

NEWSLETTER



Dear Aspen Family,

As we reach the end of Term 1, I would like to express my sincere gratitude for your support, partnership, and trust in our school. It has been a wonderful term full of learning, achievement, and positive community spirit.

Our students have shown great dedication in their studies this term. They worked hard in their assessments and, more importantly, demonstrated resilience and maturity in using feedback to improve. Their progress, curiosity, and determination have made us all incredibly proud.

أولياء الأمور الكرام:

مع وصولنا إلى نهاية الفصل الدراسي الأول، أود أن أعبر عن خالص امتناني لدعمكم وتعاونكم وثقتكم بمدربنا. لقد كان فصلًا رائعًا مليئًا بالتعلم والإنجاز وروح المجتمع الإيجابية.

لقد أظهر طلابنا هذا الفصل التزامًا كبيرًا في دراستهم. عملوا بجد في تقييماتهم، والأهم من ذلك أنهم أظهروا قدرة على التكيف والنضج لتحسين أدائهم. لقد جعلنا تقدمهم وفضولهم وإصرارهم فخورين للغاية.



Your Opinion Matters

You said:

Families shared the importance of ensuring that any move towards co-education in Secondary is introduced with careful planning and full consideration of the cultural expectations of the UAE.

We did:

We have decided not to begin co-education in Term 2, allowing us more time to refine our approach, strengthen our systems, and ensure that the implementation reflects the highest standards of care, respect, and cultural understanding.

As we move into the winter break, students in our examination year groups have received personalised learning plans and study guidance. These are designed to help them focus on key areas while continuing to build confidence for their next assessment milestones. All students, regardless of year group, are encouraged to remain engaged with reading, independent learning, and practising skills developed this term. At the same time, we strongly value balance – rest, family connection, and reflection are equally important for wellbeing and success.

ومع بدء إجازة الشتاء، تلقى طلاب مجموعات صفوف الامتحانات خططًا تعليمية شخصية وإرشادات دراسية تهدف إلى مساعدتهم على التركيز على الجوانب الأساسية وبناء مزيد من الثقة قبل محطات التقييم القادمة. كما نشجع جميع الطلاب، بغض النظر عن صفوفهم، على الاستمرار في القراءة والتعلم المستقل وممارسة المهارات التي طوّرت خلال هذا الفصل. وفي الوقت نفسه، نؤكد على أهمية التوازن – فالراحة والتواصل الأسري والتأمل عناصر أساسية للرفاهية والنجاح.

On a personal note, I will be staying in Abu Dhabi over the winter break and I am excited to explore and appreciate the rich culture, nature, and heritage of this incredible country – from the beauty of Saadiyat's coastline to landmarks such as the Sheikh Zayed Grand Mosque. I am also planning to stay active, spend quality time with my family, and perhaps even enjoy a round of golf with friends!

وعلى الصعيد الشخصي، سأبقى في أبوظبي خلال إجازة الشتاء، وأنا متحمس لاستكشاف وتقدير الثقافة الغنية والطبيعة والتراث في هذا البلد الرائع – من جمال ساحل السعديات إلى معالم مثل جامع الشيخ زايد الكبير. كما أخطط للبقاء نشيطًا وقضاء وقت ممتع مع عائلتي، وربما الاستمتاع بجولة غولف مع الأصدقاء!

Looking ahead, Term 2 promises to be another exciting and purposeful chapter in the year. Some key events and celebrations our students can look forward to include:

- Science Fair
- Future Pathways Week
- Safer Internet Week
- Book Fair – 26th to 30th January
- International Day

يعد الفصل الدراسي الثاني بأن يكون فصلًا مميزًا وهادفًا في هذا العام. ومن أبرز الفعاليات والاحتفالات التي يمكن لطلابنا المشاركة فيها:

- معرض العلوم
- أسبوع المسارات المستقبلية
- أسبوع الإنترنت الآمن
- معرض الكتاب – من 26 إلى 30 يناير
- اليوم العالمي

These events will provide inspiring opportunities for students to showcase their talents, explore future ambitions, celebrate cultures, and strengthen their digital citizenship and love of learning.

