AMITY ENGLISH SCHOOL DUBAI

SCHOOL NEWSLETTER

WEEKLY NEWSLETTER | 30 OCTOBER 2026



A MESSAGE FROM OUR PRINCIPAL

Dear Families,

What an amazing Mental Health Awareness Week it has been. All week, our staff have proudly worn green ribbons to champion the message that mental health matters, and conversations about wellbeing have run through classrooms, assemblies, and corridors alike. The week culminated in Friday's special assembly, where we learned more about mental health and the ways we can understand and navigate it - for ourselves and for each other - with the whole community wearing green in support. Teaching children that it's okay to talk, to ask for help, and to look out for one another is some of the most important learning we do.

The wellbeing theme continues next week with Ms. Dhiya's Positive Parenting Workshop on Tuesday. Please see our previous communications for sign-up details. A gentle reminder: please confirm your place only if you are able to attend, and arrive promptly, as doors close five minutes after the advertised start. We look forward to seeing you there.

In further exciting news, we are launching Dubai Fitness Challenge 30x30 at AESD next week, joining the city-wide challenge of 30 minutes of activity for 30 days. Regular exercise is a cornerstone of both physical and mental wellbeing, so the timing couldn't be better.

A reminder, too, that we are still welcoming expressions of interest from parents who would like to serve as class representatives. Our class reps work closely with the school to share accurate, reliable information with families, offer a strong parent voice, and support our community events throughout the year. If you would like to play this valued role, please submit your expression of interest to Ms. Sana, our Parent Relations Executive, by email at pre-aesd@amitydubai.ae.

As always, follow our social media channels to see the green ribbons, all the moments from a wonderful week and, from Monday, the 30x30 action.

Wishing you all a restful weekend.

Warm regards,

Samuel Holliday
Principal

SAVE THE DATE

Please view the School Calendar on our website for additional details about the academic year: https://www.amityenglishschooldubai.com/

Dubai 30x30 starts	from 2 November
Positive Parenting Workshop with Ms. Dhiya, School Counsellor	3 November
Dubai Fitness Challenge Dress Up Day: Sports Clothes	6 November
Kindness Week	Week of 9 November
Odd Socks Day - Anti-Bullying and Celebrating Diversity: Odd Socks with School Uniform	16 November

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SENIOR LEADERSHIP TEAM

Catch Them Being Good - Celebrating Little Positives



This week, our focus in EYFS was on nurturing wellbeing and supporting positive mental health for every child.

When things go wrong, it's natural to correct our children - but how often do we stop to notice the little things they do right? Saying a kind word, sharing a toy, waiting patiently or tidying up on their own all deserve recognition. This weekend, try reflecting: How many times did I catch my child doing something good today? A smile, a cuddle, or simply saying "I noticed that!" can help reinforce positive behaviour and build confidence. These small moments are important reminders to carry forward, not just this weekend but throughout your parenting journey.

If you'd like, please share your weekend parenting experiences by sending a message to your child's teacher on Seesaw. We would love to hear from you!

Nurturing Minds, Inspiring Healthy Lifestyles



It has been another productive week in Primary! We are proud to see our learners showing progress through our Mental Maths Programme, which is designed to strengthen their accuracy, fluency, and confidence in solving problems. Alongside academic learning, students also also took part in engaging classroom activities promoting mental health and emotional wellbeing.

Looking ahead to next week, we are excited to take part in the Dubai Fitness Challenge 30x30, encouraging students to embrace active and healthy lifestyles.

At AESD, we believe excellence goes beyond academic achievement, and we are committed to nurturing happy, healthy, confident learners who are ready to thrive in all aspects of life.

Preparing Learners for a Changing World



As our Secondary students progress, we want them to recognise the relevance of what they learn and understand how knowledge can inform their choices and actions.

Making connections between subjects, current developments and the UAE context helps students build a broader understanding of the world around them. Equally important is creating opportunities for them to question, investigate and consider different viewpoints rather than accept information at face value.

Through these experiences, we aim to prepare our students to approach new situations thoughtfully, respond to challenges responsibly and apply their learning with purpose.

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EARLY YEARS

EYFS: EXPLORING, FEELING AND GROWING

This week, **FS1** students explored the much-loved nursery rhyme “Row, Row, Row Your Boat” through songs, movement, stories and creative play, learning with great joy and enthusiasm. Hands-on activities investigating boats, water and floating sparked curiosity, developed language, strengthened fine motor skills and encouraged imagination and exploration.

