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- Storytelling with Parents (English and Arabic) – FS1 to Year 4

## Active Lifestyle Awareness Newsletter

### Dear Parents, Teachers, and Students,

At Belvedere International School, we believe that education goes beyond the classroom walls—it also means nurturing healthy habits that last a lifetime. One of the most valuable habits we can build together is maintaining an active lifestyle.

As we move into the cooler months here in Al Ain, the weather becomes more inviting for outdoor activities. Whether it's walking, jogging, cycling, playing sports, or simply walking your pets, every form of movement helps us maintain a clear state of mind, relieve stress, and build physical stamina. An active lifestyle is not only essential for children's development but also vital for the well-being of parents and teachers.

### Why It Matters for Our Students

Encouraging our students to lead an active lifestyle:

- Strengthens their immune system.
- Improves focus, memory, and learning outcomes.
- Reduces stress and builds emotional resilience.
- Creates opportunities to bond with nature and develop appreciation for the environment.
- Builds a foundation for long-term health and wellness.

At school, our PE Department continues to promote physical activity and healthy routines. However, the greatest benefits come when physical activity becomes part of our daily lives—whether through mild exercise, family walks, or more vigorous sports.

We are fortunate that both Abu Dhabi and Al Ain Municipality have been investing in modern walking and cycling tracks, outdoor exercise stations, and community sports facilities. Families can also take advantage of our school's resources and the many opportunities across the city to keep active, indoors or outdoors.

### Five Long-Term Benefits of Staying Active

1. Improved Heart Health & Longevity – lowers the risk of cardiovascular diseases and helps us live longer.
2. Stronger Muscles & Bones – reduces risk of osteoporosis and keeps us mobile as we age.
3. Enhanced Mental Health – regular exercise helps manage anxiety, stress, and improves mood.
4. Better Sleep & Energy Levels – physical activity improves sleep quality and keeps us energized.
5. Higher Quality of Life – supports independence, confidence, and overall well-being throughout life.



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## Message from the Principal

### Our Call to Action

We encourage families to **enroll children in clubs**, whether for group sports like football, basketball, or swimming, or for individual activities such as martial arts, tennis, or dance. What matters most is that students find joy and satisfaction in the activity they choose.

Let us all—parents, teachers, and students—make physical activity a daily lifestyle routine. Together, we can create a healthier, stronger, and happier community at Belvedere International School.

**Stay active. Stay healthy. Stay happy.**

*Israt Dawn*

**School Principal**  
**Belvedere International School - Al Ain**



# Extra Curricular Activities

We are proud of our students who participated in the METAWorld Robotics Competition (MWRC) hosted at our school this week. The event highlighted the students' collaboration, creativity, and innovation, as they worked together to design, build, and present their robotic projects. Their enthusiasm and teamwork truly reflected the spirit of curiosity and problem-solving we value at Belvedere International School.



We look forward to seeing our teams take on future challenges and competitions with the same passion and determination, and we encourage even more students to join this exciting Robotics ECA in the coming term.

# Learning Activities

## FS2

FS2 children enjoyed a fun and healthy activity called "Healthy Bites." The children made colourful fruit skewers, creating different patterns and using their fine motor skills to carefully place each piece of fruit. They also had a lovely discussion about making healthy choices and shared their favourite fruits with their friends. It was a delicious and educational experience for everyone! We wish you all a lovely mid-term break!



## PRIMARY

Last week, we proudly hosted Round 1 of the Spelling Bee, showcasing our students' impressive vocabulary skills, confidence, and enthusiasm. We are extremely proud of all our contestants for their dedication and effort, and we look forward to seeing them shine again in Round 2. Alongside this, our students engaged in Cross-Curricular Projects linked to International Space Week, exploring creativity and innovation through Science, and the Arts. We are truly impressed by the imagination and teamwork displayed across all year groups. As we approach the break, we wish all our students and families a restful and enjoyable half-term holiday.



# Learning Activities

## SECONDARY

This past week, our students have truly shined as they explored the fascinating world of space and innovation! Throughout the week, they worked collaboratively on creative projects that challenged them to think critically, design imaginatively, and present confidently. From planning space missions to imagining sustainable life beyond Earth, their ideas were nothing short of inspiring.

We are incredibly proud of the effort, creativity, and teamwork each student demonstrated during their presentations. It was a wonderful way to celebrate their learning journey and mark the end of Term 1A on such a high note. Well done to all our young innovators — the sky is no longer the limit!

