

APRIL 16, 2020

# AL NOOR – ABA NEWS



Dear ABA Community,

This week, the Student Council wrote to the teachers. They wrote about the "time, tears and tremendous support everyone of you (teachers) has shown to us throughout this difficult time of our lives." It was a heartfelt and beautiful tribute from the kids to their teachers. There is a bond between students and their teachers. It is something that parents can't really duplicate. Thrust now into the role as teachers through online learning, I now hear many parents praising the professional of teaching with reverence as never before. It is with awe.

"How can the teacher control a whole class of these students when I can't control my three kids?"

"I hope school reopens soon."

"Teachers aren't paid nearly enough!!"

"My son really misses his teacher."

We are logging 86,000 minutes of WebEx conferences with our students. These direct teaching hours are continuing the promise of educating all our ABA students. It is most difficult worldwide for the youngest students and takes the most commitment from their parents. This week, we have trained our TA's in SeeSaw and there will be even more activities for our youngest students.

Thanks to the Oman American Business Council and 3rd Street Donuts, I received a Runner-Up work place since the new isolation rules went into effect. I loved their delivery!



Keep Safe and Keep Smiling!

Dr. Susan R. Groesbeck  
Head of School



# FROM THE ELEMENTARY SCHOOL

This week, I'd like to put the spotlight on our teachers who are also parents. We have received a few heartfelt messages from parents who are struggling with the experience of attempting to continue their own work from home, while supporting their own children with online learning. I have been able to answer with genuine empathy. This is not normal. This is difficult! I am asked how parents are expected to teach their children while working themselves. I am asked how parents are expected to get their children to focus and complete their work. I am asked why teachers cannot provide online lessons according to the normal schedule all day. The struggles we are all facing at home are very real: internet connections, devices and apps, children who aren't in the mood, parents who are stressed, not enough exercise, eating too much, and all in the context of a very real, and very frightening global crisis.

We are all doing our very best to make the most of an impossible situation. Our teachers are committed to ensuring that all children are offered some personal connection, a range of activities that will support their academic development, and most importantly right now, a focus on self awareness, self compassion and wellness. We understand that every family's situation is different, and are striving to support those who are struggling in a variety of ways. It's ok if your child doesn't manage every activity or you do something completely different with them. We will continue to reach out to families if we are concerned about the wellbeing of you or your child. We want you to know that we are together in this and will get through to the other side!

So, a big shout-out to our teacher-parents whose struggles are real!

Enjoy this video:

[Using your kid to help teach your class:-\)](#)





# FROM THE MIDDLE SCHOOL

Please remember weekly outlines of Middle School learning engagements can be found on the [MS Online Learning!](#) website. The website is updated every Saturday evening by 18:30. The Middle School team values your thoughts, ideas and feedback. To do so, please use this [form](#), which is anonymous. If you would like us to follow up, please provide your name on the form.

Here are a some of our students and teachers in action:



Emily Walcher shows us how to make pain brioche -  
Want to make some at home? Click the photo



Guess the Tune with Mrs. Zita - Try to guess by  
clicking the photo



Video Journal from Mr. Cole - Join him on a  
tour of his crib by clicking the photo



Ruby Andrews - MYP 2 Kitchen Science  
Equipment labelled photo

Advisory is an important and valuable time for our Middle School students and teachers. It provides an opportunity to connect, chat, reflect and be a contributing member of the Middle School community. This week students chose from three virtual field trips and completed one of these [activities](#) based on their choice. They also tried to identify teachers from their baby photos. Want to see if you “Can Name the Teacher?” [Click here!](#) The last portion of advisory was spent in small group chats via WebEx.

As we continue on this journey of unknowns, it is important that we remember all of us are in uncharted waters, all of us feel anxious, all of us want to know when this will be over and all of us are a part of the ABA community. Communicate with compassion and be kind to one another.

We are all in this together.

The MS Team!

# LIVING HISTORY JOURNALS

Researchers from the University of Berkeley in California are actively collecting journal entries from students around the world documenting first hand experiences during this challenging time. Please submit your entries through this link: [Living History Opportunity](#). Below are some of our MYP 1 students' journal entries:

The world is rapidly changing; fame and luxuries that seemed important now seem much less so than living things. People's last resort is to go hiking, cycling, walking, etc now that they have become more in tune with nature.

As much as I long for fresh air and trips outside, I know the time will come when everything returns back to normal. And as long as I stay positive, and as long as I have my family and friends, and as long as I am still me, then this time will pass, and it will not be a great adversity. It will be a great privilege to help the world heal. We have a duty for this world, and every 100 years a new virus comes to remind us of that, to remind us that we are slacking off, to give us a message, for peace, equality, sustainability, and for so much more. We just need to listen.

