

Enabling Independence in Children

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Vision

Empowering students to achieve high levels of academic growth and personal wellbeing and to be responsible citizens who are locally rooted and globally connected.

Mission

At Qatar Academy Doha we offer a rigorous academic program with strong Arabic and Islamic Studies. Our school community develops and challenges learners to be active, internationally minded citizens who demonstrate environmental consciousness.



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رسالة المدير



أولياء الأمور الكوّم،

شكرًا جزيلاً على دعمكم في يوم الثلاثاء الماضي واصطحاب أطفالكم إلى المدرسة في يوم بلا سيارات في المدينة التعليمية. بشكل عام، كان يوم جيد ومنظم. في المدرسة الثانوية، تم إنزال الطلاب في موقف الأكاديمية أوالمواقف الغربية وساروا إلى المدرسة، و أكملوا مشياً على الأقدام من 5-10 دقائق. توقف طلاب المرحلة الابتدائية وعائلاتهم في ساحة انتظار السيارات بالأكاديمية ثم استقلوا الترام ونزلوا في إحدى محطتي الترام عند المدخل الرئيسي للمدرسة الابتدائية. واصل طلاب مركز التعليم المبكرركوب الترام والنزول عند محطة الترام عند المدخل.

وجدت معظم العائلات أن رحلة الترام أسهل من المتوقع، وكانت ردود الفعل من طلاب المدرسة الابتدائية أنهم استمتعوا كثيراً بركوب الترام. لقد كانوا متحمسين للرحلة!

غادر الطلاب في نهاية اليوم بسلاسة أيضاً، حيث اختار معظم طلاب المدرسة الثانوية السير على الأقدام للعودة إلى مواقف الأكاديمية، والبعض الآخر اختار ركوب الترام. في المدرسة الابتدائية، غادر الطلاب المدرسة بكل سهولة، حيث كانت العائلات تستقل الترام لاصطحاب أطفالهم ثم العودة في الترام إلى مواقف الأكاديمية. عندما وصلت العائلات إلى المدرسة الابتدائية في نهاية الدوام المدرسي على عربات ترام مختلفة، كان هذا يعني أنه لم تصل جميع العائلات في نفس الوقت - وهو ما يحدث عادةً عندما يتم اصطحاب الطلاب بالسيارة.

أعلم أن عددًا قليلاً من العائلات كانت تقف في موقف سيارات حديقة الأكسجين ثم استقلوا الترام من هناك إلى المدرسة الابتدائية. قيل لي أنها كانت رحلة سهلة لمدة خمس دقائق - وأتخيل أن موقف سيارات حديقة الأكسجين يحتوي على عدد أقل من السيارات، مقارنة بموقف سيارات الأكاديمية، وبالتالي كان الدخول والخروج منه أسهل. صحيح أن بعض الأطفال وصلوا إلى المدرسة متأخرًا بقليل عن المعتاد. يعود بعض ذلك إلى القليل من عدم اليقين بشأن الإجراءات المتبعة، حيث كانت العائلات تقوم بهذه التجربة لأول مرة. ليس لدي شك أن المرة القادمة ستكون أسهل بكثير(كما أتخيل ستكون هناك مرة قادمة) وأن العائلات أيضاً ستنظم وقتها بحيث يصل الطلاب بالوقت المحدد. كان توقيت يوم بلا سيارات متزامناً مع أسبوع الاستدامة، فمساهمة كل منا في توفير الطاقة ومنع التلوث أمر مهم جداً لاستدامة الكوكب. كان من الجيد أن نرى حرص العديد من الطلاب على ارتداء ملابس خضراء لدعم أسبوع الاستدامة. من المهم أيضاً أن نتذكر أن استدامة البيئة وحمايتها جزء من مهمة مدرستنا، لذا نحرص على "إظهار الوعي البيئي" لدى طلابنا. وهذا ما فعلناه جميعاً يوم الثلاثاء الماضي.