FS2 students focused on healthy habits and emotional wellbeing, learning to recognise, name and share their feelings. Through stories and discussions, they discovered how small things can lead to big feelings and practised calming strategies such as deep breathing and asking for help. They also talked about kindness, empathy, friendship, healthy eating, exercise, hygiene and sleep, understanding how to care for their bodies and minds.

















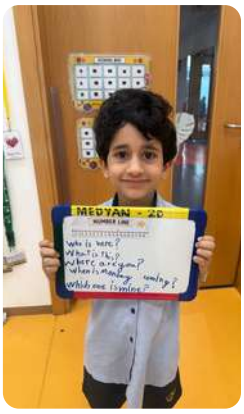


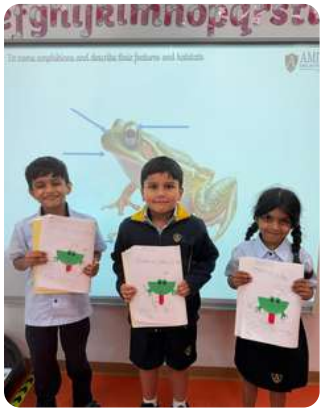
KS1: BUILDING SKILLS, KNOWLEDGE AND HEALTHY HABITS

Year 1: Students had a busy week of letter sounds, number order and amphibians.

In Phonics, they practised recognising and reading words with 'sh', 'th' and 'ng'. In English, they explored commands used to start and stop actions and practised following simple instructions. In Maths, they developed their number skills by arranging numbers in ascending and descending order. In Science, they discovered the key features of amphibians and explored their habitats.











Year 2: Stories, sums and healthy smiles filled the week for students.

In English, they explored the sequence of an animated story, practised writing WH-questions and learned to use punctuation marks correctly in sentences. In Maths, they strengthened their understanding of addition and number bonds through engaging activities. In Science, they explored the importance of personal hygiene and learned how to keep their teeth clean and healthy.

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PRIMARY KS2

YEARS 3 & 4: CURIOUS MINDS, CARING HEARTS

Year 3: From early humans to rocks and robots, students covered a lot of ground this week.

In English, they explored Hogarth's character development and key themes in The Iron Man. In Science, they investigated and classified rocks by their physical properties. In Maths, they strengthened multiplication and division skills using the 3 times table, arrays and equal groups, and in History, they discovered how early humans lived during the Palaeolithic period.











Year 4: Looking after ourselves, inside and out, was the thread running through the week. Students marked Mental Health Awareness Week, exploring simple ways to care for their feelings, and the week ended with an inspiring Student Council assembly promoting mental health awareness.

In Maths, they calculated the perimeter of rectilinear shapes, and in Science, they discovered how the digestive system turns food into energy. In English, they studied explanation texts.

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PRIMARY KS2

YEARS 5 & 6: TOGETHER WE LEARN, TOGETHER WE GROW

Year 5: This week's learning stretched from outer space to the ocean floor. Students worked together to design creative solar system posters and explored marine life through a range of activities.

They also marked Mental Health Awareness Week, promoting kindness and positive mental health, and studied Growing Up and Wellbeing in MSCS, learning about healthy growth, care and support.



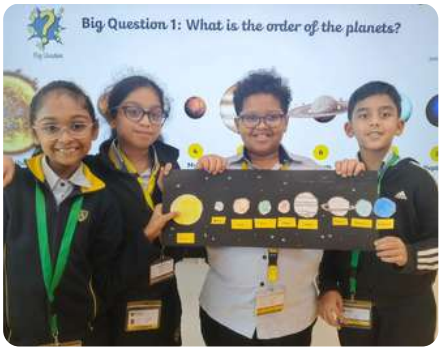












Year 6: During Mental Health Awareness Week, students took part in activities and discussions that promoted kindness, unity, wellbeing and safety, including a session with our Designated Safeguarding Lead (DSL) and Safeguarding Team.

In class, students explored cohesive devices in English, continued learning about fractions in Maths, and discussed fairness in everyday life in Moral Education.

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SECONDARY

SECONDARY: CONNECTING LEARNING TO THE REAL WORLD

Year 7: Students put their independent learning skills to work this week.

In Humanities, they practised effective note-taking and continued their study of global health, exploring malaria and influenza. In Maths, they worked on algebraic expressions and equations and converted units of mass, time and length. In Science, they investigated current electricity, using parallel circuits, ammeters and voltmeters to measure electrical quantities. These activities developed analytical thinking and subject-specific understanding.











