Morning Connection - School Holiday & FSJ
Impact of Gossip and Rumours
Girls Volleyball - CAS - International Day
Don`t forget Mother`s day
Dear ISU Community,

The next Morning Connection will take place at ISU on Tuesday 16th May from 08:30 until 10:00. Depending on demand, we may also offer an evening session from 18:00.

We will be discussing the next steps for our PTG. Please sign up to give us an indication of numbers by Sunday, 14th May. We will confirm the location once we have a clear idea of numbers for each session.

Thank you very much!
Dear Students, Parents and Staff,

On Friday, May 19th, our school will remain closed for the entire day due to a school holiday. Please make note of this date in your calendars and ensure that appropriate arrangements are made to accommodate this closure.

Additionally, it is important to be aware that the reception area will not be staffed during the closure. If you have any inquiries or need assistance, we kindly ask that you reach out to us before or after the closure date. Our reception staff will be available during regular school hours on surrounding days to address your concerns.

Thank you very much!

For the upcoming academic year we are going to publish two openings for an FSJ at ISU in the following areas.

- Caretaking and Facility Management Assistant
- Educational Assistant

If you are interested, keep an eye on the schools website for more information!
This is my favourite tree, how old do you think it is?
A simple question, asked with a wide smile, but one that has sparked an inquiry into the most significant living things in our playground at ISU. Armed with a length of string and a metre stick, we set off to investigate!

Our tree survey has only just begun, but so far we have identified ten different species (aided by Seek iNaturalist), we have learned to measure how old a living tree is, and even how to measure the height. We hope to map the whole playground and already students are taking it further and have so many wonderings about what other living things our playground harbours!

As the weather (finally) seems to be improving, we have been taking more of our other learning outside too. At ISU we appreciate the value of outdoor learning (OLE), and recognise that just by being outside changes the way we may feel, how we inquire, how we discuss, interact and even think. Our hope is that students develop their curiosity and inquiry skills as they explore the natural world, and develop a sense of empathy and respect, appreciating the interconnectedness of all living things, and how they can be responsible and caring stewards of the environment.

At times, our learning is very focused on the environment itself, investigating the different types of trees and the ecosystems that surround them, or exploring the impact of deforestation and other environmental issues. But we also use our outdoor times as a context and stimulus for other areas of our curriculum. For example, students have been making 3D shapes with sticks, calculating perimeters, practising positional language, descriptive writing, inquiring into forces, building structures, drama role playing, to name just a few. Learning outside creates authentic and practical connections to our learning inside.

By incorporating the outdoor space into the curriculum we allow teachers to foster student creativity, curiosity, and critical thinking skills; developing the Learner Profile attributes and Approaches to Learning (ATL) skills - all key to an engaging and holistic IB education. Research studies show us what we already know as ISU educators, that OLE has a positive impact on children, enriching their learning, enhancing school engagement and improving their health and wellbeing. It has also been found to benefit teachers too, boosting job satisfaction - so it really is a win-win!

And when we are able to harvest our radishes, peas, lettuce, runner beans and carrots, our well-being will soar and our smiles from being outside will be even wider!

Charlotte Balsom
PYP Coordinator

- Swansea University. “An hour or two of outdoor learning every week increases teachers’ job satisfaction.” ScienceDaily, 11 June 2019
Impact of Gossip and Rumours

According to Stade (2022), “from an early age, we learn to recognise the power of gossip, and as much as we all fear it, we have all been guilty of participating”. Furthermore, at one time or another, we have also been the subject of the rumours and gossip.

Is there a difference between gossip and rumours?
Rumours are generally incomplete, unverified information. There might be no truth to it and the person spreading it may not have done their due diligence to check to see if the rumours are true but spread it anyway. Rumours can be dispelled simply by addressing them.

Gossip is a “deliberate attempt to misrepresent information” (Ezeanya, 2014), and “is usually spread behind a person’s back and can be very hurtful” (Gordon, 2020). Unfortunately, gossip is not as easily dispelled as rumours because “gossip originators and propagandists will most likely twist your statement in some way in order to further” their motives (Ezeanya, 2014). It is similar to rumours as it is unknown if the information being spread is true.