أطيب الأمنيات،
ستيفن ميك

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Director's Message

Dear Parents,

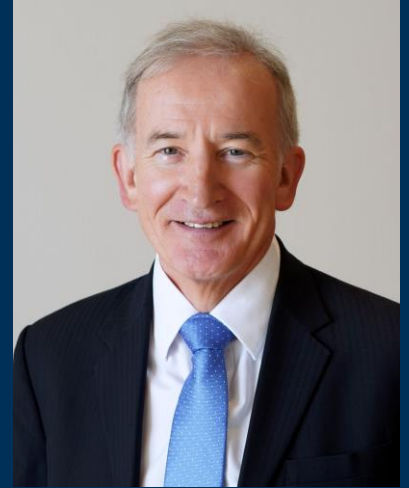
Thank you very much for your support last Tuesday in getting your children to school on Education City's Car Free Day. Generally, the day went well. In the Senior School students were dropped off in the Academy Parking (or West Car Park) and walked to the school, as it is a very straightforward 5 to 10 minutes' walk. Primary School students and their families parked in the Academy Car Park and then took the tram and alighted at one of the two tram stops by the main entrance to the Primary School. Students for the QAD EEC continued on the tram for a further stop and alight at the tram stop by the Tear Drop Entrance. Most families found the tram ride an easier journey than I suspect that they anticipated and the feedback from the Primary School students was that they had very much enjoyed going on the tram. They were excited about the journey!

Departure at the end of the day also went well, with most Senior School students choosing to walk back to Academy Parking, although some did take the tram, for the one stop ride. In the Primary School, departure was also very easy, with families travelling by tram to collect their children and then continuing back on the tram to Academy Parking. As families arrived at the Primary School on different trams, it meant that not all families arrived at the same time - which is what normally happens when students are being collected by car. This staggered arrival ensured that there was a natural filtering, with students leaving in groups when their families arrived, making for a very smooth collection.

I know that a few families parked in the Oxygen Park Car Park and then took the tram from there to the Primary School. I was told that this was an easy five minutes' tram ride - and I imagine that the Oxygen Park Car Park had fewer cars in it, than the Academy Car Park, and so was easier to get in and out of. It is true that some children did arrive a little later for school than normal. Some of that will have been due to a little uncertainty about the procedure, as families were doing the journey for the first time. Having done it once, I have no doubt that it will be easier next time (as I imagine there will be a next time) and that also families will allow a little extra time to get to school, in the future. The timing of the Car Free Day was to coincide with Sustainability week, as for each of us to make a contribution to saving energy and preventing pollution, is so important for the sustainability of the planet. It was good to see that many of the students were keen to wear something green (it was a home clothes day) in support of sustainability week. It is also important to remember that sustainability and protection of the environment is part of our school Mission, for it says that we want our students to "demonstrate environmental consciousness". We were all doing that on Tuesday.

Best wishes,
Stephen Meek

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Assistant Principal's Message



الآباء الأعزاء،

كل شيء يبدأ بكيف ننظر للطفل. نظرتنا أطفالنا على أنهم قادرون تشكل الطريقة التي تتفاعل بها معهم. في مرحلة الطفولة المبكرة ، كان لدينا الكثير من النقاش حول صورة الطفل في اذهاننا . إذا رأينا الأطفال قادرين ومؤهلين وأذكياء أطفال صغار مستعدين للاستكشاف والمجازفة والتعلم ، فإن هذا سيقود سلوكنا تجاههم - سنثق بهم ونستمع إليهم باحترام بسبب تواصلهم ، حتى لو كان تواصل غير لفظي . في مركز التعليم المبكر ، نرى الأطفال كأفراد مستعدين للازدهار ، وبالتالي فإن هذا يدفع سلوكنا لضمان حصولهم على خبرات تعليمية ثرية.

نود أن ندعوك لفعل الشيء نفسه في المنزل. ثق بأطفالك وستجد أنهم أفراد قادرون وقادة للمستقبل - سيساعد ذلك على تمكين الاستقلال لأن طفلك يعرف أن لديك توقعات أعلى. في مراكز التعليم المبكر ، يتخذ الأطفال العديد من الخيارات في تعلمهم كل يوم ولديهم فرص لتطوير العديد من

المهارات الاجتماعية والعاطفية ومهارات القراءة والكتابة وبناء المهارات التحليلية والحساب ومهارات بناء المفاهيم ومهارات طرح الأسئلة العلمية في الحدائق الخارجية وزراعة النباتات والتعلم حول الحشرات وما إلى ذلك. يحدث الكثير في المراكز الثلاثة. إنه وقت مثير! يرجى قراءة "الأخبار" لأخذ لمحة سريعة عن الشهر.

