

NEWSLETTER



Dear Aspen Family,

There has been a real buzz around school this week, with lots of exciting events taking place – and plenty more still to come!

Today, we celebrated Hag Al Laila, a cherished Emirati tradition where children come together to share sweets and celebrate the values of generosity and community. We loved seeing the children dressed in their beautiful, kanduras, abayas, and jalabiyas. We are truly grateful to our parents for sending in such delicious treats; our children had a lovely time celebrating and experiencing the strong sense of togetherness this occasion brings.

مجتمع آسبن الأعزاء، ولياء أمور مدرسة آسبن الأعزاء،

شهدت المدرسة هذا الأسبوع أجواءً مليئة بالحيوية والنشاط، مع العديد من الفعاليات المشوقة التي أقيمت، ولا يزال هناك المزيد في الأيام القادمة!



Your Opinion Matters

You said:

You shared that exam periods can be challenging for your children and that opportunities to relax and reset before exams are important.

We did:

We planned a relaxed and active day House Day for our Secondary students, giving them time to unwind, stay active, and enjoy a positive start to exam week.

اليوم، احتفلنا بمناسبة حق الليلة، وهي تقليد إماراتي مميز يجتمع فيه الأطفال لتبادل الحلوى و الاحتفاء بقيم الكرم والمجتمع. لقد سرّنا رؤية طلابنا يرتدون الكنادر، والعبايات، والجلابيات الجميلة. ونحن ممتنون جدًا لأولياء الأمور على إرسالهم هذه الحلويات اللذيذة؛ فقد استمتع الطلاب بالاحتفال واختبروا روح الألفة والتعاون التي تمنحها هذه المناسبة.

Yesterday saw our Secondary House Sports Day, and what a fantastic day it was. Our students showed great teamwork, energy and house spirit throughout – well done to everyone who took part and helped make the day such a success.

Looking ahead, Year 11 and Year 13 mock examinations are coming up soon. These are an important milestone for our students, and we appreciate your continued support in helping them prepare and stay focused.

In two weeks' time, we will be celebrating International Day, which will also be an Open Day. Parents are very welcome to bring friends along to join us for what promises to be a vibrant and exciting celebration of our diverse school community.

We would also like to remind families that the Sixth Form Options Evening will take place this Sunday. This is a valuable opportunity for students and parents to explore pathways and ask questions about the next stage of their education.

As you can see, there is a lot happening at Aspen, and lots of exciting things still to come. We hope to see you and your families at each of these events and thank you, as always, for being such an important part of our school community.

أما يوم أمس، فقد شهد إقامة اليوم الرياضي لفرق المرحلة الثانوية، وكان يومًا مميزًا بالفعل. أظهر طلابنا روحًا عالية من العمل الجماعي والطاقة والحماس والانتماء لفرقهم، فكل الشكر والتقدير لكل من شارك وأسهم في إنجاح هذا اليوم.

وبالنظر إلى ما هو قادم، ستُعقد قريبًا الاختبارات التجريبية للصفين الحادي عشر والثالث عشر. تُعد هذه الاختبارات محطة مهمة في المسيرة التعليمية لطلابنا، ونقدّر دعمكم المستمر في مساعدتهم على الاستعداد والحفاظ على تركيزهم.

وخلال أسبوعين، سنحتفل باليوم الدولي، والذي سَيَتزامن مع اليوم المفتوح. نرحّب بجميع أولياء الأمور لإحضار أصدقائهم ومشاركتنا هذه المناسبة التي نتوقع أن تكون احتفالًا نابضًا بالحياة يعكس تنوع مجتمع مدرستنا.

كما نود تذكيركم بأن أمسية خيارات الصف السادس (Sixth Form Options Evening) ستقام هذا الأحد. تُعد هذه الأمسية فرصة قيّمة للطلاب وأولياء الأمور لاستكشاف المسارات التعليمية المختلفة وطرح الأسئلة حول المرحلة القادمة من تعليمهم.

