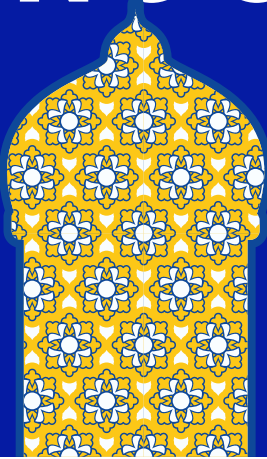


MAY 21, 2020

AL NOOR – ABA NEWS



EID MUBARAK TO ALL!

May your family be blessed with
happiness, peace and good health.

Dear ABA Community,

At the May 18th Board meeting, the current events of our Oman circumstances, indeed the entire world, were the focus of intense discussions. We are poignantly aware that our ABA parents want an excellent education for their children and are right now faced with a new reality that is challenging. These economic times are in some cases regrettably presenting families with shorter contract terms and less stability, and we are keenly aware that the investment in an excellent education is more than ever a choice that is not made lightly.

Towards that end, there are a number of decisions that will help families for the 2020-2021 school year:

- The first is that the 3% tuition increase which was previously approved has now been rolled back (cancelled) and last year's tuition will be maintained.
- Moreover, ABA families can now utilize installment payment plans to pay the School fees.
- For students entering for the first time, or moving from K1 to K2, there is a new enrollment fee (BCARF) option that is gentler than before, allowing for payment in installments. Specifics can also be found on the [website](#).

Please contact our Business Office for further details on how to avail of these options.

In a few months, when enrollment numbers become clearer, the school will be in a better position to review the budget once again and possibly offer more options going forward. The current budget has been adjusted and the administration has prepared a very fiscally tight and conservative budget going forward to allow for multiple opening day scenarios. As we are a not-for-profit school, we have to plan for every circumstance.

For all our returning families, please do not hesitate to contact the Business Office and have a conversation with Sherry Tomas (stomas@abaoman.org) or with me (sgroesbeck@abaoman.org). We will do our best to work together to find a solution.

Our hope is that you will be at ABA for the 2020-2021 school year and that the measures taken by the Board will make your journey smoother.

Eid Mubarak! May your home and hearts be filled with the joyful spirit of EID.

Dr. Susan R. Groesbeck



CISCO - FRIEND OF ABA!

On March 3rd, I announced to the ABA community that we had launched a section on our website dedicated to information about COVID-19. That seems like a lifetime ago. We have learned and experienced so much since then. Back on March 3rd, we were introducing concepts like washing hands and social distancing. March 15th. Our school closed the actual doors two weeks later and we have been teaching through the WebEx online platform since then. How did that happen?

An amazing three-sentence email which I received on March 3rd from Hammad Shaukat, ABA parent, is one of those behind-the-scenes miracles that changed the course of our trajectory at ABA. In response to my posting about the website launch, Hammad responded that he could help us with a Cisco WebEx platform, and the simple words, "Being a parent it is my duty to help the school." Thus a partnership was formed. Hammad offered ABA the use of the Cisco WebEx system in a simple three-sentence email. He explained that many schools used this system. I almost missed the importance of the email.

Our IT Director Andrews David and Hammad Shaukat began the training for ABA and we were ready when the announcement came on March 12th that all schools were to be closed in their physical states. We had one day of training on Sunday, March 15th and launched our WebEx online schooling the very next day. At this time, we have 149 active users of accounts (those who call meetings, teaching sessions, tutoring, classes), 200,000 minutes of usage and 6,000 meetings called. ABA has been recognized as the leader in online schooling. Without Hammad's initial outreach, this whole smooth transition would not have been so seamless.

Therefore, we honour HAMMAD SHAUKAT as a Friend of ABA! In a virtual ceremony, we presented Hammad with a plaque and a token of our appreciation.

Thank you from the ABA community!



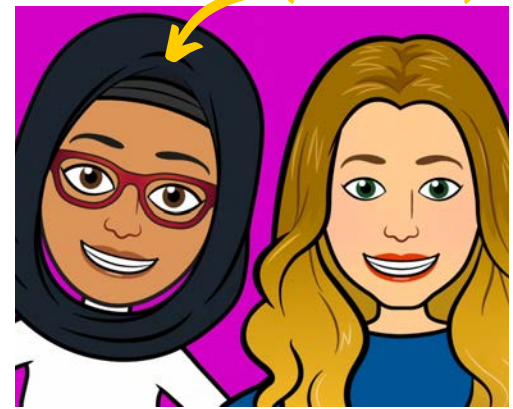
USING LIVE MOTION TO UNITE TEACHERS IN LOCKDOWN

Whilst we are all working remotely and social distancing teachers and teaching assistants are finding new ways in which they can collaborate.

