

# NEWSLETTER



Dear Aspen Family,

Thank you for your continued support over the past few weeks. It has been wonderful to see such strong attendance across the school, with students returning each day ready to learn and engage positively. Your partnership plays a vital role in maintaining this consistency, and it has helped ensure a calm and successful return to normal routines for all students.

We would also like to extend our sincere thanks to the UAE government and emergency services for their outstanding support in keeping our community safe and allowing schools to continue to thrive. This week, our students have proudly taken part in projects designed to show gratitude and appreciation for the incredible work of UAE services, helping them reflect on the importance of community, service and national unity.

أعزائي عائلة آسبن،

نشكر لكم دعمكم المستمر خلال الأسابيع القليلة الماضية. كان من المميز ملاحظة ارتفاع معدلات حضور الطلاب في مختلف أنحاء المدرسة، حيث عاد الطلاب يوميًا وهم مستعدون للتعلم والمشاركة بإيجابية. إن شراكتكم تلعب دورًا حيويًا في الحفاظ على هذا الانتظام، وقد ساهمت في ضمان عودة هادئة وناجحة إلى الروتين الطبيعي لجميع الطلاب.

نود أيضًا أن نتقدم بخالص الشكر إلى حكومة دولة الإمارات العربية المتحدة وخدمات الطوارئ على دعمهم الاستثنائي في الحفاظ على سلامة مجتمعنا وتمكين المدارس من الاستمرار في الازدهار. وخلال هذا الأسبوع، شارك طلابنا بفخر في مشاريع صُممت لإظهار الامتنان والتقدير للعمل الرائع الذي تقوم به خدمات الدولة، مما ساعدهم على التأمل في أهمية المجتمع والخدمة والوحدة الوطنية.

It has been fantastic to see students once again enjoying our outdoor spaces during breaktimes, lunchtimes and PE lessons. Their enthusiasm for returning to these activities has been clear, and we know how important these opportunities are for both wellbeing and social development. Building on this positive step, we are pleased to begin the re-launch of our ECA programme next week. As temperatures continue to rise, we will also ensure that students continue to have access to appropriate indoor spaces during breaks so they can remain active, social and comfortable throughout the school day.

We are also delighted to celebrate the achievements of more than 20 Aspen students who have been recognised with the prestigious Sheikh Sultan Award. This is a fantastic accomplishment and a reflection of the hard work, character and ambition shown by our students. We are incredibly proud of them.

كان من الرائع رؤية الطلاب يستمتعون مجددًا بالمساحات الخارجية خلال أوقات الاستراحة والغداء وحصص التربية البدنية. وقد كان حماسهم للعودة إلى هذه الأنشطة واضحًا، ونحن نعلم مدى أهمية هذه الفرص لصحتهم النفسية وتطورهم الاجتماعي. وبناءً على هذه الخطوة الإيجابية، يسعدنا أن نبدأ إعادة إطلاق برنامج الأنشطة اللامنهجية (ECA) في الأسبوع المقبل. ومع استمرار ارتفاع درجات الحرارة، سنحرص أيضًا على توفير مساحات داخلية مناسبة خلال فترات الاستراحة لضمان بقاء الطلاب نشطين ومتفاعلين ومرتاحين طوال اليوم الدراسي.

كما يسعدنا الاحتفاء بإنجازات أكثر من 20 طالبًا من طلاب آسبن الذين تم تكريمهم بجائزة الشيخ سلطان المرموقة. ويُعد هذا إنجازًا رائعًا يعكس العمل الجاد والشخصية الطموحة التي يتمتع بها طلابنا. نحن فخورون بهم للغاية.

Looking ahead, we remain committed to continually improving teaching and learning. This week, we have begun trialling enhancements through the Flint AI programme, which uses live assessment data to help teachers personalise learning more effectively and provide timely interventions within lessons. We are excited about the potential this brings to further support student progress and achievement.

