

NEWSLETTER



Dear Parents,

As we reach the start of Spring Break, I would like to take a moment to express my sincere gratitude for the calmness, understanding, and support you have shown our school community during these unprecedented circumstances. Your partnership and trust mean a great deal to all of us.

In this week's newsletter, you will find a number of resources that we hope will be helpful, including ideas for activities to enjoy at home while sheltering in place, contact numbers for counselling services should anyone in your family wish to access additional support, and some beautiful messages of encouragement and care from members of our staff.

We also hope that this break offers you the opportunity to spend some meaningful time together as a family...finding moments of rest, reflection, and relaxation wherever possible. For those observing, we wish you continued blessings during the Holy month of Ramadan.

Please remember that if you require support during the Spring Break, you are welcome to reach out to the school using the usual communication channels. Members of our Senior Leadership Team will remain on call and will respond as quickly as possible.

Whether you are remaining in the UAE or travelling overseas during the break, we hope that you and your families remain safe and well. We look forward to seeing you back at school on **Monday, 23rd March 2026.**

أولياء الأمور الكرام،
مع بداية عطلة الربيع، أود أن أتوقف لحظة لأعبر عن خالص امتناني لما أظهرتموه من هدوء وتفهم ودعم لمجتمع مدرستنا خلال هذه الظروف غير المسبوقه. إن شراكتكم وثقتكم تعنيان لنا الكثير.

في نشرة هذا الأسبوع، ستجدون عدداً من الموارد التي نأمل أن تكون مفيدة لكم، بما في ذلك أفكار لأنشطة يمكن الاستمتاع بها في المنزل أثناء البقاء فيه، وأرقام التواصل لخدمات الإرشاد في حال رغبت أي من عائلاتكم بالحصول على دعم إضافي، وبعض الرسائل الجميلة المليئة بالتشجيع والاهتمام من أعضاء فريق عملنا.

كما نأمل أن تتيح لكم هذه العطلة فرصة لقضاء وقت قيّم مع العائلة، وإيجاد لحظات للراحة والتأمل والاسترخاء قدر الإمكان. ولمن يحيي شهر رمضان المبارك، نتمنى لكم دوام البركات خلال هذا الشهر الفضيل.

يرجى التذكير بأنه في حال احتجتم إلى أي دعم خلال عطلة الربيع، يمكنكم التواصل مع المدرسة عبر قنوات التواصل المعتادة. وسيسبق أعضاء فريق الإدارة على أهبة الاستعداد للرد على استفساراتكم في أسرع وقت ممكن.

سواء كنتم ستبقون في دولة الإمارات العربية المتحدة أو ستسافرون إلى الخارج خلال العطلة، نتمنى لكم ولعائلاتكم دوام الصحة والسلامة. ونتطلع إلى استقبالكم مجدداً في المدرسة **يوم الاثنين الموافق 23 مارس 2026**.

FREE 24/7 MENTAL HEALTH HELPLINES GULFBUZZ

NATIONAL MENTAL SUPPORT LINE (HOPE)
CALL: 800-4673 (800-HOPE)

