

4th September 2018

Welcome to BIS, HCMC:

Settling in Workshop



Welcome



Outline of the Workshop



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

Context

Admissions

School Counsellor

Making Contact

Nationalities at BIS



Nationalities at BIS



Viet Nam	Japan	Sweden	Ukraine
United Kingdom	United States	Italy	Ireland
Canada	Philippines	Saint Kitts and Nevis	Bangladesh
Thailand	India	Uzbekistan	Colombia
Korea, South	China	Kazakhstan	Argentina
Germany	Australia	Belgium	Panama
Singapore	Netherlands	Turkey	Poland
Taiwan	Malaysia	Costa Rica	Russia
France	Pakistan	Peru	Romania
Spain	Sri Lanka	Switzerland	Lithuania
Brazil	Slovakia	Portugal	Norway
Denmark	Lebanon	Indonesia	South Africa
New Zealand	Hong Kong		Czech Republic
Israel	Malawi		



53 countries

Admissions



Junior Campus

Ms Emma Westman - Primary Admissions Manager

Ms Huong Nguyen – Primary Admissions Officer

Early Years and Infant Campus

Ms Duong Phan - Primary Admissions Officer

Ms Kirsten Gower – Primary Admissions Officer

Secondary Campus

Ms Caroline Moore - Secondary Admissions Manager

Ms Huong Tran – Secondary Admissions Officer

Whole School

Ms Hannah Moon- Korean Liaison and Admissions Officer

Life in Vietnam



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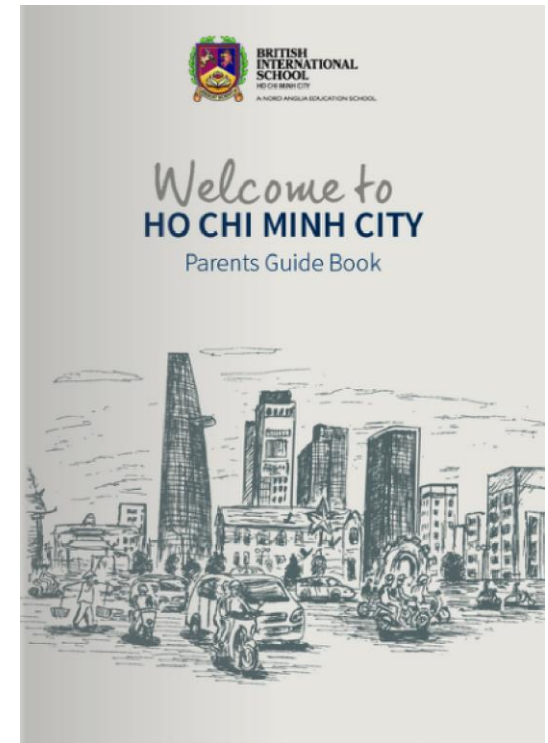
Welcome to HCMC booklet

Country reps (Primary via parents / admissions)

Parent Teacher Group (PTG):

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

Secondary (SEC) bisptgap2@gmail.com



Contact Details



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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School Counsellor



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Ms Kim McWilliam

School Counsellor

Settling In



International students are often told how lucky they are



Settling In



It may not always seem that way to them.....



Moving to another school, another country, losing a familiar way of life.....

Emotional language



E



Afraid



Confused



Surprised



Sad



Excited



Disgusted



Proud



Angry



Sick



Happy



Very Happy



Hungry



Lost



Shy



Sleepy



Embarrassed



Unhappy



Very Sad



Tired



Worried

Some things we can do to make it easier for children to settle



- **Keep the usual family traditions going- reading time, bedtime, take-away night etc**
- **Get their room organised first and let them help to make it their own**
- **Help them to make friends**
- **Encourage them to join clubs and activities**

More suggestions....



- **Help them to keep in touch with old friends ***
- **Plan things for them to look forward to in the future**
- **Introduce your children to everything the area has to offer.**
- **Once your child has a favourite place here, return to it often so that they have a sense of familiarity**



Watch out for their behaviour...

- **Children may not recognise what they are feeling.**
- **Maybe they do realise they are feeling sad or angry or lonely but don't understand why.**
- **Often their behaviour will give us a clue that all is not well**



They might not seem sad.....



But if you have noticed a change in their behaviour try and spend some time with them calmly talking about how they are feeling about the move.

If your child is struggling with the transition



- **Try to make time to talk**
- **Listen to them and let them have their feelings – even if it doesn't really make sense to you !**
- **Let them see that you take their worries seriously**
- **Try and offer comfort rather than just 'cheering them up'**



If your child is struggling with the transition

FRIENDS



Of course making friends is a big issue and will help them to settle more quickly.



