

NEWSLETTER



Dear Aspen Family,

I hope this message finds you well.

As we continue to navigate a period of significant change, I would like to begin by acknowledging the recent announcement regarding the cancellation of IB & IGCSE examinations. We understand that this will bring a mix of emotions for our students and families, and I want to reassure you that we are working closely with all relevant guidance to ensure that every student is supported fairly, carefully, and with their best interests at heart.

I would also like to take a moment to reflect on the positive start we have made to our distance learning provision. It has been encouraging to see strong engagement from students, alongside the professionalism and adaptability shown by our staff. We are continuing to refine our approach in line with ADEK guidance, ensuring a balanced programme that supports both academic progress and student wellbeing.

Looking ahead, we will be strengthening our support further through planned wellbeing check-ins for all students this week. These conversations are an important opportunity for us to connect individually, provide guidance, and ensure that every student feels supported during this time. Alongside this, we will continue to introduce additional opportunities for challenge and enrichment across subjects.

We are also preparing for our upcoming Family Conferences, which will provide a valuable opportunity to discuss progress, next steps, and any support your child may need. These will take place online via SchoolsBuddy on **Tuesday 7th April from 4:00 PM to 6:00 PM** for MOE subjects, followed by whole school conferences on **Wednesday 8th April from 4:00 PM to 6:00 PM** and **Thursday 9th April from 3:00 PM to 6:00 PM**. Further information on booking appointments will be shared shortly.

It has also been fantastic to see such a positive response to our school step challenge. There is a real sense of energy and friendly competition building across the community, with students, parents and staff all getting involved together. Initiatives like this are a great reminder of the strength of our community, even when we are not physically together, and I would strongly encourage anyone who has not yet joined to get involved and be part of it.

Finally, I would like to extend my sincere thanks to our security and facilities teams, who continue to take great care of our school environment. Their ongoing work behind the scenes ensures that our campus remains safe, well-maintained, and ready to welcome our community back.

Thank you, as always, for your continued support and partnership.

Warm Regards

Andrew Durcan

Head Teacher Secondary

أعزائي عائلة آسبن،

أمل أن تصلكم هذه الرسالة وأنتم بخير.

مع استمرارنا في التعامل مع فترة من التغييرات المهمة، أود أن أبدأ بالإشارة إلى الإعلان الأخير المتعلق بإلغاء امتحانات البكالوريا الدولية (IB) وشهادة الثانوية العامة الدولية (IGCSE). ندرك أن هذا القرار قد يثير مشاعر مختلفة لدى طلابنا وعائلاتهم، وأود أن نطمئنكم أننا نعمل بشكل وثيق وفق جميع التوجيهات ذات الصلة لضمان دعم كل طالب بشكل عادل ودقيق، مع مراعاة مصلحته الفضلى.

كما أود أن أعتنم هذه الفرصة للتأكيد على البداية الإيجابية التي حققناها في تطبيق نظام التعلم عن بُعد. لقد كان من المشجع رؤية مستوى التفاعل القوي من الطلاب، إلى جانب المهنية العالية والمرونة التي أظهرها فريق العمل. ونواصل تطوير نهجنا بما يتماشى مع إرشادات دائرة التعليم والمعرفة (ADEK)، لضمان برنامج متوازن يدعم التقدم الأكاديمي ورفاهية الطلاب على حد سواء.

وبالنظر إلى المرحلة القادمة، سنعمل على تعزيز الدعم من خلال جلسات متابعة لرفاهية جميع الطلاب خلال هذا الأسبوع. وتعد هذه اللقاءات فرصة مهمة للتواصل الفردي، وتقديم الإرشاد، وضمان شعور كل طالب بالدعم خلال هذه الفترة. إلى جانب ذلك، سنواصل تقديم فرص إضافية للتحدي والإثراء عبر مختلف المواد الدراسية.

