

NEWSLETTER



Dear Aspen Family,

Happy New Year! I have absolutely loved seeing the children over the last few weeks who are excited to be back at school and learning. As we kick off the new term, there have been lots of amazing things happening or being planned for.

As 2026 is here we would like to ensure that we continue to enhance our strong sense of community and this begins with simple daily moments. We continue to encourage everyone - children, families, and staff - to greet one another and take time to speak with members of our school community throughout the day, especially during the morning drop-off. These small interactions help create a welcoming atmosphere, strengthen relationships, and ensure that everyone feels seen, valued, and connected from the very start of the day.

مجتمع آسبن الأعزاء،
كل عام وأنتم بخيرا! يسعدني كثيرا رؤية الطلاب خلال الأسابيع القليلة الماضية وهم متحمسون للعودة إلى المدرسة والتعلم. ومع انطلاق الفصل الدراسي الجديد، هناك العديد من الأمور الرائعة التي تحدث حاليًا أو يجري التخطيط لها.



Your Opinion Matters

You said:

You would like more guidance to understand GCSE options and subject pathways.

We did:

We hosted our Year 9 Options Evening, equipping parents with clear, practical information to support informed decision-making as students prepare for this important next stage.

ومع دخول عام 2026، نحرص على الاستمرار في تعزيز روح المجتمع القوية التي نتميز بها، وبيدأ ذلك من اللحظات اليومية البسيطة. نواصل تشجيع الجميع، الأطفال، العائلات، والموظفين على تبادل التحية وأخذ الوقت للتحدث مع أفراد مجتمع المدرسة على مدار اليوم، وخاصة خلال فترة الحضور الصباحية. فهذه التفاعلات الصغيرة تسهم في خلق أجواء ترحيبية، وتعزيز العلاقات، وضمان شعور الجميع بأنهم موضع تقدير واهتمام ومتصلين بالمجتمع منذ بداية اليوم.

Our Year 6 children have attended their first Primary school residential, where they experienced an amazing overnight stay in Ras Al Khaimah - a significant milestone for both our pupils and the school. Throughout the residential, students have taken part in a range of exciting activities. They completed obstacle courses, worked in teams to design and build their own courses, and raced against their peers using excellent teamwork and communication skills. Another activity focused on learning how to safely build a fire for emergency situations and, just as importantly, how to extinguish it in the desert using available resources - something that proved much harder than it first appeared! Students also used bamboo to build a tent and had to decide whether their structure was safe and sturdy enough for someone to use. Overall, the students are having the best time and are developing valuable skills in independence, resilience, and teamwork along the way. We are now getting ready for lights out, completing our nightly routines before a busy morning ahead. Thank you families for supporting us in this opportunity.

شارك طلاب الصف السادس في أول إقامة مدرسية لهم في المرحلة الابتدائية، حيث عاشوا تجربة مبيت رائعة في رأس الخيمة، وهي محطة مهمة لكل من طلابنا والمدرسة. وخلال هذه الإقامة، شارك الطلاب في مجموعة متنوعة من الأنشطة المشوقة. فقد أتموا مسارات تحدّ، وعملوا ضمن فرق لتصميم وبناء مساراتهم الخاصة، وتنافسوا مع أقرانهم مستخدمين مهارات ممتازة في العمل الجماعي والتواصل. كما ركّز أحد الأنشطة على تعلّم كيفية إشعال النار بأمان في حالات الطوارئ، والأهم من ذلك كيفية إطفائها في الصحراء باستخدام الموارد المتاحة، وهو أمر تبين أنه أصعب مما كان متوقعًا في البداية! كذلك استخدم الطلاب الخيزران لبناء خيمة، وكان عليهم تقييم ما إذا كان الهيكل آمنًا وقويًا بما يكفي لاستخدامه. وبشكل عام، يقضي الطلاب وقتًا ممتعًا للغاية، ويطوّرون مهارات قيّمة في الاستقلالية والمرونة والعمل الجماعي. ونحن الآن نستعد لإطفاء الأنوار، واستكمال الروتين المسائي استعدادًا لإصباح حافلٍ بالنشاط. نشكر العائلات على دعمهم لنا في إتاحة هذه الفرصة.

Alongside this, planning is well underway for International Day on Friday 13th of February. This much loved event celebrates the rich diversity within our community and offers children the chance to explore cultures, traditions, languages, and global perspectives in meaningful and engaging ways. Please see below the communication that has been sent to families for you to review. We look forward to welcoming families to be part of this celebration.

