

# ISC WEEKLY

"AN INTERNATIONAL EDUCATION TODAY FOR THE GLOBAL CITIZENS OF TOMORROW."

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## Dates to Remember:

Aug. 31– Sept. 18: MAP Testing  
 Sept. 19: Curaçao Clean-Up (Individual Sign-Ups)  
 Sept. 28-29: MYP Authorization Visit (Virtual)  
 Oct. 2: End of 1st Academic Quarter

## Message from the Director

Dear ISC,

We continue to monitor developments on the island related to COVID and are paying close attention to instructions schools are receiving from the government after cases has been identified in their school community. Thus far, for the few schools that have had a case, direct instructions from the health department (GGD) are given once the situation of the school is ascertained. Following GGD's instructions, notifications from the particular school then went to families to inform them of the steps to follow.

Each school is different in organization and physical layout and because the government works with each school on a case-by-case basis, it is unknown what instructions ISC will receive if a case is identified within our school. The common instruction so far has been to close school for two days to disinfect. Due to the nature of our class schedules and constant movement of students to and from specialist teachers, containment to one classroom cannot be guaranteed as in some of the other schools. For this reason, and for extreme caution, ISC would likely close temporarily for disinfecting, allow for teachers to return to work in their classrooms, and then shift to distance learning for several more days to assure our community is COVID free before returning to in-class instruction. We will continue each day as we have been for now. If anything changes, our community will be informed immediately. Wash your hands regularly and keep your distance!

## Weekly Lunch Menu: September 14th – 18th

<b>Mon.</b>	<b>Chile con Carne</b> <b>Pumpkin Soup</b>
<b>Tue.</b>	<b>Pasta with meat, vegetables and green salad</b>
<b>Wed.</b>	<b>Vegetables Soup</b> <b>Rice and Chicken with salad and plantains</b>
<b>Thu.</b>	<b>Chicken with mushroom sauce</b>
<b>Fri.</b>	<b>BBQ ribs with French fries or Rice</b>

### Every day on the menu:

- Spaghetti with Bolognese meat sauce
- Chef salad, chicken Caesar
- Special Salad: Lettuce or spinach, avocado, cherry tomatoes, boiled egg, pasta, black olives, onion and sesame
- Quesadillas (Beef, Chicken and Veggies)
- Vegetarian multicolored salad

Pizza ANG. 4,50

Soup ANG. 6,00

Quesadilla ANG. 8,00

Salad ANG. 8,00

Meal Sizes: Small ANG. 4,00 / Medium ANG. 8,00 / Large ANG. 11,00



# School Photos Schedule 2020 - 2021 September 2020



Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
8:00 - 8:30 <b>K4</b> 9:00 - 9:30 <b>3A</b> 9:30 - 10:15 10:15-11:00 11:00 -11:45 <b>8th</b> 11:45 - 12:00 <b>6th</b> 12:30-1:15 <b>7th</b> 1:15 - 2:00	8:00 - 8:30 <b>K5</b> 9:00 - 9:30 9:30 -10:15 <b>10A</b> 10:15-11:00 <b>10A</b> 11:00-11:45 <b>10 B</b> 12:15-12:45 <b>10 B</b> 1:15 - 2:00	8:00 - 8:30 <b>2nd</b> 9:00 - 9:30 <b>3B</b> 9:30-10:15 <b>9A</b> 10:15-11:00 <b>9A</b> 11:00-11:45 <b>9B</b> 12:30-1:10 <b>9B</b> 1:10 - 2:00	8:00 - 8:30 <b>1st</b> 9:00 - 9:30 <b>4</b> 9:30 -10:15 <b>11A</b> 10:15-11:00 <b>11A</b> 11:00-11:45 <b>11B</b> 12:30-1:15 <b>11B</b> 1:15 - 2:00	8:00 - 8:30 <b>5A</b> 9:00 - 9:30 <b>5B</b> 9:30 -10:15 <b>12A</b> 10:15-11:00 <b>12A</b> 11:00-11:45 <b>12B</b> 12:30-1:15 <b>12B</b> 1:15 - 2:00



Regular uniform: ISC Polo Shirt and Khaki pants. No photos with P.E. uniforms

Sibling's picture will take place at scheduled time of oldest sibling.

Dear Elementary Parents,

As you may be aware every week we have a weekly message in Elementary. This is intended to help us all work on small goals to better ourselves as humans and therefore learners. Our mindfulness theme will continue as we will also reinforce the growth mindset. As you may see the interconnectedness, students can't learn if they aren't calm, in the middle of an unresolved conflict, or self-regulate. In addition, these two approaches are valuable not only inside the classroom but in the world at large.

