

NEWTON NEWS

NBA Primary Newspaper Issue 1 / December 2021



Catch up with
NBA Term 1

Inside: New Teacher Exclusives

Meet the teachers behind the mask...

Healthy Lunch Guide

Is your packed lunch healthy and nutritious? Do you want to know more about the benefits of a healthy meal on learning?

Page 2

Learning through Gaming

Videogames and learning? You can find out exactly how videogames can teach you coding, programming, mental arithmetic and much more!



Princess
Page 9

Is it brain food or lame food?

This term, we have seen a lot of good and bad packed lunches and it's made all of us wonder... What should be in your packed lunch?

Here at NBA we are a healthy eating school, this means we encourage healthy eating and a balanced diet.

Healthy food boosts the immune system and helps improve concentration. **BRAINFOODS** like; egg, Greek yoghurt, fish, blueberries and oranges; have been shown to help children's learning.

LAME food like; fast-food; chicken nuggets, fries, burgers etc. contain excessive fat and high sugar resulting in sluggishness and other harmful impacts. Junk food lacks the nutrients vital for keeping the brain alert.

The importance of packing a healthy lunchbox is immeasurable. Kids are more alert and focused when they're fueled with healthy food. Unhealthy lunches tend to be high in saturated fats and sugars, this means children struggle to focus in class and it can lead to health problems.



Ask your teacher, they will tell you that they can see a difference in those with healthy diets and those with unhealthy diets based on their work and concentration.

To conclude, having a well-balanced diet and a healthy lunchbox is very important. Help your body and help your learning – eat healthy at school!



Written by
Mr Hyndman
PE Teacher

Here's what Science says you should be having for lunch!

Healthy lunches and snacks are important for active children. Eating healthy food helps children concentrate and learn. Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy, and carbohydrate foods.

However, healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to help choose and prepare their own lunch. They might like to make a list of the foods they enjoy.

Diversity at NBA

Equality and diversity is the concept of accepting and promoting people’s differences. The fundamental goal when promoting equality is to raise awareness and make sure that all individuals are treated **equally and fairly**. This is regardless of their age, gender, disability, or race.

When you promote **diversity** in the classroom, you can use a range of activities and principles to help students recognise and **respect** people’s differences, creating an **all-inclusive** atmosphere. The promotion of diversity and equality in education is paramount for both students and teachers.

**Look at how many different nationalities we have at NBA!
Can you find your flag?**



The goal is to create an inclusive classroom environment – a safe place without prejudice – where students have the opportunity to thrive. Successfully teaching and raising awareness of diversity works to highlight individual characteristics and traits that make people unique rather than different.

Bye bye Zoom, we won't miss you!

On the 30th of October, teachers, parents and students were delighted to hear we were returning to school.



Learning online was challenging, we still learnt everything we needed but hopping through different zoom meetings and battling with computers is nothing like being in school.

Even though we were back, there were still a number of rules we needed to follow to ensure our safety.

No more lie ins, no more late nights. We are up and ready for school by 6:30... Maybe there were some good parts to Zoom.



We know that it was a total surprise for most parents. It was a good idea but most of us prefer being in school.



It was a great choice from the MOE to make that happen. What a CHOICE! Children were thrilled and parents could be confident their children were not missing anymore school. It was tricky to adjust but we all managed to adapt and keep on track with our learning.

Many children and parents had worries when we were due to return. But it has been an easy transition, children adjust, teachers adjusted – all whilst staying safe.



School is a little different now, but we all understand that the changes are for our own safety. We now have a temperature check in the morning, we all wear face masks, always maintain a safe social distance when lining up, as well as when we are in the classroom. We eat our lunch in the classroom before we go outside for walks. Our classroom doors are always left open for extra ventilation, and we all go home at different times to keep the gatherings small.

These are all minor changes to the school day that end up having a big impact on our safety and our community's welfare.



Written by
Yahya

Year 6

Undercover Heroes of NBA!



Our teachers put in a lot of work for us but there are some other very important roles in NBA which you may not know about. We have a few of those roles that we really want to thank for everything they have done for us.



Written by Zara

Name: Mr. Thapa
Role: Reprographics Department (Mr Printer)

Mr. Thapa is from Nepal and has been working in Newton since the school started! He photocopies, makes books, sorts notepads and even fixes the printers. If Mr. Thapa was not here, the teachers would have headaches from trying to work our high-tech printers all day.

