



Clavis International Primary School

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The Clavis Chronicle

Dear Clavis Community,

To say these past two weeks have been challenging is an understatement, but we are managing and we hope all of you are as well. We knew that we would be dealing with COVID challenges and we now seem to have a process that is hopefully working for isolating classes while Rapid Antigen Tests (RAT) are being completed. As an added measure of safety, we have asked that classes isolate for two days and tests are done on that second day (three days after contact with the positive case at school). The other challenge we are facing is staffing, as many have unfortunately been out for various reasons related to COVID. This has put a tremendous amount of strain and stress on our colleagues left keeping everything together. Regardless, we remain strong and feel optimistic that we will pull through this.

Thank you to those who completed and returned the permission form to allow the Ministry of Health to do RATs at school. This is not a requirement and, for families who do not want to give permission, you will be asked to complete the RAT on your own. Currently, the testing team has had mixed success at other schools, as they seem to be struggling to keep up with demand. Hopefully, systems and processes will become more routine and efficient in the future.

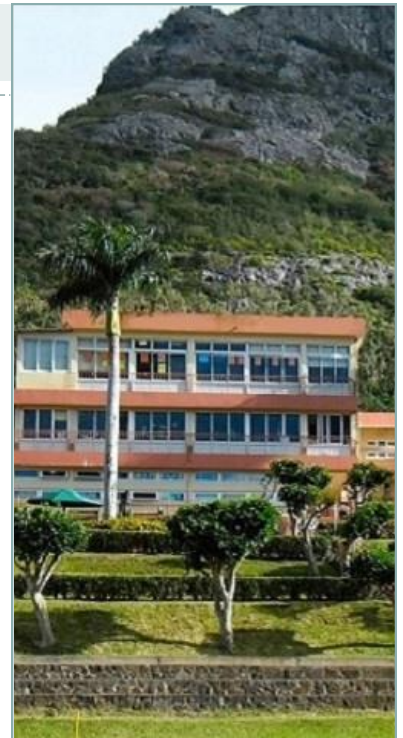
Our PE department continues to expand our *Clavis Keep Fit!* programme with many unique and engaging physical activities involving the whole school and community. The 10,000 Step Challenge will continue and our school-wide Tabata event was a lot of fun last week. The next event will be a hike from the school to the base of Le Pouce and back on 26 February (see page 3). "Are you in?"

We have an opportunity for parents to get involved with a fantastic workshop series that will be held at school each week. Please read more on page 2 and complete the survey so we can know how much interest there is.

Finally, we remain grateful to everyone's support and understanding with the ever changing protocols and requirements for managing close contact and positive COVID-19 cases. Thank you so very, very much!

Take care,
Jeff

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WHAT'S COMING UP?

- **26 February:** *Clavis Keep Fit! Le Pouce and back hike*
- **1 March:** *National holiday (Maha Shivaratri)*
- **11 March:** *Flag Raising Ceremony (likely half day)*
- **4 April to 22 April:** *Easter/ Term 1 holidays*
- **2 May:** *Staff in-Service day (no school for students)*
- **3 May:** *National holiday (Eid al-Fitr—TBC)*

WHAT ELSE DO YOU NEED TO KNOW AT CLAVIS?



Parent Workshops: "Understanding Parenting Better" by Nancy Veerayen



We are excited to be able to extend this wonderful opportunity to our parent community for a series of in-depth workshops over the course of a few weeks. Nancy Veerayen was previously employed at Clavis as the Home and School Mentor. Her professional background is in social work and international education. During her employment she created a programme called "Understanding Parenting". Based on the success of the programme, the advent of COVID-19, and the challenges of parenting before and during the pandemic, the programme is being reintroduced to support parents. If you are interested in attending, kindly complete the form before Monday 21 February 2022. Please follow [this link](https://docs.google.com/forms/d/e/1FAIpQLSfWQxlww29o0201AVMmIsnjuXlwKH_XDk7uk28GiNsP6wLayA/viewform?usp=sf_link) to the information and sign-up page. (https://docs.google.com/forms/d/e/1FAIpQLSfWQxlww29o0201AVMmIsnjuXlwKH_XDk7uk28GiNsP6wLayA/viewform?usp=sf_link)



Sibling Enrolment for the 2023 Academic year

For parents who wish to enrol a sibling for Pre-Reception, Reception and Year 1 in 2023, please complete all the formalities by 4th March 2022. Applications for Year 1 submitted after this date cannot be considered, as priority will then go to families on the waiting list. Please note that we still have a few open places in Pre-Reception and Reception for 2023.