If you don't follow us on social media or Class Dojo, our previous messages for this year have been:

**MINDFULNESS: means being awake. It means knowing what you are doing.**

**Week 1: Today is a new day, I can begin again.** (We used this to start the new school year)

**Week 2: I love and accept myself.** (Students were actually hugging themselves when saying this)

**Week 3: I can control my breathing.** (We had classroom visits to show students different ways to take deep breaths to self-regulate, relax and be ready to learn)

**Week 4: I can push through ANYTHING I set my mind to.** (This is a [mantra a teacher](#) uses for her students to talk about when life gets tough)

**Week 5: You cannot control the results, only your actions!**



you  
cannot  
control  
the  
RESULTS,  
only your  
→ ACTIONS. ←

-Allan Lokos

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## MAP Testing for Grades K5–Grade 10

- Monday began the Fall MAP testing season for grades K5–10. It will last 3 weeks.
- MAP is a measure of growth in the areas of Math, Reading and Language.
- MAP scores help teachers identify gaps or weakness in students' learning so that they can best inform their teaching practices.
- Students are assessed in the fall, winter and spring (only fall and spring for grades 9 & 10).
- Score reports are shared with parents and data is used to inform curriculum decisions and best practices in the classroom.
- Students do not study for MAP tests; they are simply a measure of their competencies at this moment in time.
- If you have any questions regarding your child's MAP scores or the MAP testing at ISC, please contact your child's principal or Kate Ribeiro at [ribeirok@isc.cw](mailto:ribeirok@isc.cw)



### Learning Plus First Semester

Dear Parents,

It is a late start with our activities but with the situation we are moving cautiously. This year we have an adapted Activity Guide due to the fact that we are keeping instructors limited to our teachers and participants only to ISC students. This block we will only have activities on Mondays, Tuesdays and Thursdays and will only be taking a limited number of students especially when having to work in a classroom.

I know things will get a bit frustrating especially if your child doesn't get into an activity but these are not normal times so please have some patience as we are trying to keep our students actively engaged in after school programs.

-Ms. Hart  
[hartg@isc.cw](mailto:hartg@isc.cw)

#### Registration:

**Forms are only online.** Fill in your form with the required information online; one for each child and it will come to me; because of the limited number of participants, not all who register will get in; it will be a first come first served. Once accepted, I will email you the information for paying online or let you know when you can come in to the main office to swipe. We are trying to avoid cash so please help us out by swiping.

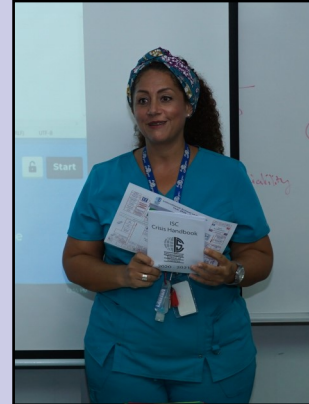
Here is the link to the [ACTIVITY GUIDE](#)

Here is the link to the [REGISTRATION PAGE](#)

## Teacher In-Service Day

Last week Wednesday was ISC's first of four in-service days of the year. One half-day is planned for each academic quarter to give teachers additional time to work together and learn. These sessions are commonly referred to as Professional Learning Communities (PLC). In this PLC, all faculty and staff started the session with a review of our [Child Protection Policy](#) and Crisis Handbook, including emergency procedures for campus evacuations and lock-downs. Later sessions focused on the development of digital skills specifically focused for the purpose of distance learning.

Our second quarter PLC is scheduled for Wednesday, November 11th.





## Headaches & Bellyaches

The most common cases I see daily in my office are children with head- and or belly-aches. Headaches and bellyaches are common in children and usually aren't serious. Like us adults, children can develop different types of headaches, including migraines or stress related (tension) headaches.



# School Nurse



### What do I do when a student comes in with a headache?

First I ask them what they were doing prior to the headache. Most often I see kids after PE or after lunch. Sweating (losing salts) and lack of water can cause serious headaches. I recommend drinking water first and even taking a bit of salt, take 10 deep breaths and just wait for at least 30 minutes. In very rare cases I see the students back in my office.

### How do I decide if a bellyache is a medical problem?

Children less than 5 or 6 years old who have bellyaches, often do not have the words to describe their sensations accurately. Emotional and physical distress is hard to separate for them. It can be anything from hunger, fatigue or need to use the bathroom. If a child comes in and is smiling and comfortable when I feel their belly the pain is probably mild. If I see a grimace and a frown I can assume the pain is moderate. In both cases I accommodate the student with a warm pack which soothes the belly. With severe pain, the child is crying and lying down and does not want to be touched. In that last case I call the parents to take the child home and to see a doctor.

