

AL NOOR-ABA NEWS

19th September 2019

Message from the Head of School

Dear ABA Community,

An active campus, the week started off with an all-day Board Retreat at the Radisson Hotel with all members of the Board of Trustees and the Senior Leadership Team on Saturday, 14th September. We were actively engaged in professional enrichment, governance training and strategic planning. I am enthusiastic about my work with this Board and its commitment to best practices and constant improvement.



I had two full Parent Coffees (Monday 7:45am and Wednesday 5:30pm) this week and really enjoyed getting to know many of the parents here. We had good interaction and information sharing in both cases. I will collate and distribute the questions when all four coffee sessions are finished.

The Parent Night (Tuesday) was a tremendous success and I commend the good work of Gaitha Al Yarubi and Marie-Antoinette Manih Gerges for their organization and attention to details for the evening. I loved seeing so many parents at the event! We also had five other meetings that day from Omani scholarships to Swiss Skiing to 12th grade University Planning! It's a hopping place!

All in all, I am just loving the verve on campus and the fact that parents and teachers and students have a nice flow of information and contact.

Enjoy the weekend ahead,

Sue

Dr. Susan R. Groesbeck

Upcoming Dates

- | | |
|--------|--|
| 23 Sep | Grade 10 PE First Aid Session
SLH, 7:40am - 10:30am |
| | Home Room Parent's Orientation
PTA Room - 7.40 - 9.40am |
| | Early Dismissal All Students
12 :15pm |
| 24 Sep | Child Protection
Parent Information Session
SLH - 7:30am - 9am |
| | Head of School Coffee Meeting
PTA Room - 1:00 - 2:00pm |
| 25 Sep | Head of School Coffee Meeting
PTA Room - 7:45-8:45am |
| 26 Sep | Fundraiser - Ice Frenzy
(Booster Club)
Drama Court - 11:30am - 1pm |
| | Mufti Day - Whole School
Peace Day (Dress in White) |



Message from the High School

Student/Parent Health Information

As many of us are aware, the use of e-cigarettes (often referred to as “vaping”) has been on the rise among teenagers globally. At ABA, we are taking steps to ensure that students and parents have an understanding and awareness of the hazards and potential health risks involved with vaping and also know how to access resources for support.

In June, we had a parent information session about Teen Safety (vaping, risk taking behaviors and online safety) lead by Mr. Wadsworth, Ms. Anthony and Mrs. Alli. There will be a repeat session offered to parents in October - please look forward to more information regarding the date and time in the coming Newsletters.

Throughout the year in Learning Mentor sessions and Niqash, students grade 6-12 are discussing a variety of teen health issues, including the dangers of using e-cigarettes. We encourage you to talk to your children about what they are learning in these lessons. We have shared some resources about vaping below for additional information. Please don't hesitate to get in touch with your child's Principal, Assistant Principal or Counselor with any questions or concerns regarding this matter.

[E-cigarettes/What parents need to know](#)

[How to talk with your teen](#)

[Vaping 101](#)