-Angela Jabbour 6.1

My parents are brainstorming how to exercise. They now hear my flute more often than usual. I have started playing the lovely sounds from the flute since we started learning from school. I was inspired by a child in a competition who used to win lots of times by playing the flute and it felt like the spirits of the people were alive. I also made a game with two dice and the goals were our legs so if we shoot with our finger and it hits the leg then it is a goal.

-Aarush Kampani 6.1

I miss going to the library. I normally went to the library during recess and would read manga but due to COVID-19, I obviously can't go there. I currently have my library books in my bag at home but I still haven't read them yet. I haven't read a single page ever since home quarantine, but once I do, I'll be hooked to the book until I finish it. And that's actually the reason why I haven't read at home. The manga I read are all in their own series and if I finish the books I currently have then I'll want the next books from those series that are in the library. So that's one thing I miss.

I also want to take home quarantine as an opportunity to try new things but, so far, I haven't done much. It's best to not worry about the pandemic and just use it as an advantage to develop our creativity!

-Sara Obeid 6.1

The biggest change for me about the pandemic is that I don't get to see friends and that I am stuck with my family for a while. My family and I were looking forward to going to Sri Lanka but when we heard that we couldn't go it made us all feel upset. The way I get informed about how COVID-19 is doing is by my parents because they get emails and they tell me. A good way my life has changed is by getting up later in the morning and going to bed later as well. The thing I miss about not being at school is seeing my friends because it is not that much fun to be doing school alone. After online school yesterday, I made cupcakes with my mum and it was a lot of fun. I also learnt how to make pizza because I was making it with my mum and my brother.

Jack Bramley 6.4

# WORLD BOOK DAY

World Book Day is next week - April 23rd! Our librarians want to create a movie for ABA to watch and celebrate together on that day. Will you help?



Please take a photo of your child(ren) EITHER (choose 1):

- with a favorite book OR
- dressed up as a favorite book character OR
- A "shelfie" (selfie in front of their book case at home)

Please share the photos by **April 20** so we can share the movie on April 23rd. You can add them to this [Google Photo Album](#) or email them to Ms. Park (middle and high school librarian) directly at [cpark@abaoman.org](mailto:cpark@abaoman.org).

Note - any photos you share will be shared within the ABA community and/or on social media.

Thank you for the support!

We've also collected great resources for you and your families to celebrate books next week:

[Read Alouds and Book Related Activities](#)  
and [Free eBooks and Audiobooks](#)

Happy Reading!

Mara Hakim and Courtney Park  
ABA Librarians





# VIPERS TV

Welcome to VipersTV. VipersTV is a selection of workouts that you are able to do in the comfort of your own home. Over the past 4 weeks secondary school students have been completing a selection of physical workouts from VipersTV to maintain their levels of physical and mental health. With more restrictions in place to limit the spread of the coronavirus, the opportunity to exercise outside of the home is limited. For this reason, the Physical and Health Education team put together VipersTV.



VipersTV is updated weekly, with more genres and content added. As a department we feel it is important that the entire community continues to keep active and exercise. Please [click here](#) to find the first addition of VipersTV in the community.

Physical and Health Education Department



We hope that you are safe and doing well at home as the restrictions on movement continue to be in place. This is indeed a challenging time, and it is heartwarming to see the different ways in which everyone has come together and risen to face it.



Here is some collated information that hopefully will be useful to you. [Online ordering/Home delivery options](#) and [Literacy resources for Teachers and Parents](#).

As families continue to find ways to make use of the time at hand, we share pictures of some instances that were shared with us. Do continue to share your pictures, ideas and thoughts - these really help to keep up the community spirit. Email [PTACom@abaoman.org](mailto:PTACom@abaoman.org).

Stay home, stay safe!  
Yours PTA



# EARTH DAY

Earth Day is still on **Wednesday 22nd April** this year!  
From the Earthday.org:

“In the face of a challenge that forces us to stay apart, we’re bringing challenges to bring the world together.”



## Ways to get involved:

[Try one of the 22 Challenges posted on their website](#)

[Join the “24 hours of Action” on April 22nd](#)

Share with the ABA community what you have been doing! Either through email, or our school Instagram or Facebook channels.

## GOING BEYOND WITH SPANISH

Grade 12 Spanish Ab initio student Mona Raza is in her second year of Spanish language acquisition. For her final project, Mona is creating a travel guide for Argentina. In order to go beyond Internet research, Mona conducted an interview in Spanish over WebEx to gain insight from a friend of the ABA community who is from Argentina. Well done Mona!



## MIDDLE SCHOOL MEME COMPETITION

Middle School Advisory groups continue to work together every Tuesday and as part of a meme competition, Mr. Chris Downey’s Advisory won with this amusing entry.....

