



Capital News



ACCREDITED MEMBER



BRITISH SCHOOLS IN THE MIDDLE EAST
Date Issue: 15 NOV 2018

Principal Message:

From the desk of Mr. Moyster

Dear Parents / Guardians,

I'm pleased to open this edition



of our newsletter with a warm welcome to Dr. Sue Pattison our new Vice Principal.

Sue brings a wealth of experience and expertise to Capital School Dubai and I'm confident that our school development will be enhanced greatly by her inclusion.

I would also like to thank all those parents who took time out of their busy schedule in order to complete our "Parent Survey". The information and supporting comments will be reported back to you over the coming weeks, along with many of the action steps I intend to take in relation to the suggestions made. The importance of the "parent voice" as previously stated, is to form an integral part of our future school development.

Vice Principal Message:

My name is Dr Sue Pattison and I am delighted to have been appointed Vice Principal at Capital School.



I have been a School Principal in five different schools during the course of my career of

thirty-four years and I have also been an Independent School Inspector in the UK. I have taught in many different countries around in the world including Malaysia, India and Bahrain.

This is my first time in Dubai and I am looking forward to the challenges of working at Capital School which, I believe, is forward thinking, progressive and dynamic.

Please do not hesitate to contact me using my email if you have any questions and queries viceprincipal@capitalschooluae.com and I will be happy to help. I look forward to meeting you all in the near future.

Kind regards,
Dr Sue Pattison

PTA:



The Capital School PTA afternoon tea was a great success. It was a fantastic opportunity for parents to meet new parents. A very special thank you to Mr. Moyster (Principal), Dr. Patterson (Vice Principal) and all the parents and teachers that attended or donated treats for the event. If you would like to become an active member of the PTA please email ptachairperson@capitalschooluae.com. Our next up and coming event will be National Day.

Ms. Johnson's Message:



We have been busy in English this past term! Year 8 visited our library in role as their favourite character from 'Macbeth'



Miss Johnson thought Year 7 had vanished but it turns out they were about to reappear in role as 'Magwitch' to show their understanding of a very difficult text they are studying

this term- 'Great Expectations' by Charles Dickens.



In drama, both Year 7 and Year 8 have been completing their Dubai 30x30 challenge using 'Just Dance'! Miss Johnson has been teaching us many routines and we have had the most FUN!

EGO CLUB:



"Eco Club took part in a Beach Clean Up Day at Al Mamzar beach on Thursday 8th November which was organised by Simply Bottles. The children have been learning all about the effects of plastic on our environment and were shocked to find so many plastic bottles and other rubbish along the beach area. The children collected so many bags of rubbish and were the last school to finish. Miss Baxter and Miss Flynn would like to thank our Eco Club members for their hard work and enthusiasm throughout the day. We are so proud of how well you have represented our school. Well done!"

School Nurse:

Eating Healthy balanced diet is an important part of maintaining good over all health, and can help you feel your best. There is good evidence that eating a healthy diet can reduce your risk of obesity, diabetes, heart disease, stroke, osteoporosis and some types of cancer. It's



Food guide pyramid important to eat a good diet no matter what your age – there's never a bad time to make some changes.

Below are some tips to help you move towards a eating healthy diet:

- Eat a variety of foods
- Cut down on sugar and fat
- Watch your portion sizes
- Cut down on salt-not just what you add but check the food labels as three-quarters of the salt we eat is already in the food we buy
- Drink plenty of fluids-we need to drink about 1.6 to 2 liters of fluid every day. All non-alcoholic drinks count, but water and lower fat milk are healthier choices
- Eat breakfast-this gets our metabolism going and kick starts our body for the day

Islamic Education:

The students of Year 1 and year 2 have been learning to recite Surah Fatihah and Sura Asr, - Surah Kaafiroon and its meaning this term and have successfully completed memorising it. They were all awarded with certificates of completion. They are now excited about learning more Suras of the Quran and reciting it in front of their class.



Ms. Grandison Message:



In Y3G's T4W hook we arrived to a scene of glitter outside our classroom! There was glitter EVERYWHERE and a plate of suspicious, sparkly goo! We soon deduced that of course, a Storm Unicorn had visited whilst we were at lunch. A very rare creature, full of lightning and we feel so fortunate to have been visited by one. The children are excited to use their non-chronological report skills to create some electrifying reports about this rare creature so that people around the World can learn all about them

Ms Ruba Ghazi (Arabic Teacher)



قام طلاب الصف الاول بالمشاركة في أنشطة حرف الذال من خلال اللعب للتمييز بين حرفي الدال والذال استمتع الطلاب في معرفة الحرف كما قام الطلاب بالاستدلال على الحرف من خلال الحواس فتذوقوا الذرة واستمعوا لصوت الذئب وشاهدوا صوراً للحرف .

Parent governor:

As a school we are committed to greater parental involvement and the resulting "parent voice" being reflected in our overall school development. If you have some spare time and would like to be more proactive in school life then why not consider becoming a school governor.