



THE ROYAL MAIL

Sunday, 27 October 2019

Term 1, Week 8

This newsletter serves to keep you informed of the happenings at RB as well as to keep you up to date regarding any information that needs to be known.

We thrive to embolden, engage and empower our students and we would not be able to do so without close communication with our

biggest supporters, our parents.



Purple Day at Royal Britannia

On Thursday, October 24 Purple Day was celebrated at Royal Britannia.

Students were dressed in different shades of purple and the doors of the classrooms were beautifully decorated.

The purple colour was carried out as a theme for the whole day through different activities and interlinked with subjects such as English and Math. For example, how to get this secondary colour by mixing two primary colours: red and blue, using purple playdough on letters mats, open ended-activities for students to use their imagination creating their very own Purple Monster.

Students were also encouraged to identify purple objects from their immediate surrounding. Moreover, they identified and named various purple fruits, vegetables as part of our Healthy Living Week activities.

It was quite a purple, enjoyable and interesting learning experience for students.



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Royal Britannia Healthy Living Theme Article

The Benefits of Physical Activity for Mental Development

By EYR Team / April 27th, 2018

"Children think better on their feet than on their seat"

Do active kids learn better? We all know how important it is to make sure that children are active to increase their physical development – but physical activity doesn't only improve a child's overall health and fitness! Many studies have shown that being physically active also enhances a child's mental development and well-being, which has a positive effect on their learning and performance in school.

Here are 6 important positive effects that physical activity has on a child's mental development and well-being:

Physical Activity Benefits for Mental Development

1. Boosts Brainpower and Cognitive Ability

When you engage in physical activity, the flow of blood to the brain increases. This greater flow of blood to the brain assists in the creation of new brain cells, which helps to improve the overall brain performance. It enhances the brain function, concentration, memory, thinking and cognitive skills, which are all vital for a child's development.

2. Enhances Academic Learning

Research has shown that there is a positive correlation between a child's performance in school and their level of physical fitness, illustrating that those who regularly exercise have a better ability to learn new things and are likely to perform better in school. Physical activity increases levels of a brain-derived protein, which improves focus, concentration and decision making. This has a positive impact on a child's motivation, learning and productivity in school.

3. Elevates Mood and Reduces Anxiety

When you exercise, the body releases chemicals called endorphins. These endorphins are otherwise known as "feel good" hormones because they can lift your mood. Children may experience reductions in stress and anxiety when they engage in physical activity because the endorphins help to moderate the brain's response to stress and elevate your mood. When a child's overall health and fitness improves, it also helps to boost their self-esteem and gives them a sense of accomplishment and positivity.

4. Improves Social Skills

When children take part in sports, it gives them the opportunity to meet new people and create new friendships, enhancing a child's language and communication skills. Children gain a different type of bond through sports, which gives them a sense of belonging and companionship, decreases loneliness and improves their social skills.

5. Enhances Creativity

Physical activity stimulates the brain activity, which helps to spark creative juices and overcome mental blocks. When children exercise, it can release bursts of creative thinking and enhance imagination. So when children have completed some form of physical activity, it would be beneficial to engage them in a creative activity, such as arts and crafts or creative writing, in the two hours succeeding it.

6. Helps Maintain Mental Health and Emotional Wellbeing

Children begin to establish behaviour patterns from an early age that will have important implications for their immediate and long-term mental health and well-being – so it is important to encourage an active and healthy lifestyle from an early age. By engaging children in regular physical activity from an early age, they are more likely to maintain a healthy mind and healthy lifestyle in the future.

Time for some brain-boosting physical activity!



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SCHOOL JOURNALS

Please read the journals daily.

Daily happenings, events,
field trips and any other important
information is relayed through the journals.



SCHOOL UNIFORM

Please make note of the required school uniform.

All students should be wearing the correct uniform:

Medium Blue denim pants with Light Blue polo style shirt from Marks & Spencers (we have stock for purchasing). **The Navy Blue jumper/sweater must have NO patterns or designs.**

Thank you for understanding.



Reminder to Winter Uniform: Please purchase/order the unisex cotton-rich jumpers royal blue colour from Marks & Spencers Salmiya (RB stock). This is outlined in the guidelines provided to parents at the beginning of this academic year.

NO JEWELLERY TO BE WORN BY STUDENTS AT SCHOOL

TERM DATES

TERM 1

Wednesday, 4 September - Wednesday, 06 November 2019

TERM 2

Monday, 11 November - Wednesday, 18 December 2019

TERM 3

Sunday, 5 January - Thursday, 20 February 2020

TERM 4

Sunday, 1 March - Wednesday, 8 April 2020

TERM 5

Monday, 13 April - Wednesday, 18 June 2020



PLEASE NOTE:

A reminder that our school times
are as follows:

Standard Day: 7:45 - 13:00

Extended Day: 7:45 - 15:15

A 15 minute grace period is giving for late pick ups, however please note that there will be a **KD2** charge per **5 minutes** late thereafter.

Drop off takes place from 7:00 and school starts at 7:45.
Please understand that being late means that your child/children
miss out on curriculum.

NO PARENT MAY GO TO THE CLASSROOM TO DROP THEIR CHILD/CHILDREN OFF AFTER 7:45

Your co-operation and understanding will be greatly appreciated.