كما نستعد لعقد اجتماعات أولياء الأمور القادمة، والتي ستوفر فرصة قيمة لمناقشة تقدم الطلاب، وخطواتهم القادمة، وأي دعم قد يحتاجونه. وستعقد هذه الاجتماعات عبر الإنترنت من خلال منصة SchoolsBuddy، وذلك يوم الثلاثاء 7 أبريل من الساعة 4:00 مساءً إلى 6:00 مساءً لمواد وزارة التربية والتعليم، تليها اجتماعات لجميع المراحل يوم الأربعاء 8 أبريل من الساعة 4:00 مساءً إلى 6:00 مساءً، ويوم الخميس 9 أبريل من الساعة 3:00 مساءً إلى 6:00 مساءً. وسيتم مشاركة مزيد من التفاصيل حول آلية الحجز قريبًا.

كما كان من الرائع رؤية هذا التفاعل الإيجابي مع تحدي الخطوات الذي أطلقته المدرسة. حيث يسود شعور بالحماس وروح المنافسة الودية بين أفراد المجتمع، بمشاركة الطلاب وأولياء الأمور والموظفين معًا. وتعد مثل هذه المبادرات تذكيرًا رائعًا بقوة مجتمعنا، حتى في الأوقات التي لا نكون فيها متواجدين معًا بشكل فعلي. وأشجع الجميع ممن لم يشاركوا بعد على الانضمام والمشاركة.

وأخيرًا، أود أن أتقدم بجزيل الشكر إلى فرق الأمن والمرافق، الذين يواصلون العناية ببيئة المدرسة بكل تفانٍ. إن جهودهم المستمرة خلف الكواليس تضمن بقاء الحرم المدرسي آمنًا ومنظمًا وجاهزًا لاستقبال مجتمعنا من جديد. شكرًا لكم دائمًا على دعمكم المستمر وتعاونكم.

أندرو دوركان
رئيس المرحلة الثانوية





Looking Beyond The Surface

Wellbeing at Aspen

Dear Aspen Family,

During distance learning and ongoing uncertainty, many young people are finding it difficult to express how they truly feel. You may notice change: irritability, withdrawal, lack of motivation, or sudden frustration over small things. When asked, they may simply respond with, "I'm fine." For many children, this response doesn't mean everything is okay. It often means they don't quite know how to explain what they're feeling.

Right now, students are managing a unique combination of challenges:

- Uncertainty around exams and the near future
- Changes in routine and learning environments
- Increased screen time leading to fatigue and low energy
- Reduced social interaction with peers
- Reduced motivation
- Difficulty asking for help or speaking up in online settings

As a school, we are actively supporting students through this period. Teachers and the wellbeing team are conducting regular welfare check-ins with all students. These are short, supportive conversations to check how students are coping and to offer help where needed. We kindly ask parents to encourage their children to attend these check-ins and be on time. These sessions are important and form part of our commitment to student wellbeing.

What can help at home?

Instead of asking direct questions like "what's wrong?", try:

