

WEEKLY NEWSLETTER



Vision, Mission and Values

Belvedere British School to provide an excellent teaching and learning environment where students achieve more due to the high standards expected from our educational philosophy. Ultimately we aim to prepare students for life, based on our values of Tolerance, Respect, and Responsibility.

We provide a holistic education and inspire lifelong learning. Our students are motivated to apply themselves so they achieve their full potential in all aspects of school life. We encourage high and realistic expectations, so our students have aspirations that take them beyond school to their own futures, in the UAE and internationally.

#advitamparamus

☎ 02-5090000

#preparationforlife

🌐 belvederebritishschool.ae



Mr. Robert Thorn

School Principal | Belvedere British School

Habits

If I asked you to list ten of your habits, could you do it? How about five, or three? How about asking you to name the three habits that most negatively impact your well-being? Could you do it? What if I asked you to describe those habits? What is it you do when you are doing them? When do they manifest themselves? How do you manage them? How could you replace them with more positive habits if you felt the inclination to do so?

Actually, if you have a friend or relative who you know and trust it might be better to go through these questions together for each other. We don't always recognise our own habits for what they are. Perhaps a person close to you would recognise your habits just as you would recognise theirs. A good example for many of us is how often we reach for our smartphones each day without thinking – as a habit. Another might be how we watch a video rather than read an article or how we eat things we like rather than eat what's healthy for us – but I am sure you can find your own examples.

So, in doing that I wonder if you find it easier to identify your habits or to describe them? Is it easier to describe them or manage them? Is it easier to manage them or replace them? Where would the difficulty lie for you or your child in changing habits?

At this point, you may have come across an addiction. When does a habit become an addiction? When has that habit of looking at the phone whenever possible gone from being just 'a bad habit' to being an addiction? Could it be when you find it hard to stop? Could it be when you start looking forward to the time when you can get back to your phone? How do we help young people with addictions? How do we help ourselves?

Most of us have been brought up to establish basic habits – our parents, guardians, communities or schoolteachers 'got us into the habit of' brushing our teeth in a certain way, or performing certain rituals each day, or in the way we talk to people. They have affected almost every part of our lives. Of course, we have also developed habits for ourselves – the things we've found necessary to do when faced with a recurring challenge when there's no-one around to guide us – why do you use the bathroom the way you do, what does your mind start doing when you are having to wait or when you are about to sleep, why do you always say that same phrase when responding to that issue with your children? Habits are so important in our lives and yet very few of us have been taught or guided in how to notice them let alone how to manage them.

Cont...



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Mr. Robert Thorn

School Principal | Belvedere British School

What if we had been guided in how to manage habits? Would it have made a difference to our lives? What if our children were taught or guided so that they gained an understanding of habits and an ability to manage their own habits and even to help others notice and manage theirs?

Technology, Balance and Habits: *Consider your own habits around tech. In an average day, when are you using a device with a screen? When do you feel you want to use a device with a screen? When are you using such a device automatically? For example – are there times when you find yourself really looking forward to surfing the internet or sitting down in front of the TV? Is this because it feels safe to switch off your thoughts? Is it because you're actually addicted to the feeling of receiving messages or the stimulation of a mindless game? Perhaps it is not such a modern phenomena – I know the difference in doing the housework with the radio on compared to doing it without external stimulation – there is a difference – one seems to keep my mind from speaking too loudly; the other leaves me alone with my thoughts. How about our young people? Are they using devices to not be alone with their thoughts? Or perhaps I have this the wrong way around – perhaps, loving the use of the devices as they do, they don't get enough of a chance to be alone with themselves and with their thoughts. They are constantly distracted from themselves. Perhaps this is a great source of damage for young people. Perhaps we need to encourage them to have more time thinking things through, daydreaming, letting the mind play rather than being played with?*

Taking action:

Why not have a family discussion about habits? Why not set a challenge for kids to identify their own habits? Why not explore together (or independently) how habits can be managed – there is a lot of popular, easy-to-read material on this out there.

