



Settling into a Routine... And Building Trust

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Please find within lots of tips from our expert teachers!

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 الكرام،

كوفيد 19

يسعدني إعلامكم بأن وزارة التربية قد أبلغت المدرسة اليوم أنه يمكننا زيادة أعداد طلابنا الذين يحضرون المدرسة شخصيًا اعتبارًا من يوم الأحد 3 أكتوبر. نظرًا لوجود فصول دراسية كبيرة ومساحات كبيرة ، فإنه يمكننا الترحيب بعودة جميع طلابنا إلى المدرسة هذا الأحد. ستعود نسبة حضور الطلاب بنسبة 100 ٪ في المدرسة كل يوم. سينطبق هذا على جميع المراحل من مركز التعليم المبكر وحتى الصف الثاني عشر، مع استمرار تطبيق قيود معينة:

- يجب على جميع الطلاب والموظفين ارتداء أقنعتهم في جميع الأوقات.
- يجب الحفاظ على المسافة الاجتماعية لا تقل عن 1 متر.
- يجب أن يكون الطلاب على بعد متر واحد على الأقل من بعضهم البعض في الفصل.
- يجب على جميع الطلاب والموظفين الحفاظ على تدابير وقائية جيدة ، مثل غسل اليدين بشكل متكرر وتطهير الأسطح وما إلى ذلك.

بالإضافة إلى ذلك ، يجب على جميع الطلاب الذين تبلغ أعمارهم 12 عامًا فأكثر ، والذين لم يتم تطعيمهم بشكل كامل ، إجراء فحص سريع أسبوعي لفيروس كورونا (Rapid Antigen) أو فحص PCR معتمد من وزارة الصحة العامة بشكل أسبوعي. لا يتعين على الطلاب الذين تم تطعيمهم بالكامل أو الذين تعافوا من المرض إجراء هذه الاختبارات الأسبوعية.

تقع مسؤولية إجراء الفحص على عاتق أولياء أمور الطلاب الذين تبلغ أعمارهم 12 عامًا أو أكثر، والذين لم يتم تطعيمهم بالكامل كل أسبوع. يجب إجراء الفحص في وقت كافٍ بحيث يحضر الطلاب النتيجة السلبية معهم إلى المدرسة صباح كل يوم أحد عند دخولهم المدرسة. سيبدأ تطبيق هذا الإجراء اعتبارًا من يوم الاثنين 11 أكتوبر (المدرسة مغلقة يوم الأحد 10 ، يرجى النظر أدناه) بحيث يكون لدى الآباء أسبوع كامل لإعداد الترتيبات.

تنطبق نفس ترتيبات الفحص على الموظفين الذين لم يتم تطعيمهم بالكامل. هذه الترتيبات سارية منذ عام.

سيبلغ مدرء أولياء الأمور بترتيبات أكثر تفصيلًا.

أرجو أن تكونوا أنتم وأطفالكم سعداء بنفس قدر سعادتنا بعودة الدوام بشكل يومي لجميع الطلاب.

المدرسة مغلقة في يوم التطوير المهني للمعلمين

في يوم الأحد الموافق 10 أكتوبر سيحضر جميع موظفوا التعليم ما قبل الجامعي التدريب السنوي للتطوير المهني، مما يعني أن المدرسة ستغلق يوم الأحد 10 أكتوبر ولن يكون هناك دوام مدرسي للطلاب.

مشاركة الطلاب

يسعدني جدًا أن أبلغكم أن تسعة طلاب من المدرسة الثانوية يشاركون في مشروع الطاقة المتجددة في مختبرات جامعة تكساس إيه أند إم - قطر. لقد قام الطلاب بحضور ورش عمل مدة أسبوعين عبر الإنترنت بعد ذلك أتيحت لهم الفرصة لزيارة الجامعة هذا الأسبوع لحضور ورشة عمل مع أعضاء هيئة التدريس في الهندسة بنجامين سيسلينسكي وتالا كاتيه. سيستمر البرنامج الصعب ، ولكن الجذاب ، حتى نوفمبر ويتطلب مهارات التفكير الإبداعي والنقدي من الطلاب. سيتمكن الطلاب المشاركون من تصميم وبناء أجهزة لهم الموفرة للطاقة. إنها مبادرة رائعة وأنا أهنئ الطلاب على مشاركتهم.

