

APRIL 23, 2020

AL NOOR – ABA NEWS



Dear ABA Community,

As the holy month of Ramadan begins for so many of our ABA families, I know that this year's prayers will be within the family home and not in the larger context of a mosque. It will be a different and no less reverent holy month. Finding safe ways to support those less fortunate, reading the Holy Quran with the family and praying intimately will be a lasting memory for our youngest children. Ramadan Mubarak!

UPCOMING EVENTS

April 2020
**Grade 9 & 10
Virtual Coffee
Morning**

You may recall that in November, 2019 we published the calendar for the 2020-2021 school year. So much has happened since then. On Monday of this week, His Majesty Sultan Haitham bin Tarik issued a Royal Decree fixing the official holidays next year. We immediately had to amend the school calendar. Those changes up-ended other dates. Therefore, since we have to change several of the items, we decided to come to you for one of the big decisions.

The last day of term before Winter Break will be December 17th. Do you prefer returning to campus on Monday, January 4th and getting out for Summer Break on June 11th OR returning Sunday, January, 10th and getting out June 17th? Please go to this [poll](#) and let us know what you think.

[click here](#)



Thank you for your input!

Keep up the good work! The 9th graders said they were getting too much work! I reminded them it was April and they say that every year!

Best,

Dr. Susan R. Groesbeck
Head of School

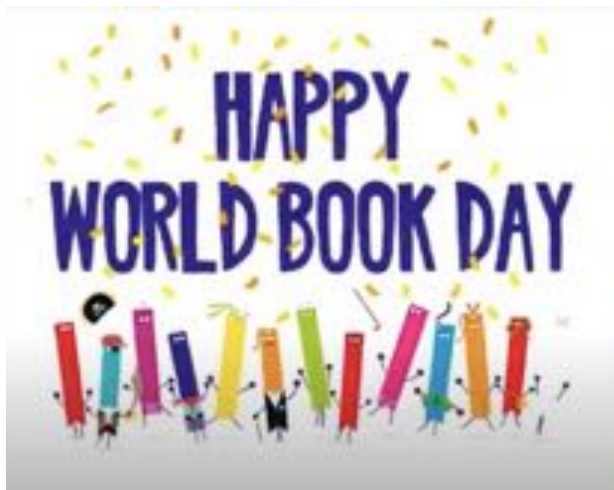
LIBRARY

Happy World Book Day!

Thank you to all ABA students and staff who contributed photos in celebration of World Book Day today. You can see the video here:

[World Book Day 2020](#) at ABA and on all of our social media accounts. You can also browse all

the photos in the [Google Photo Album](#). We hope you've enjoyed reading and celebrating books today. We are so proud to be a part of a community that loves to READ!



CLEANING AND HYGIENE TIPS FROM THE NURSE'S OFFICE

Here are a few tips to help you stay healthy and stay safe during this difficult pandemic period. Please remember to keep washing your hands with soap and water, and keep your distance from others not in your household. Stay safe and healthy!

Use disposable gloves to carry the grocery bags into your house.

How do I ensure clothes and bedlinen don't spread novel coronavirus?


Don't carry dirty linen or clothes against your body. Wash them in hot water (between 60-90°C) with laundry detergent or soap. If available, add bleach. Follow the directions on the package. Machine dry on a high temperature or dry in direct sunlight.



How can I grocery shop safely in the time of COVID-19?



When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products. There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

#Coronavirus #COVID19 

How should I wash fruit and vegetables in the time of COVID-19?



Wash them the same way you would in any other circumstance.

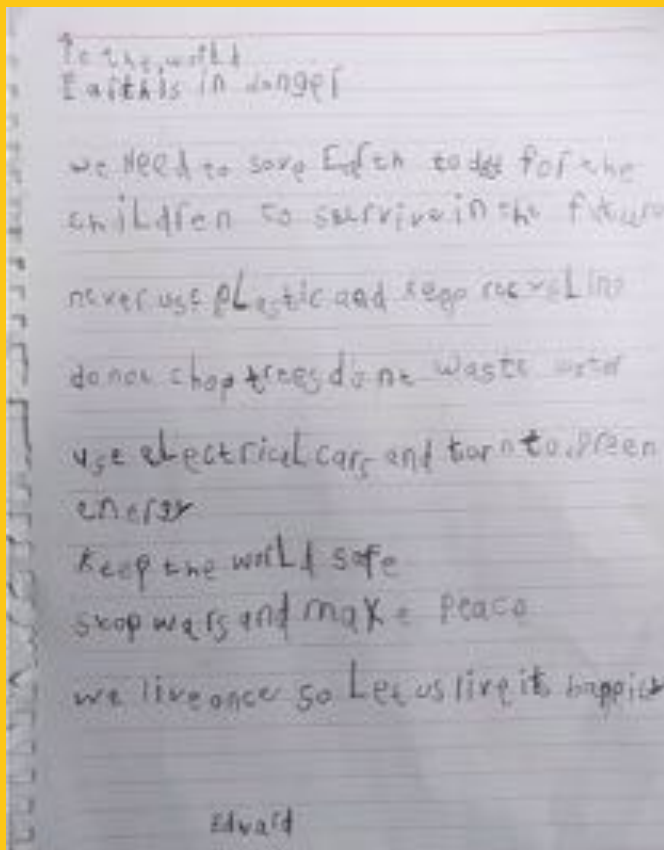
Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.

