



مدرسة الدوحة البريطانية  
DOHA BRITISH SCHOOL  
AIN KHALED



# Primary Newsletter

16th January 2025

## **Our Purpose**

Is that every young person should gain as much as possible from our school, based on our belief that all learners can, need and want to achieve

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## **Our Vision**

Is to be a vibrant, welcoming international school that provides a first class education enabling pupils to thrive within a dynamic, global environment

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## **Our Mission**

Is to prepare all pupils through a relevant, challenging curriculum and well-resourced facilities, to become lifelong learners contributing to a global community

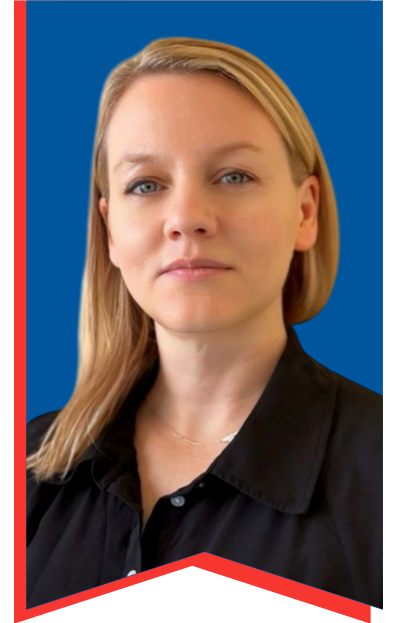


Welcome to Doha British Schools

Doha British Schools are one of the world's leading British International Schools in Qatar, with a reputation for outstanding academic excellence since 1997

## PRINCIPAL'S MESSAGE

# MRS. LYNETTE GRANT



It has been another dynamic week at DBS filled with special moments to share with you.

I thoroughly enjoyed meeting with our Friends of DBS committee this week as we reflected on Term 1 and planned future events that will bring our vibrant community together. The dedication and creativity shown by our parent volunteers continues to enrich our school.

Our Extended Essay evening proved to be an enlightening experience for both IB students and parents. Witnessing our young scholars share their research journeys and academic insights demonstrated the depth of learning taking place in our IB Programme.

The mock examination results have provided valuable insights for our students. While celebrating their achievements, we're also embracing the learning opportunities these assessments have revealed, using them to prepare strategically for the final examinations ahead.

The school has been absolutely buzzing this week with STEAM activities. Our corridors and classrooms are alive with innovation as students immerse themselves in various challenges and activities.

Our students have also been engaged in various enriching educational visits this week. These valuable experiences beyond our classroom walls enhance their understanding and bring learning to life. Meanwhile, our teachers have been engaging with Comparative Judgement to ensure robust and consistent assessment standards. We have also commenced our CAT4 assessments with Year 9, providing us with valuable data to support the options process.

Indeed, it has been a week filled with purposeful activity and achievement across our school community - and it's only week 2!

Wishing you all a lovely weekend.





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HEAD OF PRIMARY MESSAGE

## MRS. MARIE SIBLEY



There has been great excitement this week as we returned to the swimming pool and the children have thoroughly enjoyed their first lessons. Generally, things have gone smoothly but the first lessons are always tricky as the children learn the routines and the teachers assess them to put them into the correct groups etc. Some of the children, and not just the younger ones, found the change a little challenging so we would really appreciate it if they could practise this at home. As a working mother myself, I know how it is often easier to do things for our children but it is so important that they learn to be independent. Thank you.

We have also had the first two of our photograph days and I have seen some enormous smiles! I am sure that you are in for a treat when you see their pictures. Please remember that there are 'Early Bird' offers so place your order soon. Please also remember to book your slot for sibling photos if you want them.

Our Reception children had a wonderful trip to the Snow Dunes this week and were excitedly telling me about the big slides they came down. They had thoroughly enjoyed themselves. Our Pre-School children are going to Oli Oli next week which should be another fabulous trip. We are very grateful to our parent volunteers who go on these trips, without whom the trips could not happen.

Next week our Sports teams are busy. We have a cricket competition for our U10 and U11 girls and both our boys and girls will be in action at a BSME U11 football competition on 24th and 25th January. We wish them all luck and thank our PE teachers who are giving up their weekend for this.

A group of our choir singers will be taking part in a prestigious Choir Festival at AKIS on Thursday. The choir students faced a very difficult dilemma this week when they had to choose between the festival and our International Day festival. We are grateful to those students who have decided to represent us at the festival and we know that they will shine!

Thursday 23rd January is our International Day and we are looking forward to welcoming you all to watch the parade and also to the 50+ parents who are representing their countries by setting up stalls. I am very excited about this day as it will be my first one and everyone speaks about it so passionately. It will also be a great opportunity for me to meet a few more of you.







