

La Vie d'EFIP 2019-20

AN ANNUAL BULLETIN FOR OUR COMMUNITY OF FRIENDS



OUR MISSION

The French International School of Philadelphia, also known as EFIP or Ecole Française Internationale de Philadelphie, is an independent pre-kindergarten to eighth grade school serving a multicultural community and providing a comprehensive bilingual curriculum in French and in English. Our goal is for our students to achieve at a high level in all academic subjects and to grow as creative individuals, critical thinkers and open-minded communicators, fluent in French and in English. Nurtured by teachers who are native speakers certified in their respective countries, we expect our students to become global citizens and to develop a deeper understanding and a true appreciation of other cultures. EFIP is accredited both by the French Ministry of Education and the Middle States Association of Colleges and Schools.

L'Ecole Française Internationale de Philadelphie, aussi appelée EFIP ou French International School of Philadelphia, est une école indépendante allant de la petite section de maternelle à la classe de quatrième. Au service d'une communauté multiculturelle, elle propose un programme éducatif bilingue en français et en anglais. Notre objectif est que nos élèves atteignent un haut niveau de compétence dans toutes les disciplines, tout en développant leur créativité et leur sens critique et qu'ils deviennent des adultes ouverts et aptes à communiquer aisément dans les deux langues. Accompagnés par des enseignants dont la langue maternelle est le français ou l'anglais et qui sont certifiés dans leur pays respectif, nous attendons de nos élèves qu'ils développent, en tant que citoyens du monde, une réelle capacité à comprendre et à apprécier d'autres cultures. L'EFIP est accréditée par la "Middle States Association of Colleges and Schools" et homologuée par le ministère français de l'Education Nationale.

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a global
focus,
a celebration
of diversity

Our school community is a richly textured tapestry of many nations and cultures. At EFIP, every child will become part of an international student body. Combined with our bilingual program, this multicultural learning environment significantly develops children's understanding and respect for the ethnic, cultural, and religious backgrounds of the people around them and throughout the rest of the world.

We value our differences because they naturally enrich our school program. Since its founding, our school has welcomed students from all over the world, many of whom speak another language at home.

Parent volunteers are often invited to come to school to offer their expertise, help with special projects, chaperone field trips, and share their own culture with our students.



Message from the Board Chair



This year has been a year like no other in our school's history. On March 12th, as we all prepared for spring break and listened to news of the pandemic and Governor Wolf's closing of Pennsylvania schools, Kathy confirmed to the EFIP community that we would move to online classes. Within the space of a few days the faculty mobilized their prepared plan and our on-line school adventure began.

If it's true that life's challenges show us who we are, this adventure has revealed the EFIP community to be fully living out its mission of academic excellence, creativity, open-mindedness and citizenship. Under Kathy's outstanding leadership, every member of our community has found a way to contribute to make this year a remarkable success. We should all be proud. As Kathy said on one of her many coffee morning video calls for parents, "the school community has never been more connected and together than it is now."

Events this summer in the United States have also brought into the open the pervasiveness of racial injustice that has persisted since the nation's founding. In the face of this movement, I firmly believe that the school's mission has never been more important. EFIP nurtures its students to become global citizens in a multi-cultural community and to develop a deep understanding and true appreciation for others. With the values and skills our students have acquired, I hope they will be able to see beyond the divisions that events this summer have laid bare to help build a future of promise and mutuality.

We all want to know what school will look like in the Fall. Kathy, the school administrators, and the faculty have been preparing plans and procedures to adapt to and implement the recommendations of Governor Wolf, the Department of Education and the Centers for Disease Control. The school is in a good place to deal with the likely scenarios.

I'm pleased to announce that we have received all relevant permissions from Lower Merion Township to proceed with the Upper School Expansion Project. The Board has spent countless hours over the summer reviewing aspects of the project and finding ways around the numerous challenges. There are still hurdles, but we remain optimistic that we can start construction this year and conclude construction by the start of the 2021/2022 school year. Thanks to the many volunteer members of the Board and school administration who have worked tirelessly to move this project forward.

Whether it was finding new and creative ways to celebrate the graduation of the Class of 2020 (and I'm a proud parent of a Class of 2020 EFIP graduate), supporting the Beyond Borders Fund to help the members of our school community most in need, or showing appreciation to our incredible teachers and administrators, the EFIP community has rallied behind its school, its faculty and its students. As we look toward an uncertain Fall, our caring, energetic community spirit will surely be needed more than ever.

Take care and be well,

A handwritten signature in black ink that reads "Peter Lorenzi". The signature is fluid and cursive, with a long, sweeping tail on the "y" of "Lorenzi".

Peter Lorenzi
Chair of the Board of Trustees

Message du Président du conseil d'administration



Cette année ne fut comme aucune autre dans l'histoire de notre école. Le 12 mars, alors que nous nous préparions pour les vacances de printemps et écoutions les informations relatives à la pandémie et la fermeture des écoles en Pennsylvanie par le gouverneur Tom Wolf, Kathy nous a confirmé que nous devions passer en enseignement à distance. En l'espace de quelques jours, les enseignants ont mis en place leur plan et notre aventure en ligne a commencé.

S'il est vrai que les défis de la vie nous apprennent qui nous sommes vraiment, cette aventure a révélé que la communauté de l'EFIP vit pleinement sa mission d'excellence académique, d'ouverture d'esprit et de citoyenneté.

