



Dedicated to delivering
Amazing Learning



Weekly Update
Term 1.2 , Week 8, 15th December 2023

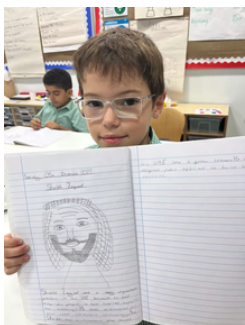
Dear families,

It is hard to believe this first term has already finished- we have achieved so much, as always!

Here are my top 10 'Principal Proudest moments!' - in no particular order!



- Launching our IB Diploma Programme for this academic year.
- The incredible consistent high quality early years provision in our nursery and FS2 classes.
- The wealth of trips and visits our students have taken part in.
- 'Nahr Al Amal' our collaborative art installation launch at our National Day celebration (soon to be exhibited at the Fairmont Bab al Bahr!)
- Our under 15 girls winning the netball plate trophy in our first ever netball tournament.
- The launch of 'Yalla Return' an AI-drive community recycling and education programme.
- Our scholarship and enrichment programme hosting enrichment afternoons, specialist trips and extended learning opportunities with entities such as NYUAD.
- Our 'Ahlan!' at Aspen podcast being launched on Spotify and Laura Naylor's visit to Aspen (Dubai 92 DJ).
- The launch of Century AI in years 4,5 and 9 has taken learning to new heights, with students independently engaged in 'nuggets' of learning, tailored to their precise learning needs following a diagnostic assessment.
- Our Primary students won the ISP Reading challenge for the third year in a row! The students enjoyed choosing 7000 aed of accelerated reader books as their prize!
- None of this would be possible without the energy, care and hard work of our entire staff team; thank you for all you do to make Aspen Heights a wonderful place to work, learn and grow.



من الصعب التصديق أن الفصل الدراسي الأول قد انتهى بالفعل، لقد حققنا الكثير، كما هو الحال دائماً!

- فيما يلي أهم 10 لحظات "أكثر اللحظات فخرًا" بالنسبة لي! - بدون ترتيب معين!
- إطلاق برنامج دبلوم البكالوريا الدولية لهذا العام الدراسي.
- توفير الجودة العالية الثابتة والمذهلة في السنوات الأولى في الحضانة وفصول FS2.
- العديد من الرحلات والزيارات التي شارك فيها طلابنا.
- "نهر الأمل" وإطلاق تصميمنا الفني التعاوني في احتفالنا باليوم الوطني (سيتم عرضه قريبًا في فندق فيرمونت باب البحر!)
- فوز طالباتنا تحت سن 15 عامًا بكأس كرة الشبكة في أول بطولة لنا على الإطلاق في كرة الشبكة.
- إطلاق برنامج "يلا نحولها" وهو برنامج تعليمي وإعادة تدوير مجتمعي بتقنية الذكاء الاصطناعي.
- استضافة البرنامج الإثرائي الخاص بنا للمنج الدراسية واجتماعات فترات بعد الظهر الإثرائية والرحلات المتخصصة وفرص التعلم الواسعة مع عدة جهات مثل جامعة نيويورك أبوظبي.
- إطلاق بودكاست "أهلاً!" في أسبن أثناء زيارة سبوتيفي ولورا نايلور إلى أسبن (دبي 92 DJ).
- إطلاق Century AI في فصول 4 و 5 و 9 للارتقاء بالتعليم إلى آفاق جديدة، حيث شارك الطلاب بشكل مستقل في "nuggets" التعليمي، المصمم خصيصًا لتلبية احتياجاتهم التعليمية المحددة بعد التقييم التشخيصي.
- فوز طلابنا في المرحلة الابتدائية في تحدي القراءة الخاص بمدارس الشراكة (ISP) للسنة الثالثة على التوالي! استمتع الطلاب باختيار كتب للقراءة بقيمة 7000 درهم كجائزة لهم!
- لن يكون أي من هذا ممكنًا بدون الطاقة والرعاية والعمل الجاد الذي يبذله فريق الموظفين بأكمله؛ شكرًا لكم على كل ما تفعلونه لجعل أسبن هايتس مكانًا رائعًا للعمل والتعلم والنمو.

