

## News from Our Virtual Campus



# COVID-19

outbreak

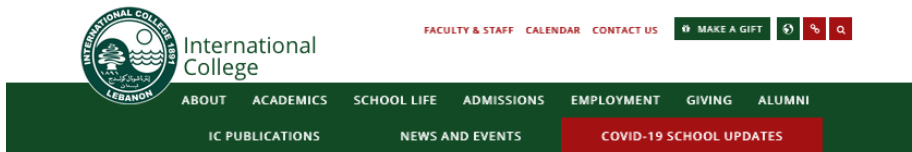
In order to address the COVID-19 outbreak crisis, IC took extensive measures to prevent and protect all students, faculty, and staff from the infectious disease. During the month of February, precautionary measures included: canceling all campus events such as workshops, conferences, sports, activities, business, and educational travels. On March 10th, following an announcement issued by the Minister of Education and Higher Education, both campuses were shut down and replaced with Virtual Campuses. Despite the closures, classes, meetings, and counseling sessions continued through an online learning environment.

A special thanks go to teachers and parents who put in many hours to ensure the smooth transition to online learning.



# Launch of the “COVID-19 School Updates” page on the website

<https://www.ic.edu.lb/precautionary-measures>



## COVID-19 SCHOOL UPDATES

- IC's plan following MOEHE's announcement 09.05.2020
- Secondary School students creating a community out of isolation 06.04.2020
- Ain Aar Lower Elementary students and faculty perform virtually during lockdown 05.04.2020
- Secondary students coming together as they explore their passions 03.04.2020
- Promoting social distancing 02.04.2020
- Some light-hearted fun to begin the week 23.03.2020
- Access to IC campuses and infirmaries 12.03.2020
- Important notice for the safety of our community 28.02.2020
- Precautionary measures 24.02.2020
- Informative session at IC 23.02.2020

Please apply these measures at home and in the class



Parents, students, teachers and staff have access to all precautionary measures shared by the World Health Organization (WHO) and updates on a school level.

The below pamphlet is designed by AUBMC and it is used by the teachers for their presentations to the students. These presentations have also been adapted to the different age groups.

The measures presented, apply to a household environment, as well as, a classroom.



## February 23rd, 2020 – Informative session at IC



In response to the first reported case of Coronavirus in Lebanon

- The leadership team met with Doctor Sharara - who consults both at AUB and at IC - to devise a plan of action that is coherent with the Ministry of Education & Higher Education.
- Both campuses and buses were thoroughly disinfected and fumigated on a daily basis; this includes but was not limited to the cafeteria, the classrooms, the gymnasium, desks, keyboards, doorknobs, toilet seats, faucets etc.
- Dr. Shahara and his team met with the directors to review all safety procedures. Directors, in turn met with teachers and all staff members to communicate these recommendations.

## February 28th, 2020 – Important notice for the safety of our community



- Parents returning from the affected countries, namely China, Iran, South Korea and the northern Lombardy region, mainly Milano or those who have been in close contact with someone who is a confirmed case infected with the Novel Coronavirus, should refrain from sending their children to school for a period of 14 days after they have arrived to Lebanon.
- The school suspended all faculty and students' travels, including faculty workshops and student trips, until further notice.

## School Closure



### February 29th, 2020 – SCHOOL CLOSURE

Following the instructions of the Ministry of Education, IC announced closing the school

- February 29-March 8, 2020
- March 8-March 14, 2020
- March 14-March 22, 2020
- March 22-April 10, 2020
- April 21-May 28, 2020
- May 28-June 23, 2020

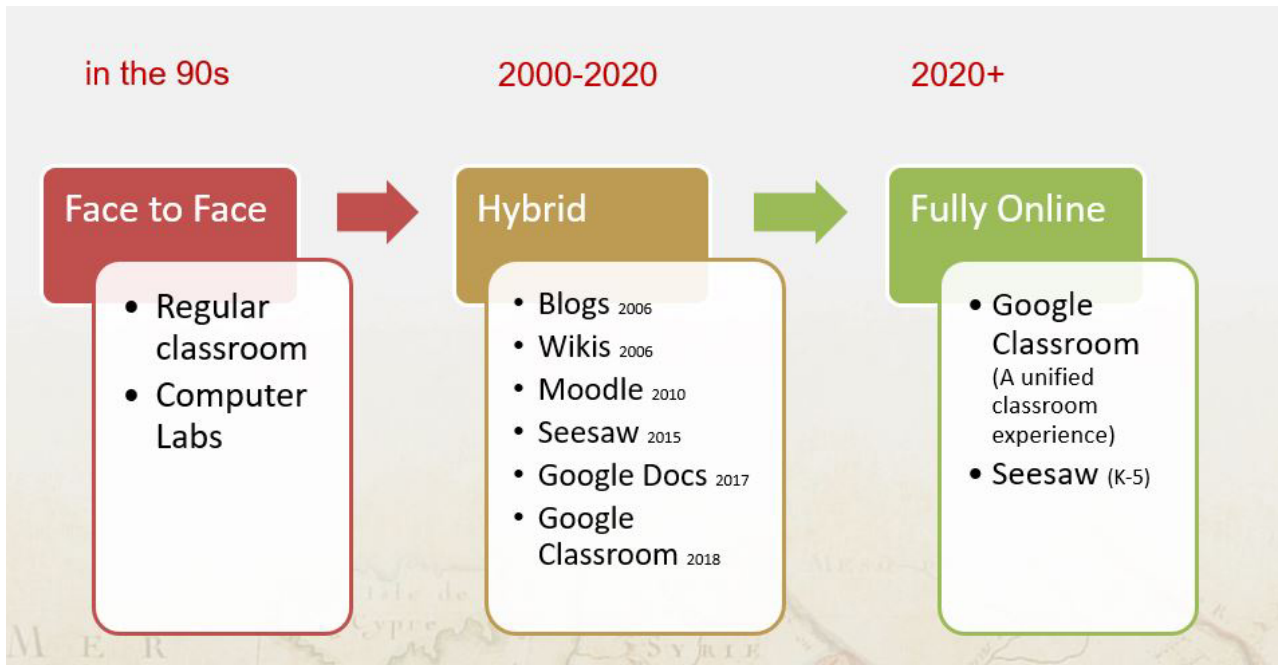
[www.ic.edu.lb/news-and-events/announcements](http://www.ic.edu.lb/news-and-events/announcements)