Sous le leadership exceptionnel de Kathy, chaque membre de notre communauté a trouvé un moyen de contribuer à faire de cette année un remarquable succès. Nous devrions tous être fiers. Comme Kathy l'a dit lors d'un des nombreux cafés virtuels avec les parents, "la communauté scolaire n'a jamais été aussi connectée et proche que maintenant".

Les événements de cet été aux Etats-Unis ont également mis à jour l'omniprésence de l'injustice raciale qui persiste depuis la fondation de la nation. Face à ce mouvement, je crois fermement que la mission de l'école n'a jamais été aussi importante. L'EFIP éduque ses élèves afin qu'ils deviennent des citoyens du monde dans une communauté multiculturelle et qu'ils développent une réelle compréhension et appréciation des autres. Avec les valeurs et les compétences que nos élèves acquièrent, j'espère qu'ils pourront voir au-delà des divisions que les événements de cet été ont mis à jour et aideront à construire un avenir prometteur et interconnecté.

Nous voulons tous savoir à quoi ressemblera la prochaine rentrée scolaire. Kathy, les membres du conseil d'administration et les enseignants ont préparé tous les plans et procédures pour s'adapter et répondre aux recommandations du gouverneur Wolf, du Département de l'Éducation et du Centre de Contrôle des Maladies. L'école est prête pour tous les scénarios.



Consul General Francois Penguilly visits The French International School of Philadelphia. Also pictured are Michael Scullin, Honorary Consul of France in Philadelphia and Wilmington and Board Chair, Peter Lorenzi



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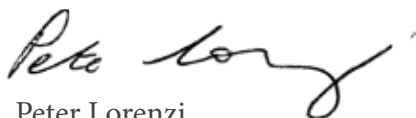
Message du Président du conseil d'administration

Je suis heureux d'annoncer que nous avons obtenu toutes les permissions nécessaires de la municipalité de Lower Merion pour poursuivre le projet d'expansion de l'Upper School. Le conseil d'administration a passé d'innombrables heures cet été à revoir les différents aspects du projet et trouver des solutions au défi créé par le projet d'expansion de l'Upper School.

Il y a encore des obstacles mais nous restons optimistes pour démarrer la construction cette année et terminer d'ici la rentrée 2021-2022. Merci aux nombreux membres bénévoles du conseil d'administration et de l'équipe administrative de l'école qui ont travaillé sans relâche pour faire avancer ce projet.

Qu'il s'agisse de trouver de nouvelles manières innovantes pour célébrer la promotion 2020 (et je suis fier d'être parent d'élève diplômé cette année), de soutenir le fonds Beyond Borders pour aider les membres de notre communauté le plus en difficulté ou montrer notre reconnaissance envers nos incroyables professeurs et personnel, la communauté de l'EFIP s'est ralliée à l'école, à ses enseignants et ses élèves. Alors que nous nous dirigeons vers un automne incertain, l'esprit bienveillant et énergique de notre communauté sera certainement plus que jamais nécessaire.

Prenez soin de vous,



Peter Lorenzi
Président du conseil d'administration

2019-2020 BOARD OF TRUSTEES

Executive Committee

Peter Lorenzi, Chair
Andrew Chirls, Vice Chair
Sandra Auffray, Treasurer
Anne Oltmanns, Secretary

Michael Scullin, Honorary Consul of France in
Philadelphia & Wilmington

Kathy Kotchick, Head of School

Nadine Durham	Murray Levin
Tish Emerson	Jeffrey Mack
Barbara Freed	Sylvie Satre
Marie Gantz	Paul Seignourel
Joshua Grant	Marc Simmons
Brian Johnston	Deborah Willig
Catherine Kosman	

PA Representatives

Bertha Smyth Escobedo, PA President
Tiara Durham, PA Vice President

Message from the Head of School

On June 1st, I addressed the community following the horrific events that transpired worldwide. I have seen throughout the years the way our community reacts and comes together when faced with uncertainty and grows with strength. I am proud to say that at the French International School of Philadelphia, we are an extraordinary diversity of school families who celebrate our differences and treat each other with love and respect.



June 1st, 2020

We are officially in the ‘home stretch’ with one week left in the academic year- I think I can now say, “we did it!” I am beyond proud of the work accomplished. Teachers, children and parents surpassed my expectations and remained truly connected, productive, focused and creative. In addition to completing our bilingual program, field trips to far-away places, guest speakers, the science fair, field day, live duck egg hatching, and improvisational theatre, among many other things, added more engagement and fun.

By contrast, the horrific events which transpired in Minneapolis last week and the subsequent riots and violence across the country have left me speechless. I have thought about every single member of our school community this week and wish more than ever that we could come together now.

Our school mission is one of genuine kindness and not just acceptance but celebration of our differences - we learn from each other, stand up for each other and love each other. Please hug the children and remind them that they should be very proud of their work and even prouder to be students of The French International School of Philadelphia where we are reminded each day of the value of treating each other with respect and love.

A handwritten signature in black ink that reads "K. Kotchick".

Kathy Kotchick
Head of School



Message du Chef d'établissement

Le 1er juin, je me suis adressée à la communauté à la suite des événements horribles qui se sont produits dans le monde entier. Au fil des années, j'ai vu de quelle manière notre communauté réagit face à l'incertitude, se rassemble et se renforce. Je suis fière de pouvoir dire qu'à l'École Française Internationale de Philadelphie, nous sommes composés d'une multitude de familles diverses. Nous célébrons nos différences et nous interagissons avec amour et respect.