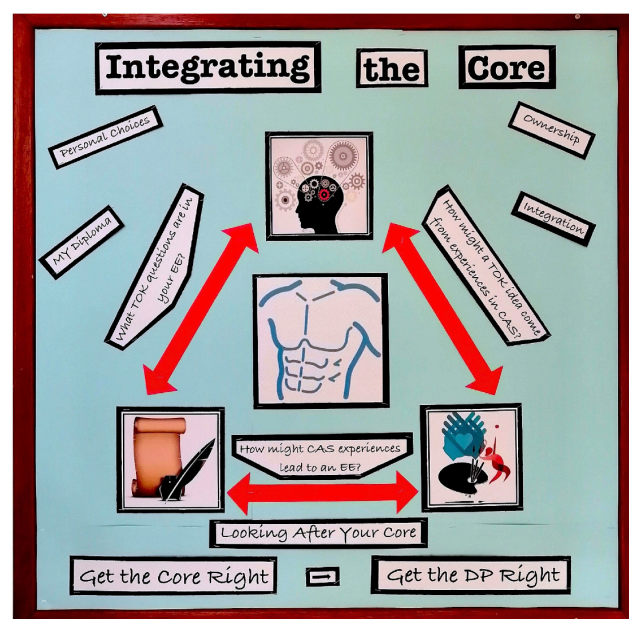
Secondary School team

Approaching the 'Core' elements of the IB Diploma

Developing and maintaining core strength is a vital component of keeping fit but also an apt analogy for success on the IB Diploma programme.

The 'Core' component of the Diploma programme is the combination of the Extended Essay, the Theory of Knowledge (ToK) course and Creativity, Activity and Service (CAS). It is what makes the Diploma programme unique, and is excellent preparation for the world beyond school. When the Diploma team came to visit ABA as part of our joint CIS/IB/MSA accreditation visit, they were very impressed with our implementation of the Diploma at ABA, resulting in many commendations.

With reference to the Core component, one of our visitors told me: 'Get the Core right and you get the Diploma right.' I knew ABA had a great CAS programme and were performing above world averages in both ToK and EE, so I wasn't 100% sure whether his words were acknowledgement or instruction! Of course, continual improvement is a watchword in education, but that phrase stuck with me, and we have been working hard on our 'core strength' ever since. It dawned on me that the advice is important for coordinators and teaching teams, but so much more important for Diploma students, and much more difficult to get across. For many students, the Core is seen as 'additional' work they have to do. The combination of ToK and Extended Essay is only awarded a maximum of 3 points out of the total of 45, so it is not surprising that it can be seen as secondary to the important work of gaining the highest marks out of 7 in their subjects and especially in HL subjects, when university places might depend on it.



CAS is a pass/fail, but again can slip down the list of priorities when academic demands on time grow. But the right approach to the Core will drive achievement across the board, in turn reaping rewards far beyond the three so-called 'bonus' points. We have been working to educate our students, teachers, Learning Mentors and parents about how students can drive learning on the Diploma through the Core, and how to integrate the Core elements more closely which will mean less work, more ownership and more efficient working practices.

To that end, last Spring, Mr. Shaymardanov and I gave a presentation on 'ToK and Intergrating the Core' to parents of this year's Grade 11.

We would like to extend this opportunity once again to parents of Grade 11 students who may be new to ABA, or missed the presentation last year, on Tuesday October 8th, in the PAC from 5.30pm. During this session parents will come to understand the Core and notably ToK a little better and will gain the understanding to help their sons and daughters look at how they can make personal choices on the Diploma, take ownership of it and ease their workload at the same time! Integrated Core strength is really at the centre of a great Diploma: students with a full CAS portfolio typically have the highest Diploma scores. Students who use their ToK thinking in their Extended Essays always score very well; ToK presentations that explore the knowledge questions raised by an EE are genuine, high level personal journeys of inquiry. In short, - get the Core right, get the Diploma right.

Upcoming dates

Tuesday 1st October, Grade 11 Discovery Week trips (Grade 11 parents), 6:00pm - 7:00pm

Tuesday 1st October, Grade 11/12 parent coffee morning, 7:30am - 8:30am

Guy Essex
DP Coordinator

Message from the University Counselor

This past Tuesday afternoon was a busy but hopefully rewarding one for our Grade 12 parents who not only had an opportunity to meet with subject specialists at the 'Meet the Teacher' event but also attended one or two sessions on university admissions.

The first session was focused on the application process for Higher Education scholarships and we were privileged to have as the presenter, Mr. Hilal Al Bahlani from the Oman Ministry of Education. Parents and students received information about the range of scholarships that are available, the eligibility criteria as well as the steps involved in applying. This was followed by a general presentation about the university application process and what support is in place to guide students through the completion of each step.

