





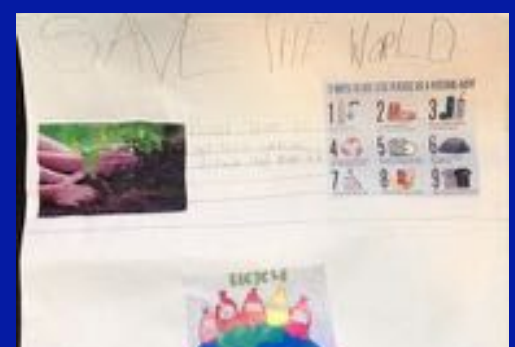
# EARTH DAY YOGA SESSION IN K2I

To help celebrate Earth Day, K2I participated in a yoga session with the help of a class parent. It was great to see friends from K2I, share our yoga moves and be a little silly! Even brothers and sisters were eager to join. It was our first time on WebEx together as a group and it was a fun way to get familiar with the process. We hope to do it again very soon!



# EARTH DAY POSTERS BY 2L

On Earth Day, the young environmentalists in class 2L created artistic posters that included Earth Day messages. They aimed to spread awareness of some of Earth's environmental issues and offer solutions.

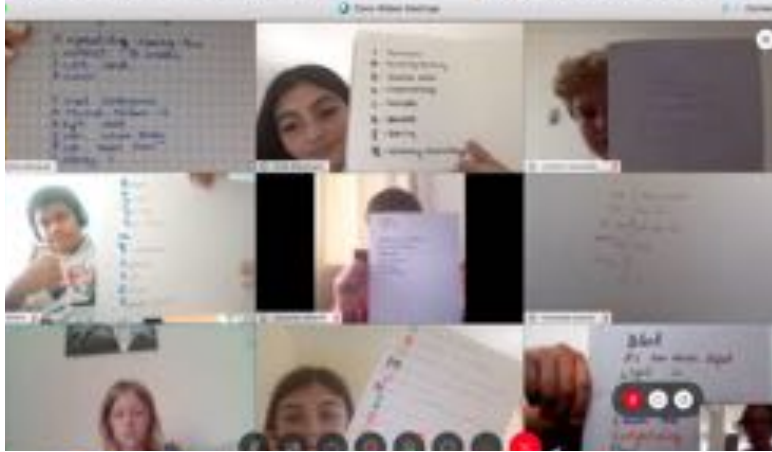


## NEWS FROM THE MIDDLE SCHOOL - IB LEARNER PROFILE

In Advisory on Tuesday, April 21, our Middle School students were invited to reflect on how the IB Learner profile traits supported their adaptation to online learning. The 2.5-hours long session engaged our students with a number of multimedia resources.

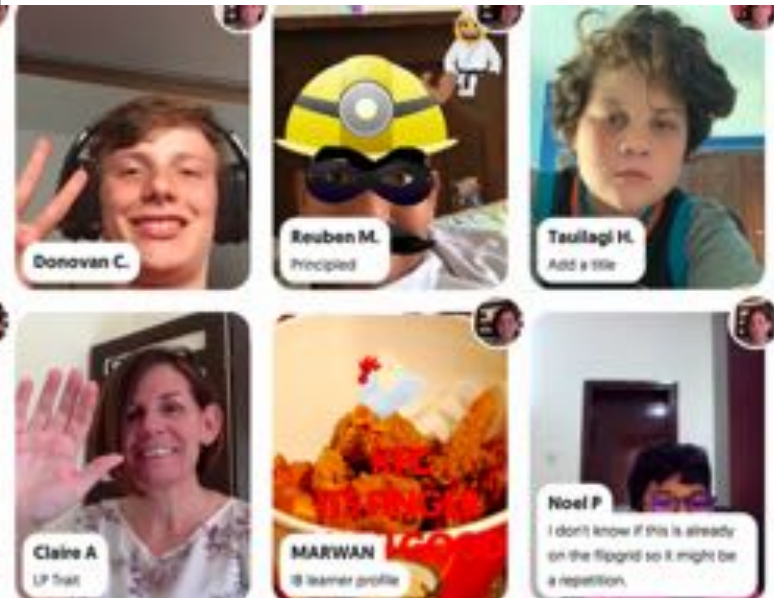
Our weekly sessions are designed to encourage student engagement and maintain continuing connection with and between our students. Each week we plan learning activities that educate, entertain and engage students with the goal of developing life skills. Students who are not present for this session every Tuesday, miss the opportunity to connect with their classmates, their Advisor and with us, the Middle School Leadership Team. For this reason, we consider Advisory attendance to be mandatory and advisory participation to be crucial for social and emotional strengthening in these uncertain times.