We are delighted to have welcomed new families to our Aspen community, and I would like to take this opportunity to remind our existing families to please ensure that you have arranged and collected your 'Pick Up Passes'. These passes should be distributed amongst any authorised adult collecting your child within the family. It is really important that you have these passes to hand when collecting your child, as you will be asked for this from members of our Security team.

وبالتوازي مع ذلك، يجري التخطيط على قدم وساق لمناسبة اليوم العالمي الذي سيُقام يوم الجمعة 13 فبراير. يحتفي هذا الحدث المحبوب بالتنوع الغني داخل مجتمعنا، والذي يمنح الأطفال فرصة استكشاف الثقافات والتقاليد واللغات ووجهات النظر العالمية بطرق هادفة وتفاعلية. يرجى الاطلاع أدناه على الرسالة التي أرسلت إلى العائلات للمراجعة. ونتطلع إلى الترحيب بالعائلات للمشاركة في هذا الاحتفال.

يسرّنا الترحيب بالعائلات الجديدة في مجتمع آسبن، وأودّ أن أنتهز هذه الفرصة لتذكير عائلاتنا الحالية بضرورة التأكد من ترتيب واستلام «تصاريح الاستلام». يجب توزيع هذه التصاريح على أي شخص بالغ مخوّل باستلام الطلاب من أهلهم. من المهم جدًا حمل هذه التصاريح عند استلام أبنائكم، حيث سيطلب إبرازها من قبل فريق الأمن.



We would like to politely remind our community that, while we share a strong sense of care and compassion, animals should not be dropped off or left on the Aspen Heights campus. For the safety and wellbeing of our students, staff, and the animals themselves, the school is unable to accommodate any additional pets on site. We kindly ask parents to seek appropriate local animal welfare services if they are concerned about an animal in need. Thank you for your understanding and for helping us maintain a safe and secure environment for everyone in our community.

كما نودّ أن نذكّر مجتمعنا الكريم أنه، وعلى الرغم من روح الرعاية والتعاطف التي تجمعنا، لا يُسمح بترك أو إحضار الحيوانات إلى حرم مدرسة آسبن هايتس. وحرصًا على سلامة ورفاهية طلابنا وموظفينا والحيوانات نفسها، لا يمكن للمدرسة استضافة أي حيوانات إضافية في الموقع. نرجو من أولياء الأمور التواصل مع الجهات المحلية المختصة برعاية الحيوانات في حال وجود حيوان بحاجة للمساعدة. شكرًا لتفهمكم وتعاونكم في الحفاظ على بيئة آمنة للجميع.

Wishing you all a lovely weekend ahead.

نتمنى لكم جميعًا عطلة نهاية أسبوع سعيدة،
مع أطيب التحيات،

Charlotte Clark
Head Teacher EYFS and Primary

الآنسة كلارك



**Meet our Aspen
Family**

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





Why School Trips Are Vital

**By Rika Van Aswegen -
Head of Enrichment**

I was 17 years old the first time I organised a school trip. I was studying Travel & Tourism and felt my classmates and I deserved a proper traveling experience beyond simply learning about it in the classroom. With my teacher's permission to use the staffroom phone, I booked the accommodation, arranged transport and catering and worked out the fuel budget. We spent three nights on the south coast of Natal, South Africa. We had a wonderful time, but more importantly, we bonded as a group and made memories that last a lifetime.

When I look back on my own school years, I do not remember much of the prescribed reading, and I certainly cannot do most of the maths anymore (don't even ask me what Pi is used for). What I do remember clearly are the school trips, not just for the fun, but for the friendships that were formed and strengthened.

This is something I still see as a teacher today. School trips allow students and teachers to connect in ways that are not possible within the four walls of a classroom. They reveal different sides of students, their leadership, kindness, resilience and curiosity, and help build stronger relationships that have a real impact on engagement and learning back at school.

Research also supports the value of learning outside the classroom. Educational visits are shown to improve motivation, confidence and social skills, and to help students remember what they have learned for longer. They also help develop independence, responsibility and teamwork, all essential life skills.

Above all, I believe that making school enjoyable is one of the most powerful ways to keep students motivated. Years from now, our students may not remember every lesson, but they will remember how school made them feel, and very often, it is the school trips that stay with them the longest.



