

ATIS NEWS

Special Edition

April 2020

You are Missed

My letter to you

Dear You,

You are missed terribly. Coming to work well before you arrive to prepare for what the day will bring has always been something to look forward to every school day. Your smiles, hugs, laughter, and sweet words brighten my day. Although, we are not at school together currently, I want you to know that you are thought of and are cared for during this time of uncertainty. My energy comes from you and it is hard not being able to prepare for work in hopes of seeing you and hearing exciting news that you wanted to share.

The year 2020 has definitely been one for the books and we are not even half way in it. So many changes took place in such short notice. At the end of February, we had our National/Liberation Day thinking the following Sunday I would see you all, but it did not happen. As an educator, it has been difficult not knowing when I will see you again and not being able to help you readily when needed. Just know that I am here for you. I am an email, zoom conference, inbox message away.

Sincerely

An additional note: Faculty, staff, parents and especially students. You are missed. Please feel free to connect with me for any support you may need. These are some difficult times, but thank you all for being ready to work and do what needs to be done to educate our students.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." -- Albert Einstein

Do you have quarantine pictures you would like to share? Do you have writings, artwork, etc. you want to share? Please send them over to rstallworth@atakamul.edu.kw. We would love to present them in our next ATIS News Special Edition!

A Student's Perspective

Online Learning

Here's what Taiba Zulaikh from 10G3 has to say about the Coronavirus and e-learning.

Q: How did you feel when you found out school was closing and that ATIS would start virtual school?

A: In my opinion, I felt it was a good decision to start online school instead of going back in August and it is a good time to entertain our self and keep our self busy during this hard time.

Q: If there was one thing you could change about your e-learning experience, what would it be?

A: I don't think there is anything to change about it.

Q: Do you have anything to be thankful for since COVID-19 took over? Explain.

A: Yes, because it made me closer to my family and friends and I am thankful because there is less pollution in this world 😊

Coping with Social Distancing

What can you do?

Some people are social butterflies. They love to interact with others, i.e. give hugs and kisses on the cheeks, handshakes, talking face to face, and even have gatherings to celebrate the different occasions we like to celebrate. Since the COVID-19 outbreak, the practice of social distancing has been on the forefront, which makes it difficult for those who are social butterflies to be great. Although social distancing is a necessary measure to curb the spread of the virus, it may be hard for those who need social interactions. Even for the people who enjoy being by themselves, it is still difficult staying in the same space for long periods of time. These are some tips to cope with social distancing, if you find yourself in a rut, because believe me, I know it can be rough. Every person has their own way coping with situations, but I feel these are useful as you navigate finding a new norm in this pandemic.

A Mindful Minute

what can I hear?

what can I smell?

what can I feel?

what can I see?

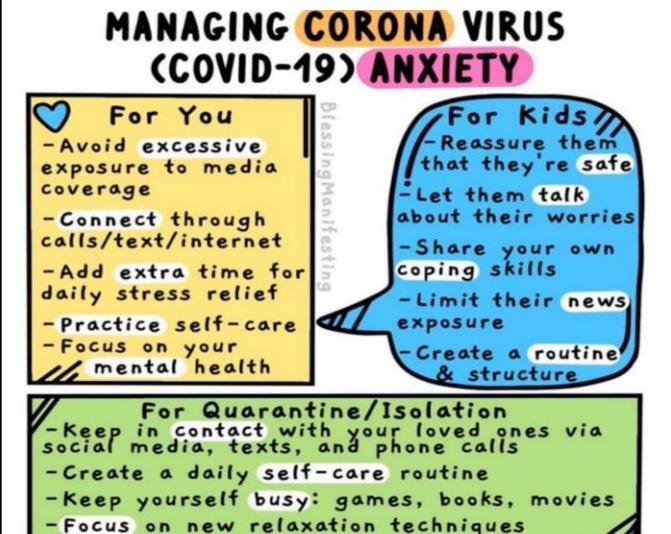
what can I taste?

Take one minute, concentrate and fill your mind with what is happening right now. All your worries will disappear and you will feel calm and relaxed.

Submitted by: Ms. Sarah (MS Boys Counselor)

1. Have a sleep schedule-your body needs rest.
2. Talk/text/facetime with friends and family-communication is important.
3. Change out of pajamas/shower-it gets you in a better mindset.
4. Journaling/mindfulness-writing your thoughts out and meditating is therapeutic.
5. Exercise-you body craves movement (Youtube, Instagram, etc. has free workouts).
6. Seek your counselor if it gets tough- we are here to support you!

Reiteration on Self-Care (submitted by: Ms. Nancy- KG Counselor)



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We are available via email! Zoom conference as requested