أطيب الأماني،
السيدة سناء

Dear Parents,

It all begins with the image of the child. What we perceive our children to be capable of shapes the way we interact with them. In our early years, we have a lot of discussion around the image of the child. If we see children as capable, competent, intelligent, young people, ready to explore, take risks and learn, then this will drive our behavior towards them - we will trust them and listen to them with respect because their communication, even if it is non-verbal, matters. In the EEC, we see children as individuals who are ready to thrive and hence this drives our behavior of ensuring they have access to rich learning experiences.

We would like to invite you to do the same at home. Trust the children and you will see that they are capable young individuals and future leaders - this will help enable independence because your child knows that you have higher expectations. In the centers, children make very many choices in their learning every day and have opportunities to develop many social-emotional skills, literacy skills, block building analytical skills, numeracy and concept building skills, scientific questioning skills with outdoor gardens, growing plants, learning about bugs etc. So much is happening in the centers. It is an exciting time! Please read on the Akhbar to take a sneak peak of the month.

Best wishes,
Ms. Sana

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QAD EEC

Choices - Good news parents!

We must realize now that our toddlers and twos like to choose their own things. They like to choose their own food, favorite toy and who to play with. They can decide their likes and dislikes. Our toddlers proudly have their own opinions. Believe it or not they are naturally developing their independency.

What do we need to do to make our little ones more independent?

- We need to provide opportunities to be more independent for example to carry their own bags, open their lunch box and water bottle, wash their hands, and take their shoes and socks off.
- Being calm and allowing the mess will encourage your child and give them time to progress their independency.

Tereza Aiad
English teacher



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ماذا نقول أثناء العمل واللعب مع الأطفال لدعم الاستقلالية؟! بالإضافة إلى تهيئة الفرص للأطفال لبناء الاستقلالية ، من المهم أن نخبرهم أننا نراهم - جهودهم ، ومشاربتهم ، وشجاعتهم ، ونموهم ، ومحاولاتهم. من خلال تقديم الملاحظات اللفظية و التواصل. هذه مجموعة من الاستراتيجيات ثبت أنها تساعد في زيادة السلوكيات الإيجابية (الاستقلالية) لدى الأطفال الصغار: الثناء: امدح سلوك طفلك المناسب. يساعد هذا في زيادة السلوك المحدد الذي تتعامل معه ويساهم في التفاعل الدافئ مع طفلك. على سبيل المثال ، "أحسنت صنع ذلك البرج!" أو ، "أنا فخور بك لأنك حاولت لفتح الصندوق!" انعكاس: تعكس الكلام المناسب. يساعد هذا في الإظهار لطفلك أنك تستمع وتفهم. على سبيل المثال ، يقول طفلك ، "لقد صنعت برجًا." ثم تقول ، "لقد صنعت برجًا!"

قلد السلوك واللعب المناسبين. هذا يعطي الاهتمام الإيجابي (أقوى مكافأة) للسلوك الجيد ويعزز التعاون. على سبيل المثال ، عندما يبني طفلك برجًا ، تبدأ في تكديس الكتل أيضًا بجانبه. صف السلوك المناسب لطفلك. هذا يعزز اللعب الإيجابي لطفلك ويلفت انتباهه إليها. قد تقول ، "أراك ترسم سيارة!" أو ، "نحن نبني برجًا معًا."

كن متحمسًا! هذا يجعل تفاعلاتك أكثر دفئًا ويجعل طفلك مهتمًا. على سبيل المثال ، يمكنك استخدام صوت مرج ، والمبالغة في مشاعرك عندما تتحدث والابتسام كثيرًا.