THEMES

Our learning themes for Term 1:
Week 1, 2 & 3: All About Me/Who Am I?
Week 4, 5 & 6: My Family and Home
Week 7 & 8: Healthy Living
Week 9: Caring for our Earth and Recycling



Monday 28 October/ Monday 4 November 2019
Hadi Clinic Dental Visit

Thursday 31 October 2019
Black Day
RB Halloween Event
Fun Costume Inhouse Party



Sunday 27 - Thursday 31 October 2019
Parent Consultation week

Sunday 3 / Tuesday 5 November 2019
Field Trip to Yarmouk Recycled Park
(A letter will follow in your child's journal)



THIS WEEK MENU

Sunday - Chicken and Potatoe with Rice

Monday - Pasta Bolognese

Tuesday - Peas and Meat Stew with Rice

Wednesday - Zucchini with Meat Stew and Rice.

Thursday - Pasta Bolognese



LONG and DIRTY NAILS

A reminder to kindly check your child/children's nails to ensure that they are at a neat, clean, short length for school.

This includes toe nails please!

NO NAIL POLISH ALLOWED

Thank you!



CLEAN EARS

A reminder to kindly check your child/children's ears to ensure that they are clear from wax.

A reminder to be gentle when cleaning ears and avoid sticking ear buds inside the ear canal.

Thank you!



BIRTHDAYS

A reminder that we are to insist on pre-prepared individual portions. Cupcakes, doughnuts, muffins or popcorn is acceptable. Whole cakes requiring cutting and cold drinks requiring pouring will not be accepted.

Please refer to journals for guidelines.



WATER BOTTLES

Keeping hydrated is extremely important. Kindly send your child/children with a water bottle to school every day. Water bottles are easier to take to different classes and make for easy refilling when needed.

Thank you!



RECYCLABLE ITEMS

Please start sending the following items to school to be used for craft activities:

TOILET ROLLS
KITCHEN PAPER ROLLS
CEREAL BOXES
NEWSPAPER

MAKING AN IMPACT GLOBALLY

At RBK we align ourselves with the 17 Sustainable Development Goals (SDGs) through our curriculum and teachings. In order to make an impact on a global scale and help in supporting the SDGs, we have joined B1G1. We will be dedicating each term to a minimum 4 SDGs through B1G1. Not only will we be creating awareness through lessons at school but we will be contributing the contributions we have been collecting every Thursday to various initiatives around the world.

Find out more about B1G1 by clicking on this link:

<https://b1g1.com/connect/GIVING040>

TERM 1

1. SDGs: No Poverty, Good Health and Wellbeing and Quality EducationSupport a family to stay together (Cambodia)

Support a family at risk of separation to remain together and create a brighter future for their children. In Cambodia, parents often feel forced to place their children in orphanages due to poverty and lack of access to education. All children have the right to grow up in a safe and nurturing family environment. This Life Cambodia works to preserve and support these vulnerable families through self-determining income generation activities, scholarships for children and emergency medical/basic need allowances.

2. SDGs: Good Health and WellbeingProvide dental hygiene (Morocco)

Help impart a child living in El Jebah with dental and oral hygiene knowledge for one day by supporting this sustainable and on-going project. Imagine living in an isolated fishing village with no dentists, no toothbrush and no toothpaste. You do not need to be a dentist to imagine the consequences. Pain-free dentistry will be provided with focus on preventing oral diseases rather than just extracting teeth.

Dear Parents,

It's my real pleasure to invite you to join the B1G1: Business for Good Giving Initiative.

B1G1 helps businesses like ours give back in powerful new ways. It's really stunning and wonderfully different.

And this is equally great too; when you join B1G1 using my unique code [<https://b1g1.com/connect/GIVING040>], you get [1 KD] worth of Giving Credits to kick-start some really smart giving. I think you'll love it.

1. Now you may prefer to click the button below to join right away based on my strong recommendation (I really believe all my connections could benefit enormously from B1G1).

2. Or you may want to call me to talk about it. Just a call on my usual number is great.

3. You can also complete a new thing called the 'B1G1 Giving Plan' – it's a great way to understand B1G1 before you join. And you can do that right here: <http://bit.ly/invite-givingplan>

Whichever of those three ways you choose, do please choose one! I know you'll be so pleasantly surprised by what you find.

Looking forward to hearing how you go.

Elisa Isaac
Head Teacher



ARE YOU PASSIONATE ABOUT MAKING A DIFFERENCE?

If you would like to choose an initiative to contribute towards, separate to what we are doing, please feel free to contact us directly and we can make this happen!



1 KD DAYS

Please continue supporting our
1 KD days **every Thursday!**

Yes, A little goes a long way, but a little more goes further.

PLEASE NOTE:

**NO TABLETS, MOBILES AND TOYS
TO BE SENT TO SCHOOL**



NO CANDY, CHOCOLATE OR CHOCOLATE ITEMS TO BE SENT TO SCHOOL



SICK STUDENTS

Out of common courtesy for others, please do not send your child to school if they are sick. Please be aware that our school nurse does come around daily to the classrooms to check temperatures and for any contagious symptoms such as coughing, wheezing and runny noses.

We will send children home who are unwell.
Thank you for understanding.



RB Land Line

Please note that RB has a land line. Should you wish to contact the school via this avenue the number is the following:

2523 9696



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