

Mid-Term Assessment and Break in Accordance to the “New Norm”, by Ms. Malini.

The month of October started off well with our students being able to sit for their Mid-Term Assessments while being physically present at school. The seating arrangements remained the same in accordance with the SOP requirements. It was indeed a good start for this new Term because we were able to carry out a comprehensive revision with our students prior to the assessment. After the long two weeks of revision and assessments, our campus had a short Mid-Term break which was meant to be for only three schooling days. I must quote my send-off message to the students, “Students, please have an enjoyable break and REMEMBER TO STAY AT HOME.” It was so ironic to call it a “holiday” while requesting them to STAY AT HOME! Reflects on the “New Norms” Covid -19 has taught us.

Coping with difficult of time, by Mr. Colin.

COPING SKILLS T

A coping skill is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills - healthy and unhealthy.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples


- Using positive self-talk
- Deep breathing
- Reading a book
- Going for a walk
- Volunteering
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Listening to music
- Doing yoga or meditating
- Drawing or painting
- Sharing your feelings
- Taking time by yourself
- Talking to a trusted adult
- Taking a hot bath/shower
- Resolving the problem
- Being in nature

Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples

- Name-calling or insulting
- Being violent towards others
- Spreading rumors
- Yelling and screaming
- Hurting yourself
- Threatening
- Reckless behaviors
- Using drugs or alcohol
- Shutting down
- Emotional eating
- Blaming others
- Avoiding the problem
- Being passive-aggressive
- Getting revenge
- Destroying property
- Pretending not to care
- Oversleeping
- Negative social media posts


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Mental health plays an important role in achieving personal development goals and it is widely acknowledged in society in the recent years. Stress can be a contributing factor to a person’s mental health in terms of relationships involved which are necessary to carry out daily activities and sustain the quality of life. Depression is the leading factor that affects mental health. It isn’t always about suicide notes and pill bottles. It can be as simple as spending all day in bed, overeating or deprived from eating, or even being in isolation. Besides that, suicide is also the second leading cause of death among teens and young adults aged between 15-29 years old. People tend to procrastinate in finding a solution to their problems at the initial stage and this eventually leads to a bigger issue. Apart from that, some people tend to divert their focus towards alcohol and the use of drugs as an alternative solution to their problems without realising the danger it inflicts to themselves and others.

There are many ways to enhance and maintain a good mental health. A healthy coping skill is a way that helps a person feel better by doing the things of interest and does not bring harm. Regular meditation and exercise can make an individual appreciate the importance of wellbeing and help reduce the use of gadgets that are considered inseparable these days.

At present, the working environment can be hectic as there are higher expectations to be met. The workload and demands of the job are increasing daily which causes people to spend more of their time working than with their families. Students can also go through burnout especially during these challenging times when activities and socializing are limited. It is important for parents and those around them to acknowledge and discuss their emotions; by not brushing off their current feelings. On the other hand, it is essential to build a strong support system within the community when dealing with depression. We should not neglect our responsibilities within our families and friends. A set of healthy coping skills should be practiced and applied daily to ensure a better wellbeing.



**Let's Go "Green" and
create a "Rainbow" of Possibilities,
by Ms. Shamala.**

Going green is something everyone should do to help protect the environment, it can seem overwhelming, but there are simple things we can do every day to save our Mother Nature.

We all know that our future depends on protecting the health of our future builders and the planet. To do so, we the VIS teachers instill a sense of environmental responsibility in our children. While health and safety challenges and restrictions are still in place, here are a few yet very meaningful things that our VIS family has done.

We had lots of fun gardening and recycling at school, this could be the simplest way to make us connect, be interested and to save the environment. It may look easy, but these little acts would have a massive impact on the environment, since the children of VIS believe that helping, saving and protecting the environment would reduce many diseases and the world will be a better place with every little care we can give it.

Sharing a few pictures of us going green.

Let's all of us take a stand for the love of green.

Hear Us Out! , By Mr. Ravi

Well, this has surely been an interesting survey. I was given the task to find out the advantages and disadvantages of online teaching here at Valley International School. Most of the respondents gave very good feedback. Social distancing is well maintained and submission of assignments are the favorites. This is followed by the disadvantages of internet connectivity (nothing we can do on both our sides) and the attention span as well as distractions.

Summary, my personal thoughts:

I would agree on all the aspects of social distancing, timely assignments, participation, and parents monitoring them. The disadvantage is hands down on internet issues and face-to-face contact. As far as my ICT class is concerned, how can I trust that lab work has really been done by them?

Conclusion:

While there are good advantages,

we can however make this all better if we have **BETTER INTERNET CONNECTIVITY!**



Teacher	Subject	Year	Advantages	Disadvantages
Anonymous [A]	math, science, GP	Year 2 (6-7 years)	social distancing followed . No need to wear masks .	For younger kids, parent intervention during the sessions. I felt teachers are not assessing student's knowledge, but parents internet issues- students tend to join and leave the meeting. Some students cannot view the files that been shared.
Priya	Mathematics	Year 2&3	easier to manage the students children behave better as they are aware their parents are there too	- Internet connection issues - certain concepts, difficult to be taught - marking online
Rathi	Science & Maths	F2, Age 4.5 - 5.5	social distancing, break time - parents with them, parents are teaching their child when ongoing online class,	internet problem (both side), can't do group experiment for science, no group activities for Maths,
Thilagah	Art and Craft Lesson	F1, Year 1, 2 and 3	Social distancing -Able to follow assignment due date -Explore their creativity	-High internet issues -Not joining class on time -Material limitations
Jonathan	Mathematics	Year 6	Students well behaved, talk lesser, and participate more	Internet connection problem, a lot of preparation, harder to teach to weaker students
Malini	English	Year 2 & 3	social distancing, safety of being confined in their homes	(punctuality/ concentration/ the availability of too many resources)
Mary	Bahasa Melayu	Year 2 to year 8	social distancing, save learning, submission of assignment	attendance, internet connections, attention span
Anonymous. [B]	science	primary years	online platforms i.e. Google classroom is a good platform to conduct classes, administer assignments etc.	class discussion ,face connectivity teacher engagement, distracted, cannot evaluate their work progress
Wong	Science	age : 12-15	advantage students can research a term / fact on the spot Good social distancing	assignment : some students take advantage not to do ; hard to control: attendance : students likely to disappear before class ends