

## Highlights



### Parent as Partners with Ann Carshult

Monday, Mar 29th 2021, Whole day

### International Cultural Festival To be rescheduled

### PTA Elections - Self Nomination Thursday, Apr 1st - 29th 2021

**POSTPONED**

Link to [Join](#)



Link to join: [meet.google.com/gqf-qaqj-nex](https://meet.google.com/gqf-qaqj-nex)

### Parent as Partners

Ms. Carshult summarises episodes 3 & 4 of the web series. Continuing the discussion and sharing experiences. March 29th : 8.30 - 9.30 am

“ Research has shown that schools that partner with parents have a positive impact on student growth and achievement.

**ANN CARSHULT**  
Director Student Support  
ABA Oman



Introducing virtual sessions of 30-40 mins every Monday. Volunteers from the community share their expertise on Physical fitness, Emotional wellbeing, Recipes from kitchen across the world, Arts & Crafts and much more!



## CLASS FUNDS / TEACHERS APPRECIATION



Red Drop boxes for Class funds and Teachers Appreciation. We shall reschedule and inform in due course.

## BEEZYY MONDAYS - LIVE COOKING WITH SRI

We shall try and reschedule this session. Update to follow.

## ICF 2020-21



Sending out a huge THANK YOU to all of our Volunteers. Your hard work and dedication is very much appreciated! You are a big part of ICF 2021.

With all your help, we were able to gather 38 beautiful Country Fact Sheets!! These Fact Sheets are the base for the Kahoot Quiz which our MS and HS students will enjoy soon.

Click [here](#) to read about each role. Self Nomination Form (live from April 1st on [www.abaoman.org/Community/PTA](http://www.abaoman.org/Community/PTA))

## PTA 2021 - 22 ELECTIONS

# Join the PTA team!

### POSITIONS

- Chair
- Vice Chair
- Secretary
- Treasurer
- Logistics
- Communications

- Parent Representatives -
  - New Parent
  - ECE / Elementary School
  - Middle School
  - High School

**Self Nominations open from April 1st to April 29th, 2021.**

PTA is a great way to be able to get involved and contribute constructively to the community.

You can nominate yourself for 1 or more positions. If you know someone who you believe will be a great for the role, do encourage them to step up. Read more about the the responsibilities involved for each role on the ABA website.

For any queries, please write to [PTAChair@abaoman.org](mailto:PTAChair@abaoman.org) / [PTACoChair@abaoman.org](mailto:PTACoChair@abaoman.org).



# Booster Club News

Thank you VIPERS for sending your healthy(ish) snacks. Always great to try something new to escape the "snack boredom", don't you think? So why not use the time at home to try some new snacks? We received such a great variety!

## Banana Oatmeal cake

<https://www.thecookingfoodie.com/recipe/Healthy-Banana-Oatmeal-Cake-Recipe>

## Mushroom soup



## Green Smoothie

Ingredients:

- 1 medium-sized apple
- 1 medium-sized pear
- 1 1/4 cup spinach
- 1 cup almond milk
- (or any milk of choice/ dairy works fine too)
- 1/2 cup water or ice

2 tbsp oats (any work)

1/4 tsp vanilla essence (optional)

1 tbsp sweetener - maple syrup/honey (optional)

Method

1) Place all ingredients in a mixer and blend till smooth.

2) Serve and drink it all up!

## Simple, Soft and Chewy Granola Bars

<https://www.inspiredtaste.net/21462/soft-and-chewy-granola-bars-recipe/>. Better than store bought granola bars. We either add cranberries or chocolate chips to ours.

## Maki Sushi rolls

Ingredients

- 4 sheets nori (dried seaweed, in half)
- 6 cups sushi rice (prepared)
- 2 (Japanese) cucumbers (cut into long sticks)

Instructions

Put a piece of nori on top of a bamboo mat (makisu). Spread about 3/4 cup of sushi rice on top of the nori. Place 1/8 of the cucumber sticks horizontally on the rice. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder. Press the bamboo mat firmly with hands. Unwrap the bamboo mat and remove sushi roll. Repeat the process to make more rolls. Wipe a knife with a wet cloth before slicing sushi to avoid sticking. Cut the sushi roll into bite-size pieces.

**Blueberry Oatmeal muffins** Serves 6 ( recipe can be doubled or tripled to choice)

Ingredients:

1/2 cup milk ( 120ml) 1/2 cup oats (40g) 75g all-purpose flour ( a little more than 1/2 a cup)

1/2 tsp baking powder 1/4 tsp baking soda 1/4 tsp ground cinnamon

1/4 tsp salt 1/4 cup unsalted butter ( skip the salt if using salted version) melted (57g)

1/4 cup honey ( 60ml) 1 medium to small-sized egg ( half a large one)

1 tsp vanilla essence 1/2 cup blueberries ( fresh works well) 95g

Method:

1) Combine milk and oats in a bowl, set aside for oats to absorb the milk (20-25 mins). ( You can melt the butter now, so it has enough time to cool) 2) Pre-heat oven to 425°F (218°C). Take out your muffin pan and place cupcake liners in. Keep it aside. ( You can use silicone moulds too). 3) Mix together: the flour, baking powder, baking soda, cinnamon, and salt in a large bowl. Set aside. 4) In a smaller bowl, thoroughly mix the melted butter, honey, egg, and vanilla essence. Pour this bowl into the larger one, stir the mixture to combine a couple of times. 5) Add soaked oats with the milk into the bowl. Then add blueberries. Stir gently to combine. 6) Spoon batter into moulds ( equal sizes) to the top. Bake for 5 minutes at 425 F then reduce the temperature to 350°F (177°C) for 15 minutes. Insert a toothpick to check if they are ready. (if the toothpick comes out clean, no crumbs remove them out to cool). 7) Take them to school!

**Booster Club elections** are going to take place before end of April. We are working on the online voting procedures and will keep you updated over the coming weeks. The positions open for voting will be

**Chairperson/s - Vice-Chair - Secretary - Treasurer**

But, we are always looking for more team members for additional positions such as

- Communications Coordinator - Merchandise Coordinator - Fundraising/ Events Coordinator

- Coaches Room/ BBQ Coordinator - general volunteers.

If you consider joining us or have any questions please do reach out to us at [boosterclub@abaoman.org](mailto:boosterclub@abaoman.org)!

Do visit <https://www.abaoman.org/community> for updates & details from PTA and the Booster club!