وكما ترون، هناك الكثير من الأنشطة والفعاليات في مدرسة آسن، والمزيد من الأمور المشوّقة في الطريق. نتطلع إلى لقاءكم أنتم وعائلاتكم في هذه الفعاليات، ونشكركم دائمًا على كونكم جزءًا أساسيًا ومهمًا من مجتمع مدرستنا.

Wishing you all a lovely weekend ahead.

مع أطيب التمنيات لكم بعطلة نهاية أسبوع رائعة،

Gillian Hammond
Principal

جيليان هاموند
مديرة المدرسة







Chevron Readers' Cup Finalists

**By Mark Davies -
Assistant Head Teacher Primary**

The Aspen Heights British School community is incredibly proud to celebrate the outstanding achievement of our Reading team, The Royal Readers, who reached the national final of the Chevron Readers' Cup this month.

This is a truly monumental milestone for our school. After three previous attempts, this is the first time Aspen Heights has progressed to the final stage of this prestigious competition. To qualify from thousands of schools across the UAE is nothing short of extraordinary - and even more remarkably, only two schools in the whole of Abu Dhabi earned a place in the final.

This success is a powerful reflection of what our students represent: dedication, teamwork, resilience and pride. Throughout the journey, The Royal Readers demonstrated an unwavering commitment to reading, preparation and collaboration. They supported one another, rose to every challenge, and represented Aspen Heights with the highest standards of sportsmanship and school spirit.

Although the team did not take home the trophy on the day, they should be immensely proud of what they achieved. Reaching the final means they can confidently say they are among the top 20 readers and reading teams in the entire UAE - an incredible accomplishment in itself.

Their journey is not only a celebration of reading excellence, but also a shining example of the values we nurture in all our pupils - ambition, perseverance and a genuine love of literature.

Well done to The Royal Readers - we are beyond proud of you. This is an achievement that will be remembered and celebrated for years to come.





المتأهلون للتصفيات النهائية لكأس قراء شيفرون

بقلم **مارك ديفيز - مساعد مدير مدرسة ابتدائية**

مجتمع مدرسة آسبن هايتس البريطانية يفخر للغاية بالاحتفال بإنجاز الرائع لفريق القراءة لدينا، The Royal Readers، الذي وصل إلى النهائي الوطني لكأس Chevron Readers' Cup هذا الشهر.

هذا إنجاز مذهل حقًا لمدرستنا. بعد ثلاث محاولات سابقة، تعتبر هذه المرة الأولى التي تتأهل فيها آسبن هايتس إلى المرحلة النهائية من هذه المسابقة المرموقة. التأهل من بين آلاف المدارس في جميع أنحاء الإمارات العربية المتحدة ليس بالأمر العادي، والأكثر تميزًا أن مدرستين فقط في أبوظبي حصلتا على مكان في النهائيات.

يعكس هذا النجاح بقوة ما يمثله طلابنا: التفاني، والعمل الجماعي، والمرونة، والفخر. خلال الرحلة، أظهر فريق The Royal Readers التزامًا لا يتزعزع بالقراءة، والتحضير، والتعاون. دَعَمُوا بعضهم البعض، واجهوا كل التحديات، ومثلوا آسبن هايتس بمعايير عالية من الروح الرياضية وفخر المدرسة.

وعلى الرغم من أن الفريق لم يفز بالكأس في اليوم النهائي، إلا أنه يجب أن يكون فخورًا جدًا بما حققه. الوصول إلى النهائي يعني أنهم يمكنهم القول بثقة أنهم من بين أفضل 20 فريق قراءة في الإمارات العربية المتحدة، وهذا بحد ذاته إنجاز مذهل. رحلتهم ليست مجرد احتفال بالتميز في القراءة، بل هي أيضًا مثال ساطع للقيم التي نغرسها في جميع طلابنا: الطموح، والمثابرة، والحب الحقيقي للأدب.

ألف مبروك لفريق The Royal Readers، نحن فخورون بكم جدًا. إنه إنجاز سيبقى في ذاكرتنا ونحتفي به لسنوات عديدة قادمة.



