

RAHA REMINDERS

Gardens Campus

Whole School

Key Dates

26 Feb-18 Mar:	Grade 10 CD Boys F45 Fitness Trip
27 Feb-19 Mar:	Grade 10 ABEF Boys F45 Fitness Trip
6 & 11 Mar:	Meet the Team morning
1 Mar:	Grade 11 NYUAD Research Trip
2-4 Mar:	Grade 6-11 SunMarke & Indian High School Trip
4 Mar:	Grade 10 & 11 Al Fujairah Trip Kalba Camp, Parent Info Session
5 Mar:	Grade 7 ABC Al Sultans Stable Trip Grade 7 DEF Al Sultans Stable Trip Grade 5 Arabic B Al Sultan Stable Trip Grade 9C & 9F Ferrari World Trip
6 Mar:	Rocket Day
6-7 Mar:	Three-Way Conferences for Grades 6-11
7 Mar:	Last Day of Teacher-led ECPs Term 2 Grade 4 Louvre Abu Dhabi Excursion
7-10 Mar:	Grade 7 & 10 Kalba Camp Trip
11 Mar:	Term 3 ECP Parent's Signup begins
15 Mar:	Grade 6 Science Fair
20 Mar:	Raha Iftar and Souq
22-26 April:	Raha Music Festival 2024

Re-registration

The re-registration window for 2024/25 is currently open and we ask that intentions are submitted by 10th March 2024.

The re-registration payment window will open on 14th March 2024.

We thank you in advance for your kind attention and timely support of this process; which allows families a smooth transition into the next academic year and time for us to plan appropriately for sufficient teaching staff and resources.

Raha Music Festival

Entries are now OPEN for the second 'Raha Music Festival' which will be held at KCC from 22nd-26th April. Broken into different categories for students of different ages and different instruments. The winner of each class will compete in the Grand Final to be crowned "Raha Young Musician 2024". All details and how to enter can be found on the [website](#).



Raha Reads 2024

Reading competition for G1-G12. In these times, every interaction with media reminds of the very real and important role of aid workers around the world. Images and words evoke compassion and a wish to do more. This year Raha proudly unites with the Red Crescent in a reading initiative that is sure to give back more than a love of literature. Raha Reads 2024, is a Sponsored Read.

How to get involved? Click [HERE](#) for more details and FAQ.

For more Information please contact:

- Secondary: tbutton@ris.ae or library@ris.ae
- Primary (G1-5) halineibi@ris.ae or aaidhoen@ris.ae

Bus Families

We remind parents to make sure they are receiving communication from Emirates Transport. Slight changes were made by ITC to the rules for bus staff that were emailed in the past weeks. If you have any question or doubt please reach out to transportation@ris.ae.

Food Nation Feedback

We are committed to enhancing the Spare App and ensuring it meets your needs. We'd like to know how you find the experience so far! and will be helpful to get your valuable feedback.

The link will be open for 2 weeks. Click [HERE](#).

Parent Team Newsletter

Food Nation T2 Menu

Issue 22

Raha Riddles

What starts with a "t", ends with an "e", and has a lot of drama in between?

Last Week's Answer

What sport can also be eaten?
SQUASH



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

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Events of the Week

DP Art Exhibition



A Midsummer Night's Dream



Tri-Yas



Support the Raptors

Let's come together to support our talented Tri-athletes!
For more details click [HERE](#).

1st March

ADEK Sport Cup finals

U14 Boys Basketball Semi-Finals – 4:15pm @ Cricket Stadium

U17 Girls Football Semi-Finals – 3:00pm @ Cricket Stadium

2nd March

U14 Girls Basketball Semi-Finals – 12:00pm @ Cricket Stadium

Girls and Boys Swim Finals – 12:00pm (girls), 3:00pm (boys)

@ Mohammed bin Zayed Pool

Triathlon Team Adek Finals – Starting 7:00am @ Hudayriyat

9th March

ITU World Tri Championships – 9:00am-12:30pm @

Yas Marina Circuit

[Watch "Raptor's Reels" about our Tri-Team](#)

[List of upcoming matches](#)

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Early Years

Rocket Day

Is finally here! Parents are invited, please bring something to share in our Rocket Day Family Picnic and do not forget don't forget we are dressing up also space themed.

See you at the MYP Pitch on Wednesday 6th March. For more info, check out our [FLYER](#)

EY1 10.00am-11.30pm
EY2 12.00pm-1.30pm



Primary

Seeking cardboard donations

The Primary Innovation Hub is still seeking cardboard donations to fuel the creativity! Any spare cardboard boxes or shoe boxes you have at home can make a significant impact on what we can do. Please have your child drop off any donations to the Innovation Hub to receive an entry into the weekly E-Sports raffle!



Secondary

SRC Initiative



Last weeks Initiatives

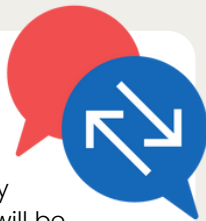
The Student Representative Council has been working hard to fund for student initiatives in the recent weeks. Before the mid-term break, the SRC held yet again another ice pop fundraiser in the cafeteria, but this time, we were much more prepared for the number of students who wanted to buy them.

