Newsletter
28.04.2023

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LS Vice Principal & PYP Coordinator

After a robust selection process with a strong field of internal and external candidates, I’m delighted to confirm that Mrs. Carolyn Henry has been appointed as the LS Vice Principal and PYP Coordinator, effective 1st August 2023.

Mrs. Henry has been an innovative, dependable and committed colleague to all at ISU since 2017 and combines rich academic experience of Primary Years Programme implementation with the ability to nurture positive relationships with children, colleagues and parents alike: All in the spirit of the school’s guiding principles. As the Designated Safeguarding Lead for Lower School, Mrs. Henry has worked hard behind the scenes to ensure that our young people are kept as safe as possible.

Mrs. Henry is looking forward to working with Ms. Balsom and the Lower School team in order to build on the work that has been done to establish a rigorous programme that will go from strength to strength.

We are now well advanced in the process of appointing a Lower School class teacher and look forward to communicating the staffing for the new academic year in due course.

...this IS Us...
Fundraising for new Atrium tables

ISU is an independent not for profit school. School fees cover our operating expenses, but not always additional investments like for example new equipment or furniture.

Our school’s atrium is a multipurpose place where students gather and enjoy their meals and where we hold events with students and parents. In addition, our small students in EY use the space for PE sessions.

Due to all the different set-ups our current tables are outdated, and many are in poor condition, which can make the overall experience in our atrium less enjoyable.

To solve this issue, we are launching a campaign to raise funds to help us purchase new atrium tables which also improve the flexibility of the space and improve the experience of our students in the Atrium.

We understand that everyone’s financial situation is different, but we hope that you can contribute whatever you can. Every donation, no matter how small, will help us in making the Atrium a more attractive and flexible space.

If you’re interested in supporting us in buying new tables, you can donate to the ISU gGmbH to the below bank account.

Our aim is to buy 18 tables with a value of: € 7'406,68

We appreciate your support and commitment to our school’s community.

Thank you & Kind regards

Susannah Pal
Director of Finance and Administration

To donate please use these bank account details:

Account name: Internationale Schule Ulm/Neu-Ulm gGmbH
Bank name: Sparkasse Ulm
Bank address: Hans- und Sophie-Scholl-Platz 2, 89073 Ulm
IBAN No.: DE77 6305 0000 0000 0004 26
BIC: SOLADES1ULM
Reference for payment: ISU Atrium Tische
Parent Teacher Group Updates

Many thanks indeed to the many parents who have shared their feedback and suggestions about next steps for the PTG. This input has been most useful in updating the guiding framework, which is published below. You will see that we have introduced systems to amplify the T in PTG through the Sunshine Committee (which includes all staff, not just teachers). As well as clarifying activities of the PTG, we have also introduced a greater degree of transparency about appointments to PTG roles and made provisions for an Annual General Meeting.

We are well aware that many parents are keen to contribute to the PTG and would therefore welcome all interested parents to attend a face-to-face Morning Connection in school on Tuesday 16th May at 08:30. Based on feedback from the last event, we would also offer an online Evening Connection on the same day at 18:00 in order that we can make the opportunity as inclusive as possible. An RSVP invitation to these events will follow in the week before the event.

So please have a look through the guiding principles and framework below and come along with your questions on Tuesday 16th May – your school needs you!

Aims

The Parent Teacher Group (PTG) supports the school through activities that benefit the whole school community including parents, children and staff. ISU staff support the PTG through information sharing, support and training, where applicable, to assist them in exercising their role and responsibilities.

Activities

- Assisting in the management and organization of events
- Raising funds to enhance and support the full range of PTG activities
- Welcoming new parents to the community
- Promoting connections and communications between parents and the school leadership

Structure

The PTG is a non-profit organization. All members are volunteers whose participation is subject to the Director’s approval. The co-chairs are members who are also confirmed at the annual general meeting (AGM). Co-chairs are elected for a period of two years. Additionally, members of the school’s sunshine committee will work within the PTG to help foster links between teachers (as well as other ISU staff) and parents.

