



# Al Ain English Speaking School

## Preschool Learning Pathway

### Week beginning: 5.01.26

Dear Parents,



Happy New Year! We are excited to welcome everyone back to school on **Monday 5th January** and hope that you and your family have all had a wonderful winter break. We are confident that the children will continue to make fantastic progress this year and look forward to working alongside you again this term.



AAESS will be having the 20 days of wellness challenge from Tuesday 6th January until Sunday 25th January. The challenge this year will be looking at diet, sleep and activity. There is a **Well-being Workshop** scheduled for **Thursday 8th January at 2.00pm in the auditorium.**

## Contacting Preschool Teachers:

We are always happy to support in any way we can, so if you have any questions or concerns please send your child's class teacher an email (see addresses below).

When contacting staff please remember they are expected to read emails daily (Monday - Friday) and respond within 24 hours. They may choose to read or respond outside of school hours but please do not expect it. Please also bear in mind that they will be teaching or in meetings during the school day (7.30am - 3.00pm) so will not be able to respond straight away.

<b>Ms Lynda (PSA) - HOY</b> <a href="mailto:Lynda.mines@cognita.com">Lynda.mines@cognita.com</a>	<b>Ms Jess (PSB)</b> <a href="mailto:Jessica.larby@cognita.com">Jessica.larby@cognita.com</a>	<b>Ms Maddie (PSC)</b> <a href="mailto:Madeleine.box@cognita.com">Madeleine.box@cognita.com</a>
<b>Ms Romay (PSD)</b> <a href="mailto:Romay.barreto@cognita.com">Romay.barreto@cognita.com</a>	<b>Ms Vicky (PSE)</b> <a href="mailto:Vicky.sloan@cognita.com">Vicky.sloan@cognita.com</a>	<b>Ms Denise – Early Years Director</b> <a href="mailto:Denise.grant@cognita.com">Denise.grant@cognita.com</a>

# Important Information:

- Gates will open promptly at **7.05am** (Monday - Friday).
- Please be reminded that **arriving on time** each morning is **vital** to your child's **learning**. Gates close and lessons start **promptly** at **7.40 am**.
- Pick up for Preschool is either **1.00pm** or **2.30pm** (Monday - Thursday)
- Pick up for Preschool is: **12pm** on a Friday.



## Preschool learning:

**Week beginning: Monday 5th January 2026**

We will introduce the children to our new topic – Off We Go!

In PSED, we will be reminding the children of our class expectations by reviewing our three simple rules – *We are kind, We are ready, We show respect*. We will discuss how these help us stay safe and happy in school. We will also be revisiting class jobs such as line leader and class helper, explaining how these roles support the whole class, and giving two children a turn each day.

We will be recapping and further developing the children's gross motor skills by strengthening their movement, balance, coordination, confidence in riding scooters, trikes and bikes, and their early ball-handling skills such as rolling, throwing and catching in physical development.

In Communication and Language, we will be enjoying longer stories, encouraging the children to listen, retell and remember key events. We will be supporting them to use a wider range of vocabulary and express their own points of view. Children will also be encouraged to use their growing print and letter knowledge in early writing activities (e.g. creating pretend shopping lists or writing initial sounds such as 'm' for mummy).

In Phonics, we will be beginning to recognise words that rhyme and in Maths, we will be making comparisons between objects relating to size, length, weight and capacity, using language such as 'bigger and smaller.'

In Understanding the World, we will begin to understand the need to show respect and care for the environment and living things.

In EAD we will be developing our fine motor skills by creating closed shapes with continuous lines and begin using these shapes to represent objects.

# This week in pictures:



# Preschool PE Days:

# Monday and Friday

# Upcoming events.



Term 2 will commence on **Monday 5<sup>th</sup> January 2026**.



## **Well-being Workshop – Thursday 8th January at 2.00pm in the auditorium**

AAESS will be doing the 20 days of wellness challenge from Tuesday 6th January until Sunday 25th January. The challenge this year will be looking at diet, sleep and activity

# AAESS Values



Our value focus this term is Care.

Our expectations are that students will:

## Take care of themselves

- Take care of themselves
- Take care of each other
- Take care of our school / our world
- Take care with their work

# 20 Days of Wellbeing



## AAESS Wellbeing 20 day Challenge

January 6<sup>th</sup> - 25<sup>th</sup>, 2026

EAT 3 DIFFERENT  
VEGETABLES

GO FOR A 30  
MINUTE WALK

TIDY YOUR  
ROOM

NO SCREENS 1  
HOUR BEFORE  
BED

GO FOR A RUN  
FOR AT LEAST  
10 MINUTES

TRY A NEW  
FOOD

DANCE TO  
YOUR  
FAVOURITE  
SONG

WRITE DOWN 3  
THINGS YOU  
ARE GRATEFUL  
FOR

DRINK OR MAKE  
A SMOOTHIE

READ BEFORE  
BED

EAT A HEALTHY  
SNACK

USE POSITIVE  
WORDS ALL  
DAY

SHOW AN ACT  
OF KINDNESS

HAVE A QUIET  
30 MINUTES

EAT 3 FRUITS

NO  
TECHNOLOGY  
AN HOUR  
BEFORE BED

EAT DINNER  
WITH THE  
FAMILY, NO  
DEVICES

CHECK ON A  
FRIEND

GO TO BED  
EARLIER, TRY  
TO GET 9  
HOURS SLEEP

DO SOMETHING  
THAT MAKES  
YOU SMILE

PRIZES FOR THE BEST  
PORTFOLIO AND  
PHOTOS, HANDED IN  
ON THE 26<sup>th</sup> JANUARY  
TO YOUR CLASS  
TEACHER / TUTOR

TAKE SOME  
TIME EACH DAY  
TO TAKE CARE  
OF YOUR  
WELLBEING!