

## Issue (7) - 9 January 2018



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Dear Parents,

Welcome back everyone to our first newsletter for Term 2. It really has been a fantastic Term 1. The children and staff have worked exceptionally hard and

have adjusted well to a number of changes that have taken place. I would like to thank all of the children, staff, and parents for getting Reach to what it is today. I'm very much looking forward to this term where we will continue to build upon our strengths in our aim of providing the very best education for our students. The term has certainly got off to a mixed start weather wise, but we have been very pleased to welcome many new students to our school. I trust you and your families enjoy your association with our school. As the winter weather settles in, can I remind parents that children are welcome to wear the official school PE pants at school. These can be purchased through our School Uniform shop " Trutex".

We have now moved into the new administration block which is very exciting news for the school. Can parents ensure you access the school via the main entrance in the new block. You may notice that our new reception area is currently being developed and will be completed shortly.

Our new shaded area is finally completed. This will provide a much cooler pick up point for our families during summer. Our school buses will continue to leave from the existing parking areas.

We look forward to welcoming you all over the coming weeks at our upcoming parent teacher meetings on Monday, January 22nd 2018.

Dene Bright  
School Principal



Parents concerns must be initially directed through to your child's teacher.

### **Arranging a meeting with the class teacher**

You can either message the class teacher on Class Dojo or Email / call the school and arrange a time to see the class teacher. Make sure you mention why because you are more likely to have success if the teacher is aware of the problem prior to the meeting.

### **Explain what is bothering you**

You are meeting the class teacher to gain their support in solving a problem. Gaining the willing cooperation of the teacher means having the correct facts, being willing to see the other side having a polite manner and showing our willingness to be part of a fair solution. You are more likely to find a successful outcome if you can try to:

- Start with polite greetings and come to the point.
- State your problem or concern calmly by specific and fair.
- Show you want to be part of the solution too.
- Listen as much as you talk.
- Keep an open mind - don't throw away suggestions even if they have been tried. They could work.
- Try to compromise. Both parties will need to try to compromise



### **Sleep, glorious sleep.**

A child's need to feel safe is a primary need that builds deep human connectedness so please do what you can to meet this need. Eventually, they will be able to sleep alone without your help!

Many factors can lead to sleep problems. Toddlers' drive for independence and an

increase in their motor, cognitive and social abilities can interfere with sleep. In addition, their ability to get out of bed, separation anxiety, the need for autonomy and the development of a child's imagination can lead to sleep problems. Daytime sleepiness and behaviour problems may signal poor sleep or a sleep problem. Hurried children are often stressed children as are children whose lives are over scheduled.

preschoolers typically sleep 11 to 13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep-terrors peak during preschool years.

Children aged five to 12 need 10 to 11 hours of sleep. At the same time, there is an increasing demand of their time from school ( e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and internet as well as caffeine products - all of which can lead to difficulty falling asleep, nightmares and disruption to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

To read more about sleep tips check:

<http://www.maggiedent.come/sites/default/files/Nove>



### **School Roadshow lead by the Youth connect team**

The Youth Connect Team of Expo 2020 is dedicated toward engaging with school communities across the UAE including students, teachers, and education leaders. Their main goal is to inspire, and excite schools about Expo 2020, and to involve them in the journey leading up to Expo 2020 and beyond.

The school roadshows aim to raise awareness about Expo 2020, its significance to the country and the region, and the different things World Expos offer to people from different ages, backgrounds, and parts of the world.

They have recently visited Aspen Heights British School ( our sister school )for a school

roadshow and had an incredible time engaging with their students and getting to hear their brilliant ideas and answers. It was a great experience for them as a first school to visit and engage with in Abu Dhabi.

We are so excited to announce that **Expo 2020 School Roadshow will be visiting Reach British school on February the 12th 2018.**



Important dates to remember for this term

16th January ( FS 1 & FS 2) Stay and Play

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22nd January - Parent/Teacher meetings - Whole school

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29th January - ( FS parents) Coffee morning

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30th January - ( Primary Parents) Coffee morning

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31th January - ( Secondary Parents) Coffee morning

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14th & 15th February - Mid-Term Break

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18th - 22nd March Assessment Week

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21st March Mothers Day

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1st March World Book Day

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trutex

School Uniform shop has moved to the new admin block  
their schedule is as usual Sunday, Monday and Wednesday from 8AM to  
3PM



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