1er juin, 2020



*Donald and Kathy Kotchick
at our annual Soirée*

Nous sommes officiellement dans la dernière ligne droite, avec la dernière semaine de l'année scolaire et je pense que je peux maintenant dire : "on l'a fait !" Je suis absolument époustoufflée par le travail accompli. Les enseignants, les enfants et les parents ont dépassé mes attentes et sont vraiment restés connectés, productifs, concentrés et créatifs. En plus d'achever notre programme bilingue, des excursions dans des contrées lointaines, des invités surprises, des jeux, la fête de la science, une éclosion d'œufs de canard en direct et du théâtre d'improvisation, entre autres, ont ajouté plus d'engagement et de rigolade.

En revanche, les terribles événements qui se sont produits à Minneapolis la semaine dernière et les émeutes et violences qui s'en sont suivies à travers le pays m'ont laissée sans voix.

J'ai pensé à chaque membre de notre communauté, et je souhaite, plus que jamais, que nous puissions être ensemble. Le projet de notre école repose sur la bienveillance et pas simplement sur l'acceptation mais sur la célébration de nos différences - nous apprenons les uns des autres, nous nous soutenons les uns les autres et nous nous aimons les uns les autres. S'il-vous-plaît, embrassez vos enfants et rappelez-leur d'être fier de leur travail et encore plus fier d'être élève à l'École Française Internationale de Philadelphie où on nous rappelle chaque jour la valeur de se traiter les uns les autres avec respect et amour.

A handwritten signature in cursive script that reads "K. Kotchick".

Kathy Kotchick
Head of School



The Project-6 Bala

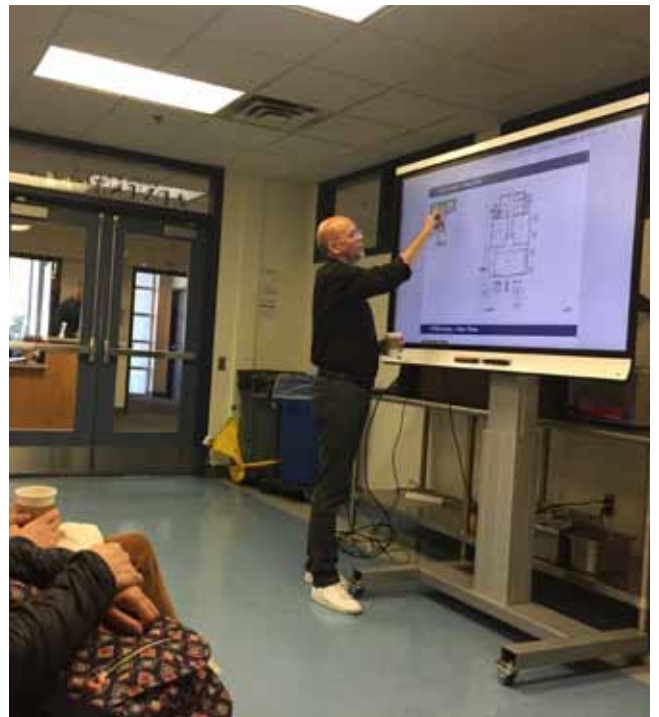
On July 1, 2019, Peter Lorenzi, Board Chair, proudly announced the acquisition of 6 Bala Avenue, a property adjacent to our current Upper School. 6 Bala Avenue will join with the current Upper School at 23 City Ave to create an all new reconfigured Upper School campus.

Our future plans for the 6 Bala Upper School Campus will include:

- An Arts Center, which will house a light-filled multi-purpose room, warming kitchen, classrooms and bathrooms.*
- A STEM Center (science, technology, engineering and math) with lab space, lecture area, and language and math labs.*
- Enhanced green space conducive to active play and socializing.*

Our Board of Directors held several informational sessions throughout the school year to share an overview of plans with the community as the project continued to take shape.

6 Bala promises to bring exciting new learning and growth opportunities to our school community!



Spotlight On Our Community

On March 12, 2020, we settled into our temporary new normal amidst COVID-19. Our dedicated faculty, staff and parents showed their commitment to our mission by working together during a worldwide pandemic to enhance and cultivate our connections.

Our Community:

Developing engaging daily lessons, leading virtual science fairs, international and local field trips, music lessons and talent shows in order to continue academic progress and a sense of routine for our students.

Going above and beyond to become amazing innovators, problem solvers and true teachers in the midst of a global crisis. They brought new ideas and creative lessons that kept the children motivated, learning and growing.

Gracefully taking on the role of managing the day-to-day program, and collaborating with faculty while also working from home.

Staying positive and encouraging as they reached out to stay connected, fostering resilience and adaptation during a time when we all fell with uncertainty.

THANK YOU TO OUR ESSENTIAL WORKERS



Coup De Projecteur Sur La Communauté



Consular Corps Association of Philadelphia, an organization that promotes educational, commercial, medical and governmental relationships between the Philadelphia region and their respective countries, donated to our Beyond Borders Fund. They presented a check at their quarterly meeting to Kathy Kotchick, Head of School and Andrew Chirls, Board Member (Vice Chair). Also pictured: Michael Scullin, Honorary Consul of France and Board Member, and Christine Pfister, Honorary Consul of Switzerland and French International School of Philadelphia parent.