لماذا تُعدّ الرحلات المدرسية ضرورية



بقلم ريكا فان أسويخن
رئيس قسم الإثراء

كنتُ في السابعة عشرة من عمري عندما نَظِّمْتُ أول رحلة مدرسية لي. كنت أدرس السفر والسياحة، وشعرتُ أنني أنا وزملائي نستحق تجربة سفر حقيقية تتجاوز مجرد التعلّم عنها داخل الصف. وبموافقة معلمي على استخدام هاتف غرفة المعلمين، قمت بحجز مكان الإقامة، وتنظيم المواصلات والوجبات، وحساب ميزانية الوقود. أمضينا ثلاث ليالٍ على الساحل الجنوبي لإقليم ناتال في جنوب أفريقيا. قضينا وقتًا رائعًا، ولكن الأهم من ذلك توطد علاقتنا كمجموعة وصنعنا ذكريات تدوم مدى الحياة.

عندما أنظر إلى سنوات دراستي، لا أتذكر الكثير من القراءات المقررة، وبالتأكيد لم أعد قادرة على حل معظم مسائل الرياضيات (ولا تسألوني حتى عمّا يُستخدم العدد « Pi » من أجله). ما أتذكره بوضوح هو الرحلات المدرسية، ليس فقط للمتعة، بل للصدقات التي تكوّنت خلالها وتعززت مع مرور الوقت.

وهذا الأمر ما زلت ألاحظه اليوم في عملي كمعلمة. فالرحلات المدرسية تتيح للطلاب والمعلمين التواصل بطرق لا يمكن تحقيقها داخل جدران الصف الأربعة. فهي تكشف جوانب مختلفة من شخصيات الطلاب، مثل القيادة، واللطف، والمرونة، والفضول، وتساعد على بناء علاقات أقوى لها تأثير حقيقي في مستوى التفاعل والتعلّم عند العودة إلى المدرسة.

كما تؤكد الأبحاث قيمة التعلّم خارج الصف الدراسي. فقد ثبت أن الزيارات التعليمية تعزز الدافعية، والثقة بالنفس، والمهارات الاجتماعية، وتساعد الطلاب على تذكّر ما تعلّموه لفترات أطول. كما تسهم في تنمية الاستقلالية، وتحمل المسؤولية، والعمل الجماعي، وهي جميعها مهارات حياتية أساسية.

وقبل كل شيء، أوّمن بأن جعل المدرسة تجربة ممتعة هو من أقوى الطرق للحفاظ على حماس الطلاب للتعلّم. فبعد سنوات، قد لا يتذكر طلابنا كل درس، لكنهم سيَتذكرون الشعور الذي تركته المدرسة في نفوسهم، وغالبًا ما تكون الرحلات المدرسية هي الذكريات التي تبقى في أذهانهم لأطول وقت.



UAE Wonders

Amazing things you might not know about the UAE



Did you know?

Did you know the United Arab Emirates is home to **over 200 nationalities**, making it one of the most culturally diverse countries in the world? This diversity is reflected in everyday life, from languages spoken and food enjoyed to traditions celebrated side by side.



Nature Notes

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

Mount Everest, the highest mountain on Earth, is still growing! It increases in height by around 3–4 millimetres each year due to the movement of the Earth's tectonic plates. The Indian tectonic plate continues to slowly push into the Eurasian plate, causing the land to rise and the Himalayas to keep forming.

This powerful natural process began millions of years ago and is still happening today. Occasional earthquakes can even cause small changes in Everest's height, either raising it slightly or, in some cases, lowering it. In 2020, Nepal and China jointly confirmed Everest's official height as 8,848.86 metres, showing how carefully scientists monitor these changes.



Dad Jokes

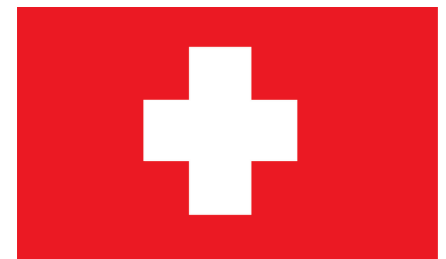
We adore our dads but their jokes are **so bad** they're actually **good**



Dad: What's the best thing about Switzerland?

Son: What?

Dad: I don't know, but the flag is a big plus!





Staying Safe Online: A Shared Responsibility

Safeguarding at Aspen

Dear Aspen Family,

As part of our ongoing commitment to safeguarding and child wellbeing, we would like to remind our community of the importance of staying safe online. Social media, gaming platforms, and digital communication tools are an integral part of modern life, and it is essential that children are supported to use them responsibly and safely.

In school, children are taught about digital citizenship, online safety, and respectful communication as part of our curriculum. This includes understanding privacy settings, recognising appropriate online behaviour, and knowing what to do if something online makes them feel uncomfortable or unsure. These messages are most effective when reinforced at home, and we encourage families to engage in regular, open conversations with their children about their online experiences.

