDENTS

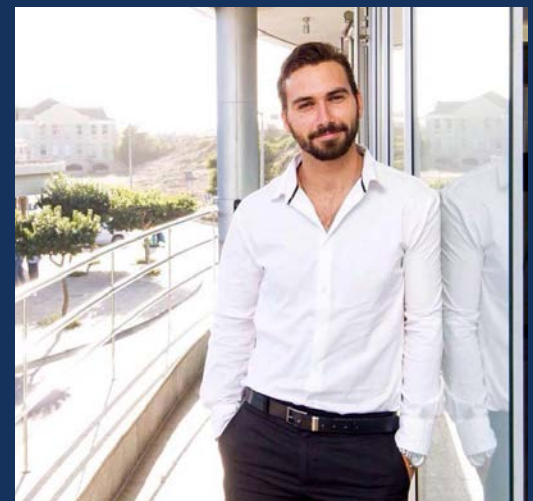


I remember walking into the school grounds for the first time 20 years ago, there was only one building with big blue window shutters, we were only 20 students, after all, not much space was needed. That single building changed a lot for me and my peers. We learned about world history, Maths, English and sometimes even had the occasional pranks on our teachers and classmates. I met my best friends at Northfields, as well as many other incredible individuals which I still connect to to this day.

Today, Northfields has 6 or more buildings on its premises and they are all filled with pure potential waiting to create and make an impact in this world.

I am amazed at how big the school has grown and wish to express my gratitude to its founders, teachers, partners, and all the parents who assisted in growing this school for future generations to come. Above all, I am grateful for what Northfields has taught me and I have no doubt that it is one of the best schools available in the Indian Ocean today.

Mr Ashley Epstein



PARENTS COMMITTEE



Northfields ended Term 1 with our annual Christmas Box tradition organised by the Parent Committee. This year we managed to complete 200 grocery bags and were able to fulfil all commitments and more, even with the school being closed. The Parent Committee would like to thank each and every one who contributed in making this project a success.



As a community, Northfields would like to use this opportunity to say a heartfelt thanks to Madeleine Axten, who will be stepping down as President of the Parent Committee after leading the committee for the past six years. Madeleine has led the Parent Committee in organising many wonderful fundraising projects and contributing tremendously towards the school and charities.

Thank you for your unwavering support and hard work!



HARD THING RULE

This term we focused a lot around resilience with the students. Topics such as passion, perseverance and grit were discussed and explored. So inline with this, here is a fun activity that we encourage the whole family to get involved in over this holiday season.

Its called the Hard Thing Rule by Angela Duckworth. And the idea behind it, is to build up resilience in our children, we need to encourage them to try new things, to work through the feelings of disappointment when they do eventually fail at something, and then to ultimately build a level of grit.

It consists of 3 parts:

1. Everyone in the family has to choose something that is hard, and needs practice (an activity, a hobby, a skill or new task). Maybe Tennis, music, art, knitting, scuba diving, 1000 piece puzzle. Anything that you have not done before or perfected before
2. You have to finish what you start.
3. No one can choose your hard thing for you.

I encourage you to participate in this activity with your family, and as you go through the feelings of persevering and working through different emotions that it will become a fun exercise. I hope this will be a rewarding experience for you over the holiday season and a nice topic of conversation around the dinner table.

Enjoy and have fun!

THREE-PART "HARD THING RULE"

by Angela Duckworth

1. Each family member chooses the "hard thing" to pursue (an instrument, a sport, an activity).

.....

2. Everyone must finish what they start.

.....

3. No one gets to pick the "hard thing" for anyone else.

In line with our discussions on resilience this term, I have outlined some guidelines and suggestions to empower you, as the parent, to encourage and support your children, not only through their successes but also through their failures. Without trying and making mistakes they don't grow and strengthen, and so to encourage language such as 'positive failure' is empowering to young learners who will make mistakes and need to pick themselves up, dust themselves off and keep moving forward.

10 tips for building resilience in children:

1. **Make connections:** The family environment should foster and teach the correct communication skills to have healthy, positive relationships. To be able to connect, relate, show understanding and empathy for another person is very important.

2. **Help your child by having them help others:** Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can master. Focusing outwardly can quickly help move the focus off ourselves and increases our self-esteem when we feel we've added value to another person. We feel grateful for what we do have, rather than focused on what we don't.

3. **Maintain a daily routine:** Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. There are certain routines that despite covid or uncontrollable situations that we can always maintain, focus on things like making your bed, packing the dishwasher, feeding the dogs, simple routines that every day remain the same no matter if you are in school or online. From there you can build on more routines like homework time, tv time and family time.

4. **Take a break:** While some anxiety can motivate us to take positive action, we also need to validate all feelings. . Support your child by challenging unrealistic thinking by asking them to consider the chances

of the worst case scenario and what they might tell a friend who has those worries. Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations. Understanding where uncomfortable negative feelings come from can help your child address the concern and you can offer an alternate and more positive, realistic thought around the worry.

5. **Teach your child self-care:** Teach your child the importance of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times. Sport and after school activities are a very healthy way for your child to shift gears for a moment, to redirect their energy and to refocus. This positive outlet will help them be more focused and less distracted when they are needing to work on their academics later in the day again.

6. **Move toward your goals:** Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges. Acknowledge and encourage every win, small or big. Share obstacles you have overcome with your child, and failures or setbacks you have encountered, and how you overcame them. Steer away from perfectionism and rather encourage excellence in all they do. To be the best they can be, do not compare your children to others or siblings. They are their own unique selves with talents and abilities, and encourage them to strive to be the best they can be.

7. **Nurture a positive self-view:** Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions. Keep open channels of communication so they feel they can

share their thoughts and fears with you, be a positive sounding board for there already very sensitive, and fluctuating self-esteem. Encourage them to steer away from social media or friends that lower their self-belief and self-image.

8. **Keep things in perspective and maintain a hopeful outlook:** Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. Encourage books and tv shows that tell about celebrities and people who overcame hardships to achieve their goals. Remind them that overnight success is often not the case, and each individual will have to face a challenge somewhere along the line to accomplish their dream and life goal.

9. **Look for opportunities for self-discovery:** Tough times are often when children learn the most about themselves. Help your child take a look at how whatever they're facing can teach them "what am I made of." Use photos and family discussions to remind them of how much they've grown and matured through their different life experiences.

10. **Accept change:** Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

<https://www.apa.org/topics/resilience/guide-parents-teachers>



DEAR MISS INGAMELLS

First of all, I would like to thank you for these past few years. I have been privileged to have known you since year six. I can still remember you welcoming us into the prep school and having my very first junior leader interview as though it was yesterday! You have always been a dedicated head of school and I wish you all the very best in the future.

From,
Jayden.

