

This Week at TBS!

Dear TBS Family,

What a fantastic start to our new academic year and a huge welcome to all of our new GEMS TBS families. Last week ended with four amazing events put on by our Arabic Department celebrating Mawlid Nabawy within our GEMS TBS family. You can see some of the events on our Facebook and Instagram pages and there will be lots of photographs to follow.

This weekend I went to Moon Beach near Ras Sudr. This is the first time I have gone through the tunnel and crossed onto the peninsula. Friday was picture perfect calm with hardly a breath of air yet the sea was cool enough to give relief from the heat. I had heard that it was normally very windy and on Saturday we awoke to bigger waves and the sound of the palm trees rustling in the breeze. Taking only 3 hours door to door this is a place I will be back to as it is a place to unwind with simple, yet good food and welcoming staff.

As we move into the third week of school, I know that some of you are still struggling to get back into the school routines so hear are some of my suggestions:

1. Start Adjusting Bedtimes

A sudden shift in sleep schedules can be jarring, so it is best to ease into the school routine. Gradually move bedtime earlier by 15 minutes each night and wake your children up earlier in the morning. This slow adjustment helps their internal clocks reset, so they will be more alert and ready for school.

2. Create a Morning Routine Chart

Mornings can be hectic, but having a clear plan can make a world of difference. Involve your children in creating a visual morning routine chart that includes tasks like getting dressed, brushing teeth, eating breakfast, and packing their backpack. This visual aid which works for any age, helps them stay on track and reduces last-minute rushing.

You Don't Want to Miss Out on...

30th September : CAST workshop @BUE

1st October: Unipal University Fair

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3. Prepare the Night Before

To make mornings less stressful, set aside some time the night before to prepare. Lay out clothes, pack lunches, and ensure that homework and backpacks are ready to go. This small step can save a lot of time and prevent unnecessary morning chaos and stress.

4. Establish a Homework and Study Routine

Start discussing and setting expectations for homework early. Create a designated homework space that is quiet and free from distractions. Decide on a specific time for homework each day so that it becomes part of the daily routine. A predictable homework schedule helps children stay organised and develop good study habits. Planning ahead also ensures that your children have time to play or attend other activities.

5. Encourage Independence

As your children get older, encourage them to take more responsibility for their routines. Let them pack their own backpacks, or set their own alarms. Offering guidance while promoting independence helps them build confidence and a sense of responsibility.

6. Limit Screen Time Before Bed

It is important to reduce screen time before bed, as it can interfere with sleep quality. Establish a “no screens” rule at least 30 minutes before bedtime. Instead, encourage calming activities like reading or drawing to help them wind down for the night.

7. Practice Patience and Flexibility

It is natural for the first few weeks back to be a little bumpy. Be patient with your children (and yourself) as you all adjust to the new routine. If something is not working, do not be afraid to adjust your approach. Flexibility and understanding go a long way in making this transition easier.

8. Stay Consistent

Consistency is key to establishing and maintaining routines. Stick to the same wake-up and bedtime schedules (even on weekends for the bedtime schedules), keep morning and homework routines in place, and provide consistent reminders. Over time, these routines will become habits, making the school year much more manageable.

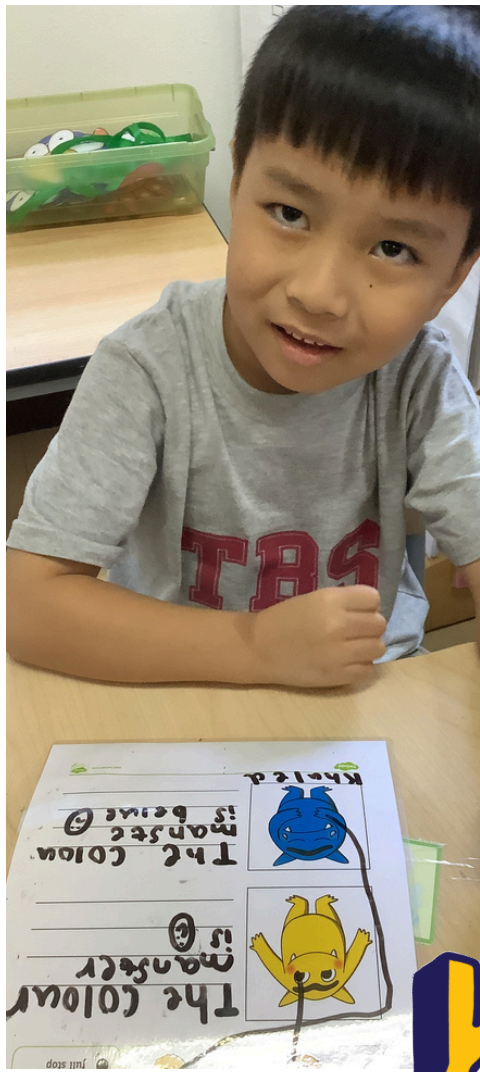
By planning ahead and being proactive, you can help your children transition smoothly into the school year and after holidays. With structure and support, they will be ready to take on the new challenges and opportunities that await them!

