Al Ain English Speaking School

Term 2 Primary Newsletter

Dear Parents,

Firstly, we hope that you and your family are keeping safe and well at home.

We would like to thank you for your continued support this week as we have completed our learning online.

It has been wonderful to see so many children joining the online scheduled lessons and sharing their work.

Ensuring the safety of our students, staff and our families remains our number one priority. Please rest assured, we will continue to follow all government and ADEK safety guidelines.

Please be reminded that due to government directives, the Spring Break Holiday will now begin earlier than planned, starting on **Monday 9th March** and continuing until **Sunday 22nd March**.

Our intention is for students to return to school on Monday 23rd March, subject to official guidance at that time.

We will continue to monitor the situation closely and will keep you informed of any further updates ahead of the planned return to school. In the meantime, please continue to follow official government channels and our school communications for the most accurate information.
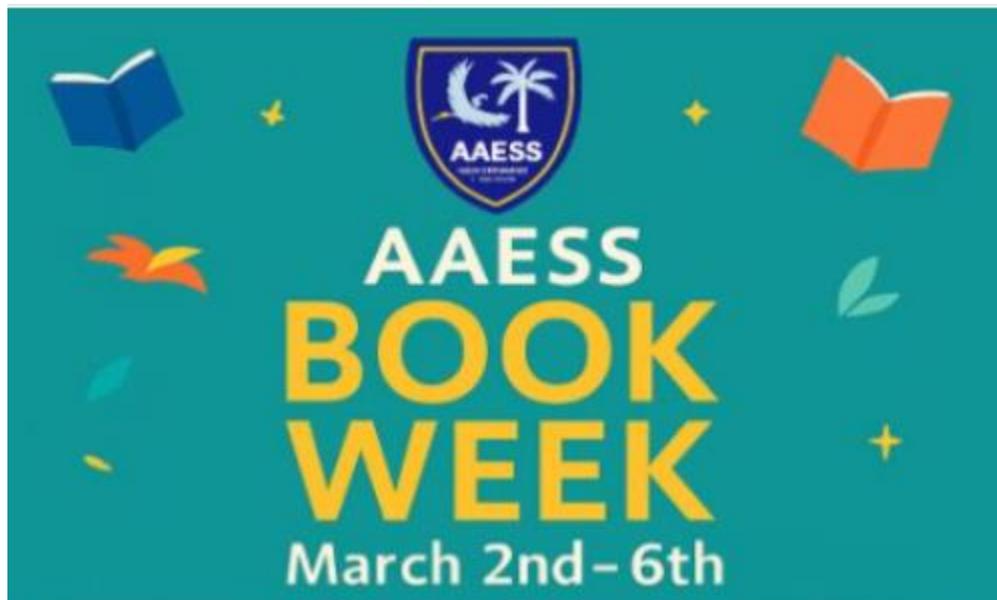
In celebration of World Book Day we have set some challenges designed to promote a love of reading.

These activities can be completed at home and shared with your child's class teacher after the break, week commencing Monday 23rd March.

These activities are:

Book Cover design competition - Children are invited to redesign the front cover of their favourite book.

Extreme Reading photo - To promote reading at home and to show you can read anywhere, children can take a photo of them reading in unique, imaginative places, whilst staying safe.

Take part in the UAE Online Reading Challenge
5th March - 5th April

Children are to log into Kidsa-z.com and use their student login to read a range of book. Every time your child complete a book they will be awarded points and the children with the highest points across the UAE will be awarded a prize.

Today a Reader, Tomorrow a Leader...

Will you be the next Top Reader in the UAE?

SUPPORTING PARENTS

Guidance for staff on supporting parents with how to talk children about recent world events.

OVERVIEW

Children of all ages are receiving news from a wide variety of sources. Between conversations with friends, TikTok, YouTube, or what they absorb at home, they can be inundated with information, conflicting perspectives, and even graphic images or videos of breaking news events.

They may encounter news at school or during online learning, leaving parents and school staff to navigate the repercussions and manage the emotional impact. Some children may struggle to fully understand what they're seeing or hearing. And while older teens are better able to grasp the gravity or complexity of situations, even they face challenges when it comes to separating fact from opinion, or misinformation.

News comes at a speed that can have a dramatic impact. It is important to talk to children about difficult topics such as conflict, tragedies, and natural disasters. Parents can share their feelings honestly and openly. Listen to your child's feelings and validate their experiences.

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TALKING TO CHILDREN ABOUT RECENT WORLD EVENTS

Children look to adults for reassurance and safety.

Start With You

Children read your **nervous system before they hear your words**. They pick up on tension in your body, the speed of your voice, and the worry in your eyes, long before they process what you're actually saying.

Slow your tone, breathing, and pace. Ground yourself before you begin.

Calm is contagious.

Ask Before You Tell

Start by understanding what your child already knows. Try questions like:

- *"What have you heard?"*
- *"Is there something you're wondering about?"*

Children's understanding is often **smaller than we imagine**, so avoid giving more information than needed. Let their questions guide you this keeps the conversation age-appropriate and avoids overwhelming them.

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WHAT TO SAY…

Name feelings without amplifying fear.

Acknowledge emotions while keeping reassurance central: *"It's okay to feel worried sometimes."*

Ages 3–7: Keep It Simple

"Some countries are having disagreements. There are adults whose job is to keep people safe, and we are safe right now."

Young children need short, concrete reassurance. Avoid abstract explanations, focus on safety and routine.

Ages 8–12: Add Context

- Answer questions honestly
- Correct misinformation gently

"Sometimes there is tension between governments and power can be shown in ways that sound scary. The countries across the GCC have strong systems to protect people."

IF YOUNGER CHILDREN ASK DIRECTLY

Young children may ask tough questions in simple, direct ways. Here's how to respond with honesty and warmth.

About Noises or Explosions
"Those loud noises were from systems that protect the country. The adults responsible for safety were doing their job, and you are safe."

"Are We in Danger?"
"Right now we are safe. Lots of people are working together to keep everyone protected."

If They Feel Scared
"That makes sense, unexpected noises can feel scary. I'm here with you and you are safe."

If You Don't Know the Answer
"That's a good question. I don't know all the details, but people are working hard to keep everyone safe."

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SPEAKING TO YOUR CHILD

Limit Overexposure

- Avoid constant news coverage in the home
- Discuss information together rather than letting children search online alone
- Be mindful of adult conversations children may overhear
- Too much exposure can increase anxiety and fixation on events

Protect Their Nervous System

- Keep routines normal and predictable
- Prioritize connection, rest, and familiar activities

Predictability + safety support regulation.

End With Agency

"We have a plan. There are trained people handling this, and if anything changes, I know what we will do."

Children feel safest when adults are **calm, prepared, and reassuring**.

References:

Mental Health Foundation | UNICEF Parenting | Save the Children

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