Wishing all of our families a peaceful, safe, and joyful winter break. Thank you once again for your ongoing support. We look forward to welcoming everyone back refreshed and ready for an amazing Term 2 ahead.

ستوفر هذه الفعاليات فرصًا ملهمة للطلاب لعرض مواهبهم، واستكشاف طموحاتهم المستقبلية، والاحتفال بالثقافات، وتعزيز مواطنتهم الرقمية وحبهم للتعلم. أمنى لجميع عائلاتنا إجازة شتوية هادئة وآمنة ومليئة بالفرح. شكرًا لكم مرة أخرى على دعمكم المستمر. ونتطلع إلى استقبال الجميع بعد الإجازة، بنشاط متجدد واستعداد لفصل دراسي ثانٍ مميز.

With best wishes for a relaxing winter break ahead

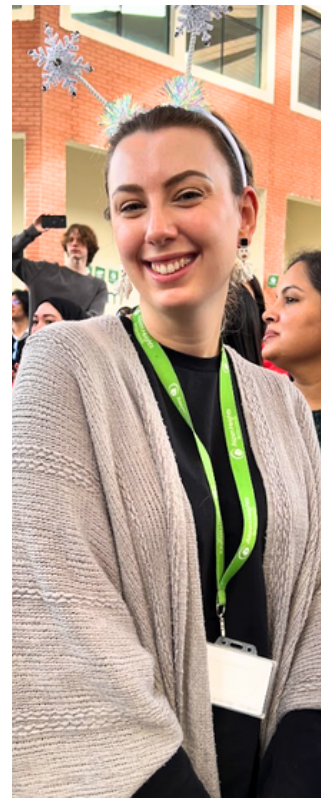
Andrew Durcan
Secondary Headteacher



Meet our Aspen Family

[Click here to see who's who in the school](#)









Holiday Safety – A Message from the Pastoral Lead

**By Asha Ibrahim –
Pastoral Lead**

Dear Aspen Family,

As we approach the winter break, I would like to take a moment to remind our families about the importance of keeping our students safe, healthy, and well-supported during this period. While the break offers valuable time for rest, travel, and family activities, it also brings changes in routine and increased free time. This makes it the perfect opportunity to reinforce a few key safety reminders.

1. Online Safety

With more time at home, students may spend longer periods online. Please encourage your child to use devices in shared family spaces and avoid sharing personal information or engaging with unknown individuals. Regular conversations about responsible online behaviour, privacy, and reporting concerns can help keep them safe.

2. Community Safety & Socialising

Whether students are meeting friends, attending activities, or visiting local attractions, it's important they:

- Inform a trusted adult where they are going and who they are with
-
- Stay in well-populated, supervised areas
-
- Keep their phone fully charged and switched on
- Students should also be reminded to move in pairs or small groups when possible to stay safe and confident in public spaces.

3. Travel Safety & Outdoor Awareness

For families travelling or exploring the UAE, a few simple habits can prevent avoidable accidents. Students should wear seatbelts at all times, stay hydrated—especially during outdoor activities—and follow safety instructions at parks, beaches, and recreational facilities. Younger children may need additional reminders to stay close to adults in busy public areas.

4. Health & Emotional Wellbeing

The winter break is a fantastic chance for students to rest and recharge. Encourage a balance of activities, downtime, and good sleep routines. Some children may feel unsettled by changes in structure or environment, so regular check-ins and open conversations about their feelings can provide reassurance. Maintaining a calm daily routine can support their overall wellbeing.

5. Preparing for the New Term

A successful return to school begins with a smooth, well-paced final few days of the break. Re-establishing sleep routines, light reading, and gentle organisation can help students start the new term feeling prepared, positive, and ready to learn.