DBS AK

# CELEBRATING EXCELLENCE

THRIVING TOGETHER

VICE PRINCIPAL MESSAGE

## DR. LUKE CHEATER



## DBS COMMUNITY

This week, I am delighted to share some inspiring insights into both our alumni's remarkable achievements and our continued commitment to educational excellence.

Our DBS graduates continue to make waves across the professional world, exemplifying the far-reaching impact of our educational philosophy. From pioneering business leaders who are reshaping global markets to dedicated medical professionals advancing healthcare frontiers, and communications experts transforming business landscapes - our alumni are truly making their mark. These success stories serve as powerful inspiration for our current students, showing them the diverse pathways a DBS education can unlock. If you are interested in learning more, please download our most recent Alumni Newsletter ([here](#)).

What makes these achievements particularly meaningful is how they embody our core mission: developing not just academically successful students, but well-rounded professionals who make meaningful contributions to society. Our growing network of alumni continues to innovate and lead across continents, creating a legacy that reinforces our commitment to excellence. If you are an alumni of DBS, or know of others - join our growing LinkedIn network!

### FROM ALUMNI TO ENHANCED LEARNING





## LOST PROPERTY COLLECTION

### WHERE

Outside the Canteen Area

### WHEN

Wednesday 29th and Thursday 30th January

### TIME

13:10pm - 15:00pm

### GOING FORWARD

All lost property will be stored in the Canteen Cupboards

### PLEASE REMEMBER

All items bought from home need to be labelled.



# PARENT VOICE



We invite all parents across the school to engage in this anonymous survey. The information gathered from our parents will be used to inform our Online Safety parent workshops in January. You may complete additional forms for all your children or choose to complete one.

[Parent Online Safety Survey](#)

**DIANE LONGMORE**  
Assistant Head of Primary Pastoral







# SAFEGUARDING & WELLBEING

CREATING A SAFE SPACE

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

**1 MINDFUL TECH USE**

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

**2 EFFECTIVE SLEEP PRACTICES**

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

**3 HYDRATION HABITS**

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

**4 CONSISTENT BEDTIME SCHEDULE**

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

**5 OPTIMAL SLEEP ENVIRONMENT**

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

**6 RELAXING EVENING ACTIVITIES**

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

**7 PRIORITISING ADEQUATE SLEEP**

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

**8 NUTRITIONAL BALANCE**

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

**9 PARENTAL SUPPORT**

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

**10 MILITARY SLEEP METHOD**

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

**Meet Our Expert**

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.







# PRIMARY LIBRARY HIGHLIGHT

CELEBRATING CREATIVITY IN OUR SCHOOL LIBRARY!



**DIANA JANE APPARELEY**  
Librarian



**GABRIELLA HORTELIO**  
Librarian Assistant



**Ruqaya Haitham Othman**  
Year 5 A



**Irmak Ozkayik**  
Year 4 E



**Mennatella Sherit**  
Year 4 A



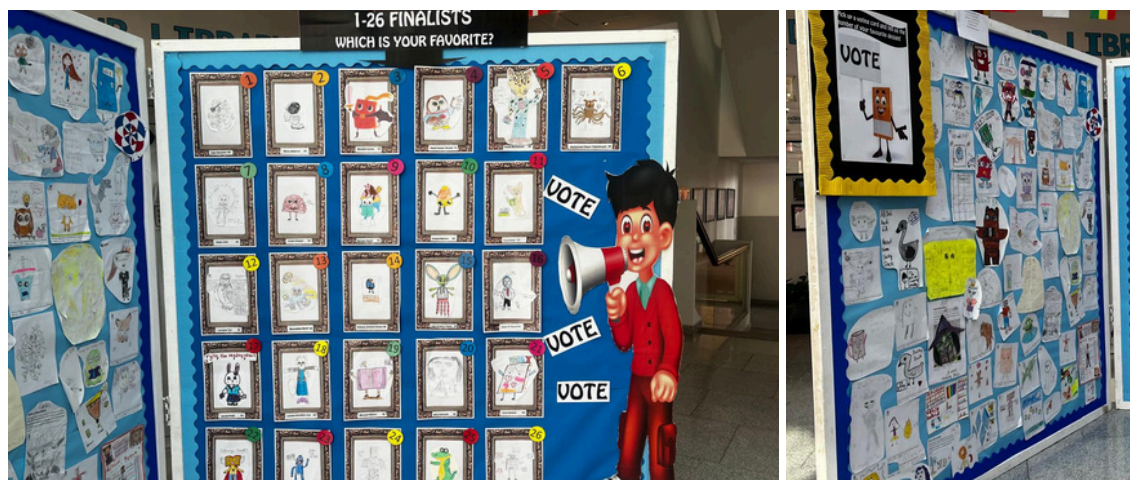
## Poetry, a New Library Mascot, and Exciting Projects Ahead

Children have been exploring poetry, reading aloud, and writing their own poems. Some of our favourites will be displayed on the library noticeboard soon!