The first session for students required them to watch the video called: **The Other Shoe**. This is a thought-provoking award-winning video that highlights the beauty and the truths of our real world and how kindness can transcend language, class or status. We invite you to watch the video and consider which IB Learner Trait resonates with you. Here is the link: [The Other Shoe](#). What thoughts might you have after watching this video?



The second session our students selected an IB Learner profile of choice and wrote a short acrostic poem to exemplify that trait. Here is a sample from one Advisory class.

The final activity required students to reflect on their experience of online learning and reflect on one IB Learner Profile trait that helped them to be successful. They then uploaded a short reflection on the FLIPGRID website. You can see over 200 videos here and our amazing IB learners speaking with confidence and poise. The link is here: [See over 200 MS videos. Perhaps you may feel inclined to share your own experience of online learning?](#)



If you feel so inclined you may respond to the following prompt: Describe how one IB Learner profile trait has helped you to be most successful in your online learning/work? [You can post your reflection here!](#) We look forward to hearing from you!

Middle School Team  
Claire, Kathleen, Megel.



# GRADE 8 SCIENCE RUSTING EXPERIMENT

During these past weeks Grade 8 have been working on their lab reporting skills through an investigation on rusting. They designed, performed and evaluated their own experiment and their teachers are really proud of them. [Here is a video of Jumie Jackson](#) giving you a little more detail on the different sections students completed and showing you her own work. We hope you enjoy it!



## FROM THE NURSE

### What to eat to boost your Immune System?

#### ZINC

- Lean meats, seafood, milk, whole grains, beans, seeds, nuts
- Important for wound healing.

#### IRON

- Lentils, spinach, tofu, white beans
- aids in non-specific immunity, body's first line of defense.

#### VITAMIN C

- Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes
- protect cells from oxidative stress (product of infection/chronic inflammation).

#### VITAMIN B6

- Green vegetables, chickpeas, cold-water fish (eg tuna/salmon)
- supports more efficient reactions between parts of immune system.

#### VITAMIN E

- Nuts, seeds, wheat germ, leafy green vegetables, avocado, shrimp
- helps protect cells from oxidative stress.

#### VITAMIN A

- Sweet potatoes, carrots, red bell pepper, spinach, black eye peas, mango
- helps regulate immune response.

# COVID-19 STRATEGIES TO COPE WITH STRESS



World Health  
Organization

## Helping children cope with stress during the 2019-nCoV outbreak



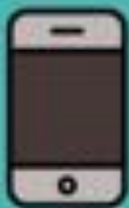
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

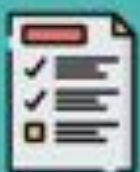
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# COVID-19 STRATEGIES TO COPE WITH STRESS