On behalf of the pastoral team, I wish all our families a safe, enjoyable, and restorative winter break



السلامة في العطلة - رسالة من قائدة الرعوية



بقلم آشا إبراهيم - قائدة الرعوية

أولياء الأمور الكرام:
مع اقتراب إجازة الشتاء، أرغب في تذكير عائلاتنا بأهمية الحفاظ على سلامة طلابنا وصحتهم ودعمهم خلال هذه الفترة. فالإجازة تمنح وقتًا ثمينًا للراحة والسفر والأنشطة العائلية، لكنها قد تتضمن أيضًا تغييرًا في الروتين ووقتًا إضافيًا للفراغ. لذا فهي فرصة مناسبة لتعزيز بعض الإرشادات المهمة المتعلقة بالسلامة

1. السلامة الرقمية

مع توفر وقت أطول في المنزل، قد يقضي الطلاب فترات أطول على الإنترنت. نرجو منكم تشجيع أبنائكم على استخدام الأجهزة في أماكن مشتركة داخل المنزل، وتجنب مشاركة المعلومات الشخصية أو التواصل مع أشخاص غير معروفين. يمكن أن تساعد المحادثات المنتظمة حول السلوك المسؤول عبر الإنترنت والخصوصية والإبلاغ عن أي مخاوف في الحفاظ على سلامتهم.

2. السلامة المجتمعية والتواصل الاجتماعي

سواء كان الطلاب يلتقون بالأصدقاء، أو يشاركون في أنشطة، أو يزورون أماكن محلية، فمن المهم أن يقوموا بما يلي:
إبلاغ شخص بالغ موثوق بمكان ذهابهم ومن يرافقهم

البقاء في أماكن مأهولة وتحت إشراف

الحفاظ على الهاتف مشحونًا ومفتوحًا

كما ينبغي تذكير الطلاب بالتحرك مع أصدقاء أو مجموعات صغيرة قدر الإمكان لتعزيز سلامتهم وثقتهم في الأماكن العامة.

3. سلامة السفر والوعي في الأماكن الخارجية

للأسر التي تسافر أو تستكشف دولة الإمارات، يمكن لبعض العادات البسيطة أن تمنع الحوادث. يجب على الطلاب ارتداء حزام الأمان دائمًا، وشرب الماء بانتظام — خاصة أثناء الأنشطة الخارجية — واتباع تعليمات السلامة في الحدائق والشواطئ والمرافق الترفيهية. وقد يحتاج الأطفال الأصغر سنًا لتذكيرات إضافية بالبقاء بالقرب من البالغين في الأماكن العامة المزدهمة.

4. الصحة والرفاهية العاطفية

تُعد إجازة الشتاء فرصة رائعة للراحة واستعادة النشاط. شجعوا أبنائكم على تحقيق توازن بين الأنشطة والاسترخاء والنوم الجيد. قد يشعر بعض الأطفال بعدم الارتياح نتيجة تغيير الروتين أو البيئة، لذا فإن المتابعة المستمرة والمحادثات المفتوحة حول مشاعرهم قد تمنحهم الطمأنينة. ويساعد الحفاظ على روتين يومي هادئ في دعم صحتهم العامة ورفاهيتهم.

5. الاستعداد للفصل الدراسي الجديد

تبدأ العودة الناجحة إلى المدرسة بأيام أخيرة هادئة ومنظمة من الإجازة. إعادة ضبط مواعيد النوم، القراءة الخفيفة، وتنظيم المستلزمات تساعد الطلاب على بدء الفصل الدراسي الجديد وهم مستعدون وإيجابيون وعلى أتم استعداد للتعلم. وبالنيابة عن فريق الرعاية الطلابية، أتمنى لجميع عائلاتنا إجازة شتوية آمنة وممتعة ومليئة بالراحة واستعادة النشاط



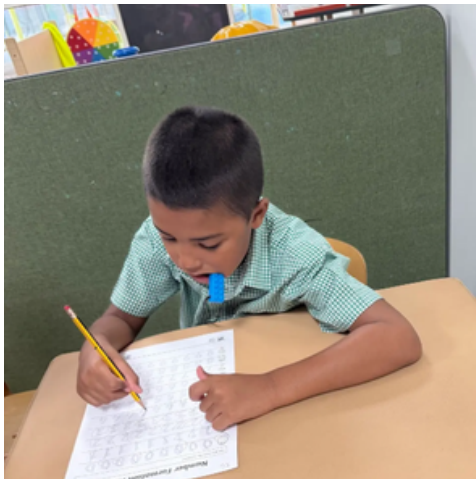


Highlights From Oasis Classroom

By Zoe Hopkins -
EYFS/KS1 Inclusion Lead

Dear Aspen Family,

This term, the Oasis Class has been working hard on developing communication and social skills, building confidence through shared activities and structured group time. The students enjoyed exciting trips, including a fun filled visit to the Snow Park and an engaging day at the zoo, where they explored new environments and practised their skills in the community. They also loved spending time with Noodle the reading dog, which helped support calm, positive reading experiences. The class embraced National Day celebrations with enthusiasm, joining in activities that promoted community and cultural pride. Overall, it has been a term full of excellent learning, progress, and memorable moments.