أطيب الأمنيات،

ستيفن ميك

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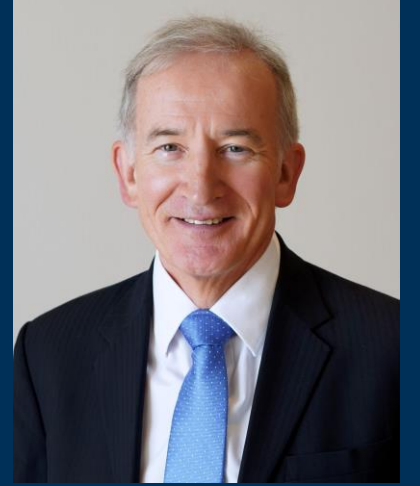
Director's Message

Dear Parents,

Covid 19

I am delighted to say that the MOE has today informed the school that we can increase our student numbers attending the school in person from this **Sunday, 3rd October**. As we have large classrooms and plenty of space, we are able to welcome **ALL** of our students back to school this Sunday. We will no longer have students attending the school on alternate days, as we return to 100% attendance in school for every day. This will apply to all classes from the EEC to Grade 12. Certain restrictions will continue to apply:

1. All students and staff must wear their masks at all times.
2. Social distancing must be maintained of at least 1m.
3. Students should be at least 1m apart from each other in class.
4. All students and staff must maintain good precautionary measures, such as washing hands frequently, disinfecting surfaces etc.



In addition, all students who are aged 12 and above, who are not fully vaccinated, must have a weekly rapid test for the Corona virus (Rapid Antigen) or a PCR examination approved by the Ministry of Public Health on a weekly basis. Students who are fully vaccinated or who have recovered from the disease do not have to do these weekly tests.

It is the responsibility of parents of students who are aged 12 and above, and who are not fully vaccinated, to arrange for these tests to be undertaken each week. The tests must be undertaken in sufficient time that the students have the negative result to bring with them to school each Sunday morning, as they enter the school. **This will start on Monday 11th October (the school is closed on Sunday 10th, see below)**, so that parents have a week to set up the arrangements. The same testing arrangements apply for staff who are not fully vaccinated. These arrangements have been in place for a year.

The Principals will inform parents of more detailed arrangements for the separate parts of the school.

This is a very pleasing time for the school and I hope that you and your children are as delighted as we are that full attendance each day is returning.

School Closed for Professional development

On **Sunday, 10th October** all PUE staff will be undertaking the annual day's training of Professional Development. This means that the school will be closed on Sunday 10th October and there will be **no school for students**.


Student Participation


I am very pleased to inform you that nine students from the senior school are participating in the Renewable Energy Project at Texas A&M iStem Labs. The students have undertaken two weeks of online sessions and then visited Texas A&M this week, for a workshop with Engineering faculty members Benjamin Cieslinski and Tala Katbeh. The challenging, but engaging, program will continue through until November and demands both creative and critical thinking skills from the students. The course will culminate in students designing and building their own energy efficient devices. It is an impressive initiative and I congratulate the students upon their involvement.

Best wishes,
Stephen Meek

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Assistant Principal's Message



أولياء الأمور الأعزاء

إنه لأمر رائع أن نرى الأطفال مستقرين في المراكز ويلعبون ويستفسرون بشكل جميل. لقد أتيت لي الفرصة للدخول والخروج من العديد من الفصول الدراسية وآمل أن أستمّر في القيام بالمزيد من هذا في الأسابيع المقبلة. أستطيع أن أرى الأطفال بدأوا بالفعل في الازدهار في بيئة مركز التعليم المبكر. أنا أيضًا أستمتعت حقًا بإجراء محادثات رائعة معكم خلال أوقات توصيل الأطفال وأخذهم من المركز. هذا هو بالضبط نوع الإيجابية التي أتمنى تعزيزها في المراكز مع أولياء الأمور كشركاء في التعلم.

شكرًا لكم على دعمنا في ضمان وصول طفلك إلى المدرسة في الوقت المحدد كما هو موضح في رسالتي السابقة. نحن متحمسون لاستقبال المزيد من الأطفال في جميع مناطق المدرسة بنسبة 100% ابتداءً من هذا الأسبوع. نأمل في مواصلة رحلتنا التعليمية معكم كشركاء.

