

ANNOUNCEMENT FRIDAY

ISSUE 03 • 03 SEPTEMBER 2021 • 2020/2021



International Literacy Day

International Literacy Day was declared on 8th September 1966 by UNESCO. Literacy Day has been proclaimed because UNESCO wanted to remind Individuals, Society, Communities about literacy and to boost up literacy, literate and Illiterate communities. From my perspective, I think International Literacy Day was also proclaimed that the Literate citizens should be grateful for education and literature citizens should try to help the Illiterate. Did you know? 773 million adults and children and young people lack basic literacy skills. 617 million children and youth are not achieving minimum proficiency levels in reading and mathematics.



Syeda Mariam Fatima,
Year 7B

Important Dates

As we come to the end of the third week of the term, please take note of the following dates:



Date (s)	Programme
11 - 15 October 2021	Half - Term Holidays
18 - 22 October 2021	Early Years and Primary, student led conferences (SLC)
25 - 29 October 2021	Secondary, student led conferences (SLC)
9 December 2021	Term I - Last day of school
10 December 2021	Parent Teacher Conferences (PTC)



COPING WITH ONLINE CLASS INDUCED STRESS



Covid-19 has brought about alterations in societal functioning and prompted distance learning through online classes. Several students are finding it tough to cope with the isolation – away from the face to face interactions with teachers and peers. The otherwise tech-savvy-social media generation has found the transition to online academics daunting, leading to many experiencing anxieties, stress as well as depression.

As virtual learning has become the new norm, anxiety, depression and confusion about online academics has been seen in many students and below are the commonest problems shared by young people.

Common problems faced by students online

- **Remaining motivated:**When home becomes a classroom students struggle to find a balance and a rhythm, or a way to stay motivated.
- **Easily distracted and managing time:**Being at home, one is conditioned to think of the surroundings to be a relaxed setting; with family and other siblings around the attention span of students decreases. Time management is a challenge as well; students develop erratic sleep habits with the pressure to complete a project in time. Then there is also confusion and added screen timings.
- **Technical Issues:**There is sudden irritability during the online class sessions due to poor internet connections amongst attendees and power cuts; often at times systems shut down and need to be restarted; this leads to disinterest in rejoining the class instantaneously.

- **Environmental Trauma:**With the current situation, many students have had to overcome the plight of dealing with either personal loss of a family member while in isolation, have found it hard to acknowledge the global situation, unable to grasp economic adversity or witness interruption in their regular lifestyle.

Ways of managing stress and anxiety during online classes

To enhance your academics online, and to reduce anxiety as well as the stress of being socially isolated during these times, here are some ways to cope with;

- **Plan your routine:** On a weekly basis, list down the important activities. Work on a daily planner to accomplish goals and priorities, set a timeline for each; share these activities with your family at home, intimate them about what you're going to be doing, and when so that they are aware of your timetable and do not cause distractions. However, even though life is challenging right now, it is okay to leave your work aside for a while to prioritize not only on your physical fatigue but your mental health as well. Screen time should also be limited; make time out to catch up on one of your favorite shows or to play a fun game with the family.
- **Create a study space:** Find a productive study space in your home, preferably at the table, and away from your bed. Make it comfortable; keep it tidy and customize it with colorful stationery.
- **Accessibility to online classes:** If you are facing a technical issue or internet concern, do not fret! Inform your teacher about what's happening. Stay relaxed and wait till the matter is fixed. Teachers are flexible and will understand your hardships; Visit firefly for the recorded sessions to come up to speed with the rest of the class.
- **Staying Motivated:**It is definitely easy to stress out when things are not moving in the right direction, or perhaps in the way you thought things will progress. Apart from academics, this is the time to rekindle a favorite hobby. Read novels, sketch or doodle, play board games, or simply stay motivated by indulging in light exercises.