Parents need to social distance: Parents and guardians who are collecting or dropping off students at the gates must not gather or congregate together. Parents and guardians will not be able to wait inside the school fencing during pick-up times so please consider waiting in your cars if there are crowds until you see your children's class coming down.



Signs and symptoms of illness: There is a reason we cannot have students at school who are exhibiting signs of illness. The spread of everyday illnesses like colds can and will compromise immunity in people, making them more likely to be susceptible to COVID-19 infection; however, we have found that many of the students who have been sent to school with various symptoms and were sent home, were later found out to be COVID positive. It is very hard to supervise and take time off work to keep your child at home and it is a significant added stress that most families do not need. But that stress or inconvenience cannot be a reason to potentially place their classmates and teachers at risk in their class. When you are unsure of what to do, please contact our nurse for advice. We will always be happy to help.

THE CLAVIS KEEP FIT! PROJECT: COMMUNITY HIKE

In the last Chronical we introduced the Clavis Keep Fit initiative - a series of monthly activities to promote active and healthy lifestyles directed at **everyone** in our community. A webpage, as part of our [Distance Learning Portal](#), was created with lots more information about some of the upcoming events. You can go directly to it [here](#) and find the introductory video [here](#). So far we have done the 10,000 Step Challenge and held a whole-school Tabata event with great success!



The next event is currently planned to be held on Saturday 26th February 2022. We are planning to do a walk from Clavis School to the foot of Le Pouce mountain and then back to school (around 8km), and you are invited to join us.

The walk will start at 8:00am from Clavis and is open to all students, parents and staff members to join. Unfortunately, we must limit it to a group of 50 participants or less (according to the government's restrictions on how many people can be together). The walk will be led by Mr Michaël and Mr Aaron, our PE teachers, who will supervise the group and bring first aid resources. While safety is of importance, please be aware that there is always a risk when travelling in public areas. The teachers and Clavis cannot take responsibility for any harm that someone might sustain on the hike. All participants accompany the group at their own risks.

If you are interested, please fill in the registration Google form on [the website](#) or you can go directly to it [here](#). Please be aware that:

- Children must be accompanied by their parents or guardian;
- Departure from Clavis will be at 8:00am and everyone will meet on the field for the welcome and to review instructions at 07:45am;
- Return to school will be around 10:30am;
- Clothing: 1) Long sleeves and tracksuit if possible, otherwise please ensure each participant has ample mosquito repellent in addition to sun screen. 2) Comfortable sports or hiking shoes. 3) Hat or cap to protect your head and face from the sun; and,
- Everyone should have a bottle of water and their face mask.

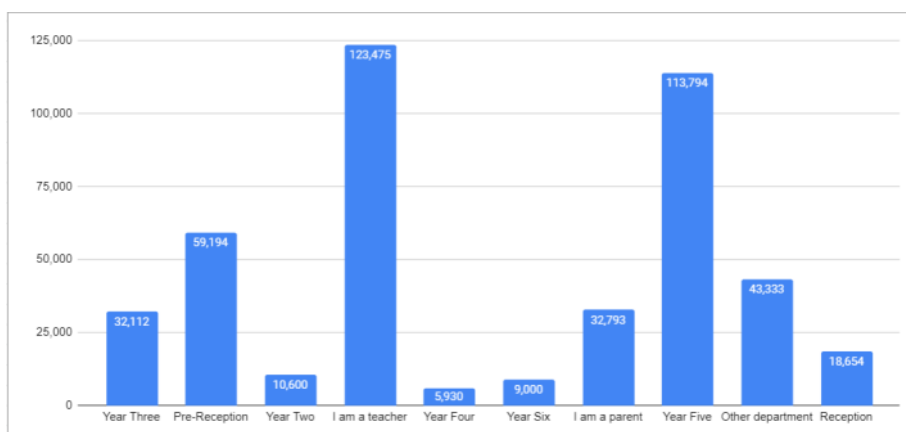
Updated information will be sent out to everyone who completes the online form.