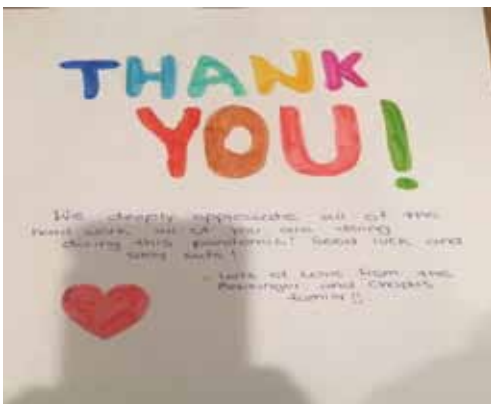
The EFIP community is unique and truly special. We sincerely care for each other, like a big family. During the pandemic, we have come together and offered each other support and encouragement in ways I never imagined. Our EFIP family brought us groceries, celebrated birthdays, had virtual playdates and without fail, someone checked up on us every day since March 13. We are thankful for the staff, teachers and friends who reminded us that we are missed and belong here.

~Gaby Goodman



Our family completed the Race Against Hunger 5K walk without leaving the neighborhood! To help with blood shortages, we signed up to donate blood via the American Red Cross. We were grateful to be able to help our community in these small ways.

~ Michelle Stockton



Artwork by the Boulanger Family



At a time when we all needed each other, our very own Chef Paul made fresh food and distributed fruits and vegetables to our families.

Chef Paul also shared instructional videos with our families for students to enjoy their favorite school meals at home.

Spotlight On Our Community



Nazanin Mogheli, cardiologist and director of the cardiac care unit in North Philadelphia, an epicenter of the epidemic with very high caseloads, shared stories with her children about the stress of the nurses and environmental service staff. The kids decided to do something about it by sending words of encouragement to the entire staff.

With the help of their parents, Cyrus (EFIP, rising 7th grader) and his friend designed a website to scale this type of project so that other kids could make things and send encouraging words for front line health care workers. Nazanin and family remained hopeful that schools will use this platform to do classroom-based projects to provide support and motivation for all health care workers.



Helen Koenig, EFIP mom of Emma (rising 3rd grader) and George (rising 2nd grader) is an infectious disease doctor at the Hospital of UPenn. She expressed that her team took care of people hospitalized with COVID-19. They continued to care for patients with chronic diseases through virtual health visits and focused on developing strategies and other procedures that had been on hold since the pandemic.

Her team experienced many beautiful moments - emotional family reunions, standing ovations for people who walked out of the hospital after weeks of critical illness, and incredibly generous donations of personal protective equipment from friends and colleagues all over the world. Thank you to everyone who sent love and support our way!



Laurence Buxbaum, alumni dad of Marielle (class of 2016) and Rebecca (class of 2011) is a Veterans' Administration home-care and infectious diseases doctor. He lent his expertise to the COVID-19 ward at the VA Nursing Home. His team had been seeing home-bound patients only when essential. Otherwise he was available for phone and video visits that kept them healthy and out of the hospital.



Artwork by Viviane Mitrev Class of '24

Our 2019-2020 Year in Pictures



1



2

[SEPTEMBER]

(1) Welcome back! Students lined up as they geared up to start their first day back at school.

(2) Students quickly settled into their new routines as the school year gets under way.

(3) Upper School students were excited as they reconnected after a long summer.

(4) Many of the school traditions are led by volunteers in our Parents' Association; Parents and students enjoyed a variety of food during our annual Back to School Picnic.



3



4

[OCTOBER]



5

(5) Students sampled cultural delicacies during our annual Beyond Borders Feast.



6

(6) First graders took a field trip to the Adventure Aquarium.

Notre année 2019-2020 en photos

NOVEMBER



DECEMBER

(1) We welcomed dynamic dancers that taught our students about the explosive rhythms of Indian classical and folk dance.

(2) Our students kicked off the winter show season!

(3) Younger siblings got acquainted with our school during our admissions team sibling playdates.

(4) The Parents' Association Garden Chair, Robert Connaire helped the Pre-K and Kindergartners to plant flowers and vegetables.

(5) Upper School students celebrated "Día de Los Reyes Magos"

(6) Upper School students performed a winter concert at the King of Prussia mall, a December tradition.



Our 2019-2020 Year in Pictures



1



2

[JANUARY]



3



4

[FEBRUARY]

(1) Our Upper School students participated in the National Geographic Bee contest.

(2) Congratulations to Lucas Pfister, our school's National Geographic Bee 2020 champion- pictured with Fabrice Paradis, middle school Geography teacher.

(3) On our annual MLK Day of service, EFIP alumni came back and spent their day doing for others - they helped PK3 students make 'Thank you cards' for Firefighters at the Bala Cynwyd Fire Station.

(4) Grade 5 students were measuring the volume of a rock using a "spill" cup by measuring the amount of water displaced by the rock. They used the mass measurement from the balance (scale) in grams and calculated the density of the rock.

(5) Our students and teachers celebrated Mardi Gras.

(6) Kindergarten class prepared Valentine's Day cards for residents of the Inglis House, a home health care service in Philadelphia.



5



6

Notre année 2019-2020 en photos

Our Parents' Association was proud to bring our community together to celebrate 'Walk the Red Carpet' 2020 Soirée at the Pennsylvania Academy of Fine Arts (PAFA).

[MARCH]



1



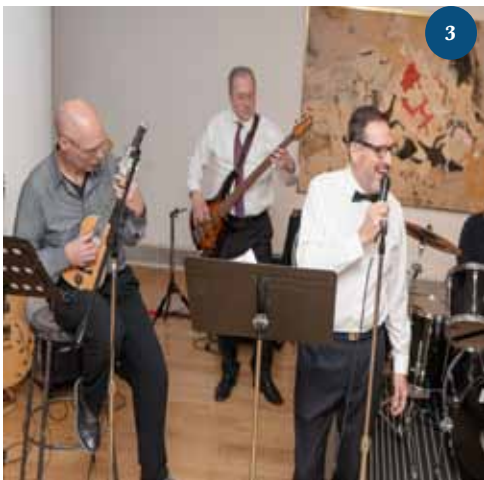
2

(1) Consul General Francois Penguilly, members of the Board and parents enjoyed a VIP tour of the Pennsylvania Academy of Fine Arts (PAFA) led by Anna Marley, our very own French International School of Philadelphia parent, mom of Gabriel (rising 1st grader).

