



**Dedicated to delivering  
AMAZING LEARNING**

**Weekly Update  
Term 2, Wk 3 21st January 2021**

## Contents

FS.....	Page 6
Oasis.....	Page 8
Low Primary.....	Page 9
Upp Primary.....	Page 11
Secondary.....	Page 14
PE.....	Page 20
Arabic.....	Page 21
Music.....	Page 23

Dear families,

### Aspen Heights British School Nursery is open!

This week ended extremely positively for our school as we welcomed our Nursery children back to Aspen Heights British School Nursery!

Due to our specific Nursery licence, we are permitted to open our Nursery department even when the school is physically closed for mandatory distance learning.

I would like to commend and give my heartfelt thanks to our Nursery team, led by Mrs Rose Akachi for their dynamic agility and hard work to leap into action to make this happen this week! We have all loved seeing the smiling happy faces of our nursery children engaged in such exciting learning activities today. We can't wait until we are all back to our beautiful school once again; until then it is good to know that children's laughter and excitement is once again brightening the corridors of our school.



انتهى هذا الأسبوع بشكل إيجابي للغاية لمدرستنا حيث استقبلنا أطفال الحضانة في حضانة مدرسة أسبن هايتس البريطانية!

نظرًا لترخيص الحضانة الخاص بنا ، يُسمح لنا بفتح قسم الحضانة لدينا حتى عندما تكون المدرسة مغلقة فعليًا للتعليم الإلزامي عن بعد.

أود أن أثنى وأعبر عن شكري العميق لفريق الحضانة لدينا ، بقيادة السيدة روز أكاتشي على خفة حركتهم الديناميكية وعملهم الجاد للانتقال إلى العمل لتحقيق ذلك هذا الأسبوع! لقد أحببنا جميعًا رؤية الوجوه المبتسمة السعيدة لأطفال الحضانة وهم يشاركون في مثل هذه الأنشطة التعليمية المثيرة اليوم. لا يمكننا الانتظار حتى نعود جميعًا إلى مدرستنا الجميلة مرة أخرى ؛ حتى ذلك الحين ، من الجيد أن نعرف أن ضحك الأطفال وإثارتهم يضيء مرة أخرى أروقة مدرستنا.

### Seahorses Assembly

Today's Year 6 Seahorses assembly was quite remarkable. There are so many impressive aspects; the way the class has utilised technology to overcome the challenges of being apart, combined with their impressive use of language and reassuring sense of cohesive community. Well done to Mrs MacLeod, Mrs Lopinska and the Year 6 Seahorses!

كان تجمع السنة السادسة Seahorses اليوم رائعًا للغاية. هناك الكثير من الجوانب الرائعة. الطريقة التي استخدم بها الفصل التكنولوجيا للتغلب على تحديات الانفصال ، جنبًا إلى جنب مع لغتهم الرائعة وشعورهم المطمئن بالمجتمع المتناسك. أحسنت صنعًا سيدة ماكلويد وسيدة لوبينسكا والسنة السادسة Seahorses!



## Welcome Mr Nathaniel Smart

We are delighted to welcome Mr Nathaniel Smart to the Primary Aspen Team. Nathaniel flew in from the UK, and has completed his quarantine safely whilst also undertaking some online training and meeting the Primary Team. Mr Smart will be supporting the team with senior leader release, and some intervention and other support for upper Primary. We are very pleased there are so many enthusiastic and passionate educators keen to join our ambitious team at Aspen.

يسعدنا أن نرحب بالسيد ناثانيال سمارت في فريق ابتدائية أسبن. سافر ناثانيال من المملكة المتحدة ، وأكمل حجره الصحي بأمان بينما كان أيضًا يتلقى بعض التدريب عبر الإنترنت ويلتقي بالفريق الأساسي. سيدعم السيد سمارت الفريق مع إشراف رئيس المرحلة ، وبعض التدخل والدعم الآخر للمرحلة الابتدائية العليا. نحن سعداء للغاية بوجود الكثير من المعلمين المتحمسين والحريصين على الانضمام إلى فريقنا الطموح في أسبن.

## School day

As communicated last week, we have worked to further develop our distance learning provision, and extend our curriculum offering with an extended school day. Thank you for your flexibility in adapting to our new schedules. Some families and children in Primary are finding the extended live lessons schedule too onerous. We understand that all families have unique circumstances and it is our job to provide for everyone's needs. Although we upload a range of learning and curriculum areas, in Primary we ask you to prioritise English, Maths and Arabic daily, and submit work on Seesaw. If you are struggling, please reach out to your child's class teacher- we are here to help.

كما تم الإعلان الأسبوع الماضي ، فقد عملنا على تطوير توفير التعلم عن بعد لدينا ، وتوسيع نطاق عرض مناهجنا ليوم دراسي ممتد. شكرًا لك على مرونتك في التكيف مع جداولنا الجديدة. يجد بعض العائلات والأطفال في المرحلة الابتدائية جدول الدروس المباشرة الممتدة مرهقًا جدًا. نحن نتفهم أن جميع العائلات لها ظروف فريدة ومن واجبنا توفير احتياجات الجميع. على الرغم من أننا نقوم بتحميل مجموعة من مجالات التعلم والمناهج الدراسية ، فإننا في المرحلة الابتدائية نطلب منك إعطاء الأولوية للغة الإنجليزية والرياضيات والعربية يوميًا ، وتقديم العمل على Seesaw. إذا كنت تواجه صعوبة ، فيرجى التواصل مع معلم صف طفلك - نحن هنا للمساعدة.

## Bring a man to (virtual) school

Next week is our annual event 'Bring a man to school' where the male members of our community receive a special invitation to be involved in their children's education. Although everyone is always welcome at Aspen, it is nice to receive an invite! There are many activities planned in each phase of the school; early years, primary and secondary. Please look out for communication on Seesaw, or ask your child! We look forward to seeing many of you in our circle times and events next week.

الأسبوع القادم هو حدثنا السنوي "جلب رجل إلى المدرسة افتراضياً" حيث يتلقى الأعضاء الذكور في مجتمعنا دعوة خاصة للمشاركة في تعليم أطفالهم. على الرغم من أن الجميع مرحب بهم دائماً في Aspen ، إلا أنه من الجيد تلقي دعوة! هناك العديد من الأنشطة المخطط لها في كل مرحلة من مراحل المدرسة ؛ السنوات الأولى ، الابتدائية والثانوية. يرجى البحث عن المعلومات على Seesaw ، أو اسأل طفلك! نتطلع إلى رؤية العديد منكم في أوقات دائرتنا وأحداث الأسبوع المقبل.

## Family Workshop- Children's Independence

You are all welcome to attend a family workshop discussing expectations of your child's independent learning, and how to facilitate this. Please join us at 2.15 on Monday 25th January 2021 using the link below:

نرحب بكم جميعاً لحضور ورشة عمل عائلية تناقش توقعات التعلم المستقل لطفلك وكيفية تسهيل ذلك. يرجى الانضمام إلينا الساعة 2.15 ظهراً يوم الاثنين 25 يناير 2021 باستخدام الرابط أدناه:

<https://zoom.us/j/96371919029?pwd=QzJHSUE0c2l0aWEwK05ibktsSkhLUT09>

Meeting ID: 963 7191 9029

Passcode: 430248

Have a lovely weekend with your families,

Emma Shanahan

Principal, Aspen Heights British School

## Primary Update

I hope you had a successful week adapting to our slightly extended provision in order to cater for all families' needs. There are a mix of live sessions and pre-recorded in order to try and balance expectations. Please be mindful that the children should be completing their learning independently so the teachers can assess and see what the children need to learn. We know many families find this distance learning period difficult therefore the minimum expectation is to attend the live maths and English and submit the learning for that, alongside Arabic. Each session is a maximum of 1 hour to allow for the live input and then the remainder of the hour is to complete the learning on Seesaw. In school children usually do their independent task for around 20-30 minutes.



Primary student council members met this week and they had a successful meeting discussing wellbeing and upcoming events. They will be feeding back to their classes next week.

Next week is our bring a man to virtual school week. We want to encourage male relatives to be fully involved in their children's learning both at school and home. Look out for the events happening in your class.

We also have our independence family workshop on Monday at 2:15pm. This will be a great way of ensuring your children are working as independently as possible, especially during this time of distance learning. We hope you can all make it but if not we will send you the information afterwards.

Well done to Hares, Foxes and Parrotfish for 100% attendance this week! Remember the more sessions you attend and work you submit, the more you learn! Have a lovely weekend and remember to join one of the assembly zoom links at 8am Sunday.

Mrs Laura Stevens  
Head of Primary





## EYFS Update



This week we received fantastic news, from ADEK, that we could reopen our Nursery classes. We were delighted to reopen today and the early morning fog didn't stop the children and staff from returning to school with big smiles on their faces. It was lovely to see the children playing with their friends and taking part in lots of fun activities in their classrooms. Geckoes class even took part in their first live Zoom PE lesson with Ms Ichraf. Today we also welcomed some new children to Nursery. Ava, Ahmed, Nasr, Faris, Tauriel and Zayed, welcome to Aspen Heights British School Nursery! We hope you enjoyed your first day just as much as we did.