Finally, I would be delighted to welcome parents to an informal coffee morning on Tuesday 5th May at 8:00am. Alongside the opportunity to ask questions and share feedback, I will also outline our vision for academic excellence next year and how we can continue working together to ensure every child thrives at Aspen.

Thank you, as always, for your continued support.

وبالنظر إلى المستقبل، نؤكد التزامنا المستمر بتطوير عمليتي التعليم والتعلم. وقد بدأنا هذا الأسبوع تجربة تحسينات من خلال برنامج Flint AI، الذي يستخدم بيانات تقييم فورية لمساعدة المعلمين على تخصيص التعلم بشكل أكثر فاعلية وتقديم تدخلات في الوقت المناسب داخل الحصص. ونحن متحمسون لما يحمله هذا من فرص لدعم تقدم الطلاب وإنجازاتهم بشكل أكبر.

وأخيرًا، يسعدني دعوة أولياء الأمور لحضور لقاء ودي على القهوة صباح يوم الثلاثاء 5 مايو في تمام الساعة 8:00 صباحًا. بالإضافة إلى فرصة طرح الأسئلة ومشاركة الملاحظات، سأقوم أيضًا باستعراض رؤيتنا للتميز الأكاديمي للعام القادم وكيف يمكننا مواصلة العمل معًا لضمان ازدهار كل طالب في آسبن.

شكرًا لكم دائمًا على دعمكم المستمر.

**Andrew Durcan**  
Headteacher of Secondary

**أندرو دوركان**  
مدير المرحلة الثانوية

# Please fill out our Parent School Agreement

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At Aspen Heights British School, we believe that a child's success is built on a strong partnership between school and home. When we work together with shared understanding and purpose, our children feel more supported, confident, and ready to thrive.

As part of this partnership, we kindly ask you to take a few moments to review and complete the updated Parent School Agreement. This helps ensure we are aligned in our expectations and continue to create the best possible environment for every child.

Thank you for your continued support and for being such an important part of our community.

Complete  
Agreement  
Now





# LET'S TALK

## Secondary Parents Coffee Morning

### Growing Together, Every Step of the Way

At Aspen Heights British School, we believe that the best outcomes for our students come from a strong partnership between school and home. We warmly invite you to join us for our upcoming Secondary Parent Coffee Morning, a chance to come together, share, and look ahead with confidence.

During this session, we will share our vision for the next academic year and how we continue to support every student to grow in both achievement and character.

#### Session Highlights

- Our academic vision for the year ahead
- Key curriculum and teaching developments
- Student transition plans
- Year 11 final assessments
- Assessment and reporting this term
- How we support academic success and character development

**TUESDAY**  
**5<sup>TH</sup> MAY 2026**

**8:00 AM**





# Why Wellbeing Comes Before Achievement

## Wellbeing at Aspen

Dear Aspen Family,

We live in a world that celebrates results. Report cards. Rankings. Trophies. University offers. And while these achievements matter, there is something that matters far more - the mental, emotional, and physical wellbeing of every young person in our school.

### **The Pressure Is Real**

Many of our students are carrying more than their backpacks. They navigate social media comparison, exam anxiety, family expectations, friendship challenges, and questions about the future, often all at once. Research consistently shows that chronic stress impairs memory, concentration, and decision-making: the very skills we need for academic success.

When a student is exhausted, anxious, or disconnected, asking them to focus harder is like asking a plant to bloom without water. The conditions simply are not there.

*"You cannot pour from an empty cup. Take care of yourself first."*

### **What the Research Tells Us**

Decades of research in educational psychology and neuroscience have reached a clear conclusion: wellbeing and academic performance are not in competition – they are deeply intertwined.

- Students who feel emotionally safe learn more effectively and retain information longer.
- Young people with strong social connections show greater resilience in the face of setbacks.
- Regular sleep, physical activity, and time for play directly improve cognitive function.
- A sense of belonging at school is one of the strongest predictors of long-term success.
- Children who learn to identify and manage emotions perform better under pressure.