Caring for the IC community and promoting social distancing”



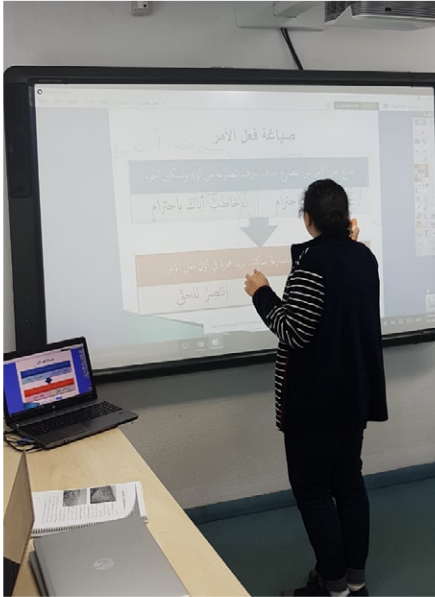
## A Quick History of E-learning at IC

Since the 90's IC has invested in training all of its teachers on information technology and in 2010 IC was the 1st to establish an online learning management system for students from Nursery to Grade 12.



## Online Teaching Portal

The screenshot shows the International College website interface. At the top, there is a navigation bar with links for 'FACULTY & STAFF', 'CALENDAR', 'CONTACT US', and a 'MAKE A GIFT' button. Below this is a main menu with categories: 'ABOUT', 'ACADEMICS', 'SCHOOL LIFE', 'ADMISSIONS', 'EMPLOYMENT', 'GIVING', 'ALUMNI', 'IC PUBLICATIONS', 'NEWS AND EVENTS', and 'PRECAUTIONARY MEASURES'. The main content area features a large image of students in traditional costumes. At the bottom, there is a footer with icons and labels for 'PROGRAMS', 'RESPONSIBILITY', 'ATHLETICS', 'STEAM', 'COLLEGE COUNSELING', and 'HISTORY'.



## Week I

- Training for online teaching
- Teachers **post** lessons and assignments online

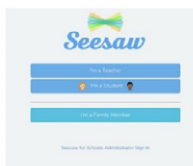
## Week II

- Virtual classes: Live teaching – teachers at school giving **online live classes** to students at home
- Surveys sent to parents



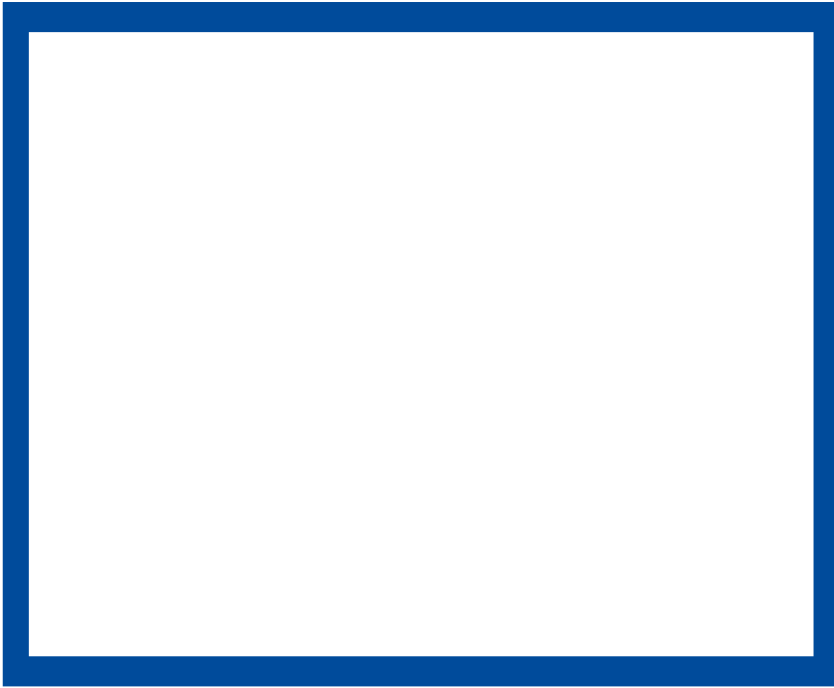
## Week III and onwards

Virtual classes implemented as per survey results:  
 Teachers and students at home  
 Online classes are ongoing including live classes



# VIRTUAL CAMPUS

Here's a glimpse, take a look





## International College LMS Sample Usage Data for week May 5 to May 11, 2020

### Ras Beirut: K-5 Seesaw

Posts Added in Last 7 Days	Comments in Last 7 Days	Likes of Student Works in Last 7 Days	Visits by Family Members in Last 7 Days
<b>17,003</b>	<b>14,572</b>	<b>8,929</b>	<b>1,749</b>

### Ain Aar: K-5 Seesaw

Posts Added in Last 7 Days	Comments in Last 7 Days	Likes of Student Works in Last 7 Days	Visits by Family Members in Last 7 Days
<b>2,423</b>	<b>1,628</b>	<b>1,419</b>	<b>455</b>

### Google Classroom

#### Ain Aar Middle School and Ras Beirut Middle and Secondary schools

Active Classes	Average Posts/Day	Weekly Active Students	Weekly Active Teachers	Total Meets
<b>806</b>	<b>660</b>	<b>2,306</b>	<b>260</b>	<b>2,471</b>