Annual General Meeting (AGM)

The AGM takes place no later than the end of June each year at the school and is coordinated with the support of the school by the PTG co-chairs. It is announced in advance via the school newsletter. All parents or legal guardians of children at ISU are warmly encouraged to attend and vote at the AGM. It consists of the following:

- Report from the PTG co-chairs
- Election of co-chairs by those present
- AOB: questions are to be submitted to ptg@is-ulm.de in advance of the meeting.
Parent Teacher Group Updates

Members
The school’s expectations of the members of the PTG are as follows:

- Coordinate all PTG activities with the approval of the Director to take place in the school or a public place;
- With the support of the PTG and the school, members are encouraged to lead on specific events and activities in line with their interest and capacity;
- Act at all times in the best interests of ISU and in a manner which supports ISU’s guiding statements;
- Ensure that any actions or decisions taken as the PTG are made in an open, transparent and accountable manner, unless confidential;
- Disclose any personal interest in an issue under discussion by the PTG before the discussion takes place and consider the appropriateness of taking part in the discussion;
- Ensure that neither the PTG member nor their child(ren) receive any preferential treatment or personal gain from their position as members of the PTG;
- Consult with the Director before any official or external communications or any liaison with media representatives; and
- Refrain from dealing with individual student or parent concerns.

PTG Meetings
The PTG co-chairs work with the members to determine a schedule of meetings for the year that seeks to be as inclusive as possible (e.g. with regard to meeting times and locations). Within reason, and considering operational needs, the school aims to support this cycle e.g. with facilities.

Semester Meetings (PTG and ISU SLT)
In order to promote connections and communications between parents and the school, twice-yearly meetings will be held between PTG members and the ISU senior leadership team.

The agenda will take the following format:
- Report from the Director
- Report from the LS Principal
- Report from the MSUS Principal
- Report from the Athletics Director
- Report from the PTG Co-Chairs
- Questions from PTG (submitted in advance)

The minutes of these meetings will be published to the community via the newsletter.

Finances
The PTG raises funds to enhance and support the full range of their activities. Finances are managed by the ISU accounts team and all expenses need to be supported by official receipts. Expenses require a pre-approval of one of the co-chairs, and if in excess of €200 also from the Director.
Parent Teacher Group Updates

Volunteers
In addition to approved members, all parents at ISU are enthusiastically encouraged to participate as volunteers in the activities of the PTG, where they will find a very warm welcome. If you have any questions or wish to volunteer, please send the PTG a message at ptg@is-ulm.de. The PTG is particularly keen to recruit additional members who would not just help with events but also liaise with new families and provide administrative support.

Important clarifications
1. The PTG is not an Elternbeirat, which is a mandatory feature of Bavarian public schools. School management, operational procedures, curriculum or timetabling, staff selection and appointment, school hours or holidays and management of budget (except budgets pertaining to PTG-run events or the PTG itself) all fall outside the remit of the ISU PTG.
2. The PTG is neither a channel for appeals against school decisions nor for complaints. Both should be processed through direct contact with the relevant member of ISU staff.

Thank you in advance for your continued support in building and maintaining a strong ISU community!
We are happy to announce that our sports season 3 already started on March 30th, with our U14 boys and girls volleyball teams getting started with their practices.

For our third season, we are offering the following teams:

**MS Girls Volleyball:**
Practices on Mondays and Thursdays, from 3.30pm until 5pm at the sports hall across the school. Mr. Alex, Mr. Stewart and a parent will be our coaches.

**MS Boys Volleyball:**
Practices on Mondays and Thursdays, from 3.30pm until 5pm at the sports hall across the school. Mr. Alex, Mr. Stewart and a parent will be our coaches.

**MS/HS Track & Field boys and girls:**
Practices on Tuesdays and Thursdays, from 3.30pm until 5pm at the field across the school. Mr. Alex will be the coach.

You can sign up for your specific group on schoolcloud (**Until May 5th**)

Last but not least, for the interested players, save the following dates

06/05/2023 – MS boys Volleyball at International School of Ulm and MS girls Volleyball at International School of Stuttgart (Friendly GISST tournament)

13/05/2023 – MS/HS Track & Field at Bavarian International School

23/05/2023 – MS boys and MS girls Volleyball at St. George’s School Munich

01-03/06/2023 – MS boys Volleyball final GISST tournament at Dresden International School

01-03/06/2023 – MS girls Volleyball, final GISST tournament at St. George’s Dusseldorf

13-15/06/2023 – MS/HS boys and girls Track & Field at Berlin Brandenburg International School

Looking forward to seeing you at our practices and let’s go Wolves,

*Alexandre Alves*
Athletic Director
Final GISST Tournament at Franconian International School on March 24th and 25th.

