



مدرسة الدوحة البريطانية
DOHA BRITISH SCHOOL
AIN KHALED



Primary Newsletter

6th March 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

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

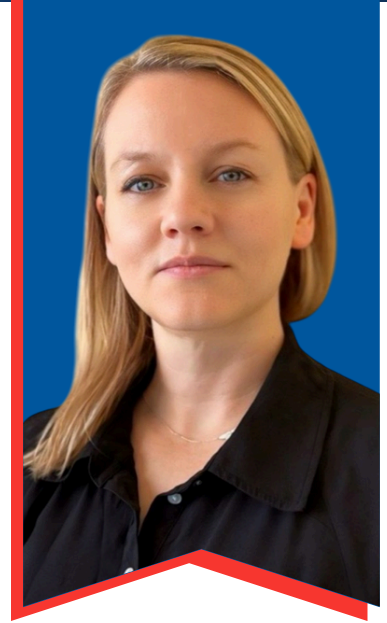
Our Mission

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

As we begin the holy month of Ramadan, we are reminded of the strength of community—not just in the people around us, but in the way we choose to engage with and contribute to that community. Community is a choice. The school we belong to, the values we uphold, and the trust we build with one another are all choices that shape the environment we create for our children.

At Doha British School Ain Khaled, our character traits are more than words; they are the foundation of our community. They are symbolically represented by the pillars in our foyer, not just holding up the building but holding us together as a school. Ramadan is a time for reflection, and as a school community, it is an opportunity to pause and consider: How do we uphold these character traits in our daily interactions? How do we model the values we ask of our students?

Respect is shown in the way we speak to one another. Integrity is reflected when we assume positive intentions and seek to understand different perspectives. Responsibility comes with the choices we make every day about how we engage with our school and with each other.

Never underestimate the power of listening—seek first to understand, then to be understood. A strong community is built on trust, respect, and the willingness to see things through another's eyes.

Wishing all those observing Ramadan a peaceful and reflective month.





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HEAD OF PRIMARY MESSAGE

MRS. MARIE SIBLEY

We have had a very peaceful start to Ramadan with less to report on than usual. Many of our students have been fasting and we are proud of what they have achieved. We are also very proud of how respectfully those who have not been fasting have behaved. The children all do get opportunities to go outside and the majority choose to run around and 'let off steam' in those times, but please be assured that we also allow children to simply sit on the benches or in the canteen area if they want to rest. Children also are allowed to rest at any point during PE lessons if they are fasting and the PE staff have deliberately chosen to focus on less strenuous sports within Ramadan.

Generally the traffic has been flowing reasonably well at the start and end of each day, despite the shorter 'window' in which to arrive. Thank you for your patience and cooperation in this. Can I please ask for your consideration when parking. Many families in Qatar have large vehicles which is not a problem until you park by a pavement (footpath) and the front of your car goes over the pavement, making it almost impossible for children to safely pass. Please just park slightly further back so that you do not block these safe spaces.

Thank you to the parents of children in Pre-School and Early Years for the way in which you are respectfully waiting for older children to finish.

Please be aware that we have children returning from lessons around school right up until 1:30 which is why we cannot have you waiting in the corridors. The safety of our students is paramount to us.





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.



Rasha Haragy
Subject Leader: Arabic Teacher





CHANGE OF DATE

DOHA BRITISH SCHOOL
AIN KHALED

DOHA BRITISH SCHOOL
AL WAKRA

FRIENDS OF DBS

YOU ARE INVITED TO
DOHA BRITISH SCHOOL
RAMADAN
Iftar
MARCH

THURSDAY **13** **AT 5.00 PM**

Pullman Hotels and Resorts
Doha West Bay
Ramadan Tent

Presented by Friends of DBS
Ain Khaled & Al Wakra

Please book your spot to secure your place





COUNSELLOR NEWSLETTER

AT DOHA BRITISH SCHOOL

**NADIRA
IBRAHIM**
PRIMARY COUNSELLOR



SMALL GROUP SESSIONS



I am excited to share an update on our Conflict Resolution and Emotional Regulation small groups for Year 5 and 6, which are currently underway and progressing well. As we reach the halfway point, students have been actively engaged in developing essential skills to help them navigate their social interactions and emotional challenges.

In our Conflict Resolution sessions, we have covered key topics such as managing emotions during disagreements, strategies for remaining calm in tense situations, and effective ways to reach resolutions. The students have been practicing these skills through role-playing and group discussions, allowing them to gain confidence in applying these techniques in real-life scenarios.

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Over the next few weeks, we will continue to build on these foundational skills, providing students with more tools to handle conflicts and regulate their emotions effectively. I encourage you to discuss these topics at home, as it can reinforce what they are learning and help them apply these skills outside of our sessions.

Thank you for your continued support and investment in social emotional learning and in creating a positive environment for our students!

MESSAGE FROM THE





SAFEGUARDING & WELLBEING

CREATING A SAFE SPACE

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



The National College®





SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL



**DIANE
LONGMORE**

ASSISTANT HEAD OF PRIMARY
PASTORAL

Embracing a **HEALTHY LIFESTYLE**



Meet our school nurses: Nimmy Jacob, Vilma Tandingan, Llena Espiritu and Mona Delgado

The nurses not only look after the health of our students but also go beyond by ensuring they feel cared for. They work tirelessly to make the clinic a safe space for all students through kind words and a welcoming environment.



