

AL NOOR-ABA NEWS

7th March 2019

Message from the Acting Superintendent

As a native Floridian, I really never understood the excitement about spring; South Florida, like Oman is always warm. Of course there are varying degrees of warmth throughout the year, ranging from “there is no way I am going outside” to “what a wonderful day for a picnic”. The weather in Muscat is currently the latter, which is lucky for us as our Spring Fest – Intercultural Festival is scheduled for this evening.

At drop off this morning, many members of our community were representing their country by wearing traditional dress, national colors or a jersey from their sports team. Choosing to be part of an international community like ours opens our eyes to everything this world has to offer, as well as highlighting our differences. However, more importantly, a community like ours allows us to see that while these differences exist, we also have a great deal in common. We love our personal heritage, which contributes to a large part of our identity. Ultimately it is more complex than what we wear and eat. These two factors are starting points, the beginnings of a conversation that continues throughout our lives. Through these conversations, we develop and nurture our global mindedness as well as fostering the development of our own global heritage.

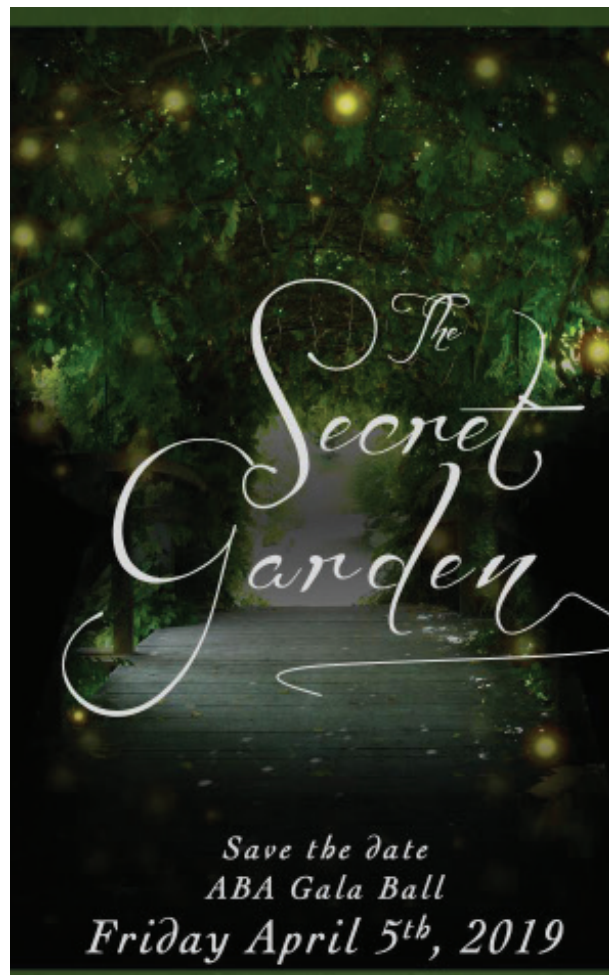
Thank you to the PTA for organizing this year’s Spring Fest – Intercultural Festival. We look forward to our continuing conversations and discovery of everyone’s uniqueness.

*Kathleen Bowin
Acting Superintendent*



Upcoming Dates

11 Mar	PTA Open Meeting PTA Room 7:40am – 9:00am
12 -13 Mar	Seussical Elementary Production PAC 5:30pm – 6:30pm
13th Mar	Elementary Parents Coffee Morning Grade 6 Common Room 7:30am – 8:30am
15 Mar	High School PROM Kempinski Hotel



Message from the Elementary School

Elementary coffee morning - Wednesday 13th March 2019

For our next principal's coffee morning, we will be sharing our plans for the upcoming Student-Led Conferences and the philosophy that underpins them. Parents are invited to join us at 7.30am in the middle school common room.

Save the date! Student Led Conferences

There will be no school for elementary students on Wednesday 27th March, to make time for one of the most powerful days of the school year. Students will take the lead in sharing their recent learning, their progress towards goals and their personal reflections about themselves as learners. More information about the process and how to sign up will follow soon.

