

NEWSLETTER



Dear Aspen Family,

We have had another fantastic and busy period across the school, and we are pleased to share some key updates and celebrations with you below.

مجتمع آسبن الأعزاء، ولياء أمور مدرسة آسبن الأعزاء،

لقد شهدنا فترة أخرى رائعة وحافلة بالنشاط في جميع أنحاء المدرسة، ويسعدنا أن نشارككم فيما يلي بعض التحديثات الرئيسية والاحتفالات.

Learning Visits & Cross-School Collaboration

Learning visits taking place across the school have been incredibly positive. Staff have been engaging in purposeful cross-collaboration, sharing best practice and strengthening consistency in teaching and learning across all phases. It has been wonderful to see colleagues learning from one another and working together to continually improve outcomes for our students.



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.

زيارات التعلم والتعاون بين المراحل

كانت زيارات التعلم التي أُقيمت في مختلف أنحاء المدرسة إيجابية للغاية. وقد شارك الموظفون في تعاون هادف بين المراحل، حيث تم تبادل أفضل الممارسات وتعزيز الاتساق في التعليم والتعلم عبر جميع المراحل الدراسية. لقد كان من الرائع أن نرى الزملاء يتعلمون من بعضهم البعض ويعملون معًا باستمرار لتحسين مخرجات تعلم طلابنا

Trips & Experiences

A wide range of trips have been taking place, providing students with valuable opportunities to extend their learning beyond the classroom. These experiences enrich the curriculum, build independence, and help bring learning to life. Thank you to staff and families for supporting these opportunities. We are excited to share with our children what trips and experiences they have to look forward to as they approach next academic year.

الرحلات والأنشطة التعليمية

تم تنظيم مجموعة واسعة من الرحلات، مما أتاح للطلاب فرصًا قيّمة لتوسيع تعلمهم خارج الصف الدراسي. تسهم هذه التجارب في إثراء المنهج الدراسي، وبناء الاستقلالية، وجعل التعلم أكثر واقعية وممتعة. نشكر الموظفين والعائلات على دعمهم لهذه الفرص، ونتطلع لمشاركة طلابنا بالرحلات والأنشطة التي يمكنهم الإطلاع عليها مع اقتراب العام الأكاديمي القادم.

Mock Examinations – Year 11 & Year 13

Mock examinations have now begun for our Year 11 and Year 13 students. This is an important time in their academic journey, and we appreciate your continued support at home. We kindly remind families of the importance of maintaining healthy routines, including:

- Regular sleep patterns
- Nutritious meals
- Structured study time balanced with rest

These routines play a key role in helping students perform at their best and we have been very proud how the children are navigating this period of time.

الاختبارات التجريبية – الصف الحادي عشر والصف الثالث عشر

بدأت الاختبارات التجريبية لطلاب الصفين الحادي عشر والثالث عشر. ويُعد هذا الوقت مرحلة مهمة في مسيرتهم الأكاديمية، ونقدّر دعمكم المستمر في المنزل. نود تذكير العائلات بأهمية الحفاظ على الروتين الصحي، والذي يشمل:

- انتظام مواعيد النوم
- تناول وجبات غذائية صحية
- تنظيم وقت المذاكرة مع تحقيق توازن مناسب مع فترات الراحة

تلعب هذه العادات دورًا أساسيًا في مساعدة الطلاب على تقديم أفضل ما لديهم، ونحن فخورون جدًا بالطريقة التي يتعامل بها أبنائنا مع هذه المرحلة.

Uniform Expectations

We continue to focus on maintaining high standards of uniform across the school. Please ensure that students are:

- Wearing all black shoes
- Tucking shirts in at all times
- Wearing Aspen Heights jumpers, fleeces, or cardigans only – these should include the school logo

Thank you for your support in helping students take pride in their appearance.