<p style="text-align: center;"> UK</p> <ul style="list-style-type: none"> • Completed UCAS application form • Personal Statement (4000 characters) • Reference Letter • Predicted Grades • Proof of English Language Proficiency* <p>Deadlines: October 15: Oxbridge, Medicine January 15: other applications</p>	<p style="text-align: center;"> USA</p> <ul style="list-style-type: none"> • Complete Common App Application Form • Common App Essay (650 words) • Letters of Recommendation x 3 • High School Transcript • SAT / ACT Results* • Proof of English Language Proficiency* <p>Deadlines: November 1 / 15: Early Application (ED or EA) January 1: Regular Decision</p>
<p style="text-align: center;"> Canada</p> <ul style="list-style-type: none"> • Completed OUAC (or direct) application form • Letter of Motivation / Personal Profile* • Letter of recommendation* • Predicted Grades • Proof of English Language Proficiency* <p>Deadlines: December 1: First round offer consideration* January 15: Regular decision</p>	<p style="text-align: center;"> The Netherlands</p> <ul style="list-style-type: none"> • Completed <u>Studielink</u> (or direct) application form • Personal statement (500 – 800 words) • High school transcript • Proof of English/Dutch language proficiency • References* <p>Deadlines: January 15 May 1: Research degrees for EU citizens</p>

Two members of our parent community, Mrs. Alison Al Maskari and Mrs. Reem Al Shaikh, generously shared their recent experience of the application and admissions journey, providing an easily relatable perspective for the parents in the audience. Our Head of School, Dr. Sue Groesbeck, also addressed parents, sharing some insights about the US and Canadian Higher Education systems.

For our seniors, the application process has started in earnest! The strong partnership that exists between students, parents and the school is certainly the ideal condition that will help each student find his/her individual pathway to success.



Denise Barker

Message from the Extra Curriculum Program

Our volleyball teams have kicked the year off with great success winning five out of the six matches against TAISM. Our Volleyball program has another big week coming up. I hope to see you at the courts.

22nd September	U19 Girls vs TAISM @ ABA	4:00 - 5:15pm
22nd September	U16 Girls vs TAISM @ ABA	4:00 - 5:15pm
24th September	U16 Girls Vs PSO @ ABA	3:30 - 4:45pm
24th September	U19 Girls Vs PSO @ ABA	3:30 - 4:45pm
25th September	U16 Boys vs PSO @ ABA	3:00 - 4:15pm
26th September	U12 Boys vs TAISM @ ABA	4:00 - 5:15pm
26th September	U12 Girls vs TAISM @ ABA	4:00 - 5:15pm
26th September	U13 Boys vs PSO @ ABA	2:30 - 3:30pm
26th September	U13 Girls Vs PSO @ ABA	2:30 - 3:30pm

No Training on Monday 23rd September for all teams

Due to the early release day there will be no training on Monday 23rd September for all teams including the swim team.

MESAC - Pre-season Training

The below list of pre-season training has been communicated to all grade 8 - 12 via email. Pre-season training is not compulsory. It is an opportunity for our students to increase their sport specific fitness and brush up on their skills.

*Paul Brace
Athletics Director*

MESAC XC	Sunday 6:15am Wednesday 2:30 - 3:30pm
MESAC Basketball	Friday 2:30 - 4:30pm
MESAC Basketball	Saturday 10:30am - 1:00pm
MESAC Badminton	Saturday 9:00 - 11:00am
MESAC Strength and Conditioning	Wednesday 6:00 - 7:00am

On Sunday September 15th, 2019 your child came home with a Scholastic Book Club leaflet. It is a chance to order quality books from the UK for your child <https://world-shop.scholastic.co.uk/schools/americanbritish-academy>. All orders must be placed online, and directions on how to place your order were shared by homeroom teachers on Seesaw for ECE and Elementary, and the grades 6-8 parents have been emailed with details. Kindly note that the online order closes Thursday 26th September, 2019 so that books can arrive before the Fall Holiday! The price of books includes the shipping from the UK to school and all VAT and duties.