Distance Learning hasn't stopped FS2 from having fun with their learning. The children have become experts at measuring and comparing the heights of different members of their family. I really like the personalised height charts that some of the children made. FS2 have also been exploring their Busy Things accounts and designing pictures of monsters. If you haven't logged into Busy Things yet, I would highly recommend exploring the games and activities. The characters, animations and sounds are very appealing to children and the activities that have been assigned will help to support your child with their learning.

I hope you have a lovely weekend.

Mrs Rose Akachi  
Head of EYFS



# Head of Secondary

It's been another exciting week in secondary. We have all taken time to adjust to the new timetables, with one extra lesson every day and the addition of PE, which we are all very happy about!

In order to continue our journey of promoting wellbeing in secondary, this week I have sent a survey to all of the children. I have asked a few simple questions in order to gauge the wellbeing of the children. We will then celebrate the positives and formulate a plan of action to address any concerns, this may involve our school counsellor Mrs Elsie Gould contacting some families to offer her support.



It was lovely to see so many of you at our Year 9 Options evening yesterday. This was a wonderful opportunity for us to show the different subjects that we have on offer at IGCSE level and to answer your questions. I have also sent home our IGCSE Options brochure this afternoon which I hope helps to facilitate your conversations as a family regarding which subjects to choose for Year 10 and Year 11.

Congratulations again this week to Year 9 Futaisi with 98.4% attendance - well done boys!

Next week for 'Bring a man to school day' we would very much appreciate our secondary fathers sending in a short careers video from their office or work place (if possible) showcasing what their job is and what they do each day. This will form part of our career themed month in secondary. Please send your videos to [headofsecondary@ahbs.ae](mailto:headofsecondary@ahbs.ae) (Mums we will be in touch with you soon for your careers advice.)

Wishing everybody a pleasant weekend. Stay safe.

Dr. Kate Plumb  
Head of Secondary

## WELCOME FROM OUR HEAD OF SECONDARY

At Aspen Heights British School we pride ourselves in delivering the British Curriculum to a high standard. We want our students to discover and develop their abilities and talents in the broadest sense. Key stage 4 covers Years 10 and 11 (ages 14 - 16) and is the next big step in your child's school career. We follow the International General Certificate in Secondary Education (IGCSE). These courses are designed to last two academic years and are externally assessed in the U.K. IGCSE results are used to support university applications both in the UAE and internationally. They provide a solid foundation for further study in Key Stage 5 (Year 12 and 13). A large part of our wellbeing programme in Year 9 revolves around supporting children to make the right decisions for their IGCSE options.

Kate Plumb  
Head of Secondary



## OUR EXPECTATIONS OF STUDENTS

Our students should:  
Be independent learners  
Value the worth of learning  
Communicate accurately and effectively

Our students experience:  
High expectations and a diverse range of learning opportunities  
Opportunities for reflection and self-appraisal  
Promotion of leadership skills and attributes

Our students will be:  
Respectful of all others  
Self-motivated and independent  
Ambitious and aspirational young people  
Willing to make contributions to the society in which they live and acknowledge their value as global citizens.



## SKILLS REQUIRED

- A competency in the basic skills of at least 4 or 5 sports/activities on the specification list.
- Experience of participating in competitive sport.
- A basic understanding of the rules and regulations of a number of sports and activities.
- A basic understanding of anatomy and physiology of the human body in relation to exercise and sports performance.
- Leads a healthy, active lifestyle including diet.
- The ability to work independently in order to complete the coursework element.

[SPECIFICATION LINK](#)

**GCSE BROCHURE**  
Aspen Heights British School  
2021/22

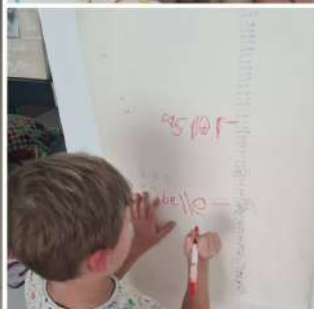


## FURTHER STUDY

To continue Physical Education to A Level, students will need to attain the compulsory 'a-e' grade at IGCSE. Physical Education is useful for those considering the following careers: Sports Science, sports psychology, PE teacher, Physiotherapist, professional sports person, sports coach/consultant, sports journalism, sports policy at local and national level, diet and fitness instructor or personal trainer.







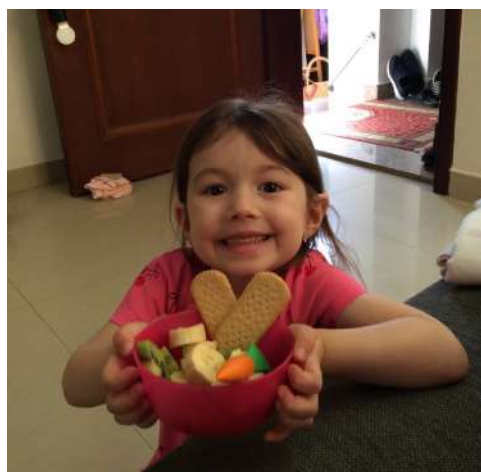
Casper made his own height chart and measured himself, his sister and his dog.



Maria from Mice class drew a beautiful butterfly.



Saoud from Mice class class was counting to 10.



Emilia from Mice class has found lots of healthy snacks.



Farida measuring herself using her own height chart.



Fatima in Mice class created a gorgeous butterfly.



Maryam in FS2 Sparrow created a monster by blowing through a straw.



Shany created a gorgeous butterfly with shape.



Fawzeya enjoys story time everyday. She especially enjoyed Hugless Douglas this week and said that her Daddy gives the best hugs.



Khalid



Khalid in FS2 Sparrow is measuring his brother Ali (Y1 Foxes).

Emilia from Mice class has worked hard to improve her colouring in skills.



Layla made a gorgeous butterfly handprint.



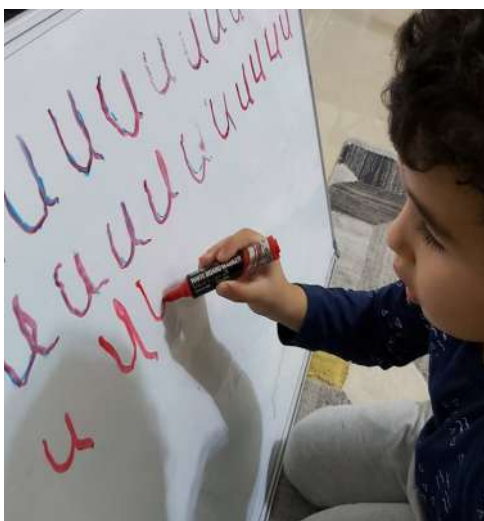
Eliza in FS2 Sparrow drew her own story map for 'Not Now Bernard'.



Layla from Mice class concentrating with her mark making.



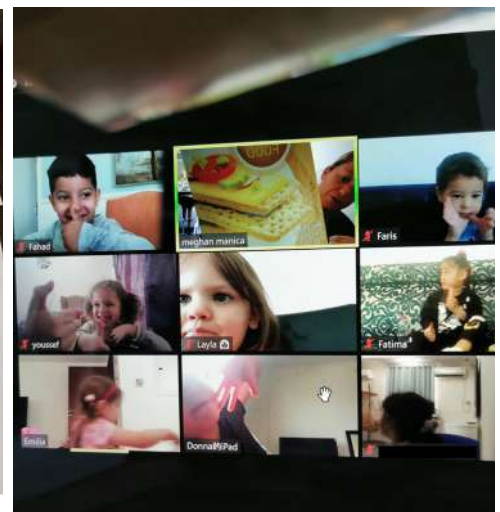
Maria described the leaf she found.



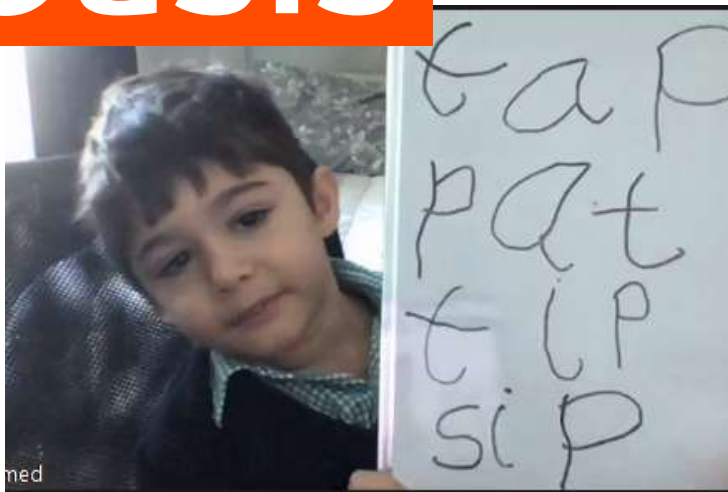
Omar has been learning to form letters correctly this week.



Layla drew her own lifecycle of the Butterfly independently.