UAE Wonders

Amazing things you might not know about the UAE



Did you know?

The lowest temperature ever recorded in the UAE, including in a low-lying area, was $-2\text{ }^{\circ}\text{C}$, measured in 2021 in Raknah, Al Ain?



Nature Notes

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

Pistachios are technically seeds, not nuts, as they come from the centre of a fruit. They grow on small, hardy trees that thrive in hot, dry climates and can live for centuries.

They're also known as the "smiling nut" in many Middle Eastern cultures because the shell naturally splits open, resembling a grin.



Dad Jokes

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



Dad: When does a joke become a dad joke?

Daughter: When?

Dad: When the punchline becomes 'apparent'!





Safeguarding in the Community – Staying Safe on the Move

Safeguarding at Aspen

Every journey matters. Every seatbelt counts.

At Aspen Heights British School, safeguarding extends far beyond our gates. Keeping children safe is a shared responsibility, and one key area where we can all make a difference is vehicle safety. Every day, hundreds of our pupils travel to and from school by car, bus, or taxi and it's vital that every journey is a safe one.

Seat Belts Save Lives

Children should always travel in the back seat, wear their seat belt properly, and remain seated throughout the journey. Even a short drive requires the same care and attention as a long one. Studies show that a correctly worn seat belt reduces the risk of serious injury by more than half – yet this only works if children are buckled up every single time.

Please also ensure that younger children use an age-appropriate car seat or booster until they meet the height and weight requirements. Remind older pupils that leaning forward, standing up, or sitting on knees can cause serious harm if the car stops suddenly.

Safe Driving Habits

Drivers have a crucial role too. Avoid distractions – phones, messages, or quick stops near crossings – and always use the designated drop-off zones. A few extra seconds of patience can prevent a lifetime of regret.

Learning Beyond the Classroom

Our pastoral and safeguarding teams continue to teach pupils about personal safety and responsible travel through assemblies and PSHE lessons. However, the habits formed at home are the ones that last.

By working together, we can make sure every child's journey to school is as safe as the learning that happens within it.

Together, we keep our children safe – in school, in the community, and on the road.

Warm regards,

Mr Jack Henderson

Assistant Head of Primary, DDSL



Athletes of the Week



Primary



Maitha



Saeed

Secondary



Zayed



Nisrin





Pineapple Benefits:

- Contains vitamin C to boost your immune system
- Has bromelain, an enzyme that helps your body break down food
- Supports healthy skin with antioxidants

Fun Fact:

- *Pineapples don't grow on trees. They grow on a small plant close to the ground.*



Fruit & Vegetable of the Week

24th November – 5th December 2025



Peas Benefits:

- A great source of plant protein for growth and muscles
- Provide vitamin B1, which helps your body turn food into energy
- Support your heart with plant nutrients

Fun Fact:

- *The world record for the fastest time to eat a bowl of peas with chopsticks is 7.56 seconds*