## To motivate students and uplift their moral

A tailor made [video](#) addressed to students



Bruce Knox, Secondary School Director | 2020

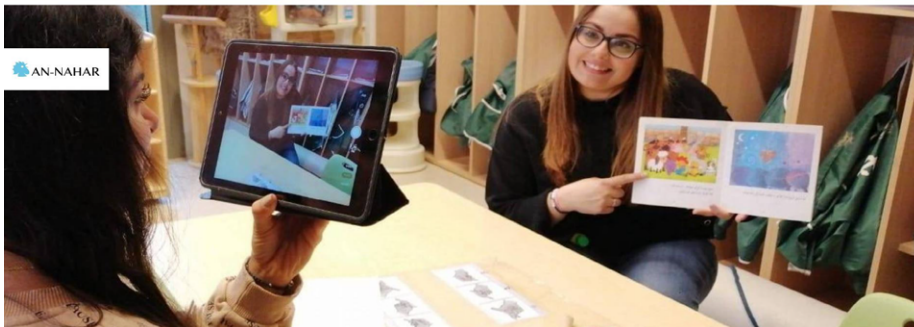
## Article on An Nahar's portal



ENGLISH



أخبار ملفات مقالات لايف ستايل إقتصاد ثقافة رياضة أعداد خاصة



AN-NAHAR

كورونا لبنان

### كورونا والتعليم- منصات رقمية ومكتبة مفتوحة للجميع في "الإنترناشونال كولدج"

روزيت فاضل | @rosettefadel@ | المصدر: "النهار" | 29 آذار 2020 | 15:19



## Penser au développement durable, même en période de confinement !

### OBJECTIFS DE DÉVELOPPEMENT DURABLE



A Ras Beyrouth, dans le cadre du projet collectif de l'Unité de Recherche portant cette année sur les Objectifs de Développement Durable (ODD) à l'horizon de 2030, les élèves de CM2 se sont intéressés et ont exploré six ODD afin de mieux appréhender leurs enjeux et proposer des actions concrètes pour les atteindre. Si le pays n'avait pas été en période de confinement, les élèves auraient mis en œuvre ces actions.

**Les six ODD traités étaient :** L'ODD 1- PAS DE PAUVRETÉ L'ODD 2- FAIM ZÉRO L'ODD 3- BONNE

SANTÉ ET BIEN-ÊTRE - L'ODD 4- EAU PROPRE ET ASSAINISSEMENT - L'ODD 6- ÉDUCATION DE QUALITÉ - L'ODD 10- INÉGALITÉS RÉDUITES .

Toujours dans le but d'améliorer leurs connaissances et de mieux cerner les enjeux de ces six ODD, les élèves de CM2 ont rédigé 102 questions qui ont été adressées par mail à la responsable du développement durable de l'IC. En retour, elle a créé six présentations illustrées ( PowerPoint) afin d'y répondre au mieux. Ces présentations ont permis d'engager des débats et des discussions entre les élèves et leurs professeurs.

# VIRTUAL CAMPUS

## Quand nos lycéens de 2de s'essayent au métier de journaliste !

Dans le cadre de la séquence sur le rôle de la presse dans la littérature d'idées, les élèves de la classe de 2de se sont essayés au métier de journaliste. Confinés mais résolus, ils ont lancé leur propre média, faisant entendre leurs voix !

De la Une à l'élaboration complète d'un journal, ils se sont partagé les tâches à distance : construisant des titres chocs, l'un chargé de la tribune libre et l'autre des faits divers, le troisième lançant le débat et le quatrième des jeux sur mesure et sur la covid-19 !

Nous pouvons être fiers de nos élèves qui ont travaillé, en toute indépendance et autonomie, à créer, à écrire, à débattre pour leurs idées quand tout, autour d'eux, s'écroule.

« Écrire, c'est comme exister ! »

<b>VOITURES</b> Bienvenue dans le monde de demain	<b>RÉSEAUX SOCIAUX</b> 5G	<b>ÉCONOMIE</b> Écologie et Efficacité: la route verte, nous avançons.
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**MEG@TECH**  
5,000.L  
Édition libanaise | 4 Mai 2020

### L'HOMME ET LA MACHINE

**Société:** Le premier mai: la fête des travailleurs qui sont presque tous au chômage, des cris de haine et de colère cèdent dans la ville ( page 5)  
**Économie:** La chute vertigineuse de la livre libanaise sur le marché noir se poursuit, le Liban traverse une crise économique et financière sans précédent, aggravée par la crise du Covid-19. (page 4)  
**Sport:** Le sport va chercher la peur pour la dominer, la fatigue pour en tromper, la difficulté pour la vaincre. (page 2)  
**Santé:** Entre crise économique et coronavirus, la situation du Liban ne s'arrange pas, il s'agit d'un état d'urgence sanitaire qui nécessite une mobilisation et au plus vite (page 3)

La télé réalité, une réalité amère !

**SECRET STORY**

**MASQUES ALTERNATIFS LAVABLES ET RÉUTILISABLES C.A. BRIVE**

**Le système scolaire voué à l'échec et la faillite ?!**

**NETFLIX** vs **5G**

**D'ICI LÀ**

5,000.L | Beyrouth | 04 Mars 2020

**LA FEMME EST VOTRE AVENIR...**

En ce jour, le jour où l'on fête les femmes, nous trouvons qu'il est l'heure de lutter pour l'émancipation de la femme. (page 2)

**1917**  
COORDINATION NATIONALE POUR L'AVORTEMENTS LIBRE ET CITOYEN

**1978**  
STOP AUX VIOLENCES AUX INÉGALITÉS ENTRE LES FEMMES DU MONDE MARCHONS POUR L'AUTONOMIE LA PAIX ET LA DIGNITÉ

**2019**

**CANNES LIONS**

**Un acte irrespectueux de la part de Nessa Barrett envers les musulmans!**

Quand l'intelligence humaine se transforme en une intelligence criminelle! (page 5)

**L'Universel et le Particulier**

**De l'esclavage à la servitude**

**Les astronautes reviennent sur Terre depuis la Station spatiale internationale**

Au milieu de la pandémie de coronavirus, trois astronautes sont revenus sur Terre depuis l'ISS. Leurs remplaçants ont passé un mois en quarantaine, incapables de voir leurs familles, avant de se rendre à la station spatiale.