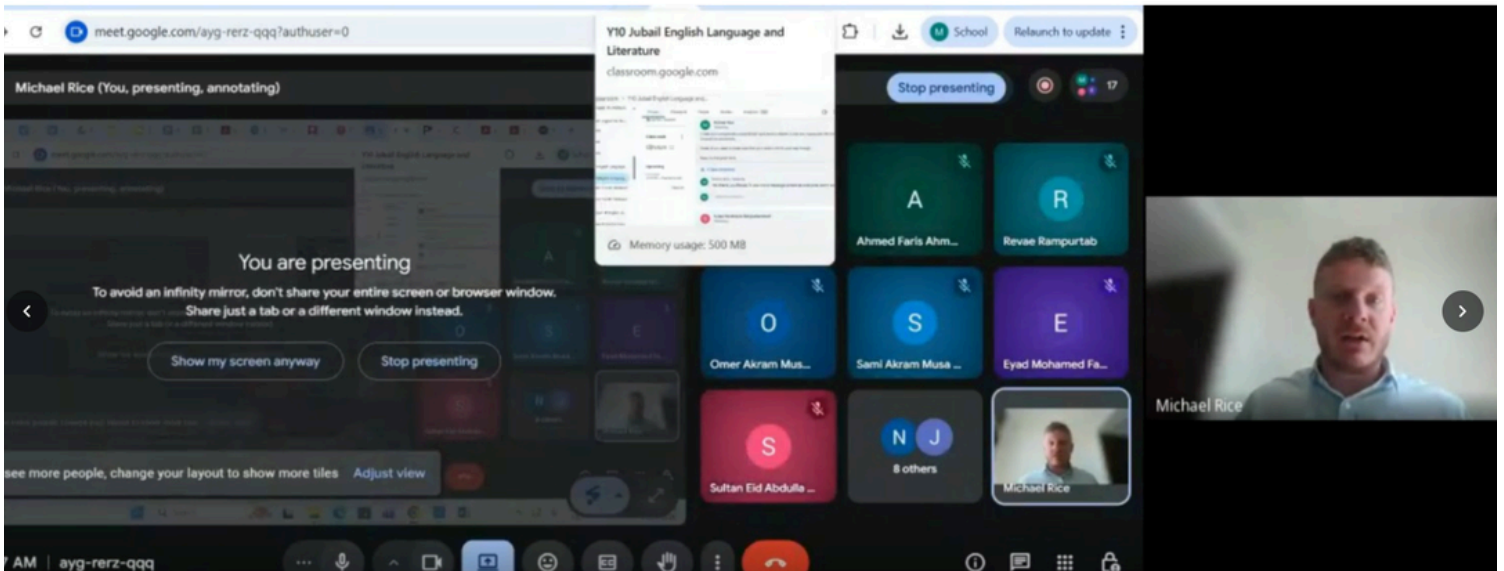
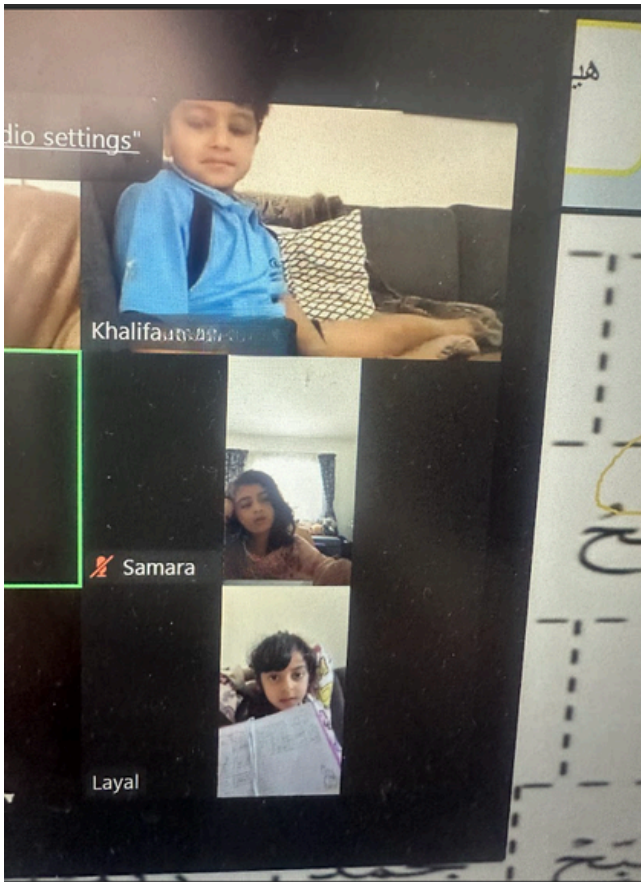
- "I've noticed you're a bit overwhelmed lately - want to talk or just sit together?"
- "On a scale of 1 - 10, how stressful does school feel to you?"
- "What's one thing that felt hard today?"

