



مدرسة الدوحة البريطانية  
DOHA BRITISH SCHOOL  
AIN KHALED



# Primary Newsletter

20th February 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

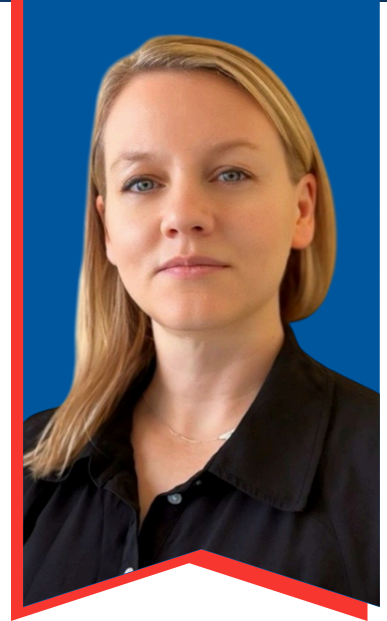


Welcome to Doha British Schools

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



We hope you all had a restful break and are ready for the weeks ahead. It has been a fantastic start back at DBS, with so much happening across the school.

A highlight of this week has been our Parent-Teacher Conferences (PTCs), Sports Days, fixtures, the Year 6 Residential Trip, and Safer Internet Week. These events reflect our commitment to providing enriching experiences for our students, both in and beyond the classroom. Thank you to all staff, parents, and students for your engagement and enthusiasm.

At DBS, the safety and wellbeing of our students remain our highest priority.

Creating an environment where students feel safe, free from distractions, and fully engaged in their learning is at the heart of what we do.

Our use of Yondr pouches is just one example of this commitment, ensuring that students can focus, connect, and thrive in their learning environment. We truly appreciate the support of our parents in reinforcing this approach—when we work together, our students benefit the most.

Thank you for your ongoing support and commitment to our shared values. We look forward to another exciting and productive term ahead.





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## HEAD OF PRIMARY MESSAGE

# MRS. MARIE SIBLEY

I hope that you all enjoyed the short break last week and that the children managed to rest up ready for the rest of Term 2. As ever, we have had a busy week in school!

On Monday our Reception students arrived in their delightful Space outfits to discover that an alien had destroyed the classroom! This was all part of a 'hook' to get them excited about their new Space theme which their learning will be linked to. Later in the day, they enjoyed making alien treats.

Some of our Key Stage One students visited DBS Al Wakra on Monday to take part in a cluster wide Maths competition. Although Wakra won overall, our Ain Khaled students did extremely well and we are very proud of them.

We have had yet more sporting success. In basketball our Year 6 students had the following great results; Boys DBS 18-2 Gems,

Boys DBS 8-2 DESS, Girls DBS 20-3 Gems. We also came third out of ten schools at the QPPSSA Athletics this week. Congratulations to all involved in these events. Some of our intrepid Year 6 students are currently enjoying a residential trip in the UAE with some fellow students from DBS Rawdat. They arrived safely on Tuesday and are thoroughly enjoying a range of activities.

For many of these students, it is their first time away from their parents and it is a wonderful opportunity for them to challenge themselves.

It was wonderful to welcome so many parents to our Parent Teacher Consultations yesterday. I hope that you found these meetings useful. Education really is a partnership between home and school and we really value the support that you can give your children at home. Have a fantastic weekend.





# RAMADAN PROCEDURE

## AT DOHA BRITISH SCHOOL

As a British school in Doha, we understand the importance of accommodating and respecting the observance of **Ramadan**. During this holy month, we have implemented the following procedures to ensure a supportive and inclusive environment for all students and staff:

### 1. Reduced School Hours

In accordance with the Ministry of Education's guidelines, our school operates on reduced hours during Ramadan.

### 2. Fasting and Non-Fasting Classrooms

- **Fasting Classrooms:** At break and lunchtime, students who are fasting can use designated fasting classrooms. These are quiet spaces where they can rest or engage in light activities.
- **Non-Fasting Classrooms:** Students who are not fasting can eat in designated non-fasting classrooms during break and lunch. This ensures respect for those observing the fast.
- The canteen is closed during the holy month of Ramadan.