مع تحيات

ريم سالم

منسقة مركز التعليم المبكر (الدوحة)
معلمة اللغة العربية مستوى الأطفال

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Multaqa EEC



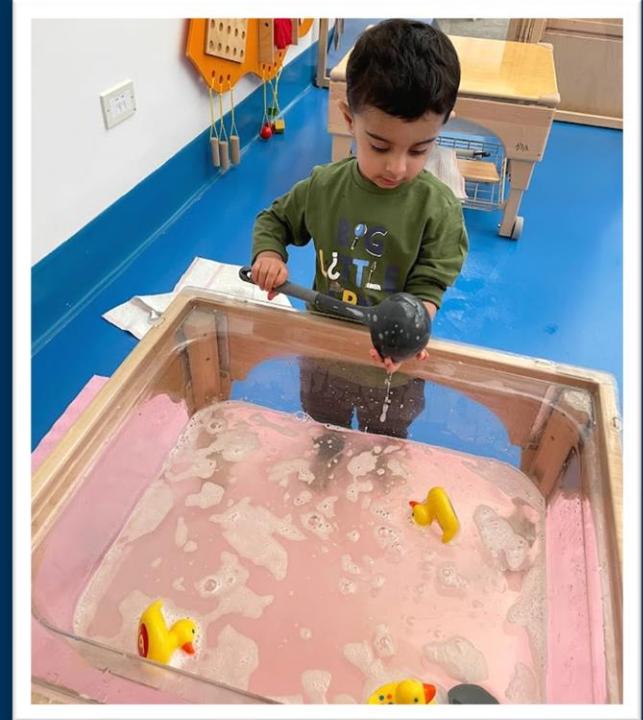
How to make young children independent learners.

Young children are curious about the world around them as soon as they are mobile they will seek out new experiences. This is an important process taking them from helpless infants to more independent children and finally independent adults. Being independent has many benefits, the core of which is that it builds self confidence and self esteem. In becoming independent the children gain a sense of importance and belonging. They feel they are able to contribute to the world and social life. Here at our Multaqa community we promote independence by letting the children:

- Dress themselves.
- Wash their own hands.
- Tying an activity for

themselves and not being shown what to do.

- Carry out as much of the toilet routine as they are ready for themselves.



Children respond positively to routine, so we encourage them to wash their hands before and after eating, after going to the toilet. Once this routine has been implemented, it helps children use their initiative and in turn strengthens their independence. It is considered best practice for adults to take a step back and allow children to make their own choices and to be as independent as possible carrying them out.

What can you do at home to help your child?

Observe your child. What can they do by themselves? What do they still need support with? Offer your child some choices. Which pajamas would you like to wear tonight? Offer a choice of healthy food. Would you like mango or apple for your snack today?

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Rather than setting up a power struggle between you and your child, empower them to make good choices.

If something is not a choice, be clear with a statement that your child understands. We are going to hold hands when crossing the road. Be as clear as possible about what is and is not a choice as you support your child's growth and independence. This will reduce frustrations for both of you.

What does school ready really mean?

Patience and allowing for extra time are crucial in helping your child foster some independence. On days where you have extra time, allow your little one up to an hour to enjoy their lunch. Set aside ten extra minutes to allow your toddler to get themselves dressed in the morning. Although extra time may not always be an option, when it is, it is a great way to

allow your child to actually do the skills they are learning to do on their own without feeling pressured and rushed. The key is to forget perfection as they will struggle with most tasks at first.

Praise is important as it will keep confidence levels high and encourage children to try again. It will also help them to be school ready.

'The greatest gifts that we can give our children are the roots of responsibility and the wings of independence.' Maria Montessori.

We value our partnerships with parents. So let us work together to build strong foundations for your child to help them to become more independent and ready for the next stage of their learning journey.



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Clubhouse EEC

What does independence mean?

Independence is learning to do things for oneself, which includes making decisions and taking on responsibility. These are hugely important skills for children to learn to cope with in adulthood.

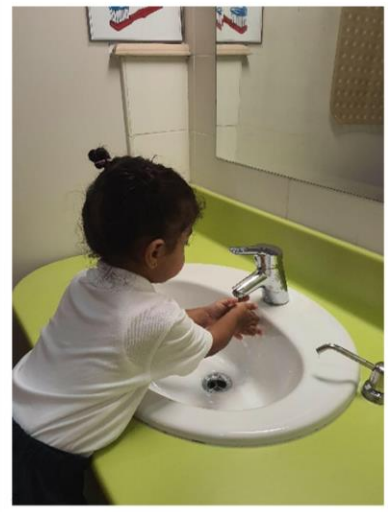
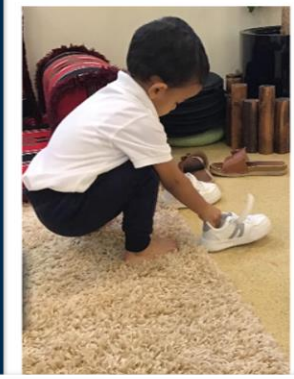
Reasons Why It Is so Important to Encourage child's Independence:

