



29 March 2020

## ICS Parent Update 11

Dear Parents

Just a brief update from me today, focusing largely on student learning and wellbeing, the 'bread and butter', if you like, of our business as a school.

### Home Learning Update

Today marks the beginning of the revised version of our curriculum delivery, in this our third week of remote operation. We could not have made these changes without the input and feedback of parents and students, as well as our own staff, and I would like to thank you for your help: we really are all in this together! The home learning experience will continue to be evaluated over the coming fortnight, before a full review takes place at the end of next week. All the time, we are, like all the best schools in the world, trying to find new ways to optimise learning outcomes, whilst keeping students engaged, happy and safe; minimising the burden on parents; and ensuring our teachers retain the same work-life balance they enjoyed before the world changed. This is no small feat, and we are constantly learning (which is how it should be), so please keep your feedback coming, either to a member of [the Academic team](#), or via our live, [online survey](#). Technical enquiries about Google Classroom should continue to be directed to [technicalsupport@ics.edu.jo](mailto:technicalsupport@ics.edu.jo).

### Counselling Update

As part of our determination to keep #wellbeingfirst, the following support will be offered by the Counselling Department throughout the period of our remote operation. I know some of this has been shared before, but I don't think one can overcommunicate when it comes to student wellbeing and mental health, especially at the moment.

#### In the Primary and Secondary Google Classrooms:

- We will be posting weekly short **video clips** to encourage our students and provide tips on how to stay emotionally healthy.
- We have made [Primary Student Check-In with Counsellor](#) and [Secondary Student Check-In with Counsellor](#) forms for our students so they can contact us and let us know how they are doing. For Primary students, the contact will be made through the parent email address.

#### For Parents:

- As you know, we launched a while back our special website, [ICS Counselling Corner](#), where you can find information on how you can support your children and also find links for your own self care. This site is regularly updated and we hope you find this helpful.
- We will also offer short **video clips** for parents and staff periodically.
- In addition, we have made a [Staff Check-In with Counsellor](#) form similar to the student ones above - so please rest assured that our staff wellbeing matters as much to us as anyone else's during these challenging times.



INTERNATIONAL COMMUNITY SCHOOL  
مدرسة الجالية الدولية

**Patrons:** H.R.H. Prince El Hassan Bin Talal  
H.R.H. Princess Sarvath El Hassan

**Principal:** Matthew Savage

### Online Counselling

- We are offering **online counselling** via a secured platform for students called DOXY. DOXY is an encrypted and secure video-conferencing platform which will allow for the highest possible security and confidentiality of the content of sessions. This is an approved platform for telehealth services in the USA, and is also approved by the ethical bodies with which our counsellors are associated.
- We are also available to meet with parents online to support them in parenting as we normally do.
- For information about how our counselling will work online, please see [ICS Online Counselling Guidelines](#) and this [Summary of Informed Consent for Online Counselling](#). Before any new session, our Counsellor will make sure that they have gone through these details with their client.

### Email

If you have any questions or concerns about how DOXY will work, or any other aspect of our online counselling, please don't hesitate to contact us via email. **Christine Shepherd** (Secondary) at [c.shepherd@ics.edu.jo](mailto:c.shepherd@ics.edu.jo), **Sarah Elliott** (Primary) at [s.elliott@ics.edu.jo](mailto:s.elliott@ics.edu.jo) or **Karen Hopkins** (General) [counselling@ics.edu.jo](mailto:counselling@ics.edu.jo)

### Morning Registration

Some of you have had questions about registration at 8.30am, so please be aware of the following: your child can register **between 8.30am and 9.00am**. If they are having an early start to their day and are ready at 8.30am, then this is a great opportunity for them to reflect on their work from the day before, read and respond (if necessary) to feedback and/or finish anything they didn't manage to complete previously. They can also begin on some of their Choice Learning projects or, like everyone could benefit from doing at the start of any day, read a book.

### #reasonstobecheerful

On a positive note, I am finding it easier and easier to find 'good news' stories from across the globe: hope, it would seem, is everywhere, if we just open our eyes to have a look. There is [a lovely summary from around the world here](#); and I encourage any sports fans (of which anyone who knows me knows that I am not one, but even I enjoyed these!) to search for the hashtag #LifeCommentary on Twitter, so see how Sports Commentator, Nick Heath, is [keeping himself busy in a world without professional sport](#). My challenge to you: what **#reasonstobecheerful** can you find in the world outside (or inside) your window this week?

Best wishes

**Matthew Savage**  
Principal