Dear ISO Community,

Our school counselor's newsletter is out and below.

At the end of the first quarter, it's certainly a good time to remind ourselves about a few principles. Please enjoy the counselor's advice.

You will also find our scholastic book fair link to place your books orders!

We are looking forward to seeing you tonight for our Murder Mystery diner from 6pm in ISO auditorium.

Best regards,



Social Emotional Learning Counselor Newsletter

Dear ISO Families,

It's already October, and our first quarter's end is this Friday, October 20th. Soon, our ISO community will take a much-deserved break. I'm sure your calendars are marked already. There is no school from October 30th to November 3rd.

We welcomed two new students this month and anticipate a few mid-year departures. As Mr. Trudeau remarked, "The only two constants in international education are "change and transition." I'd like to thank our ISO community for supporting all community members with change and transitions.

On October 6th, the Upper School held Development Day. Upper School students had the opportunity to learn some new stress-reducing through yoga, meditation, and good nutrition.

I'd like to share a few additional strategies for navigating stress through the lens of the IB Learner Profile traits. As parents, you watch your child(ren) develop into more independent and mature individuals. You and your child can discuss a few things when times get tough.

- **Be Courageous:** Acknowledge the rigor of the IB program. It's demanding.
- **Be a Risk-Taker:** Just start! It is overwhelming, but you need to jump in and start. You will stumble, but everyone does. That's how we all learn. We learn from our mistakes.
- **Be a Risk-Taker, an Inquirer, and a Communicator:** Don't be afraid to ask for help. Reach out to friends and teachers you trust to help you understand a concept or to help you discover a new way to explain it. Don't isolate yourself.
- **Be Reflective:** You will have bad days and good days. Be realistic about what can be accomplished in a day. Everyone experiences stress; it's not just you. It is VERY typical to feel under stress. NAME IT AND NAVIGATE IT!
- **Be Principled:** Organize your study space. Having a designated study area at home and school improves your concentration.
- **Be Principled and Knowledgeable:** Manage your time and make a schedule. A schedule helps ensure that you complete your assignments. Have you tried using an app, Google Calendar, or a paper calendar for managing your time and assignments?
- **Be Balanced/Be Open-Minded:** Prioritize your mental health by taking care of yourself. Take regular breaks and eat and exercise to fuel your brain. You can listen to music, build something with your hands, rub your feet, put your feet up the wall, dance like nobody's watching, take a bath or shower, stretch, quiet your mind, clean your room, color a mandala, listen to a podcast, eat mindfully, just to name a few things.

Now, before we all go on break, a significant event is happening on the ISO campus:

Parent-Teacher Conferences

These will be held on Friday, October 27th. Please use the link below to sign up to chat with your child(ren)'s teachers.

Parent-Teacher Conference Sign-up Link

Building trusting partnerships with your child(ren)'s teachers boosts student motivation, positive behavior, and academic achievement. Your child(ren) will observe that you are in a united front working to support them along their learning journey from Pre-K to Grade 12.

And finally, ISO student-athletes will attend the WASAIL MS Soccer Program in Dakar, Senegal, next week. We wish them all the best and a safe journey. Go Stallions!

Respectfully,

Lisa Cullen
SEL Counselor



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