Why not introduce the idea of a schedule – challenge your children to come up with their own schedules and get them to reflect on how healthy, balanced, and beneficial they are going to be for them. You could also have them think about how their schedule might help them develop good, strong habits? Have them reflect on those schedules – how easy is it to stick to their schedule? Does the schedule need changing? What would make it better? Of course, before this, they might want to know the reason for making a schedule. What would that be in your family?

-Mr. Robert Thorn
School Principal



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ICE EXPERIMENT AND COLOUR CHANGING FLOWER EXPERIMENT



The FS2 have been diving into the wonders of seasons and science through hands-on experiments. They explored the effects of salt on ice, watching how it melts faster and creates fascinating patterns, and marveled at the magic of the color-changing flower experiment, where white petals absorbed vibrant hues from dyed water. These activities sparked curiosity and brought science to life in a fun and interactive way!





MATHS

This week, students were recognised for showing great progress and excellence in mathematics. The awards celebrated their hard work, determination, and passion for problem-solving.

Congratulations to all the awardees—your efforts are an inspiration to us all. Keep up the fantastic work! 🎉





SCIENCE

YEAR 5 TACKLES POLLUTION

Year 5 has been on a mission to fight pollution and protect the planet. They explored how pollution affects ecosystems and created pledges to promote eco-friendly actions, such as reducing waste, saving energy, and protecting wildlife. They shared tips and designed posters to raise awareness. Their enthusiasm and creativity inspire us all to take small steps toward a cleaner, greener future. Together, we can make a difference! 🌱





Mrs. Farah Coolman



Ms. Rena Soufi

Dear Parents,

We hope this message finds you well!

First and foremost, we want to express our heartfelt gratitude for your support during last week's Parent-Teacher Meetings. Your engagement and partnership play a vital role in your child's education, and it was wonderful to connect with so many of you to discuss their progress.

A special thank you to Mrs. Coolman for her delightful assembly on balancing! The students thoroughly enjoyed the interactive and fun activities, which brought smiles all around while delivering an important message about maintaining balance in life.

Looking ahead, we have some exciting events planned:

- **Thursday, 30th January:** *Our much-anticipated annual **Teachers vs. Students Football Matches** will occur. This event is always a highlight of the year, filled with enthusiasm, sportsmanship, and much cheering!*
- **Friday, 31st January:** *The **Annual Young Entrepreneurship Project**, led by Ms. Rena and the Business Department, will be in full swing. This event showcases our students' creativity, innovation, and entrepreneurial spirit.*

Additionally, we have an array of fun and enriching school trips planned for this term. Please watch upcoming notices and communications for details about these exciting opportunities for your children.

Thank you for your continued involvement and support in making our school community vibrant and engaging. We look forward to seeing you at these events and wish everyone a wonderful term ahead!



FINDING BALANCE: 7C AND MRS. COOLMAN LEAD THE WAY



This week's KS3 assembly, led by Mrs. Coolman and the creative minds of 7C, focused on the concept of balance—a skill that applies not just to physical tasks but to life as a whole.

As part of the session, students participated in a Rock Stacking Challenge. This hands-on activity tested their patience, determination, and balancing skills, providing a fun and practical way to explore the assembly's theme.

Alongside the challenge, 7C shared three meaningful lessons that went beyond stacking rocks:

- *A Deeper Understanding*
Balance is more than physical stability; it's about navigating life's challenges with resilience and a steady mindset.
- *Finding Harmony in All Things*
By embracing life's ups and downs, we can find harmony in the ebb and flow of everyday experiences.
- *A Lasting Legacy*
The rock stacks created during the challenge symbolize balance and serve as a reminder that harmony can emerge in even the most unexpected places.

The assembly encouraged students to reflect on the importance of balance in their daily lives—whether in their studies, friendships, or personal growth. It was a reminder that persistence, patience, and adaptability are key to creating stability in an ever-changing world.

Thank you to Mrs. Coolman, 7C, and all KS3 students for making this assembly both insightful and inspiring. The rock stacks now stand as symbols of this powerful lesson, inspiring everyone to pause, reflect, and create their own legacy of balance.





MATHS



Revving Up the Excitement in Maths!