The message is not "stop working hard." The message is: build the foundation first. A student who feels well is better equipped to work hard, bounce back from failure, and sustain effort over time.

### **Rethinking What Success Looks Like**

As a school community, we are invited to reflect on how we define and celebrate success. When we only recognise top grades or sporting titles, we inadvertently send a message to the majority of students that their efforts are not quite enough.

What if we also celebrated the student who showed up even when it was hard? The one who helped a classmate understand a concept? The one who tried something new despite fear? These moments of courage, kindness, and growth are the building blocks of a fulfilling life.





# Why Wellbeing Comes Before Achievement

## Wellbeing at Aspen

“It is not the strongest or most intelligent who will survive, but those who can best manage change.”

— Charles Darwin

### **A Note for Parents**

You are your child's first and most influential well-being coach. Here are some research-backed ways to support your child's flourishing at home:

#### **Practical strategies for home:**

Ask “How are you feeling?” before “How did you do?”

Protect sleep: 8-10 hours is not a luxury for children, it is a biological necessity.

Create phone-free zones at dinner and before bed to support rest and connection.

Model healthy stress responses – children learn by watching how adults cope.

Celebrate effort, growth and character – not just outcomes.

Let your child fail sometimes. Struggle builds resilience.

Check in regularly and listen without rushing to fix.

### **A Note for Students**

If you're reading this and feeling overwhelmed, burned out, or like you're never doing enough, I want you to know: you are not alone, and you do not have to feel this way forever. Your worth is not your grade. Your value is not your ranking. You are a whole, complex, remarkable person and you deserve to feel well, not just to perform well.

#### **Small habits that make a big difference:**

Get outside for at least 20 minutes every day.

Talk to someone you trust when something is bothering you.

Take breaks during study – your brain needs rest to consolidate learning.

Notice and name your emotions instead of pushing them down.

Do one thing each day that brings you genuine joy.

Remember that asking for help is a sign of strength, not weakness.

Take care of yourselves and each other,

### **Saaniya Kazi**

School Counsellor



# Mother Baby & Child Awards

in association with

**BABY&KIDS**  
**EXP**  **DUBAI**

**WE ARE NOMINATED!**

**Best School**



**iSP**  
International  
Schools  
Partnership

**VOTE NOW**



# A Glimpse Into the Year Ahead

Take a look at the amazing experiences our students enjoyed this year, giving you a glimpse of what your child can look forward to in 2026/2027 Academic Year.

Nursery



FS1



FS2



Year 1



Year 2



Year 3



Year 4



Year 5



Year 6



Year 7



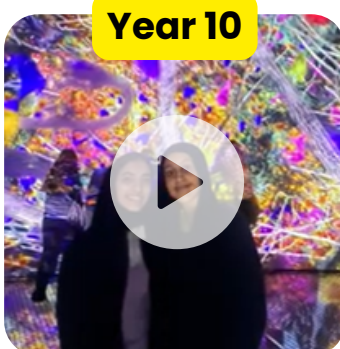
Year 8



Year 9



Year 10



Year 11



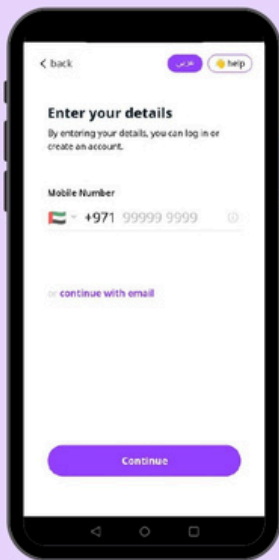


## Step 1

### Login to the zenda app

with the **email ID** or **mobile number** of the **bill payor** registered with the school