## ARABIC DEPARTMENT

شهد هذا الأسبوع في القسم العربي نشاطًا مميّزًا تمثل في تنفيذ مشاريع تكاملية بين مواد اللغة العربية، هدفت إلى تعزيز مهارات الطلاب اللغوية والإبداعية وربط التعلم بالهوية الوطنية والقيم الإسلامية. عمل المعلمون والطلاب بروح الفريق الواحد، حيث تم تصميم أنشطة تجمع بين القراءة، والكتابة، والتعبير، والنحو، في إطار تطبيقي يبرز قدرات الطلاب الفكرية والإبداعية.

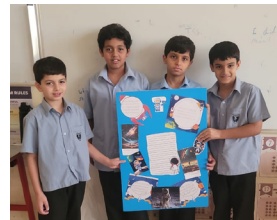
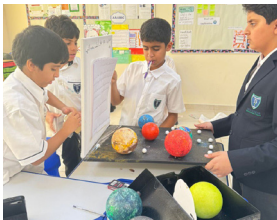
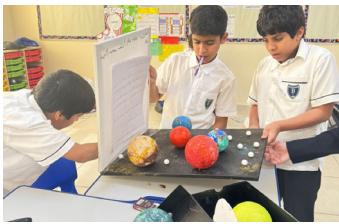
قام الطلاب خلال الأسبوع بكتابة قصص إبداعية باللغة العربية، تنوعت في أفكارها وموضوعاتها، وجمعت بين الخيال والإبداع واللغة السليمة. وقد تضمنت القصص عبارات وطنية عن الإمارات في مجال الفضاء، استلهامًا من إنجازات الدولة وريادتها في هذا المجال، كما حرص الطلاب على تضمين آيات قرآنية مناسبة لموضوعات القصص، مما أضفى على أعمالهم عمقًا دينيًا وقيميًا.

اتسم عمل الطلاب بالجد والاجتهاد والانضباط طوال فترة تنفيذ المشاريع، وظهر بينهم تعاون ملحوظ في توزيع الأدوار بين الكاتب والمراجع والمصمم والقارئ، الأمر الذي ساعد على تنمية مهارات العمل الجماعي لديهم. كما أظهر الطلاب قدرة عالية على التحليل والتفكير النقدي والتعبير الراقي، مما يعكس تطور مهاراتهم في اللغة العربية بشكل واضح.

وقد لاحظ المعلمون ارتفاع مستوى الحماس والدافعية لدى الطلاب خلال تنفيذ المشاريع، حيث تجلت روح المنافسة الإيجابية بينهم، وسعيهم لتقديم أعمال متميزة تبرز إبداعهم وفخرهم بلغتهم وهويتهم الوطنية. كما ساهمت المشاريع في ربط التعلم بالواقع المحيط بالطلاب، من خلال مناقشة قضايا وأفكار ترتبط بحياتهم اليومية وبالمجتمع الإماراتي.

تُعد هذه التجربة من التجارب التعليمية الناجحة التي جمعت بين الإبداع اللغوي، والقيم الإسلامية، والانتماء الوطني في عمل واحد متكامل. وقد أثبت طلاب القسم العربي قدرتهم على الإنتاج الأدبي بلغة سليمة وأسلوب مبدع يعكس اهتمامهم باللغة العربية واعتزازهم بها.

ختامًا، يُشكر جميع المعلمين والطلاب على ما بذلوه من جهد وتعاون خلال هذا الأسبوع المثمر، ونوصي باستمرار مثل هذه المشاريع التكاملية التي تجمع بين مواد اللغة العربية لما لها من أثر واضح في تنمية مهارات الطلاب وتعزيز قيمهم وهويتهم الوطنية.



# Learning Activities

## INCLUSION

As part of our ongoing commitment to fostering a safe, inclusive, and supportive learning environment, the Inclusion Department organised a professional development workshop for Individual Assistants (IAs) on Thursday, 9 October 2025.

The session aimed to equip IAs with practical strategies and professional guidance to enhance the quality of support provided to students, ensuring that every child receives the care and attention needed for academic, social, and emotional success.

In collaboration with Bedayia Rehabilitation Centre, the workshop focused on strengthening communication skills, managing classroom challenges, and promoting positive behaviour among students. Additionally, our school's Health, Safety, and Security Officer delivered a specialised training session on the Personal Emergency Evacuation Plan (PEEP), ensuring that all IAs are fully prepared and confident to support students with additional learning needs during emergencies.

