



مدرسة الدوحة البريطانية  
DOHA BRITISH SCHOOL  
AIN KHALED



# Primary Newsletter

30th 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

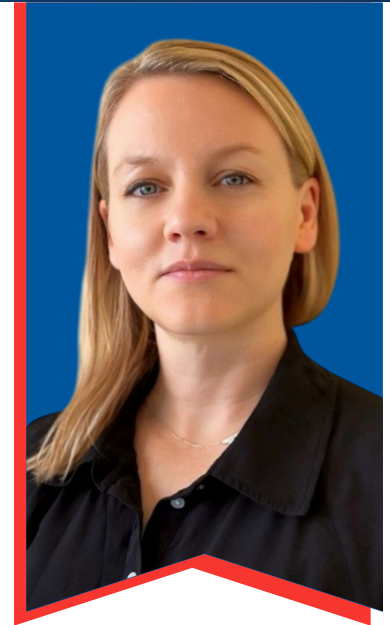


Welcome to Doha British Schools

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



### *Community Spirit: The Strength of Our School*

At Doha British School Ain Khaled, our character traits define who we are and shape the way we learn, work, and interact. One of the most important is Community Spirit—the recognition that we are all part of something greater than ourselves.

Community spirit is not just about kindness; it is about mindful communication, being aware of our actions, choices, and reactions, and assuming positive intent in our interactions. It means making the effort to understand different perspectives, listen with an open mind, and engage constructively. In a busy school environment, small moments—a conversation, a decision, or a reaction—can make a real difference in shaping the experience of those around us.

Our school uniform also plays a role in fostering this shared sense of identity. It is a visible reminder that we belong to something bigger—a community built on respect, responsibility, and pride. While each individual contributes in their own unique way, together we form a purposeful and united school.

Aristotle wisely said, "The whole is greater than the sum of its parts." This is especially true in a school setting, where every action, no matter how small, contributes to the culture we create. By being mindful of how we communicate, treating others with respect, and supporting one another, we strengthen the spirit of our school community.

As parents, staff, and students, we all have a role to play. Each interaction is an opportunity to reinforce the values we stand for, ensuring DBS Ain Khaled remains a place where every student feels they belong and can thrive.







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HEAD OF PRIMARY MESSAGE

## MRS. MARIE SIBLEY

After a fantastic International Day on Thursday, there were more thrills ahead at the weekend. Our U11 football teams were in action at Doha College in the BSME Football Competition with 20 schools from across the Middle East competing. Both teams played incredibly well and demonstrated our character traits of motivation, resilience and respect brilliantly. Their efforts were rewarded with Silver medals for both teams meaning they are the second best teams in the Middle East, a fantastic achievement.

We have also had academic success with three of our Year 6 boys representing the school at a Qatar Scientific Club Research 8 competition. Zain Ali, Nathanael Jomaa and Kris Puthenparambil worked on an AI student face recognition registration project and were invited through to the second round last week where they had to present their project and answer some extremely difficult questions about it.

Mr Ali and Mrs Longmore who accompanied them were extremely impressed. We are delighted to announce that they have been selected to move to the final round!

A group of our students also participated in a Maths competition across the three DBS schools this week and were triumphant! It was a great experience for them to compete against students and the other schools and we look forward to more opportunities like this in the future.

We have our Sports Days coming up soon. Year 2 and Year 5 will start us off on Wednesday 5th February then Years 1 and 3 will be on Thursday 6th. Sunday 9th February will be the turn of Pre-School and Year 4 then finally Reception and Year 6 will have theirs on Monday 10th February. Further details will be sent out early next week.







# SAFEGUARDING & WELLBEING

CREATING A SAFE SPACE

## What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### WHAT ARE THE RISKS?

#### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

#### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

#### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

#### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

#### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

#### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

### Advice for Parents & Educators

#### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

#### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

#### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

#### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

#### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tastid, a sensory food education charity.

Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)







# SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL

**HASSAN  
ALI**

ASSISTANT HEAD/KS2  
LEADER



COMMUNITY SPIRIT

## INTERNATIONAL DAY



This past week, we proudly celebrated one of the most anticipated events in our school calendar—International Day. As a British school in Qatar, we treasure the diversity and multiculturalism of our school community, and International Day is a wonderful opportunity to come together to celebrate the rich tapestry of cultures, traditions, and identities that make up our student body.

We are incredibly grateful to our parents for their invaluable support in providing delicious traditional dishes for the class feasts and for ensuring their children proudly represented their home countries. A special thank you also goes to friends of DBS, our teachers and staff for their hard work in organising the event and making it an unforgettable experience for the children.

International Day is more than just a celebration—it is a reminder of how fortunate we are to learn and grow in a community enriched by so many perspectives and traditions. We hope this event has inspired everyone to continue fostering respect, understanding, and appreciation for the diversity that surrounds us.

Thank you all for making International Day such a memorable and meaningful occasion.



The day began with an extraordinary *International Day Parade*, showcasing the children dressed in vibrant traditional attire representing their home countries. The pride and joy on their faces as they walked through the school grounds, waving flags and sharing their heritage, was truly heartwarming. This colorful parade reminded us of the beauty of unity in diversity and how our school embraces its global identity.

The celebrations continued throughout the day with a variety of activities that allowed children to immerse themselves in the traditions of other nations. From art and craft workshops to learning cultural dances, trying out traditional games, and tasting foods from around the globe, the day was filled with excitement and discovery. These experiences not only helped students appreciate other cultures but also strengthened their bonds as a school community.