Our Year 8 pupils are diving into the thrilling world of Formula Ethara through their STEM project! They're flexing their creativity and engineering skills by:

Crafting their Team Identity With logo designs, unique team names, and bold colours, students are putting their creative thinking into high gear, ensuring their teams stand out on and off the track.

Designing and Assembling Mini Cars Starting with a net diagram, students transform their ideas into sleek racers. It's a hands-on journey where they apply maths and design concepts to create aerodynamic mini cars ready for the challenge.

Exploring the Maths Behind Motorsports Through practical activities, they're discovering how maths powers the exciting realm of motorsport, from calculating angles and dimensions to understanding forces and motion.

It's all about innovation, teamwork, and fun as they get a glimpse into the fascinating world of Formula Ethara!

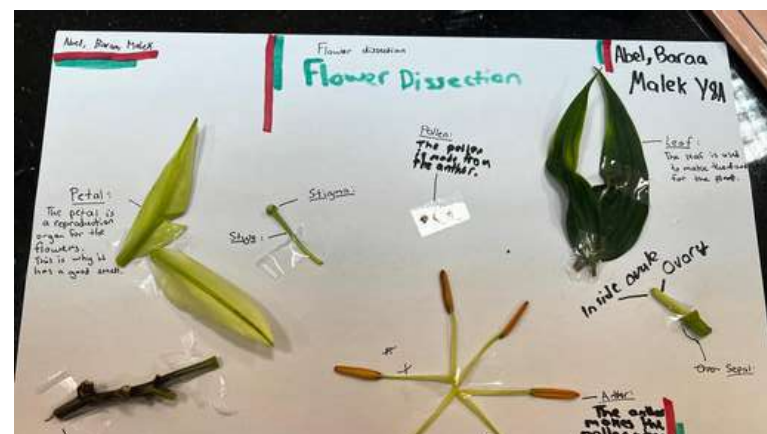




This week, our Year 8 students embarked on an exciting hands-on journey into the fascinating world of botany by performing a flower dissection. The activity allowed students to observe the intricate structure of flowers and identify key parts such as petals, stamens, pistils, and sepals.

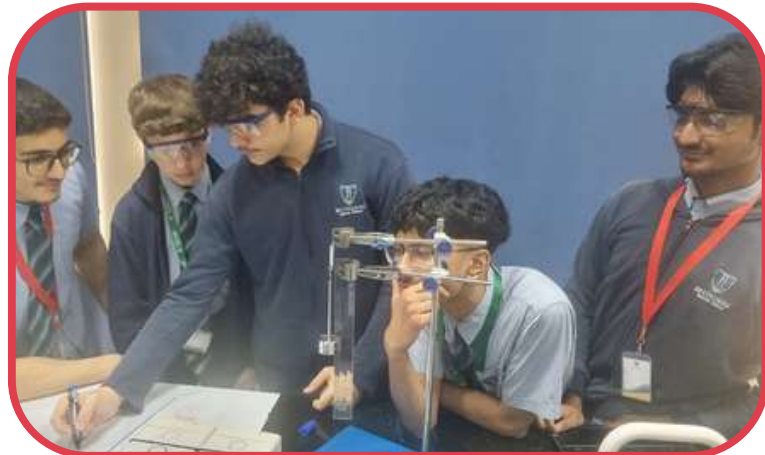
Guided by their curiosity and scientific method, they gained a deeper understanding of the role each part plays in pollination and reproduction. The lesson not only enriched their learning but also encouraged critical thinking and a closer appreciation for the beauty of nature.

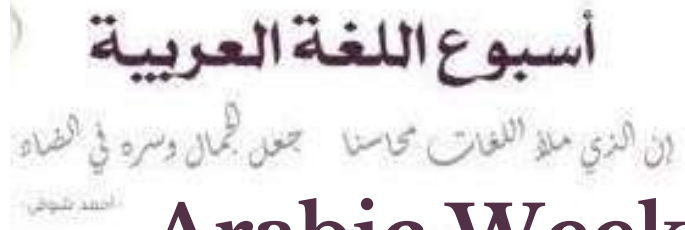
Well done, Year 8, for your enthusiasm and scientific spirit!