Have a great week!

Ms Jane Knight
School Principal



Year 1



We are thrilled to share that our Year 1 students have settled in wonderfully over the past two weeks! It has been delightful to see them adjust to their new classroom environment, making friends and engaging with their peers. They have shown great enthusiasm and curiosity as they navigate this exciting new phase of their education.

The students have been actively participating in a variety of engaging activities that foster their understanding of basic concepts. From hands-on games to collaborative problem-solving tasks, they are developing a solid foundation in various skills while having fun. Additionally, our reading sessions have been filled with exploration and discovery, as the children dive into captivating stories that ignite their imagination.

We look forward to continuing this positive momentum and are excited about the learning adventures that lie ahead for our Year 1 students!



YAY



Year
3

WE ARE THRILLED TO WELCOME OUR YEAR 3 STUDENTS BACK FOR AN EXCITING NEW SCHOOL YEAR! OVER THE PAST TWO WEEKS, WE HAVE BEEN DELIGHTED TO SEE HOW WELL THE CHILDREN HAVE SETTLED IN. THEY HAVE ENGAGED IN A SERIES OF FUN ACTIVITIES DESIGNED TO HELP THEM GET TO KNOW EACH OTHER AND FORM NEW FRIENDSHIPS.

A highlight of our initial weeks was our immersive journey into the Stone Age. The children embraced this theme by pretending to be cavemen, creating their own cave paintings that reflect their imaginative interpretations of prehistoric life. It was wonderful to witness their creativity and enthusiasm!

In Maths, we have started to build upon their understanding of number bonds to 10 and 100 using a range of hands on and interactive activities. The children have shown remarkable progress and eagerness to learn, and we are proud of their efforts as they lay the foundation for their mathematical skills.

As we embark on this new learning journey, we are excited to watch our Year 3 students grow and thrive. Thank you for your continued support as we work together to make this year memorable and enriching!



FUN!



A message from MS Rachel Hardwick, Head of Primary

As we move into Week 3 of the new academic year, I am thrilled to share the excitement we all feel for the wonderful year ahead. A big thank you to all our parents for your support in ensuring that children arrive at school on time each day. Just a reminder that the gates open at 7:30am, and lessons begin promptly at 7:50am.

Teachers have been working hard to get to know their students, and I am happy to report that even our youngest children have settled into school life beautifully. We have also begun our baseline assessments. These assessments help us understand each student's current abilities, allowing us to tailor our teaching approach to ensure every child is supported in reaching their full potential.

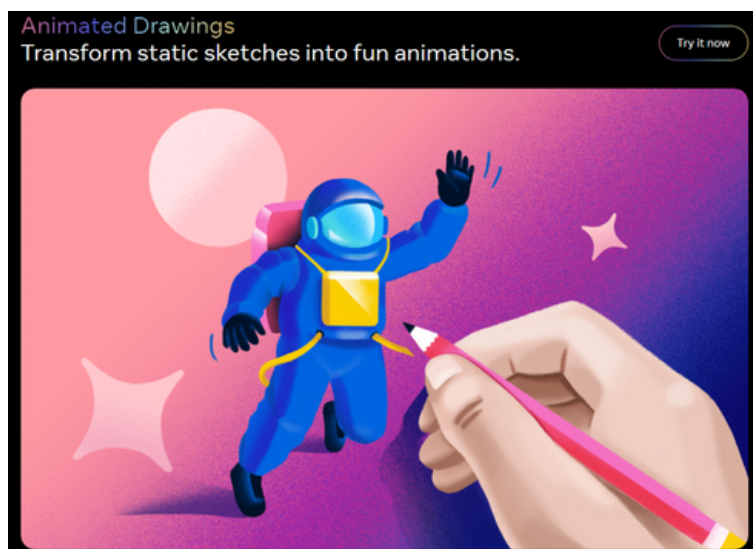
Looking ahead, we are excited to launch our after-school activities for students in Years 1 to 6. FS2 students will have the opportunity to join these activities starting from Term 2, and we can't wait to see their enthusiasm!