DEPARTMENT OF HEALTH – ABU DHABI (SAKINA)
CALL: 800-725462

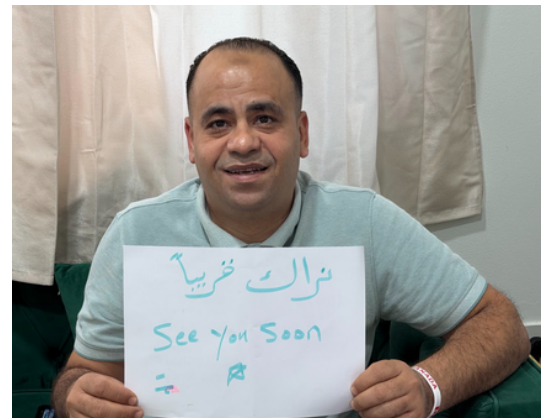
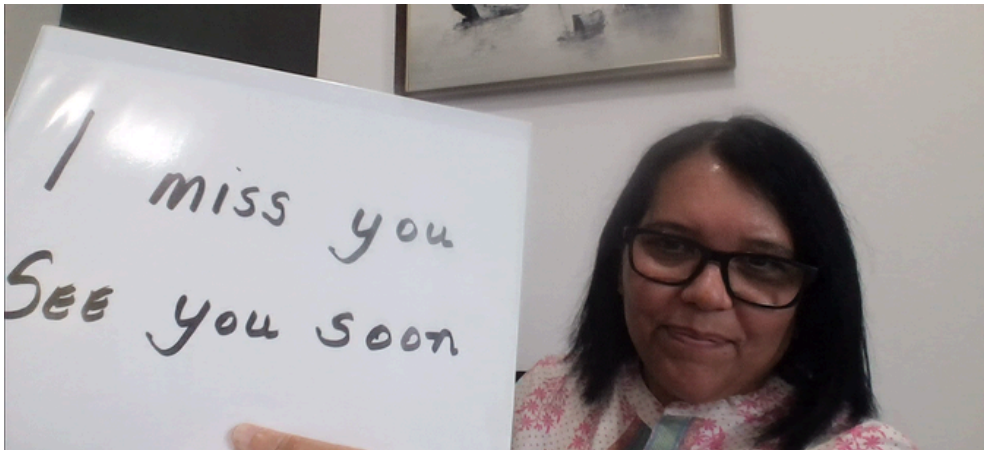
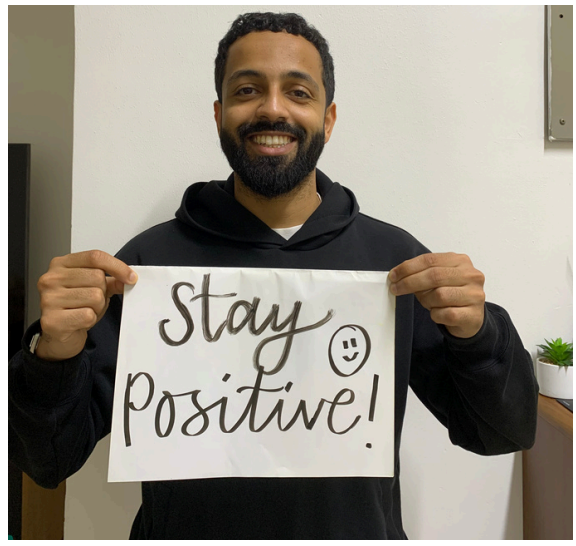
ESTIJABA HELPLINE – ABU DHABI
CALL: 800-1717

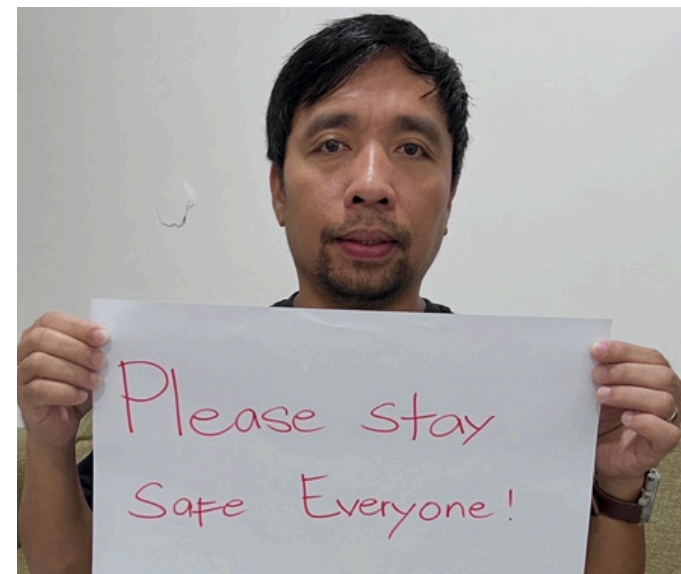
MEDICO ARABIA (24/7 HELPLINE)
CALL: +971 56 900 5443 | +971 50 159 0070