What is the appeal?
For kids and adults alike there are a plethora of reasons as to why individuals participate in rumours and gossip.

Many individuals participate to feel accepted or establish identity. They may feel if they do not participate they will not belong and may end up being the subject of rumours or gossip. They may do it to feel better about themselves and help them to deflect attention to someone else. Rumours and gossip may be spread to relieve boredom. Creating drama makes things more exciting and even help to garner attention.

There are of course more insidious reasons for participating in rumours and gossip such as to gain power or to get revenge. Certain individuals may spread rumours and gossip because they want to climb the social ladder by diminishing the status of another or they may be envious or angry at someone and may want to use rumours and gossip to hurt them.

The Impact
Gossip and rumours have a large effect on the individuals that it is about. In schools, individuals can be negatively affected in that their self-confidence and self-esteem can be destroyed. They can become ostracized and this “can lead to depression, suicidal thoughts, eating disorders, anxiety, and a host of other issues” (Vaz, 2022).

What Can We Do?
In order to support our kids at ISU, we need to be able to teach them the following to help them navigate situations involving rumours and gossip.

1. Talk about the gossip and call it out when we see it (Stade, 2022). Students may need assistance with this but they need to know that there are many people that they can go to for assistance if they are faced with this. At ISU, it could be their parents, teachers, principals, and/or counselors.
2. Individuals can take control of a situation which may be difficult if they do not have a lot of social influence. However, using the following comments will make it easier:
   - Why are you telling me that?
   - I'm trying not to gossip so can we talk about something else?
   - I think we could talk about something nicer
   - That's my friend and I don't want you to bad-mouth them. (Stade, 2022)
3. If kids are unable to shut gossip down verbally for any reason then they can use body language. They can turn their body away, not acknowledge by smiling or nodding or contributing to the gossip. They can then change the topic.
4. Individuals can acknowledge that “gossip is a problem and telling children that it will not be tolerated will put them on notice” (Stade, 2022).
Impact of Gossip and Rumours

As a school and community, it is imperative that we not only educate our children on how to handle such situations but also serve as positive examples by refraining from engaging in rumours or gossiping ourselves. This will enable us to foster a culture of belonging.

Please remember that if your child becomes a subject of rumours or gossip, particularly if there are indications of emotional distress, there are available supports at ISU to provide assistance to both you and your child.

Maria Tran
Lower School Principal

References


U14 Girls Volleyball team

Friendly GISST Tournament at Stuttgart

On May 6th, our U14 girls volleyball team went to Stuttgart to participate in a friendly tournament, as part of the GISST league. With good weather, and in a nice location, surrounded by a lot of local sport facilities, our players started their participation, playing against the local school, the International School of Stuttgart.

Considering that this was their first ever (and ISU’s), official U14 volleyball game, the girls demonstrated a good level of tranquillity, were able to perform in a consistent way the different skills and by staying focused throughout the game, they were able to reach a victory, winning all the 3 different played sets.

For the second game, against Franconian International School, the challenge was higher. Right from the start, everyone within the team understood that the opponent demonstrated a good level of experience and confidence. That affected slightly our level of focus and perseverance, but even challenging a more experienced opponent, our players were able to balance two out of 3 sets, controlling the match in two, three different moments throughout the game.

Overall, our girls performed very well and represented ISU on a high note. Well done! A big thank you as well to the parents that have been involved with coaching and supporting this team.

On May 23rd, our players will go to St. George’s Munich International School, wish them luck and let’s go Wolves!