NOTE:

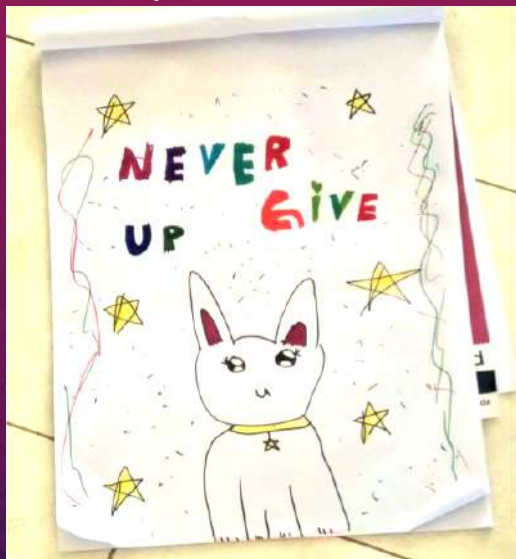
The role that parents and teachers play during this period is crucial. However challenging it may seem, Parents please monitor your children carefully, watch out for distress signs, keep an open channel of communication to let them know that you are there for them while giving them their space. Combating social and emotional isolation may be simplified by allowing your children to talk about their feelings and share their daily learnings. It is also important to watch out for online bullying or signs of trauma owing to the vulnerability of the online experience.



Online Motivation

In art lessons, students from Y2 - Y6 designed motivational posters. These posters are there to encourage all of us to keep going when life is challenging. We are proud to have such motivated students at Galaxy.

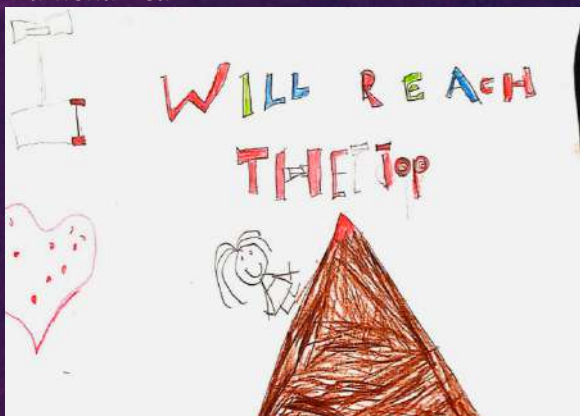
Alina Year 4



Adam Aziz Year 5



Daniella Year 2



Jonathan Year 6



Amethyst Year 4



Arnold Wilson Year 6



International Day of Charity



This 5th September marks International Day of Charity, a day to recognise the importance of giving and the positive impact it can have. It's also a day that creates and raises awareness about charity and why it is vital to help those who are in need.

International Day of Charity was established by the United Nations in 2012. It "recognises that eradicating poverty in all its forms and dimensions, including extreme poverty, is the greatest global challenge and an indispensable requirement for sustainable development.

Below are suggested activities to commemorate this day;

- Download the `Be My Eyes` app to assist the sightless through a video call
- Pick a family charity cause and find out if there is a related charity you can donate to.

For whichever activity you pick, take pictorial proof and share it for the next school letter.

Resource Collection

We urge families yet to pick stationery to find time, come to school and take the pack(s). Course books will be available tentatively from Tuesday, 14 September 2021.



Student Council and Class Representatives

The Student Council is a body designed to serve the community of GISU by providing an active and representative voice for students to have an influence and impact on the decisions of Galaxy International School Uganda. This is the primary function of the council.

Secondary functions, which shall be carried out when not in conflict with the primary purpose, include:

- The promotion of school events and unity through the support and preservation of activities and rules which are beneficial to the student body.
- Providing a link of communication between students, faculty, and administration.

The Student Council shall work as a three-branch system of student government.

- The judiciary body of the student government will be represented by the Staff Patron and GISU Senior Administrative Staff.
- The executive body will be represented by the Officers of the Student Council.
- The legislative body of the student government will be represented by the Representatives of each Year Level.

Students are informed on how to take part in the student council body for this academic year. Currently the nomination process is going on. The election will be held on 15 September 2021 both for class representative and executive body.

Here is the road map to election:



Activities	Dates
Deadline for Class Representative nomination	06 September 2021
Deadline for Executive Body nomination	08 September 2021
Debate for Presidential Candidates on assembly	13 September 2021
Election for all	15 September 2021

Independence day - Libya - September 1, Vietnam - September 2, Qatar - September 3

Galaxy International School Uganda would like to wish families and friends from Libya, Vietnam and Qatar happy Independence day celebrations.