A Message from the Nurses:

The students at Doha British School are learning presently learning about Health and Wellbeing in their PSHE(Personal, Social, Health Education) sessions. As we step into a new season, we want to remind everyone of the importance of maintaining healthy lifestyles. These habits not only ensure our student's well-being but also boost their academic performance and overall confidence.

Personal Hygiene

Plays a crucial role in our children's overall health and well-being. We encourage you to reinforce the importance of good hygiene habits at home.

- Teaching your child to wash their hands regularly, especially before meals and after using the restroom, helps prevent the spread of germs.
- Daily bathing, wearing clean clothes to prevent body odor.

By fostering these habits, we can ensure our children remain healthy, confident, and ready to tackle each day with a smile.

Good personal hygiene is the key to staying healthy and feeling great!





SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL

TEETH HYGIENE

Please take your child to the dentist if they are experiencing any of the following:

Encourage your child to brush their teeth at least twice a day, in the morning and before bed, using fluoride toothpaste. Regular dental check-ups are also crucial to keep those bright smiles shining!

1. Constant Bad Breath



4. Plaque and tartar build up



2. Painful Gums



5. Tooth Pain



3. Cavities



5. Tooth Pain





SPOTLIGHT OF THE WEEK

AT DOHA BRITISH SCHOOL

SLEEP HYGIENE

Sleeping Habits: A good night's sleep is essential for growth, learning, and mood regulation. Ensure your child gets the recommended amount of sleep for their age—typically, 9-11 hours for school-aged children. Establishing a calming bedtime routine can make a big difference.

Getting enough rest is very important—sleep helps your brain remember what you learn and gives your body time to grow and recharge. Stay hydrated and well-rested to be your best every day!



Exercise: Physical activity is vital for developing strong bones and muscles and maintaining a healthy weight. Encourage at least 60 minutes of moderate to vigorous exercise daily, whether it's playing sports, riding a bike, or even a fun family walk in the park.

Regular exercise boosts your energy, improves focus, and keeps you strong! Whether it's a quick jog, a fun game, or stretching between classes, staying active helps you feel great. Get moving today and make fitness a part of your routine. So stay active, stay healthy!

Lack of rest and exercise can lead to burnout, poor focus, and declining health. Try setting a consistent bedtime and incorporating short walks or stretches into your day—your body and mind will thank you!

By fostering these healthy habits at home, we're setting our children up for a bright and healthy future. Let's work together to keep our students thriving!

Sleep hygiene for children and adolescents
Sleep hygiene refers to the daily habits and routines that affect nighttime sleep quality and daytime alertness.

Poor sleep hygiene

- Allowing excess light in the room (eg, window)
- Using devices with screens within 1 hour of bedtime or while in bed
- Keeping the room too warm
- Eating or drinking within 1 hour of bedtime
- Consumption of caffeine, even during daytime

Good sleep hygiene

- Using light-blocking shades to make the room dark
- Using a fan or air conditioner to keep the room cool
- Reading a calming story before bedtime
- If thirsty, drinking a small glass of water

Additional sleep hygiene tips

Try to follow a regular schedule for daily activities and events

- wake-up time
- outdoor exercise
- meals
- schoolwork
- presleep relaxation
- bedtime

Allow children to get enough sleep for their age

| Age | 3-5 y | 6-12 y | 13-18 y |
|-------------------|----------------|---------------|---------------|
| Sleep time | 10-13 h | 9-12 h | 8-10 h |





PRESCHOOL HIGHLIGHTS

THIS WEEK IN PRESCHOOL



Summary of the Week

The children have been fully engaged with our theme of Doctors and Nurses. They have particularly enjoyed using their imagination in our hospital role-play areas, taking on the roles of doctors, nurses, and patients as they care for one another.



Message from Teachers

Snack and lunch times in Ramadan are as follows:

🍏 **Snack:** 9:40 - 10:05 AM

🍽️ **Lunch:** 11:35 - 11:55 AM

As eating time is limited, we kindly ask that children bring only a **small snack** (1 or 2 pieces of fruit) and a **light lunch**, such as a small sandwich, rice, or pasta dish, with

an additional item like yoghurt. This will help ensure that they can eat comfortably within the given time and not feel overwhelmed by too much food.

Thank you for your cooperation and support.

Next Week

Looking ahead to next week, we will be focusing on people who help us in the emergency services, including firefighters, paramedics, and police officers. We are excited to continue our learning through stories, discussions, and creative activities.

In Maths

We have been exploring the concepts of "heavy" and "light". The children have been busy comparing the weight of different objects and discussing which items are heavier or lighter—a great hands-on learning experience!





RECEPTION HIGHLIGHTS

THIS WEEK IN RECEPTION



Summary of The Week

The children have enjoyed writing lists, learning about the number 10 and making rockets this week.

In Maths

We will be Please ensure your child is wearing black school shoes and correct school uniform to school.

Next Week

Our class story is 'The Darkest Dark'. We will be writing about a time that we were brave.



In Spanish

Reception students are starting an exciting students are expanding their Spanish vocabulary by meeting two new minibeast friends: Alba la Abeja (Alba the Bee) and Alejandra la Araña (Alejandra the Spider)!

Teacher's Message:

Eid Mubarak to all. We wish you all a happy, safe and blessed Ramadan.

Please ensure your child is wearing black school shoes and correct school uniform to school. Thank you.





Thank You