In K1M we are experimenting with new technologies to help unite us in our virtual space and provide extra teacher interaction in video content. 'Adobe Character Animator' allows Ms Marina & Ms Rahma to capture live video and audio which tracks our facial expressions and movements to automatically create animated 'Bitmoji' videos, and unite us on the same screen.

We have created a video to introduce our virtual learning space, added animations to our storytelling, and moving forward we are going to experiment with using this new technology with our current unit of inquiry "How to express ourselves". It's a nice way to capture the attention of our young students, and once it is set up new videos can be created with just the click of a button, and some minimal acting skills!

(Click here)

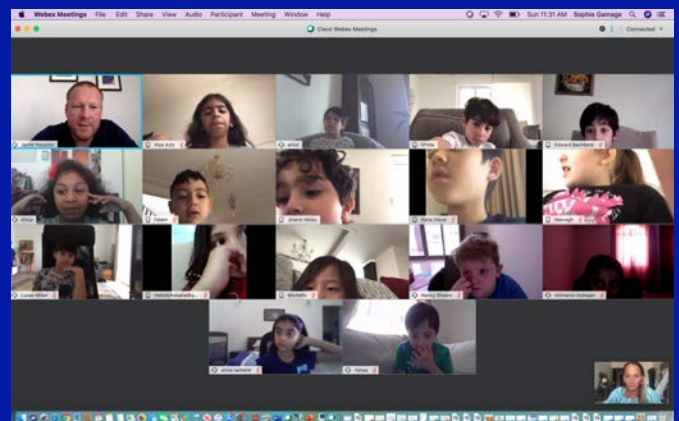


ONLINE LEARNING IN GRADE 1

Online Learning has offered students many authentic opportunities to connect with specialists and to learn from experts across a range of fields both locally and internationally. Students in 1G have been fortunate enough to connect with dancers, karate and yoga instructors via WebEX.

This week, to support their new unit of inquiry 'How the World Works', Jamie Houston delivered a virtual talk to the class about his role as a world sailor and spoke in detail about how wind energy works when out at sea. He also entertained everyone with many tales of his journeys around the world and what it was like to eat, sleep and be part of a racing, sailing team, as well as all the whales and dolphins he saw along the way.

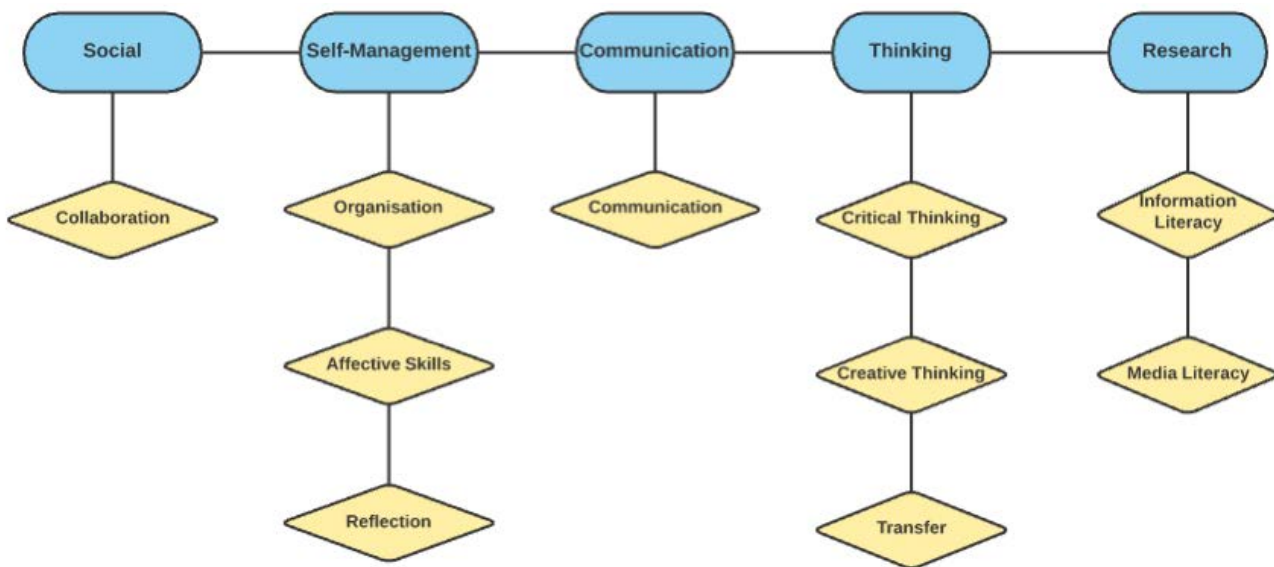
On Wellness Wednesday, 1G also heard from local nutritionist Hayley Loomes who talked about ways of getting energy from food and useful tips for staying healthy during quarantine.



