

Welcome to BIS, HCMC: Settling in Workshop

4th September 2019



Outline of the Workshop



BRITISH INTERNATIONAL SCHOOL
HO CHI MINH CITY
A NORD ANGLIA EDUCATION SCHOOL

Context

Admissions

School Counsellor

Making Contact

Welcome



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Admissions



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Junior Campus

Ms Emma Westman - Primary Admissions Manager

Ms Huong Nguyen - Primary Admissions Officer

Early Years and Infant Campus

Ms Kirsten Gower - Primary Admissions Officer

Ms Hanh Nguyen - Primary Admissions Officer

Secondary Campus

Ms Nandini Varma - Secondary Admissions Manager

Ms Bich Hoang - Secondary Admissions Officer

Whole School

Ms Da Wa Ahn - Korean Liaison and Admissions Officer

Nationalities at BIS



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America	France	Laos	Philippines	Sweden
Australia	Germany	Lebanon	Poland	Switzerland
Bangladesh	Hong Kong	Lithuania	Russia	Taiwan
Belgium	India	Malawi	Saint Kitts and Nevis	Thailand
Brazil	Indonesia	Malaysia	Singapore	Turkey
Canada	Ireland	Netherlands	Slovakia	Ukraine
China	Israel	New Zealand	South Africa	United Kingdom
Colombia	Italy	Norway	South Korea	Vietnam
Czech	Japan	Pakistan	Spain	
Denmark	Kazakhstan	Peru	Sri Lanka	



48 countries

Nationalities at BIS



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Life in Vietnam



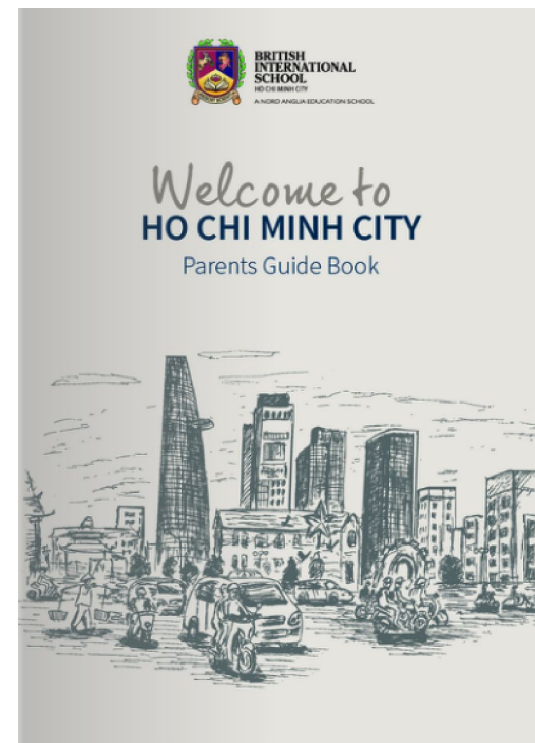
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- Welcome to HCMC booklet
- Country reps
- Class reps - Primary

Parent Teacher Group (PTG):

Primary (EY & I & JNR) bisvnptgap1@gmail.com

Secondary (SEC) bisptgap2@gmail.com



Contact Details



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Update any changes in contact details at the main office of your campus.

You can collect a change of details form from the main office at each campus.

New Parent Feedback



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Follow up email and feedback in October



School Counsellor



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Ms Meera Chetty

School Counsellor

THE ARRIVAL!!



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Young Person's Reality



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Grief?

Family circumstances?

U r
Unique



**“You’re so lucky”
“You should be ...”**

Factors that Could Support



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RESILIENCE - Protective Factors

Family Connectedness

School Connectedness

Healthy Peer Relationships

Parent Self Care



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What parents and students can be going through...



