

AL NOOR - ABA NEWS



UPCOMING EVENTS

22 March
Isra'a Wal Miraj
Public Holiday

23 - 28 March
Spring Break

29 March
ABA Board Meeting
Online
6:00 pm

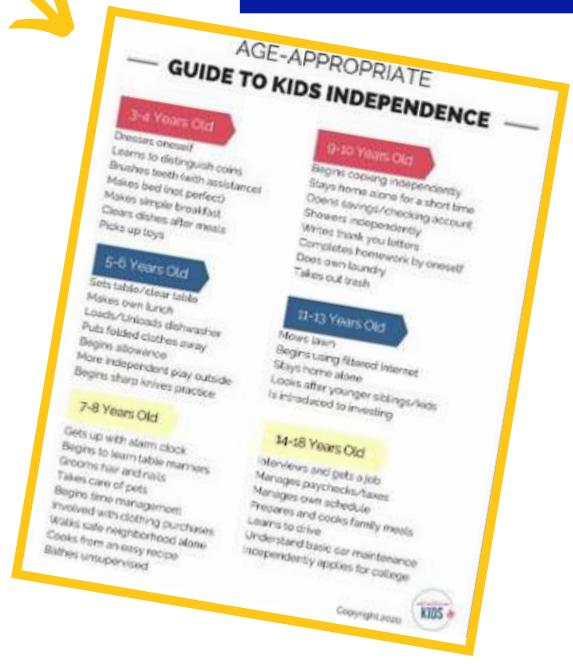
Dear ABA Community,

One of the things that we have now is TIME together. The malls and shops are closed. Many of the businesses are allowing parents to work from home. I'd love to give you my perspective from 48 years of being in schools and knowing that this is really a gift that you will cherish at a later point. The children leave you for college/university so quickly and I think you are lucky to have these weeks of togetherness. It isn't a Pollyanna position. But I also hope that you don't waste it.

I simply Googled: [Life Skills to Teach your Child](#) (Click me!)

There are pages and pages of advice for you. I think at the end of these four weeks, every ABA student over 12 years old should be able to change a tire, wire a lamp, cook a fried egg, iron a shirt and order a plane ticket. There are other skills. Save our planet. Make a budget. There are also gentle skills like writing a thank you note, accepting criticism and being kind.

These are days that can be used wisely. I miss the students and I hope to see them soon. Our teachers are busier than ever with the online learning platforms. Stay healthy and hopefully we will see each other in April!



Susan
Dr. Susan R. Groesbeck
Head of School

MESSAGE FROM THE ELEMENTARY SCHOOL

What a difference just a few days makes. While elementary staff had already begun to discuss and plan for a possible move to online learning, we had no idea when we left school last week that we would need to implement it so soon. On Sunday morning, after a somewhat sombre briefing, our teachers set to work with determination and teamwork to get ready for a Monday launch. By the time we left campus at 11.30am, there was an air of anticipation and even excitement as we embarked on this new adventure together.

Feedback from the first few days has been largely positive. Children are delighted to watch their teachers running the morning meeting or reading a story via a movie clip, and have been eagerly sharing their home learning experiences by posting photos, movie clips and comments on Seesaw. We have been listening carefully to feedback about the quantity and type of work provided as well as how to get children organised and able to tackle the day's work with as much independence as possible. We appreciate your patience and support as we adjust things in these early stages.

Daily Home Schedule		
7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas

- LEARNING**
 - MATCHING
 - COUNTING
 - PREPOSITIONS
 - COLOR/SHAPE ID
 - PATTERNING
 - LETTERS/NUMBERS
 - DESCRIBING
 - ORDERING BY SIZE
 - RHYMING
- MOVEMENT**
 - DANCE PARTY
 - GONOODLE/FUN & FLUENCY (ONLINE)
 - MOVEMENT SONGS
 - OBSTACLE COURSE
 - EXERCISES
 - BRAIN BREAK ACTIVITIES
 - YOGA POSES
- COOKING**
 - HOMEMADE PIZZA
 - POPSICLES
 - CEREAL BARS
 - STOVETOP POPCORN
 - PLAY DOUGH
 - SLIME/OORLECK
 - APPLESAUCE
 - JELLO/PUDDING
 - FRUIT SALAD
- GAMES**
 - PUZZLE RACE
 - PLAYING CARDS
 - HIDE AND SEEK
 - BOARD GAMES
 - CHARADES
 - FOLLOW THE LEADER
 - SIMON SAYS
 - ACTION IMITATION
 - ISPY
- CRAFTS**
 - COLLAGES
 - PAINTING
 - STICKERS
 - KINETIC SAND
 - CARDBOARD BOX CREATIONS
 - SCRAPBOOKING
 - BEADING
 - SEWING
- FREE PLAY**
 - LEGOS/BLOCKS
 - MAKE A FORT
 - PUPPET SHOW
 - DOLL HOUSE
 - DRAMATIC PLAY
 - BUILD A CITY
 - SENSORY BIN
 - CREATE A MAZE
 - PLAY DOUGH
- STORY TIME**
 - STORYLINE ONLINE
 - BOOKS ON TAPE
 - PICTURE WALK
 - FELT BOARD ACTIVITIES
 - STORY RETELLING
 - COMPREHENSION QUESTIONS
 - STORY ELEMENTS
- OUTDOOR**
 - RIDE BIKES
 - NATURE WALK
 - SCAVENGER HUNT
 - CHALK
 - HOPSCOTCH
 - BUBBLES
 - JUMP ROPE
 - SPORTS/RACES
 - TAG