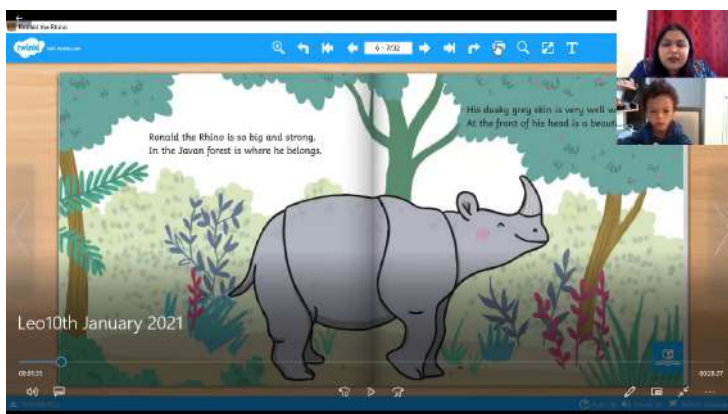
Mice class learning all about healthy fun.



Ahmed practicing his CVC words.



Circle time Learning months of the year.



Leo working on reading skills.



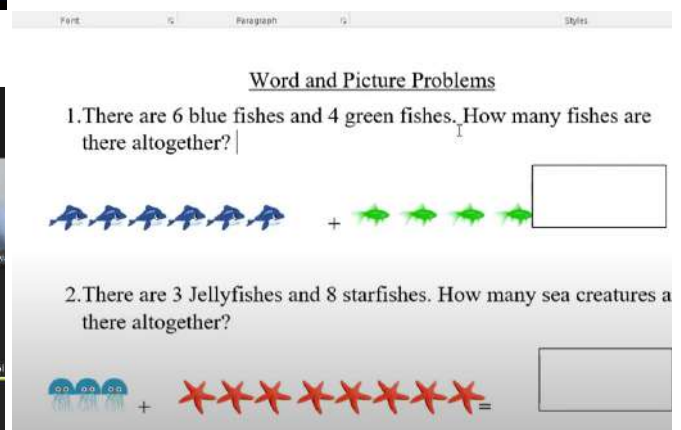
Number work using gingerbread men.



Ahmed's drawing.



Mido Reading the rainbow fish story.



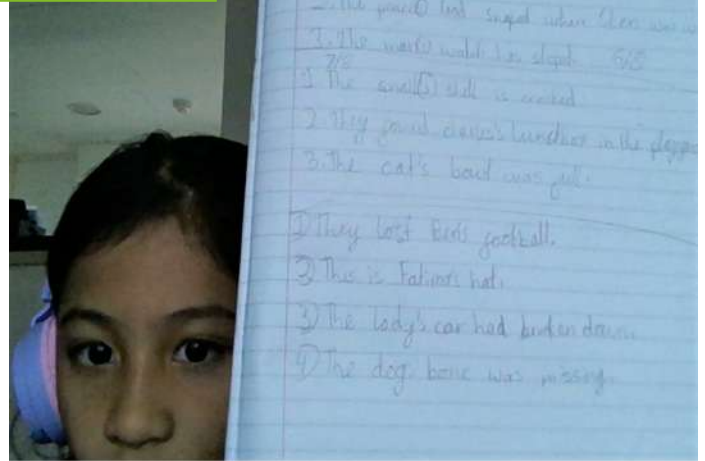
Mido Solving word problems.



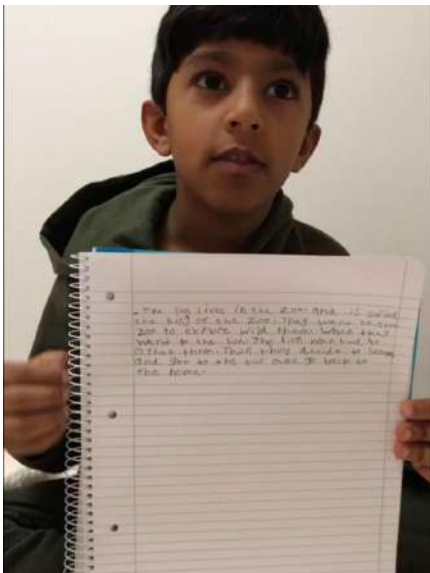
# Lower Primary



Afra from 1F made her own bread like the Little Red Hen.



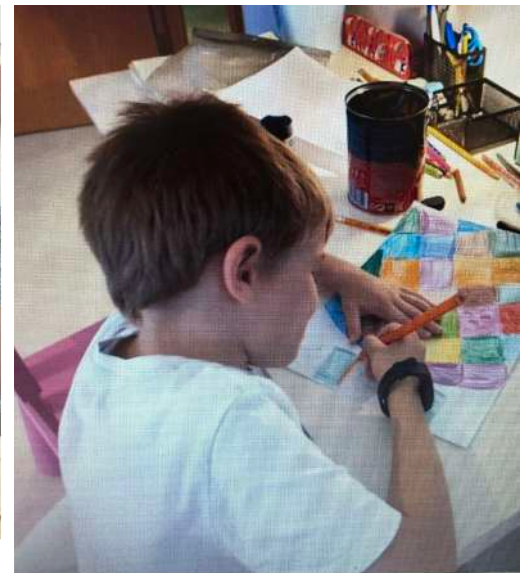
Ayra in Y3F understands possessive apostrophes.



Mohamed wrote a story about a lion.



Find out what Aljoory from Y20 packed in her suitcase to travel to a hot country.



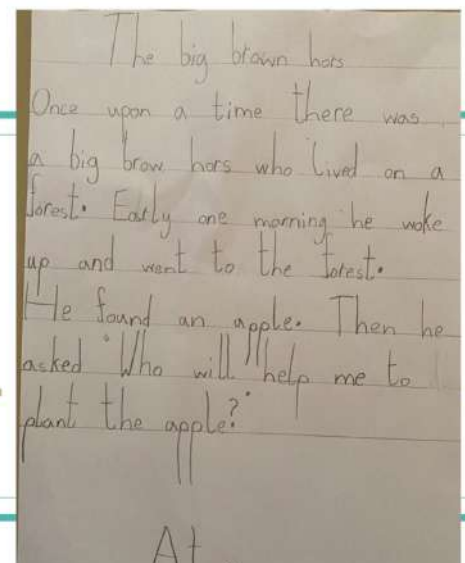
Jovan 2G is drawing a picture inspired by Gustav Klimt.



Rayyan and lots of other 3K students enjoyed testing rocks at home as part of their science work.



Khalifa from 1F followed instructions to make bread.



Atara from 1F made an amazing start to her new story.



# Lower Primary



Abdulrahman al A in Y3F made a lovely poster about internet safety.

## Yellow

Write 3 sentences about meerkats using the words 'and', 'but' and 'because'.  
E.g. Meerkats are omnivores but they mainly eat insects.

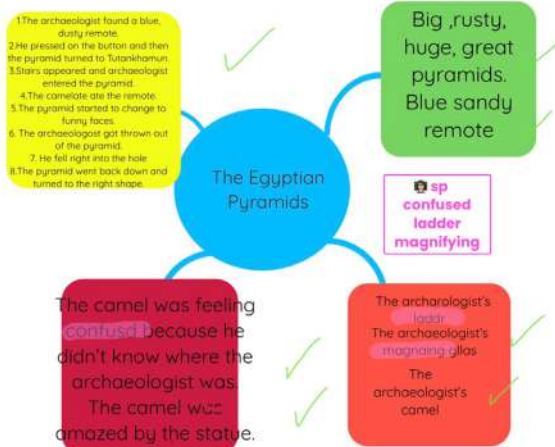


Meerkats are mammals and they travel in flock.

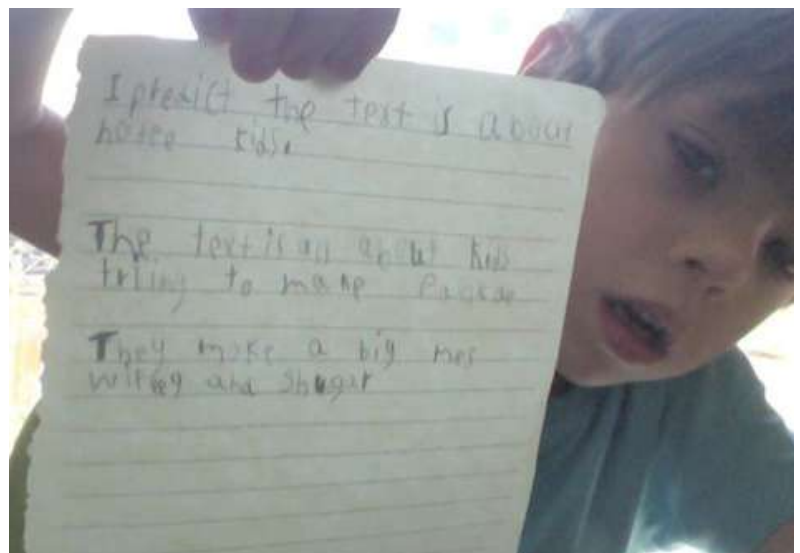
meerkats love the sun but they sleep under ground

meerkats are cute because they are little creature

Reem's amazing meerkat facts.



Lillyian from 3K did a great job of summarizing her ideas for a diary entry.



Victor made a prediction in his reading lesson.



Thalia planted some seeds for science.



