



Dedicated to delivering
Amazing Learning

Weekly Update
Term 1.2 , Week 7, 8th December 2023

Dear families,

Although it has been a short week, it has been an exceptionally busy one!

على الرغم من أن هذا الأسبوع كان أسبوعًا قصيرًا، إلا أنه كان حافلًا بشكل استثنائي!

Nursery Trip to Al Bahya Park

This week our Nursery children have been explorers on their very first school trip to Al Bahya Park. The children were very excited to ride the bus with their friends, sing songs such as 'the wheels on the bus', enjoy a yummy picnic and play together on the playground.

The children had lots of fun making the most of the beautiful weather, playing ring games on the grass, pretending to be pirates in the jungle gym and collecting fallen leaves and flowers in their green surroundings! We are very proud of our children and are so happy they had such a successful and enjoyable trip - well done Nursery!

رحلة الحضانة إلى حديقة الباهية - كان أطفال الحضانة هذا الأسبوع مستكشفين في رحلتهم المدرسية الأولى إلى حديقة الباهية. كان الأطفال متحمسين للغاية لركوب الحافلة مع أصدقائهم، وغناء الأغاني، والاستمتاع بالنزهة واللعب معًا في الملعب. استمتع الأطفال كثيرًا مع الاستفادة القصوى من الطقس الجميل، ولعب الألعاب الحلقية على العشب، والتظاهر بأنهم قراصنة في صالة الألعاب الرياضية في الغابة، وجمع الأوراق المتساقطة والزهور في محيطهم الأخضر! نحن فخورون جدًا بأطفالنا وسعداء جدًا لأنهم قضاوا رحلة ناجحة وممتعة - أحسنتم طلاب الحضانة!

Year 2 Trip to Cultural Foundation

Year 2 had an exciting day at the Cultural Foundation looking around the children's library and learning about the family of Sheikh Zayed bin Sultan Al Nahyan and the history of the UAE. Looking at the artifacts and watching the demonstrations of local craft, including weaving and embroidery, was of particular interest. The staff at the Cultural Centre were particularly impressed with how knowledgeable about the UAE our children are!

رحلة الصف الثاني إلى المجمع الثقافي - قضى طلاب الصف الثاني يومًا رائعًا في المجمع الثقافي حيث تجول الطلاب في مكتبة الأطفال وتعرفوا على عائلة الشيخ زايد بن سلطان آل نهيان وتاريخ دولة الإمارات العربية المتحدة. وكان النظر إلى المصنوعات اليدوية ومشاهدة عروض الحرف المحلية، بما في ذلك النسيج والتطريز، ذا أهمية خاصة. وقد أبدى الموظفون في المركز الثقافي إعجابهم بشكل خاص بمدى معرفة أطفالنا بدولة الإمارات العربية المتحدة!

اختبارات كرة القدم والسباحة







Football and Swimming Trials

This week we held football and swimming trials during lunchtimes for all of our secondary pupils. Those who are successful will be announced next week and will become our school squads. They will undertake many team training sessions in order to represent the school in national competitions.

أجربنا هذا الأسبوع اختبارات كرة القدم والسباحة خلال أوقات الغداء لجميع طلاب المرحلة الثانوية. سيتم الإعلان عن الناجحين الأسبوع المقبل الذين سوف يشكلون فرق مدرستنا. و سيقومون بإجراء العديد من الدورات التدريبية الجماعية لتمثيل المدرسة في المسابقات الوطنية.

Sheikh Sultan Award

We commit to enriching the learning opportunities for our students and we are delighted to be able to offer the Sheikh Sultan Award for our students in Year 9 upwards. The awards, Bronze, Silver and Gold, are awarded to students who successfully complete challenges in 4 areas: Fitness & Wellbeing, Skills, Volunteering, Adventure. We are delighted that 27 of our students have enrolled in the programme; we look forward to sharing their progress and achievements in the coming months.

جائزة الشيخ سلطان

نحن ملتزمون بإثراء فرص التعلم لطلابنا ويسعدنا أن نتمكن من تقديم جائزة الشيخ سلطان لطلابنا في الصف التاسع وما فوق. تُمنح الجوائز البرونزية والفضية والذهبية للطلاب الذين أكملوا التحديات بنجاح في 4 مجالات: الأنشطة البدنية والمهارات والتطوع والمغامرة. يسعدنا أن 27 من طلابنا قد التحقوا بالبرنامج؛ ونحن نتطلع إلى مشاركة تقدمهم وإنجازاتهم في الأشهر المقبلة.