For more information visit biasbehavioral.com
 Follow @biasbehavioral on social media

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Huge thanks must go to Ms Gloria, who has been in school early every morning this week, dealing with the many tech inquiries that poured in, ranging from sorting out logins, to updating operating systems, through signing out devices to those who needed them.

We and you will hopefully be ready for a smooth return to “school” on Sunday 29th March after a well deserved break - a chance to adjust together as a family to this new ‘normal’. Be kind to yourselves, stay healthy and keep safe!

- Sam Cook, Elementary Principal

MESSAGE FROM THE MIDDLE SCHOOL

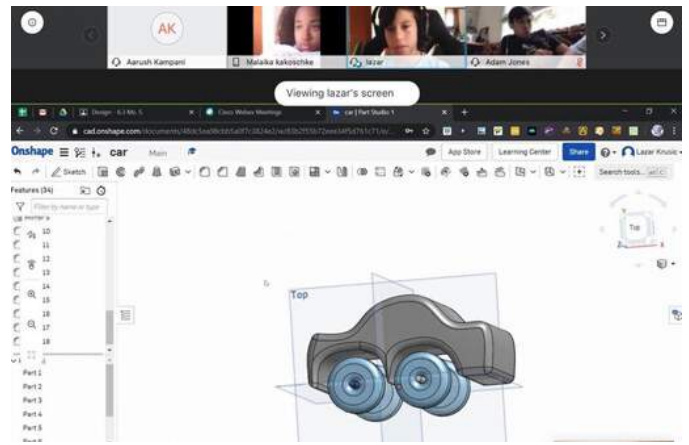
As you are now aware, ABA students and teachers have moved to online learning. Please remember next week is Spring Break. Online learning will resume on Sunday 29 March.

We know that this is a challenging time for us all to navigate and there may be a few questions and concerns along the way, but please know that we are here to help support you and the students. The Middle School Team will continue to be available to students and parents during the weekdays from 9:00am-1:00pm. (Kathleen Bowin - kbowin@abaoman.org, Megel Barker - mbarker@abaoman.org and Claire Anthony - canthony@abaoman.org)  (copy and paste)

It is important that student's well-being needs continue to be addressed during this time. The Oman government has put measures into place, which we must follow.

Claire Anthony will be coordinating and sharing resources with Advisors that will address school counseling related student concerns such as wellness strategies, the importance of staying connected with other students, self-confidence, coping and personal safety skills.

In researching what has been working well for schools, students and families in systems that have already been closed for a lengthy period of time, it has been found that a daily routine or schedule is critical to help students adjust to this new "normal." A daily schedule (from the time students wake up until they go to bed) can help students feel in control by reassuring them with what to do when. Now that a timetable has been shared with your son or daughter, please take some time to review it with them and encourage them to have enough breaks and self-care activities built in within the day. The [Middle School Online!](#) website contains additional ideas and daily schedule information.



Other ways you can help provide support to your child:

- Encourage your son or daughter to stay connected with their friends. Social interactions (even if only online) among teenagers are very important and they do help contribute to positive wellbeing
- Have honest conversations and answering their questions about the coronavirus, health and the impact that it is having globally
- Acknowledge and listen to any worries, fears or anxieties they have about the situation and remind them that these feelings are normal
- Help guide your son or daughter's worries into things they can do- such as learning more about how to prevent the spread of the virus (handwashing, etc) and getting enough sleep each night to take care of their health. Point them to reliable sources of information, such as the WHO
- Be aware and avoid excessive media coverage
- Encourage your child to stay physically active

Additional resources to support your child can be found in the [Health Section](#) of our school website. Please do not hesitate to contact us with any questions or concerns regarding your child(ren)'s academics and well-being.

