



Dear Parents,

CIS wishes our entire community **Ramadan Kareem**. Ramadan is a special time of year; it is the **holiest month** of the Islamic calendar as it commemorates Allah sending the Archangel Jibril (Gabriel) to the Prophet Mohammad (PBUH) to convey to him the first verses of the Quran. Ramadan is all about **caring, sharing, family** and getting closer to Allah.

This week, CIS celebrates **another fantastic achievement**. In my last newsletter, I talked about how we had just been awarded the High Performance **iFoundation Accreditation Award**. The first year of a three year journey to World Class Status. This newsletter, I am excited to announce that we have just been awarded the **OPTIMUS Wellbeing Award from the UK**, which is based on OFSTED inspection criteria. This award is a whole-school award that has led us through a process of self-evaluation, action planning and evidence collection before verification and accreditation. The award has a focus on 'impact and outcomes' for pupils so that we are able to demonstrate specific and wider impacts of wellbeing policies and interventions.

There has never been a **more important time** for schools to focus on wellbeing. Over the last 18 months of this pandemic, our community have clearly been faced with uncertainty and anxieties that we have never faced before. If anything, the pandemic has made the world understand wellbeing and particularly mindfulness in playing a strategic role in all our lives in order to prosper and reach our potential. Our continued focus on students, staff and parents' **psychological safety, voice and efficacy** will be key to Cambridge International School's continued success in developing students ready for an unpredictable world, yet confident and resilient to face the challenges ahead.

Our **strength is in 'Our People'**, and it is them that we focus on to **flourish and thrive**.

To flourish and thrive we have to be present, both physically and mentally. Not being present has a profound impact on what we are learning. Regular school **attendance is an important factor in school success**, as researched by Rothman (2001). Research has shown a direct correlation between good attendance and student achievement (Dekalb, 1999) and **poor attendance** has been linked to **poor academic achievement** (Ziegler, 1972). When we review our school's data, this correlation is nearly 100% accurate. **Students who are consistently late to school, fail**. This includes coming online for Distance Learning classes.

In all schools, **lessons are sequential** in nature. Learning can be disrupted if students miss **crucial learning** objectives which are particularly focused at the **start of a lesson**. This confusion in what is expected of the student can lead to **misunderstandings** and misconceptions. Students can feel self-conscious when they arrive late. This can **cause anxiety**, which releases adrenalin which can cause the student to be **distracted** from their **learning** for a lengthy period of time. These are just a few reasons why it is better to **be on time** and ready to learn, rather than being stressed about being late.

We know we are working in unusual times; however, we do have control of our presence.

Finally, I would like to leave you with a quote from B.B. King who said,

'The beautiful thing about learning is that no one can take it away from you'.

Sincerely,

Lachlan MacKinnon
CEO/Principal