

28th March 2018

“Spring has returned. The Earth is like a child that knows poems”

**Rainer Maria Rilke**

Dear Parents

On returning from my inspection visit to a fellow COBIS school in Athens, I realised (again) how lucky we are at BIST. We have ample space both inside and outside the buildings with room to expand, we have a spacious cafeteria producing nutritious meals, our students get to enjoy a wide range of clubs and activities that are free and we enjoy breathing clean fresh air! Not all schools get to enjoy these. (For those parents who want to know more about COBIS, please follow this link to their website).

We are in the midst of a busy end of term with our Book Week in full swing. The students are reading, being read to by guest bibliophiles, learning about authors and writing a whole school book. We especially look forward to Friday when the students are encouraged to come dressed as a favourite book character.

The Spring and Easter holiday then commences and I do hope that the students have an enjoyable, but busy break - *as they say a change is as good as a rest*. There are lots of exciting things to do in Georgia where learning can take place at the same time.

In week 2 after the holiday, we will be busy again with our Science Week. Details have been sent to the parents of students in different year groups. We will also be busy throughout the new term with our expeditions, trips and sleepovers here at school. Students in Years 5 to 10 are also to participate in an athletics meeting in Baku.

This week we have welcomed Mr. Filip into Foundation Class. Filip is completing his teacher training qualifications in Early Years at university in Sweden by joining us on a 4 week internship.

## School ID Cards

Please note that after the forthcoming holidays, all visitors to the school (parents, drivers, etc) must be wearing their ID or a visitor's pass to enter the BIST corridors.

We advise parents to be aware of this and ensure they and or other carers have their ID cards.

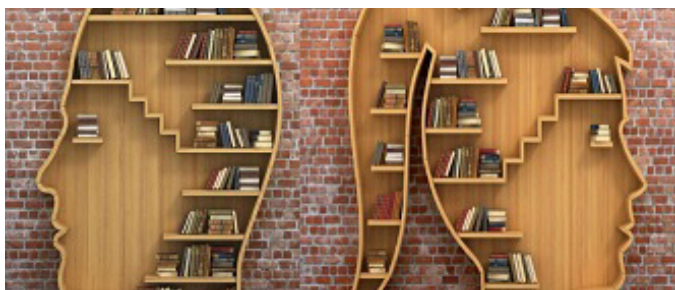
We are doing this to ensure the safety of your children.

## UPCOMING EVENTS...

- 30th March - End of Term 2 and start of Spring Break Holiday
- 10th April (Tuesday) - Start of Term 3
- 16th April - Start of BIST Science Week
- 30th April - International Jazz Day celebrations
- 30th April - Start of GL Progress Test week for Years 2 to 6
- 7th & 8th May - Year 5 & 6 Expedition
- 9th-11th May - School closed for Half Term Break
- 17th-20th May - Baku Athletics Meeting Trip
- 24th & 25th May - Year 8 & 9 Expedition
- 24th & 25th May - Year 1 Lisi Adventure and Sleepover

## Book week Costume day

This Friday is Book Week Costume Day. Children are encouraged to come to school wearing a costume inspired by a book character. At 9:45 the whole school will take part in a costume parade and parents are invited to join us and take photos of their children. Awards will be given to the best costume from each class.



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## Year 5 and 6 Aversi Factory Field Trip

On Thursday, 22nd March, Years 5 and 6 paid a special visit to a special place - the Aversi Pharmaceuticals Factory in Lilo, Tbilisi as part of the IPC Drugs Education unit of study. The Aversi team gave our students a guided tour of the facility and a treasure trove of useful information about how medicine is made and prepared for customers. Our students got to see up close these processes in action.

"The trip was very interesting! We got to see what the workers were doing." shared Niklas from Year 5.

"It was really interesting because we got to wear really cool uniforms and see some amazing machines!" recalled Victoria from Year 6.

Immediately following the trip, the students enjoyed a tasty Georgian lunch at Chashnagiri Restaurant in Dighomi.



## A message from our mindfulness coach

Dear Parents,

Please see below some key mindfulness practices and exercises we have been learning with the students in their mindfulness course. Those students who have not accessed the mindfulness course yet will be doing this after the holidays.

- Mindful breathing
- Using an anchor spot, anchor words or counting to support us when focussing on our breath
- Mindful listening/Mindfulness of sound
- Body scan and body awareness, mindful movement
- Mindfulness of emotions, naming emotions and simultaneously noticing sensations and changes in our body

**Mr. Stephen Priest**

Principal

**Ms. Tumika Shapit**

Head of Administration

**Mr. Daniel Comar**

Key stage 4 Coordinator

**Ms. Erin McRaith**

Head of Primary

**Ms. Tatiana Trofimchuk**

Admissions Officer

**Accounts Office**

Fees and Invoicing

- Mindful walking
- Mindful eating
- Mindful seeing
- Mindfulness of touch
- Mindful bodies - mindful posture which supports focus and concentration
- Gratitude practice, cultivating positive emotional states
- Learning to notice when our mind or attention has wandered off and bringing it back to our intended point of focus (breath, sounds, movement, etc.).

Please remember that mindful awareness can be brought to many activities in our everyday life. You and your children can think of more ideas and try them out together.

If you would like to practise mindfulness yourself there is a lot of literature out there which can guide you. Such as this book: Mindfulness: A practical guide to finding peace in a frantic world by Mark Williams, Danny Penman (2011). There are also audio tracks available to guide your practice: [www.franticworld.com](http://www.franticworld.com)

If you have any further questions, please get in touch.

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## A few more photos from Nowruz



**Mr. James Miller**

Key Stage 3 Coordinator

**Ms. Eka Amkoladze**

PA to the Principal

**Staff Recruitment**

Recruitment