Maia 2G is telling us about her 'cold place' and what she is taking with.



Abdulrahman is enjoying his art lessons by drawing a few pictures.





# Upper Primary



Art work inspired by Abdul Quader Al Rais -Gabriel in Y5 Parrotfish.



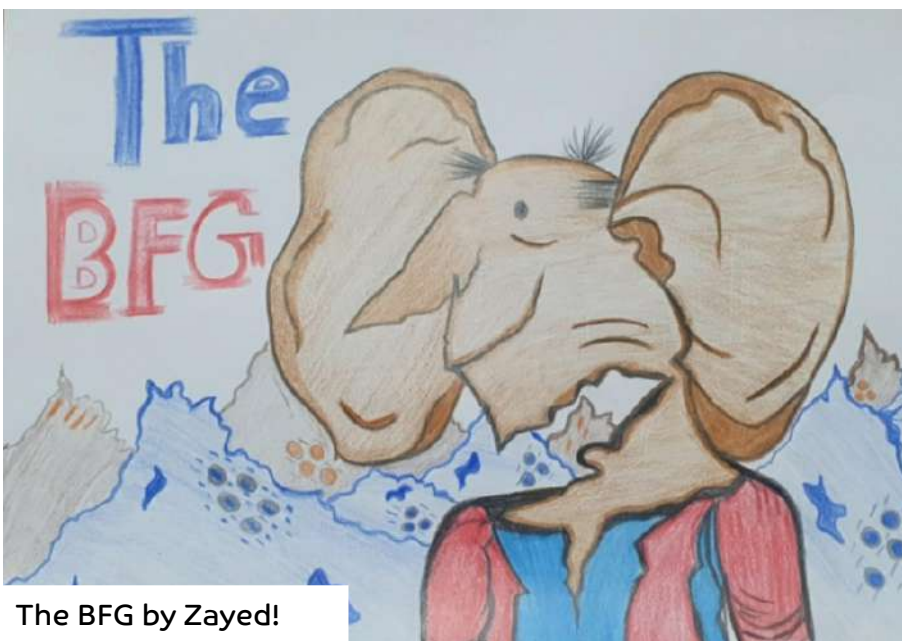
Maha in Y4H created a beautiful water colour picture.



Sultan in Y4H created the BFG.



Art work inspired by Abdul Quader Al Rais- Abdulla Y5 Hawksbills.



The BFG by Zayed!



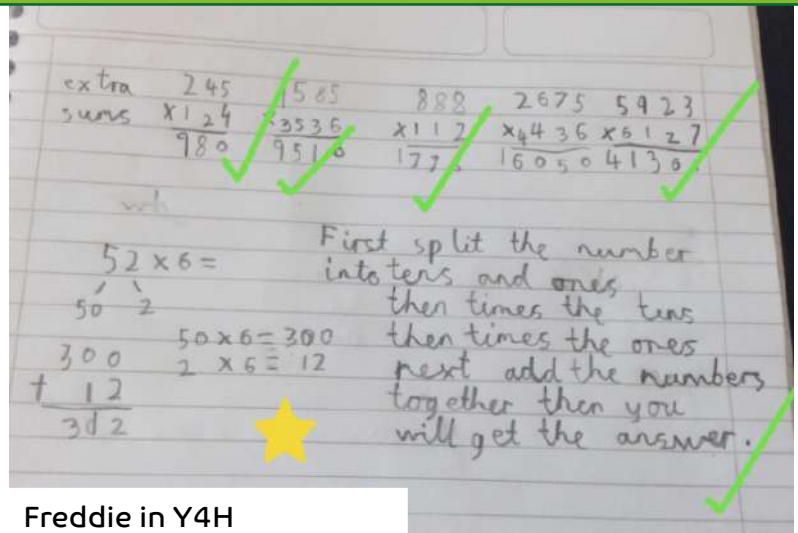
Y4S Alanood's Matilda drawing.



# Upper Primary



Zayed in Y4H created an illustration for a Roald Dahl book.



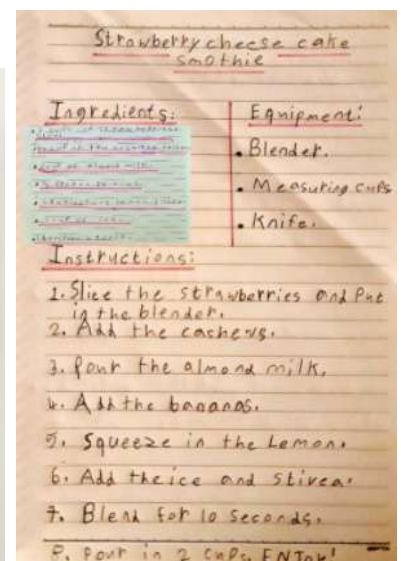
Freddie in Y4H challenging himself in maths.



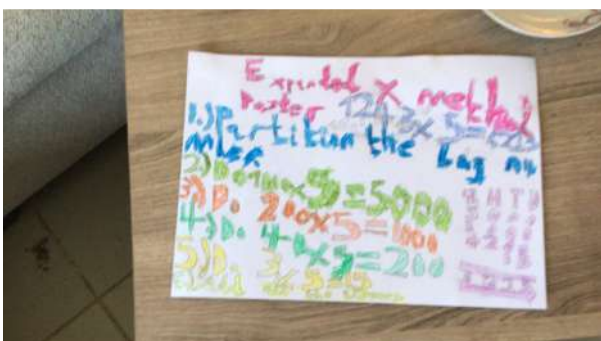
Y4S Rayan's Quentin Blake inspired drawing!



Art inspired by Abdul Quader Al Rais - Ahmed Y5 Hawksbills.



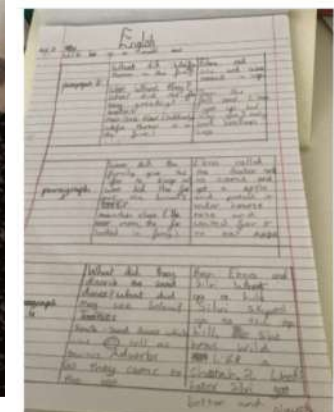
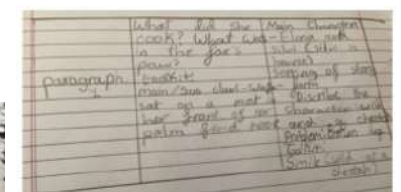
Malika in Y4H writing her own recipe.



Y4S Ismail's poster explaining the expanded method for multiplication!



Abdulaziz created a character from a Roald Dahl book!



Boxing up Paragraphs by Hane Y5 Parrotfish.





# Upper Primary



Mariem in Y6D creating a powerpoint to display her research on Egypt.

**1. Snake island is not a country its an island Off the shore of Brazil, almost 93 miles away from downtown São Paulo, is Ilha da Queimada Grande, also known as "Snake Island." The island is untouched by human developers for a very good reason. Researchers estimate that on the island live between one and five snakes per square meter.**

Lucas in Y6S researching his postcard location.

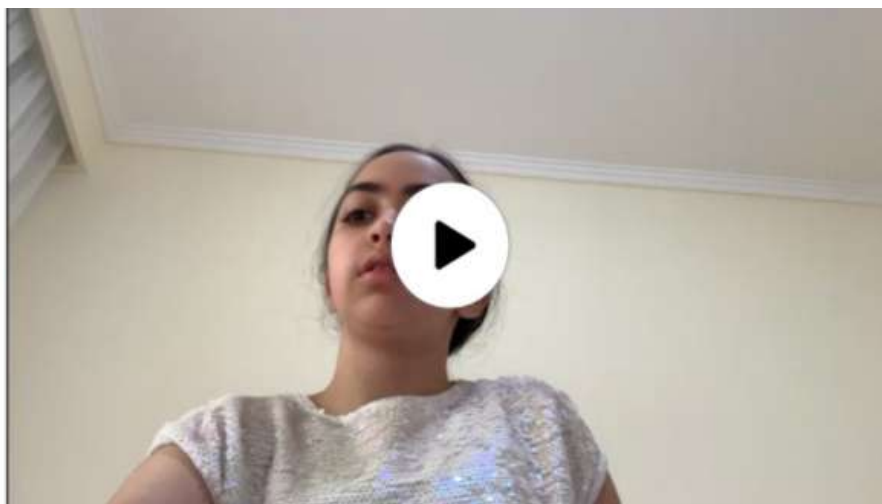
Scoreboard

Kathy	13301
abdulla	10886
Youssef hahaha	10362
Rasheed	9801
Adam	9718

Y6 Leaderboard for Maths Revision on Kahoot.



Layan wrote step by step instructions for a special recipe.



Tuleen in Y6S performing her work, inspired by Micheal Rosen.