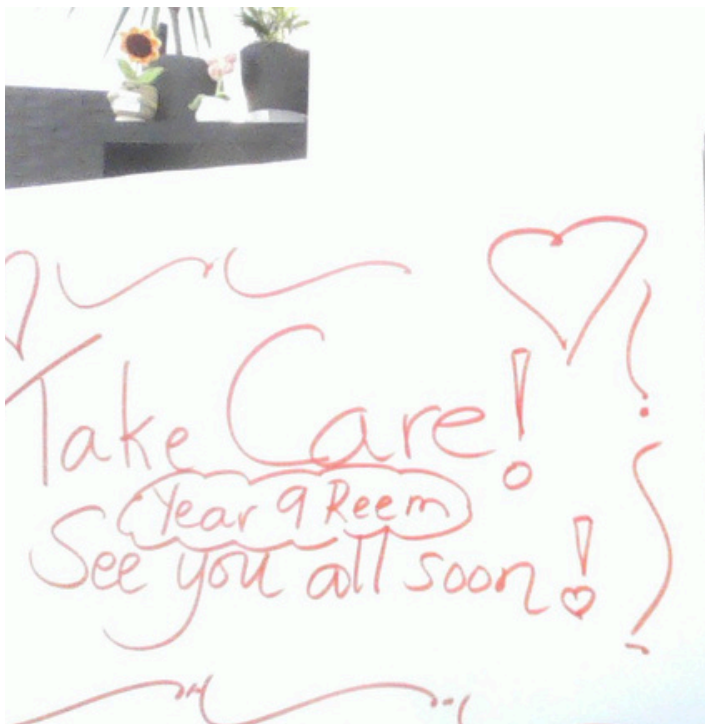
LIFEWORKS COUNSELLING & MENTAL HEALTH
CALL: +971 54 400 2698 | +971 54 704 1783

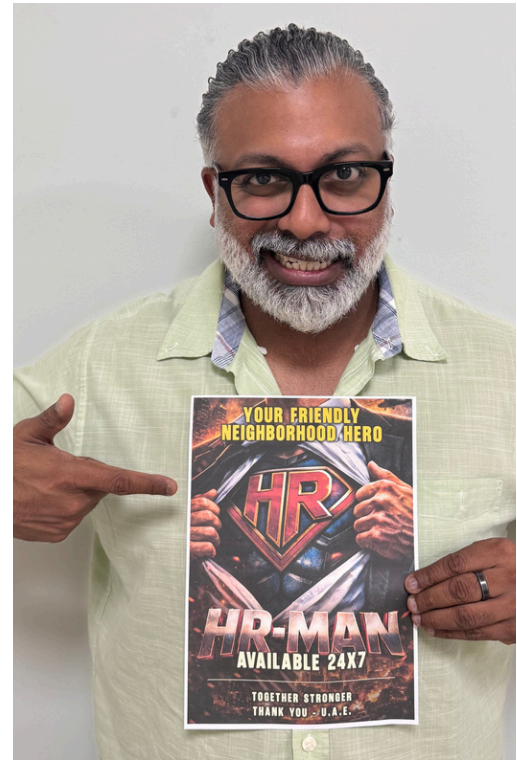


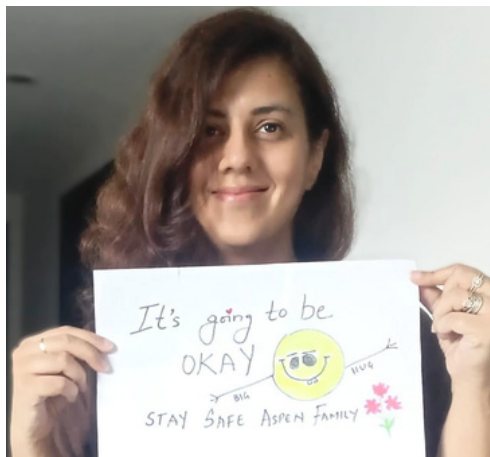












Finding Comfort Together at Home

Ideas for Spending Time Together at Home

During uncertain moments, when we may need to remain indoors for safety, it is natural for stress and worry to surface. When routines are disrupted and news updates feel overwhelming, it can be helpful to shift our focus towards simple, calming activities at home. Small moments of connection and normality can make a meaningful difference, especially for children who look to the adults around them for reassurance.