Thank you for supporting our school and encouraging students reading for pleasure.

*Mara Hakim and Courtney Park
ABA Librarians*

Message from the Mother Language Program

Today is the last day to register your child (K2-Gr.10) for the Mother Language Program. We request that interested families please visit the MLP page on the ABA website, and click "Register".

Parents of registered students will be contacted next week for further details. If you have any questions, please email us at mlp@abaoman.org

*Diana EL Bizri and Erum Banatwala
Mother Language Program Coordinators*

Message from the PTA



PTA Website

The PTA website has all the information you need pertaining to volunteering opportunities, upcoming PTA events, minutes of open meetings, quick contacts for services in Muscat and much more. Check out the PTA website: [http://abaoman.org/wp-site/pta/Homeroom Parents \(HRPs\)](http://abaoman.org/wp-site/pta/Homeroom Parents (HRPs))

Building our community together!

A big "Thank you" to everyone that has come forward and volunteered to be a Home Room Parent. We still have a few classes that need volunteers.

Sign up by September 20th, 2019 with the parent representatives:

ECE & Elementary Minita: PTAERep@abaoman.org
Middle school Rebecca: PTAMRep@abaoman.org
High school Kami: PTASRep@abaoman.org


Confirmation emails will be sent out after the deadline.

Spooktacular

Missing HRPs

Elem:
30

ECE:
KIM



HRP Orientation
Sept 23rd @ 7.40am
PTA room

H. School
All Classes!

Our first big event is right around the corner. Contact trick-or-treat@abaoman.org to participate, volunteer or just to get more information.

We look forward to hearing from you! Have a wonderful weekend.

Your PTA
'Building Our Community Together'

PTA Agenda

Monday, September 23rd, 2019
@ PTA room
HRP Orientation : 7.40 to 9.40 am

Monday, October 7th, 2019
@ PTA room
PTA Open meeting : 7.40 to 8.40 am

Thursday, October 31st, 2019
Spooktacular : 5.00 to 7.00 pm

PTA CALENDAR
On Sale Now!



Only 3 ovr!
One is not enough!

Available in Admin
All day
Limited Supplies

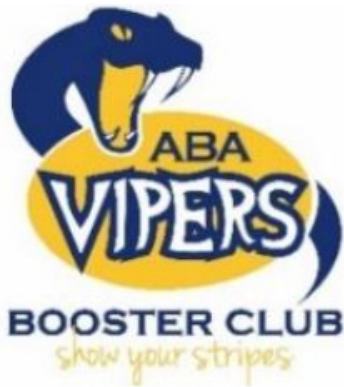


PTA Calendar Edit :
Winter break ends 4th January

Spooktacular

♦ *Want to be part of the*
Trick or Treat Lane?
Bring your ideas to our
volunteers meeting on
SUNDAY 22nd September
at 07.40 - PTA room ♦

Message from the Booster Club



Hoodie, Hoodie, Hoodie...Oi Oi Oi

It's a busy week ahead for the Booster Club! Don't miss your opportunity to order your personal VIPERS hoodie! Only available from the VIPERS Booster Club pop-up shop.

Our next pop-up will be on Monday 23rd September 07:00 - 07:45am.

All VIPERS hoodies are custom made with personalized printed name on the back, fully embroidered VIPERS logo, and quality cotton lining on the inside of the hood. Hoodies are OMR15 each and cash pre-payment is required at time of ordering. Sample sizes available. NO orders via email. Order NOW in time for MESAC.

Remember to grab your official VIPERS merchandise including sports bags, caps, water bottles, training shirts, support shirts, pencil cases, tattoos, and much more for the Booster Club pop-up shops! You can now pick up your VIPERS swim cap, goggles, and swim bag from the Booster Club, but be quick... goggle stocks are limited!!!!