Yalla Return

How are we working towards our sustainability goals? Aspen Heights is the first school in Abu Dhabi to work with the recycling company Yalla Return. We are launching a programme to help our school and our school community become active participants in sustainable living. We're doing this through offering families a Yalla Return Kit, you need to fill the bags and drop them in our smart bin for reward vouchers and points! Keep an eye out on your weekly email for Yalla Return information and sign up form! [Sign Up Here](#)

يلا نحولها

كيف نعمل على تحقيق أهداف الاستدامة لدينا؟ أسبن هايتس هي أول مدرسة في أبوظبي تعمل مع شركة إعادة التدوير يلا نحولها. نحن نطلق برنامجًا لمساعدة مدرستنا ومجتمعنا المدرسي على أن يصبحوا مشاركين نشطين في الحياة المستدامة. نحن نفعل ذلك من خلال تقديم مجموعة يلا نحولها للعائلات، حيث يتعين عليك ملء الحقائب وإسقاطها في صندوقنا الذكي للحصول على قسائم نقاط المكافآت! راقب بريدك الإلكتروني الأسبوعي للحصول على معلومات يلا نحولها ونموذج التسجيل! [Sign Up Here](#)

FS2/KS1/Oasis House day

We are excited to share that our Oasis, FS2 and KS1 House Day has been very successful this week. During the morning, the children had the exciting opportunity to compete in tournaments and represent their house. The children have been learning the skills to compete in their PE lessons and they showed these skills and their sportsmanship throughout the day!

اليوم الرياضي - FS2/KS1/Oasis

يسعدنا أن نشارككم أن برنامج اليوم الرياضي لمراحل FS2/KS1/Oasis قد حقق نجاحًا كبيرًا هذا الأسبوع. خلال فترة الصباح، أتيحت للأطفال فرصة رائعة للتنافس في البطولات وتمثيل فرقهم. لقد تعلم الأطفال المهارات اللازمة للمنافسة في دروس التربية البدنية الخاصة بهم، وقد أظهروا هذه المهارات وروحهم الرياضية طوال اليوم!





Next week

Sustainability Trip

We are excited to announce that our Student and Eco Council have been invited to the Fairmont Bab Al Bahr on Monday 11th December. Our Student and Eco Council will be there to see several sustainability practices that the Fairmont has developed such as: Water from Air, Organic Gardens, Free from Single use Plastic and the Food Waste Programme. We hope that the experience will allow us to see how big organisations are able to work towards sustainable goals. Our students will look at practices and think about how we could become a more sustainable school in line with our sustainability curriculum and CoP 28.

الأسبوع المقبل

رحلة الاستدامة

يسعدنا أن نعلن عن دعوة مجلسنا الطلابي والبيئي إلى فندق فيرمونت باب البحر يوم الاثنين 11 ديسمبر. سيكون طلابنا موجودين هناك لرؤية العديد من ممارسات الاستدامة التي طورها فندق فيرمونت مثل: الماء من الهواء، والحدائق العضوية، والخلو من البلاستيك ذو الاستخدام الواحد، وبرنامج نفايات الطعام. نأمل أن تسمح لنا هذه التجربة بمعرفة مدى قدرة المؤسسات الكبيرة على العمل لتحقيق أهداف مستدامة. سوف ينظر طلابنا إلى الممارسات ويفكرون في كيف يمكننا أن نصبح مدرسة أكثر استدامة بما يتماشى مع منهج الاستدامة الخاص بنا و بمؤتمر الأطراف

Y4 Trip to Cultural Foundation

Our Year 4 children have been waiting eagerly for their Term 1 trip and are very excited to be going to the Cultural Foundation to learn more about the history of the UAE and its importance. During the day the children will have a tour of Qasr Al Hosn, and a workshop at the children's library. For this trip, we kindly ask children to wear their school uniform. All children should bring their snack, lunch, cap and a water bottle. We are looking forward to hearing about all the amazing learning that took place!

رحلة الصف الرابع إلى المجمع الثقافي

كان طلابنا في الصف الرابع ينتظرون بفارغ الصبر رحلة الفصل الدراسي الأول وهم متحمسون للغاية للذهاب إلى المجمع الثقافي لمعرفة المزيد عن تاريخ دولة الإمارات العربية المتحدة وأهميته. خلال النهار، سيقوم الطلاب بجولة في قصر الحصن، وورشة عمل في مكتبة الأطفال. في هذه الرحلة، نرجو من الأطفال ارتداء الزي المدرسي الخاص بهم. يجب على جميع الأطفال إحضار وجباتهم الخفيفة والغداء والقبعة وزجاجة الماء. نحن نتطلع إلى سماع كل الأحداث التعليمية المذهلة!

The Arabic Positive Discipline in Everyday Parenting Course

Next week will be the last session of the Arabic Positive Discipline in Everyday Parenting Course. We would like to thank all the families who attended the 8 sessions. It was really a beneficial experience for everyone, providing the parents with strategies and ideas of positive discipline for their children.