**LA COLONISATION DE L'AFRIQUE**

Mémoire de l'esclavage (2eme tome) Serge Quantin

**La colonisation Africaine**

**Motorauto 199€**

**Education**

Moins pour l'esclavage, plus sa destruction (voir page 2)

**Dernières nouvelles**

Famille Turpins: Les enfants ont décrit l'enfer qu'ils ont vécu... (voir page 2)

Un vol invraisemblable de 7 millions de yuans en chine (voir page 3)

Du cheval dans un Hamburger? (voir page 3)

A Hong Kong, un compte de fée voit le jour grâce à Facebook! (voir page 3)

Des extraterrestres annonce la corona-plan! (voir page 4)

Des points de vues différente sur l'esclavage (voir page 4)

Nos ancêtres des monstres? (voir page 5)

Les citations du jour: ils ont parlé... (voir page 5)

**Sante**

Le coronavirus envahit le monde (voir page 6)

**Celebrités**

Fameuse modèle Gigi Hadid et Chanteur Zayn Malik s'attendent à un bébé? (voir page 6)

**Jeux**

Pour votre amusement (voir page 7)

**ifop**

5 012345 678900

## Students share their thoughts on e-learning and life in quarantine during the COVID-19 lockdown



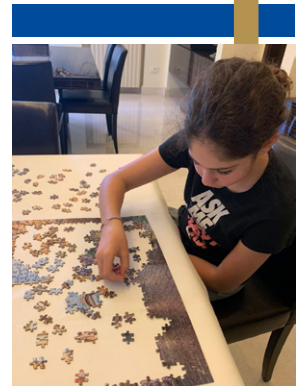
Le coronavirus surnommé également Covid-19 est un évènement qui marquera toujours l'année 2020. A sa venue nous n'avons plus pu voir nos amis et avons dû nous passer de certaines anciennes habitudes notamment de ne plus pouvoir sortir avec nos camarades. Ceci me manque bien sûr mais je ne me sens pas vraiment coupé d'eux. Afin de pouvoir finir notre scolarité, des cours en ligne ont été mis en place. Je trouve qu'étudier en autonomie peut se montrer intéressant même si nous rencontrons parfois quelques difficultés à comprendre certaines leçons. Pour rester en bonne santé, je suis certaines routines à la maison. Après les cours, je pratique du sport, je lis et je me diverte. Il m'arrive parfois de m'ennuyer un peu mais je trouve toujours un moyen pour m'amuser. Je ne suis ni inquiet ni effrayé car je sais qu'en restant chez moi et qu'en pratiquant des gestes simples comme me laver les mains fréquemment, je ne serai pas contaminé par le virus. Grâce au confinement, j'ai appris à jouer de nouvelles chansons au piano, à faire plus de sport, ce qui a amélioré mon endurance, à développer mon vocabulaire grâce à la lecture, à mieux comprendre la transmission des maladies infectieuses, et à savoir me divertir sans sortir avec mes amis. Bien que la situation soit grave, il faut profiter de ce temps libre pour améliorer ses points faibles. Cet état de confinement ne sera pas éternel. Après la plus sombre nuit, le jour sera au rendez-vous.

**Ray Azar** | 6eme A – Ain Aar

The COVID-19 pandemic had a negative effect and also has positive ones in my life. Thanks to that, my view on things changed a lot. I started to appreciate the small things in life and not to take everything for granted. During this lockdown my routine was totally different, nothing was the same. Online classes are a new thing but it's not that bad. I am managing to understand all the lessons and to submit all my assignments. When I'm done with my courses, I talk to my friends or play games with my family. But mostly I am on social media. Whenever I can, I go for a walk outside and exercise.

I look forward to resuming my activities such as tennis. I miss my friends a lot and wish life could go back to normal. This pandemic taught me a lot and affected the whole world as well.

**Pamela Younis** | 6eme A – Ain Aar



Durant la période de la pandémie COVID-19 j'ai dû rester confinée chez moi. Cela a affecté mon quotidien : Je ne vais plus à l'école, je ne vois plus mes amis ni ma famille, je ne vais plus au club pour pratiquer mes sports favoris et je ne sors plus avec mes parents. Par contre, j'apprécie bien mes sessions en ligne parce que j'apprends tout en restant confortablement chez moi. Après les cours je m'ennuie un peu alors j'essaye de m'occuper en faisant des activités manuelles, En créant des vidéos sur Tiktok et en faisant des puzzles. J'aime bien aussi veiller avec ma famille en regardant des séries sur Netflix. Pendant cette période, j'ai appris à mettre de l'ordre dans ma chambre, à faire des crêpes, à planter des légumes et à m'en occuper.

**Sophia Younis** | CE2 B – Ain Aar



# Interaction with the community

**INTERNATIONAL COLLEGE 1891**  
 لبنان  
 لبنان  
**LEBANON**

**Webinar for Ain Aar Parents**

**President, Joel Peinado**

**Vice President for Academic Affairs, Paula Mufarrij**

**Director, Education Resources Center, Mahmud Shihab**

**Director, Upper Elementary and Middle School, François Richard**

**Director, Preschool and Lower Elementary Lina Mouchantaf**

**Thursday, May 7<sup>th</sup> 4:00 - 4:30 pm**

## Webinar for Ain Aar parents about E-learning

Listen to the recording



### Meeting with parents of Grade 12 students

Bruce Knox, Secondary School Director | May 7, 2020

Listen to the recording





## ES Ras Beirut Parents' Zoom Session

### Meeting with parents of Ras Beirut Elementary School students

Kathy Khayatt , Ras Beirut, Elementary School Director

Listen to the recording

### Meeting with parents of Ras Beirut Middle School students

Take a look at the presentation



MEETING WITH PARENTS

May 8, 2020

Wadad Hoss, Ras Beirut, Middle School Director | May 8, 2020



## Weekly messages sent from directors to parents



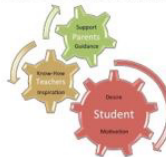
April 24, 2020

**MISSION:** Empower learners of today to be global citizen leaders of tomorrow.  
Permettre aux apprenants d'aujourd'hui de devenir des leaders et des citoyens du monde de demain.

