



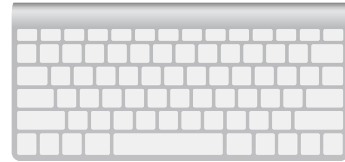
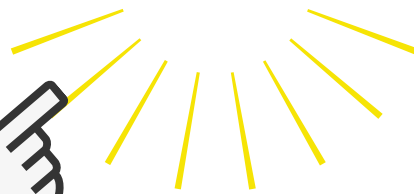
# FROM THE COUNSELLORS DESK



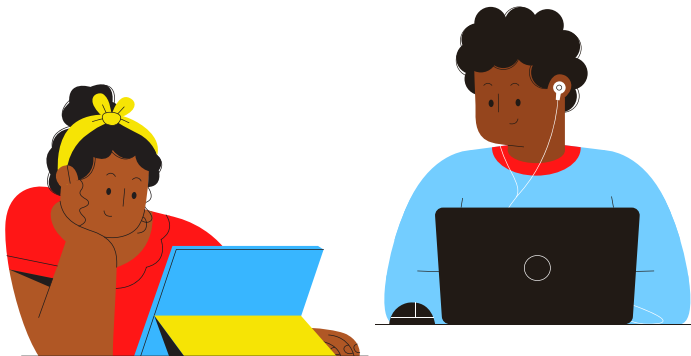
## Happy Parent Month 2020

**"OVERCOMING THE CHALLENGES OF THE PRESENT,  
EMPOWERED FOR THE FUTURE"**

### In This Weeks Issue



### Word from the Head of Guidance



### A New Approach:



Getting techy with technology, adopting to teaching and learning in the 21st century.

### Challenges will come: How To Cope with Anxiety



*"The secret of change is to focus all your energy, not fighting the old, but on building the new."*

- Socrates

# Word from the Head of Guidance *By Mrs. Eugenie French*

Greetings everyone! I am delighted to welcome you all to the 2020-2021 school year. The fact that my message is coming to you from this medium is testament to the truth that we are living in unprecedented times. The covid-19 pandemic has completely changed the lives of all of us. It is understandable that many of us, students included, have responded to the sudden changes with fear, anxiety, worry, stress and the ever-lingering thought of whether the present mode of learning will redound to the success that is desired. The Bible as a name for these worries that you are faced with.

It calls them CARES.

C - Covid-19

A - Accomplishment concern

R - Restiveness

E - Electronic issues and

S - Stress



I believe, however, that there are solutions to your 'CARES'. These can be gleaned from the book of wisdom - the Bible. In 1 Peter 5:7 the passage encouraged you to, "cast all your CARES on him, because he CARES about you". The word cast in the passage means to 'throw'. There is a place to cast all of your problems... in the mighty hand of God...and there is a reason, because He cares about you. When you do that, God will instead give you His CARES.

C - comfort

A - abiding presence

R - reassurance

E - empathy and

S - strength/support/safety

Do an exchange. Cast all of your cares on the one who has the ability to carry them, we can't. I urge you to manage your reactions to the present changes by taking positive actions: staying informed, always abiding in the presence of the almighty God and doing the things that will help you to remain calm, while you, Learn, grow, adapt: the future the present demands it.



## A new approach

Adapting to Teaching and Learning in the 21st Century

*By Mrs. Margaret Campbell Principal aka 'Techy Boss'*

What an exciting time! Despite all its ills, Covid19 had brought the challenge of learning 21st century skills, right to our doorsteps. These skills include collaboration, communication, creativity, critical thinking, flexibility and adaptability, global awareness, information literacy, leadership, initiative, digital literacy, technological literacy, social responsibility and ethics. Thanks to the pandemic, we have had to transfer our teaching and learning to the virtual space, where online learning forces us to improve on many of these skills. We must communicate diversely, clearly and frequently, flexibly find creative solutions to connectivity challenges and the delivery of lessons, and we are becoming more tech savvy by the day.

With a little bit of courage to navigate the real obstacles that we face, as well as those obstacles created by our fears of this new technological world, we can meet the challenges of 21st century learning with eagerness to learn, and that is a powerful tool.

So learn something new this month! Create an email address or a twitter account, start a blog, or take a free online course on Coursera (<https://www.coursera.org/courses?query=free>) in an area that interests you. Learn, grow, adapt, the future present demands it, and you are certainly up to the challenge!

## Challenges will come: How To Cope with Anxiety



Every day has the potential to introduce complex new challenges into our lives. But its equally likely that each new day will gift us with exciting opportunities. At the beginning of the coronavirus pandemic, people's anxiety levels shot up. Whether it's because of financial difficulty, a strained relationship, or an overwhelming workload, anxiety can creep its way into our lives in many forms.

It could be just a general feeling of uneasiness throughout the day, a restless night with no sleep or a full-fledged anxiety attack. here are a few suggestion: Master your life- A good way to maintain your mental health during this time of constant change and uncertainties is to introduce a positive agenda into your daily routine. How do you do that? By scheduling positive activities into your life and monitoring them. Giving up control- Sometimes however, this is easier said than done It is very difficult to stop worrying but we want you to remember, that any anxiety you will be feeling as you face each day and its uncertainties will subside. its temporary and you will bounce back from it.