سياسة الزي المدرسي

- نواصل التركيز على الحفاظ على معايير عالية للزي المدرسي في جميع أنحاء المدرسة. يرجى التأكد من التزام الطلاب بما يلي:
- ارتداء أحذية سوداء بالكامل
 - إدخال القمصان داخل البنطال في جميع الأوقات
 - ارتداء سترات أو بلوفرات أو كارديغان أسبن هايتس فقط، على أن تحمل شعار المدرسة

شكرًا لدعمكم في مساعدة الطلاب على الاعتزاز بمظهرهم

International Day – Friday 13th February

We are incredibly excited for our upcoming International Day on Friday 13th February. Classes have been working extremely hard to learn about cultures and prepare activities, and we are grateful for the fantastic support from our parent community.

This is a final call for voluntary performances – families wishing to participate can sign up using the [link here](#). Families who have already signed up will be contacted early next week to arrange backing music and the performance schedule.

As shared in the previous communication sent, families running stalls are welcome to set up the evening before the event from 3pm on Thursday 12th of February. Please see the stall plan below for allocated spaces and further details: [2026 International Day Stall Plan Allocation Families](#)

اليوم العالمي – الجمعة 13 فبراير

نحن متحمسون للغاية لليوم العالمي القادم يوم الجمعة 13 فبراير. لقد عملت الصفوف بجد كبير للتعرف على الثقافات المختلفة والاستعداد للأنشطة، ونحن ممتنون جدًا للدعم الرائع من مجتمع أولياء الأمور. هذه رسالة أخيرة للتطوع في العروض الفنية، يمكن للعائلات الراغبة في المشاركة التسجيل عبر [الرابط](#). سيتم التواصل مع العائلات التي قامت بالتسجيل بالفعل في بداية الأسبوع المقبل لترتيب جدول العروض و الموسيقى.

هذه دعوة أخيرة للمشاركة التطوعية في العروض – يمكن للعائلات الراغبة في المشاركة التسجيل عبر [الرابط المرفق](#). سيتم التواصل مع العائلات التي قامت بالتسجيل مسبقًا في بداية الأسبوع القادم لترتيب الموسيقى المصاحبة وجدول العروض. وكما ورد في الرسالة السابقة، نرحب بالعائلات التي ستدير الأكشاك بإعدادها في مساء اليوم السابق للفعالية ابتداءً من الساعة 3:00 مساءً يوم الخميس 12 فبراير. يرجى الاطلاع على مخطط الأكشاك أدناه لمعرفة الأماكن و التفاصيل الإضافية

2026 International Day Stall Plan Allocation Families

We are very much looking forward to celebrating our diverse community together. Thank you, as always, for your continued partnership and support. Wishing you all a lovely weekend ahead!

نتطلع بشغف للاحتفال بتنوع مجتمعنا معًا. شكرًا لكم، على مشاركتكم ودعمكم المستمر. نتمنى لكم جميعًا عطلة نهاية أسبوع سعيدة!

Wishing you all a lovely weekend ahead.

Charlotte Clark

Head Teacher EYFS and Primary





How Can We Support Our Children in Learning a New Language?

By Mais Aldroubi –
Arabic Senior Leader

Learning a new language is more than memorising vocabulary and grammar, it is a passport that opens doors to the world and connects children with diverse cultures. As we approach International Day on 13th Feb and International Mother Language Day on 21 February 2026, we celebrate all languages and their role in strengthening identity and belonging. This is aligned with ISP's focus on multilingualism as a core educational value.

- **Live the language, don't just study it**. Make language part of everyday life: a short story, a cartoon, or naming objects at home. Simple, consistent exposure makes a real difference.
- **Connect language to children's passions**. When language is linked to what children love, it becomes meaningful and enjoyable rather than a school task.
- **Celebrate effort, not perfection** : Mistakes are signs of learning. Encourage confidence and the courage to speak, confidence is the foundation of fluency.
- **Be a role model** . When children see adults enjoying learning languages, they understand that learning is a lifelong journey.

Supporting children's language development means valuing their mother tongue while embracing other languages. Multilingualism is a strength—one that builds bridges and opens futures.