تحياتي،
السيدة سناء

Dear Parents,

It is so nice to see children settled into the centers and playing and inquiring so beautifully. I had the opportunity to go in and out of many classrooms and I hope to continue to do more of this in the coming weeks. I can see children really starting to thrive in the EEC environment. I also really enjoy having great conversations with you during drop-off and pick-up times. This is exactly the kind of positivity I hope to foster in the centers with parents as partners in learning.

Thank you for supporting us with ensuring your child is arriving on time to school as communicated in my earlier message. We are excited to have more children in all areas of the school with 100% fully starting this week. Hope to continue our learning journey with you as partners.

Take care,
Ms. Sana

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Sneak Peak of QAD EEC



أهمية الروتين اليومي

دخول الحضانة أو المدرسة خطوة كبيرة للطفل وللأهل دور أساسي وفَعَّال في تحضيره وتسهيل تأقلمه مع البيئة الجديدة كي لا يشعر بتباين كبير بين بيئة المنزل وبيئة المدرسة إليكم بعض الإستراتيجيات البسيطة التي تساهم في مساعدة الأطفال لنعمل سوياً على تقارب الإستراتيجيات

تنظيم روتين يومي :

التنظيم وتعويد الأطفال على روتين يومي يساهم بشكل كبير في تسهيل هذه المهمة على الأطفال فلا يجدون فرقاً شاسعاً بين البيئة المنزلية والبيئة الصفية فيتعلم الأطفال على المشاركة بالمسؤوليات ويتعلمون إحترام الوقت ويكونون نوعاً ما على قدر من الجهوزية لتقبل التنوع وتسلسل يومهم. فلنعلّم أطفالنا أن هناك روتين في المنزل ينظم نهارهم وينوّعه لأن الكثير من كل شيء (كمُشاهدة التلفاز، الألعاب الإلكترونية...) غالباً ما تكون نتائجه سلبية على تكوين الطفل وتنمية مهاراته. فلنخلق لهم التنوع في نهارهم كما أنّ التكرار اليومي والإلتزام يشعر الطفل بالراحة والأمان. لنشجّعهم على المشاركة وتحمل المسؤوليات كترتيب ألعابهم بعد اللعب، تشجيعهم على الإستقلالية كلبس ونزع الأحذية بأنفسهم، تناول الطعام بمفردهم وكذلك إستعمال الحمام فهذه العادات تدعم مهارة الإستقلالية لديهم فيشعرون بالثقة بالنفس والإرتياح .

تنظيم أوقات النوم :

فلنحرص على تحديد وقت مبكر للنوم والإستيقاظ لأن حضور الطفل إلى المدرسة باكراً يتطلب نشاطاً لن يحصل عليه الطفل إلا بالنوم الوقت الكافي (ما لا يقل عن 10 سنوات لعمر الثلاث سنوات) فنبدأ بتحضير الطفل للنوم قبل موعد نومه بما لا يقل عن ساعة وبعد الإستحمام بالإستماع إلى قصة في أجواء هادئة مع موسيقى خافتة وأضواء خفيفة ما يساعده على الإسترخاء والنوم .

الحديث الإيجابي :

التحدّث بإيجابية عن المدرسة وعن المرح الذي يواكب هذه التجربة الجديدة يشجّعهم فيشعرون بالحماس للقاء معلماتهم ورفاقهم. كذلك المشاركة بتحضير مستلزمات المدرسة كإختيار الحقبة والملابس يبتّ فيهم الرغبة للحضور للمدرسة.

How to establish a routine for my child at home

Starting school is a big step for children especially after being at home for the past year to 18 months due to the pandemic. As we end our 6th week of being in school, we have found that it has taken much longer than usual for our Juniors to settle into their new school environment. Making that transition from home to school daily has been difficult for some of our Juniors in particular.

As educators we always stick to routine and try to do the same things everyday however this is a reciprocal need for children and parents play an essential role in preparing their child for this new experience.

Simple strategies might be just the thing you need at home when children are faced with these challenges everyday to ease that struggle in their transition from home to school..

Establish a set Schedule

Following a routine provides opportunities for making decisions and acting responsibly, having a daily schedule will help ease your child's transition to the structure of a school setting. Routines are very essential as they provide opportunities to learn about order, sequencing, and concepts of time. Established routines ensures smoother transitions and help children to prepare mentally for the day ahead while providing frameworks in which creative learning can occur. If you don't have a consistent schedule at home, your child will likely have difficulty adjusting to school.