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Students and Parents

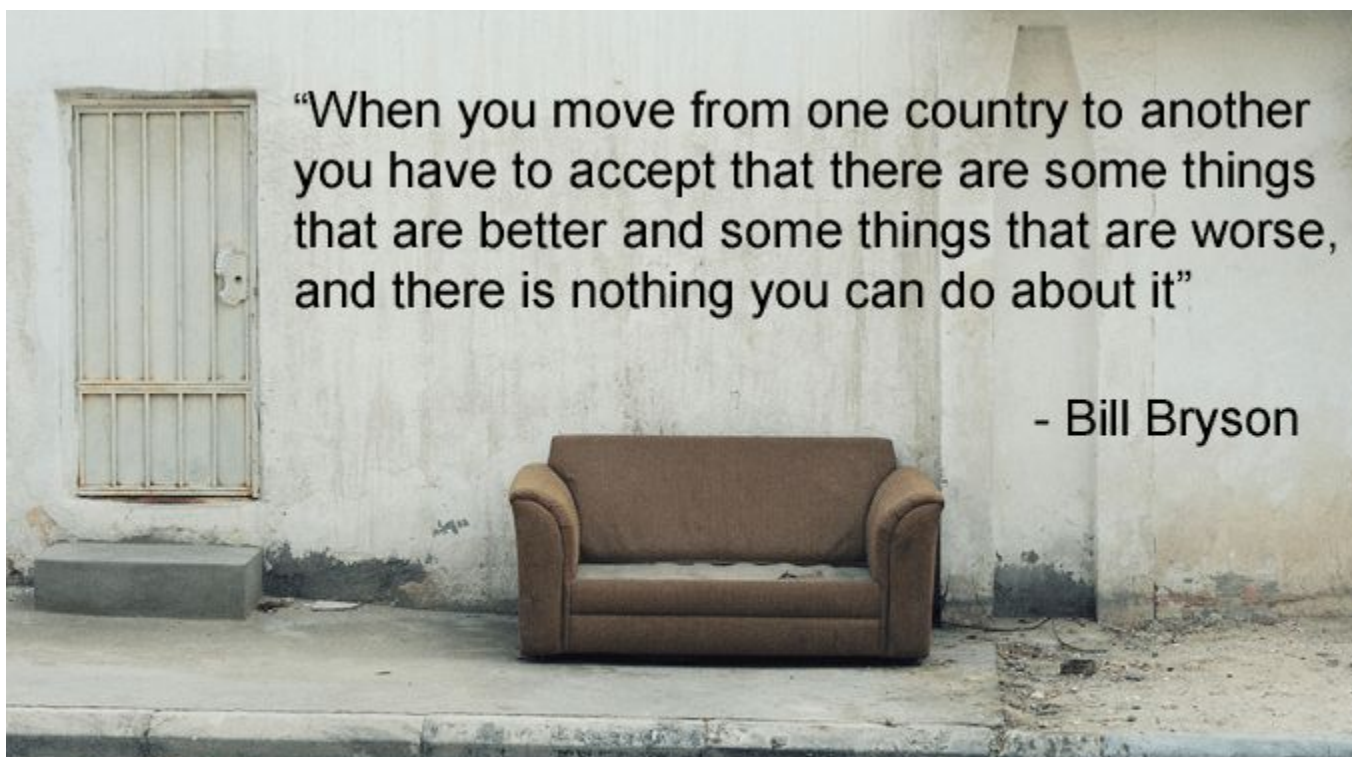


What happens next.....