Trip to Fairmont - Sustainability

The Student Council from Secondary and Primary and our Eco Council visited the Fairmont Bab Al Bahr this week to find out about the sustainable practices that have been developed to make the hotel more environmentally friendly. The groups had an opportunity to look at how the Fairmont makes a standard hotel room sustainable, they looked at the bottling room and the process of measuring and tracking food wastage in order to influence future orders. The bottling room allows water to be produced from condensation, which then goes through a filtration process and is bottled on the premises using glass bottles that can be recycled. We can't wait for all the ideas our students have to impact on sustainability in our school when we meet in Term 2!

رحلة إلى فيرمونت - الاستدامة

قام مجلس الطلاب من المرحلتين الثانوية والابتدائية والمجلس الطلابي البيئي لدينا بزيارة فندق فيرمونت باب البحر هذا الأسبوع للتعرف على الممارسات المستدامة التي تم تطويرها لجعل الفندق أكثر صداقة للبيئة. أتيحت للطلاب الفرصة للنظر في كيفية جعل فندق فيرمونت غرفة فندقية عادية مستدامة، ونظروا إلى غرفة التعبئة وعملية قياس وتتبع هدر الطعام من أجل التأثير على الطلبات المستقبلية. تسمح غرفة التعبئة بإنتاج المياه من التكييف، والتي تمر بعد ذلك بعملية ترشيح ويتم تعبئتها في المبنى باستخدام زجاجات زجاجية يمكن إعادة تدويرها. لا يمكننا انتظار كل الأفكار التي لدى طلابنا للتأثير على الاستدامة في مدرستنا عندما نلتقي في الفصل الدراسي الثاني!

Year 4 Trip to Cultural Foundation

Our lovely Year 4 children rounded off the first term of trips by visiting the Cultural Foundation this week - an event that the children have been looking forward to for a long time! During the trip the children learned about traditional weaving to make items, toured Qasr Al Hosn and learned about the Arabic coffee process, and tasted local dates. The children engaged in a treasure hunt where they explored the sustainable exhibition which the children loved.

رحلة طلاب الصف الرابع إلى المجمع الثقافي

اختتم أطفالنا الرائعون في الصف الرابع الفصل الدراسي الأول من الرحلات بزيارة المجمع الثقافي هذا الأسبوع - وهو الحدث الذي كان الطلاب يتطلعون إليه منذ فترة طويلة! وخلال الرحلة، تعلم الأطفال عن النسيج التقليدي لصنع المنتجات، وقاموا بجولة في قصر الحصن وتعرفوا على عملية صنع القهوة العربية، وتذوقوا التمور المحلية. شارك الأطفال في البحث عن الكنز حيث اكتشفوا المعرض المستدام الذي أحبه كثيرًا.



Winter Variety Show

Wow, what a fantastic afternoon we had at our Winter Variety Show! We were amazed by the array of talents that we had within the school from Irish dancing, singing, football skills, tricks and playing musical instruments! It was a lovely event which allowed the whole school to get together to watch a very entertaining show! A special shoutout and thanks to the wonderful performers, Miss Smith, Mr Rivzi and our facilities team for putting on a great show.

عرض الشتاء المتنوع

واو، يا لها من أمسية رائعة قضيناها في عرضنا المتنوع الشتوي! لقد اندهشنا من مجموعة المواهب لدينا داخل المدرسة من الرقص الايرلندي والغناء ومهارات كرة القدم والحيل والعزف على الآلات الموسيقية! لقد كان حدثًا رائعًا سمح للمدرسة بأكملها بالاجتماع معًا لمشاهدة عرض ترفيهي للغاية! تحية خاصة وشكر لكل الفنانين الرائعين، الأنسة سميث والسيد ريفزي وفريق إدارة المرافق لدينا على تقديم عرض رائع

After the Break...

Winter Homework - Science Fair

On Thursday 4th January 2024 we will have our school science fair, where our pupils will have the chance to display their science projects. Project deadline is Wednesday 3rd January to bring into school for Thursday 4th January. Families will be able to visit the science fair after school. This project is a fantastic opportunity for your children to think like sustainability superheroes, making science fun, engaging, and meaningful. We encourage creativity and innovation to shine through their work.

بعد العطلة...

