



April 28, 2020

Subject: COVID-19 ISK Update #14 - AGM Slides and Other Parent Updates

Dear ISK Community,

In these uncertain times, I wanted to reach out to share that you and your children are in our thoughts. We all continue to struggle in various ways with this new reality and have experienced the effects of the pandemic in one way or another. We are working to provide the best possible educational experiences, understanding that there are many other challenges families are facing. Unfortunately, the challenges owing to the Coronavirus pandemic will continue with the extension for an additional 21 days of travel restrictions between counties and the daily curfew (from 7:00pm to 5:00am) for all residents of Kenya. At least Friday, May 1 is a holiday, as we celebrate *Labour Day!*

ISK wants parents to know that we continue to search for ways to support our community members during these demanding times. With the support of ISK's counselors, we have been able to offer some parent well-being sessions as outlined later in this message.

Annual General Meeting (AGM) Slides and Director's Report Video Presentation

This year we were unable to hold ISK's Annual General Meeting as we have in years past. This year we have created a PDF of the slides for the full program of this annual meeting for parents and staff to view. Please find the [LINK for the PDF of the presentation here](#).

Part of the AGM is dedicated to the Director's School Report which covers our annual parent survey, progress on strategic plans, the introduction of new teachers for next year, etc. I have created a screencast of my presentation. Click on the [Video Link to my Director's School Report for 2019-20 Here](#) as part of the AGM.

Library - Remote Resource Borrowing

We are pleased to be able to allow **Remote Resource Borrowing** to our community.

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Please find the guidelines for this process via our library:

- Students shall have priority to access resources for teaching and learning.
- Parents and students may borrow up to ten (10) resources each at a time. We hope to make this a weekly offering Monday afternoons from 11:00 a.m. to 1:30 p.m.
- If you wish to borrow books, please consult the [ISK Research Tools](#) page.

[Click here to view](#) the full informational letter about this great community resource from our Head Librarian, Julie Ann Conroy or email: jconroy@isk.ac.ke for more details.

Procedures to Collect Student Items From Campus

With the ISK campus closed, we understand that some students might have left artwork, instruments, or items in student lockers. If your child(ren) needs to pick items left on campus please contact your division principal so a time can be coordinated with ISK's security to pick up your child(ren)'s belongings.

Asante Sana to our Parent Volunteers!

ISK is deeply grateful to all our parent volunteers who have played a tremendous role in building our community and supporting ISK this year. On April 21, we would have hosted our annual Parent Volunteer Appreciation Breakfast, but instead, we put together this video as our way of saying 'thank you!' [VIDEO LINK HERE](#).

Well-Being Sessions for Parents

Our Counseling Department, in collaboration with Michelle Arcscott, The International Life Coach, will be hosting Zoom Parent Mindfulness and Wellness Sessions as per below:

- Wednesday, May 6th 2:00 p.m.
- Wednesday, May 13th 4:00 p.m.
- Wednesday, May 20th 6:00 p.m.

Michelle Arcscott is a highly experienced International Coach Federation (ICF) accredited life coach, with an educational background in Psychology, Primary Teaching, and International Teacher Training. In her coaching, Michelle supports

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people to be the best version of themselves, to connect to their heart, and to start living their best life. One of her primary goals is to raise people's awareness around positive mental wellness. She regularly runs virtual mental detox challenges and parent and child yoga, mindfulness, and meditation classes.

Each session will contain useful tips and suggestions on how to keep positive at this time, on a day to day basis, with practical activities and mindfulness techniques that you can use at home. You will also experience short meditations during each session. The sessions are a great opportunity to build your resilience, take time out, pause, and focus on yourself, an opportunity to practice essential self-care, which is even more necessary at this time.

Look out for more details (including sign up information) from your divisional offices, The Link Lite, the PTO, or contact ES Counselor, Heather Cronk: hcronk@isk.ac.ke

Zoom Town Hall With Board Members - Tuesday, May 5, 5:00 p.m.

The Board of Directors will host a Town Hall Zoom meeting next Tuesday, May 5 to address various concerns raised by some parents related to school fees. More information about this meeting for parents will be shared before the Town Hall.

Ramadan Started

The Holy Month of Ramadan started a few days ago, and we have a number of members of our community who are observing this special month. We understand that for some students, it may mean they need more of our support and empathy, as they might be keeping different sleep hours and they might be fasting during the school day. Here is a fascinating New York Times article about this year's Ramadan, given the current global pandemic: [NYT ARTICLE LINK HERE](#).

Thank you for your patience with us and your kindness to each other during this unprecedented time.

Sincerely,
David

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