# Secondary

I see A girl whos balloon drifted away  
I think it is really cool how he was able to express this in only black, white and red  
I feel gloomy(?) because like the girl's loosing the balloon or at the same time, she could be trying to catch it

Keira Ucat

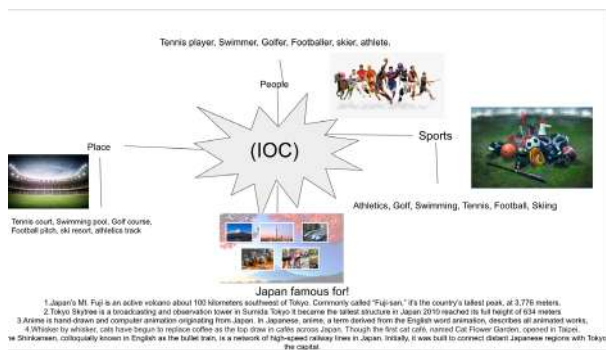
-I see a sad girl with a flying balloon  
-I think she is sad  
-I feel that something happened to her and her balloon flyed or someone took the balloon from her hand

I feel that it's talking about her heart like she's letting it go I see the girl is kinda fading I think there is something wrong with her like her feelings might be done that's what I see and think.

I see : the dark.  
I feel : the pain .  
I think: she is missing someone  
Or she need someone to take care for her .

I see a girl letting go of a red heart balloon, I think she is letting go of a very important part of her that

I see a girl who has let go of her balloon.  
I think she had let it go accidentally because of her facial expression. I feel that it means you can not keep holding on to something for your life.



## Art and DT: Year 7

This week we finished off our circle unit. Through this the children dug deep into their imaginations and creativity with outstanding results. They also had an introduction to the artist and director, Tim Burton and we began our new unit on self portraits.

## Year 8

Problem solving and mindmapping have been the focus of our work this week. The problem being "what to do about the 2020 olympics in Tokyo Japan now being moved to 2021?" Well you redesign the logo of course!

## Year 9

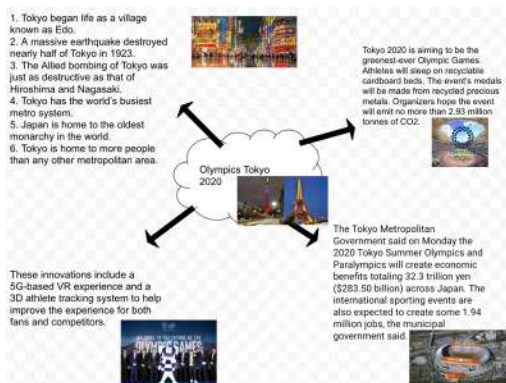
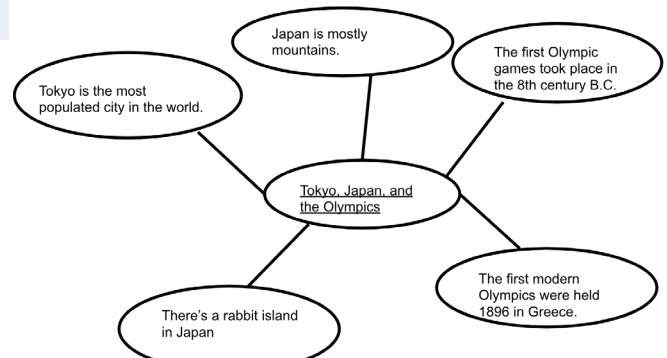
An introduction to Street Art has been our theme this week. The Y9's had the opportunity to examine the works of Banksy and develop their critical thinking skills through the use of the prompts, "I see, I think, I feel".



I see....

I think.....

I feel.....





# Secondary

## English:

### Year 7 English

Our focus this week has been on exploring ideas suggested in a text and exploring the impression the writer has tried to create. We also worked on planning descriptions and writing descriptions. We assessed our writing skills early this week.

### Spelling Quiz

#### Year 7 Aryam

Janel, Rahaf, Aakanksha, Yara & Zaina = 100%

Aisha, Zain & Sophia M. = 95%

Salama, Ema & Sophia V. = 85%

Class Average: 79%

#### Year 7 Delma

Aiman = 100%

Amer = 95%

Sultan Al Hosani = 90%

Class Average: 49%

In Year 8s have had a good week with persuasive devices (rhetorical devices). Warning! You children might use: triplets, rhetorical questions, repetition, lists, and direct address in order to persuade you. Rhetorical devices are persuasive techniques that we often unknowingly encounter.

Year 9's have dissected and composed advice texts this week, not only have we explored text organisation we have examined sentences within texts. Pupils have learnt to identify: persuasive texts (texts that try to influence a reader's actions or decisions), argument texts (texts which try to influence reader's opinions) and advising (texts which suggest solutions).

Here are the results from our 'skills for life' spelling tests this week.

#### Year 8 Mariah

Taim and Mohamed T 93 %

Haroun, Ahmed and Humaid 87%

Ali 80%

(Class average 67%)

#### Year 8 Saadiyat

Khloe 100%

Mahra and Paige 93%

Zainab 87%

(Class average 79%)

#### Year 9 Futaisi

Alex 85%

Leon 77%

Nabil and Easa 69%

(Class average 79%)

#### Year 9 Yas

Keira 85%

Lamar 69%

Ghaya and Jojo 54%

(Class average 42%)

It is wonderful to see new names in the top 3 positions. Well done!

## Make Some Time for Yourself

### Introduction :

We all know that teenage years are hard, but some adults say : that teenage years are the best. But for us as teenagers we don't agree. Because you have to :

- Study
- Learn
- Go to school
- Sometimes play
- Help at home
- Care for your smaller brothers
- Respect the elders.

### Conclusion :

To enjoy making some time for yourself and you will be more energetic to work or study. If you make some time to enjoy yourself, but don't waste time.



### Why you should take time to yourself and do the things you enjoy

You should do the more important things first but you should still make time to do the things you like, because if you do what you enjoy you will be more happy and enthusiastic.

### Why should you do the things you enjoy?

Doing something enjoyable can help improve your outlook on life. Getting stuck in the same routine can often lead you to feel frustrated, so breaking the routine to do something you enjoy can leave you feeling refreshed, happy, and enthusiastic.

### Reasons why you should do the things you enjoy

1. You will be more productive.
2. You will remain motivated.
3. You won't make excuses not to do the thing you enjoy.
4. You will push yourself even more to succeed.

### How to do the things you enjoy and the things you need to do

You can do both things you need to do and what you enjoy, for example you could play on your device after you do your homework so that you can do what's important but also, do what you like.



# Secondary

## Time For You Self

Making time for yourself helps you wellbeing and mental health. If you take time to read this you will learn how to make time for yourself.

You should start off by making a schedule. But you have to make time for chores like:

- ☐ Homework,
- ☐ Listen to your teacher,
- ☐ Tidy up your room

Now we need to make time for things that you want to do for example:

- ☐ play video games
- ☐ host a movie night
- ☐ have some exercise
- ☐ read a book

If you make a schedule and take time for yourself you will be healthier. So have a healthy mind set and you will not stress. Because taking time for yourself is better for your well being.



## An Easier Way to Achieve Your Dreams

### Ways to achieve your dream

You could achieve your dreams and goals by studying hard and playing sports. I chose sports over video games since sports help you be more active and more energetic. You also could spend time with family or friends to spend your spare time.

### Why studying helps you

Studying in your free time is better for you so that you are able to make your dreams come true, studying will brighten your future as it allows you to get better grades in school which allow you to enter a better university, which in turn helps you get a better degree and get your dream job.

### What could studying help you do ?

- get your dream job.
- earn a lot of money.
- make new friends.
- get better grades.
- enter a better university.
- be successful in life.

You could study hard to get your dream job or play sports to be an athlete. To earn a lot of money to get things like a "5 bedroomed house" or exotic cars. But are you good at waiting ? no of course since your reading this ,which helps you achieve your dreams faster. At the end of the day it is your life not mine you choose what to do with it.

If you played a lot of sports.



If you studied to get your dream job.

### Why you should take time to yourself and do the things you enjoy

You should do the more important things first but you should still make time to do the things you like, because if you do what you enjoy you will be more happy and enthusiastic.

### Why should you do the things you enjoy?

Doing something enjoyable can help improve your outlook on life. Getting stuck in the same routine can often lead you to feel frustrated, so breaking the routine to do something you enjoy can leave you feeling refreshed, happy, and enthusiastic.

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2. You will remain motivated.
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### How to do the things you enjoy and the things you need to do

You can do both things you need to do and what you enjoy, for example you could play on your device after you do your homework so that you can do what's important but also, do what you like.

## Responsibilities With Recreation

Responsibilities! Like a toddler poking for our attention, responsibilities always seem to chase us when we try to run. Anyway we have better things to do, don't we? Welcome to maturity, this isn't the end though, it's only the start, sorry. But why do we abhor these and is there an approach we can find time for responsibilities and recreation.

### Responsibilities

Us teens have to do chores: the dishes, laundry, sweeping the floor, dusting shelves, taking out the rubbish, babysitting(if they have any siblings), exercising, taking part in other activities and of course, finishing piles of homework. However, we prefer being in our own world, relaxing, playing video games, doodling, hanging out with our friends with no curfew, doing things we personally enjoy. But obviously, we procrastinate because we've got "time". Procrastination is bait to guilt! Responsibilities are important because we were entrusted with it. Finish your responsibilities first, then you will feel relieved and have a carefree time of doing what you like after.



