

RAHA REMINDERS

Gardens Campus

Whole School

Key Dates

- 23 Jan:** Mazaraa Farm Excursion for Grade 4 (4SK, 4DO, 4MB)
Grade 12 3-Way Conference bookings open
- 24 Jan:** Unpacking EdPsych Reports for Parents - Raptors Nest
Circuit X Excursion for Grade 2 (2MR, 2CM, 2LW, 2MW/CD)
Mazaraa Farm Excursion for Grade 4 (4PV, 4RB, 4KH)
- 25 Jan:** Circuit X Excursion for Grade 2 (2CMI, 2KO, 2AT)
- 26 Jan:** Urban Farming Project - Information session
- 27 Jan:** Raha Mums Heritage Walk
- 31 Jan:** 100th Day of School Celebration
- 8 Feb:** EY1 Kidzania Trip
- 16 Feb:** EY1 Stay & Share

Looking for mentors for our Language Clubs

We are seeking members of our community to be mentors in our Language Clubs.

Language Clubs are a fun way for students with the same home language to come together and play games/ listen to a story/ have a chat. As a mentor you will lead a group of students in your home language. Please complete [THIS](#) form if you are interested.

G1-5 Language Clubs
Thursday mornings @ 7.35am

For more information please
contact mairead.ryan@ris.ae



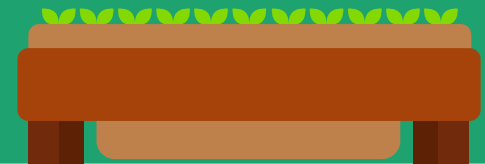
Picture Book Donation

Students from Grades 1-5 are invited to visit Grade 4's Pre-Loved Book Sale on Thursday 25th January. Books will be AED 2 each or three for AED 5. Please send small change as the purpose of this event is to raise a float for Souq Day later in the term.

Urban Farming

The Gardens Campus team cordially invites you to our Sustainability and Urban Farming Initiative for Campus Improvement. EY, PYP and MYP campus areas have been selected to develop Urban Farming and Composting in partnership with Ma'an, the Abu Dhabi Authority of Social Contribution, and Ecyclex. We are looking for both parents and students who would like to learn about Urban Farming in Abu Dhabi as well as working to support our campus' Urban Farms this Spring.

Ecyclex, our campus partner and Urban Farm manager, will be delivering an informational session to explain the project and recruit supporters to develop and support our campus sustainability.



School uniforms

If families are having challenges following the uniform policy, please email your child's advisory/homeroom teacher and head of grade to request uniform pass for the day before 7:45am.



Parent Team Newsletter

Food Nation Spare App

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Events of the Week

'Understanding Writers' Workshop with Tonya



Voices of Future Generations



Unpacking an EdPsych Report

The Student Support Team invites all interested parents to join us for a workshop on unpacking an EdPsych Report. We understand that many of you have undergone the comprehensive process of meeting with paediatricians and Education Psychologists to gain a deeper understanding of how your child can learn best, as well as to identify potential barriers they may face. We are also aware that the reports generated from these meetings can be extensive and filled with technical jargon.

On 24th January, we would like to support you to demystify these reports. During the workshop, we will break down the reports, highlighting key areas to focus on, explaining essential terminology, and providing guidance on actions you can take after receiving an EdPsych report.

We look forward to your participation and to supporting you in navigating this important aspect of your child's educational journey.

What: Unpacking EdPsych Reports for Parents

Where: Raptors Nest

When: 8.30-9.30am, Wednesday 24th January

If you have any questions, please contact Ben (bcrosby@ris.ae) or Mairéad (mairéad.Ryan@ris.ae).

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Raha Mums & Ladies Heritage Walk

Join us Saturday 27th January for an invigorating morning 5-7km beginners' walk around a scenic hidden gem desert camp. Led by expert female guides fluent in Arabic and English, we'll conquer the dunes of Al Khatim. Click [HERE](#) for more details.

Registration closes Monday 22nd at 12.00pm, payment link: [HERE](#) (the school subsidizes part of the walk.)