NEWS FROM THE MIDDLE SCHOOL

Middle school students are experiencing one of the defining occurrences of our time. Certainly, they will refer to this volatile time as they grow older with nostalgia, fear, anxiety and insecurity. COVID-19 created an educational emergency for our close-knit middle school, and dispersed us into our homes, away from teachers and classmates. This situation has challenged students to develop coping skills especially as they now access all their learning engagements in an online format. The skills needed should be different from the ones they needed prior to COVID-19 or should they?

As an MYP school, we are committed to delivering a concept-based, concept-rich curriculum for our community. With an explicit focus on skills acquisition, our teachers are required to plan, design and offer learning opportunities to encourage the development of what we call ATL skills. ATL skills or [Approaches to Learning skills](#) are fundamental to our students achieving their personal learning goals, becoming a success at ABA and being a lifelong learner. These skills are divided into five (5) main categories: Social, Communication, Thinking, Self-management, and Research. These categories are subdivided into ten (10) clusters.



As we consider, the changes in how learning is being experienced by our students, it is important to reflect on the different skills your child has been required to develop in order to cope. To that end our teachers are paying close attention to how your child is demonstrating these skills in the current environment. The learning engagements that your child participates in, will provide the opportunity for these skills to be showcased. With that in mind, our reporting format will change to accommodate this perspective. Teachers will focus on the skills category and share their assessment on your child's stage in the skills development process.

As you will see, the skills needed for handling this new paradigm are no different from the ones that ABA has based its curriculum on. True to our Mission and vision we are and were always educating our students for "a rapidly changing world".

FROM THE SCHOOL COUNSELORS

Thank you to those who attended our parent information Webex this week. [Here](#) is a link to the information shared.

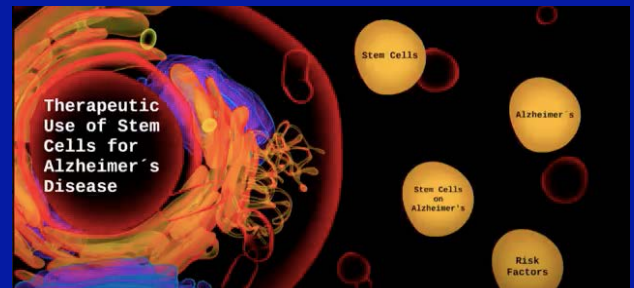
If you have any questions or if there is anything we can help with, please contact the school counselors

Alli Hostetter Grade 9-12 ahostetter@abaoman.org
Claire Anthony Grade 6-8 canthony@abaoman.org
Colette O Driscoll K-5 codiscoll@abaoman.org

GRADE 10 STEM CELL THERAPY

[\(Click here\)](#)

As their last project of the year G10 Biology students have researched how stem cell therapies can help treat different disorders. Students not only had to show their understanding of stem cell therapy and their chosen disorder but also had to use scientific data to conclude if they thought the benefits outweighed the risks. Here are some outstanding examples from Beth and Ignacio.



Hope you enjoy them!

Ms Cole and Ms Nausia

HEALTH TIPS FROM THE NURSE

2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

- Say the behaviour you want to see**
 - Use positive words when telling your child what to do like "Please put your clothes away" (instead of "Don't make a mess")
- It's all in the delivery**
 - Shouting at your child will just make you and them more stressed and angry. Get your child's attention by using their name. Speak in a calm voice.
- Get real**
 - Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.
- Praise your child when they are behaving well**
 - Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.
- Help your teen stay connected**
 - Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASED

3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

- Create a flexible but consistent daily routine**
 - Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
 - Children or teenagers can help plan the routine for the day - like making a school timetable. Children will follow this better if they help to make it.
 - Include exercise in each day - this helps with stress and kids with lots of energy at home.
- Teach your child about keeping safe distances**
 - If it is OK in your country, get children outside.
 - You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
 - You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.
- Make handwashing and hygiene fun**
 - Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
 - Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).
- You are a model for your child's behavior**
 - If you practice keeping safe distances and hygiene yourself and treat others with compassion, especially those who are sick or vulnerable - your children and teenagers will learn from you.
- At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!**

For more information click below links

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASED

A HOW-TO GUIDE FOR PHYSICAL DISTANCING

Stay safe if you need to leave your home for an essential purpose, like grocery shopping or to visit the pharmacy:

- If possible, limit your trips or try online options
- Visit as few different places as possible
- Purchase a supply for at least 1 week - leave some for others
- Keep at least a 1m distance from others
- Wash your hands before and after

#BreakTheChain of #COVID19 transmission

World Health Organization

TIPS EAT A VARIETY OF FOOD including plenty of FRUITS AND VEGETABLES

#HEALTHYATHOME

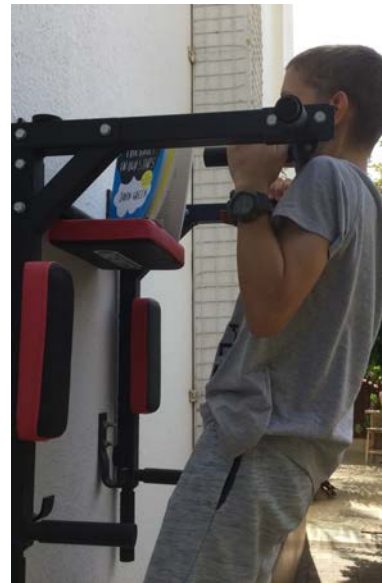
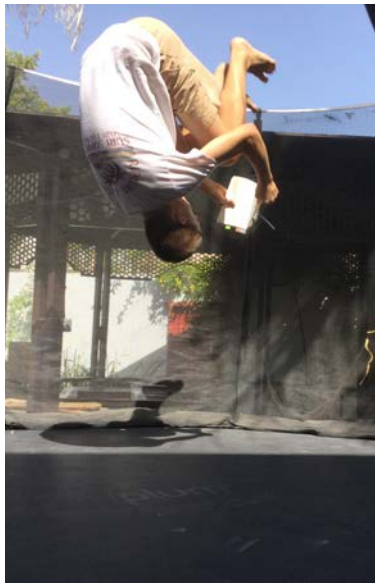
World Food Programme | World Health Organization

MS READING CHALLENGE!

In the MS Language and literature, students are currently reading a book of their choice. This week they were challenged to something fun and creative with their books, such as:

- dress up as a character from your book (optional inclusion of family members / siblings) and recreate a 'tableau'
- cook a meal or make a snack for your favourite character... and tell us why you did it! (bonus points if it actually looks edible and delicious!)
- do some 'extreme' reading, where you read in an unusual position or place (but not so extreme your parents freak out and we get into trouble!)

Many students took up the challenge and here are just a few examples.



PTA

It's barely a month until the end of the school year! What a roller coaster this year has been and how fast has it passed! To all the celebrating families, we wish a happy and safe Eid in advance.



Useful links:

- [How else can we help you?](#)
- [Online ordering/ Home delivery options.](#)
- [Fun for Teachers, Parents and kids of all ages](#)

Stay home, stay safe!

Your PTA
'Building our Community Together.'



When I was a boy and I would see scary things in the news, my mother would say,
**"Look for the helpers.
You will always find people
who are helping."**

To this day, especially in times of disaster, I remember my mother's words, and I am always comforted by realizing that

**There are still
so many helpers;
so many caring people
in this world.**

- Fred Rogers



VIPERS SWIM TEAM

Our amazing team decided to share with the ABA community what reminds them of the ABA Vipers Swim Team.

Please click [here](#) to see the videos and pictures.

While keeping up with our workouts online and virtual, our team is always up for more weekly challenges. This week's challenge is the Sally-up Squat challenge. Swimmers are to challenge at least one of their family members and video tape it. The ABA family is welcome to participate in this challenge. Kindly send us your videos at swimmingteam@abaoman.org to participate with us.

Can't wait to see all your videos.

[Sally up Sally down Squat Challenge](#)

GO ABA, GO VIPERS!

EARTH DAY PARTICIPATION



CERTIFICATE OF PARTICIPATION

Awarded to

American British Academy (ABA)

An IB World School

Together, we've built an Earth Day unlike any other —
Here's to the next half century of action!



KATHLEEN ROGERS
President of Earth Day Network

April 22, 2020

SAVE THE DATE

You are invited to the

ABA COLLECTION EVENT

**Classroom books
Text books
Library books
Bookstore books**

**Sunday, May 31: 7-10 am
Monday, June 1: 4-6 pm
Tuesday, June 2: 7-10 am**

**ABA School Parking Lot
outside EC Building**

Please remain in your vehicle at all times and an ABA staff will meet you. Please respect social distancing and wear masks and gloves.

**There are over
5500 books out
with families.
Please help by
returning them on
these dates.**

