

NEWSLETTER

Welcome back
we've missed you!



Dear Parents, Staff, and Students,

It has been a real pleasure to welcome everyone back to school this week following the Winter Break. Although there were a few sleepy faces on Monday morning, our corridors quickly filled with energy, laughter, and the joyful chatter of friends sharing stories of their holidays.

أولياء الأمور الكرام، وأعضاء الهيئة التدريسية، وطلابنا الأعزاء،

يسعدنا كثيرًا أن نرحب بكم جميعًا مجددًا في المدرسة مع بداية هذا الأسبوع، بعد انتهاء عطلة الشتاء. ورغم بعض ملامح النعاس التي بدت على الوجوه صباح يوم الاثنين، سرعان ما عادت أروقة مدرستنا لتنبض بالحياة، وتمتلئ بالطاقة والضحكات، وبأحاديث الأصدقاء وهم

Your Opinion Matters

You said:

You'd like more opportunities to connect with other families within our school community.

We did:

Through our upcoming International Day, we are creating spaces for families to come together, celebrate shared cultures, and build meaningful connections. Parents will have the opportunity to meet dedicated teachers and connect with other families who share similar cultural backgrounds, strengthening our sense of belonging and community.



This has been an exceptionally busy and exciting start to the term. We were delighted to welcome new families and new members of staff to our community, to open new senior leader offices strategically positioned to better support students and staff, and to host a facilities photo shoot showcasing our impressive specialist provision.

لقد كانت بداية هذا الفصل الدراسي حافلة بالنشاط والإثارة بشكل استثنائي. سعدنا باستقبال عائلات جديدة وأعضاء جدد من الكادر التدريسي في مجتمعنا، وافتتاح مكاتب جديدة لكبار القادة في مواقع استراتيجية لدعم الطلاب والموظفين بشكل أفضل، واستضافة جلسة تصوير للمرافق لعرض خدماتنا المتخصصة والتميزة.

I had two personal highlights this week. Firstly, we officially opened our brand-new Sixth Form Study - a dedicated silent study space for our Year 12 and Year 13 students to revise, complete homework, and prepare for examinations. Sixth Form students now wear bespoke purple lanyards, providing them with exclusive access to this space, and they also have the added privilege of using the Aspen Coffee Shop in the main reception.

My second highlight was our Science Fair. The quality of the projects researched, created, and presented by our Primary students was outstanding. It was a joy to see students and staff alike visiting the main hall to learn more about sustainability and the ways in which we can all play a role in protecting our beautiful planet.

شهدتُ حدثين مميزين هذا الأسبوع. أولهما، افتتاحنا الرسمي لمركز دراسة طلاب المرحلة الثانوية الجديد كلياً - وهو مساحة مخصصة للدراسة الهادئة لطلاب الصفين الثاني عشر والثالث عشر للمراجعة وإنجاز الواجبات المنزلية والاستعداد لامتحانات. يرتدي طلاب المرحلة الثانوية الآن بطاقات تعريفية أرجوانية اللون، تمنحهم دخولاً حصرياً إلى هذه المساحة، كما يتمتعون أيضاً بميزة إضافية وهي استخدام مقهى أسبن في مكتب الاستقبال الرئيسي.

ثاني أبرز ما أعجبني كان معرض العلوم. لقد كانت جودة المشاريع التي بحثها طلاب المرحلة الابتدائية، وأبدعوها، وقدموها رائعة. كان من دواعي سروري أن أرى الطلاب والمعلمين على حد سواء يزورون القاعة الرئيسية للتعرف أكثر على الاستدامة وكيف يمكننا جميعاً المساهمة في حماية كوكبنا الجميل.

Looking ahead, we have many exciting events planned, including International Day on Friday 13th February. Further details will be shared in the coming weeks. There will be lots of opportunities for families to get involved, and we warmly encourage you to sign up and celebrate your home country's culture, heritage, and food with us.

Thank you to everyone for the energy and enthusiasm you have brought back to school this week. Returning to routines and early mornings is never easy, but your positivity and determination are a wonderful reminder of the fantastic year we have ahead.

Wishing you all a restful and relaxing weekend.

نتطلع إلى المستقبل، ولدينا العديد من الفعاليات المميزة المخطط لها، بما في ذلك اليوم العالمي يوم الجمعة 13 فبراير. سنشارككم المزيد من التفاصيل في الأسابيع القادمة. ستتاح فرص عديدة للعائلات للمشاركة، ونشجعكم بحرارة على التسجيل والاحتفال معنا بثقافة بلدكم وتراثه ومأكولاته.

شكراً لكم جميعاً على الطاقة والحماس اللذين أضفتمهما على المدرسة هذا الأسبوع. إن العودة إلى الروتين والاستيقاظ مبكراً ليس بالأمر السهل، لكن إيجابيتكم وعزيمتكم تُذكرنا بعام دراسي رائع ينتظرنا.

نتمنى لكم جميعاً عطلة نهاية أسبوع هادئة ومريحة.

With best wishes for a relaxing winter break ahead

Gillian Hammond
Principal



Meet our Aspen Family

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





The Importance of Setting Goals and Targets

**By Haya Waheed -
Arabic Senior Leader**

Dear Aspen Family,

Setting goals and targets for your children is one of the most important steps toward success and progress in personal, educational, and professional life. Goals give us clear direction, help us organize our time and efforts, and increase motivation to achieve success.

When students set clear goals, they become more focused and responsible. They also learn important skills such as planning and decision-making. Setting goals helps students monitor their progress and evaluate their performance, which builds self-confidence and encourages perseverance.

