

Administration Bulletin

Week 5

1. On Tuesday 31st January, our proactive PTA arranged a talk by psychotherapist Elaine Aunsberg Nielsen on HSC (Highly Sensitive Children) and HSP (Highly Sensitive Personalities) for interested parents. Elaine shared much of her own experience as a highly sensitive person and of parenting two highly sensitive children.

These children are characterized by being sensitive to their surroundings and external stimulation – this can be anything from scratchy seams and labels in clothing to extreme reactions to noise and light. Elaine explained some strategies for parenting children with this trait that about 20% of the population have. Happily, parents often are intuitive about what these children need and naturally meet their need to be understood and accepting of who they are. Our parent group had many of their questions answered about why their highly sensitive children react to things in the way that they do.

Elaine also made it clear that there are many positive sides to people and children with this trait – they are often very creative, have a rich inner life and are very responsive to the needs and emotions of others. A big thank you to Elaine for her wise words and to the PTA for arranging another thought provoking parent session.

Karen Bøttger
Curriculum Coordinator

2. Primary Parent Consultations: Mid-Term Primary Parent-Teacher Consultations take place on Thursday 1st March, from 15:00 – 19:00.

Homeroom teachers will be available for a 10 minute consultation to discuss your child's progress. You can sign up for a time that suits you on the sheets which will be placed outside the office between Monday 6th February 9:00 and Wednesday 29th February 12.00.

If you would like to speak with the Danish, Music and/or PE teachers, please arrange a meeting directly with them, via your child's contact book.

3. Dates and Reminders for your Calendars at home:

- ✚ Feb 9th: Teacher in service day, school ends at 11:30
- ✚ Week 7/8: Winter Holiday
- ✚ Week 9: Grade 9 Practicum Week
- ✚ March 1: IPC Homeroom teacher Consultations 15.00-19.00

4. Stay in and stay warm this weekend with lots of good family games, activities, books and hot chocolate! This can be the best time of year with the sun shining in brightly throughout the day and the night sky filled with stars!

Warm wishes from Administration NGG ID