Places are limited and available on a first-come, first-served basis. Female DP students, you're invited too!

Please send your proof of payment to Parent Champion salmansoori@ris.ae / communications@ris.ae

Adventure awaits!



Raptors dates

Congratulations to our MYP Swim Squad, U14 Basketball teams, U19 Basketball teams and our U13 boys football teams on a number of wins in the ADEK Sports Championship League.

Come support our team at Al Mamsha on Saturday!

Good luck to the Triathlon team will be competing in triathlon and open water swimming this weekend in the Abu Dhabi Sports Championship Triathlon at Al Mamsha, Saadiyat. Our racers will start at 7.30am in a number of different race sand will lead to a podium presentation at 10 am It would be great to see a sea of Raha supporters at this event!

List of the upcoming matches: [click here](#)



Raha Riddles

What can be lost, but not returned?

Last Week's Answer

I can be hot, I can be cold,
I can run and I can be still,
I can be hard and I can be soft.
What am I?
WATER!!!



Half-Term Camp

Sign-up is live! Register today to take advantage of the Early Bird offer.

[Infinite Sports Camp](#)



Follow our social media accounts for Gardens updates and campus life!

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Early Years

Grade 4 and EY2 reading together

Enchanting moments as EY2s and Grade 4s unite for a reading session in the lush gardens of Early Years. It's more than just collaboration; it's a strategic journey in developing our students as young teachers, cultivating diverse skills along the way.

Sports Day

EY1 and EY2 Sports Day is coming, be prepared!
8:10am to 10:10am
followed by EY Class Picnic (date TBC)



Primary



Food and Drink

We are noticing an increasing number of students mentioning that they are hungry later in the day. Please discuss with your child whether the amount of food in their lunchbox is sufficient and, if not, consider how to include more, or more filling choices. Additionally, please help your child ensure they have a named and reusable water bottle at school each day. A reminder that lost property, including water bottles, is collected at the cafeteria.

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Secondary

ADEK's National Identity in Arts Program

Students have been participating in ADEK's National Identity in Arts Program, empowering them to express appreciation for the UAE through individual and collaborative artworks. A selection of their creations will be included in a national exhibition of student work to be installed at Abu Dhabi's Manarat al Saadiyat museum in February. Until then, feel free to visit Raha's exhibition space on the 1st Floor of G Block over the next 2 weeks, or enjoy viewing the wide range of student submissions on Raha's National Identity in the Arts Program [digital gallery](#).



SAVE THE DATE! Personal Project Exhibition

Our Grade 10 students have been working really hard to impress you with a display of their self-driven learning. Come and see what they can do!

Join us between 4.30pm and 6.00pm.

In a promotion of Sustainability, Voices of the Future Generation Specialists hosted a creative writing workshop with a group of 30 students.

Those students will go on to write for the competition over the next month. You may have missed the workshop, but not the competition! If you are interested in sustainability and story telling and want to get involved, contact tbutton@ris.ae. (The competition has an age limit of 12, at the May 31 deadline).

Overnight Trips

As highlighted in the recent Raha Reminders, this school year students in Grades 7 and 10 are scheduled for an overnight trip within the UAE. Our secondary school has designated these two grades to participate in overnight trips in the coming years. This decision ensures that every student in the MYP gets the chance to experience at least one or two overnight trips during their MYP tenure. This is in addition to the International Trips that will continue to be offered.

All students in Secondary School have scheduled at least two Memorable Experiences (MEX) for this academic school year that will occur off-campus in the form of a field trip or similar. Some grade levels have had one or two of these opportunities already, while other grade levels have two planned during the remainder of this academic school year. Please reach out to Mr. Vaughan (vkitson@ris.ae) for MYP or Mr. Andy (atominson@ris.ae) for DP.