### Should I keep my child home because of an early bellyache?

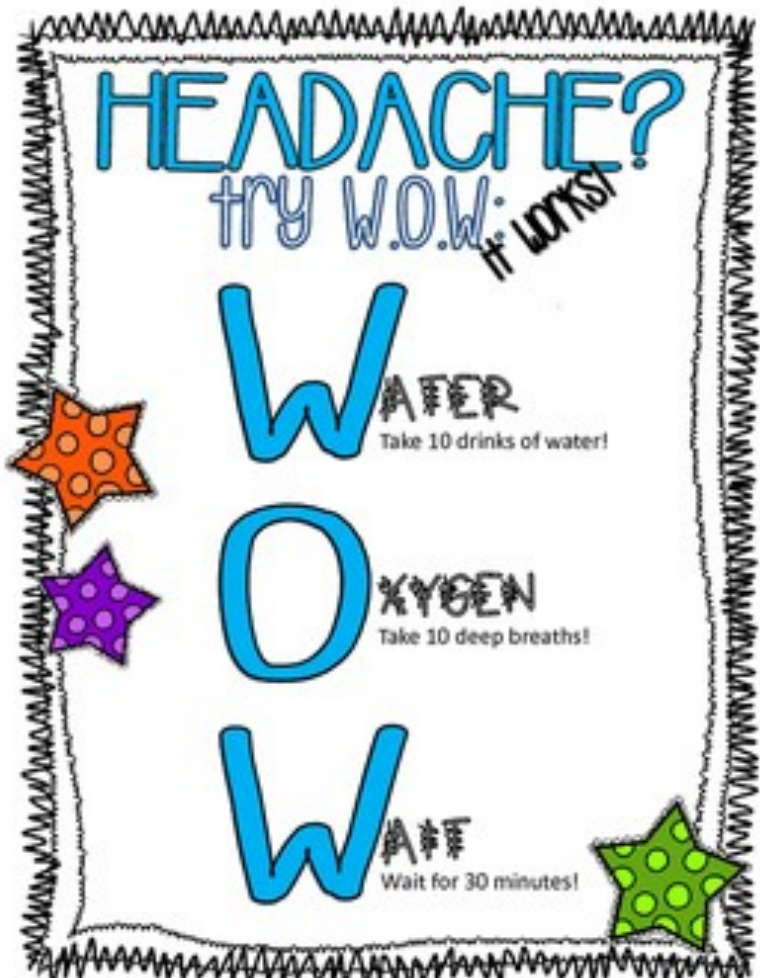
Not if there are no warning signs of disease. As a parent you can help your child learn to cope with a belly ache. Remind them that a mild belly ache is not dangerous and that the pain will not differ at home or in school. So the child may as well go to school and learn. Most often, with distractions in school, the bellyache disappears.

If I see students often with the same kind of aches, I contact the parents and together we will make a plan for how to proceed.

If you have any questions regarding this week's topic, please send me an email at [vaneerdewijka@isc.cw](mailto:vaneerdewijka@isc.cw).

Have a great and healthy rest of the week!

Anouk van Eerdewijk CPN  
School Nurse



## Curaçao Clean Up Day

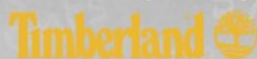
Saturday, September 19 is officially World Clean-Up day and the island of Curaçao is once again taking part. At the time of the Weekly being published today, the government was allowing the event to continue, but out of precaution, ISC **will not** organize a participating group from our community of students, teachers, and parents.

For people who still wish to help clean up the island, they can certainly sign up on their own. Please read through the [Curaçao Clean Up Facebook page](#) for details and click on the logo here for the registration page. On their Facebook page, the organization has also posted a petition demanding more action from the government to keep the island clean.



## ISC Partners

*Discounts from Local Businesses  
for ISC Employees*



The International School of Curaçao (ISC) is a preK-12, accredited, private, nonprofit, coeducational day school recognized by the local government of Curaçao that provides instruction in English. ISC was founded in 1968 and offers a rigorous academic program in order to prepare students who plan to pursue higher learning at colleges and universities around the world.

Credits: Layout design: D. Vaughan  
Editing: D. Vaughan, C. Dijkhuizen

Contributors: D. Vaughan, R. Rigaud, A. Querales, K. Ribeiro, G. Hart, A. van Eerdewijk.



International  
School of  
Curaçao

International School of Curaçao  
P.O. Box 3090, Curaçao  
Dutch Caribbean  
Tel: +(5999) 737-3633  
Fax: +(5999) 737-3142  
Website: [www.isc.cw](http://www.isc.cw)  
Email: [info@isc.cw](mailto:info@isc.cw)

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