Dear parents,

We are back to work with our online teaching /learning innovative strategies. This new challenge has forced us to constantly learn new ways to make home-learning a reality. We've tried together different ideas and have improved through the weeks of online teaching. Now, we've reached a level of proficiency that is remarkable. Naturally, we compare our e-learning to that of others to see where we stand. Recently, I've participated in online discussions and listened to initiatives happening around the world. I believe that we, teachers, students, and parents, are leading the way. That is why we must be proud of our achievements and not hesitate to share our success. We are a great team!

### Success Partnership



To be noted:

**School on April 27<sup>th</sup> to 30<sup>th</sup>**  
Next week, we will be teaching Monday, Tuesday, Wednesday and Thursday. May 1<sup>st</sup> is Labour Day.



1) **Weekly Work Plan (WWP)**

To be informed and plan the assignments/ activities for the week, please check the Weekly Work Plan. Teachers will post it no later than Monday at 8:00.

2) **Tracking system for students' work**

Online learning is a challenging experience for students, parents and teachers alike, but the efforts made by all involved has made this endeavor fruitful. To study online requires *self-management* on the part of the student. Students must be *present at all* online learning sessions and *to be ready* with all the materials required. This will facilitate their return to regular schooling once classes resume. Moreover, *time management and organization* are other important aspects, in order to get the homework submitted on time and to be ready for the summative evaluations added on the weekly working plan. To support student learning a tracking system is in place. On this



Site: www.ic.lb



document teachers record student's absences from E-learning sessions and homework that is not submitted. This reporting system safeguards student's schooling by early intervention by teachers, learning support followed by the administration. Thank you for supporting your child, hence us in your child's learning!

3) **Library – Ms. Nuhad Chalita (nchalita@ic.edu.lb)**

Cindy Colson, the head librarian, has added a page on the website for resources about Corona Virus. The following is the URL to share with parents, students, and teachers: <https://sites.google.com/ic.edu.lb/ic-library/resources-in-english/explaining-covid-19-to-kids>.

And here are links about the holy month of Ramadan for those who are interested: [https://padlet.com/dandry\\_gusg26xymvm59o7ae7?eclid=twAR3IVpm37pe0NtJC5Wg09n4Ee9LAIR1FRnANubgipe1ThmhDVC5EvThRgo](https://padlet.com/dandry_gusg26xymvm59o7ae7?eclid=twAR3IVpm37pe0NtJC5Wg09n4Ee9LAIR1FRnANubgipe1ThmhDVC5EvThRgo)

Regards and stay safe.

4) **Survey – Students & Families**

We are inviting you to complete the following survey. You can choose the French or English version. The information will help us provide a better service and support. The 'survey for families' should be completed by one parent per family (one survey / family). The surveys need to be completed by April 29<sup>th</sup>. Thank you.

**Family Survey:**

French survey: <https://forms.gle/twWczPA5okiEnDwU7>

English survey: <https://forms.gle/Rb9QbQG2MNMV327>

**Included in this email, please find:**

Counselor's Topic 4

Learning's Support Topic 4

Stay safe,

François Richard and Your Pedagogical Leadership Team  
IC Ain Aar - Upper Elementary and Middle School



Site: www.ic.lb

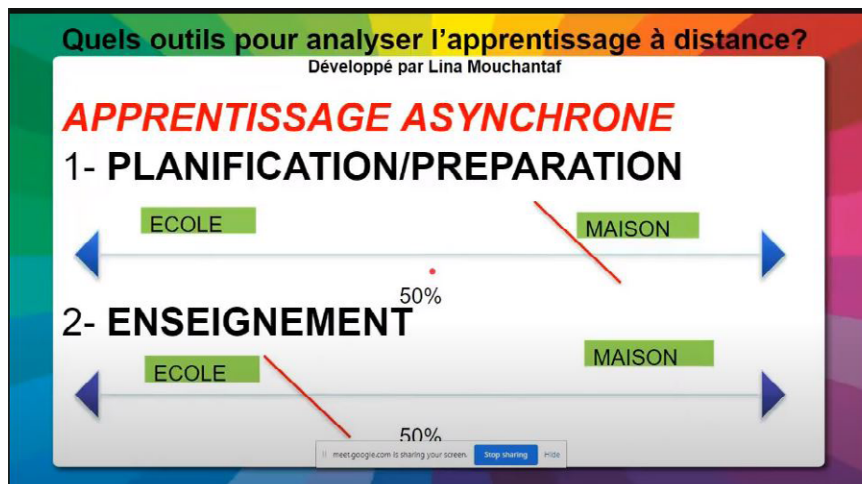
## Weekly messages are sent from the Secondary School Director to students



SAMPLE  
MESSAGE

Bruce Knox, Secondary School Director

## Meeting with parents of Ain Aar CP students



Listen to the recording

Lina Mouchantaf, Ain Aar, Preschool & Lower Elementary Director

## Caring for the community

### MISSION 470, a COVID-19 response project by the Ali Ghandour Student Leaders



With the outbreak of COVID-19 and Lebanon's swirling economic crisis, it is a fact that people are becoming more vulnerable by the day. Livelihood opportunities are scarce, and income inequality is wide and it is estimated that more than half of the Lebanese are living below poverty lines; and what the future holds is still unclear.