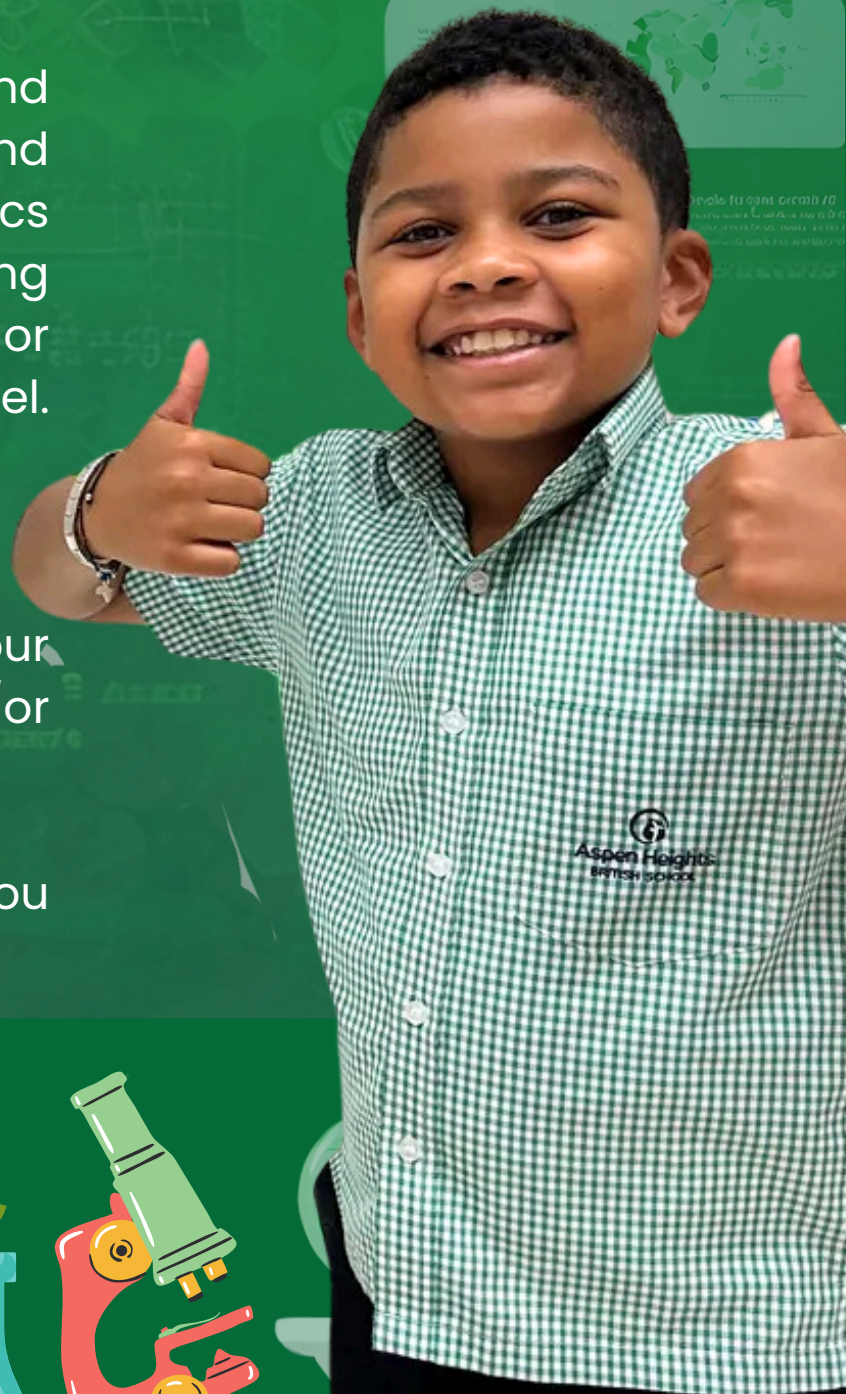
Aspen Heights
BRITISH SCHOOL

SCIENCE FAIR

THURSDAY
8TH JANUARY
2026

Create a captivating poster and model or design around science or sustainability topics such as reducing waste, saving energy, or helping our planet, or building a sustainable model. Remember to include:

- A catchy title
- A prediction (hypothesis)
- Method for carrying your experiments/or building your sculpture
- Materials used
- Conclusion - what did you learn/ find out?





PRIMARY LEADERSHIP BREAKFAST

Friday, 16th January 2026

8:00 – 9:00am

Join us for a special morning with our Primary leadership team as we look ahead to the exciting opportunities coming next academic year. This session will give families a glimpse into new developments, key milestones, and what our learners can look forward to as they continue their journey at Aspen Heights British School.

REGISTER

EARLY YEARS LEADERSHIP BREAKFAST

Friday,
23rd January 2026
8:00 – 9:00am

Key Highlights

- Insights into next year's EYFS curriculum
- Upcoming learning experiences and milestones
- Opportunities for parent engagement
- A chance to meet and hear from our EYFS & Year 1 leaders

REGISTER



2025/2026 ACADEMIC YEAR

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