#Coronavirus #COVID19 

FROM THE ELEMENTARY SCHOOL

A huge shout out this week to Ms Gloria, who has been working like a trojan since we began planning for online learning. Gloria has been busy upskilling teachers and teaching assistants to understand all the features of Seesaw so that we could make the most of this platform to support learning. She has also been troubleshooting technology issues for parents, from helping them download the right applications, to talking them through using Cisco webex, supporting them to set up home devices to work with these platforms, and updating school iPads to be fully functional. She has a huge role in supporting Grade 5 students to prepare for their upcoming exhibition, especially now that it will be presented virtually. On top of all this, she has been providing appropriate learning activities to each grade level, and providing individual student feedback. I'm not sure if or when she sleeps! Thank you Ms Gloria! We appreciate you!



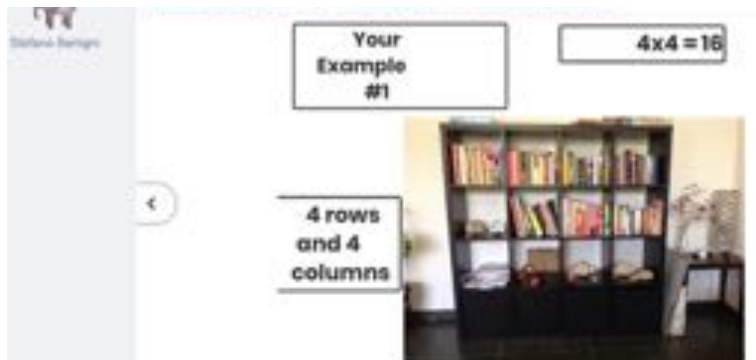
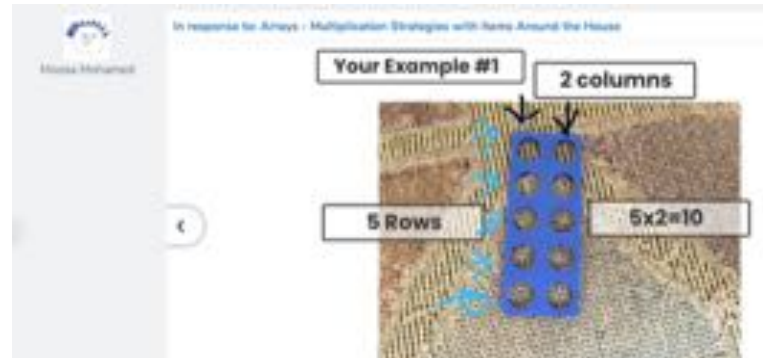
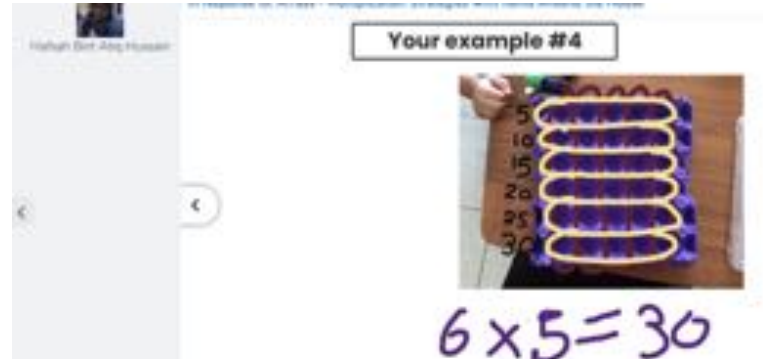
EDWARD'S LETTER TO THE EARTH

After inquiring into how *living things* are connected and depend on each other for survival for his *Sharing the planet* unit, Edward in 1G wrote this moving open letter to the Earth.



MATHEMATICS AT HOME

Maths is everywhere around you, just look closer and you will see it. The second graders have been learning about multiplication and arrays by using objects around the house. They clearly showed and explained their mathematical thinking in many creative ways. Way to go to the young mathematicians!