World Health  
Organization

## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

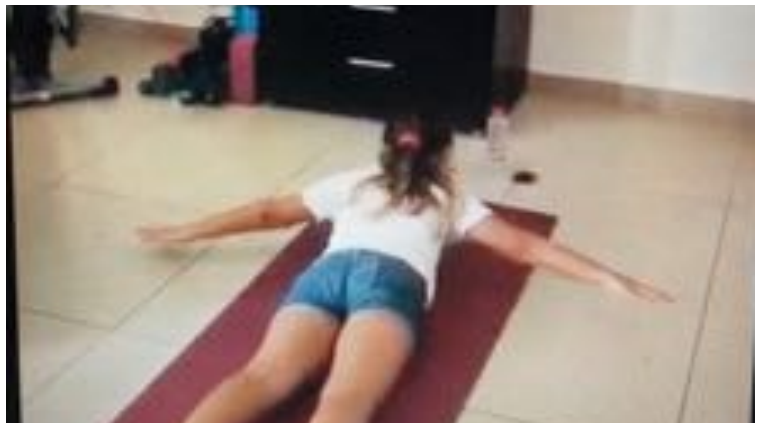


## VIPERS SWIM TEAM

Our Vipers are showing a huge commitment to being active even from home. V1's workouts are progressing week after week, especially now our swimmers are fully equipped with weight, stretch cords, skipping ropes, medicine balls and many more; our swimmers are now challenged to work on power after weeks of strength and bodyweight workouts.

We are thrilled with our V2-V5's work progression. Swimmers are being active at home completing their pre-recorded workouts with their parents and siblings. Our swimmers and parents are such an inspiration to athletes around the world. Keep up the good work!

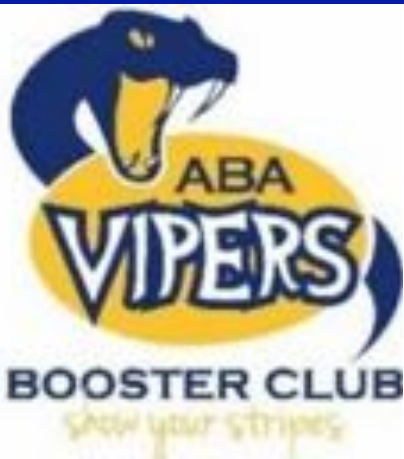
We are excited to start the **Vipers Weekly Challenge**. This week's Vipers Challenge is Burpees. How many can you do in 45sec? Don't forget to send us the number of reps and a video at [swimmingteam@abaoman.org](mailto:swimmingteam@abaoman.org).



**THANK YOU FOR  
RETURNING YOUR  
LIBRARY BOOKS!**







To the Wonderful ABA Community,  
The Booster Club committee hopes that you are all safe and well during this isolation period.

We would like to reassure you that we are all still working hard behind the scenes planning for our next academic year moreover we would also like to update you on the last hoodie order.

The hoodies have been ready and waiting to be shipped since March, we have been in contact with the supplier and as soon as the supplier can arrange the necessary transport into Oman the hoodies will be delivered.

If you would like to know how you can be part of the committee and be more involved in the Booster Club for 2020/21, simply drop us a line at [boosterclub@abaoman.org](mailto:boosterclub@abaoman.org).

Yours in community spirit – **VIPERS Booster Club**





Dear ABA Community,

Ramadan Kareem to all the celebrating families! We hope that the holy month brings peace, joy and good health to all.

Thank you for your donations! 440 OMR has been donated through the Ramadan Good Will Drive so far. That amount will be forwarded to the locally registered charity, Dar Alatta. However, due to the new law, we now ask that all donations be sent directly to the Dar AlAttaa COVID 19 relief account. You can donate via the following methods:



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

### [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.](#)

On a lighter note, take a look at the "lockdown laughs" on the next page.

### **How else can we help you?**

Please feel free to write in to our Parent reps - [PTARep@abaoman.org](mailto:PTARep@abaoman.org), [PTAMrep@abaoman.org](mailto:PTAMrep@abaoman.org), [PTASrep@abaoman.org](mailto:PTASrep@abaoman.org) with your queries. We will try our best to answer them if within our purview or at the least point you in the right direction.

Keep your inspirational ideas and stories coming... we would love to share them with the community. Email [PTACom@abaoman.org](mailto:PTACom@abaoman.org).

Make a difference while staying home & staying safe.

Your PTA

## LOCKDOWN LAUGHS

by Varsha Sheth



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