### Recreation

Now, weight has been lifted off your shoulders. you can do anything you want for leisure. You've earned it! No one needs to peer pressure you to do anything you don't relish. In addition, this adds weight on you because you feel regret like destroying something invaluable or injuring yourself. Doesn't that add more responsibility? It leads into a chain of effects after because your mind is disquiet which doesn't allow you to think or be at ease. When you do things that you enjoy, you will be ecstatic and have a positive mindset which will help you overcome barriers in front of you.



Of course, with maturing, time is the biggest enemy. It's either chasing you or running away. Make the most out of it! Do your priorities first. Enjoy yourself to establish a good mindset after. Then you will notice as you gain more responsibilities, you'll be able to conquer them easily and have the time to gratify yourself. You're welcome.

## Trouble with Chores?

It's often hard to find time to do the things you like when you are constantly bombarded with tasks like taking out the trash, getting groceries, cleaning the house and all it seems at the same time. Sure these jobs are important but there are so many things that you need to do to sustain your mental health too such as:

- Sleeping
- Eating
- Exercising
- Socialising

Don't forget to make time for these.... Oh... you don't know how?

Luckily for you, you're not the only one going through this and this page has been written by people with the same difficult experiences.

### Make a schedule

When you have lots of things on your mind it can be a good idea to make a schedule. It can help you think about how long you need for your tasks and whens the best possible time to do it.

### Talk with your parents and teachers

They will understand! If you ask them to give you an extension on an assignment or if you can trade chores to create time to go out with friends. 95% of the time they'll say yes and help you sort it out. You will ultimately feel better about yourself if you make time to do the things you like.

### Stay calm

Not everything will go to plan, especially when the list of jobs seems to go on for ever and ever and ever. You might find people you claim 'that's nothing' and 'they have it worse', but ignore them as they just want attention and you don't need them making you feel bad about yourself.

When push comes to shove, you may feel confused but if you can stay calm and follow these steps, you'll do fine. Remember, you're not the only one.

By Alex





## French:

### Year 7 French

This week we have been describing ourselves using adjectives in French. We have also been paying particular attention to adjective agreement.

### Year 8 French

We have been looking at our timetables in French and using the French 12-hour clock. We can now explain some of our daily routine in French.

### Year 9 French

We have been continuing with our theme of pastimes this week. Last week we looked at technology. This week we have been discussing some sports and physical activities in French using the verbs Faire and Jouer.

## Year 7 English

Our focus this week has been on exploring ideas suggested in a text and exploring the impression the writer has tried to create. We also worked on planning descriptions and writing descriptions. We assessed our writing skills early this week.

## Spelling Quiz

### Year 7 Aryam

Janel, Rahaf, Aakanksha, Yara & Zaina = 100%

Aisha, Zain & Sophia M. = 95%

Salama, Ema & Sophia V. = 85%

Class Average: 79%

### Year 7 Delma

Aiman = 100%

Amer = 95%

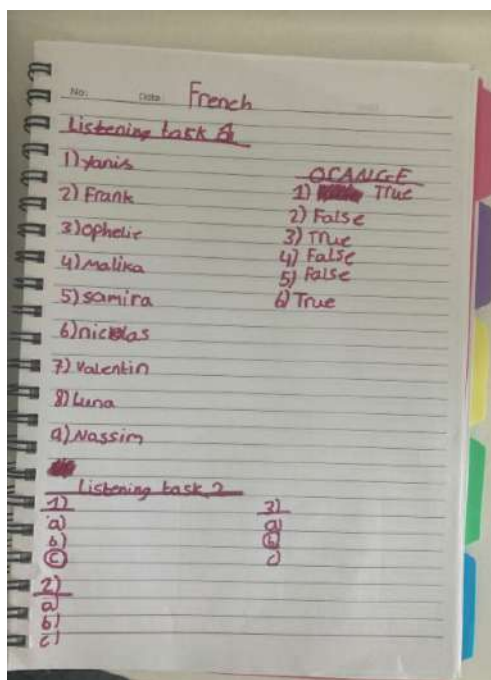
Sultan Al Hosani = 90%

Class Average: 49%

Red

Je suis très intelligent et je suis aussi branché Je suis assez poli mais je ne suis pas drôle.

Mon ami Amer est très intelligent et il est je suis aussi drôle. il est je suis assez généreux et il n'est je ne suis pas curieux.



### Listening task 1)

- 1) foot
- 2) basket
- 3) Volleyball
- 4) Tennis de table
- 5) billard
- 6) Petanque

### Listening task 2)

- 1) d
- 2) a
- 3) e
- 4) B, c

### Starter )

- a) 3
- b) 8
- c) 5
- d) 1
- e) 4
- f) 2

### Listening task 3)

- 1) velo
- 2) parkour
- 3) parkour
- 4) fait
- 5) roller
- 6) tres
- 7) Sact board3
- 8) judo

# Secondary

## Maths:

Year 7 had their test results released and then they started working with decimals and measures. We discussed how to measure objects with a ruler and how to change between metric units. We also started rounding numbers (we used a new "wavy symbol"). Students should now use estimation as a method to predict the result of their written calculations.

Year 8 continued working on Algebra - we practised expanding brackets and factorising. After that we started solving equations.

In Mathematics year 9 finished revising topics from the first term and they had a test. We then started to learn about bearings.

Online Homework: Equation of a line 3

Q2 - Parallel lines

Line  $l_1$  has equation  $y = 2 - 5x$

Find the gradient of  $l_1$ .

-5 ✓ [1]

Write down the gradient of any line parallel to  $l_1$ .

-5 ✓ [1]

Find the equation of the line through (6, -1) parallel to  $l_1$ .

$y = -5x + 29$  ✓ [2]

Total: 5/20

Line  $l_2$  has equation  $y = \frac{-2}{3}x + 3$

Find the gradient of  $l_2$ .

$\frac{-2}{3}$  ✓ [1]

Find the equation of the line through (9, -2) parallel to  $l_2$ .

$y = \frac{-2}{3}x - 4$  [2]

Write the equation  $l_2$  in the form  $ax + by = c$

$2x + 3y = 9$  [2]

You have scored 5 out of 9 for this question.

Online Homework: Equation of a line 3

Q2 - Parallel lines

Line  $l_1$  has equation  $y = 5 - 4x$

Find the gradient of  $l_1$ .

-4 ✓ [1]

Write down the gradient of any line parallel to  $l_1$ .

-4 ✓ [1]

Find the equation of the line through (11, -2) parallel to  $l_1$ .

$y = -4x + 42$  ✓ [2]

Total: 7/9

Line  $l_2$  has equation  $y = \frac{3}{4}x + 5$

Find the gradient of  $l_2$ .

$\frac{3}{4}$  ✓ [1]

Find the equation of the line through (12, 0) parallel to  $l_2$ .

$y = \frac{3}{4}x - 9$  ✓ [2]

Write the equation  $l_2$  in the form  $ax + by = c$

$-3x + 4y = -36$   
 $3x - 4y = 36$  [2]

You have scored 7 out of 9 for this question.

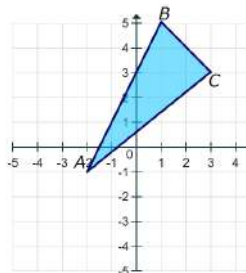
Q2 - Equation of a line through a point with gradient

Find the equations of these lines.

A line parallel to BC, passing through A  $y = -1x - 3$  ✓ [4]

A line parallel to AC, passing through B  $y = 0.8x + 4.2$  ✓ [4]

A line parallel to AB, passing through C  $y = 2x - 3$  ✓ [4]



Algebra

L.O: I can factorise expressions.

Started:

1:  $2(3x-7) = 6x - 14$

2:  $-5(7a+6) = -35a - 30$

Main Task:

1:

a)  $6a = 3 \times 2a$  b)  $12p = 4 \times 3p$

c)  $18n = 6 \times 3n$  d)  $100i = 4 \times 25i$

L.O: I can factorise expressions on my own

Started:

1:  $12 = 3 \times 4$  ✓  
 $18 = 3 \times 6$  ✓  
 $24 = 3 \times 8$  ✓  
 $30 = 3 \times 10$  ✓  
 $36 = 3 \times 12$  ✓  
 $42 = 3 \times 14$  ✓  
 $48 = 3 \times 16$  ✓  
 $54 = 3 \times 18$  ✓  
 $60 = 3 \times 20$  ✓  
 $66 = 3 \times 22$  ✓  
 $72 = 3 \times 24$  ✓  
 $78 = 3 \times 26$  ✓  
 $84 = 3 \times 28$  ✓  
 $90 = 3 \times 30$  ✓  
 $96 = 3 \times 32$  ✓  
 $102 = 3 \times 34$  ✓  
 $108 = 3 \times 36$  ✓  
 $114 = 3 \times 38$  ✓  
 $120 = 3 \times 40$  ✓

Main Task:

1:  $12 = 3 \times 4$  ✓  
 $18 = 3 \times 6$  ✓  
 $24 = 3 \times 8$  ✓  
 $30 = 3 \times 10$  ✓  
 $36 = 3 \times 12$  ✓  
 $42 = 3 \times 14$  ✓  
 $48 = 3 \times 16$  ✓  
 $54 = 3 \times 18$  ✓  
 $60 = 3 \times 20$  ✓  
 $66 = 3 \times 22$  ✓  
 $72 = 3 \times 24$  ✓  
 $78 = 3 \times 26$  ✓  
 $84 = 3 \times 28$  ✓  
 $90 = 3 \times 30$  ✓  
 $96 = 3 \times 32$  ✓  
 $102 = 3 \times 34$  ✓  
 $108 = 3 \times 36$  ✓  
 $114 = 3 \times 38$  ✓  
 $120 = 3 \times 40$  ✓

REVISION 1

1. I can use my knowledge of the four operations to solve problems.

2.  $12 \div 3 = 4$  ✓  
 $18 \div 3 = 6$  ✓  
 $24 \div 3 = 8$  ✓  
 $30 \div 3 = 10$  ✓  
 $36 \div 3 = 12$  ✓  
 $42 \div 3 = 14$  ✓  
 $48 \div 3 = 16$  ✓  
 $54 \div 3 = 18$  ✓  
 $60 \div 3 = 20$  ✓  
 $66 \div 3 = 22$  ✓  
 $72 \div 3 = 24$  ✓  
 $78 \div 3 = 26$  ✓  
 $84 \div 3 = 28$  ✓  
 $90 \div 3 = 30$  ✓  
 $96 \div 3 = 32$  ✓  
 $102 \div 3 = 34$  ✓  
 $108 \div 3 = 36$  ✓  
 $114 \div 3 = 38$  ✓  
 $120 \div 3 = 40$  ✓

1. I can use my knowledge of the four operations to solve problems.

2.  $12 \div 3 = 4$  ✓  
 $18 \div 3 = 6$  ✓  
 $24 \div 3 = 8$  ✓  
 $30 \div 3 = 10$  ✓  
 $36 \div 3 = 12$  ✓  
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 $84 \div 3 = 28$  ✓  
 $90 \div 3 = 30$  ✓  
 $96 \div 3 = 32$  ✓  
 $102 \div 3 = 34$  ✓  
 $108 \div 3 = 36$  ✓  
 $114 \div 3 = 38$  ✓  
 $120 \div 3 = 40$  ✓

FACTORIZING EXPRESSIONS

L.O: I can factorise expressions on my own

Started:

1:  $12 = 3 \times 4$  ✓  
 $18 = 3 \times 6$  ✓  
 $24 = 3 \times 8$  ✓  
 $30 = 3 \times 10$  ✓  
 $36 = 3 \times 12$  ✓  
 $42 = 3 \times 14$  ✓  
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 $78 = 3 \times 26$  ✓  
 $84 = 3 \times 28$  ✓  
 $90 = 3 \times 30$  ✓  
 $96 = 3 \times 32$  ✓  
 $102 = 3 \times 34$  ✓  
 $108 = 3 \times 36$  ✓  
 $114 = 3 \times 38$  ✓  
 $120 = 3 \times 40$  ✓

L.O: I can draw lines accurately. I can compare decimals. I can round decimals. I can use an estimation.

Started:

1:  $50 \div 2 = 25$  ✓  
 $270 \div 3 = 90$  ✓  
 $500 \div 5 = 100$  ✓

Main Task:

1:  $12 = 3 \times 4$  ✓  
 $18 = 3 \times 6$  ✓  
 $24 = 3 \times 8$  ✓  
 $30 = 3 \times 10$  ✓  
 $36 = 3 \times 12$  ✓  
 $42 = 3 \times 14$  ✓  
 $48 = 3 \times 16$  ✓  
 $54 = 3 \times 18$  ✓  
 $60 = 3 \times 20$  ✓  
 $66 = 3 \times 22$  ✓  
 $72 = 3 \times 24$  ✓  
 $78 = 3 \times 26$  ✓  
 $84 = 3 \times 28$  ✓  
 $90 = 3 \times 30$  ✓  
 $96 = 3 \times 32$  ✓  
 $102 = 3 \times 34$  ✓  
 $108 = 3 \times 36$  ✓  
 $114 = 3 \times 38$  ✓  
 $120 = 3 \times 40$  ✓

plenary:

$8 \div 3 \approx 2.6 \approx 2.5$

$2.666$   
 $3 \overline{)8.000}$

1. I can use my knowledge of the four operations to solve problems.

2.  $12 \div 3 = 4$  ✓  
 $18 \div 3 = 6$  ✓  
 $24 \div 3 = 8$  ✓  
 $30 \div 3 = 10$  ✓  
 $36 \div 3 = 12$  ✓  
 $42 \div 3 = 14$  ✓  
 $48 \div 3 = 16$  ✓  
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 $84 \div 3 = 28$  ✓  
 $90 \div 3 = 30$  ✓  
 $96 \div 3 = 32$  ✓  
 $102 \div 3 = 34$  ✓  
 $108 \div 3 = 36$  ✓  
 $114 \div 3 = 38$  ✓  
 $120 \div 3 = 40$  ✓



# Secondary

## Energy & Reaction

3 components of the fire triangle:

- 1.) Fuel
- 2.) Oxygen
- 3.) Heat

Test for Oxygen

1. Use a wooden splint we light it on fire
2. we blow it off and then we put it in a source of oxygen and then it will reignite.

Test for CO<sub>2</sub>

1. When lime water is mixed with carbon dioxide
2. lime water turn cloudy

Test for water

1. He puts blue cobalt chloride paper in a tube and dries it
2. As it heats it will turn pink which means there is a sign of water

Mg + Magnesium sulphate → no reaction  
Zinc + Magnesium sulphate → NO reaction  
Iron + Magnesium sulphate →  
Copper + Magnesium sulphate →  
Magnesium + Zinc sulphate → Magnesium + Zinc sulphate

## Science:

### Year 7

We have come to the end of the topic of Ecosystem and so much fun learning about the various habitats, adaptations and how energy is transferred in the food chain within an ecosystem. We will also do some revision in order to prepare for the test next week Monday 25th January.

### Year 8

This week we focused on Decomposers and the importance of having them in our environment. We also looked at how compost is made and the relation to the Carbon cycle. Since Carbon is continually recycled in our planet, where does it come from and where it goes to through various processes. We finished the week by revising to prepare for the end of the topic test next week.

### Year 9

Reactivity was certainly an explosive topic, no pun intended. Students enjoyed learning about how metals react in various compounds. We also looked at the Life of Alfred Nobel and his contribution to explosives and finished the topic with a revision lesson.

## Hydroponics

We have been very busy this week, prepping the hydroponic greenhouse and maintaining it. It was a lovely surprise to see as we finally have our first batch of red tomatoes. The zucchinis and squash have also grown so much over the past 2 weeks. We still need a few more weeks before the fruits and vegetables ripen. I hope you are all looking forward to the next harvest as much as I am!



These are very exciting times for all of our PE loving students! Starting this week, each year group in primary and each individual class in secondary now have their own timetabled PE session. This is fantastic news for us as PE teachers as we have the opportunity to tailor our lessons towards the needs of our students and have more engagement with them. We encourage all students to check their timetables and for primary to ensure they have the Zoom links for their weekly lessons. Looking forward to seeing all your happy faces there!

Our PE weekly challenges continue to be posted on Seesaw. Every Monday a new challenge will be uploaded and we ask the students to provide us with a picture or video of their attempts. Please note that the challenge of the week will relate directly to the live lesson content, so it is important that our students attend the lessons and complete the challenge. It has been a massively encouraging start with some very high attendances. Thank you to all!

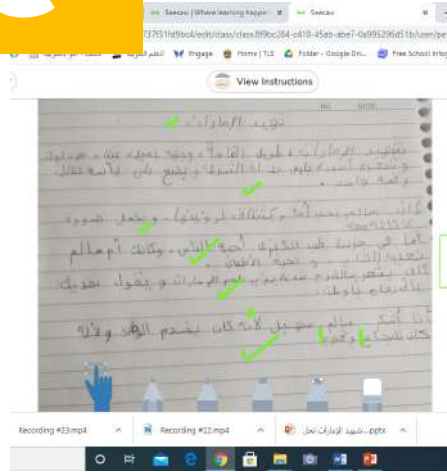
Stay healthy and stay active!