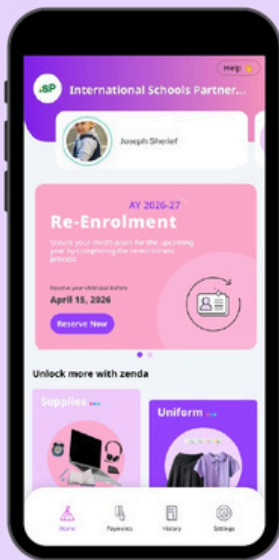
Click on **Continue**



## Step 2

### Click on **Reserve Now**

on the homepage to start the re-enrolment process

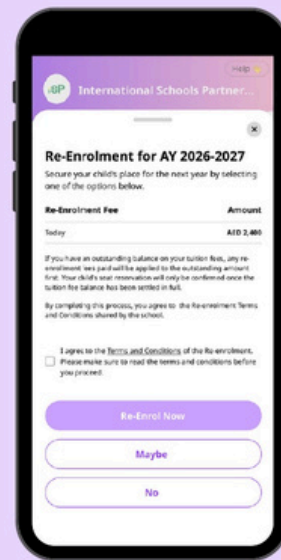


## Step 3

### Review the Terms & Conditions

Click on **Terms and Conditions** link to open the terms and conditions document and review

Close the document post review



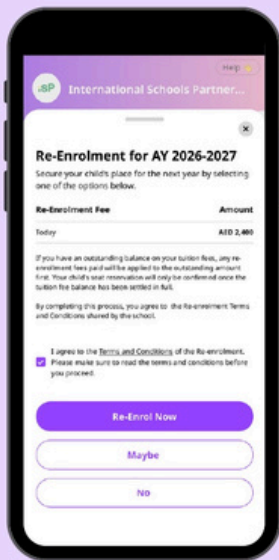
**Re-enrol now**

## Step 4

### Confirm decision

Select the checkbox to agree to the Terms and Conditions

Click on **Re-Enrol Now** to confirm your decision to re-enrol

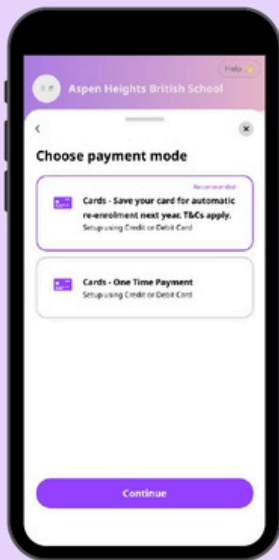


## Step 5

### Make payment

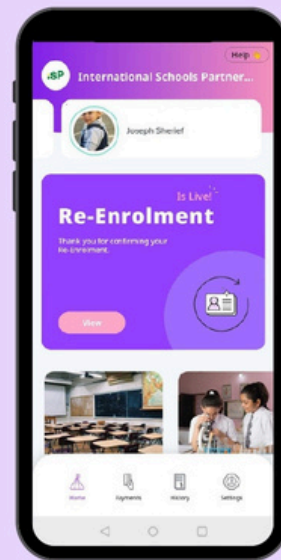
Pay the re-enrolment fees using your preferred payment mode