So how can we create a calmer atmosphere at home while we wait for updates and prioritise safety?

- **Play Games Together** – Board games, card games or puzzles are a great way to bring everyone together and create light-hearted moments.
- **Enjoy Story Time** – Reading a favourite book together or listening to an audiobook can be calming and comforting.
- **Get Creative** – Drawing, painting, colouring or simple crafts allow children to express themselves while staying engaged.
- **Have a Cosy Movie Break** – Choose a family favourite, make some popcorn and enjoy a relaxed movie afternoon.
- **Cook or Bake Something Simple** – Preparing a meal or baking together can be both fun and reassuring for children.
- **Move a Little** – Gentle stretching, dancing to music or short indoor exercise routines can help release stress and boost mood.
- **Share Gratitude Moments** – Taking a moment to share something we are grateful for can help shift focus towards positivity.
- **Build a Fort or Cosy Den** – Use blankets, cushions and chairs to create a small “hideaway” space where children can read, play or relax.
- **Write Letters or Draw Pictures for Loved Ones** – Children can write messages or draw pictures to send to grandparents, friends or neighbours.
- **Start a Family Journal** – Take turns writing or drawing about the day. It can be a lovely way to process feelings and create a shared memory.
- **Create a Mini Talent Show** – Each family member can prepare a small performance such as singing, magic tricks, storytelling or dancing.



- **Try a Puzzle or Brain Teaser Challenge** – Crosswords, riddles or logic puzzles can be fun and engaging for both children and adults.
- **Make a Family Playlist** – Everyone chooses a few favourite songs and enjoys a shared music break together.
- **Organise a Scavenger Hunt** – Hide simple objects around the house and create clues for children to find them.
- **Learn Something New Together** – Try a simple origami tutorial, learn a few words in another language or watch a short educational video together.

For Our Families Observing Ramadan

- **Prepare for Iftar Together** – Children can help set the table, arrange dates, pour water or decorate the dining area for Iftar.
- **Make Simple Eid Decorations** – Create paper lanterns, crescent moons or star garlands to decorate the home.
- **Read Ramadan Stories Together** – Share books or stories that explore the meaning of Ramadan, kindness and generosity.
- **Start a Good Deeds Chart** – Encourage children to track small acts of kindness each day, such as helping with chores or supporting siblings.
- **Learn a Short Dua Together** – Spend a few minutes learning or practising a simple prayer as a family.

Even the simplest shared moments can help bring a sense of calm and reassurance. By focusing on connection, comfort and time together, we can create a supportive environment that helps everyone feel a little more secure during uncertain times.

Looking for more activities? Here are some money game ideas from Squirrel education

More Ideas →





Helping Young People Navigate Global News Safely

**By Saaniya Kazi -
School Counsellor**

Dear Aspen Family,

In times of heightened global tension, many young people are exposed to a constant stream of news, opinions, and online content that can feel overwhelming. Unlike previous generations, young people are not hearing about world events in a controlled or filtered way. They are encountering them in real time - often without context, explanation, or reassurance. This can feel frightening and confusing. As a school community, one of our key safeguarding priorities is supporting students to navigate this information in a way that protects their wellbeing and helps them feel safe and grounded.

Understanding Misinformation

Children and teenagers often encounter news through social media before hearing it from trusted adults. These platforms are designed to keep users engaged with dramatic headlines, emotionally charged language and repeated exposure to distressing images. Not all information online is accurate and some content is designed to provoke strong emotional reactions. Families can support young people by encouraging them to pause and ask simple questions: Is this from a reliable source? Does it sound exaggerated? Could it be taken out of context? Creating space for calm conversations at home can help students feel more secure and less confused by conflicting messages.

What Makes a Difference at Home

Small, consistent actions from adults can significantly reduce the emotional impact of distressing news:

- Ask open questions such as "what have you been seeing online?"
- Offer calm, factual explanations where appropriate.
- Normalize their feelings of confusion, fear or worry but also reassure them about their immediate safety.
- Encourage breaks from scrolling.
- Adults modeling these habits makes a meaningful difference. When adults remain calm and available, children feel safer.