(2) Former Board Chair Eric Orts, Head of School Kathy Kotchick, Consul General Francois Penguilly, Honorary Consul of France and Board Member Michael Scullin, and Board Chair Peter Lorenzi enjoyed the Soirée.

(3) Didier Lesigne, (EFIP Staff) and his band provided endless fun during our annual Soiree.

(4) Our teachers "Walked the Red Carpet"



3



4

In March, we quickly transitioned our lives to a virtual world. Our faculty implemented creative ideas to motivate and engage students virtually in our comprehensive bilingual curriculum. Faculty also held virtual field trips, talent shows, our annual science fair, birthday parties, music lessons, and more...



5

(5) Our students began their work from home experience via Zoom



6

(6) PK and K participated in music lessons with Ms. Gallagher



7

(7) Students continued with their academic lessons.

Our 2019-2020 Year in Pictures



[APRIL]

- (1) Our students participated in our annual talent show virtually.
- (2) Students were creative perfecting their French theme night.
- (3) Kindergarteners enjoyed teddy bear tea time. They brought their favorite teddy bear and shared activities with friends and administration.
- (4) Grade 5 Students presented their projects to teachers and families during our 23rd Annual Science Fair.
- (5) PK3 worked on gardening and learned about what is necessary for a plant to grow.



[MAY]



Congratulations to our students Oscar Lorenzi, Arthur Armaing, Malo Alanio, and Lucas Berg, who are now invited to compete in the Broadcom Masters Science Competition because of their achievement at the Delaware Valley Science Fair (DVSF).

Notre année 2019-2020 en photos

Ms. Valerie Denny and Ms. Christiana Gallagher both retired at the end of the 2019-20 school year. They have given so much to our students, and they each leave an exceptional legacy that has made a positive impact on all of us.

[JUNE]



"Mrs. Denny is truly one-of-a-kind. Each year for 23 years, Mrs. Denny has brought the passion and excitement of a professional who is experiencing teaching for the first time! Her desire for each and every child to not only feel a sense of accomplishment but also to find their own love of science will be greatly missed."

~Kathy Kotchick



"Mrs. Gallagher has spent 20 years at EFIP and defined our pre-kindergarten and kindergarten music program. Her calm and melodic methodology has led to many magical musical moments and inspired several future musicians, she will be greatly missed"

~Kathy Kotchick

CONGRATS TO OUR MIDDLE SCHOOL MATH STUDENTS

As a part of distance learning under quarantine, The North American Math Department of the AEFÉ (Agency for French Teachers Abroad) organized a Photo-Mathons challenge.

Seven of our participating students were selected. Take a look at their work!

Là où je passe mon temps pendant le confinement
Quelle est la longueur de la diagonale de ma table ?
D'après l'énoncé de Lucas (4ème)



Encore devant mon ordinateur
Grrr... confinement et zoom meetings !!!
AB = 14,1 cm et AC = 25 cm.
Quelle est la longueur de la diagonale [BC] ?
Donne le résultat au dixième de cm près par défaut.
D'après l'énoncé d'Alejandro (4ème)



Our 2019-2020 Year in Pictures



(1) Kindergarteners took a field trip to the farm.



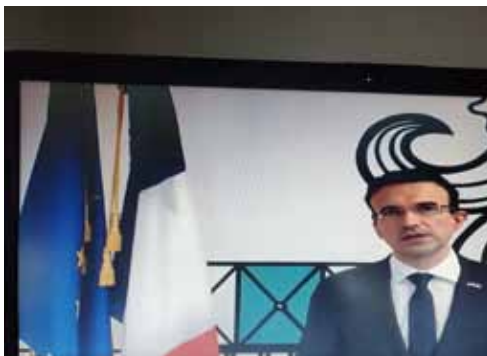
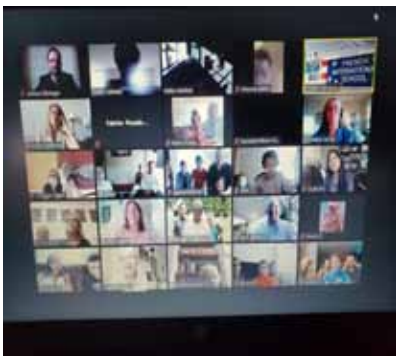
(2) Students were creative and safely protested against racism with their Barbie dolls.



(3) Kindergarten class celebrated the end of the school year with a trip to the Eiffel Tower and dance party.



(4) Teachers sent their students off with special summer bags and notes of good wishes.



On Friday, June 12th, our eighth graders graduated virtually in front of family and friends. Our graduates were pleasantly surprised when family, friends, Consul General Francois Pengully and other members of the community came together to pay a special tribute to each child.

Ms. Valerie Denny (Upper School Science teacher) was honored when each graduate spoke about how she impacted their lives.

Tribute to Class of 2020

Class of 2020 celebrated the end of their time at the French International School of Philadelphia in new and different ways.