On Friday, 10 October 2025, the Inclusion Team also organised an event to mark ADHD Awareness Day, featuring a short theatrical performance aimed at helping students understand ADHD and promoting awareness and empathy within the school community.

These initiatives reflect Belvedere International School's steadfast commitment to inclusion, safety, and student wellbeing, as we continue building a community where every learner feels supported, valued, and empowered to succeed.



# Learning Activities

## PE

### Inclusion in Action: Every Student, Every Step!

At Belvedere International School, we believe that PE is for everyone. Our PE department promotes an inclusive and supportive environment where all students — including our Students of Determination (SOD) — are encouraged to participate and develop their physical literacy.

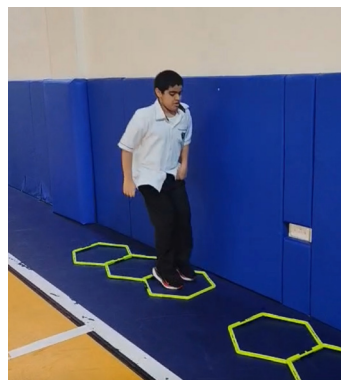
Physical literacy is about more than just movement; it's the confidence, motivation, and skills to be active for life. Whether it's swimming, football, basketball, or light exercises such as walking, every opportunity helps our students build coordination, balance, and a positive relationship with physical activity.

**"I enjoy walking around the play area after eating my healthy lunch because it makes me feel strong and happy."** – Hmoud, Year 11B

We also encourage families to continue this active mindset at home — take walks together, play outdoor games, visit the park, or even do simple stretching or dance sessions as a family. Every small movement makes a big difference in building lifelong healthy habits and fostering a love for being active.

### Kicking Towards Success – Rayyan's Karate Triumph!

We are incredibly proud of Rayyan in Year 10, who recently competed in the Shorin Kai Cup 2025 Karate Tournament in Dubai and won a well-deserved medal. Rayyan demonstrated exceptional discipline, perseverance, and respect — values that not only reflect the true spirit of martial arts but also align closely with the UAE's national values of determination, excellence, and tolerance. His commitment and dedication are an inspiration to others, and we are delighted to celebrate his outstanding achievement.



# Learning Activities

## LIBRARY

This week at the library was filled with excitement and learning! We kicked things off with a fun storytime for FS1 and FS2. Miss Juvy got to read *Space: Press-Out Playtime* by IglooBooks, which was a big hit with the kids! They loved all the interactive elements, pressing out the shapes, and imagining they were astronauts exploring the universe.

After that, Ms. Hamda took over with an Arabic story called *Mission in Space*. She did an amazing job bringing the story to life, and the children were absolutely captivated. The way she told the story really helped them connect with the adventure of space exploration, especially with it being in Arabic—it felt like a whole new world for them!

As a special treat, all the children were given an astronaut pin. They were so excited to wear them, and it was such a nice way to celebrate the theme of the week. Everyone felt like a little astronaut! Of course, the usual library activities went on, with children borrowing and returning books. Since we have the half-term break coming up, each child was given two books to take home, so they'd have plenty to read during their time off. There was a real sense of excitement as they picked out their books, eager to dive into some new stories.

And to wrap it all up, we had some fun with music and singing! The kids were all smiles as we sang some of their favorite songs. It was a perfect way to end a week full of stories, exploration, and joy. Enjoy your time off, read lots of exciting stories, and we can't wait to see you back here soon! It was a week full of laughter, learning, and a little bit of space magic!



## HEALTH AND SAFETY

As part of our commitment to creating a safe and inclusive environment, Belvedere International School is conducting a training session on Personal Emergency Evacuation Plans (PEEP) for individual assistants. The training aims to equip individual assistants with the knowledge and skills necessary to support students with special needs during emergency evacuations.

Emergency Fire Drill with Civil Defense

A Big Thank You!

On behalf of Belvedere International School, I would like to extend our heartfelt gratitude to everyone involved in making today's emergency fire drill a huge success! A special shoutout to our students and staff for your cooperation and calm demeanor during the drill. Your safety is our top priority, and we're proud of how you all responded to the situation.

# Learning Activities

## **HEALTH AND SAFETY**

We also want to thank the Civil Defense team for their guidance and support in conducting the drill. Your expertise and feedback are invaluable to us.

Evacuation Time: We are thrilled to announce that we achieved an impressive evacuation time of 2 minutes and 13 seconds! Your collective efforts have helped us prepare for any emergency situation, and we're grateful for your participation.

Thank you once again for your cooperation and commitment to safety.

Stay Safe, Stay Prepared!