كيف يمكننا دعم أطفالنا في تعلم لغة جديدة؟

تعلّم لغة جديدة ليس مجرد حفظ كلمات وقواعد، بل هو جواز سفر يفتح أمام أطفالنا آفاق العالم ويعزز تواصلهم مع ثقافات متعددة. ومع اقتراب اليوم العالمي للغة الأم في 21 فبراير 2026، نؤكد أهمية الاحتفاء بجميع اللغات ودورها في تعزيز الهوية والانتماء، بما ينسجم مع تركيز ISP على التعدد اللغوي كقيمة تعليمية أساسية.

- **عيش اللغة ولا تدرسها فقط** : اجعل اللغة جزءًا من الحياة اليومية: قصة قصيرة، كرتون، أو تسمية الأشياء في المنزل. الاستمرارية البسيطة تصنع فرقًا كبيرًا.
 - **اربط اللغة بشغف الطفل** : عندما ترتبط اللغة بهوايات الطفل واهتماماته، تتحول من واجب دراسي إلى تجربة ممتعة وذات معنى.
 - **احتفل بالمحاولة لا بالكمال**: الأخطاء دليل على التعلّم. شجّع الجرأة على التحدث، فالثقة هي أساس إتقان اللغة.
 - **كن القدوة**: حين يرى الطفل من حوله يستمتع بتعلّم اللغات، يدرك أن التعلّم رحلة مستمرة مدى الحياة.
- دعم أطفالنا لغويًا يعني تعزيز لغتهم الأم إلى جانب لغات أخرى، في التعدد اللغوي قوة تفتح الأبواب وتبني جسور الفهم مع العالم



UAE Wonders

Amazing things you might not know about the UAE



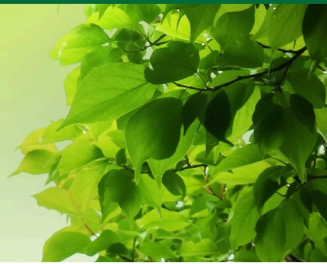
Did you know?

In Al Ain, scientists have been using cloud-seeding drones (not planes!) to zap clouds with electrical charges, encouraging rain to fall in a desert where rain used to be almost mythical. Basically... the UAE hacks the weather



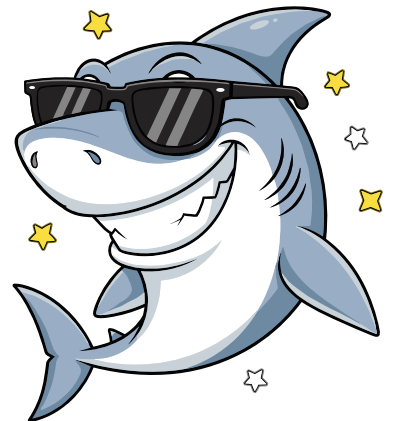
Nature Notes

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



Sharks have been swimming in the oceans for about 400 million years. Trees (specifically plants with wood) didn't appear until about 350 million years ago.

This means sharks existed before the supercontinent Pangea broke apart, and they survived four of the "Big Five" mass extinctions. They were patrolling the oceans when the land was mostly covered in giant fungi, not forests.



Dad Jokes

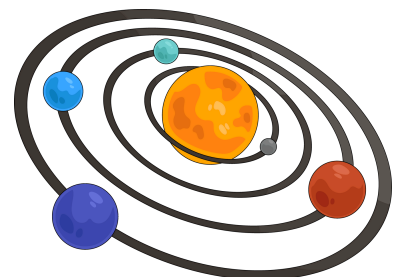
We adore our dads but their jokes are **so bad** they're actually **good**



Dad: How do you organise a space party?

Daughter: How?

Dad: You Planet!





Little Moments, Big Impact: Supporting Your Child's Emotional Wellbeing

Wellbeing at Aspen

To a child, a parent's presence means everything. When you pause to listen, offer them a hug or sit beside them during a difficult moment, you are teaching them something powerful: you are safe, and you are not alone. Children don't always remember what we say, but they always remember how safe they felt.