Irene Maione
Harriton High School



Rachel Durham
Archbishop John J. Carroll High School



Angelina Dos Santos
Wm. Bodine High School for International Affairs



Antoni Michaud
Harriton High School



Lyssandre Wachs-Lauret
Harriton High School



Arthur Le Meliner
Saint-Vincent Providence (Rennes, France)



Wassim Oueslati
Monsignor Bonner/Archbishop Prendergast High School

Hommage À La Promotion 2020



Christopher Wolfson
Radnor High School



Aboubacar Baradji
Central High School



Aaliyah Adams
Upper Darby High School



Lucas Pfister
Central High School



Oscar Lorenzi
Owen J. Roberts High School



Alejandro Borrero
Harriton High School



Moussa Sakho
Cristo Rey Philadelphia

Our 2019-2020 Year in Numbers

330

students enrolled
from PK3 to G8



172
days of school

15

average class size

38

languages spoken by
the Class of 2020



More than 55

different nationalities
represented among
our school families

Our chess club won **3rd place**
in the K-3 Open category &
3rd place in the K-8 Open
category at the 2020 PA State
Scholastic Championships



7
projects recognized at the 2020
Montgomery County Science
Research Competition

143

school lunches served
on an average day



17

after-school
activities offered
per semester



22
field trips
throughout the year

Over 1,000

hours of continuing education conferences,
workshops and training sessions
attended by our faculty and staff

400+

students, teachers, parents,
alumni and friends volunteered
on MLK Day

Mindfulness Matters

At the French International School of Philadelphia, we take every opportunity to teach our students and each other how to live better each moment. Our Mindfulness in Education and Mindfulness Programs have taught us how to feel less harassed by the millions of thoughts in the mind, how to be more emotionally balanced, kind to ourselves and others. Below, we take a closer look at how we used Mindfulness in our classrooms as a teaching tool for our students.



Our faculty and staff participated in mindfulness activities throughout the year and used it as a tool to relax the body and to learn how to turn the “off switch.”

Upper school faculty practiced many activities with their students by asking them to write their thoughts down in a journal, draw pictures, take deep breaths and write what they are grateful for. This approach has helped students to be in the moment, to take their time, to stay focus, and learn in a relaxed easy environment. Our Pre-K and Kindergarten teachers also used mindfulness as a teaching tool. Throughout the day, students are invited to “sit still like a frog” to take 3 “belly breaths” and to listen to their surroundings. This practice has helped the students to increase their attention and to bring their focus to the moment.

When asked how the children felt following the exercise, here are some of their answers:

“I feel safe”, “I feel warm”, “I feel hungry”, “and I feel sleepy”

These activities have allowed our students to be in the present moment each day as they begin their bilingual curriculum. Faced with uncertainty, our community sees the benefit of the Mindfulness approach even more. Mindfulness became a healthy outlet not only for our students, teachers and staff but for our parents to cope and work virtually together, removing anxiety from the impact surrounding our thoughts.

We are grateful for Sandra Born, Julie Zagdanski, Citrini Devi and all members of our community that generously dedicated their time and expertise in mindfulness activities, connecting with our families virtually and offering us the opportunity to increase our skills needed to be mindful and attentive to what is happening within ourselves.

L'importance De La Pleine Conscience

A l'École française internationale de Philadelphie, nous profitons de chaque occasion pour enseigner aux élèves, et à tous, comment mieux vivre chaque moment. Nos programmes de méditation de pleine conscience nous ont appris à nous sentir moins assaillis par les millions de pensées de notre esprit, à être plus équilibré émotionnellement, attentionnés envers nous mêmes et envers les autres. Ci-dessous, nous examinons de plus près la manière dont nous avons utilisé la pleine conscience comme outil d'apprentissage pour nos élèves.



Artwork by Serena Born Class of '21

Les enseignants et le personnel ont participé à des activités de pleine conscience tout au long de l'année et l'ont utilisée comme un outil pour détendre le corps et apprendre à tourner le bouton "off". Les enseignants de l'Upper School ont mené de nombreuses activités avec leurs élèves, leur demandant d'écrire leurs pensées dans un journal, de dessiner, de prendre de profondes inspirations et de partager ce pour quoi ils sont reconnaissants. Cette approche a aidé les élèves à vivre l'instant présent, à prendre leur temps, à rester concentrés et à apprendre dans un environnement relativement plus détendu.

Les enseignants de maternelle ont également utilisé la pleine conscience comme outil d'apprentissage. Tout au long de la journée, les élèves ont été invités à "rester assis comme une grenouille" pour faire 3 "respirations par le ventre" et écouter ce qui les entoure. Cette pratique leur a permis d'avoir plus d'attention et de se concentrer sur le moment présent.

Quand on a demandé aux enfants comment ils se sentaient après cet

“Je me sens en sécurité”, “j’ai chaud”, “j’ai faim”, “je suis fatigué”.

Ces activités ont permis aux élèves de vivre chaque jour, le moment présent, alors qu'ils entamaient leur programme bilingue.

Face à l'incertitude, notre communauté voit encore mieux les bénéfices de l'approche de pleine conscience. La pleine conscience est devenue un exutoire sain, non seulement pour nos élèves, enseignants et personnel mais aussi pour les parents qui font face au travail à domicile avec leurs enfants, en éliminant l'anxiété que peuvent produire nos pensées.

Nous sommes reconnaissants à Sandra Born, Julie Zagdanski, Citrini Devi et tous les membres de notre communauté qui ont généreusement consacré leur temps et leur expertise aux activités de pleine conscience, se connectant avec nos familles virtuellement et nous offrant la possibilité d'augmenter notre capacité à être plus conscients et attentifs à ce qui se passe en nous-mêmes.