With the generous contributions of the Mission470 donors, the dedicated efforts of the Ali Ghandour Center partners: LLWB-Lebanese League for Women in Business – LLWB, Environmental Sustainable Development Unit at AUB – ESDU/AUB) AUB Neighborhood Initiative and Ruwwad Al Tanmiya Lebanon, with the support of IC, and the dedicated team work of all AGC Student Leaders, Mission470 has reached its destination!

All 470 families have been reached with food and hygiene baskets and 300 of those have been offered seeds and seedlings.

Each of the items in the baskets was carefully selected and make up a diversity of nutritious and delicious items, which were not only selected based

on their shelf life or price, but also on their quality and potential to be found locally, produced by local women and men in remote villages.

470 KG of tomato paste, 940 Baladi soap bars, 470 KG of jams, 47 KG of "Zhourat tea" and 353 L. of olive oil were purchased from local producers from different areas in Lebanon. Through this approach, Mission 470 was able to contribute to the circular economy and not only reach vulnerable people with items they urgently need, but also allowed other vulnerable people to sell their mouneh produces.

Each of the baskets also included 2 KG of lentils, 2 KG of rice, 2 KG of "borghol", 2 KG of salt, 1 KG of sugar, 5 L. sunflower oil, 1 KG of pasta, 800 G of canned green peas, 800 G of canned "foul", 400 G of canned chick peas, and 2 tuna in oil cans.

Dishwashing soap, tissues and toilet papers, and a bottle of bleach solution were also part of the baskets.

The baskets were distributed by our partners: #LLWB, # AUB Neighborhood Initiative, #Ruwwad Al Tanmiya Lebanon, # Ardi Ardak, as follows:

# Caring for the community



## Food and hygiene baskets:

- 150 baskets were distributed in Tripoli
- 150 baskets were distributed in the West Bekaa
- 150 baskets were distributed in Beirut
- 20 baskets were distributed to members of IC community.
- 300 Seeds and Seedlings were distributed in Akkar

A special thanks goes to ARAMEX for their amazing contribution to our Mission! The AGC is proud to have had you as a partner and is thankful for the excellent service and generosity!

Because of the outbreak and safety concerns, only few AGC Student Leaders were able to join the distribution in Beirut with #AUB Neighborhood Initiative, and here's what they had to say:

*"What we saw was preposterous inequality and it's happening just a few blocks away from our school! During the distribution and as I peeked into people's homes, I couldn't believe how those families have been surviving their living conditions. The gap of wealth is shocking in those narrow streets of Ein Mreisseh".*

**Tony Yammine**

*"My parents have always told me how lucky I really am, but today I had really understood what they meant. As we walked the street of Beirut I fully understood the meaning of poverty. I met people who were not given their basic rights. People who had little to no food and people who have been neglected by the government. This experience also opened my eyes and has taught me how beautiful old architecture really is and how unlucky we are that we are witnessing its disappearance."*

**Michael Hawa**

*"It's just sad to see how much the world has evolved and how many people it has left behind. The contrast between the richest and the poorest left me in awe. I was shocked to see how close yet so far those people are from each other".*

**Joud Sleilaty**

*"I was angry at myself for never realizing that many people live in such horrible conditions right under our noses. I am unable to get over the cruel irony of having families living in slums, with fancy buildings casting their shadows over them, and despite all that, the people still found it in themselves to smile as they welcomed us to receive their baskets."*

**Nayla Shehadi**

## Secondary School Community Service Initiative



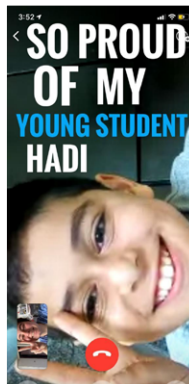
During these difficult times, the Secondary School Community Service team initiated an Instagram account ([sscommunityservice\\_initiative](#)) to allow their peers to stay engaged and show solidarity and support to their communities. Students were able to take part in two causes:

Online peer tutoring where IC students helped kids with their online homework and/or donating to families in need.

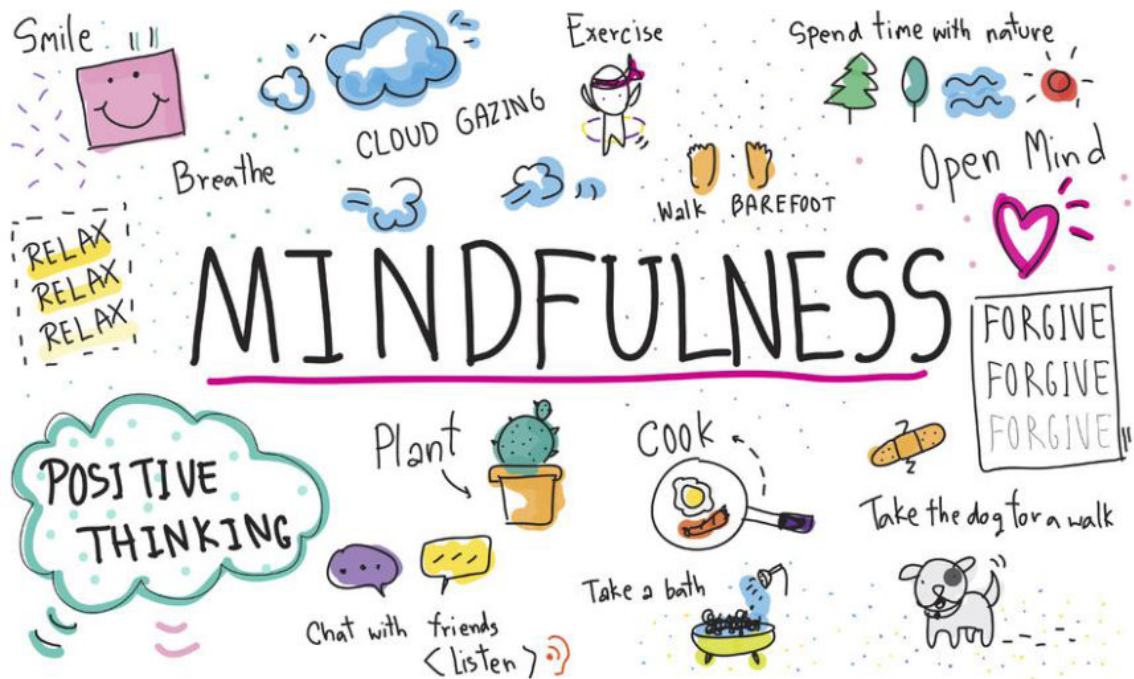
The community service team partnered with the NGOs, "Bassma," "Ahla Fawda," "Tamanna," and "Ajialouna," which provided the network of needy families and academically struggling students. The empathy shown by our IC students is commendable, and their enthusiasm is contagious!

