

April 1, 2020

Dear KIS Parents,

We are in the middle of week number 3 of Home Learning amidst this worldwide health pandemic and crisis. I would like to once again thank you for your unconditional commitment, dedication, patience, and HOPE during this time!

“PHYSICAL DISTANCING” MEANS WE STILL SOCIALIZE

The term "physical distancing" is gaining traction to ensure we continue to socialize, even if it is just virtual. Staying in touch with those that you and your children had contact with during our usual on-campus operations, even if it is just through Skype, Line, or Zoom, is medically important because isolation/loneliness can lead to increased physical and mental health issues. This article from the World Health Organization explains in more detail.

[Mental health and psychological resilience during the COVID-19 pandemic](#)

THE BENEFITS OF EXPERIENCING CRISIS

Recently, a former colleague shared with me some positive benefits he heard shared at a webinar from a fellow school leader by the name of John Maxwell. Mr. Maxwell shared the following benefits of a crisis:

- A crisis makes you do the things you wouldn't normally do.
- A crisis increases your focus and helps you eliminate things that are not a priority.
- A crisis moves you from your “comfort” zone to your “creative” zone.
- A crisis urges you to be “intentional” with things that make a difference; intentional with your personal time, family time, “catch-up” time, “added value” time, faith time, and thinking time.

More and more of us are seeing this crisis as an opportunity to prioritize what is important to each of us whether as a student, a parent, an educator, and just as an open-minded, caring, and global person. Hey, that describes the IB Learner profile!

UPCOMING FINANCIAL UPDATE FROM KIS

Lastly, I would like to address a question that is coming in from some parents regarding tuition and current economical hardships. During the recent board meeting the calendar and fees for next year were approved together with a programme for families who are in financial need during this situation. **I will send out more detailed financial information by this Friday.** For now, we thank you for your patience and understanding as we try to make the best decisions for all.

THANKS AGAIN

Once again, thank you for your support and trust as a KIS community member. As we get ready to move into our Songkran Break, I ask you to stay positive and keep hope on the horizon.

Please stay healthy!

Kind regards,



Paul Johnson
Head of School