Alumni | Class Notes



Kade Schneider (*Class of 2018*) is going into his junior year at Harriton High School. Kade is very passionate about giving back to the community. He believes that one of the best things to do during the pandemic is to volunteer at a food drive. This year, he completed a 5k walk to support the Race against hunger. Kade is thankful for the EFIP community and would like to attend McGill University in two years.

Rebecca Buxbaum (*Class of 2011*) is continuing her graduate degree in Teaching Secondary English at the University of Southern California. She is currently teaching multicultural literature to high school students - a passion instilled in her from the EFIP community. Rebecca has been teaching online during the pandemic, while she misses seeing her students in person, she is optimistic for this coming school year.



Aruna Balasubramanian (*Class of 2018*) won the Fall Writing Contest sponsored by the Harriton High School Writing Center for a short story called “The Ration Wavers”, later published on The Banner (Harriton Newspaper). This June, Aruna won the 10th grade Ram Pride Award from Harriton. She also won the Best Advocate Award, Pennsylvania High School Mock Trial Competition, in February 2020. Her team made it to the state championships, but the competition was canceled due to COVID-19. Aruna won the Scholastic Writing Awards and the Thomas Eakins Emerging Artist scholarship to study in the Summer Academy of the Pennsylvania Academy of Fine Arts (PAFA).

Inez Williams (*Class of 2016*) graduated from Cristo Rey Philadelphia and is on her way to Gwynedd Mercy University as a nursing major.

Inez is mostly involved in helping her community - especially during these challenging times.



Robert Fleming (*Class of 2015*) is entering his 2nd year at Cornell University. Robert is part of the Cornell Hyperloop project team. Cornell Hyperloop is an Engineering Project Team to contribute to the development of Hyperloop technology. He is working to revolutionize transportation by developing a Hyperloop pod from conceptualization. His goal is to participate in SpaceX's annual Hyperloop competition.

Robert enjoyed spending time in France by the Arc de Triomphe.

Nouvelles Des Anciens Élèves



Mamadou Samassa (*Class of 2016*) graduated from the Science Leadership Academy High School at Center City. He is heading to Florida to attend Lynn University in the fall. Mamadou has spent his free time speaking out about injustice and taking advantage of his multilingualism to communicate with many people across the world. He strongly believes that the best way to learn is to interact with different people from different cultures across the world.

Marielle Buxbaum (*Class of 2016*) is a senior at Friends' Central School. She is currently directing *A Midsummer Night's Dream* on Zoom for 9th and 10th graders, and will be heading to Brown University this Fall to study Theater and Performance Studies, Comparative Literature in English and French, Spanish, and History. Marielle thanks EFIP and all of her teachers for helping her to discover other cultures and the beauty of communication and literature across languages.



Kennedy Farrell (*Class of 2016*) is entering her Freshman year at Wesley College. She recently joined KBG, an organization also known as Kick Butt Generation that fights against the use of tobacco in youth. Kennedy has gone to different schools and taught the harmful effects of tobacco to children and even to some high school students. Recently her group, with the help of Governor Carney was able to pass the T21 law, making the legal age to purchase tobacco in Delaware 21 instead of 18.

Ravi Balasubramanian (*Class of 2016*) will attend Yale University in the Fall. He is the salutatorian of the Class of 2020 at Harriton High School, having pursued the International Baccalaureate (IB) program. Ravi's High School announced that he won the Richard D. Liberi Mathematics Award. In July 2019, Ravi won the Motoo Kimura Foundation Young Scientist Outstanding Presentation Award, for presenting a talk at the Volvox 2019 Meeting at Tokyo University. He also did an internship last summer in the Biology Department at Tokyo University, building upon the research on algae, which he started in his EFIP science fair projects.





Our alumni returned to help during our annual MLK Day of Service!

They included:

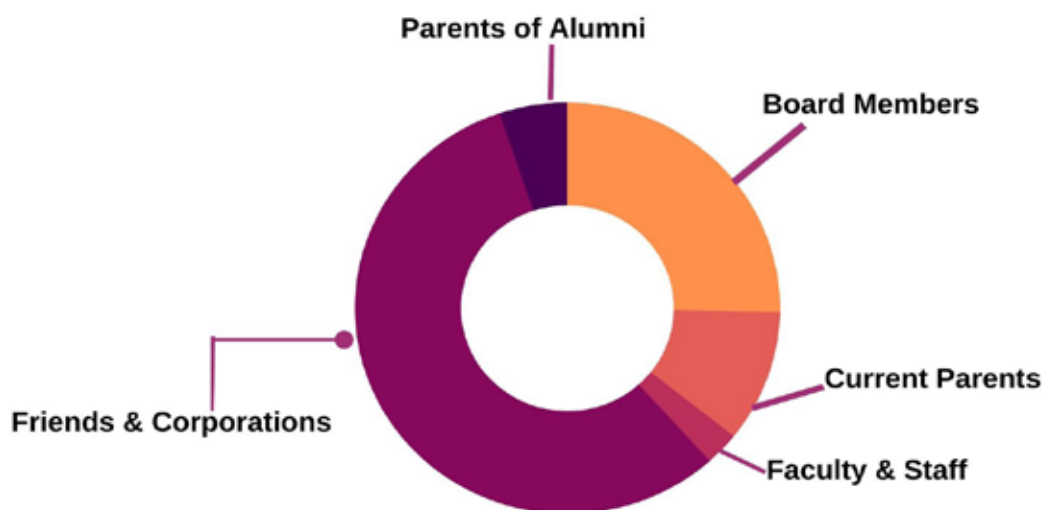
Kennedy Farrell (Class of 2016), Amy Samassa (Class of 2019), Danielle Fadjoh (Class of 2016), Inez Williams (Class of 2016), Katie Timberlake (Class of 2015), Mamadou Samassa (Class of 2016), Sarah Durham (Class of 2018), Jack Clark (Class of 2019), Newman Yielding (Class of 2016), Jerome Gantz (Class of 2018), Robert Murray (Class of 2019), Sibylle Beltran-Gremaud (Class of 2019), Mwanroukia Tadjiddine (Class of 2019), Jon Dunston (Class of 2019), Eleonore Perrigreur (Class of 2019), Isabelle Mitrev (Class of 2019)