- Middle School Team
Kathleen, Megel and Claire

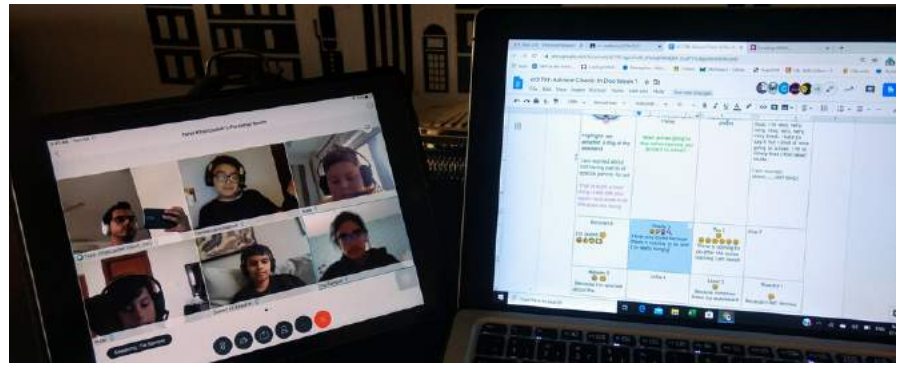
ONLINE LEARNING



ONLINE LEARNING

MR. KHANZADAH'S ADVISORY

It was fun connecting with some students from my Advisory this morning via WebEx while working on the advisory activity. They were happy to see their friends online and many said that they want to come back to school already! ABA Rocks!



GRADE 10 BIOLOGY AND CHEMISTRY

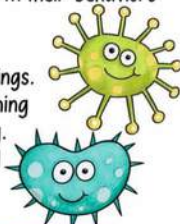
In Grade 10 Chemistry with Ms. Cole, students are designing and performing “kitchen chemistry” experiments and making videos of their experiences. Also in Grade 10 Biology with Ms. Bonet and Ms. Cole, students are designing and performing “DIY Biology” experiments and making online experiment posters.



TIPS FOR PARENTS

Tips for Supporting Children During the Coronavirus Crisis

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.
- **Read with your child** and access **free educational resources**.



Top Tips For Tech At Home



Tiger Tech: Ready To Learn
Top Tips for Healthy Tech At Home
“Fridge Friendly” Parent Resource



Prioritize Sleep

Keep devices out of bedrooms.
Plan for enough sleep.



Device Free Dinners

Prioritize personal connections with Device Free Dinners.
Disconnect to reconnect! :-)



Charging Station

Set up a charging station in a neutral location (not bedrooms) in the house.



Common Sense

Visit commonsensemedia.org for great advice, reviews and resources for parents.



Time Limits

Agree sensible limits for screens and tech.
Help your child prioritize their use of time with tech. What needs to be done? When?



Enjoy It Together!

Watch movies and play games together. *What discussions do they raise?*

As parents we can model the behaviours we want to teach.
Are we making the best tech choices for ourselves?

Produced April 2019 for the community of WAB. Icons from flaticon.com.

Scan to find out more, or visit:
library.wab.edu/EdTech/Parents



Reminder: Your school counselors are available

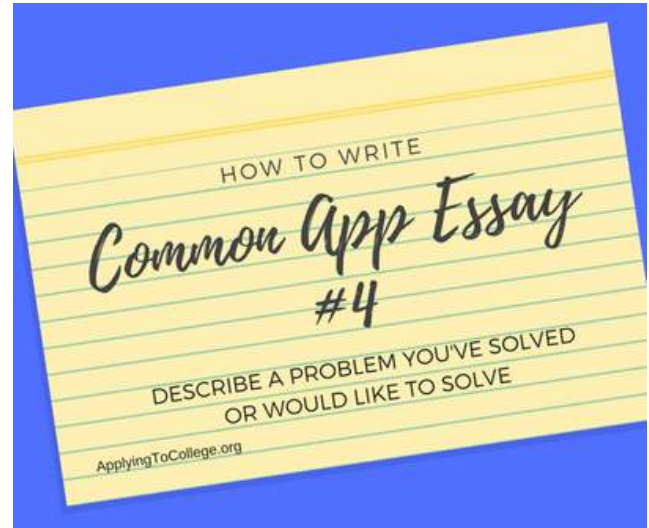
ECE & Elementary: Colette O'Driscoll codriscoll@abaoman.org

Middle School: Claire Anthony cathony@abaoman.org

High School: Alli Hostetter ahostetter@abaoman.org

UNIVERSITY AND CAREER GUIDANCE: HANDLING CHALLENGES

The events that have unfolded in recent weeks have showcased in the most amazing ways the adaptability and creativity of the ABA community: educators, students and parents alike. Being prompted to improvise and initiate a contingency plan has been very much a part of the teaching and learning experience this week and is also true of the university admissions process. These challenging experiences and the way our students are able to navigate them are truly the substance of which excellent college application essays are made!