1. It promotes confidence, self-esteem and leadership skills as well as motivation and perseverance in school.
2. It fosters self-reliance, allowing your child to feel they have control over their life.
3. It gives your child a sense of importance and belonging which is essential for building social relationships and for contributing to the world.
4. It develops their levels of self-awareness and sensitivity towards others which teaches them to help those around them.
5. It teaches them self-motivation as they have the freedom to find their own reasons to achieve.
6. It provides them with the belief that they are competent and capable of taking care of themselves which makes them resilient to external challenges.
7. It allows them to become good decision-makers as they have the freedom to consider various options before choosing the one they feel is best.
8. It develops other vital qualities such as patience, concentration, self-help, cooperation, self-discipline and self-trust.
9. It gives them the freedom to experience life fully and learn its many important lessons.
10. It makes them happy and healthy as they feel a great sense of achievement and success as a direct result of their own actions.

How can adults support children's independence?

- Remember that it is never too late to start.
- Provide children with opportunities, give them choices and respect their choices.
- Modify the environment so children can be independent.
- Give children time.
- Be patient.
- Be consistent.
- Interact, be joyful and play.
- Set clear expectations by setting up daily rhythms.
- Give children chores they can do by themselves.

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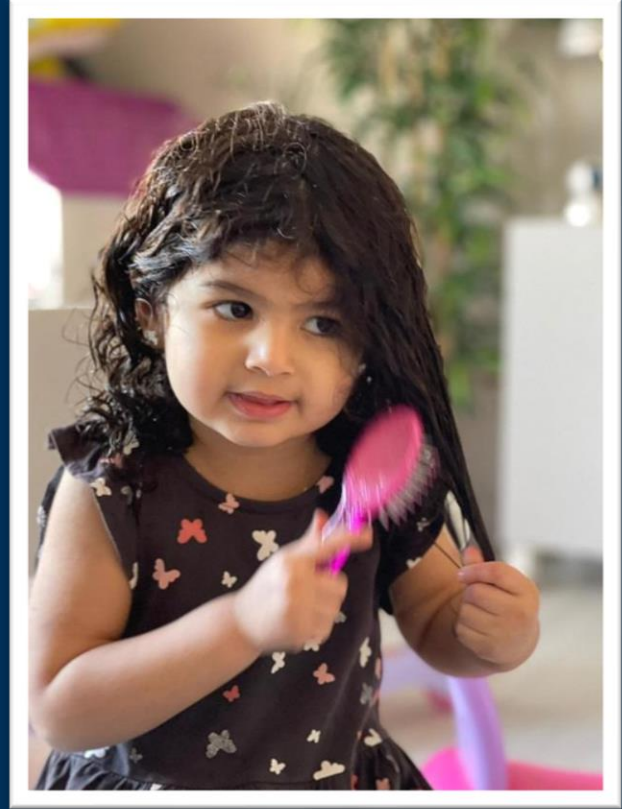
From the Nurse's Desk

How can you keep your child safe, healthy, and let them learn at the same time?

Young children love to do things for themselves, learning to follow routines is one way for little child to become more independent. Let your child start to do parts of the routine by themselves, like brushing teeth, combing hair, flushing the toilet after using, handwashing and many more. Eventually, they'll be able to do the whole routine independently.

It may seem surprising, but establishing a consistent routine is important for nurturing independence. Even the act of brushing teeth is a routine because it has multiple steps that always go in the same order, turn on the water, rinsing the toothbrush, put on toothpaste, brush, rinse, dry hands, and mouth.

Combing hair is very important for self-care skills for the child to establish a good daily routine to remain clean and tidy.



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Car-Free Green Day

Education City celebrate a car free day on Tuesday, Oct 26 as part of the sustainability week. Our littlest students participated by taking a stroll in a stroller and riding the tram to arrive to school in a car-free education city campus.