2019-2020 Giving Report

WE GRATEFULLY ACKNOWLEDGE ALL THOSE WHO SUPPORTED OUR SCHOOL DURING THE 2019-2020 FUNDRAISING YEAR, HELPING US RAISE A TOTAL OF \$300,466

2019-2020 Summary of Giving by Constituency



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Thank you to the President of Les Anciens Combattants Français de Philadelphie, Simon Vannelli, who passed away on January 10th and left a generous donation to the French International School of Philadelphia (EFIP). His donation is a symbol of his appreciation for the opportunities and the French representation EFIP provides to students in the Philadelphia area.

Rapport annuel sur les dons en 2019-2020

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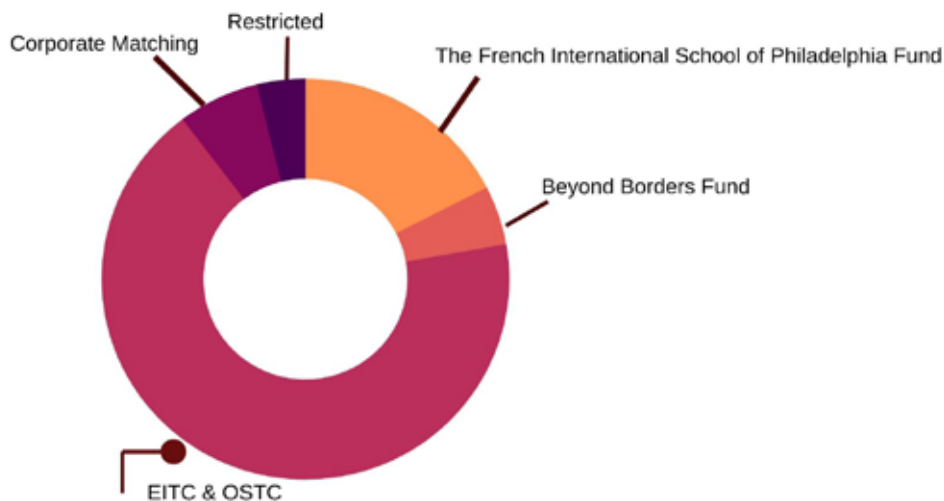
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2019 -2020 Summary of Giving by Fund



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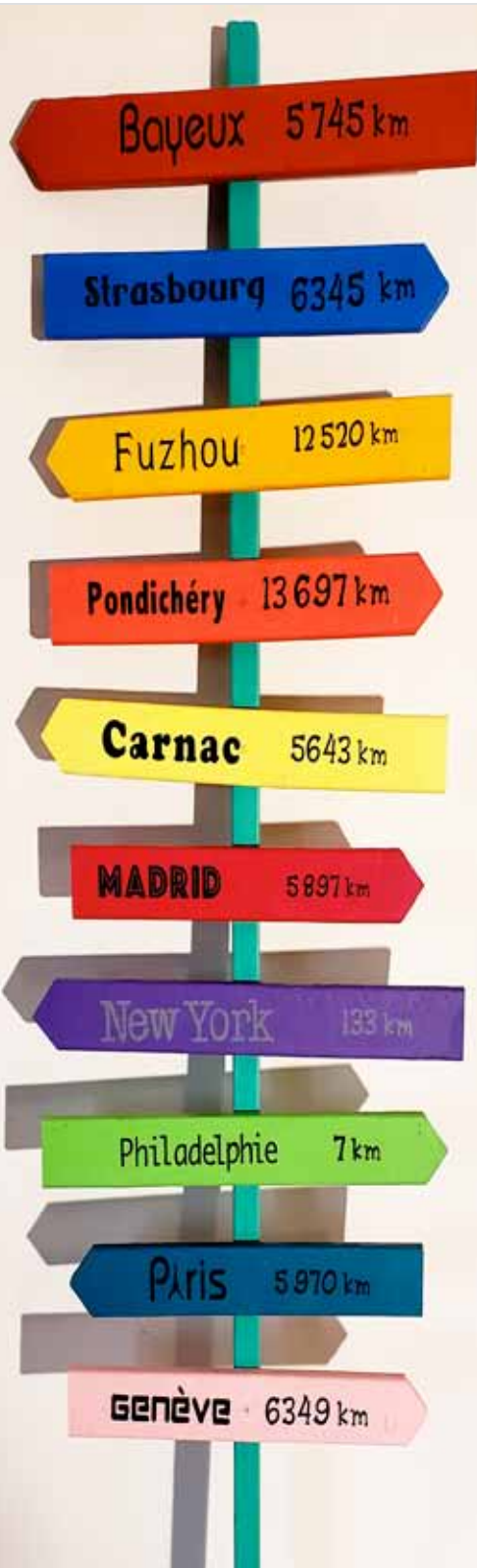
2019-2020

THE ARTISTS OF THE
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2019-2020

LES ARTISTES DE
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