**Let us all support this ongoing effort!**

**A big shout out to our students!**



## IC counsellors share their wisdom with students



### Take care of your emotional health, it is of utmost importance

Every May, since 1949, we have been marking Mental Health month. But this year, our emotional health is of utmost importance.

As we steer our way through the COVID-19 lockdown days, many of us are continuing with our physical workouts but are ignoring our mental health.

Many people are experiencing some kind of emotional disturbance such as anxiety, insomnia or depression. These feelings are intensified when they themselves or loved ones are isolated in quarantine.

According to Psychology Today, approximately one in five youth aged 13–18 experiences a severe mental health disorder at some point during their lifetime and anxiety is becoming more frequent among teenagers.

If you note mood swings, changes in appetite, unusual laziness, loss of interest in activities, falling grades, anxiety, depression or unexplained feelings of anger, please turn to your parents or school counselors for help. At the very least, talk to your friends or someone you trust. You may find that your friends are just as eager to share their anxious feelings with you as well. Talking about your feelings go a long way in helping you heal. You may just find out that we are all in this together and experiencing the same emotions.

Please don't ignore warning signs. If left untreated, mental illness can lead to drastic consequences.

Deal with it, talk about it!

IC's counselors are ready to listen, get in contact with them. Their email addresses are listed on the website, click on the link below.

In the absence of face-to-face interactions, the mental health of students can be affected. During this challenging period, counselors addressed mental and emotional concerns so that students remained cheerful and able to share their concerns, if any. The following topics were discussed:

1. Challenges at home
2. Healthy Relationships and conflicts
3. May Mental health awareness and psychology
4. Alphabet of Wellbeing
5. How to adapt well to the home learning in the best way possible
6. How to build a stronger sibling bond during lockdown and always
7. Importance of mindfulness and meditation

Listen to the recording

**March 17 | parents**

**Coffee with the counselor :**  
Challenges at Home Nowadays”

**April 8 | students**

**“ Let’s Talk with the counselor”**  
Issues and conflicts

**April 9 | parents**

**Coffee with the counselor:**  
Healthy Relationships & conflicts

**May 12 | students**

**Let’s Talk with the counselor”:**  
ME in MAY & Wellbeing Awareness

**May 13 | parents**

**coffee with the counselor :**  
Mental Health Awareness + Discussion about Anxiety, Body Image, Cognitive Behavioral Therapy, Depression, Eating Disorders.

## CHALLENGES AT HOME NOWADAYS

**DIALA ITANI**  
PSYCHOTHERAPIST  
LIFE COACH  
NLP MASTER PRACTITIONER

## HEALTHY RELATIONSHIPS & CONFLICTS

**DIALA ITANI**  
PSYCHOTHERAPIST  
LIFE COACH  
NLP MASTER PRACTITIONER

## DID YOU KNOW THAT ....?

**DIALA ITANI**  
PSYCHOTHERAPIST  
LIFE COACH  
NLP MASTER PRACTITIONER

## DID YOU KNOW...ABOUT RELATIONSHIPS

**DIALA ITANI**  
PSYCHOTHERAPIST  
LIFE COACH  
NLP MASTER PRACTITIONER

## 5 HABITS OF SUPER LEARNERS

Diala Itani



# VIRTUAL CAMPUS

## Students' virtual performances

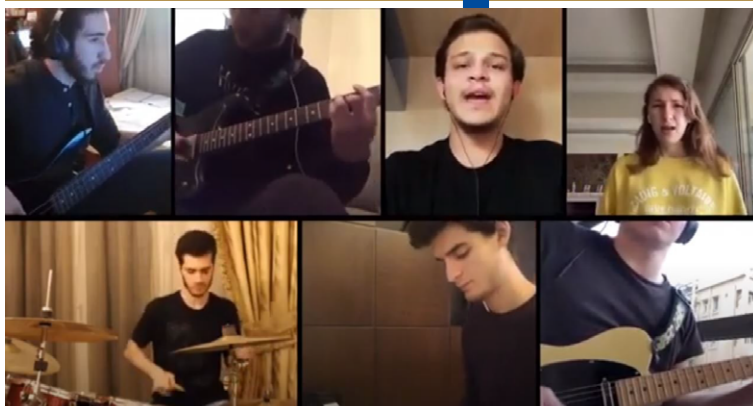
During these times of confinement, students show their creativity

IC's **rock band** performing  
"When I was your man"

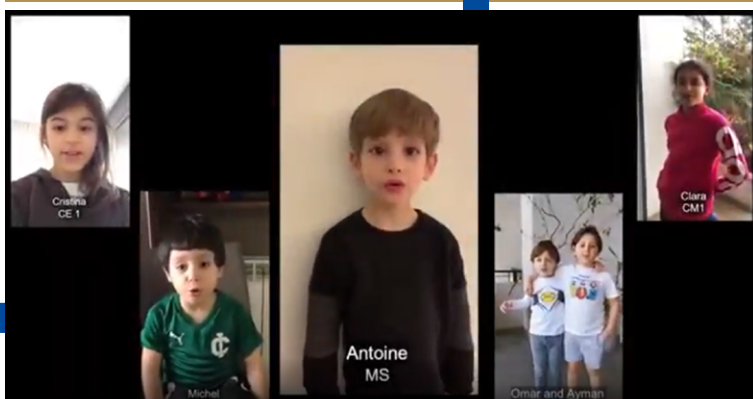


**Secondary School students** record at home on mobile phones, mixed and edited together creating a community out of isolation!