Have a go at home.....

We have come across the following website that we would like to share with you and encourage you to have a go at home and let us know how you get on.

[Animated Drawings | Meta FAIR \(metademolab.com\)](https://metademolab.com)

On this website, you can upload an image and turn it into an animation. It is lots of fun and a great way to show how technology can enhance our lives.



Thank you for your continued support, and we look forward to an enriching year of learning and growth.

Rachel Hardwick
Head of Primary



Exciting News from the Commercial Studies Department!

We are pleased to announce the launch of the High-Performance Qualification (HPQ) program for our Year 10 students. This initiative aims to enhance their skills and research abilities, preparing them for future academic and professional success. We are thrilled to share that the program will be led by our newest team member, Shady Darwish. As we welcome you to a new academic year, the Commercial Studies team is committed to focusing on quality and innovation, which we will strive to integrate into our classrooms. We look forward to seeing our students thrive through these exciting opportunities!

The 8 Approaches to study Science Subject

There are several effective techniques for studying science that can help students grasp complex concepts and retain information. Here are some techniques that can be beneficial for studying science:

Active Reading

- Encourage students to actively engage with science textbooks and articles by asking questions, summarizing key points, and making connections to prior knowledge.

Concept Mapping

- Use concept mapping to visually organize and connect scientific concepts, terms, and relationships. This technique helps students see the "big picture" of a scientific topic.

Practice Problems

- Provide students with practice problems and questions related to scientific principles. Solving problems reinforces understanding and application of concepts.

Mnemonics

- Encourage the use of mnemonics to remember scientific terms, formulas, and processes. Mnemonics can be especially helpful for memorization.

Visualization

- Use visual aids such as diagrams, charts, and models to help students visualize abstract scientific concepts. Visualization can aid in understanding complex ideas.

Peer Teaching

- Encourage students to teach scientific concepts to their peers. Teaching others reinforces understanding and helps identify areas that need further clarification.

Self-Testing

- Encourage students to self-test by creating flashcards, quizzes, or practice tests to assess their understanding of scientific concepts.

Review and Reflection

- Encourage students to review and reflect on what they have learned after each study session. Reflection can help solidify understanding and identify areas for further study.

By incorporating these techniques into their study routines, students can develop a deeper understanding of scientific concepts and improve their overall performance in science. If you need specific resources or guidance on implementing any of these techniques, feel free to ask for further assistance!

لغتنا العربية

إن تعلم اللغة العربية قائم على ممارستها في المجالات المختلفة والأنشطة الصفية واللاصفية لذا وإيماناً منا بقيمة لغتنا الجميلة نقوم بتنويع الأنشطة وآخر ما قدمناه الاحتفالات بالمولد النبوي الشريف وعرض مسرحية باللغة الفصحى لننمي لدى الطلاب حب لغتهم ولا ننسى أيضاً أن لدينا تطبيقات أسبوعية ولدينا أيضاً الاستعداد لاحتفالات نصر أكتوبر العظيم كما أود أن أنه عن رغبتى بقاء أولياء الأمور الأعزاء لتوضيح بعض القرارات الوزارية الجديدة فى أقرب وقت إن شاء الله وسيتم تبليغكم بالموعد فور تحديده .



Important reminders

Trust in School Decisions re classes: We would like to emphasise the importance of trust in the decisions made by our experienced and dedicated teaching staff. Classes are carefully crafted to provide balance by our qualified and experienced teachers and Heads of School, and any decisions they make to shuffle classes and allocate teachers are done with the best interests of our students in mind. It is essential to note that we will not accept requests from parents regarding their son/daughter's assigned class. Our primary goal is to create an optimal learning environment for every student, and we appreciate your support and trust in this matter.