The Year 9 and Year 11 students conducted an investigation to examine how the extension of helical springs and rubber bands varies with applied force. By systematically increasing the force and measuring the corresponding extension, they observed the differences in behaviour between the two materials.





Arabic Week

أيها الطلاب استعدوا لأسبوع مليء بإثارة اللغة العربية!
يسرنا أن نعلن أن الأسبوع القادم سيكون أسبوع اللغة
العربية في مدرستنا. انضموا إلينا في هذه التجربة
المثيرة حيث سنكتشف جمال وتنوع لغتنا العربية من
خلال أنشطة وفعاليات شيقة.
فلنجعل هذا الأسبوع مليئاً بالاستمتاع واكتساب
المهارات ولنتشارك سوياً في جمال تراثنا اللغوي.

Dear Students,

Get ready for a week filled with Arabic language excitement!

We are excited to announce that next week will be Arabic Week at our school. Join us in celebrating the diversity of the Arabic language and our proficiency via interactive activities and events.

Let's make this a week to remember by displaying the beauty of our language heritage together.

27/01/2024 to 31/1/2024



هزاع المنصوري من أرض الإمارات إلى الفضاء



Year 3 non-native students made a classroom exercise titled **"From Earth to Space,"** which highlighted the UAE's space achievements, to raise national awareness and cultivate a love of scientific inquiry. Students liked learning more about Emirati astronaut Hazza Al Mansouri, who made history by entering space. They wrote letters of gratitude and appreciation to this hero, who inspired them and expanded their horizons in the world of space. This project provided an excellent opportunity to instill national pride in students while encouraging them to think about the future and study science and technology.

في إطار تعزيز الوعي الوطني والتشجيع على حب الاستكشاف العلمي ، نظم طلاب السنة الثالثة نشاطًا صفيًا بعنوان **"من الأرض إلى الفضاء"** ، الذي جاء ليعكس إنجازات الإمارات في مجال الفضاء. خلال هذا النشاط، استمتع الطلاب بتعلم المزيد عن رائد الفضاء الإماراتي هزاع المنصوري، الذي حقق إنجازًا تاريخيًا بوصوله إلى الفضاء. وأبدعوا في كتابة عبارات إمتنان وتقدير لهذا البطل الذي ألهمهم وفتح أمامهم آفاقًا جديدة في عالم الفضاء. كان هذا النشاط فرصة رائعة لتعزيز روح الفخر الوطني وتحفيز الطلاب على التفكير في المستقبل واستكشاف العلوم والتكنولوجيا .





النَّظَافَةُ مِنَ الْإِيْمَانِ



يعكس لنا حديث النبي صلى الله عليه وسلم عن أهمية النظافة للإنسان لأنها تمنح الصحة والحياة الكريمة له وبذلك احترامه لتعاليم دينه وتطبيق القيم من قبل طلاب السنة الثانية حفظهم المولى ورعاهم.





بِسْمِيسْمٍ يُحِبُّ الشُّكْرَ



ضمن استراتيجية العمل الجماعي وخلق روح التعاون والتنافس بين الطلاب
نفذ طلاب السنة الثانية أنشطة صيفية متنوعة جمعت بين الجمال و الإبداع في إطار لغتنا الخالدة
عن درس (بسْمِيسْمٍ يُحِبُّ الشُّكْرَ) حرف السين



CONGRATULATIONS!

As a parent, we are proud to share that Ryne Jacob “RJ” Franco had successfully completed his level black belt test from Oriental Karate and Kobudo Club last Sat, 25th of January at Al Reem headquarters. His journey was fully supported by his mentors at MBZ Branch. Sharing his photos, his persistence, discipline and hardwork pays off.

-Mrs. Monessa Juntado
Mother





YOUNG ENTREPRENEUR'S PROJECT

Friday, 31 January 2025

BBS YARD

PS: BRING CASH WITH YOU



AFTER SCHOOL ACTIVITY

Dear Parent,

After-school activities help your child grow, learn new skills, and make lasting friendships—sign up today!

The session will start once the target number of participants is reached.

To confirm your registration, please complete the link below, sign the form and pay at the school reception.

<https://forms.gle/fha3VoSF344rfkPc8>