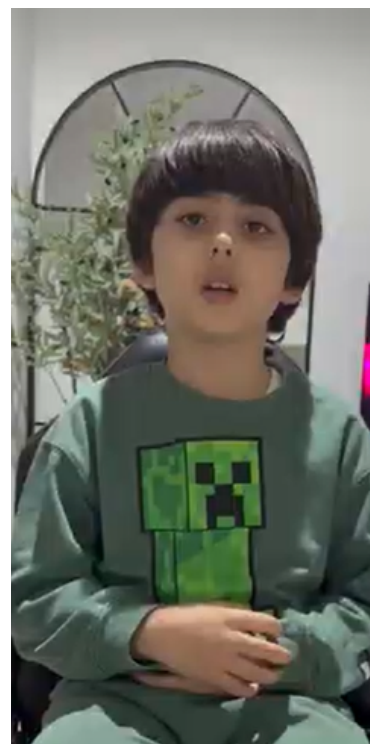
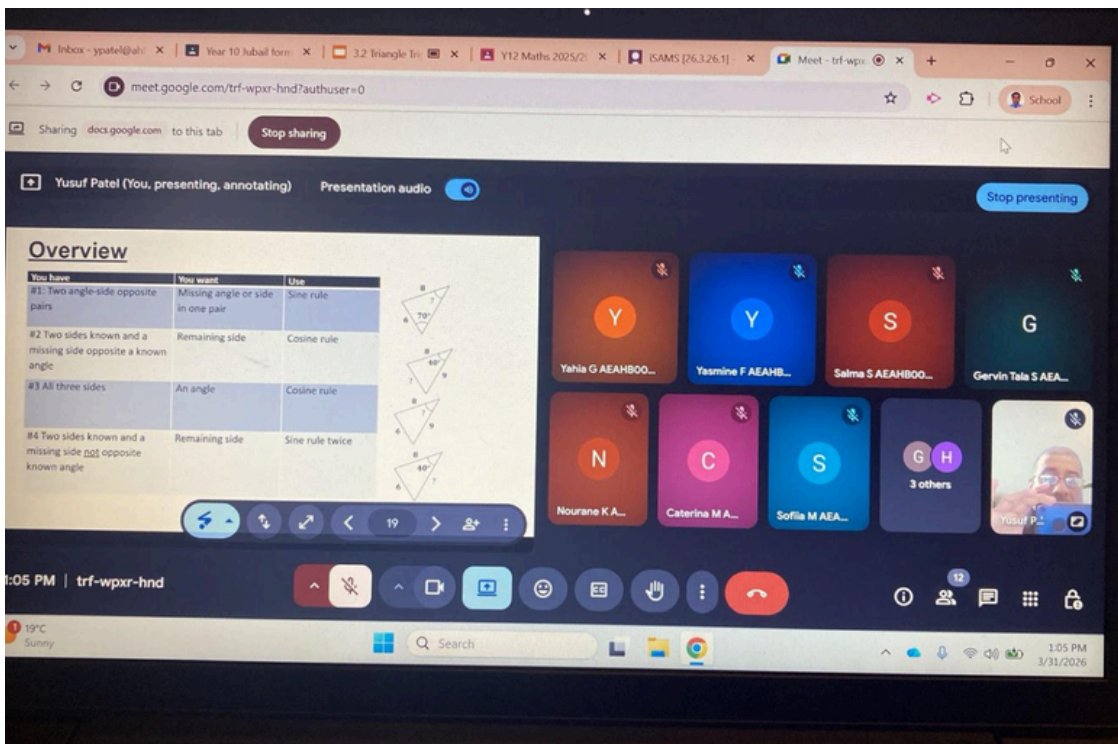
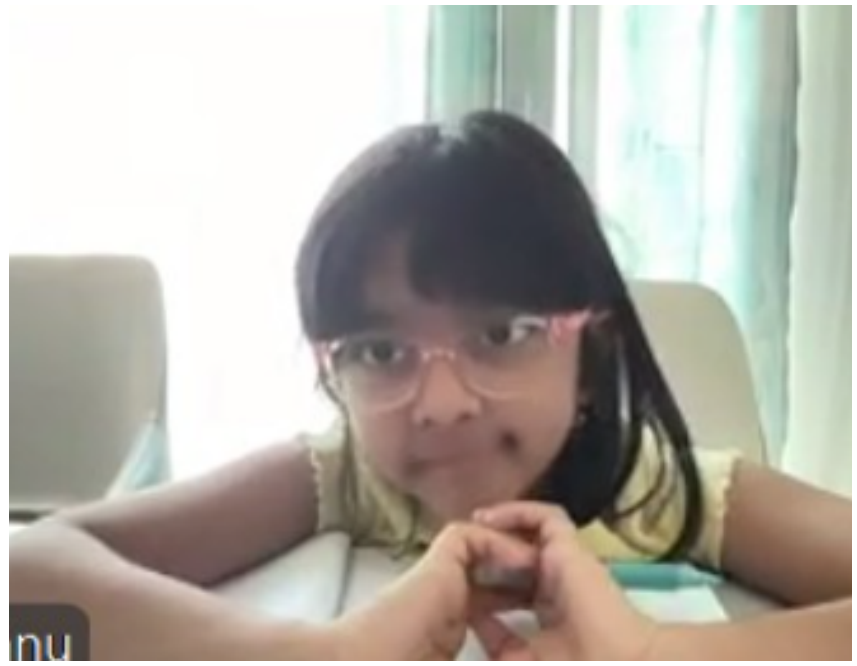
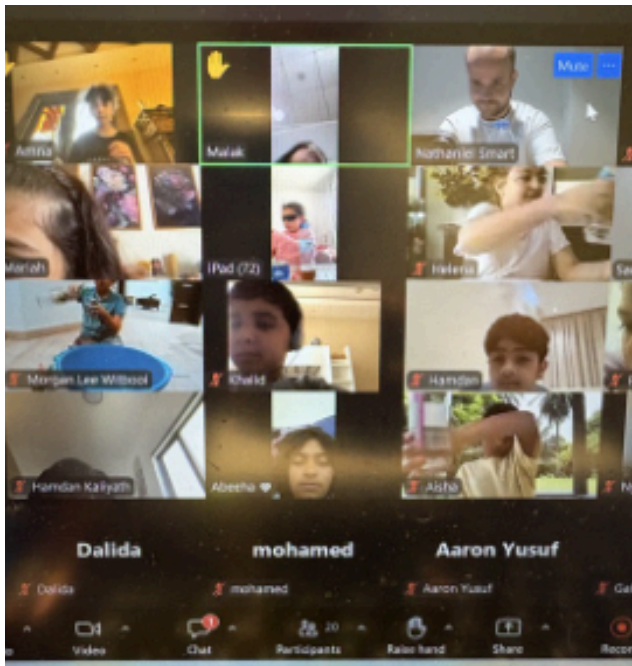
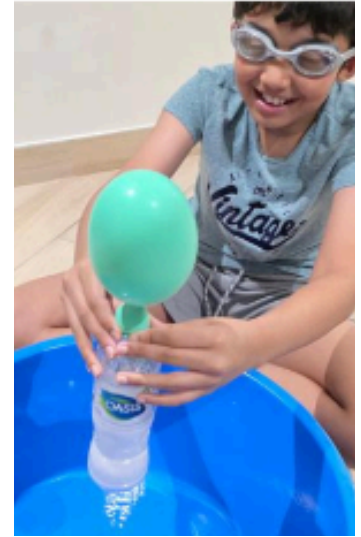
Sometimes, reducing the pressure to explain everything makes it easier for children to open up. You can also:

- Reassure your child that efforts matter more than perfection
- Help them plan and take things one step at a time to reduce overwhelm
- Maintain a simple, flexible daily routine
- Look out for changes in mood, sleep or motivation
- Encourage breaks and time away from the screens
- Remind them that it's okay to ask for help

While students may appear "fine" on the surface, many of them are managing more than they show. Your support, combined with school welfare check-ins, plays an important role in helping them cope. If you have any concerns about your child's wellbeing, please do not hesitate to contact the school. By working together, we can ensure students feel supported, understood, and better equipped to manage this period.









'Build Your Own Pizza' with Miss Clark



Wednesday, 8th
April 2026



2:30pm - 3:30pm



On Google Meet

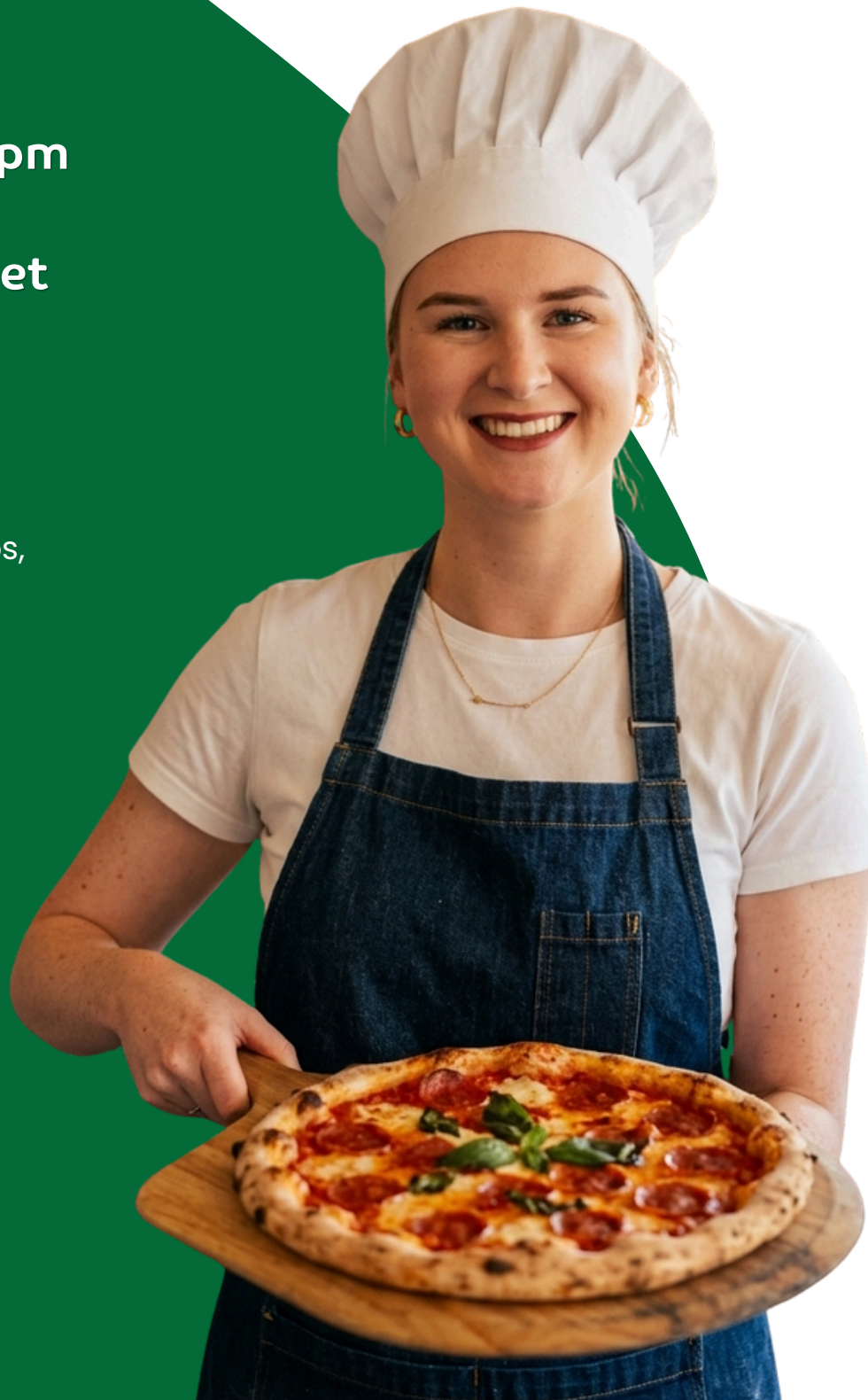
[Join Now](#)