الواجبات المنزلية الشتوية - معرض العلوم

في يوم الخميس 4 يناير 2024، سنقيم معرض العلوم في مدرستنا، حيث ستتاح لطلابنا فرصة عرض مشاريعهم العلمية. الموعد النهائي للمشروع هو الأربعاء 3 يناير إلى المدرسة لتقديمه يوم الخميس 4 يناير. ستتمكن العائلات من زيارة معرض العلوم بعد المدرسة. يعد هذا المشروع فرصة رائعة لأبنائكم للتفكير مثل الأبطال الخارقين في مجال الاستدامة، مما يجعل العلوم ممتعة وجذابة وذات معنى. نحن نشجع الإبداع والابتكار للتألق من خلال عملهم.

Y11 Mock IGCSE Examinations

In order to further develop the skills of Year 11 for the external IGCSE examinations which occur during Term 3, we will be holding mock examinations from Wednesday 3rd January until Monday 15th January 2024. Please see the schedule below.

امتحانات IGCSE النموذجية Y11

من أجل مواصلة تطوير مهارات السنة 11 لامتحانات IGCSE الخارجية التي ستتم خلال الفصل الدراسي الثالث، سن عقد اختبارات تجريبية من الأربعاء 3 يناير حتى الاثنين 15 يناير 2024. يرجى الاطلاع على الجدول أدناه.

	Wed 3rd Jan	Thu 4th Jan	Fri 5th Jan
8:45 AM	English 1 Language (2hrs15)	Maths 1 (2 hrs)	Design and Technology (1hr 45)

	Mon 8th Jan	Tue 9th Jan	Wed 10th Jan	Thu 11th Jan	Fri 12th Jan
8:45 am	Biology(2hrs)	English Lit (1hr20)	Maths 2 (2 Hours)	Chemistry (2hrs)	French paper 2 - Reading and Writing (1h45) Computing Paper 1 (2 Hours)
1:00 PM				English Language Paper 2 (1Hr 30)	

	Mon 15th Jan	Tue 16th Jan	Wed 17th Jan
8:45 AM	Physics (2hrs)	Art (5 hours) French Listening (45 mins)	Art (5 hours) French Speaking (25 mins)
1:00 PM	PE (1 Hr 15)		

	Wed 24th Jan
8:45 AM	Computing practical (3 hours)



Attendance

This week the best attendance in EYFS goes to FS2 Storks with 75% attendance!!! Well done Storks!

This week the best attendance in KS1 goes to Yr2 Gazelles with 80% attendance!!! Well done Gazelles!

This week the best attendance in KS2 goes to Yr3 Kingfishers with 85.4% attendance!!! Well done Kingfishers!

This week the best attendance in Secondary goes to Yr12 Yas, with 100% attendance. Well done Yas!

The more you come to school the more you learn!

Have a wonderful winter break; we look forward to seeing you return to school on Tuesday 2nd January.

الحضور

أفضل حضور في المراحل التأسيسية هذا الأسبوع كان من نصيب FS2 Storks بنسبة حضور 75%!!! أحسنتم!
و أفضل حضور في المرحلة الأساسية الأولى كان من نصيب Yr2 Gazelles بنسبة حضور 80%!!! أحسنتم!
أما أفضل حضور في المرحلة الأساسية الثانية هذا الأسبوع كان من نصيب Yr3 Kingfishers بنسبة حضور 85.4%!!! أحسنتم!
وأفضل حضور لهذا الأسبوع في المرحلة الثانوية كان من نصيب السنة 12 ياس، بنسبة حضور 100%. أحسنتم!

كلما أتيت إلى المدرسة كلما تعلمت أكثر!

نتمنى لكم عطلة شتوية رائعة؛ كما نتطلع إلى رؤية عودتكم المدرسة يوم الثلاثاء 2 يناير.

Mrs Emma Shanahan and the Aspen Leadership Team.



Well-being at Aspen Heights



Hello everyone, I hope you are doing well. As we head into a well-deserved winter break I'd like to encourage you to reflect back on the many successes and progress your family and children have made this year. While this time of year is filled with joy and celebration, it can also bring about stress and emotional challenges for some. This week I'd like to share some valuable tips on how to support children's mental health during the holidays -

The Winter Blues: Acknowledging Emotional Challenges

The winter season, with its shorter days and colder weather, can impact children's mood and energy levels. Some may experience what is commonly referred to as the "winter blues." It's crucial for us to recognize and validate these feelings, creating an open space for our children to express themselves.

