

# Harbour International Newsletter 16/11/2020



Good afternoon,

Please note as mentioned last week, there will be **no school on this Friday, 20th November**, as there is a Study Day for teachers.

I attach again the flyer for the workshop with Dr Sarah Howling. This workshop is suitable for all parents as it will also provide strategies that you can use with your children. Even if you are sure your children are happy and mentally healthy now, knowing about how to help them, help themselves in the future is incredibly valuable. There is no point dropping a safety net as you are falling, you need to know it is ready and waiting if you fall! For those of you who have signed up, we now have sufficient numbers to confirm the workshop.

On this same theme, I also attach a brief questionnaire. At Harbour International School we value the partnership between parents and school as we believe a strong collaboration can only help all our children thrive. This survey, will help us gain an understanding of how the current partial lockdown is affecting our community and if there is anything further we could do to support each other.



# Questionnaire



Please follow this link to fill in a very brief questionnaire (only 3 questions).

<https://forms.gle/bCDWWkocpoSabP7X9>



# Reset Stress and Build Resilience!

Coffee and Conversation Morning - Wednesday 2nd December 10 am -11.30 am



Stress is a natural and inevitable part of life. However, through recent months with the pandemic it is reaching unprecedented levels and unless we learn how to ‘reset’ we can fall into chronic stress and burnout.

Join Sarah Howling, Education Consultant and Founder of the Connection Revolution®, for a 90 minute virtual workshop and learn important information about stress and resilience, and walk away with practical and actionable strategies for you and to implement with your children to feel better now and into the future.

Through this interactive experience you’ll learn:

- The difference between good stress and bad stress, and how to avoid burnout
- How to recognise and understand your own personal stress response
- A fast and effective way to ‘reset’ you can do yourself and with your children
- 2 super simple but effective strategies to build wellbeing and resilience and have some fun
- help your children learn some powerful skills in the process



Dr Sarah Howling is a highly skilled coach and ex principal of international schools. She delivered a similar workshop to staff with very positive feedback.

Please email me by **Monday 16th November** if you would like to attend.



# Seesaw Guidelines



Please find attached our Seesaw Guidelines.

One important aspect of these guidelines is making clear the times that we will communicate with you via Seesaw. Teachers have agreed to limit their communications as much as possible to weekdays between 7.00am and 6.30pm and we ask that parents also follow the same guidelines.

[Seesaw Guidelines](#)



## Important Date Correction



In a previous newsletter I stated that 5th December was a half day for Sint. It should have stated **4th** December.

**Sint:** Friday 4th December school closes early - 11.45 am Group 1-3 and 12.00 Group 4



# Sint



Sinterklaas arrived in the Netherlands on Saturday 14 November!



Boys and girls! Can you please bring a shoe to school by Monday 23 November!



# Coffee and Conversation Morning - Maths

## 18th November 10.00am



This Wednesday we have our Maths Coffee and Conversation Morning where we will be explaining a little bit more about Maths No Problem - our new Maths scheme.

We will run you through some real Maths lessons so you can experience what your children do in school each week!

Please email by 5.00pm on Tuesday 17th November if you would like to attend and the link will be sent out on the Wednesday morning.