Monday 23 September
07.00-7.45am
come see our friendly team outside the ECE Building
HOODIE ORDERS AVAILABLE!!

VIPERS Merchandise 2019/20
AVAILABLE NOW... ONLY from VIPERS Booster Club!

 \$8	 \$10	 \$15	 \$10
 \$15	 \$7	 \$3	 \$3
 \$1.2	 \$3	 \$200	 \$5

All proceeds from the sale of VIPERS merchandise go to the VIPERS Booster Club - supporting our kids!

PERSONALISED VIPERS HOODIE

MON 23 SEPT
7am outside ECE

ORDER YOUR HOODIE NOW
IN TIME FOR MESAC
SEASON 1 - DON'T MISS OUT!!!

SIZES
Elementary (K = Kids)
 K-S, K-M, K-L, K-XL, K-XXL
Secondary (Adult sizes)
 S M L XL
(Sample sizes available)

ONLY available from VIPERS BOOSTER CLUB
pre-paid orders ONLY - get yours NOW!

BRACE
VIPERS

All proceeds from the sale of VIPERS merchandise go to the VIPERS Booster Club - supporting our kids!

VIPERS SWIMMING

VIPERS SWIM CAP \$4

EMBROIDERED SWIM BAG \$5

SPECIAL OFFER
SWIM BAG + CAP + GOGGLES
RO15
while stocks last!!!

SPEEDO VANQUISH 2.0 SWIM GOGGLES \$7
Competitive & JR

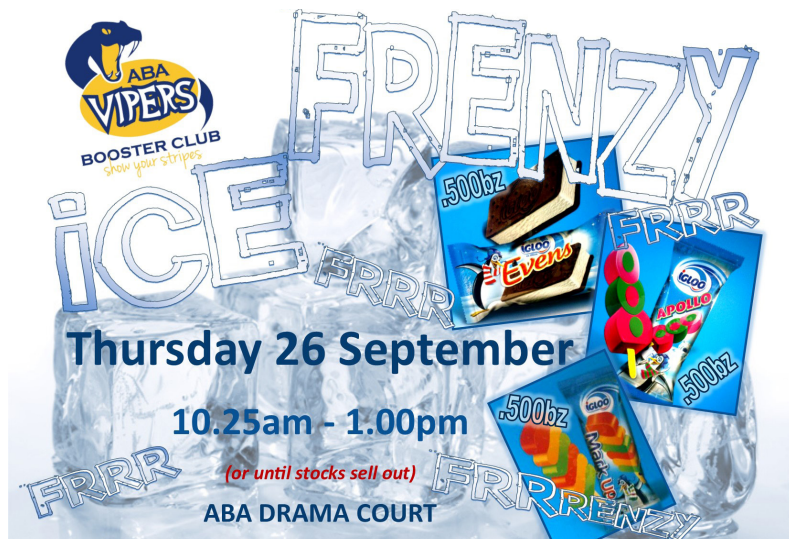
NOW available from VIPERS BOOSTER CLUB

All proceeds from the sale of VIPERS merchandise go to the VIPERS Booster Club - supporting our kids!

ICE FRENZY – our first fun filled Booster Club event kicks off on Thursday 26th September in the Drama Court. Bring your baizas and help support our VIPERS!!

To find out more about the Booster Club and how you can help, simply drop us a line at boosterclub@abaoman.org. Booster Club is a great way to 'support our kids' while making new friends and having fun.

Yours in community spirit
VIPERS Booster Club



Community Message



Reminder: Head of School coffee morning

Don't forget to sign up for the Head of School Coffee.

The dates are:

Tuesday, 24th September 1:00 - 2:00pm

Wednesday, 25th September 7:45 - 8:45am

RSVP to the date of your choice to admin@abaoman.org.

'Learning is a treasure
that follows its owner
everywhere.'

Chinese Proverb