Alexandre Alves
Athletic Director
Fancy Friday

Fancy Friday is a project that encourages students to dress up in formal clothes they wouldn’t otherwise wear to school, for example dress shirts or suits. If students dress up, they can choose to donate 1€ to a charity called “Dress For Success” which supports women in “gaining economic independence by providing a network of support [and] professional attire”. Personally, I feel very grateful for the fact that we have this opportunity to support women across the world through the generosity of our school community and am delighted by the engagement people are showing. The most challenging part was the search for a thematically appropriate charity to which we could donate the collected money. Through our geography course we had already had the opportunity to engage with gender equality and felt as though this would be a good opportunity to engage with the issue. We considered many different, very popular, charities until we found the “Dress For Success” charity. It combined the issue we were looking at with the clothing theme that was the foundation of our project, which is why we voted for donating the collected money to them. Throughout the project I learned that I (and my classmates) enjoyed dressing up, but had never had any reason or opportunity to do so. I hope that over time, having a consistent motivation for dressing up will inspire other students to do so as well and enjoy it just as much as I did.

Moritz
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.

6 WAYS TO BE A GREAT FRIEND & BUILD MEANINGFUL RELATIONSHIPS

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

In this episode of “On Purpose” Jay Shetty shares different ways to strengthen your friendships. Becoming a good friend requires several key qualities such as trustworthiness, loyalty, and communication. Building relationships is always a pursuit in life, and learning how to strengthen every friendship you have can lead to having a better 2023 and becoming more connected to the people around you.
“Invite more people to the table”
You may feel that you don’t want to add more people into your friends circle because you don’t want to lose your friendship. You obsess with one to one relationships that you are not open to others. But if you are scared to lose someone in a relationship, it’s time for you to introduce more people to the friendship.

If you think that inviting a new person to your group of friends is going to make you lose your connection with someone you think you have a close relationship with, it means the connection is not as close as you think.

You are not able to solve all your partner’s problems all the time. And when you are trying to take care of every need of them you often end up feeling your partner does not do enough for you or does not care enough about you.
When you are over giving you are over expecting. By expanding your circle and inviting more people that may think differently, your friend or your partner will be able to get different help at different times. It is a healthy way not to put all the pressure on your partner, and not to put all the pressure on yourself.

Make sure your partner has great support around them. When you help others to build support systems for themselves, you help yourself building support systems. You build community around you when you build a community for others.

Do not make it about you when they are stressed
When we are stressed our ability to communicate decreases and we will miss information that others try to tell us. Recognize when your friend is in stress, and be there for them without turning it over to you.

“Always carry a snack”
When you are around your friends, family, partners or any people that you like and appreciate, be prepared and make sure to carry things that they may want or need. These small things that you bring will show that you thought about them, and it will transform and increase your connections. If your friend cools down very quickly, bring tissues or another jacket. If you know they like some kind of chocolate, bring it next time you meet them. We often feel lonely because we think that no one cares or thinks about us, and this little sign of love will show your friend that you care about them, and will make a huge difference in your relationships.

...build community around you when you build a community for others.
Keep investing in your friendships
In a study about friendships in people aged 23 to 39, the subjects were asked to rate how close they were to everyone in the class on a scale of zero to five. The research shows that ninety-four percent of the people thought that their friends feel the same as they felt about the other. But only half of them were right.

We usually feel closer to people than we actually are - the perception gag. This can be due to several reasons; they might be upset about something we said or did, they might have different definitions of friendship or closeness, maybe they are feeling distant lately.

Don’t forget to keep investigating your friendship. People find it very easy to have requests from one another but very rare that people reach out to someone to give without wanting to receive, or just to support when someone else needs it without calculating what it means for you.

Ask yourself about your five closest friends and think when was the last time you made an investment, what was the last investment you made in the friendship. You might find that the last time was a long time ago. Or you either feel that your friends do it to you.

Reflecting on that makes you realize where you should invest more in a relationship, and when you don’t want to keep investing if someone keeps dispossessing you.

You may speak with them about it. Often people don’t share how they feel and instead keep going on. When something happens and you don’t talk about it, it creates instability in your feelings and eventually will come out in the relationship in an unhealthy way.

Go visit your school together
Sometimes it’s good to relive positive memories from the past which we’re really special for both of you. Go back and reflect about these things. Talking about the fun experiences you had together in the past, will strengthen your relationships in the present and will build a place of closeness between you.
International Day

ISU
International Day
Saturday
24th June
11:00-15:00

Save the Date
Mother's Day

Sunday
14th May 2023

DON'T FORGET MOTHER'S DAY