These everyday moments of connection help build secure attachment, a strong emotional bond that gives children the confidence to explore, learn and form healthy relationships. When children know their parents will respond with warmth and understanding, it helps them learn that their feelings matter, that they are worthy of care and that it's okay to ask for support. Over time, this sense of safety builds confidence, resilience and a sense of belonging that children carry with them far beyond childhood.

These are some simple ways to support your child at home. Small, consistent actions can make a big difference:



Be emotionally present and create space to talk

Ask open questions like What was the best part of your day? Was anything tricky today? What made you smile? Even five minutes of focused listening helps children feel valued.

Gratitude Jar

Write one good thing each day on a small piece of paper and collect them in a jar. Read them together at the end of the week.

Respond to Feeling With Empathy

When your child is upset, start with understanding before trying to fix the problem. Get down to their level, acknowledge how they're feeling and remind them that all emotions are okay. For example, saying "It's alright to feel upset sometimes. I'm here with you" and responding with empathy teaches children that emotions are manageable.

Balloon Breathing

Pretend to slowly blow up a balloon (deep breath in, long breath out). Repeat 3 times to calm the body and settle big emotions.





Little Moments, Big Impact: Supporting Your Child's Emotional Wellbeing

Wellbeing at Aspen

Praise Effort, Not Just Results

Instead of focusing only on outcomes (like grades or winning), notice your child's efforts, strategies and persistence. Saying things like "I'm proud of how hard you tried" or "You didn't give up even when it was hard", teaches children learning takes time and mistakes are part of growing.

Calm corner

Create a small, cozy space with cushions, coloring sheets, books or soft toys where your child can go when emotions feel too much. This isn't a "time-out" space - it's a safe place to calm their body and mind. Encourage them to use this corner when they feel overwhelmed and sit with them, if needed. This helps children learn self-soothing skills and gives them a healthy way to manage strong feelings.

Create Small Connection Routines

Build attachment through simple daily moments like bedtime chats, morning hugs or after-school check-ins. These daily rituals give children something to rely on and look forward to.

Remember, it's not about doing everything perfectly, it's about showing up consistently. These simple acts of presence lay the foundation for emotional wellbeing and support your child as they grow, learn and navigate the world around them.

Saaniya Kazi
School Counsellor





Raisins Benefits:

- Help your blood stay healthy with iron
- Help your heart and muscles with potassium
- Give you quick energy because they are naturally sweet

Fun Fact:

- Raisins are grapes that have dried in the sun.



Fruit & Vegetable of the Week

6th February - 13th February 2026

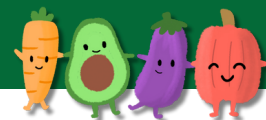


Mushrooms Benefits:

- Help your bones grow strong because they contain vitamin D
- Add lots of flavour to food without needing extra salt
- Give you energy for learning with B vitamins

Fun Fact:

- Mushrooms are not plants. They are a type of fungus.



Athletes of the Week



Primary



Hind

For demonstrating excellent effort during their PE lesson and showing a positive attitude throughout.



Aryan

For demonstrating excellent effort during their SHOT PUT PE lesson and showing a positive attitude.



Secondary



Omar

For always listening carefully and being ready, respectful, and safe during PE lessons.



Sophie

For outstanding effort on House Day and for being a positive, supportive team player who contributed fully to their house



ARABIC FAMILY WORKSHOP

UNLOCKING ARABIC WITH MY CHILD
(NON-NATIVE SPEAKERS)



WEDNESDAY

11.02.2026

2:00 - 2:50 PM

ZOOM LINK



ARABIC FAMILY WORKSHOP

Arabic language curriculum for EYFS and
the most important strategies to support
Arabic language learning

ورشة عمل لأولياء الأمور للتعرف على منهج اللغة
العربية لمرحلة الروضات واهم استراتيجيات دعم
تعلم اللغة العربية



WEDNESDAY
11.02.2025

3:00 - 3:30 PM

[ZOOM LINK](#)





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

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 Abu Dhabi



**Contact us
for more info!**



SAILING & GYMNASTICS

BOOK NOW

(Limited slots available)

Grow

with Aspen