In addition, breaking big goals into smaller, achievable targets makes them easier and more realistic to accomplish. This develops a sense of achievement and gradual success. Families and schools play an important role in supporting children to set appropriate goals based on their age and abilities and to follow up on their progress positively.

In conclusion, setting goals and targets is a key to success and continuous development. It helps individuals build a better future based on planning, ambition, and hard work.

يُعدّ تحديد الأهداف والغايات من أهم الخطوات التي تساعد الفرد على النجاح والتقدم في حياته الشخصية والتعليمية والمهنية. فالأهداف تمنحنا اتجاهًا واضحًا، وتساعدنا على تنظيم الوقت والجهد، وتزيد من الدافعية لتحقيق الإنجاز.

عندما يحدد الطالب أهدافه بشكل واضح، يصبح أكثر قدرة على التركيز وتحمل المسؤولية، كما يتعلم مهارة التخطيط واتخاذ القرار. ويساعده ذلك على متابعة تقدمه وتقييم أدائه باستمرار، مما يعزز ثقته بنفسه ويشجعه على المثابرة.

كما أن تقسيم الأهداف الكبيرة إلى أهداف صغيرة قابلة للتحقيق يجعل الوصول إليها أسهل وأكثر واقعية، ويُنمّي لدى الطالب الشعور بالإنجاز والنجاح التدريجي. وتلعب الأسرة والمدرسة دورًا مهمًا في دعم الأطفال على وضع أهداف مناسبة لأعمارهم وقدراتهم، ومتابعة تحقيقها بطريقة إيجابية.

وفي الختام، فإن تحديد الأهداف والغايات يُعدّ مفتاحًا للنجاح والتطور المستمر، ويساعد الأفراد على بناء مستقبل أفضل قائم على التخطيط والطموح والعمل الجاد



UAE Wonders

Amazing things you might not know about the UAE



Did you know?

The United Arab Emirates is home to the world's first seven-star hotel, the Burj Al Arab, and also has one of the world's fastest-growing skylines – transforming from desert to a global hub in just over 50 years.



Nature Notes

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

Coral reefs support around 25% of all marine life, despite covering less than 1% of the ocean floor. They provide food, shelter, and breeding grounds for thousands of species, making them one of the most diverse and important ecosystems on Earth.

We can help protect coral reefs by reducing plastic use, choosing reef-safe sunscreen, conserving water, and supporting efforts that protect our oceans and marine life.



Dad Jokes

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



Dad: What did one plate say to another plate?

Daughter: What?

Dad: Dinner's on me tonight!





How Creativity and Play Boost Student Wellbeing

Wellbeing at Aspen

Between assignments, exams, and busy schedules, secondary students often forget the importance of simply having fun. Yet, engaging in creative activities such as games, art, or crafts can do wonders for their wellbeing, focus, and overall happiness.

Fun activities aren't just a break from studying; they're a way to refresh the mind. Creative tasks such as painting, designing, or crafting help students express their emotions and reduce stress. These activities trigger positive feelings and provide a healthy outlet for self-expression, which is essential during the teenage years.

In my enrichment classes, I always make sure students have opportunities to unwind, connect, and create. We play different types of games and make arts and crafts such as friendship bracelets and origami. We also enjoy group challenges like board games and crossword puzzles that strengthen teamwork and problem-solving skills. During exam season, our sessions shift to focus on revision, helping students prepare effectively while still maintaining a calm and supportive atmosphere.

Group games and art projects encourage teamwork and connection. Working with classmates helps students build communication skills, make new friends, and strengthen their sense of belonging, which is vital for emotional health and confidence.

Most importantly, completing a creative project or taking part in a fun group activity builds self-esteem. It reminds students that success isn't only measured by grades but also by effort, collaboration, and joy in learning.

Taking time to play, create, and connect helps students find balance. It gives them the mental space to recharge and return to academic work with clearer focus and renewed motivation. Creativity and play aren't distractions from learning, they're an essential part of it.



Warm regards,
Ayesha Alfalasi
Pastoral Assistant





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

12th January - 16th January 2026



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*





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



2026/2027 ACADEMIC YEAR

**SIBLING
APPLICATIONS**

NURSERY(FS1) -YEAR 13

NOW OPEN!

**5% SIBLING
DISCOUNT**



Opportunity for Inclusive Sports Programmes Out of School

Dear families,

P.O.D Sports offers engaging, inclusive, and high-quality sporting opportunities that encourage every child to reach their potential outside of school. Carefully structured sessions in sports such as swimming, sailing, padel, football, and private 1-to-1 sessions focus on building confidence, social skills, teamwork, and enjoyment within a supportive environment that meets each participant's individual needs. As an Abu Dhabi government-approved Social Contribution Enterprise, P.O.D Sports is proud to promote inclusion, wellbeing, and community through sport.



Join the P.O.D Sports community, empowering individuals through inclusive sport programmes.



P.O.D Sports

Our Sessions:

● Padel Tennis

Sunday 11:30AM

Join our Padel sessions to build hand-eye coordination while playing fun games and making friends.

● Swimming

Monday 5PM

Join our swimming sessions to build water confidence, develop skills, and make friends.

● Football

Tuesday 5PM

Join our football sessions to score goals, learn new skills, and make friends.

● 1-1 Sessions

Flexible times and dates

You decide the session, tell us what you enjoy, and we'll make it happen!

For more details
Details:

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**Contact us
for more info!**



SAILING & GYMNASTICS

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