As the Spring Break approaches, students might be looking for ways to remain engaged and to continue the theme of remote learning that has been so prominent this week. On that note, the previously shared Summer Programmes database now contains a more extensive section on online learning opportunities that families may wish to explore.

Opportunities for Online Learning

Online Courses

- [Code Avengers](#)
- [Cornell University Online Courses for HS Students](#)
- [Coursera](#)
- [edX](#)
- [freeCodeCamp.org](#)
- [FutureLearn](#)
- [Hack Design](#)
- [Summer @ Brown University Online](#)
- [Udemy](#)
- [Unifrog MOOCs](#) (Massive Open Online Courses)

Resource Libraries and Revision Tools

- [CreativeBlog - Art & Design Inspiration](#)
- [KhanAcademy](#)
- [LinkedIn Learning](#)
- [Mijango - Web Design & Web Development](#)
- [NASA Express](#)
- [StackSkills](#)
- [StudyNova Online Revision & Free Resources](#)
- [The Learning Platform \(NY Times\)](#)
- [The Pioneer Research Program](#)
- [Udacity](#)
- [Unifrog Subject Library](#)
- [www.skillshare.com](#)

Kindly note that the full Summer & Online Programmes Database and other resources are accessible on the school's website. Students are urged to stay connected through the University and Career Counseling Google Classroom for their grade level and families can also check Instagram updates (aba_collegecounseling).

Have a safe and rewarding Spring Break as we all continue in our quest for lifelong learning.

- Denise Barker, University Counselor

ABA CLINCHES 25 AWARDS AT WORLD SCHOLARS CUP!

ABA students participated in the Muscat round of the World Scholars Cup, a competitive team academic program, with 10000 scholars from over 70 countries. The team comprising Vaishnavi Manivanan, Anja Van Der Merwe, and Gobhanu Korisepati in the senior division, as well as Qinchen Li, Liam Oliver Robinson, Rehana Khan, Maria Raquel Rodrigues, and Yukta Matai, in the junior division, participated in four main events - Debate, Scholars Bowl, Scholars Challenge (Written Quiz), and collaborative writing.

Junior Division

Liam placed 11th overall and 3rd in the debate, and their team won the gold for collaborative writing. Qinchen and Yukta both shared the gold for collaborative writing as well. Maria and Rehana were both recognized for their debate skills with individual gold medals. The team also won a gold in the scholar's bowl. The best junior scholar award from ABA was awarded to Liam.

Senior Division

The team of three finished 11th overall and won the first place for team debate. Vaishnavi was awarded gold in team writing, team debate and Anja won many awards including debate and collaborative writing. Gobhanu won the best Individual debater awards, as well as the gold for collaborative writing and team debate. The best senior scholar award from ABA went to Gobhanu who placed 6th out of the 300 students. The senior team also won the gold in team writing.

Overall, ABA students did exceptionally well and were recognized with well over 25 awards. If you wish to join the elite team of champions, kindly email Gobhanu or Vaishnavi.



MESSAGE FROM THE HEALTH OFFICE

Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by Example -young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



OTHER ACTIVITIES

2020

OUR YEARBOOK NEEDS YOU

Submit your design for this year's front cover by March 30th to Ms. Malena and Ms. Andrea via email.

This year's theme is 2020, both in the sense of your ocular vision and seeing your journey.

It's the start of a new decade. Where do you see yourself going?

Ms. Malena's email: mbeiston@abaoman.org
Ms. Andrea's email: azaratepardo@abaoman.org

NO LATE SUBMISSIONS WILL BE ACCEPTED.

DID YOU KNOW?

Did you know?

"In 1665, following an outbreak of the bubonic plague in England, Cambridge University closed its doors, forcing Newton to return home to Woolsthorpe Manor. While sitting in the garden there one day, he saw an apple fall from a tree, providing him with the inspiration to eventually formulate his law of universal gravitation."



Learn more about Newton
www.history.com.

Enjoy your Spring Break! Stay safe!