Our 10,000 Step February Challenge has been going so well that we will extend it!

As a reminder, each day, students, parents and Clavis staff have been recording the number of steps they take. You can use your smartwatch or smartphone to record the data or simply make it a math activity (data handling) for the children. This was originally only planned over the course of a week but because it has been so successful, we are going to continue collecting achievements throughout this month.

That information has been going into the survey found [here](#) (and is also on the webpage). Each day, post the number of steps you take. You might have to make a guess or add your approximate number, but be honest about it! It is not a competition against others but you will be able to see how many you and others post each day.



EXTREME WEATHER WARNINGS AND DISTANCE LEARNING

As we experienced a couple of weeks ago, there is the possibility of another cyclone passing near Mauritius this weekend that could introduce severe weather between Saturday and Monday. We will monitor bulletins from Mauritius Meteorological Services on what impact it might have on us. If there is a Class II or above advisory on Monday or Mauritius Meteorological is warning of unsafe conditions, then the school will be closed and both teachers and students will remain at home. Unless stated on Sunday evening, we will wait for the Monday morning bulletin that should be available at 04:10am to confirm.



In the event of a school closure due to weather, we will revert to our schedules on the [Distance Learning Portal](#). Please note the following:

In Class II Warnings

- Power and internet outages or other disruptions may impact some students and teachers; therefore, no new teaching will typically take place on these days. If anything different is explored or introduced, teachers will ensure it is repeated in future lessons so nothing is missed by students.
- Outages, disruptions, health/safety concerns, or family requirements can also hinder our teachers' ability to connect with students or provide learning activities. If students are not able to have opportunities for distance learning on these days, then please assume it was not possible and accept that it was not meant to be this time.
- For teachers able to carry out Zooms, they will likely be to review assigned work or any posted learning activities, not always as full lessons. In some cases, learning can be a mix of asynchronous and synchronous, with Zooms to provide help and support as needed.
- If your teachers are able to offer Zooms, we will not have Drop-In periods at the end of the day, as posted on the online schedules. Should your child have any questions or they need support that cannot wait until the next day, please send a message to your teacher through Seesaw and teachers will get back to you as soon as they are able to.

In Class III / IV Warnings or Dangerous Conditions

- Power and internet outages or other disruptions will impact many students and teachers; therefore, no new teaching will take place on these days.
- Outages, disruptions, health/safety concerns, or family requirements will hinder a number of our teachers' ability to connect with students or provide learning activities. Teachers, students, and parents need to prioritise safety and wellbeing over getting online on these days. If students are not able to have opportunities for distance learning on these severe weather days, then please assume it was not possible and accept that it was not meant to be this time.
- Teachers will not have Zoom lessons on these extreme weather days, but they will provide asynchronous learning activities for students whenever possible. As a number of students may not be able to access these activities, they will not always be a requirement. Students will have opportunities to complete these activities at a later date.
- If your teacher is able to offer any Zoom meetings during Class III+ days, he or she will inform you if they are happening. Should your child have any questions or they need support that cannot wait until the next day, please send a message to your teacher through Seesaw. Teachers may not be able to respond in some situations, but on that day or the next day they will eventually be able to help resolve any problems your child has.

DEALING WITH A POSITIVE DIAGNOSIS

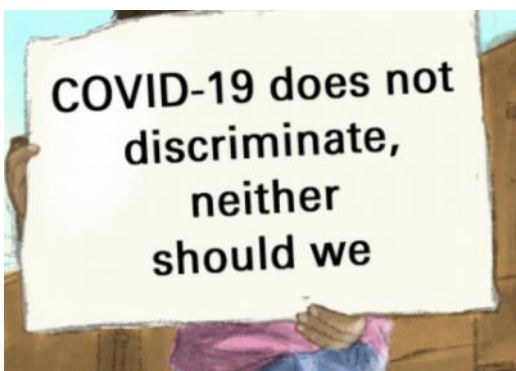
A number of students, staff, and parents have had to self-isolate recently due to COVID-19 infection. While we are encouraged to hear that there does not seem to be any serious illness within our community who have contracted the virus, one of the big concerns for many of our students is their mental health.