The Foo Fighters classic,  
"The Pretender"

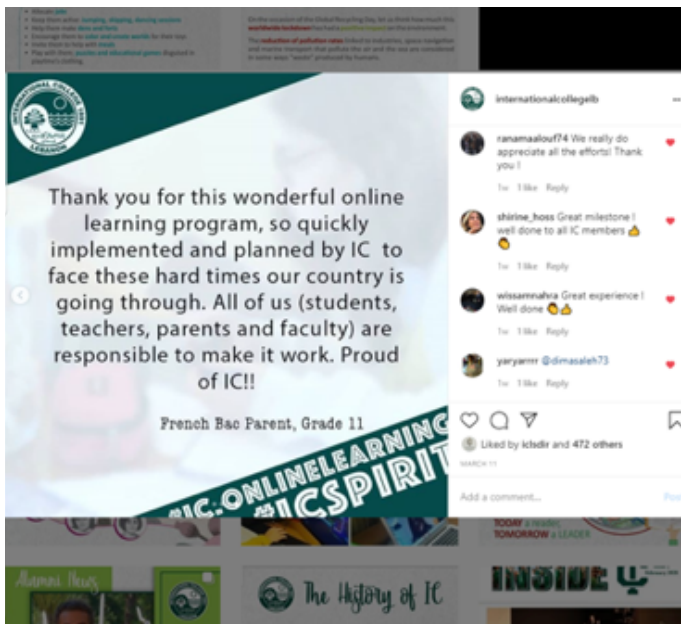
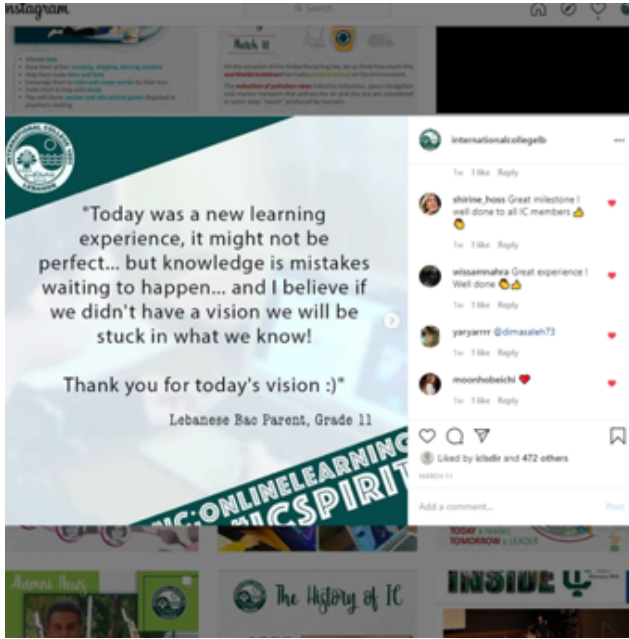


IC Ain Aar's **Preschool, Lower Elementary and faculty** performing  
"Heal the world"





## Feedback from the community





# TOGETHER

#togetherwewill

# We Will



In the midst of this latest COVID 19 crisis, IC wants to support every member of its family; it has therefore increased its financial assistance budget.

Please do not hesitate to apply for **tuition assistance**, we will make every effort to meet your needs.



**The process is confidential!**

IC families who are facing financial difficulties are invited to apply for tuition assistance.

Listen to the message from IC President, Joel Peinado

Rejoignez-nous sur les comptes de médias sociaux officiels de l'école!

Join us at the school's official social media accounts!



@internationalcollegelb



@IC\_Lebanon



@InternationalCollegeLB



ICLebanon

Here are few social media posts in case you missed them:

### Twitter

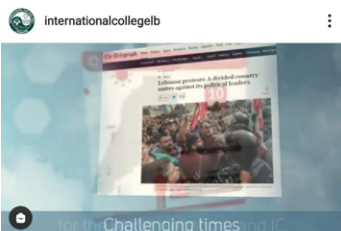
**IC Lebanon** @IC\_Lebanon · 2d  
In a letter to parents, Joel Peinado wrote that IC will continue with its online learning plan until the end of IC's academic year and that is Tuesday, June 23rd, for all classes in Preschool through Grade 9. #elearning

**IC Lebanon** @IC\_Lebanon · 2d  
Joel Peinado thanked the IC faculty & administration for the remarkable work they have accomplished, day after day, since the confinement began. #icspirit #elearning

**IC Lebanon** @IC\_Lebanon · 2d  
Peinado continued, teachers are currently preparing for the transition into next year by mapping the curriculum. In this process, teachers identify what they have taught and highlight what next year's teachers will have to review & emphasize when they start the year. #icspirit

**IC Lebanon** @IC\_Lebanon · 07 May  
During the Virtual Learning Webinar for Ain Aar parents, Mahmud Shihab @mahmudshihab said since the 90's IC has invested in training all of its teachers on information technology and in 2010 IC was the 1st to establish an online learning management system for students from N-12

**IC Lebanon** @IC\_Lebanon · 07 May  
During the Virtual Learning Webinar for Ain Aar parents, Paula Mufarrij @pmufarrij stressed on the fact that a different grading system will be implemented and deserving students will be rewarded.



### Instagram