### 3. Prayer Room

A dedicated prayer room is available for students who wish to perform their daily prayers, particularly the Dhuhr prayer. This space is supervised by our Arabic department, ensuring it is a quiet and respectful area for worship.

### 4. General Etiquette

- All students are encouraged to show understanding and respect for their fasting peers during this time. Water Bottles are kept at the back of classrooms or outside.
- Teachers and staff remain mindful of students' needs, including reduced physical activities and adjustments to lesson plans where necessary.

These procedures help us create a balanced, respectful, and inclusive environment for all students during Ramadan.





# ACADEMIC SUPPORT

PLANNING FOR THE FUTURE

**SARAH  
BAYLEY**  
SENCO LEAD



## SUPPORTING

### EXECUTIVE FUNCTIONING IN STUDENTS

As an inclusion department, we receive referrals for focus and attention difficulties across the school, here is a spotlight on how we can support these skills.

Executive functioning is a crucial set of mental skills that help children manage their thoughts, actions, and emotions to achieve goals. These skills include planning, organisation, time management, working memory and self-control.

Strong executive functioning skills are essential for success in both primary and secondary school, as they help students complete homework, follow routines and develop independence.



Children develop these skills at different rates and some may need additional support to strengthen their executive functioning abilities. Stress and anxiety can weaken executive functioning by over activating the amygdala and increasing cortisol levels, which can impact working memory, flexible thinking and impulse control.

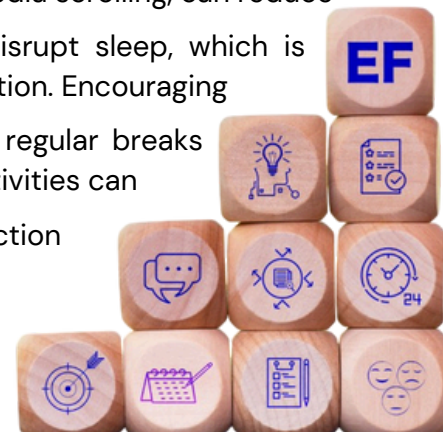
Teaching relaxation techniques, structured routines and emotional regulation strategies can help improve these skills.

## What is Executive Functioning?

Executive functioning is often described as the brain's "control center." It helps children:

- Plan and prioritise tasks
- Stay focused and shift attention when needed
- Organise materials and ideas
- Manage time effectively
- Regulate emotions and impulses

Similarly, excessive screen time, especially passive activities like social media scrolling, can reduce attention span and disrupt sleep, which is vital for cognitive function. Encouraging balanced screen use, regular breaks and active learning activities can support executive function development.





# EXECUTIVE FUNCTIONING

INCLUSION DEPARTMENT NEWSLETTER



## Key Executive Functioning Skills



Parents play a key role in helping children develop these essential skills. Here are some practical ways to support executive functioning at home:

1. **Create Routines** – Establish consistent morning, homework and bedtime routines to provide structure.
2. **Use Visual Supports** – Calendars, checklists and planners help children stay organised.
3. **Break Tasks into Steps** – Encourage children to tackle assignments in small, manageable steps.
4. **Encourage Time Management** – Use timers, alarms and schedules to build time awareness.
5. **Promote Organisation** – Provide designated spaces for school supplies and homework.
6. **Foster Self-Regulation** – Teach breathing exercises, mindfulness or movement breaks.
7. **Model Problem-Solving** – Talk through challenges and demonstrate problem-solving strategies.

8. **Incorporate Games and Activities** – Board games like chess, puzzles, and memory games strengthen planning, working memory and impulse control. Activities like cooking together or scavenger hunts can build sequencing and organisational skills.

By supporting executive functioning at home, parents can help children develop independence, resilience and confidence in their learning journey. If your child struggles with these skills, teachers and support staff are here to help. Working together, we can empower students to reach their full potential.

For further guidance, feel free to contact your teachers and / or the Inclusion Team for additional strategies on supporting executive functioning skills at home.