We were met with lots of students and parents who were happy to buy ice pops to help fund SRC initiatives, and for that, we would like to say thank you to everyone who contributed and helped us!

The SRC's male sports representative, Flavio Galatro in Grade 11, also took initiative by organizing extremely fun Fitness Friday sessions every week, in which students can come to the field and participate in sport activities like penalty shootouts, crossbar challenges, jump rope competitions, and more. These Fridays have been extremely successful, and we are looking to continue them as the weeks go by! We hope more students are looking forward to joining in these Fitness Friday mornings!

The SRC is grateful to the Raha Community for their efforts in supporting us. We have more initiatives coming soon, so stay tuned!

Three-Way Conferences for G6-11



Be reminded that we will have our 3-Way Conferences on 6-7th March. Teachers will be available from 12:00pm-8:00pm on Wednesday 6th and 10:00am-6:00pm on Thursday 7th.

Bookings must be made through SchoolBuddy.

It is important to note that students in Grades 6-11 will not have classes on these days and will not attend school, unless accompanying their parents to 3-Way Conferences. However, Grade 12 students will continue with their regular classes to ensure that they are continuing their academic progress without disruption.

Academic Support Sessions

Please view this [schedule](#) to find the Academic Support Sessions for MYP and DP students, to aid in their subjects. These opportunities are available to all students without prior registration needed. Please encourage your child to attend these sessions to enhance their learning when necessary.

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Secondary

DP Art Exhibition

The grade 12 DP art students had their exhibition opening, celebrating 2 years of hard work! The students were excited to share their passions, talents, and conceptual ideas with such a wide audience.

The show will remain up for 3 weeks, so if you missed it, come and check it out!



Sportz Extravaganza 2024!

It was amazing to see our MYP & DP students go all out, participating in a variety of different events throughout the day. Our students were amazing in their togetherness and even went beyond by overseeing the photography & for the first time the music!

It was 'neck-and-neck' towards the end of the day to see who would be crowned the overall winner, but it was Blue Sharks who 'pipped Red Lynx at the post' to be crowned champions of the Sportz Extravaganza 2024.



Thought for the Week:

This week, let's highlight the significance of being present and on time, a practice that mirrors our IB values of responsibility, respect, and commitment. Regular attendance and punctuality not only show respect for our learning community but also prepare us for future success. They are key to making the most of our educational journey, embodying the principles and openness the IB stands for. Let's all strive to uphold these values, enhancing our personal growth and our collective experience! We ask for your continued support in assisting your child in arriving to school on time and ready to learn!

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Inclusion

What Is ADHD?

Attention-deficit hyperactivity disorder, or ADHD, is a condition that makes it unusually difficult for children to concentrate, to pay attention, to sit still, to follow directions, and to control impulsive behaviour. While all young children are at times distractible, restless, and oblivious to parents' and teachers' instructions, kids with ADHD behave this way much more often than other children their age. And their inability to settle down, focus, and follow through on tasks in age-appropriate ways makes it very hard for them to do what's expected of them at school. It can also lead to conflict at home and difficulty getting along with peers.

ADHD Symptoms

Symptoms of ADHD are divided into two groups: inattentive behaviours, and hyperactive and impulsive behaviours:

Inattentive symptoms of ADHD

- Makes careless mistakes
- Is easily distracted
- Doesn't seem to be listening when spoken to directly
- Has difficulty following instructions
- Has trouble organizing
- Avoids or dislikes sustained effort
- Is forgetful, always losing things

Hyperactive or impulsive symptoms of ADHD:

- Fidgeting or squirming
- Trouble staying in one place or waiting their turn
- Always seeming to be "on the go" or "driven by a motor"
- Excessive talking or interrupting, blurting out answers

Some children exhibit only the first group ADHD of symptoms, and some exhibit only the latter. But the majority of those with an ADHD diagnosis have a combination of both, which can make it very difficult for them to function in school, and in other activities, and can create a lot of conflict at home.

What Is ADHD Hyperfocus?

While ADHD is called an attention deficit disorder, experts say what's really disordered is the child's ability to control and direct what he's paying attention to. So many kids with ADHD are perfectly capable of intense focus on things that are very exciting to them, like video games, but they can't maintain that kind of focus on things that aren't immediately rewarding, like schoolwork or putting on their shoes or going to bed.

That intense concentration, sometimes called hyperfocus, is also the reason kids with ADHD often get upset when asked to stop doing something they are engaged in, like a favourite activity at school or playing a video game. They have what experts call an inability to "attention switch," which can cause a lot of conflicts with adults.

Demonstrate Disruptive Behaviour?

Defiance and emotional outbursts are very common in kids with ADHD, though they are not, themselves, symptoms of ADHD.

Kids who have ADHD tend to become defiant when they are expected to do things that are hard for them, especially when it means stopping something that's pleasurable—like playing a video game. So things like homework, going to bed, getting dressed, and coming to dinner can become battlegrounds. These situations are difficult for them to tolerate because of inherent deficits in tolerating a boring situation, reining in impulses, transitioning from a fun activity, and controlling their activity level.

Since these situations are really challenging for them, they may try to avoid them. Unfortunately, when it comes to ADHD parenting, the avoidance strategies that these kids typically use are disruptive behaviour, tantrums, arguing, defiance, and power struggles.