

What is the new norm at Zesprion?

As the Covid-19 pandemic continues into the 2nd year, Zesprion gets better at managing online classes. Teachers are now more savvy at using digital tools to teach online including the use of multi-media; keeping students engaged during lessons.

HOW TO MANAGE ANXIETY

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a good routine helps a lot.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy.

Break the stigma!

Rationalize

Anxiety likes to pull out the worst-case-scenario. Reassure yourself as many times as it take that you are okay.

Schedule

If something triggers your anxiety, try scheduling it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to self-soothe.

BlessingManifesting



Wearing masks and keeping a safe social distance!

Zoom Classes!



Bonding Session

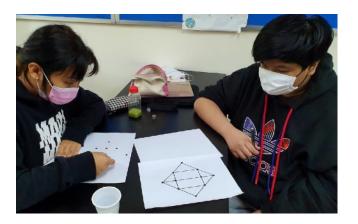
11 May



Ice-breaking helps students to relax in a new environment and eventually developing trust in their teachers and friends.









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Images: Staff and students adhering to Covid-19 safety measures during activities

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Hari Raya Puasa



12 May

Celebrating Hari Raya Puasa is a good way to introduce our students to the Muslim culture. This activity promotes multiracial harmony in Singapore



Food From The Heart

17 May & 06 Aug



You never know when a helping hand will change another person's entire life.

— Zig Ziglar —







Images: Staff and students adhering to Covid-19 safety measures during activities



Fire Drill & Briefing

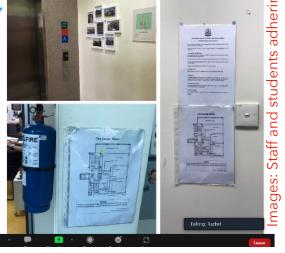
Evacuate Plan

Escape Route + Meeting Place

FIRE SAFETY

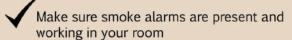


(Usually find the plan near doors / lifts)



30 Jul & 03 Aug

FIRE SAFETY **TIPS**



Crouch low or crawl when escaping

If clothes are on fire, dash to safe, drop

Unplug electrical appliances if not in use, avoid electrical overloading

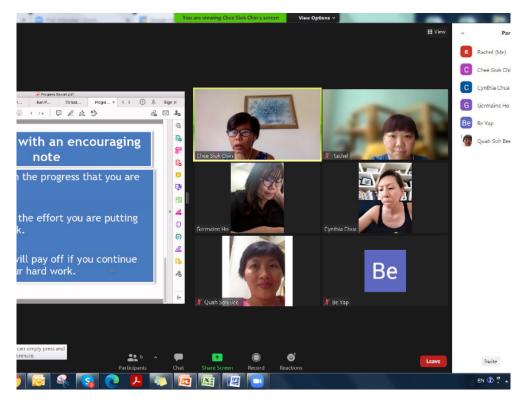
Never leave lighted candles unattended

Sources: Philippine National Police



Images: Staff and students adhering to Covid-19 safety measures during activities

Vision Mission Culture Training & Teachers Training



01 June & 17 June Continual improvement and training ensures that the Management builds organisational direction, establishes expectations and delivers effective teaching practices.





Your body is present.



Is your mind?



Present

Future

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