# SAFEGUARDING & WELLBEING

CREATING A SAFE SPACE

## 10 Top Tips for Parents and Educators

# FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges — like the pressure to win — and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

### 1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

### 2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

### 3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

### 4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

### 5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest — that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

### 6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

### 7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

### 8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

### 9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

### 10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

### Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/friendly-competition>







# SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL

**ESTELLE  
DU TOIT**

PROGRESS LEADER: YEAR 3



## A FANTASTIC TERM IN YEAR 3!

FROM STONE AGE PERFORMANCES TO FARM



ADVENTURES AND GLOBAL CELEBRATIONS

### THIS TERM HAS BEEN AN EXCITING ONE IN YEAR 3!

Firstly, the children were busy preparing for their assembly. The buzz was palpable as they eagerly learned their lines and discussed their costumes with friends. When the big day finally arrived, the atmosphere was magical. Parents were welcomed through a beautifully decorated cave, setting the scene for an immersive journey into the Stone Age. Each class focused on a different aspect of this fascinating era, with 3E wrapping up the assembly with an engaging quiz.



The children worked incredibly hard to perfect their performances, and what a show they put on!

We couldn't have been prouder.



In class, the children have been thoroughly enjoying reading Charlie and the Chocolate Factory. They have been captivated by the adventures of Charlie and the other golden ticket winners, eagerly discussing their favourite parts and making predictions about what might happen next.

With each chapter, the excitement grows, and they can't wait to find out how the story will end!





# SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL

## INTERNATIONAL DAY CELEBRATION



Another highlight of the term was our field trip to Torba Farm, which the children described as their “best day ever!” From the moment we stepped onto the bus, excitement filled the air.

The children sang songs throughout the journey and couldn't stop talking about what was to come. Once at the farm, they embraced the fresh air, admired the beautiful scenery, and thoroughly enjoyed the hands-on planting activities. Back at school, they continued to share their favourite moments from the trip.



International Day was another special event in Year 3. The children came dressed in vibrant outfits representing their diverse backgrounds and joined together to celebrate the many nationalities within our school community.

It was a truly heartwarming day that highlighted the beauty of our global connections.

What a fantastic term it has been—we can't wait for more adventures next term!





# PRESCHOOL HIGHLIGHTS

THIS WEEK IN PRESCHOOL



## Summary of the Week

The children have thoroughly enjoyed the rainy weather, which has sparked lots of discussions about the weather and its different features. We've been talking about the changes in the sky, the sounds of the rain, and how the weather makes us feel!

In class, we have been learning about the important people in our school who help us every day. The children have had fun engaging in role play, acting out different school scenarios in the classroom. It's been a great way to understand the different roles of people around us.

## In Maths

The children have been exploring the concepts of height by comparing who is taller and who is shorter.

Next week, we'll continue this exploration by focusing on objects that are shorter and longer, which will encourage more hands-on learning.

## Next Week

We will also be learning about people at home who help us, such as parents, siblings, and caregivers. We will discuss ways the children can be helpful at home too. It's a wonderful opportunity to promote responsibility and kindness in their daily lives.



## Home Activities

As part of our upcoming learning about "People at Home Who Help Us," we'd love for you to share a photo of your child helping out at home. Whether they're washing dishes, vacuuming, tidying their bedroom, or doing something else, we'd love to see them being helpful!

Please send the photo through Dojo, and we will discuss it during circle time on Thursday.

Thank you for your support!





# RECEPTION HIGHLIGHTS

THIS WEEK IN RECEPTION



## Summary of The Week

Reception had a wonderful day on Space Day and everyone looked fantastic. We made marshmallow aliens, built spaceships and an alien came to our classroom.

## Teacher's Message:

Please ensure your child's clothes and belongings are all labelled with their name.

Thank you.

## Next Week

We will be continuing our new topic Space. We will be reading the story 'The Dinosaur who Pooped a Planet'. We will be designing our own planets and writing sentences to describe it.

In Maths we will be focusing on the composition of the number 10.



## In Spanish

Reception students are expanding their knowledge of jungle animals and their unique skills!

This week, they are learning about el hipopótamo (the hippopotamus) and his favorite ability: nada (swims).





Thank You