Grade 3-4 Bake Sales

Mr. Derrick and our grade 4 teachers, Mrs. Shaikh, Mr Rob and Ms Charlie were super supportive. The bake sale was for grades 3-5 and we, the bake sale crew, really enjoyed baking all the goodies ourselves for the cause.

We were sold out after Mrs. Shaikh bought the last of our stash! With her donation, we made RO 96.600 in 30 minutes! Thank you to everyone who supported us. We couldn't have done this without you!

By: Jena Sulaiman 4S and the bake sale crew. (Reem, Mara, Samara and Keira 4S, McKenzie 4R and Reemas 4C) !!!

Student initiated action!

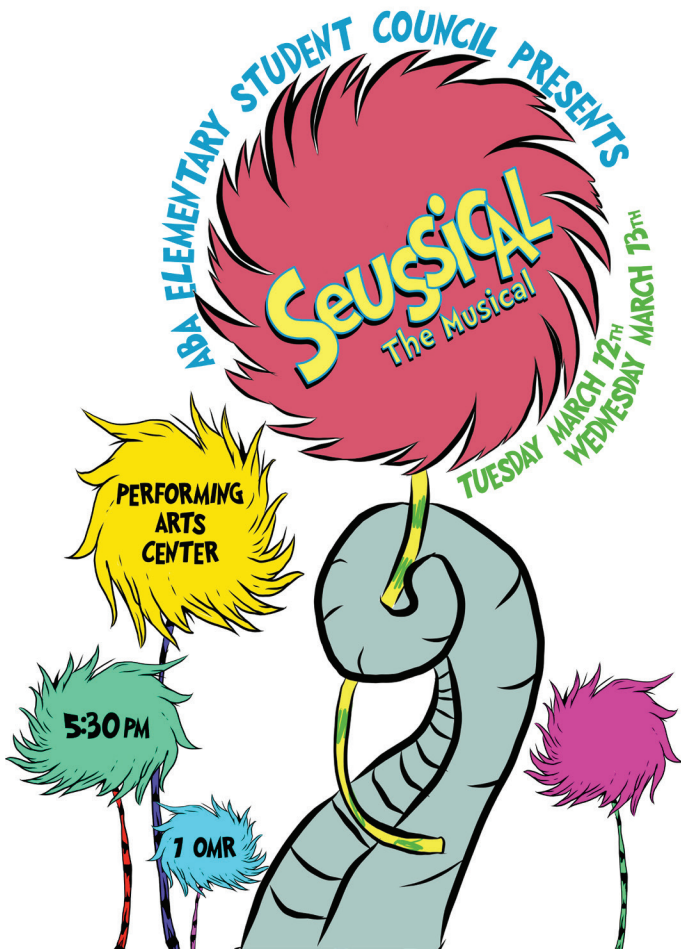


Recently, a family friend rescued a pregnant dog just before she was about to give birth to 7 puppies. For months after, Ashling and her kids looked after the mom and puppies, fed her so she could feed them and took care of them while they lived on her front porch. If she hadn't done that we don't know what might have happened to them.

There was a poster going around to ask for loving families to adopt them. My friends and I decided to do a bake sale at first break on Tuesday 26th Feb to raise funds to support the pups so they can get vaccinated and taken for checkups since none of us could adopt them!



Get your tickets NOW from Reception



SEUSSICAL the MUSICAL

58 Grade 3-5 students have been working hard since November getting ready for this year's Elementary Musical. "Seussical" will be presented to the ABA community next week on Tuesday 12th and Wednesday 13th March, starting 5.30 pm in the PAC.

Tickets are on sale at reception in Admin for 1 rial, get your tickets soon to avoid disappointment. It will be a fun family show for all. We hope to see you there.