Our school social media guidelines are designed to protect the privacy and wellbeing of all members of our community. We kindly remind parents to be mindful when sharing photos, videos, or information online, ensuring that consent has been given and that posts reflect our shared values of respect and care. We also encourage families to model positive online behaviour, as children often learn from what they see.

By working in partnership, we can help our children develop the confidence, awareness, and resilience needed to navigate the digital world safely, responsibly, and respectfully ❤️.

Wishing you all a lovely weekend ahead.

Best Wishes,

Warm regards,

Charlotte Clark

Head Teacher Primary and EYFS





Five powerful ways to build life skills at home

Young people today need more than strong academic skills to thrive. To be successful in and beyond school, they need a suite of knowledge, skills and tools, plus the confidence to take their next steps.

That's why at International Schools Partnership (ISP), we focus on developing crucial life skills alongside strong academic results to prepare students for whatever the future might hold.

Through our partnership with Camtree, Hughes Hall, University of Cambridge, students at ISP schools around the world are benefitting from cutting-edge research into life skills development.

Outside of school however, there is a powerful opportunity for parents and carers to build children's life skills through intentional everyday interactions. In this article, we look at how to purposefully build these skills at home in line with children's age and stage.

We focus on the top five skills outlined by ISP parents and carers in this year's parent survey: communication, creativity, digital responsibility, critical thinking, and ability to learn.

[Read Full Article Here](#)





Date Benefits:

- High in energy: Natural sugars for a quick boost
- Rich in fibre: Aids digestion and promotes fullness
- Supports heart health: Contains potassium for blood pressure regulation

Fun Fact:

- Dates are one of the oldest cultivated fruits in the world.



Fruit & Vegetable of the Week

19th January - 23rd January 2026



Bell Pepper Benefits:

- Rich in vitamins: High in vitamins A and C for skin and immunity
- Low in calories: Crunchy and satisfying snack
- Supports eye health: Contains antioxidants for vision protection

Fun Fact:

- Bell peppers come in red, yellow, green, and orange, each with a unique taste



Term2 PARENTING COURSE

برنامج تربية الأبناء للفصل الثاني

POSITIVE DISCIPLINE IN EVERYDAY PARENTING IN
ARABIC

التربية الإيجابية في حياة الأهل اليومية باللغة العربية

8 Consecutive Weeks
ثمانية أسابيع متتالية



STARTING IN TERM 2 ON
THURSDAY 22ND OF JANUARY
يبدأ البرنامج بالفصل الثاني
يوم الخميس 22 يناير



OUASSILA KNANI وسيلة الكناني
رئيسة قسم اللغة العربية Head of Arabic

BASMA AHMED بسمة أحمد
منسقة اللغة العربية KS2 Arabic Leader

Build stronger, more positive relationships with your children
من أجل بناء علاقات أقوى وأكثر إيجابية مع أطفالكم

FOR MORE INFO CONTACT:

oknani@ahbs.ae
bahmed@ahbs.ae

سجل هنا:
REGISTER HERE

Last Day to Register Tuesday 20th January 2026
آخر موعد للتسجيل هو يوم الثلاثاء الموافق 20/1/2026

Athletes of the Week



Primary



Alma



Adyan

Secondary



Aiden



Cara Louise



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





TERM 2 AND 3 2025/2026 ACADEMIC YEAR

Admissions Open

FS1 (Nursery) – FS2

Rated
Outstanding
by

BSO
British School Overseas
Inspected DfE Accredited

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:

 +971 585674360

 podsports.ae

 @p.o.dsports

 Abu Dhabi



**Contact us
for more info!**



SAILING & GYMNASTICS

BOOK NOW

(Limited slots available)



LUNAR NEW YEAR SPECIAL MENU

Tuesday - 20.01.2026

Stir Fried Noodles, Spring Rolls,
Mango Jelly served with (choice of 1 main course):

Sweet & Sour Chicken/ Crispy Beef &
Broccoli/ Sweet & Sour Veg (vegan)

Our meals on the day will not contain any nuts.

To enhance the experience, meals will be served in a
Noodle box with Chopsticks!

Make your booking on our App - Spare, or with our canteen
staff by 18.01.26

Download our App now!

 Spare



FOOD NATION - BETTER FOOD. BETTER FOR YOU. BETTER FOR THE PLANET

Revolutionising School
Catering Since 2016

Grow

with Aspen