Prevent Stress

The best way to prevent stress in your children is to manage your own stress. If you are managing stress well - you will set a calm example. Be sure to practice good self-care and get enough sleep. You are the role model for your children! Be sure to be open about what their holiday break schedule will look like and what your expectations are. Predictability is key in managing stress.

Establishing Routine and Structure

The holiday season often disrupts the regular school routine, which can be challenging for some children. While it's essential to enjoy the break, maintaining a sense of routine can provide stability and a sense of security. Ensure they get enough sleep, eat balanced meals, and engage in activities they enjoy.

Prepare for family and friend time

The holiday gatherings that you will have with family and friends are supposed to bring joy and togetherness. For children, a room full of adults asking them questions can be overwhelming. Remember that they are kids! Some traditions depend on kids being on their best behaviour. When scheduling events be sure to have just one high demand activity per day, or every other day. Allow plenty of time for rest and recovery.

Practice gratitude.

Think of 3 people in your life who you are grateful for. These could be classmates, family members, friends, neighbours - whoever comes to mind. Think of what it is specifically about them that you're grateful for. And now, take a moment to tell them! Whether through a text, email, or handwritten letter. So often we can forget to let people know the great impact they have on us. This simple exercise can bring joy not only to your day but to someone else's too!

Go for a mindfulness walk.

Take a walk with your child and engage in some mindfulness practice together. This could be just around the neighbourhood, or through a nearby park. While you're walking, take time to notice things around you, and prompt your child to do the same. What things do you see? What sounds do you hear? By being mindful we help ground ourselves in the present moment bringing us more awareness to our emotions and appreciation for our experiences.

The holidays are a time for joy, love, and connection. By prioritizing our children's mental health and well-being, we can ensure that they have a positive and memorable holiday season. If you have any concerns or questions, please feel free to reach out to me at rkhan@ahbs.ae

Wishing you and your family a joyful and restful winter break!

Redah Khan
School Counsellor





Aspen Heights
BRITISH SCHOOL



REFER A FRIEND

Reward both yourself AND your friends, when they enrol with us, to receive* :

- 5% off youngest child's fees for current family
- Each new child will receive a free set of uniform

**Admissions Open
Nursery (FS1) to Year 13**

***Terms and conditions apply**

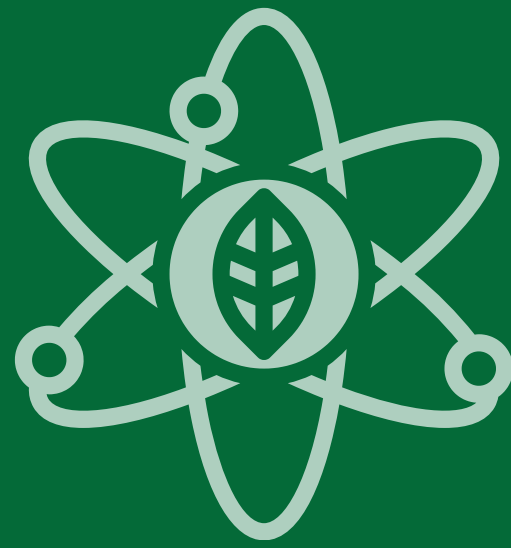
admissions@ahbs.ae

www.ahbs.ae

056-5384416



Aspen Heights
BRITISH SCHOOL



SCIENCE & SUSTAINABILITY FAIR

Create a captivating poster and model or design around science or sustainability topics such as reducing waste, saving energy, or helping our planet, or building a sustainable model. Remember to include:

- A catchy title
- A prediction (hypothesis)
- Method for carrying your your experiments/or building your sculpture
- Materials used
- Conclusion – what did you learn/ find out?