Sam Cook
Elementary Principal

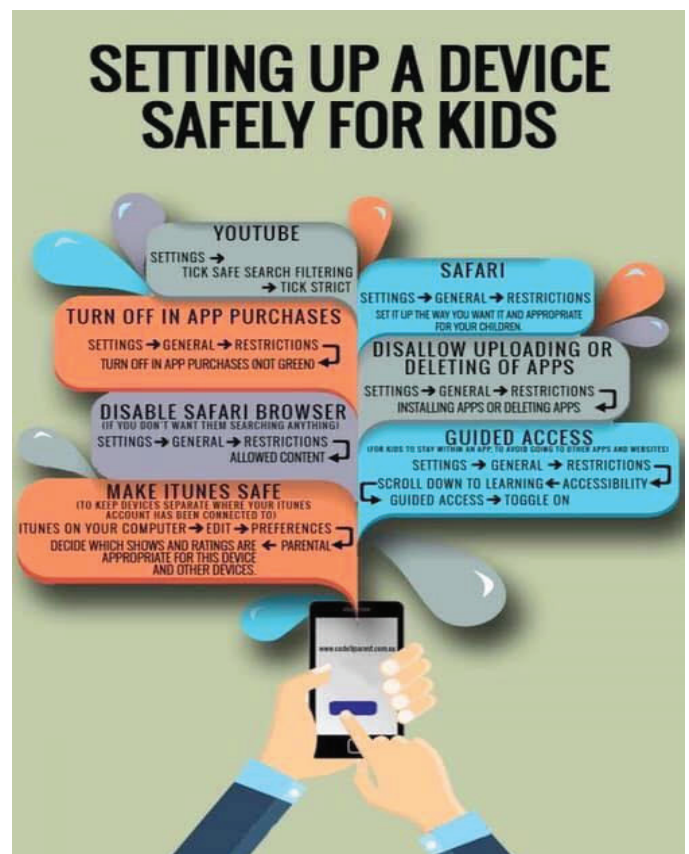
Dear parents,

A new week and another reminder of the power of the internet, as well as the importance of teaching safety and supporting children in managing their digital lives. You may have heard of the 'Momo Challenge' by now. There is much debate as to whether or not it is real or a hoax: follow this link for more information. [MOMO Parent Information](#)

What this issue does provide is a timely reminder to ensure that the conversation about digital lives and safety remains front and centre for all children at home and in school. Just as adult involvement in children's safety and wellbeing is present in everyday life, this highlights the importance of adult involvement in supporting children as they navigate and manage the online world that is and will remain their reality.

Apps and games are rapidly being released and internet challenges are common ([link](#) to the most prevalent currently). Tech rules and expectations differ in every home. Remaining informed and taking an active role in your children's online activity will help you discuss and support your child whenever anything arises. There is a lot of information to be found in the link below, from various apps to screen addiction and safety tips, to help guide you in establishing your family norms when it comes to tech use. <https://nationalonlinesafety.com/resources/platform-guides/>

The Counseling Department



Message from the High School

Mobile phones

As you can see via the links and videos below, there continues to be much discussion regarding the use of mobile devices in schools and in general. It might be an interesting reflection for us as educators and parents to consider our own home and work environments, and whether mobile devices are a distraction or not. I understand from chatting with a number of parents that you also share a concern about just how connected children are. However, as you read the articles below it is evident that this issue is more complex than it first appears.

<https://www.youtube.com/watch?v=la1lRcq2-LU>

<https://www.teachermagazine.com.au/articles/mobile-phones-in-the-classroom-what-does-the-research-say>

<https://www.youtube.com/watch?v=gJ0jVvaBoE>

<https://bokcenter.harvard.edu/technology-and-student-distraction>

<https://www.theguardian.com/australia-news/2018/jun/28/what-do-five-experts-think-about-mobile-phones-in-schools>

<https://blog.rapidweblaunch.com/2017/01/13/6-ted-talks-smartphone-addiction/>

<https://www.smh.com.au/national/a-happy-medium-why-screens-are-not-all-bad-20190301-p51197.html>



[Simon Sinek](#)

Dress Code

We would appreciate it if parents (where necessary) remind their children of our dress code (see below). This is published in the Secondary School, parent and student handbook.

