

# C.G.S. Newsletter

Volume 26, Issue 10

<https://www.cgs.com.bd/newsletter.php?GID=5&MID=38>

May 2020

Dear Students & Parents,

Patience is a virtue. We all have been practicing patience for several weeks now. None of us are enjoying this present situation but we have no choice. In order to protect our loved ones, our country and ourselves, we need to remain indoors.

At this point we have been forced into a lifestyle that has disrupted our normal schedules. From having a busy day filled with activities, to having one with endless free time and nothing to do. This new arrangement won't have a good impact on our minds and bodies. The condition we are in will not last forever. It WILL end at some point. We have to make sure that we keep ourselves fit physically, mentally and spiritually.

All should maintain a daily plan. We should keep ourselves busy during the hours that we used to spend at school/work. A few guidelines that we could follow are:

- Follow all instructions of WHO. Get some fresh air daily. Take a short walk if possible and have the right kind of food.
- Follow an authentic news channel and may be once a day to keep yourselves updated. There's too much fake news in social media. We should verify before believing anything.
- Spending some time in meditation or hearing music could be beneficial. Keep in touch with your friends and relatives via video call regularly. It's the best time to catch up on all the movies that you have missed. Instead of idling yourself, keep yourself entertained.
- Adults can work from home. Children should follow online classes religiously. It's obvious online classes are not as good as a real classroom as it has its limitations but under the current circumstances, this is the only option. Students should remember that all lessons are related to the next class so the thought of ignoring studies should not cross your mind.
- This is a good time for self development. Students can spend some time during the day reading. This would help to develop reading skills and vocabulary. Practice Maths. Adults could opt for online courses that cater to their needs.
- Most importantly, positive thoughts go a long way so stay positive.

Hector Fernandez

**"We should take comfort that while we may have more still to endure, better days will return. We will be with our friends again. We will be with our families again. We will meet again".**

Queen Elizabeth II  
Address to the Nation, 5<sup>th</sup> April, 2020

## SHOBO NOBO BORSHO

The Bangla New Year came and went and we were unable to host our annual charity carnival. However, class groups got together virtually to sing our National Anthem to show solidarity to our great nation. A Middle School group pictured below.



## CGS COMMUNITY SCHOOL

Our most economically fragile stakeholders - the Community School families have been worst affected by the economic downturn that the current lockdowns bring with them. Across our 6 Community Schools monthly rations will be distributed until the crisis comes to an end. A CS parent pictured below collecting his goods.



## RE-THINKING ASSESSMENTS

Cambridge Examinations is working with CGS to find best ways to assign grades and certificates for O, AS and A Level examinations this May-June session. Internally, we will be assessing students on a range of criteria as we will be unable to hold traditional face-to face exams. These include:

- ◆ Autumn and Winter Term results
- ◆ Virtual Assessments (Assignments, Google Classroom/ Online, Offline Assessments)
- ◆ Virtual Interviews (one on one)
- ◆ Presentations / Individual or Group
- ◆ Project / Presentation / Research
- ◆ Communication via email
- ◆ Attendance, Punctuality and Participation in online sessions

It is therefore imperative that all students attend all the virtual sessions as well as complete the assignments and projects.

## THE RISE OF VIRTUAL EDUCATION

'Across the globe more than 1.5 billion students, or more than 90% of the world's learners, are stuck at home due to school closures in about 190 countries, according to UNESCO estimates'.

Educators across the globe are scrambling to find best ways to engage students with appropriate and safe platforms. Lockdowns have propelled the education industry into a new era of learning and teaching. And there is no going back! Even after things return to normal, elements of virtual school will remain with us going forward.

Since schools could possibly remain closed until September this will no doubt put a strain on families as they cope with the frustration of home confinement for extended periods of time. To help uplift students' mood during these challenging times we will be undertaking several measures which are:

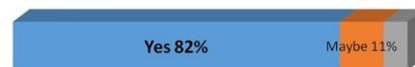
- ◆ Daily social 'downtimes' online with your classmate and class teacher
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This has been a time of frantic learning for teachers, for students and even for parents. We ran a short survey to try and understand parents' and students' needs, your feedback is listed below:

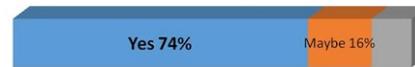
We will keep you all abreast of how we are planning online and send regular updates as we move forward together.