SUBMISSION

3RD JAN 2024

PRESENTATION

4TH JANUARY 2024





Aspen Heights
BRITISH SCHOOL

**HIGH
SCORE**
SPORTS 

WINTER CAMP AT ASPEN HEIGHTS

FROM 18 DEC TO 29 DEC

8 AM TO 2 PM



Transportation Available

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 **ABU DHABI AL BAHIA**
Register Now



WINTER CAMP

Activity Schedule

BOYS 4-7

TIM / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
10:00 - 11:00	KARATE	BADMINTION	ARCH	DODGEBALL	KICKBOX
11:00 - 12:00	DODGEBALL	KICKBOX	BASKETBALL	FOOTBALL	MINI GAMES
12:00 - 01:00	SWIMMING	FOOTBALL	SWIMMNG	KARATE	
01:00 - 02:00	ART	QURANKARIM	COLORING	MINI GAMES	

BOYS 8-12

TIM / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
10:00 - 11:00	FOOTBALL	BASKETBALL	KARATE	FOOTBALL	KICKBOX
11:00 - 12:00	SWIMMING	FOOTBALL	SWIMMNG ART	MINI GAMES	
12:00 - 01:00	KICKBOX	QURANKARIM	DODGBALL	KICKBOX	
01:00 - 02:00	DODGBALL	BADMINTION	KARATE	MINI GAMES	

GIRLS 4-7

TIM / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00	ZUMBA	FITNESS	ZUMBA	FITNESS	ZUMBA
10:00 - 11:00	GYMNASTICS	ARCH	BADMINTION	MINI GAMES	QURANKARIM
11:00 - 12:00	BASKETBALL	SWIMMNG	MINI GAMES	GYMNASTICS	ARCH
12:00 - 01:00	ART	KARATE	COLORING	SWIMMNG	
01:00 - 02:00	MINI GAMES	FOOTBALL	BASKETBALL	ART	

GIRLS 8-12

TIM / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 10:00	ZUMBA	FITNESS	ZUMBA	FITNESS	ZUMBA
10:00 - 11:00	KICKBOX	SWIMMNG	GYMNASTICS	SWIMMNG	MINI GAMES
11:00 - 12:00	GYMNASTICS	FOOTBALL	BASKETBALL	KICKBOX	QURANKARIM
12:00 - 01:00	BASKETBALL	BADMINTION	KARATE	BASKETBALL	
01:00 - 02:00	ARCH	DODGBALL	ART	ARCH	

RULS REGULATIONS

1. KIDS ARE OBLIGED TO WARE SPORT'S UNIFORM
2. KIDS MUST BRING SWIMMING EQUIPMENT DURING THE CAMP INCLUDING GOGGLES .

3. PARENTES NOT ALLOWED DURING THE CAMP
4. GIRLS WILL BE WITH A FEMALE INSTRUCTOR
5. KIDS SHOULD BRING MEALS WITH THEM



35%

DISCOUNT
FOR ASPEN
HEIGHTS

المخيم الشتوي
WINTER
CAMP

Come and join us ! For the exciting
Emirates Park Zoo Winter Camp!

11th - 29th DEC
5 DAYS / WEEK
MONDAY - FRIDAY
8:30AM - 1:30PM

FROM AGE 4
TO 14 YEARS



FOR MORE INFORMATIONS, PLEASE CALL

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T&C's Apply



AMAZING LEARNING AT ASPEN HEIGHTS

EYFS

- Nursery Geckoes
- Nursery Butterflies
- Nursery Ladybirds
- Nursery Dragonflies
- FS2 Ducks
- FS2 Bulbuls
- FS2 Sparrows
- FS2 Owls
- FS2 Pipits
- FS2 Doves
- FS2 Storks

Primary

- Oasis
- Y1 Honey Badgers
- Y1 Foxes
- Y1 Pikas
- Y1 Hares
- Y1 Jerboas
- Y1 Sandcats
- Y1 Desert Snakes
- Y1 Herons
- Y2 Oryx
- Y2 Camels
- Y2 Leopards
- Y2 Gazelles
- Y2 Wolves
- Y2 Ibex
- Y3 Kingfishers
- Y3 Peacocks
- Y3 Ostrich
- Y3 Flamingos
- Y3 Sunbirds
- Y4 Houbaras
- Y4 Eagles
- Y4 Falcons
- Y4 Swifts
- Y5 Hawksbill
- Y5 Seahorses
- Y5 Jellyfish
- Y5 Parrotfish
- Y6 Dolphins
- Y6 Whales
- Y6 Manta Rays

Secondary

- Secondary English
- Secondary Maths
- Secondary Science
- Secondary Art
- Secondary D&T
- Secondary French
- Secondary Economics
- Secondary Humanities
- Secondary Computing

MOE

- EYFS Arabic
- Arabic
- Social Studies
- Islamic

Music

- Whole school music

Library

- Whole School Library

P.E & Swimming

- Whole School P.E