Things that can help

- **Invite neighbours with children over**
- **Talk to other mums- ask a lot of questions!**
- **Get involved in community activities**
- **Promote friendships, if your child has made a new friend invite them over for a play date**
- **The school has circle time and assemblies which focus on caring and respect to encourage friendships**

It might not go to plan.....



- **In an ideal world you and your children will make friends easily and very quickly feel part of the community...however...**
- **Sometimes it doesn't work out**
- **Try not to worry..... These things take time**
- **If you are concerned that your child doesn't seem to be making friends trying not to pass your anxiety on to them**
- **Reassure them that they will be fine but try not to dismiss their feelings**

And finally....don't forget the benefits of being an International Student !



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- Learning to think from a global perspective and develop understanding and empathy with others from all over the world.
- **Having the opportunity to develop a strong network of friends and contacts from all over the world**
- Students that grow up playing and learning with children of other races and cultures naturally learn that friendship and respect have nothing to do with skin colour or culture

Books for your child

- [**Bob and Flo**](#) **Ages 4-7**

By Rebecca Ashdown (message is you will find a friend)

- [**Timothy Goes to School**](#) **Ages 2-5**

By Rosemary Wells

Finding a good friend can take a little time. This is a good read for kids who may feel left out at first.

- [**The Truth About Twinkie Pie**](#) **Ages 8-12**

By Kat Yeh

Ages 8 to 12

This story perfectly captures what it's like to be an outsider.

- [**New Kid, New Scene: A Guide to Moving and Switching Schools**](#) **Ages 8+**

Packed with tips and quizzes to help kids find their way.

References and recommended reading

- <http://www.internationalfamilytransitions.com/>
- <https://kidsbookswithoutborders.wordpress.com>
- Recommended Reading
- SAFE PASSAGE (2014) Douglas W Ota.
- HOME KEEPS MOVING (2010) Heidi Sand-Hart
- EMOTIONAL RESILIENCE AND THE EXPAT CHILD (2012) Julia Simens
- Reference :
- David C. Pollock and Ruth E. Van Reken (2001) Third Culture Kids: Growing up among worlds.

What Next?



- Be patient – it won't happen overnight
- Empathise and understand
- Make links
- Ask – we've all been there!

What parents and students can be going through...