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SRC Initiative



Healthy Eating Week

We're thrilled to announce that our Student Representative Council is organizing a 'Healthy Eating Week.' This initiative promotes positive, healthy lifestyles, aligning with our IB values of holistic well-being and lifelong learning. As we look to plan this student-led awareness week, we are seeking the support of our school community to find:

- A nutritionist who can talk about a balanced nutrition and its impact on both physical and mental health
- An athlete who can talk about the importance of healthy eating to achieve goals and dreams

If you are or know someone who could help us in these areas, please reach out to Ms. Tara (tmanson@ris.ae)

Thought for the Week:

Let's embrace the simple yet profound power of kindness. A smile, a thoughtful word, or a small act of help can make a significant difference in someone's day. In our busy lives, these gestures of kindness are easy to give and have the power to create a positive and inclusive atmosphere. As we support our children's growth, let's lead by example and show them that in a world where you can be anything, being kind is always a powerful choice. Let's make kindness the norm in our community, one small gesture at a time.

Supporting Concentration

We understand many students may face challenges with concentration, including those with ADHD. Your support at home significantly contributes to the development of this vital skill. Let's continue to work together to foster our student's focussed minds, empowering them to succeed personally, and academically. Below you can find 10 practical tips for enhancing your child's concentration at home.

TIP 1 – DO ONE THING AT A TIME

Arrange for your child to tackle one thing at a time, rather than working on multiple things at once. This will help them focus on what's in front of him or her, rather than trying to think about too many different things at once.

TIP 2 – BREAK THINGS DOWN

Breaking down the day's activities into smaller tasks can help make things easier for your child. Trying to do too much at once can lead to frustration, boredom and a loss of concentration. By breaking things down, your child has a clear idea of what needs to be done and a sense of accomplishment once it's completed. That accomplishment can be a big motivation-booster!

TIP 3 – MAKE A LIST OF GOALS

Sometimes, it's not that children can't focus—it's that they don't know what to focus on. Before your child starts any of their schoolwork, create a list of goals to give your child direction. For example, his or her goals may be to go through the slides for one topic, or to complete the tasks for one subject. Once your child has achieved these goals, take a break to allow your child to refresh his or her brain before tackling a new task.

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TIP 4 – MAKE A DEDICATED WORKSPACE

A messy space can be a major cause of distraction for your child. Make sure your child has a dedicated study space such as a desk or table to work on. This space should be clear of any mess and only include items that he or she needs for that study session (like his/her textbook, notebook, study tools, and device).

TIP 5 – LEARN HOW TO DEAL WITH DISTRACTIONS

You won't always be able to completely remove distractions—so teach your child how to deal with them, instead. Help your child think of ways to refocus on the task at hand when he or she becomes distracted. When your child is having trouble focusing, encourage him or her to get up and take a short break from what he or she is working on.

TIP 6 – SET ASIDE TIME FOR STUDYING AND HOMEWORK

Many children do best when they have a set routine they can stick to. Help your child create a daily schedule that includes time for homework, study breaks, and any other activities. Sticking to this schedule will help get your child into a routine where he or she is ready to sit down and focus on schoolwork.

Expert focus tip: Don't forget to leave room for free time to allow your child's brain to relax and recharge!

TIP 7 – PLAN STUDY BREAKS

Doing schoolwork for hours at a time without taking any breaks can quickly lead to a student's focus dropping to zero. Plan frequent study breaks for your child to give him or her a chance to work off any extra energy and help avoid becoming frustrated or overwhelmed.

TIP 8 – STICK TO A SET BEDTIME & WAKE UP ROUTINE

A well-rested mind is a focused mind. Help your child create and stick to a nightly routine so he or she gets to bed at a decent hour. A good sleep will help give your child's mind a chance to absorb everything from the day and recharge for tomorrow.

TIP 9 – PLAY FOCUS GAMES AND ACTIVITIES TO BUILD ATTENTION

Jigsaw and crossword puzzles are a great activity to give your child's brain a workout outside of the classroom. These activities require problem-solving and focus, both of which your child can use while doing schoolwork. (Plus, they're a fun activity for your child!)

TIP 10 – HELP YOUR CHILD PRACTISE MINDFULNESS

Mindfulness involves focusing your awareness on the present moment while acknowledging your thoughts and feelings. When your child is becoming distracted, encourage him or her to take a 5-minute break to sit quietly and take a moment for him or herself. Have your child use this time to think about what is distracting him or her and how to refocus on the task at hand.