

September 21st, 2020

From the Principal's Desk

We have recently received some reports from students and parents that students are having too much homework and are feeling overwhelmed. A survey we conducted for students shows a similar trend in their experiences throughout the school.

Of course this is something that concerns us since we are aiming for balance throughout this school year, but it is not entirely surprising. For one thing, it is much more tiring to learn online than it is to learn face to face. Also, with less synchronous time to work with teachers, it is natural that there will be more asynchronous time added to their schedules.

Nonetheless, we are closely analyzing the situation with our teachers and looking at potential ways to support students with the amount of time that they are working outside of their synchronous classes. We certainly recognize the importance of our students learning independently, but we also want to make sure that there is a balance with their time. In the meantime, we can make a few suggestions:

- 1) Stay focused during synchronous learning time! Re-learning material from the class because of being distracted will add many extra hours of effort.
- 2) Using the morning time (8:30-10:00) although not the most fun, may be the best way to increase productivity. Doing homework after 4:30 is not always the best time to be efficient with work.
- 3) Take many small scheduled breaks in your work, but do not multitask while you are actually working.
- 4) FLEX time and Opportunity Day are helpful ways for students to get quick answers from their teachers on things they may not understand.
- 5) Stay focused during synchronous learning time!

In partnership,

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This week's high school news

LEARNING TO LEARN ONLINE COURSE

Last week students should have completed the Global Online Academy's "Learning To Learn Online" course for students which aimed to support them in their online learning abilities. If you heard something from your teenager, let us know if you feel this was a valuable opportunity for them and if we should look at further such classes.

ZOOM Q&A SESSION

This year we will continue with our weekly Zoom session for parent questions and concerns. During these sessions there will be a couple of anecdotes or explanations from the Principal, followed by a Question & Answer time. We are usually done in 30-45 minutes. You can join at the below link:

Thursday September 24th, 9:00 a.m.

Join the Zoom meeting through [this link](#)

Reminders

FIRST WEDNESDAY COLLEGE COUNSELING MEETINGS

Below is the schedule of topics of the First Wednesday College Counseling meetings. The meetings are at 8:00 a.m. and this will be [the zoom link](#) for those meetings.

Oct. 14	CNG College and Career Counseling Basics
Nov. 4	Applying to Colleges in Colombia
Dec. 2	Summer Programs
Jan. 13	Understanding the PSAT results (10th and 11th)
Feb. 3	College Seminar for Juniors (Junior Parents)
Mar. 3	Applying to Universities in Europe and UK
Apr. 7	Ranking & GPAs: Basics Info
May 5	Transitioning into College (Senior Parents)

COMMUNICATION FLOWCHART

We would like to remind you of the [Communication Flowchart](#) that should guide you when opening up communication with the school. By using this flowchart, we can ensure efficiency in communication and that the most relevant person is involved in any concerns or questions.