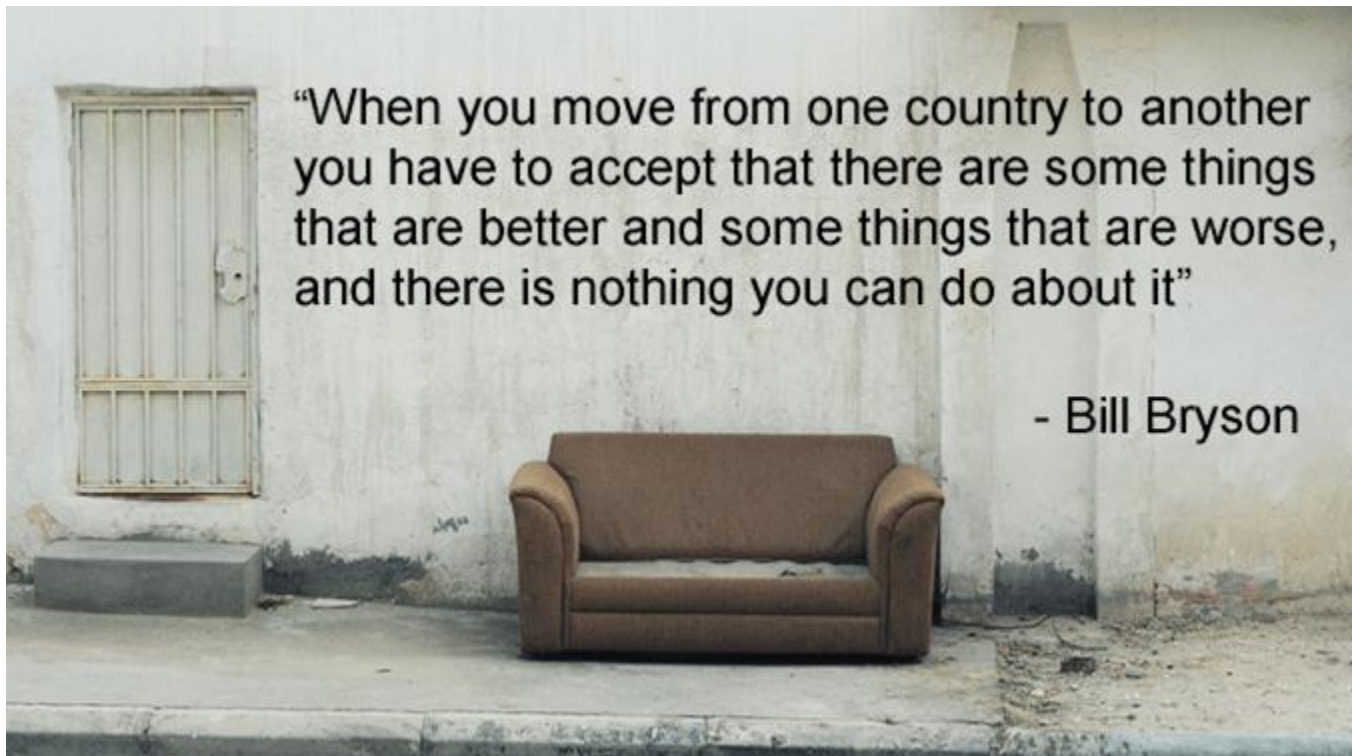
Students and Parents



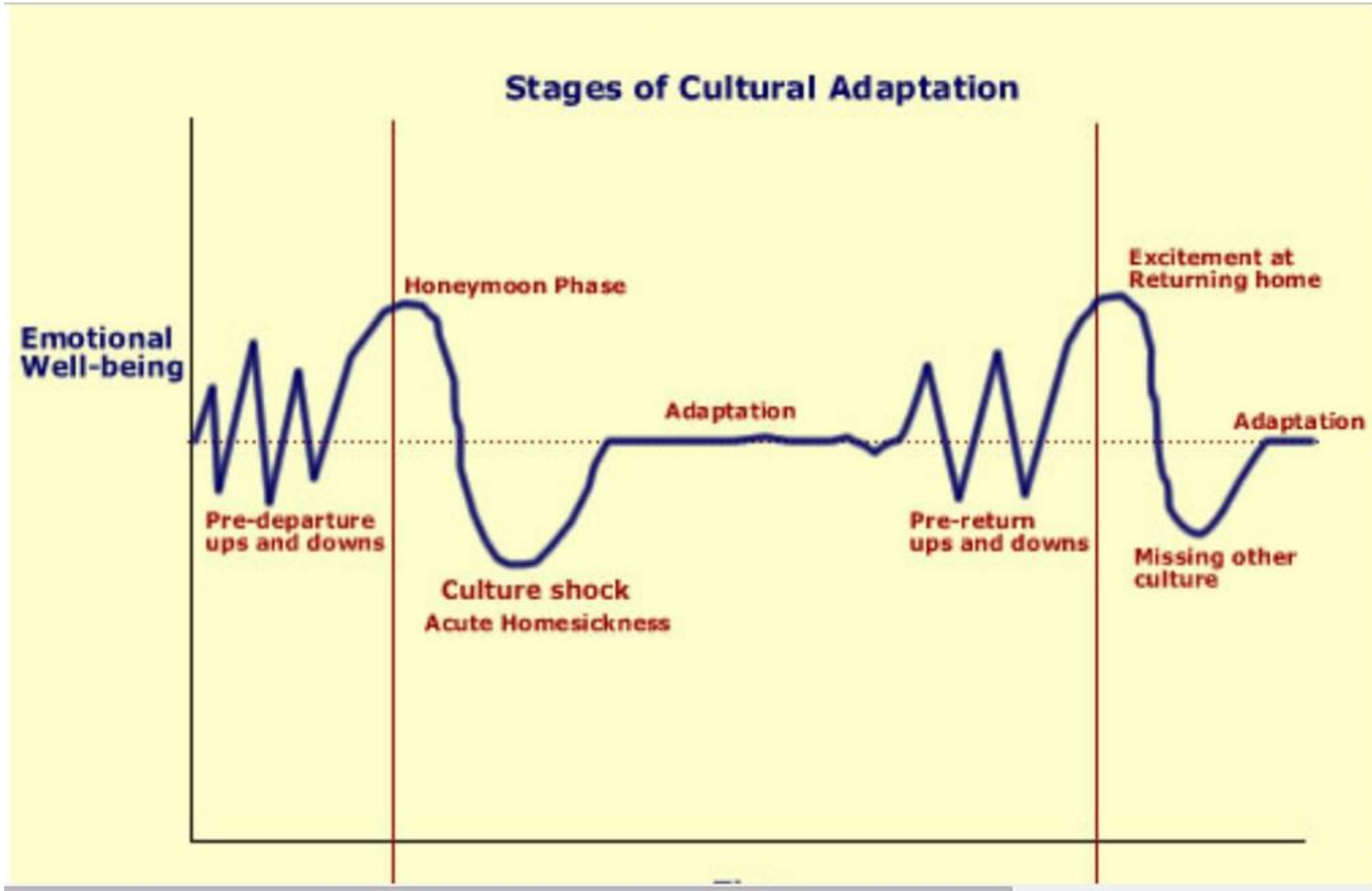
What happens next.....



The 3 Month Dip



Culture Shock



Symptoms of Culture Shock



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
- ✚ Insomnia
- ✚ Hostility



Parents – What are they going through?



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?



- 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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Thank you

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