What a fantastic season for our U14 girls! Our last tournament at FIS made us all realise just how far we’ve come - not only did we place 4th out of 10 teams, we were awarded the sportsmanship award! For our first season in GISST, we are very proud of what we have accomplished.

It was a great weekend with fast paced games, lots of scoring, and only a few injuries. Each and every player gave it their all, and came together as a team to be successful. One of the highlights was beating BIS for the third time, but unfortunately due to some injuries we finally lost to them in our last rematch. That didn’t stop us from being friendly and supportive of the other teams. There were some good friendships made during this trip. After all the practices and games this season, it is clear that all the girls have become more confident in themselves - taking shots, keeping the ball under control, and contributing to a fantastic team. We are already looking forward to next season!
March 24th and 25th we went to Stuttgart and participated in a D2 tournament. I can say that the tournament was very hard and was a very emotionally and physically hard ride for all of us. We won 3 and lost 3, losing those games was very hard for us and left us a little emotional but I can say for a fact that everyone tried their best and gave it their all! In the end we got 2nd place, a trophy, and medals for everyone. I can say for certain that winning the game that got us 2nd place was the happiest I have been in a long time, celebrating with my friends was very also the happiest I have been since I moved to the German school.

- Dylan

On Friday the 24th and on Saturday the 25th of March, the Middle School boys basketball team went to Stuttgart to compete in different basketball games against International Schools from Stuttgart, Berlin, Dresden and Leipzig. After playing six games, and winning three of them, ISU got second place in the GISST U14 division 2 basketball tournament. All teams showed great sportsmanship and commitment. After winning, ISU received a trophy, and medals for every member of the team. Even though it was two very long and physically exhausting days, ISU played very well and every player did their best during the games. This was the last tournament for the Wolves since this year’s basketball season is now sadly over.

Shoutout to all the parents and friends that came to support us!

Let’s go Wolves!

- Dylan, Harry, Miguel, oskar, Moritz, William, Utsav, Jens
Bird Feeders

I have always enjoyed working with children, especially on crafts. So I took an opportunity during CAS week to go in and work with EY 2 and 3 students together with Asya and Anastasia. It was still winter as CAS week was happening which was why Asya, Anastasia, and I decided to make bird feeders with the children since it is harder for birds to find food during winter. We collected 34 milk cartons with some help from the children’s parents and the teacher’s lounge. It took some time to properly wash all of the milk cartons and cut all of them into the same design then paint them twice with white acrylic paint so that the children can have fun decorating their very own bird feeders.

The day we got to go in and work with the EY 2 and 3 classes, we split up to go work with each class. Asya and I worked with the EY 2 while Anastasia worked with the EY 3 class. Both classes were so ready and thrilled to get to work with us to help the birds. It was such a fun experience getting to know how it feels like to be teaching a class of young students. We were able to do a little activity with them to introduce why we were making the bird feeders and teach them about what birds eat and do not eat. The children were all very cooperative and showed they all care about making sure the birds will not get hungry during winter.

We are so glad that we could help out the birds and the EYP E and B students had fun. They were all so proud of their very own bird feeders and were all so excited to bring them home to hang outside and feed the birds!

Nadia
Grade 12
CAS - Experience Podcast

My CAS experience was listening to the podcast “On Purpose” by Jay Shetty and summarising the tips and tools he shares. In the podcast, Shetty hosts experts of different fields, and each episode they have a conversation about that topic and how we can live a healthier and happier lifestyle. In the podcast there are also episodes when Shetty is the one who talks, and he gives tools and ways to improve our life, based on his experiences and mistakes. I like to listen to this podcast regularly and I have learned so much, I hope you will learn as well.

3 ways to get out of your comfort zone & 3 way to challenge yourself this week

30.01.2023
—
Karmel
Summary of the podcast “On Purpose” by Jay Shetty

In this episode Jay Shetty will be sharing three ways for you to break out of your comfort zone and the endless possibilities if you start following your curiosity. If you keep growing and stop being too comfortable, you will see yourself achieving a whole lot more.