Ingredients:

- *Pizza Base Options:* Wraps, Arabic Bread, Pizza Base
- Pizza Sauce
- Cheese
- *Optional Toppings:*
- Mushrooms
- Sweetcorn,
- Pineapple,
- Pepperoni,
- Onions,
- Peppers,
- Tomatoes,
- Chicken

CHALLENGE

How many vegetables can you get on your pizza?





ASPEN'S GOT TALENT

DANCE

MAGIC

SING

**PLAY AN
INSTRUMENT**

**SPECIAL
SKILLS**

**Showcase Your Talent! – Share from home
No Competition, Just Fun!**

Upload From Home – 1–3 minute videos



REGISTER NOW



**SUBMISSION DEADLINE
THURSDAY 9TH APRIL**

BEAT THE PE TEAM FITNESS CHALLENGE



Can you beat the PE Team? Try the Reaction Time Game on the HomeCourt App!








FIND THE
IOS APP HERE



Download 

Go to Activities →
Agility → 1 minute
Reaction Time
Challenge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TASK:	TASK:	TASK:	TASK:	TASK:
Kick ups	Control	Catch	Jump	Target
Use your feet to keep a toilet roll in the air for as many touches as possible without it hitting the ground.	Standing up, throw a coin into a cup.	Throw an item up and catch it as many times as you can.	Use a cereal box to jump over with your feet together.	Throw a pair of socks into the laundry basket.
Time limit:	Time Limit:	Time limit:	Time limit:	Time limit:
• You have 1 minute to complete as many kick ups.	• You have 1 minute to get as many coins in the cup.	• You have 1 minute to complete as many catches.	• You have 1 minute to complete as many jumps.	• You have 1 minute to throw as many socks as possible.
Challenge:	Challenge:	Challenge:	Challenge:	Challenge:
FS/KS1 - 3 KS2 - 10 KS3 - 20 KS4/5 - 50	FS/KS1 - 10cm away KS2 - 20cm away KS3 - 45cm away KS4/5 - 1m away	FS/KS1 - 10 KS2 - 30 KS3 - 50 KS4/5 - 100+	FS/KS1 - 10 KS2 - 40 KS3 - 75 KS4/5 - 100+	FS/KS1 - 5 steps away KS2 - 10 steps away KS3 - 20 steps away KS4/5 - 25 steps away
				





**STEP BY STEP, WE MOVE
STRONGER TOGETHER!**

ASPEN STEP CHALLENGE

Our P.E team is excited to invite all students, parents and staff to take part in our Step Challenge, running from

Friday 27th March to Friday 17th April.

Get active, have fun and compete together as a community!

Scan the QR code or click the link to sign up

Join Now



THIS WEEK'S SUPER-STEPPERS

		Jake Sanderson	159.7k 22.8k avg
		francine gauntlett	131.2k 16.4k avg
		Matthew Wilcox	124.7k 15.6k avg



Fig Benefits:

- Good for strong bones!
- Helps your heart stay healthy.
- Great for your brain and your memory.

Fun Facts:

- Figs aren't actually a single fruit, they are made up of lots of tiny flowers inside!



Fruit & Vegetable of the Week

6th April - 10th April 2026

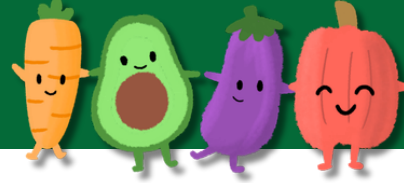


Edamame Benefits:

- Helps your muscles grow strong.
- Good for your brain and focus!
- Helps keep your body full of energy.

Fun Facts:

- Edamame grow inside fuzzy green pods!



Grow

with Aspen