Students are responsible for being neat, clean and dressed appropriately for serious study. ABA does not have a "uniform" but has adopted an established dress code which attempts to provide a sense of school identity, recognize climatic and cultural restrictions, and yet offers some flexibility. Students are expected to take responsibility for their attire based on these codes and come to school dressed in an appropriate manner with a well-groomed appearance.

*In deference to our host culture, all clothing should be loose-fitting and plain (i.e. no embroidery, large logos, excessive rivets, large/numerous pockets, etc.) **Uniform skirts, shorts or trousers can be either navy blue or khaki materials.***

GIRLS: NO leggings/ jeggings/ tight trousers/jeans/sweat pants

- A (not too tight or short) ABA polo shirt of colours white, navy blue, light blue, and yellow. These are available for sale at the ABA uniform shop.

- Plain navy blue, khaki or beige loose trousers are allowed.
- Skirts, and Capri pants (of above colours) are allowed but **must** be worn at or below the knee.
- Trainers, sandals, and sneakers may be worn. For safety reasons heels **cannot be higher** than 5 centimeters and flimsy, unsecured sandals are not allowed.
- ABA, Vipers or plain blue, white, black or grey sweatshirts are allowed during cooler weather or throughout the year.

BOYS: NO jeans or sweat pants

- ABA polo shirt of colours white, navy blue, light blue and yellow are available at the ABA uniform shop.
- During normal school days, plain navy blue or khaki shorts, but **must** be worn at or below the knee. **(Middle School only)** - High School Boys **may** wear appropriate shorts on **Mufti days** only.
- Plain navy blue, khaki or beige loose trousers are allowed.
- Trainers and sneakers may be worn.

ABA, Vipers or plain blue, white, black or grey sweatshirts are allowed during cooler weather or throughout the year.

It is the responsibility of the student to adhere to the ABA dress code. Parents will be notified and requested to bring the appropriate apparel to school or to students will be given alternate appropriate clothing for the remainder of the day.

Community and Communication

Recently we have held parent coffee mornings for Grade 12 and also Grades 9/10. Thank you to parents who were able to attend. Below are some of the key points that were discussed at the Grade 12 Parent Coffee morning

- Grade 12 CAS is being coordinated and monitored by Mrs Keys
- Recruitment has been completed for next academic year based upon current needs
- Tuesday, April 9th: Final day of teaching
- Wednesday/Thursday April 10th/11th: Parent-teacher-student conferences
- April 12th - 21st: Spring break
- April 22nd - 25th: Revision classes offered in school
- May 3rd - 24th: Diploma Exams
- May 26th - 30th: Leaving prep and Graduation rehearsal
- May 31st: Graduation
- Guest speaker has been confirmed for the Grade 12 graduation, further information to families regarding the event will be communicated closer to the time

Grade 9 and 10 Parent Coffee morning

- Please ensure your children are following the school dress code as communicated in the parent handbook
- Recruitment has been completed for next academic year based upon current needs
- Appreciation for the Grade 10 into Grade 11/12 pathway meetings including parents, this will therefore continue next academic year
- Discussion around the number of deadlines for students within a short period of time, please do contact your child's teacher/ mentor directly (we will also discuss further with students/teachers)
- All summative assessment tasks are posted on Managebac and can be viewed by students/parents
- MYP onscreen assessments, May 13-24
- Discussion around feedback from assessments and how this can come in many different ways including oral feedback, peer assessment, discussion about the assessment with the whole class etc.
- Idea of mobile free areas/ times was discussed to promote balance
- Mrs Keys presented on Grade 10 work experience, the presentation will be added to the parent portal
- Key dates are posted on the calendar in the parent portal

Forthcoming High School Parent Events:

Grade 11/12 parent coffee morning- Tuesday 19th March, 7:40am- 8:40am (PTA Room)

Grade 9-12 parent-student-teacher consultations, Wednesday 10th and Thursday 11th April (no classes for students on these dates)

*Simon Walker
High School Principal*

Message from the University Counselor

University and Careers Update - Dates for your Diary

Sunday 10th March

1.00 – 1.45 [Lanterna Education \(PAC\)](#)

Grades 10 and 11 will hear about excellent Pre and Mid IB Summer Course opportunities.