If done consistently, routines gives your child a sense of belonging and reassurance, and provide you with frequent opportunities to connect with your child, so it's best to be available, attentive, and responsive to your child's needs. An early-morning routine can include helping your child get dressed, eat breakfast, brush teeth and hair, and assemble personal items. Young children typically love a "Good Morning" chart with the tasks listed in order and a picture next to each item to provide a visual reminder for what is expected of them. Our classrooms have similar daily schedules, which help prepare and organize your child.

Stick with morning and Bedtime Routines

Bedtime means sleeping in a dark room alone, which can often stir up nighttime fears. A comforting routine before bedtime can include: bathing, changing into pajamas, reading a book, brushing teeth, saying prayers (duaa), discussing the day's events, singing a song, giving hugs and kisses, and "tucking in." These tasks add closure to the day, settle down a restless child, and provide additional bonding.

Video documenting our students enhancing self-help skills through daily routines

<https://youtu.be/iUAGqxEE8lk>

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Sneak Peak of Multaqa EEC



New Beginnings- Settling into a new life adventure.

Here in our Multaqa Community, we believe that the transition from home to the EEC is very important. It is a mindful approach, built on strong and secure relationships and connections with other children and with staff. No significant learning occurs without a significant relationship. We believe that authentic, healthy attachments are paramount for developing emotional and physical well being in children and to nurture a mentally healthy future generation. In the brief time that they have already been in the centre some children have settled very well. However, some children take some time to get to know their new school family. They are all on a journey of settling. This can be due to their age or previous experiences of being away from home and their main carers. It is important to remember that it is a very normal part of a child's development to be anxious, nervous or angry about starting a new adventure. Settling into a new place takes time. So what do we do to help children to settle in?

It is important to us to create a feeling of calmness and relaxation in the Early Years. Some emotions can be a little overwhelming at first and it is good to have a safe space to relax. When relationships start to develop the children feel relaxed, comfortable, safe and secure. Our centre is a place of discovery and wonder and we invite the children to come in and be curious, to explore, investigate and wonder. There is no obligation to have a go, just encouragement to explore the environment.

The value of play:

We have a rich learning environment that fosters the development of language and developmental skills. Children are drawn to investigate play and learn following their own thoughts and thinking. It is not like school but like home to help the children make connections with their home. We create a familiar routine so that your child knows what to expect when they are dropped off at the centre. Play is the natural process in which children learn. As time goes and the children feel comfortable and secure they will invite other children and adults to join their play. Staff listen to the children and follow their lead in learning through play.

At the first parent meeting we discovered lots of information about your child including:

- Whether they have attended a nursery/childcare facility before, or are used to being left with other people.
- Their favourite activities, toys or books.
- Who, apart from the parents, may be picking the child up from the setting.

This helped us to create a bond with you the parents, and immediately made the child feel more comfortable when we shared this information with them. "Mama tells me you like playing with cars. Did you know that we have cars in the classroom?"

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Prepare, prepare, prepare!

We can't say enough. Everyday talk about the routine of the day and the routine for the following day. This could go something like this. 'We will wake up and have a nice breakfast, then we will get dressed and then we will go to school. Hurrah! You are going to do some lovely activities in school and I will go home/ go to work/ go and visit Grandma then I will come back and collect you.' Research and experience tells us that the more the children are prepared at home the better they settle into school. It really does help to talk to your child! Prepare them at pick up time too. 'You see, I told you that I would come back and I did. Now we are going to go home and see Baba and have some lunch and, tomorrow, you are going to come back to school.' Every day in every way - prepare them. When Parents are happy and comfortable about leaving the child and talk through the situation in a nice calm manner the children will feel happy and comfortable too!

Share something positive at pick up time with your child. Don't ask 'who did you play with today?' This puts unnecessary pressure on the child and they probably don't know. Instead ask: 'Yesterday you played on the slide. Did you play on the slide today? Can you tell me the name of another child who played on the slide too?' Let us look at the photographs that the teachers have sent us today.