Choose between the option to **save your card** or make **one time payment**























### Re-enrolment has been successfully completed!

Click on **View** to see the details at any time



# Back to School – Safety Protocol

				Roles and Responsibilities
 <p><b>Stage 1: Before Arrival</b></p> <p><b>No Alert Occurs Procedure:</b></p>  <p>The student leaves home normally with their parent or guardian to begin their journey to school.</p>  <p><b>Sudden Alert In Place Procedure:</b></p> <p>The student must stay home in a safe internal area away from windows; do not send students to school until an "all-clear" message is received.</p> 	 <p><b>Stage 2: Arrival &amp; Handover</b></p> <p><b>No Alert Occurs Procedure:</b></p>  <p>Students enter the building directly; ideally from designated gates. There are no morning assemblies, and gatherings at gates or sidewalks are strictly prohibited.</p>  <p><b>Alert In Place Procedure:</b></p> <p>Parents and students must enter the building immediately if safe to do so; do not wait outside or drop students off in exposed areas.</p> 	 <p><b>Stage 3: Inside School</b></p> <p><b>No Alert Occurs Procedure:</b></p>  <p>Classes continue as usual, but all breaks and activities must be held inside classrooms rather than the courtyard or exposed areas.</p>  <p><b>Alert In Place Procedure:</b></p> <p>All activities stop immediately; students should sit in a low, calm position away from glass while staff work to support their wellbeing.</p> 	 <p><b>Stage 4: Dismissal &amp; Return</b></p> <p><b>No Alert Occurs Procedure:</b></p>  <p>Dismissal is orderly, swift, and staggered. Students are handed over to guardians without crowds forming around the doors, or in corridors. Parents are encouraged to use designated gates for the respective year groups.</p>  <p><b>Alert In Place Procedure:</b></p> <p>Dismissal is suspended immediately; do not evacuate students from the building until the alert is lifted. Parents to collect children <b>only from designated gates</b> for their year groups.</p> 	<p><b>For Parents and Guardians</b></p> <ul style="list-style-type: none"> <li>Do not send students during alerts,</li> <li>Avoid gathering at gates, and treat official school messages as your main reference.</li> </ul> <p><b>For Educational Staff</b></p> <ul style="list-style-type: none"> <li>Guide and organize student movement.</li> <li>Confirm student counts, and prioritise maintaining a calm environment to prevent disorder.</li> </ul> <p><b>For School Management</b></p> <p>During an alert</p> <ul style="list-style-type: none"> <li>Put emergency procedures into action straight away</li> <li>Stop student pick-up and dismissal</li> <li>Inform parents and guardians</li> <li>Make sure students move safely to secure areas</li> <li>Guide and train students on what to do if they need to stay inside or evacuate</li> </ul>
 <p><b>En Route Emergency</b></p> <p>If an alert occurs while traveling, follow official messages immediately and proceed to the nearest safe place or return home.</p>	 <p><b>Gate Safety</b></p> <p>Minimize time spent outside the building and avoid any crowding at school entrances to maintain a clear path for safety.</p>	 <p><b>Shelter Principle</b></p> <p>Indoor sheltering is essential, and all outdoor activities are suspended until the safety situation changes.</p>	 <p><b>Safe Arrival</b></p> <p>If an alert occurs during the handover, move to a safe internal place immediately and avoid standing in exposed areas.</p>	

[See Detailed Parent Guide Here](#) 

A photograph of two children, a girl on the left and a boy on the right, both wearing green and white checkered school uniforms. They are smiling and holding up paper airplanes. The girl's airplane is on the left, and the boy's is on the right. The background is a bright, outdoor setting with wooden beams.

# Early Bird Discount

**7%**

Discount on tuition fees  
if you pay in full by 31st  
May 2026

**5%**

Discount on tuition fees  
if you pay in full by 30th  
June 2026

**3%**

Discount on tuition  
fees if you pay in full  
by 31st July 2026

• T&C's Apply



School  
Scholarships

# SCHOLARSHIPS

## OPEN

Where  
Confidence  
Grows

Extraordinary  
Thrives

Year 7 - Year 12

Scholarships of  
up to 100%





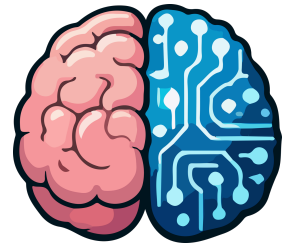
# UAE Wonders

Amazing things you might not know about the UAE



In 2017, the UAE launched its National Strategy for Artificial Intelligence (AI 2031), aiming to position the country as a global leader in AI across sectors like education, healthcare, transport, and energy.

It also became the first country to appoint a Minister of State for Artificial Intelligence, highlighting how seriously it takes future technologies.