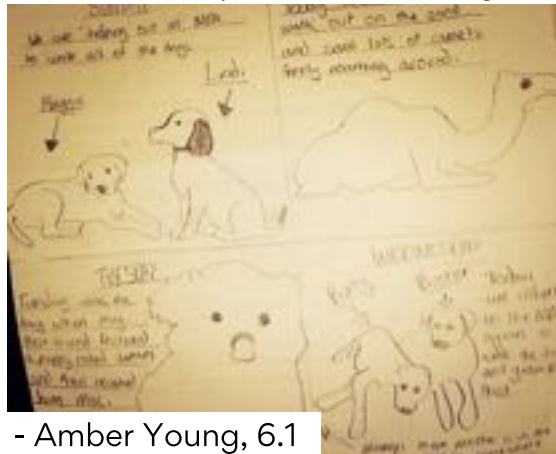


MAKING WEBEX WORK IN K1



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](#)



- Amber Young, 6.1

Students are continuing to share their thoughts through journal entries, Below are some updated ones:

Top Quarantine Tips:

- Always believe in yourself.
 - Make up new activities with your friends and family.
 - Learn something new like juggling.
 - Make dinner for your parents.
 - Enjoy being alone.
 - You can fight with each other but then always make up.
- Anonymous

April 5th:

I've been learning how to cook and I'm quite interested in it! My older sister likes to cook a lot of different foods from different cultures around the world and I've been helping her and learning how to make them.

April 6th:

Quarantine is slowly killing me. I'm so bored! I'm so bored to the point I've started watching videos to learn Chinese, the only thing I know how to say in Chinese is "Ni hao!" Sometimes I find myself staring off looking at the fake plastic green plant with white flowers on it inside my house. **-Lamis Brahim 6.2**



Life today is completely different compared to last month when the schools were open everywhere and people could go out. My family in Italy can only go out to the supermarket or the pharmacy because of the virus. Me and my parents are worried about this pandemic situation because we don't know when we'll be able to come back to Italy. **-Alessia Amato 6.2**

This is also a good time to really get creative, relax and spend time with your family. It is really weird because even though we still have school it still feels like one big holiday. I have so much more time to get ready and eat breakfast, though I do miss being able to do school with my friends. Today I plan to relax and bake something with my family. **-Kate O'Riordan 6.2**

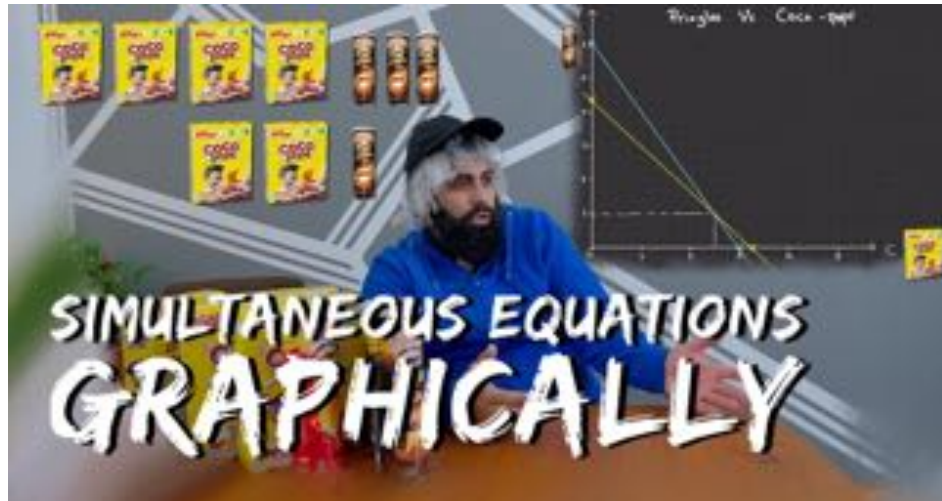
I am finding school great now because I am clear on what to do, so no questions to ask. Well, now that I am getting into the rhythm of the school schedule, I can sit on top of my finished work with satisfaction. After online school, I played a variety of different games like Othello, cards, Connect Four, Monopoly and Battleship. I have been more with my dad than my mom for the first time!!! Both of us won many games but some of them were luck and the other ones you had to use your brain. My dad was very serious when he played the thinking games-it is really hard to play against him and he is a good opponent. **-Anonymous**

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. **-Anonymous**

GRADE 8 MATHEMATICS SKIT

Grade 8 continues to learn new maths skills watching Real-Life Maths, (solving simultaneous equations) math skit featuring Mr.Hussain aka Bread Squared on YouTube.