The PE Team



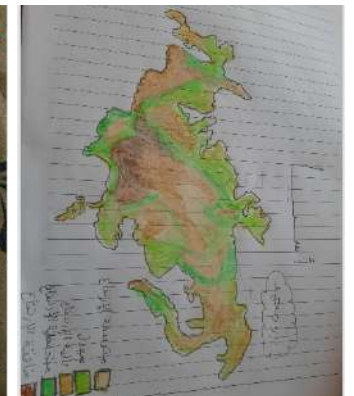
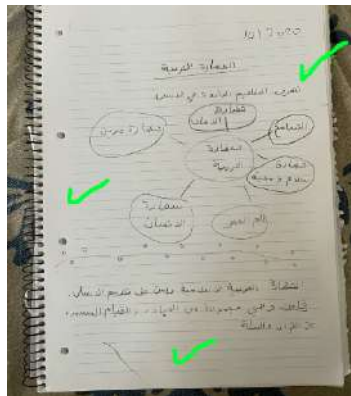
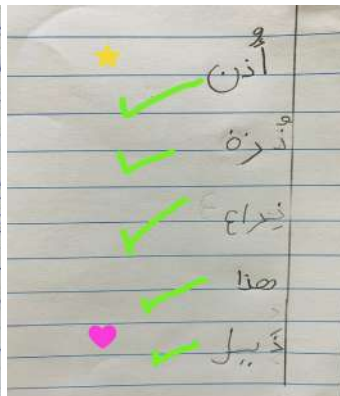
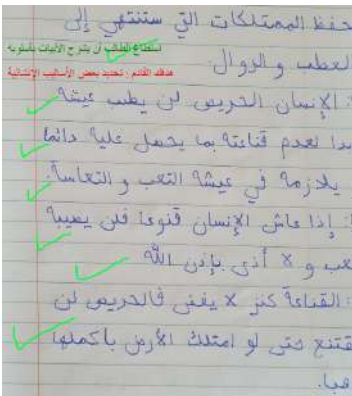


# Arabic



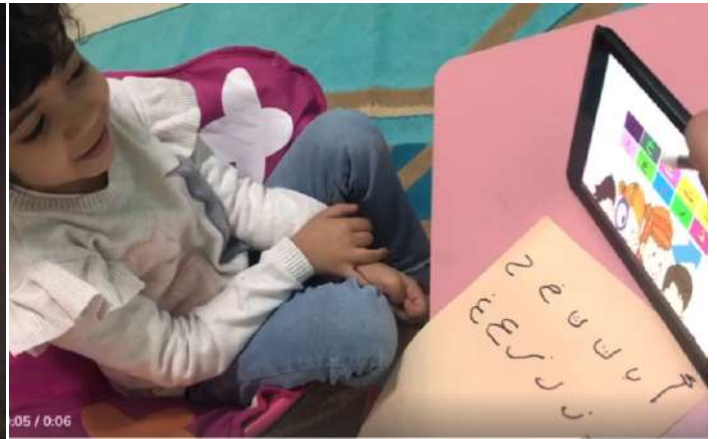
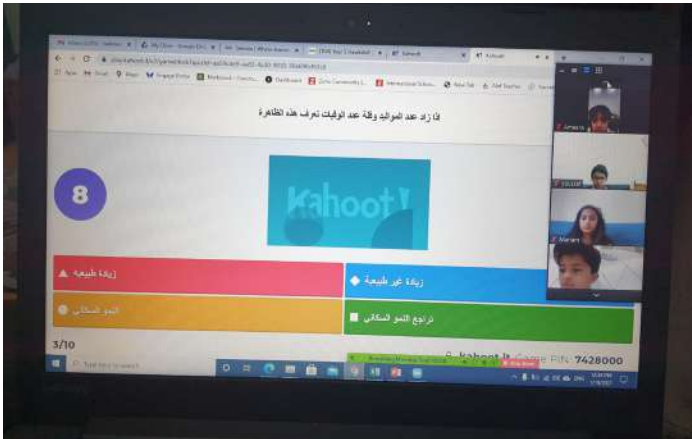
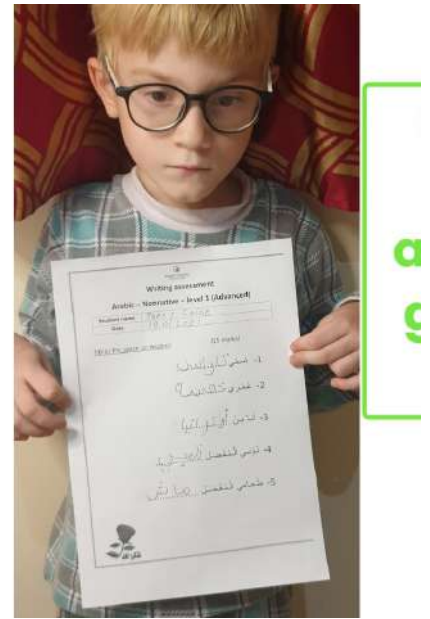
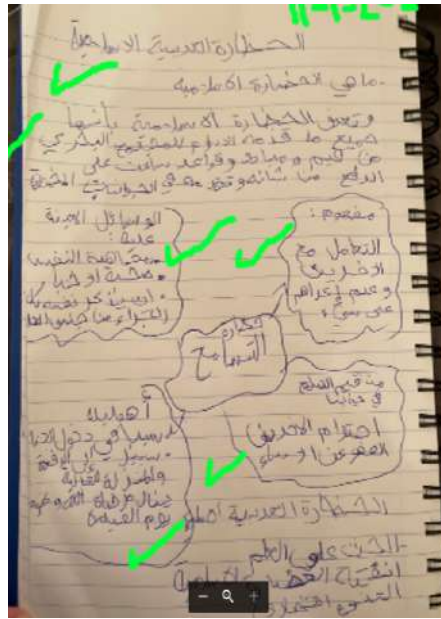
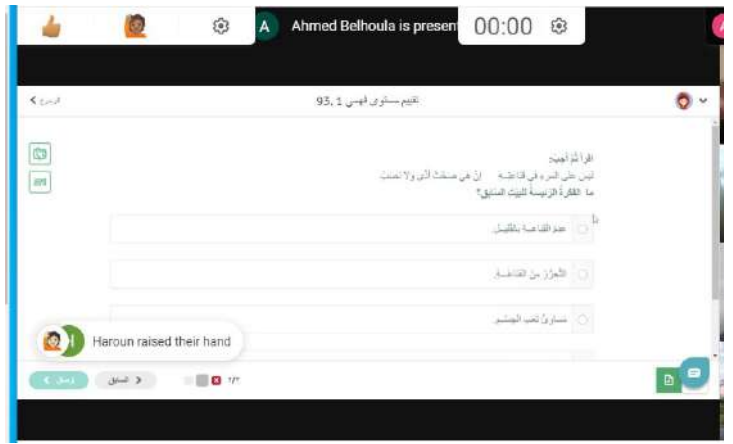
تزداد متعة التعلم عن بعد يوماً بعد يوم مع طلاب آسبن الذين يجتهدون في تعلمهم و يبدعون في دروسهم كل أسبوع من أجل تطوير مهاراتهم في جميع المواد. حيث أنهم استمتعوا كثيراً هذا الأسبوع بالقيام بأنشطة متنوعة والتي أظهرت شغف الطلاب واندماجهم خلال الحصص المباشرة ، حيث تم التركيز على المهارات التي تمت دراستها خلال الفصل الدراسي الأول من خلال المسح التشخيصي لقياس مستوى الطالب في مواد اللغة العربية الثلاث من أجل رصد الأهداف التي تم تحقيقها و تحديد الأهداف القادمة والمتوقعة لكل طالب وإن البعد عن الغرف الصفية والمقاعد المدرسية لا يعني أبداً البعد عن ممارسة مهارة الكتابة ومهارات اللغة العربية الأخرى، فقد قام الطلاب خلال حصص اللغة العربية بأنشطة تعبير و كتابة لتوظيف مهارات لغوية ومفردات جديدة اكتسبوها . سعيًا منا على تطوير مهارة الكتابة والمهارات الأخرى خطوة بخطوة ومن مرحلة لأخرى. نرجو من الله أن يوفقنا و يسدد خطانا للأفضل حتى نحقق ما نصبو إليه من فائدة و نفع على طلابنا الكرام.

وسيلة الكنانى  
رئيسة قسم اللغة العربية و التربية الإسلامية



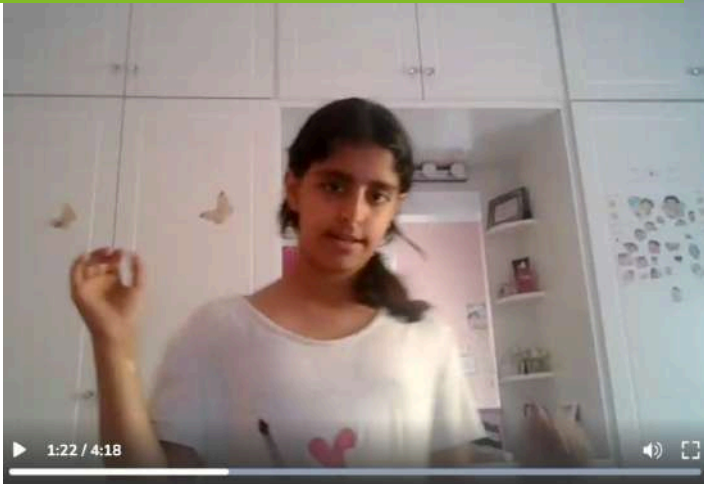
الكلمة	معناها	الكلمة	ضدّها
عجيب	الظلمة الشديدة	الود	الكراهة
أخاف	اللاطف والأجمل	كدرهم	بخيل
السفيه	الجاهل	الأمان	الخطر
خلد	صفقات ورسومات رسجايا	الحقوق	الحجب







# Music



Music directly benefits the ability to learn words, speak them correctly, and process the many new sounds they hear from others. Music may expose the child to challenges and multi-sensory experiences which enhance learning abilities and encourage cognitive development. In particular, music can also engage cognitive functions, such as planning, working memory, inhibition, and flexibility.

