

Highlights

Parent Art Evening - Feb. 10-16th, 2021

Meditating with Ann-Katrin

Every Monday Feb. 1st-22nd 2021, 8.30 - 9.30am

New Parents Meeting-

Tuesday Feb. 9th, 2021, 3-4 pm

Wednesday Walks

please contact Lama for updates

PTA PRESENTS

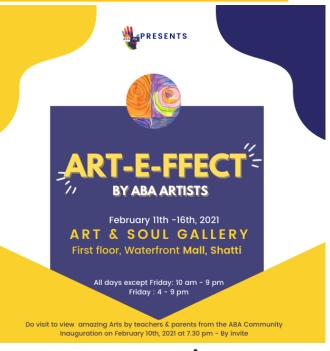
New Parent Meeting

February 9, 2021 - 3 pm (Oman)

Click here to join the meeting.

The links will also be emailed to you.

G suite for education edition requires all participants to log in with a "abaoman.org" email id. Please log in with your child's "abaoman" email id





Mask Cases- Pink, Blue, Black, Clear & Mask holders@ 1 omr each Order at PTACom@abaoman.org



What are Beezyy Mondays?

To keep you "Busy" constructively on Mondays!
 Virtual sessions of 30-40 mins every Monday

- For **Adults** - Moms, Dads, Grandparents, Aunts, Uncles!

- By the **Community**, For the Community - **to come together**, share skills, explore and learn Subjects such as - Physical fitness, Emotional well being, Recipes from kitchen across the world, Arts & Crafts and much more!

Click links to join:

Next Monday, Feb. 15th, Ann-Katrin will guide an "energizing body and mind meditation". Focus of this session will be to activate and engage the body and mind. It will support us to let go of stress and feel energized instead!

Not sure if this is for you? Simply join in and give it a try.

- No meditation experiences are required, just join as you are.
- It will be a seated meditation, on the floor or chair, wherever you feel more comfortable.
- Feel free to use any essential oils or candles if you like to set a relaxing mood around you.
- We will start on time, the meditation itself will take around 20min, followed by Q&A.

Click <u>here</u> to join the Beezyy Mondays sessions (8.30 am) Questions / Volunteer - Email Paula - ptacochair@abaoman.org



ABA

Drive safely!

Please mind your speed when driving through parking to reach your designated pick up points!



Contact: Rui Chang Lu luruichang163@gmail.com





Booster Club News

Did you know?

In our previous newsletter we shared what kind of fundraisers took place over the past years. But did you know what happens then? Pledges have been given to the ABA community and the Booster Club has through the years - provided kits bags, water bottles, training shirts, bag tags for the MESAC MPSL MSSL teams - as well as the painting of the VIPERS walls in the MPH and gym to show our VIPER STRIPES!

Covid might have put a break on a lot of activities and delayed deliveries but we are still working on the pledges for this year and will keep you updated!







(pre covid-19 pictures)

Inspire - Encourage - Support our VIPERS community!



Thank you all for making the first 2021

Booster Club Pop Up Shop

a success. It was lovely to see that many parents coming by the stand! We had a few requests regarding our new merchandise -

the towel poncho!

And we are excited to share that they have been ordered and are in production.

So, stay tuned for updates on when we start selling them! It won't be too long now.