Despite the fact that well-over 400 million people who have been infected globally (around 1 in 20), for many adults and students, getting Covid-19 is seen as something to feel ashamed or embarrassed of. It shouldn't and that is something that has to change. Being infected for most of us is not a matter of if, but when. It is believed that most people will be positive at some time or another, and for many people they may not ever realise it. We are worried about the possible stress, depression, or anxiety that can come from feeling like you have a negative label. Some students and adults are going to feel like they might be discriminated against and treated differently because of a positive diagnosis. As a result, many people are going to hide their results or they will avoid getting tested due to the stigma attached to a possible positive result. This stigma is something we need to address directly with our children and help them to understand that there is no shame in getting sick and that it is something that affects everyone. For those who are feeling afraid for their health, our students need to be reassured of the facts and the likelihood that they are safe from serious harm; however, they do need to understand that we want to protect them also from possibly spreading anything to others.

One important thing we cannot risk happening is anyone not sharing a positive diagnosis because of fear of how their child might be perceived. It is understandable to want to protect your child in this way; however, in doing such a selfish act, you potentially put the health and safety of many others at risk.

There are many resources available for supporting children's mental health, particularly with battling the stigma and stereotypes associated with getting the virus. One starting point is <https://www.unicef.org/sudan/covid-19-stigma-how-prevent-and-address-social-stigma-your-community> but there are many great articles like this one about shame people can feel about getting COVID: <https://www.verywellhealth.com/covid-19-shame-coping-guilt-5101756>



If you feel your child might need some additional support when they return to school, please let us know. Our teachers will be prepared to ensure students understand how to treat each other respectfully and without prejudices when they do get to return.

COPING WITH ISOLATION AND LONELINESS

One thing that is sometimes over-looked is the impact that self-isolation can have on children. Without the stimulation of social interactions and often being forced to distance from their own family members, loneliness is a common phenomenon that can easily lead to depression. It is important that we recognise these feelings in children because many struggle with the vocabulary to verbalise these feelings. Instead of telling us, they may shut down or do the opposite and act out, becoming more irritable. Sometimes this is a way of getting your attention. We often need to find ways to help kids feel more connected to you which can help them feel less lonely. Check out some of these resources for different ideas and resources to help like [Kids can get lonely](#) or [COVID-19: talking with children about isolation, quarantine or lockdown](#).

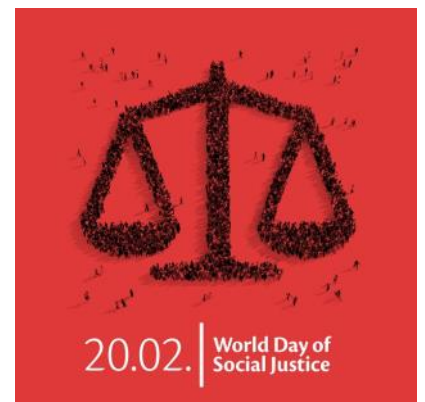


TWO IMPORTANT DAYS COMING UP WORTH DISCUSSING

There is a great opportunity to engage in discussions about two upcoming important days that fit into our school and learning culture:

20 February (Sunday): World Day of Social Justice - [see link here](#)

The theme this year is “Achieving Social Justice through Formal Employment”; however, the overall goals of this day are about guaranteeing fair outcomes for all through employment, social protection, social dialogue, and fundamental principles and rights at work.



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INTERNATIONAL
MOTHER
LANGUAGE DAY



21 February (Monday): International Mother Language Day -

[see link here](#) The theme this year is “Using technology for multilingual learning: Challenges and opportunities”; however, the overall goals of this day are about recognizing that languages and multilingualism can advance inclusion, and that our first languages are the foundation of our learning.