### Middle School Parents Feedback

Are you happy with the online classes?



Is your child/children enjoying the classes?



Do they keep your children engaged?



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CALENDAR OF EVENTS	DATE
May Day	1.5.2020
Buddha Purnima	7.5.2020
Online classes run until	18.5.2020
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Dear Parents,

In the midst of a worldwide pandemic where not only cities but countries are shutting down, with numerous things out of our control, it is very difficult to manage stress and stay calm. Especially for children as they may feel vulnerable and overwhelmed. It is crucial for us to not only focus on the physical comfort but also to pay attention to their psychological well being. Everybody responds to a crisis in a unique way. Some children may become anxious while others may become quiet or withdrawn. We need to handle such behaviours with care and patience.

For children of all ages, maintaining an active schedule and staying engaged will divert the focus from the covid-19 crisis. So besides keeping up with the academic lessons, children should also partake in enjoyable practical life lessons. Such as:

**Organising:** In order to become an independent human being, everyone needs to know the art of organising their own things. Encourage your child to organise the closet, study table, bedroom, laundry, etc.  
**Basic First Aid:** When stocking up the first aid kit, ask your child if he or she is aware of what each item in the kit is and how and when to use it. Enhance their knowledge with something new.

**Cooking:** Let your child help out in the kitchen, creativity comes from experimenting. Allow your child to make a dish on his/her own. Appreciate their effort.

**Fitness:** Children love to move around. But in the current situation being able to do that has become a challenge. Therefore, exercising regularly at home is essential. Children can watch the fitness videos suggested in our website for Mind, Body and Soul. New resources are uploaded every week.

Apart from all the above it is vital that children are able to express what they feel. Teach them to identify their emotions and share their thoughts. Tune yourself in to your child's feelings by understanding their body language and observing their behaviour. Several contents are provided in our new website under the section Soul, which will help the students to relax and focus. You may even seek support and share your experiences with our counsellor or myself, through emails and hotlines.

Contact information is provided here:  
<https://www.cgs.com.bd/academics/dashboard.php>  
 Rasha Tariq  
 Deputy Head, CGS Lower

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### Lower School Parents Feedback

Are you happy with the online sessions?



Do they keep your children engaged?



Are you happy with the study packs?



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Dear Students & Parents,

These are very trying times. The whole world has been knocked off their feet, left totally helpless, unprepared and fearful. Fear is healthy, the only emotion, strong enough to allow us to survive this scourge. So if we are vigilant, no harm will come to anyone. It is very simple - protect your eyes, your nose and your mouth. When going out, wear a mask, gloves and sunglasses. As we know the virus is spread in the form of droplets from touching, sneezing and coughing. The heavy droplets fall on solid spaces where it survives for several hours but the lighter ones remain airborne for several hours. Unless you are masked you will breathe it all in (hence social distancing becomes imperative) and unless you are gloved, you will touch the hard surfaces especially door handles, banisters and then touch your eyes, your mouth or your nose, you are quite likely to contract the virus. Just be very careful.

Needless to say, CGS as usual, has been one step ahead. We foresaw that the CIE Examinations would be cancelled and the only way our students could be assessed, would be through all the School Examinations and the resulting marks. The last Examinations taken were the Mocks. These would have been so useful, but none of you took it seriously and our students did very poorly. We will anyway, be using it and the grades may drop. The only hope left is the present online classes.

Teachers, Counselors, Administrators and the IT administrators, are working flat out, 5 days a week, to give your children the optimum chance to prove their worth. I hope everyone takes full advantage of the situation and put their best foot forward to get a good prediction grade. A word of warning though, no parent or student can approach a teacher, asking for the prediction grade.

In the meantime, Cambridge Assessment has been working closely with the Universities who are very sympathetic to this year's batch. They know how difficult the circumstances are, under which our students have been working.

Do not be afraid. All is well.

Stay safe,

Mahine Khan

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