Our comfort zone makes us feel cosy and warm. Often we stay in the space we needed last season, but there are new things happening, new things that grow. There is a level of peace that you have got stuck in, while you know that you have more potential.
CAS - Experience Podcast

What is a good goal
We don’t recognize how much growth, learning and moving forward towering something are part of happiness. We think of goals as success and achievement, because we made it about the result. But who we become in our journey toward our goal - that’s what goals are for. When we move toward something without the pressure of getting there, it is actually good for our mental health and for our happiness. A good goal is a goal that makes you better than you were before, and it is not what you reach.

A study conducted by Yale researchers found that the only time we learn is when there is uncertainty in our emotions. It is impossible to learn in any atmosphere which is too comfortable or familiar. You learn more when you are challenged or when you have to work harder to keep up. You learn in the uncomfortable moments, when you change your environment.

When your comfort creeps in
When you stay in comfort it creates complacency. Comfort and complacency create stagnation.
When you have thoughts like - “I have always done it that way”, or “If it is not broken, don’t fix it”. These statements create comfort and complacency and hold you back.
Reflect where in your life you try to see comfort creeps in.

Be limitless
The places where you are getting complacent and comfortable, are the places where you don’t want to be.
Find your blind spots: What are your blind spots? What is something that you are not aware of that may affect your life? What are the areas you are not even aware of that are affecting your potential?:

The uncomfortable become comfortable: What are the things that used to challenge you or push you before, and now you want to create for yourself a way out of it?
You need to find the next challenge!

Being limitless is about being comfortable with the areas that make you uncomfortable. All the best stuff came from the times when we put ourselves in uncomfortable situations. How many of your best moments came from uncomfortable situations?
Follow your curiosity
“You don’t have to be great to start, but you have to start to be great”. Think - What are you curious about, but you haven’t followed that curiosity? And why? Maybe because you have been comfortable and complacent, and you don’t want to start something completely new. Curiosity helps you build competence.

What are three things you need to know or to do in order to transform your life next year?
1. You need to set challenges - not goals
   Think about what you are challenging yourself to do- not what you want to get.

2. Figure out what in your day to day needs to be changed.

3. Repeat these 3 statements:
   I am ready to go to the next level. I can do hard things. I will not settle for less than I deserve.
CAS Expo

We would like to thank everybody who attended the CAS Expo to celebrate the end of our 18 months CAS journey. It was a delight for us to demonstrate how we transformed our interests and passions into a learning experience.

Grade 12
CAS - Expo
The Power of Language

Choosing your words to create a safe and inclusive learning community

Before delving into the importance of the power of language, let us take a moment to reflect on our own language usage. Have we ever stopped to consider the impact of our words on others? How often do we use positive and friendly language, and how often do we use negative or derogatory language? Are we aware of the harm that discriminatory language can cause? As a member of an international school community, it is essential to examine our language usage and strive to use language that promotes kindness, respect, and empathy towards others.

Language is a powerful tool that can either build up or tear down relationships and communities. Using positive and friendly language can bring about a lot of benefits in our interpersonal and daily lives, whereas negative, derogatory, and discriminatory language can cause harm to others and ourselves.

Research has shown that using positive language can improve our mental health and well-being. When we speak positively, we tend to attract positivity and feel happier and more content. Positive language can also create a positive atmosphere, which can lead to better relationships and stronger connections between people. On the other hand, negative language can lead to negative emotions, which can cause anxiety, stress, and depression.

Moreover, using derogatory and discriminatory language can have devastating effects on individuals and communities. It can cause harm to people’s self-esteem and create a hostile environment that fosters discrimination, intolerance, and prejudice. Discriminatory language is not only hurtful, but it can also lead to discriminatory behavior, such as bullying, harassment, and exclusion. As an international school, we have a zero-tolerance policy towards bullying and all forms of discriminatory language and behavior. We aim to create a safe and inclusive learning environment that respects and celebrates diversity.

In conclusion, the power of language cannot be underestimated. Positive language can create a better world, whereas negative language can lead to harm and destruction. As members of the ISU community, let us all strive to use language that is positive, friendly, and respectful towards others, and to condemn language that is derogatory and discriminatory.

References:

Ms. Pei Yu Lin
Counsellor
International Day

ISU

International Day

Saturday

24th June

11:00-15:00

Save the Date