1.30 – 2. 15 [CIS University Fair \(Secondary Lecture Hall\)](#)

Open to all High School Students

Columbia College, Chicago

Connecticut College

Elon University, North Carolina

Embry-Riddle Aeronautical University, Florida

The Emirates Academy of Hospitality Management

Foothill and de Anza Colleges, California

Lakehead University, Ontario Canada

Lynn University, Florida

Marist College, Poughkeepsie, New York,

Miami International University of Art and Design

Portland State University

Savannah College of Art and Design, Georgia, US

Susquehanna University, Pennsylvania

University of Colorado Boulder

Tuesday 12th March

11.00 – 12.30 [Otis College of Art and Design \(in Art Classes\)](#)

Sunday 24th – Thursday 28th March

Careers Week. We are looking forward to hearing talks from professionals in the areas of The Arts, Aerospace, Architecture, Astrophysics, Banking, Engineering, Finance, Health Services, Hospitality, Law, Marketing and Creative industries, Marine Biology, Music, Plant Science and Sport (including a visit by Olympic Swimmer James Goddard). If you are part of an industry not represented here and have 30 minutes to spare during this week, and you would be happy to share your career journey then please contact Rachel Keys at rakeys@abaoman.org

*Rachel Keys
University Counselor*

Message from the Extra Curricular Program

Muscat Primary Sports League

U11 Athletics

The Sultan's School hosted one of the largest MPSL events of the year, with over 100 children from eleven schools gathering for an Under 11 Athletics Meet. ABA entered a team of 13 boys and girls who were pumped and ready to compete after a number of lunchtime practices. The running events included sprints and long distance races and the field events were; long jump, high jump, standing triple jump, shot put and javelin. ABA students were entered in a number of different events and had a busy afternoon striving to do their best against some tough competition. All our students did ABA proud and produced some great performances, both on the track and in the field. A number of them placed in the top 3 and were rewarded for their efforts during the final presentation.

Girls			Boys		
1st	Shot Put	Lucy Ritchie	2nd	Shot Put	Jack Bramley
3rd	High Jump	Lucy Ritchie	2nd	High Jump	Jack Bramley
3rd	75m	Lucy Ritchie	3rd	Long Jump	Jack Bramley
3rd	150m	Molk Chibani	3rd	Shot Put	Tane Brace
3rd	600m	Kate O'Riordan	3rd	Triple Jump	Aqil Zul Shameer
3rd	Long Jump	Camila Geraud	3rd	300m	Asser Mourad



Under 11 Boys' Basketball

Eights schools from Muscat entered this tournament, hosted at BSM. Schools were split into two pools of four and the ABA team played well in these group games, convincingly beating PDO, The Sultan's School, and AGS. This meant a semi-final with a very strong BSM. Despite a great effort from our boys, they came up short against BSM, which meant a playoff for third and fourth place. A much improved AGS won a close third and fourth playoff, meaning ABA finished with a very creditable fourth place. For many of the boys, this was their first experience of competitive basketball and they acquitted themselves well, showing great potential for the future. Congratulations to: Faris, Khalid, Ahmed, Petar, Tau, Karan, Aarush, Jack, Adam, Reuben, and Nil.



TAISM Relays

Forty - one members of the Vipers swim team participated in the TAISM Relays held at the TAISM pool on Tuesday, 5th March. Five local teams; ABA, ABIS, MIS, TAISM and BSM competed in the annual event. The meet was highlighted by many outstanding performances from swimmers in squads V4 through V1. The competition ended with the Boys 13-19 yrs team winning the 4x50m Freestyle Relay. This is a notable win for our swim team! Great job Vipers! Congratulations to all swimmers who participated in the meet and THANK YOU to all parents and family members who supported the team throughout the afternoon.