After much excitement and hundreds of entries, the votes have been counted, and we now have a Library Mascot winner, Mennatella Sherit from 4A. Irmak Ozkayik from 4E and Ruqaya Haitham Othman from 5A are our runners up, congratulations! With the support of FoDBS, Menatella's design is going to be made into a tangible character.

IB secondary students will be working with Mennatella, Irmak and Ruqaya to produce digital images and to create a comic strip using our new library mascot and friends.

Watch this space!



Please check your child's new timetable for their library session, and ensure that books are returned in their yellow library folder on that day.





# PRESCHOOL HIGHLIGHTS

THIS WEEK IN PRESCHOOL



## Summary of the Week

We are thrilled to share how wonderfully the children have settled back into their routines and activities after the break. It has been heartwarming to see their smiling faces, and their teachers have truly missed them!

## In Phonics

This week, the children have been captivated by the story "We're Going on a Bear Hunt". They have been enthusiastically practising retelling the story with actions, bringing the adventure to life in such creative ways.

## Home Activities

Practise retelling the story "We're Going on a Bear Hunt" using this [link](#).

## Teacher's Message

Oli Oli

We are excited to announce that the children will be visiting Oli Oli for their first pre-school trip! A visit to Oli Oli offers an enriching experience for pre-school children, combining exploration, sensory development, and the opportunity to build independence. With hands-on exhibits and interactive play, children are encouraged to explore their curiosity, engage their senses, and discover new concepts in a fun, stimulating environment. The trip also helps foster independence as children navigate activities and make choices in a safe and supportive setting, creating a memorable learning adventure.

**Sunday 19th January** - Pre-School Red and Green

**Monday 20th January** - Pre-School Purple, Blue and Yellow



## Next Week

Looking ahead, we will continue exploring this delightful story next week, culminating in a special event on Thursday, 16th January – a Teddy Bear's Picnic!

Please feel free to send your child with their favorite teddy to join the fun.

On Thursday, 16th January, we will be celebrating with a **Teddy Bear's Picnic!** The children are invited to bring their favorite teddy bear to join in the fun. Together, we'll enjoy a day filled with storytelling, games, and a special picnic, making it a delightful way to bring our learning to life. We can't wait to see all the cuddly companions.