Year 8: Students turned their English classroom into a mock courtroom this week. They explored discursive writing by staging a trial, taking on roles such as judge, prosecution, defence and court clerk to present different perspectives before reaching a verdict. In Science, they investigated how light interacts with different materials, exploring absorption, diffuse scattering and specular reflection. These experiences strengthened their critical thinking and built their confidence in communicating.

Students also completed their Cognitive Abilities Test (CAT4).

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ISLAMIC

ISLAMIC: FAITH, VALUES AND UNDERSTANDING

Islamic A: Each year group focused on a different part of Islamic teaching this week.

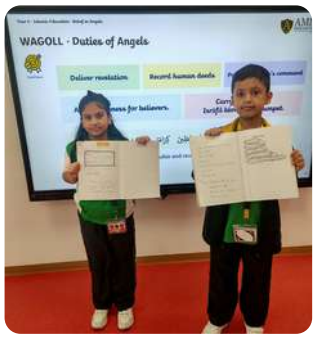
Year 1 learned the Five Pillars of Islam, Year 2 practised the steps of Wudu, and Year 3 reflected on the Hadith “Love for Your Brother What You Love for Yourself”. Year 4 discovered the life of Khadijah bint Khuwaylid (RA), while Year 5 explored the importance of prayer and its etiquette. Year 6 studied belief in the Last Day, and Year 7 learned the rules of Noon Sakinah and Tanween.

















Islamic B: Students deepened their understanding of faith and values this week.

Year 1 discovered the Five Pillars of Islam, Year 2 practised the steps of Wudu, and Year 3 learned to love for others what they love for themselves, showing it through kindness and sharing. Year 4 studied angels and their duties, while Year 5 explored belief in Divine Books and Allah’s guidance. Year 6 focused on sharing Islam’s message with wisdom, kindness and respect. Year 7 worked on the rules of Noon Sakinah and Tanween for clear Qur’an recitation, and Year 8 examined the Battle of the Confederates and its lessons in faith, teamwork and perseverance.

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PE

PE: ACTIVE BODIES, HAPPY MINDS

With the Dubai Fitness Challenge 30x30 starting on Monday, PE lessons this week focused on getting students ready to move. In the pool, they built water confidence and coordination through swimming and kicking drills. They also completed equipment-free warm-ups, including stretches, arm circles, squats and gentle lunges.

Football games, relay races and ball challenges developed teamwork and sportsmanship, helping students stay active, build fitness and grow in confidence.













Staying active, working together and having fun make every PE lesson a winning experience!

WELLBEING, STEAM AND ARABIC SOCIAL STUDIES

Wellbeing: : This week, we marked Mental Health Awareness Week across AESD with classroom activities promoting emotional awareness, kindness and gratitude. The Student Council led an assembly on listening and empathy, and students shared positive notes with teachers, spreading appreciation across the school.

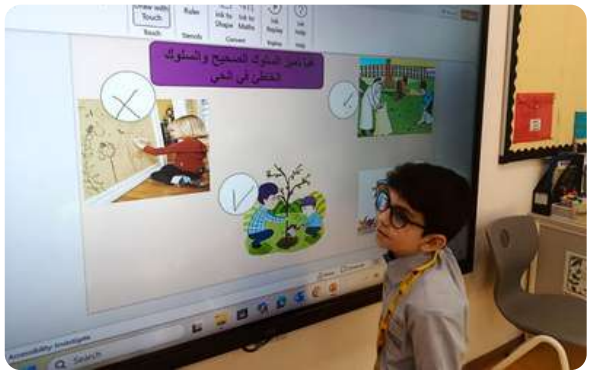
We look forward to welcoming parents to Ms Dhiya's Positive Parenting Workshop on Tuesday, 3 November, which will focus on positive behaviour, emotional wellbeing and strong home-school partnerships.













STEAM: Students got hands-on this week, building circuits, testing friction cars, investigating light with prisms and ray boxes, and completing ICT-based tasks.

These activities developed their critical thinking, creativity, and problem-solving skills while helping them apply knowledge across different subject areas.

Arabic Social Studies: Year 2 explored UAE family values, neighbourhood facilities, and appropriate behaviour. Year 3 identified continents and oceans on a world map. Year 4 learned about the life, wise leadership and contributions to the UAE of His Highness Sheikh Mohamed bin Zayed Al Nahyan, President of the UAE, may God protect him.

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MENTAL HEALTH AWARENESS WEEK

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