Upcoming Events

Nautilus meet: 8th and 9th March - Sultan Qaboos Sports Complex
BSM/Hamilton Aquatics Open: 15th and 16th March



Middle School Basketball

All our MS teams played this week to open our season. Under the watchful eyes of our great coaches, our teams have been working on their skill and game understanding. There were some steep learning curves but our grade 8 boys set the benchmark for our other MS teams with a convincing win against ISO on Wednesday night winning 31-22.

I hope to see you at the basketball court to support our young vipers.

10th March	U14 Boys vs BSM @ ABA	3:00 - 4:15
10th March	U19 boys BBall vs TAISM @ TAISM	4:00 - 5:15
11th March	U13 Girls vs TAISM @ ABA	4:00 - 5:15
11th March	U13 Boys vs TAISM @ TAISM	4:00 - 5:15
12th March	MSSL Track meet @ TSS	3:30 - 6:30
13th March	U14 Girls vs BSM @ ABA	3:00 - 4:15

Track and Field Meets

Over 45 of our Track Athletes competed at TAISM on Tuesday. This was great preparation for the MSSL meet next Tuesday. Our team is going from strength to strength. Thank you to all the coaching staff (Ms Westby, Ms Dillon, Ms Abi and Mr Adrian) who helped run the meet. A special mention to the students who also swam at TAISM and then quickly ran out to compete for their school at the track, impressive.

After School Activities Team



Message from the PTA

Check the ABA PTA website for updates on all upcoming information.

Dates to remember:

- 11th March PTA Open Meeting- vote for new fund requests
- Tuesdays Hike Club
- 26th March TTT trip to Matrah- There is more than meets the eye.



Building our community together!

FUND REQUESTS & UPDATES

It's time for updates from the 1st round of fund requests and it's time to get ready to vote for round 2! Are you ready?

COMPLETED FUND REQUESTS

Mother Tongue Language Initiative - money requested 2016 and completed March 2019

This fund request was approved by the community three years ago and is finally complete. Many staff members took part in making this come to fruition and we thank them all. The libraries and the classrooms from grade 1 to 5 all have a wonderful selection of books from a range of mother tongue languages. Ask your teacher about the selection they have!



Mobile Gardens - request from Mr. Ian White - 225 Omr

Its growing and the kids are already actively creating this beautiful garden currently located behind the middle school common room. Thank you Mr. Ian for making ABA greener!



Games for the Secondary Library- request from Mrs. Park- 100 OMR

We were sceptical but it worked! They left their phones and computers aside and did something else. Thank you Mrs. Park for making that happen.

ROUND 2- Vote 11th March at the PTA Open Meeting!

1. STEAM (Science, Technology, Engineering, Arts and Math) CORNER for the Elementary Library:

An area in the library offering Science, Technology, Engineering, Art and Math games for students to play with during breaks as the library is a break option for students. It becomes an even more crowded place with students when the hot weather schedule is on and the outdoor options become minimal. It is also a great opportunity for teachers to bring their student to use the games as a class bonus or reward.

Amount Requested: 400 OMR includes shipping- prices and items to be presented at PTA open meeting

Requested by: Ms. Mara

Benefit to the Students/Community: This is an important project as today's libraries are moving towards becoming learning commons that not only include books but makerspaces with STEM and STEAM activities. Having those games in the library means students are doing something fun and educational during breaks as well as developing their problem solving skills, enhancing their cognitive development, team working and engaging with others, overcoming challenges, cooperating with others and learning to be patient.

2. Arabic Department Theatrical Performance

The Secondary Arabic Department would like to organize and arrange a major theater production that can be enjoyed by the entire community. It will broaden the cultural experience and help bridge the gap created by what is lost in translation. The money requested will be used for props and stage decoration. The Arabic Department is working collaboratively with the Drama department for guidance and direction on this project.

Amount Requested: 400 omr

Requested by: Mr. Waleed

Benefits to the Students/Community: To help students feel more confident in front of an audience showing their Arabic language skills. Enrich the Arabic Language and Literature program in the school and community. A link between Arabic L&L and drama. Opportunity for students to practice their ATL skills.

Thanks for another amazing hike!

Thank you, PTA!



We are enjoying the board games, cards and community puzzles in the Secondary Library!