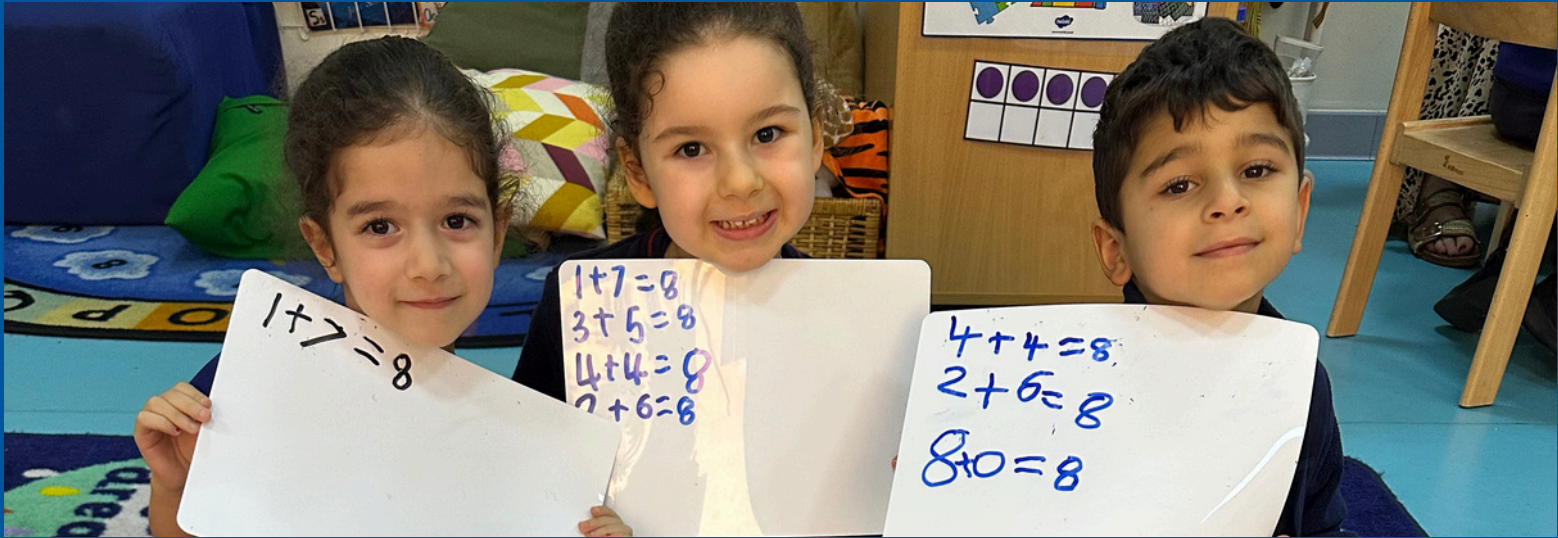






# RECEPTION HIGHLIGHTS

THIS WEEK IN RECEPTION



## In Maths

We have been focusing on number bonds to 8. Next week we are moving onto the number 9 and finding different ways to make 9.

## Summary of The Week

Reception had a fabulous time on the Snow Dunes trip this week. Thank you to all the parents who helped and supported us.

This week we have enjoyed the story Sunk. We imagined we were stranded on a deserted island and wrote messages to send in a bottle asking for help.



## Next Week

We will be writing postcards to our parents telling them about the pirate adventure we are on.

## In Spanish

This week, Reception students are exploring jungle animals, with a special focus on el mono (the monkey) and his favorite action, trepar (climbing).

## Teacher's Message:

I know the weather is a little cooler at the minute but please ensure your child is wearing the correct school uniform. If they want to wear trousers they must be grey and jackets should be navy. You may also wear the old red DBS fleece.

If you have any questions, please contact your child's class teacher.







@hamiltonaquatics\_doha

HAMILTON  
AQUATICS

KEEP THE PROGRESS GOING WITH

# HAMILTON Aquatics

FROM THE LEARNER POOL TO THE INTERNATIONAL PODIUM



## OUR PROGRAMMES

Our programmes are designed for different ages and ambitions while keeping your progress & development as our top priority.

### LEARN TO SWIM



### SQUADS

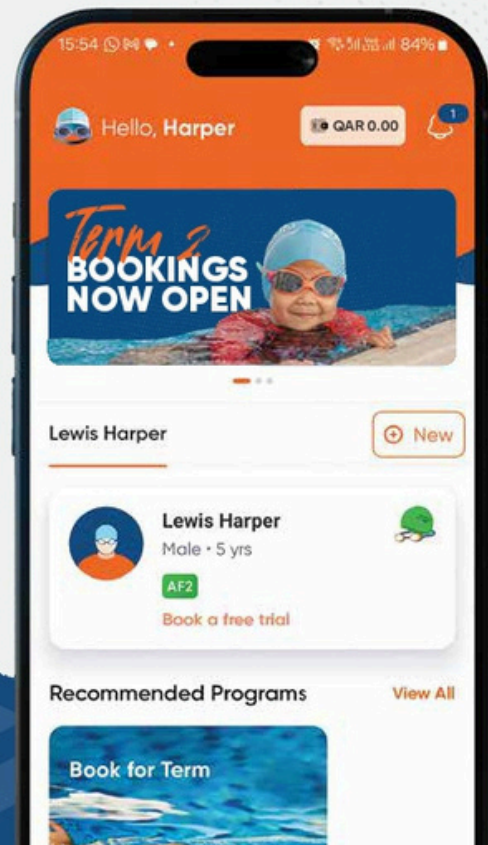


### PARENT & CHILD



**TO START YOUR SWIM JOURNEY:** Register now for a free online or in-person assessment

Get swimming with the  
**Hamilton Aquatics App**



SCAN FOR MORE

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## PROGRAMMES HIGHLIGHTS

*Expert Coaching*

*Small Class Sizes*

*Progressive Curriculum*

*Emphasis on Water Confidence*



## LEARN TO SWIM LESSON FEES

Our swim season is divided into two terms. Each term is 20-21 weeks long.

Level 1-4 & Bronze	Silver	Gold and Platinum
Lesson Duration : 30 mins	Lesson Duration : 45 mins	Lesson Duration : 1 hour
Price /Lesson: QAR 100	Price /Lesson: QAR 105	Price /Lesson: QAR 110
Price /Term: QAR 2000	Price /Term: QAR 2100	Price /Term: QAR 2200

Fees will be calculated on a pro rata basis for mid-term bookings.

**Book your first lesson with us today!**



**Get in Touch**

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Thank You