[Click here to watch the video.](#)



SEPARATING DNA BY GRADE 11

In Ms Aida Bonet's and Ms Samantha Cole's DP Biology Classes, students were able to separate DNA from fruit at home in their own kitchen! Here are the highlights!

[Click here to watch the video.](#)



FROM THE ARTS TEAM

For those who love a night at the theatre, don't let quarantine stop you. 100's of amazing performances have been released or are being released online.

Click on the picture to see a list of performances available.

It's a cliché but, "the show must go on".

[click here](#)





Dear ABA Community,

As a community, each and every one of us has chosen ABA. A school whose vision sees ABA students achieving their maximum in an environment of intercultural understanding and respect, to meet the challenges of a rapidly changing world.

Our world has rapidly changed and the PTA is asking its members to help relieve the financial difficulties many members of society are currently facing. Every year we receive many donations for the food drive. This year, we are asking that you donate directly to the following ABA account:

Beneficiary Name: AMERICAN-BRITISH ACADEMY
Beneficiary Bank Name: NATIONAL BANK OF OMAN
Beneficiary Bank Address: ALKHUWAIR BR.
Beneficiary Account No. if applicable: 1016331823001
Beneficiary ABA Routing No. if applicable: N/A
Beneficiary IBAN. if applicable: N/A
Beneficiary Swift Code - if applicable: NBOMOMRXXX

Note on the transfer should state: Ramadan Good Will

The PTA has organized with the ABA administration to do a weekly transfer to the **Dar AlAtta'a** or **Team Rahma** account specific to COVID19 relief. We will report the total donated amounts on a weekly basis. This first week is the most important. Ramadan is around the corner and many families and people that count on a daily wage are in need now.

We are grateful to be a part of such a generous community. We look forward to receiving your donations and seeing what a difference we can make to those in need.

Resources

Keep up to date on what's happening in Oman. Download the app "PART", an app for Oman TV and radio on your phone.

[Online ordering/ Home delivery options](#)

Check the link on a daily basis! We hope that this comes in handy. Do note that we have tried some but not all the items posted. Some delivery times may be a week away others deliver within 48 hours. Please drop us an email if you find a vendor that is not listed or if one of the vendors on this list is no longer operational. We are also updating our [Fun for Teachers, Parents and kids of all ages](#).



For anyone interested in pursuing basic yoga, online live sessions on Pranayama and meditation every Monday, Wednesday and Friday 6.30 - 7.00 am by an Indian group "Yogsaar". The link to follow is <https://www.facebook.com/yogsaarpune/>

How else can we help you?

The PTA is asking what they can do to help make this time easier ... Our HRPs from ECE/Elementary came back to us with the following:

- **Where can we take our recycling?**

<https://plasbin.com/prs.html> for a list of recycling bins near you.

- **Where can I find a professional to talk to about the mental health of family members or myself?**



Whispers of Serenity Hotline



Al Harub Medical Centre



Aster Al Raffah - [Wysa](#)

- **What type of fun activities can I do with my kids?**

Please check out the list we have put together - [Fun for Teachers, Parents and kids of all ages.](#)

- **Where can I get Ramadan/Eid gifts for family members here and abroad?**

Check the different resources available in the Online shopping list [Online ordering/Home delivery options](#)

Jeeblee has ramadan decorations available for home delivery. Community members with families living outside of Oman (UK, USA, India, etc) can use Amazon but as we checked, deliveries are delayed and ordering early is key.

In the meantime, keep sharing the amazing ways you are entertaining your family during this time. For some, these ideas are inspirational and help to keep up the community spirit. Email PTACom@abaoman.org.

Make a difference while staying home & staying safe.

Your PTA

SWIM TEAM



Our dedicated vipers swim team have been working behind the scenes with coach James despite not having a pool to train in! Moments of adversity can be your greatest opportunity. Our athletes have been focusing on developing their core strength and power during their daily online dry land sessions. Our top athletes have been working together as a TEAM, supporting each other's efforts. Weekly recorded runs are added to a logbook to track progress while the periodised programmes have begun to develop improvement in their overall conditioning. Each day the team has been training at lunchtime, however, in solidarity with their teammates who will be fasting for Ramadan, we have decided to move the sessions to the evening just prior to Iftar.

The crew have also been working through a seminar on the finer points of the 7 competitive swimming turns!

Our younger athletes have been doing some pre recorded videos where their coach Nadia has been taking them through some specific work for the 4 strokes. The kids have been great at sending through pictures of their home workouts!

We are blown away by the commitment these young athletes are showing to their sport. Go Vipers!

WE MISS



FEATURING : MUHAMMAD EHAN (6.1) ISHAAL MARGUB (3M) MUHAMMAD YAHYA (1G)