TUESDAY TALKS & TRAVELS

Last week's hike took the group to Wadi Khuwair, behind ABA. Once again, the group had a wonderful time. Just to make you jealous and want to join the group, here are some pictures and comments from the hike:

'Last week we saw another hidden corner of Muscat. It was a nice place to enjoy exercising and the nature, and just 3 min. from ABA. Another very enjoyable morning.'

'Although this week's hike took us a mere 3 minutes by car away from ABA, we might as well have stepped into a different world once there. After delving deep into the wadi, we rested on flat warm rocks and enjoyed the gentle breeze and the great company. The time we spent reflecting in the peace and quiet, listening to the odd bird singing its melodious tune, was one of the best ways we got in touch with our inner selves and the beautiful nature all around us. Thanks for another amazing hike!'

'Wonderful location of the hike.... So close to school!!! Thoroughly enjoyed the hike!'

'An amazing experience with a lovely bunch of ladies! Enjoyed every bit of it. Beautiful location with some great views!'

'The hike was at a different level with the steep climb over the mountain. Crossing over boulders...your encouragement still echoes in my ears. Great company super parents, will miss 2 weeks and waiting to join you again with my son an alumni of ABA.'

Anyone interested in joining this HIKE CLUB, email Ptachair@abaoman.org or PTAlog@abaoman.org. The hikes will continue as long as weather permits.



PARENT ART EXHIBIT

Mark your calendars for 24th April 2019. This event is a wonderful chance to exhibit your talents as parents. It has been a major success over the last few years and we look forward to seeing your artistic creations on display once more!

We would appreciate if you could confirm your interest in participating. We have received interest from only a few artists. This event requires at least 20 artists to make it interesting. Please send your desire to participate as an artist to Bokamoso Kumwenda at PTAESec@abaoman.org for further details.

*Your PTA
Building our community together!*

Message from the Booster Club

VIPERS INTERNATIONAL COMMUNITY SPIRIT!

The VIPERS Community Spirit is alive this week, when we all get to show case our heritage and bring a little taste of our own home grown community spirit to ABA at the PTA International Cultural Festival.

The BOOSTER CLUB will be there supporting and showing our VIPERS pride in our community. Come along and meet our amazing team from around the globe and find out more about what we do and how you could get involved too.

Visit the BOOSTER CLUB Pop-up shop this Thursday from 6–8pm where you can buy any of our fantastic merchandise including, VIPERS water bottles, colourful VIPERS pencil cases, VIPERS slides and much much more!


Don't miss the opportunity to order a personalised hoodie like those our amazing kids have been wearing with pride.

Can't wait to see all our wonderful community come together again, see you all there!!!!



Yours in community spirit – VIPERS BOOSTER CLUB

PERSONALISED VIPERS HOODIE



ORDER NOW!
@ PTA ICF
07 March 2019
POP-UP SHOP

SIZES
Elementary (K-Kids)
 K-S, K-M, K-L, K-XL, K-XXL
Secondary (Adult sizes)
 S M L XL
(Sample sizes available)

ONLY available from **VIPERS BOOSTER CLUB**
 pre-paid orders **ONLY** - get yours **NOW!**

All proceeds from the sale of VIPERS merchandise go to the VIPERS Booster Club—supporting our kids!



Booster Club Pop-Up Shop

Get your official **VIPERS**
MERCHANDISE

Thursday 07 March 2019

@ PTA ICF 6-8pm

come see our friendly team at the Booster Club stand

HOODIE ORDERS AVAILABLE!!

VIPERS Merchandise 2018/19
AVAILABLE NOW... ONLY from VIPERS Booster Club!

 \$8	 \$10	 \$15
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Custom Slides
SPECIAL OFFER 2 X PAIRS ONLY \$16



Personal Hoodies
AVAILABLE NOW



Spray Water Bottle
Limited Stock on ALL ITEMS



BAM BAM Sticks
Whiteboards



Pencil Cases
String Bags



All proceeds from the sale of VIPERS merchandise go to the VIPERS Booster Club - supporting our kids!