A gentle reminder about GEMS TBS expectations which are part of the School-Parent Agreement:

Appearance:

We believe that a neat and well-groomed appearance is not only a reflection of personal pride but also essential for fostering a readiness to learn. Please note that all girls and boys with longer hair are required to have their hair tied back at all times. No extreme or fashion hairstyles are permitted. This includes hair shaving for boys and braids and coloured hair for both girls and boys.

No jewelry or accessories are permitted, including piercings other than studs in ears, and will be asked to be removed if worn. Neither make-up nor nail polish is allowed and students with either will be asked to remove it. Smart watches are not permitted in school.

School Uniform Policy:

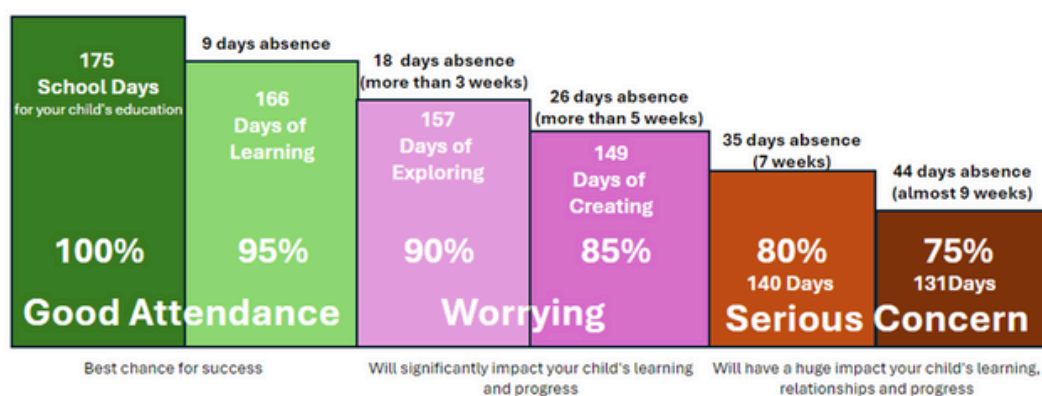
Our uniform not only promotes a sense of unity but also minimises distraction, allowing students to focus on their studies. Please, ensure that your child adheres to our school's uniform policy. Only items that are part of our school uniform are allowed within the school campus except on specified dress up days. Children will be asked to remove non-uniform items of clothing before entering school and if this is not possible, you will receive a call asking for you to bring the correct uniform. Please note that this includes shoes – trainers are to be worn only on allocated PE days.

Attendance

At GEMS TBS we emphasize the importance of regular and punctual school attendance. We believe that through good attendance at school children will achieve higher attainment, have better opportunities and establish good habits that will support them throughout their lives. This is supported by the Ministry of Education guidelines and sanctions for lateness and absences.

This infographic clearly shows the impact absences will have on your child: academically and emotionally.

At GEMS TBS, every school day counts!
There are 190 NON school days every year.
Perfect for family time, visits, shopping and appointments.



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Useful websites to help keep your child safe online

- [NSPCC](#): The National Society for the Prevention of Cruelty to Children offers a range of resources and guidance for parents on online safety, including tips on setting parental controls and talking to children about online risks.
- [Internet Matters](#): Internet Matters provides advice and support to help parents keep their children safe online. Their website offers guides on various topics, from social media safety to gaming and streaming.
- [Childnet International](#): Childnet International works to make the internet a safer place for children. Their website features educational resources, interactive games, and advice for parents, educators, and young people.
- [UK Safer Internet Centre](#): The UK Safer Internet Centre provides resources, helplines, and advice for parents, schools, and young people to promote the safe and responsible use of technology.
- [Thinkuknow](#): Thinkuknow is an education program from the National Crime Agency's Child Exploitation and Online Protection Command. Their website offers resources for parents, including age-specific advice on online safety and how to report concerns.
- [ParentsGuideToABetterInternet.pdf \(npc.ie\)](#). very useful PDF guide to all aspects of internet safety
- [Guardian's Guide | TikTok](#) everything you need to know about how to keep your child safe on this social media app
- [Parental Guide for Teens on Instagram | About Instagram](#) specifically written to support parents with older children and how to support
- [Whatsapp for kids. Parental control on the popular messenger | Kidslox](#) guide on how to set up security measures
- [Top 5 Must-Have Apps for Monitoring Kids' Social Media Activity \(eyezy.com\)](#). Apps that could help keep your child safe online monitoring their usage