# SPOTLIGHT OF THE WEEK

E C A U P D A T E S



**RACHEL CLARKE**

ASSISTANT HEAD/KS1 LEADER

JOIN OUR

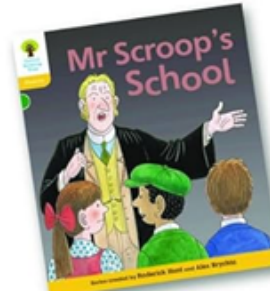
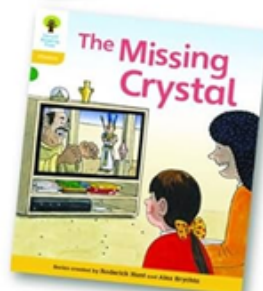
## DBS PARENT READING PROGRAMME!

Are you a parent of a child in Year 1 or Year 2? Are you interested in helping inspire a love of reading in our students? We are inviting parents to volunteer as Parent Readers and be part of our DBS Reading Programme!

We are looking for parents who can give up a morning or afternoon during the school day in the Summer Term to support our young readers. This is a fantastic opportunity to help children build their confidence in reading and share the joy of books with them in school.

Details on how to sign up and complete the required safeguarding training will be shared with Key Stage 1 parents via ClassDojo. Keep an eye out for more information soon!

Thank you for helping us create a community of readers!







# PRESCHOOL HIGHLIGHTS

THIS WEEK IN PRESCHOOL



## Summary of the Week

We've had a busy and exciting week in preschool, filled with learning, creativity, and lots of fun!

One of the week's highlights was the arrival of our **"Mystery Reader."** The children had a fantastic time trying to guess who it might be, and their excitement was contagious. Thank you to our Mystery Reader for making story time extra special!

In our creative play, we've been diving into the world of **The Three Billy Goats Gruff**. The children have been building bridges for the "Troll" to hide under, using their imaginations and teamwork to create some amazing designs.

Looking ahead, we're excited to explore the story of **The Gingerbread Man** next week! We can't wait to see where the children's curiosity and creativity take them with this classic tale.



## Home Activities

## Next Week

We will be making salt dough with the children! It's a fun and hands-on activity that the kids always enjoy.

Why not give it a try at home too? Making salt dough is simple and lots of fun, and your child can use different cutters to create various shapes. Once the shapes are dry, they can decorate them with paint or glitter to make their creations extra special!

Here's a quick recipe if you'd like to give it a go:

- 1 cup of plain flour
- 1/2 cup of salt
- 1/2 cup of water

Mix the ingredients together to form a dough, then roll it out and let the creativity begin!

We hope you enjoy this creative activity with your child!

## In Maths

The children have been working hard on recognising numerals up to 5 and practising their counting skills. They've been so enthusiastic and are making wonderful progress!



## Teacher's Message

We're thrilled to invite you to Learning Together Time in preschool next week. This is a wonderful opportunity to join your child in their learning journey and experience a little bit of their day with us. We hope to see you there!

Date and Time	Class
Sunday 2nd February 12:20-1pm	PS Blue
Monday 3rd February 12:20-1pm	PS Green and PS Purple
Tuesday 4th February 12:20-1pm	PS Yellow
Thursday 6th February 12:20-1pm	PS Red







# RECEPTION HIGHLIGHTS

THIS WEEK IN RECEPTION



## Summary of The Week

This week we have written some wonderful setting descriptions. Next week our class story is 'Pirates love Underpants'. The children will be writing about their favourite part of the story.

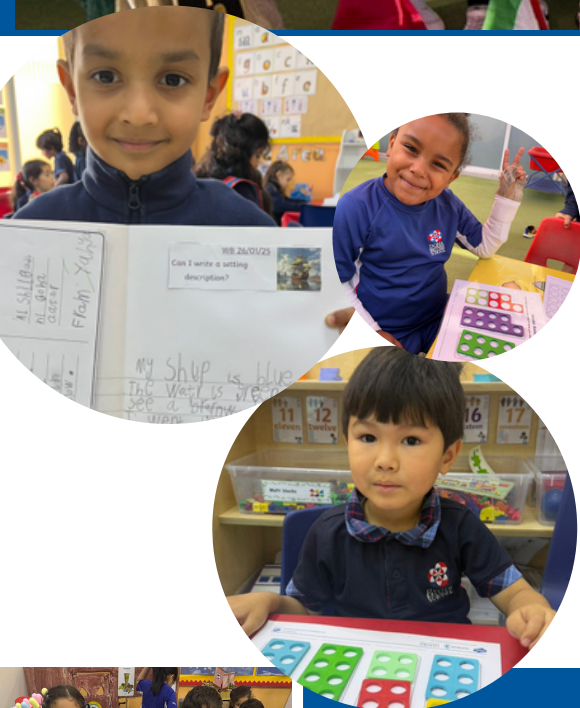
## Next Week

This week we are learning about length and height. The children will be exploring and measuring the length and height of various objects and comparing things that are taller and shorter than themselves.

## Teacher's Message:

**Thank you to our mystery readers this week. The children love having parents in class to read to them.**

A polite reminder that children should be wearing the correct school uniform to school. Jackets and jumpers should be the DBS jumpers/jackets, if your child does not have one they should be wearing plain navy, no other colour. They can wear dark grey trousers in the colder weather. School shoes should be black only. Thank you.



## In Spanish

Reception students are adding a new animal to their repertoire: la jirafa (the giraffe)! They are excited to learn about this amazing creature, with a special focus on its most unique feature—el cuello se estira (its neck stretches).





Thank You