Encouraging Responsible Digital Behaviour

Some children feel pressure to repost or comment immediately on developing events. Encouraging them to pause before sharing - asking whether it is accurate, respectful and kind - helps build digital responsibility and reduces the spread of harmful or misleading material.

When to Seek Support

If your child seems more withdrawn, irritable, anxious or preoccupied with online content, this may be a sign they are feeling overwhelmed. Please do not hesitate to reach out to the school if you have concerns, we are here to support both students and families.

We cannot control the headlines our children see, but we can shape how they experience them. Through calm conversations, constant reassurance, and strong partnership between home and school, we give them something more powerful than constant updates - we provide safety.



RAMADAN 2026

CALENDAR OF GOOD DEEDS

"Every act of kindness is charity" -Prophet Mohammad (P.B.U.H)

1. Smile at everyone you see today



2. Give your family a hug



3. Collect coins to give to charity



4. Pick up litter at the park



5. Send food to a neighbour



6. Help set the table for iftar/dinner



7. Write a thank you card for someone



8. Open the door for someone



9. Clean up your room voluntarily



10. Read a story to your sibling



11. Plant a tree/ water a plant



12. Help with household chores



13. Call and chat with a grandparent



14. Do a recycling drive in the neighbourhood



15. Leave food for stray cats, dogs, or birds



16. Give packed food to a delivery person/watchman



17. Help put away the laundry



18. Donate old books to the library



19. Give balloons to little children in the playground



20. Make someone smile



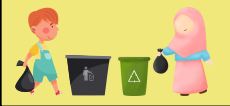
21. Make a cool drink for mum and dad



22. Make Eid/greeting cards for friends and family.



23. Help take out the trash



24. Go a day without complaining/arguing with anybody



25. Compliment your family/friends



26. Say a prayer for someone who isn't well



27. Reduce waste and conserve energy



28. Forgive someone you are angry with



29. Help tidy up the house and decorate for Eid



30. Make a promise to be kind and helpful all year



RAMADAN 2026

CALENDAR OF GOOD DEEDS

"Every act of kindness is charity" -Prophet Mohammad (P.B.U.H)

1. ابتسم اليوم
لكل أحد تراه



2. أحضن
أفراد
عائلتك



3. اجمع
بعض
الدراهم
للتصدق
بها



4. اجمع
النفايات
بالحديقة



5. ارسل بعض
الطعام
لجارك



6. ساعد
في
تجهيز
مائدة
الإفطار



7. THANK
YOU
اكتب بطاقة
شكر لشخص ما



8. افتح الباب
لأحد



9. تطوع
لتنظيف
غرفتك



10. اقرأ
قصة
لأخوتك



11. ازرع
شجرة
واسقها



12. ساعد
في
مهام
البيت



13. اتصل
وتواصل
مع
جدك و
جدتك



14. اجمع أشياء
لإعادة التدوير
بجوار سكنك



15. اترك طعاما
للقطط و الكلاب و
العصافير بالشارع



16. قدم صندوق
طعام لعمال
نظافة



17. ساعد
في وضع
الملابس
بالغسالة



18. تبرع
بالكتب
القديمة
للمكتبة



19. وزع
البالونات
على
الأطفال
الصغار



20. اجعل
أحدهم
يبتسم



21. جهز عصير
منعش
لوالديك



22. اكتب بطاقة
تهنئة بعيد
الفطر
لأصدقائك
وعائلتك



23. ساعد في إخراج
النفايات



24. اجعل يومك
بدون خصام
أو تذمر من
أحد



25. تقرب من أفراد
أسرتك أو
أصدقائك



26. ادع لأحد
مريض



27. تخلص من
الأوساخ
واقصد في
الطاقة



28. سامح أحد
كنت
غاضبا منه



29. ساعد في ترتيب
البيت وتزيينه
للعيد



30. حاول أن تكون
مساعدًا و لطيفًا
طوال العام



Grow

with Aspen