## Nature Notes

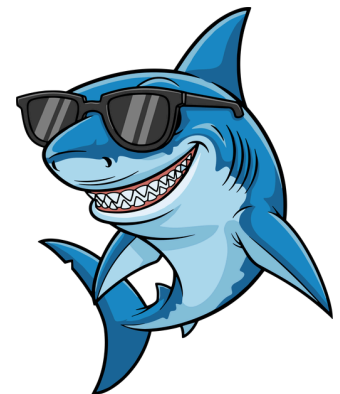
At Aspen we nurture curiosity, responsibility, and a love for the world around us.



Did you know Sharks have been swimming in Earth's oceans for over 400 million years.?

They existed around 50 million years before the first trees appeared. They have survived five mass extinction events, including the one that wiped out the dinosaurs.

One of the oldest and most resilient creatures on our planet, sharks have barely needed to change to survive.



## Dad Jokes

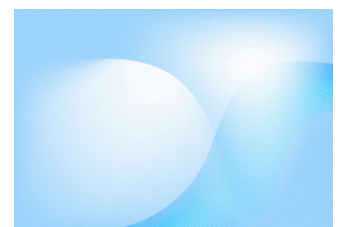
We adore our dads but their jokes are **so bad** they're actually **good**



**Dad:** What's blue and not very heavy?

**Son:** What?

**Dad:** Light blue



# Not just a lanyard... A layer of safety



## KEEPING OUR ASPEN COMMUNITY SAFE

To ensure a safe and secure environment for all students, **we kindly ask that all parents, nannies, and drivers wear their orange School ID lanyard** when entering the campus.

Your cooperation helps us to protect every child.

NEED  
AN  
ID?

[Apply For Yours Here](#)

# az to Speaker Series



**Cybersecurity** - is it really just for tech people?

Julie Madhusoodanan  
Chief Information Security Officer & ISP parent explains how design skills are overtaking coding skills

## About the Series

**The A-Z Speaker Series is an engaging collection of talks designed to empower you and your families with unique insights into various career pathways; and guide you on essential skills your child will need for future success.**

This year, the series includes:

- Parents as industry experts from across 110+ ISP schools
- Talks inspired by WEF Future Trends, linking global insights to real-world stories
- Unique insights for families to navigate the skills of tomorrow
- Future bi-monthly episodes will cover evolving and emerging sectors such as Cybersecurity; Nursing; Energy Transition; and Sales and Marketing. Details of future 2026 episodes will be shared as they are released - watch this space!

# Athletes of the Week



## Primary



*Mariam*

**OUTSTANDING EFFORT IN PUSHING HERSELF DURING BASKETBALL. GREAT EFFORT—KEEP UP THE GOOD WORK!**



*Khalifa*

**FOR EXCELLENT RECALL AND CONSISTENT FOLLOWING OF RULES, SHOWING RESPONSIBILITY BY HELPING TO TIDY UP AND DEMONSTRATING GREAT ENGAGEMENT IN EVERY LESSON.**

## Secondary



*Aamen*

**FOR PERFORMING SOME GREAT SKILLS IN STRIKING AND FIELDING. AN ALL-ROUND GREAT ATTITUDE—WELL DONE!**



*Shaielle*

**FOR HER OUTSTANDING PARTICIPATION, CONSISTENT EFFORT IN EVERY LESSON AND FOR SUPPORTING AND ENCOURAGING OTHERS IN THE CLASS.**





## Cherry Benefits:

- Help your body recover after exercise
- Support a healthy heart
- Contain antioxidants to protect your cells
- Give you natural energy for the day

## Fun Fact:

- Cherries can help your body make melatonin, a hormone that helps you sleep.



# Fruit & Vegetable of the Week

4<sup>th</sup> May - 8<sup>th</sup> May 2026

## Broccoli Benefits:

- Contains vitamin C to fight germs
- Supports your bones with vitamin K
- Helps your tummy stay healthy with fibre
- Protects your body with powerful plant nutrients

## Fun Fact:

- Broccoli is actually a type of flower that we eat before it blooms



# Grow

with Aspen