UAE Wonders

Amazing things you might not know about the UAE



Did you know?

Dates and kahwa (Arabic coffee) are a symbol of Emirati hospitality and respect. Guests are traditionally welcomed with freshly brewed kahwa, lightly flavoured with cardamom (and sometimes saffron), and served alongside dates.

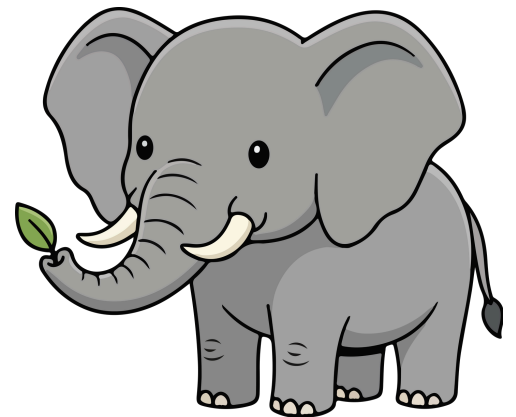


Nature Notes

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

Elephants can sense rain from far away because they are extremely sensitive to low-frequency sound waves and ground vibrations. When rainstorms occur, they create vibrations that travel long distances through the ground.

Elephants feel these vibrations through their feet and trunks, which are packed with nerve endings. Their large ears also help detect distant, low-frequency sounds.



Dad Jokes

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



Dad: Why did the student eat his homework?

Daughter: Why?

Dad: Because the teacher told him it was a piece of cake.





Safeguarding Students with Mental Health Challenges

Safeguarding at Aspen

Dear Aspen Family,

At our school, safeguarding isn't just about keeping students physically safe – it also means looking after their emotional and mental wellbeing. Mental health challenges, like anxiety, stress, or low mood, can affect anyone. Recognising the signs early can make all the difference.

Spotting the signs:

- Withdrawal from friends or activities
- Drop in academic performance or motivation
- Mood swings, irritability, or changes in sleep/eating
- Expressions of worry, hopelessness, or self-harm

How we can help:

- Students: Be a good friend. Sometimes just asking “Are you okay?” or listening can help.
- Parents: Keep open conversations at home. Let your child know it's okay to talk about how they feel.
- Staff: Notice changes in behaviour and know how to report concerns to the school safeguarding team.

Support is available:

- Talk to a trusted adult at school – teacher, counsellor, or safeguarding lead.
- Reach out to external services if needed. Asking for help shows strength, not weakness.

Top 3 Ways to Support Mental Health

1. Check In Regularly – Ask friends or children how they're feeling. A simple “How are you today?” can make a huge difference.
2. Listen Without Judgment – Let them talk openly without interrupting or offering immediate solutions. Just being heard helps.
3. Reach Out for Help – Encourage talking to a trusted adult, school counsellor, or external support service. Asking for help is a sign of strength!

Remember: Small acts of support build a safer, stronger, and more caring school community.

Warm regards,

Miss Tilly Cobley

Deputy Designated Safeguarding Lead / Secondary Inclusion Teacher



Sports Update



Junior Swim Squad

Well done to all our swimmers who represented Aspen Heights in the junior swim competition on Monday. Aspen heights placed 3rd out of 6 teams.



Senior Swim Squad

Our Senior Swim Squad represented the school proudly at the Senior Swim Splash this Tuesday, showing great determination and sportsmanship throughout the event.

Highlights included:

- Ella Brady – 2nd place 50m Butterfly, 3rd place 50m Breaststroke
- Kaan Akyuz – 1st place Backstroke
- Nil Casan– 3rd place 50m Breaststroke
- Ummar Asyraf– 2nd place 50m Breaststroke
- Reznor Bisset – 3rd place 50m Freestyle
- Stephan Savilov – 3rd place 50m Freestyle

Well done to all swimmers for representing the school so well





TERM 2 AND 3 2025/2026 ACADEMIC YEAR

Admissions Open

FS1 (Nursery) – FS2

Rated
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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!**



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