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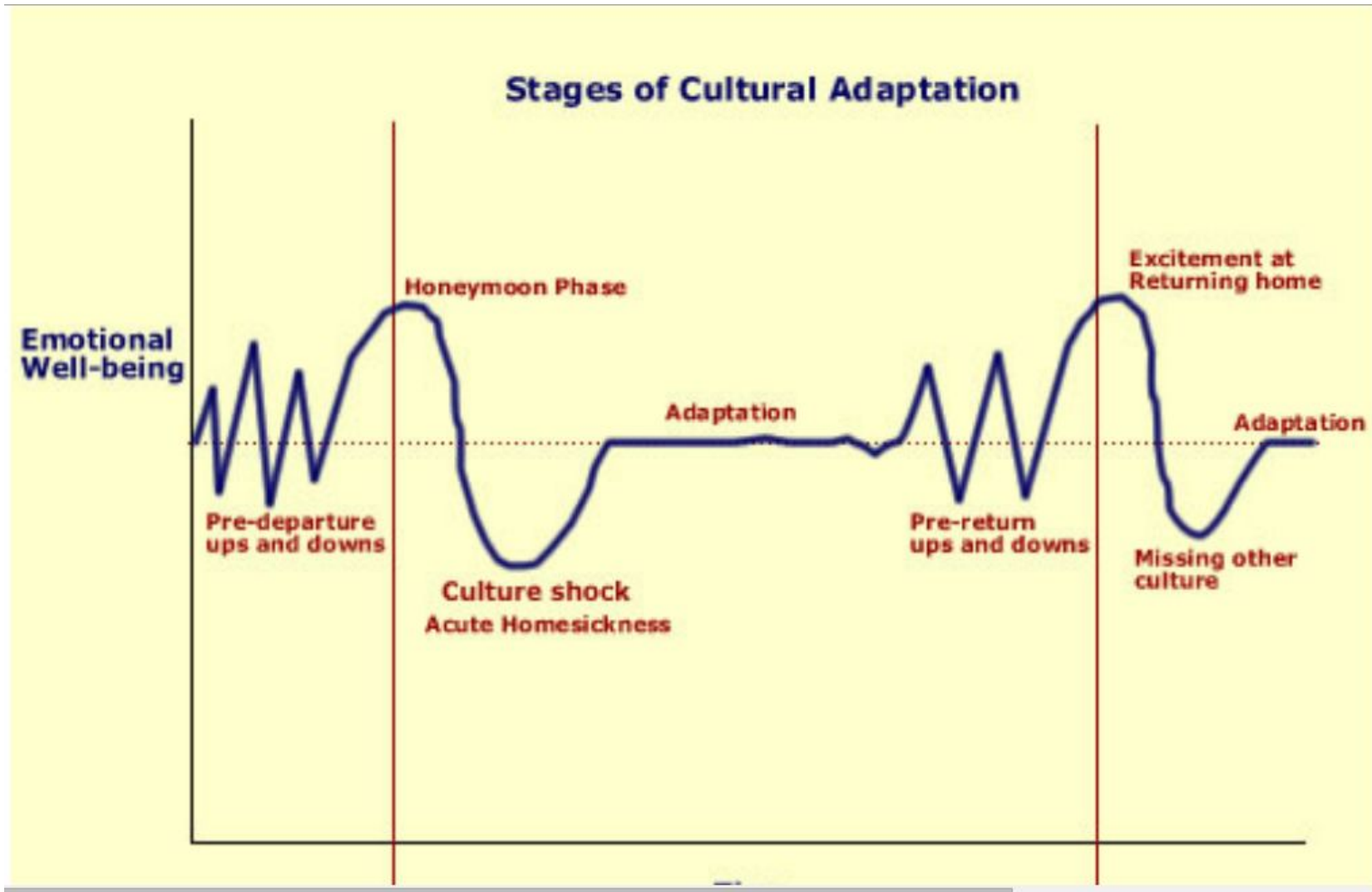
The 3 Month Dip



"When you move from one country to another you have to accept that there are some things that are better and some things that are worse, and there is nothing you can do about it"

- Bill Bryson

Culture Shock



Symptoms of Culture Shock



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Symptoms of Culture Shock



- ✚ Loneliness, melancholy
- ✚ Loss of Identity
- ✚ Lack of confidence
- ✚ Longing for family
- ✚ Anger, irritability
- ✚ Unwillingness to interact with others
- ✚ Feeling depressed and powerless
- ✚ Isomnia
- ✚ Hostility



Parents – What are they going through?



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Why do expat parents feel guilty?

- Leaving aging parents behind
- Moving your children from their home environment
- A change in school system for your children
- Children with specific needs that may not be being met
- Change in social circumstances



How can we help?



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- Recognise the stages – knowing how and what you are feeling helps to adjust to culture shock.
- Let the class teacher know if your child is having a hard time
- Use the country reps and other parents – they have all been there. Get involved with the PTG.
- Our doors are always open, no



Any Questions



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Settling in workshop

Thank you

4th September 2019