دورة الانضباط الإيجابي باللغة العربية في التربية اليومية

في الأسبوع القادم، ستكون الجلسة الأخيرة من دورة التربية اليومية الإيجابية باللغة العربية. نود أن نشكر جميع العائلات التي حضرت الجلسات الثمانية. لقد كانت بالفعل تجربة مفيدة للجميع، حيث زودت الآباء باستراتيجيات وأفكار الانضباط الإيجابي لأطفالهم.

Attendance

This week the best attendance in EYFS goes to FS2 Doves with 95.4% attendance!!! Well done Doves!
This week the best attendance in KS1 goes to Yr1 Jerboas with 91.5% attendance!!! Well done Jerboas!
This week the best attendance in KS2 goes to Yr4 Swifts with 95.8% attendance!!! Well done Swifts!
This week the best attendance in Secondary goes to Year 9 Samaliyah, with 100% attendance.
Well done Samaliyah!
The more you come to school the more you learn!

حضور الطلاب

أفضل حضور في الحضانة هذا الأسبوع كان من نصيب FS2 Doves بنسبة حضور 95.4%!!! أحسنتم!
أفضل حضور في المرحلة الأساسية الأولى هذا الأسبوع كان من نصيب Yr1 Jerboas بنسبة حضور 91.5%!!! أحسنتم!
أفضل حضور هذا الأسبوع في المرحلة الأساسية الثانية كان من نصيب Yr4 Swifts بنسبة حضور 95.8%!!! أحسنتم!
أما أفضل حضور في المرحلة الثانوية هذا الأسبوع هو للصف التاسع Samaliyah بنسبة حضور 100%. أحسنتم!
كلما أتيت إلى المدرسة كلما تعلمت أكثر!



Well-being at Aspen Heights



Hello everyone, I hope you had a wonderful week. As we navigate the journey of parenthood, it's essential to equip ourselves with effective tools for guiding our children through life's challenges. Today, I'd like to shed light on the concept of natural consequences and their pivotal role in fostering positive discipline.

A natural consequence is anything that happens naturally, with no adult interference. When you stand in the rain, you get wet. When you don't eat, you get hungry. When you forget your coat, you get cold. Children usually feel bad or guilty when they make a mistake. Blaming or shaming them at this time can hinder learning. It can cause children to stop processing the experience and focuses on absorbing or defending against the adult's reaction. While it can be difficult for parents to be supportive without rescuing or overprotecting, but it is one of the most encouraging things you can do to help your children develop a sense of capability. Natural Consequences can help -

Natural Consequences



Children develop resiliency and capability by experiencing the natural consequences of their choices.

- 1) Avoid lectures or, "I told you so."
- 2) Show empathy: "You're soaking wet, that must be uncomfortable."
- 3) Be comforting without rescuing: "A warm shower might help."
- 4) Validate feelings: "Sounds like that was very embarrassing."

- **Develops Sense of Autonomy:** Allowing children to experience the natural outcomes of their choices, whether positive or negative, is instrumental in nurturing independence. This hands-on approach helps them develop a sense of autonomy, enabling them to make informed decisions as they navigate life.

- **Teaches about Cause and Effect:** Natural consequences serve as invaluable teaching moments. Children learn that their actions (cause) lead to specific outcomes (effect). This understanding is a fundamental building block, connecting behaviour and consequences in a way that empowers children to make thoughtful choices.

- **Instills Intrinsic Motivation:** When children understand that adults won't always intervene to shield them from the consequences of their actions, a remarkable shift occurs. This realization fosters intrinsic motivation, encouraging children to internalize the importance of following rules independently.

Example of Natural Consequences: Imagine a scenario where a child decides not to wear a jacket on a chilly day. The natural consequence would be that they would feel cold. By allowing this outcome to unfold, the child learns the significance of being prepared for different weather conditions. It encourages them to consider the consequences of their choices and plan accordingly in the future.

Exceptions to Natural Consequences: While natural consequences are powerful teaching tools, there are instances where intervention is necessary:

- **When a child is in danger:** Safety always comes first.
- **When consequences impact others' rights:** We cannot allow actions that harm others.
- When results pose a health risk: Sometimes, children may not perceive certain behaviours as problematic, but they can adversely affect their well-being.

Encouraging Support Without Overprotecting: Supporting your child without rescuing them is challenging but crucial. By expressing empathy and belief in their capabilities, you empower them to handle challenges, fostering a sense of competence.

Remember, as parents, we play a pivotal role in shaping our children's character and resilience. Embracing the principles of natural consequences and positive discipline lays the foundation for their growth into responsible, independent individuals. Together we can support one another in learning. As always should you have any concerns about the well-being of your children, please do not hesitate to reach out to me at rkhan@ahbs.ae. Have a lovely weekend

Redah Khan
School Counsellor





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BRITISH SCHOOL

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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

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