



BELVEDERE
INTERNATIONAL SCHOOL

BIS Newsletter

Issue no. 24 | 11th Oct. 2024

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What's on / Important Dates

14 Oct to 20 Oct 2024



Half-Term Break

14 Oct to 18 Oct 2024

**Classes will resume on
Monday, 21 October 2024**

Message from the Principal

Dear Parents,

At Belvedere International School, we believe in the holistic development of our students, and one of the key aspects of that development is ensuring they lead active, healthy lives. Physical activity is crucial for maintaining a healthy body and mind, and it's essential to instill this habit from a young age. As parents, you play an invaluable role in shaping your child's lifestyle, and we encourage you to support their journey toward an active, balanced life.

Why Physical Activity is Important for Children

Engaging in regular physical activity from an early age has numerous benefits. Not only does it improve physical health by strengthening muscles, bones, and the cardiovascular system, but it also plays a significant role in cognitive development.

Children who are active tend to have better focus, improved academic performance, and stronger problem-solving skills. Active play also fosters creativity and social skills, as children learn to collaborate, compete, and develop resilience through physical challenges.

Making Time for Physical Activity at Home

In today's digital age, children are often drawn to screens, whether it's for educational purposes or entertainment. While technology has its benefits, it's equally important to set aside time each day for physical activities that engage both the body and the mind.

A suitable amount of time for physical activity at home is at least 30 minutes a day. Simple activities like playing in the garden, cycling, walking, or even dancing at home can help your child stay active. You can turn these into family activities, creating enjoyable moments that promote not only fitness but also family bonding.



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Physical Activity for Mental Wellbeing

Physical activity isn't just about keeping the body fit – it has profound effects on mental health as well. Engaging in fun and entertaining physical activities reduces stress, improves mood, and enhances sleep quality. For children and adults alike, regular exercise helps combat anxiety and depression while promoting a more positive outlook on life. It's essential for both genders and at all ages to incorporate an active lifestyle into daily routines to sustain long-term wellbeing.

Encouraging an Active Lifestyle in Our Community

Here in Al Ain, we are fortunate to have excellent community resources that promote physical activity. The Al Ain Municipality plays a pivotal role in encouraging active lifestyles by providing parks, walking trails, and cycling paths. These facilities are wonderful opportunities for families to enjoy the outdoors together, engage in community sports activities, and stay fit. We encourage all of you to take advantage of these local resources – whether it's an evening walk in the park, a weekend bike rides, or exploring the natural beauty of our surroundings.

A Healthy Future for All

At Belvedere International School, we strive to create an environment that encourages physical fitness alongside academic excellence. By fostering a healthy lifestyle at school and at home, we can help our students grow into well-rounded individuals, equipped with the habits needed for a lifetime of wellbeing. Let's work together to make physical activity a priority for our children and set the foundation for a healthy future for both boys and girls.

Thank you for your ongoing support, and let's continue promoting an active and healthy lifestyle for our community.

Warm regards,

Israt Daou

Principal, Belvedere International School



Class Photoshoot 22nd Oct to 24th Oct 2024

All students are reminded to wear their appropriate uniforms and refrain from wearing PE uniform.

Extra Curricular Activities



This week we had our first Scouts meeting. The meeting served as an excellent introduction to the values and principles of scouting, as well as a chance for the students to learn about proper flag etiquette. During the session, the scouts discussed the significance of the UAE flag and the importance of honoring it.

They learned about the correct posture and protocol when standing in front of the flag, ensuring that the students are well-prepared for future scouting activities and events. During the session, the scouts discussed the significance of the UAE flag and the importance of honoring it. The meeting also provided an overview of the scouting movement and its core values, such as loyalty, helpfulness, thrift, and cleanliness.

The students were inspired by the potential for personal growth and community service that scouting offers. We are excited to see these young individuals embark on their scouting journey and look forward to their future accomplishments.



Learning Activities

Foundation Stage 2

FS2 has had a fantastic start, filled with fun, learning, and exploration! The students especially enjoyed their healthy eating Teddy Bear picnic, which was a big hit. They are eagerly looking forward to more exciting events and activities as the term progresses.



Primary School

This week, our students have been fully immersed in their projects, and it's been amazing to witness their creativity and teamwork in action! The energy in the classroom has been inspiring. We also welcomed parents for engaging Parent-Teacher Meetings on Tuesday and Wednesday, where we shared the progress and achievements of our incredible learners. As we head into the midterm break, we want to wish all our students, staff, and parents a restful and enjoyable holiday.



Secondary School

It has been an exciting time in the classroom as our students have been working hard on their projects, which focused on Sustainability and Artificial Intelligence. On Friday, they had the opportunity to present their innovative ideas not only to their classmates but also to many of you, their parents. The students amazed us with creative solutions, including new apps designed to support UAE tourism and ideas for more sustainable schools.

We also had the pleasure of meeting with many of you during our recent parent meetings. It was wonderful to discuss your child's achievements and collaborate on how to further support their growth. Thank you for your continued support and involvement in your child's learning journey!



Learning Activities

Arabic Department

ومع نهاية الأسبوع السابع واقتراب إجازة منتصف الفصل الدراسي الأول ، قام القسم بتطوير آلية العمل في القسم بما يعرف بـ (الروتين اليومي) تم فيه توزيع الأنشطة على المهارات طوال أيام الأسبوع ، وقد لاقى الفكرة استحسانا من قبل أولياء الأمور ، كما أكمل القسم جهوده بتحويل المادة الأكاديمية إلى مادة حية من خلال دمجها بالعوادات اليومية والحياة العملية مع إضافة أنشطة رياضية لتفعيل الطلبة ودفعهم للعمل .

وعلى صعيد آخر احتفل القسم مع طلاب المدرسة بيوم المعلم وقام العديد من الطلاب بإرسال رسائل شكر إلى معلميهم وقدموا لهم الزهور تقديرا لجهودهم في إضافة الكثير من المعاني الجميلة إلى حياتهم



Inclusion Department

In a vibrant and positive atmosphere, the Inclusion department hosted a wonderful event to raise awareness about Attention Deficit Hyperactivity Disorder (ADHD). Students participated actively, sharing their thoughts and engaging in meaningful discussions, which added excitement to the day. It was heartwarming to see students and most teachers wearing orange in solidarity with their peers affected by ADHD, truly exemplifying the spirit of cooperation and support that defines our school community.



Learning Activities

Social Work Department

On October 10th, BIS proudly celebrated World Mental Health Day with a variety of enriching activities aimed at promoting mental wellness. The day kicked off with a workshop for parents, followed by engaging creative sessions led by the Art, Music, and PE departments. It culminated in an insightful meeting between teachers and a psychologist, topped off by a rejuvenating yoga session. Overall, it was a meaningful day dedicated to fostering mental health and well-being for everyone in our school community!



Library Activities

At the recent book fair, children had a fantastic time immersed in a world of stories and fun! They enjoyed browsing through the selection of books, listening to captivating tales and singing lively songs. The highlight of the week was undoubtedly the appearance of the cheerful mascot, which brought even more joy to the festivities. Children enjoyed engaging storytelling sessions, especially from Shahriz in Year 10, who captivated the little ones with her enchanting tales. It was a week filled with joy, laughter, and a celebration of literature!