- Be strong and be prepared for tears. Children often get upset, especially to start with, but that isn't necessarily a sign that something is wrong. It's more likely their way of communicating that they don't want you to leave.
- No matter how torn up you're feeling about your toddler taking her first steps outside home, you mustn't show it to her.
- If she sees you crying or fretting, you'll make her uneasy about the whole school experience and they will see your anxiety. Be strong, be brave. We feel your pain. It is very hard to leave your little one but trust us we will look after them.
- Toddlers move. A lot! Make dressing easy. Simple stretchy cotton clothes. Sports clothes are best. The child won't feel settled if he can't climb due to wearing hard uncomfortable clothing such as jeans. He might look at others and wish that he could join in but won't be able to because his clothes don't allow him to slide down the slide or ride a bicycle.

We value our partnership with parents. So, let us work together to build strong foundations for your child and create a joyful school experience.

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Sneak Peak of Clubhouse EEC

We care about children

Establishing a positive and secure relationship between teachers and children is one of the most important factors in the child's development. Educators start connecting with children by listening and reflecting to them, validating their feelings and showing them that they care about them. This bonding supports the child's social and emotional development which consequently facilitates their learning. It is very essential that parents take part in this process and support the teachers in building these relationships by ensuring consistent attendance of their child to school and communicating continuously with the teachers.





From the Nurse's Desk

Autumn Illnesses

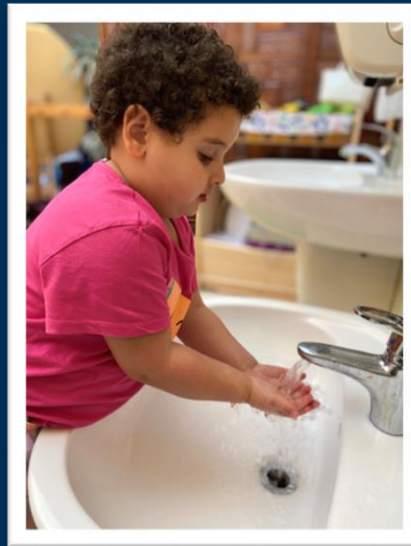
The most common Fall illness is the seasonal flu. Flu is easily spread between people by coughing, sneezing, and even talking. The flu virus can survive on a surface and be picked up by anyone who touches it as well. Flu vaccines are commonly available during Autumn and Winter. More information about the flu and COVID-19 can be found on the campaign website www.fighttheflu.qa



Common colds, a type of upper respiratory infection often caused by rhinoviruses. They are most prevalent in the Fall. Colds are spread similarly to flus, but there is no vaccine. Thankfully, cold symptoms are generally much less severe than flu symptoms. Fall allergies and respiratory illnesses can exacerbate asthma symptoms. Allergic asthma or dry asthma are especially worsened by changes in the Autumn season. The most common seasonal aspect of allergic asthma is difficulty breathing.

Autumn allergies, flus, colds

Ragweed is the most common trigger for fall allergies. Ragweed begins losing pollen in August and continues to do so through September and into October. This pollen can travel for hundreds of miles. In Qatar the greatest diversity of pollen types (10 types) occurs during summer and the highest concentrations from May to October. Several peaks of Chenopodiaceae-Amaranthaceous occur in August, September, and October.



The best way to prevent this common illness and keep Fall an enjoyable season is try to avoid the triggers. You can find these triggers in household dust, air conditioning, cats, dogs, and plants. Regular maintenance of your A/C may also help, as dirty filters may be the cause of some irritation.

Germs are not for sharing

- Wash your child's hands well and often with soap and water, especially after blowing their nose.
- Sneeze or cough into a tissue or their elbow, not into their hands.

To help ease cold discomfort, you can:

- Put saline (saltwater) drops in the nostrils to relieve nasal congestion.
- Run a humidifier to increase air moisture.
- Dab petroleum jelly on the skin under the nose to soothe rawness.

A recent study claimed that if you leave your children during their first two years of life to naturally face normal viral infections (common colds, small fevers, etc) and you don't over medicate them, they will have stronger immune systems and will be less likely to develop allergies.

Germs are not for sharing
Wash your hands with soap and water to keep them clean

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**When you cough or
sneeze...**

- Use a tissue to clean your nose
- Use your elbow to cover your mouth and nose



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International Dot Day

International Dot Day is a celebration of the story "The Dot" by Peter Reynolds.

(See the story in [English](#) and in [Arabic](#))

The story is about self-expression through finding our hidden talent and taking a risk. We celebrated this theme by wearing dots and doing lots of fun work with spots, circles, bubbles and spheres! Have a peak below...