Apart from school, Mr. Thapa likes to travel and visit Qatar's landmarks; meeting new friends and people from around the world. We all owe a huge thanks to Mr. Thapa!



Name: Ms. Zeny
Role: School Nurse

Ms. Zeny is from the Philippines and has been working here since NBA started! Ms. Zeny provides health support to both students and teachers. She checks on children's wellbeing and informs parents of any medical cautions or advice. Without Ms. Zeny students would not be able to receive medical support in school and any minor medical issues could interrupt our learning.

Besides school, Ms. Zeny likes to read a lot of medical articles and watch television, she recently enjoyed James Bond! We should all take a moment to thank Ms. Zeny for her massive contribution towards our learning and safety.

Name: Ms. Marife
Role: HR Support

Ms Marife is from the Philippines and has been here since the start. Ms. Marife is like the secret boss of NBA! She helps management recruit teachers from all over the world, as well as looking after them once they arrive. Without Ms. Marife, everyone would be running to management asking what to do, it would be a huge mess!

Out of school, Ms. Marife has a cooking spirit within her. She has two cats and 3 children; two are adults and one is still studying.

Once again, we all should give Ms. Marife a huge thanks!



What's going on in Early Years?

Catch up with all the latest in EYFS with Ms. Lockyer our EYFS Coordinator.



Where has the time gone?

What a great start to the year EYFS have had! Term 1 has been filled with fun, exciting and engaging learning from day one.

We have covered a range of topics such as, 'All About Me', where the children learnt about their families and compared homes around the world. 'All About Nature', where the children looked at different animals, their life cycles and compared animals in Qatar to those found around the world. 'All About Transport' - Transport in the past and compared it to transport in the present, they even had a go at creating their own bus! Finally, 'All About Celebrations', where the children have learnt about different traditions and how these can be celebrated.

To enhance our learning further, we have also celebrated several event days. One of our favourites was science day, it was a fabulous hands-on experience for all students. The children had a colourful day as they completed a number science experiments based around colour. They made water walk from one cup to another, watched as the colours mixed and they observed what happens to colour if you mix skittles with milk.

A massive thank you must be said to all of the parents for helping the children settle into school. Their support ensuring all COVID-19 protocols are followed has been amazing. Thank you parents and teachers, for making Term 1 such a success!





Behind the masks...

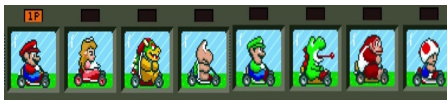
Get to know some of our new teachers.

Mr Hawthorne – Year 2

I'm here to tell you some cool facts about myself. This is not my first trip away from home. I spent six months studying in Portugal. My time there was absolutely amazing! I surfed, ate hundreds of "pastel del natas" (a local delicacy) and made friends from all over the world!



I'd like to tell you about some of my favourite things. My sport is football, I once went to the Nou Camp to watch Barcelona play, and I also love table tennis and basketball. My favourite movie is Avengers: Endgame, by far. I will always remember going to the cinema for the opening night with my friends! It was a magical moment.



Another thing you won't know is I am amazing at Mario Kart! If Mr McLoughlin organised a whole school competition, I guarantee I would win. I'm that good...

Ms Maxwell – EAL Specialist

I'm the new EAL teacher for Years 1, 2 and 3 this year, I help children who are non-native English speakers. I have experience teaching in bilingual schools in both Ireland, Spain and now Qatar!

Before teaching I used to do a lot of acting – be it on stage or on-screen, I loved it all! I've been lucky enough to be a part of a variety of award-winning productions such as short films, touring plays and radio dramas. While I would like to return to acting someday, for now I prefer the action, drama and excitement of the classroom!



Ms Ruqayyah – Islamic Specialist



I am Ruqaya Albadrani Islamic teacher in Newton British Academy. This an exciting time to start in a new school and I am very happy to join to the wonderful team at NBA. I've enjoyed making lots of new friends and meeting the wonderful children of Barwa City! I hope this year is full of happiness and success.

Miss O'Leary – Year 6



Hi everyone. Something you might now know about me if that I am a twin (non-identical) and we are opposite in appearance and personality.

When I was in Primary school, I was scouted for the British gymnastics squad. I competed with them until I was 13.

I also auditioned for the Royal Ballet School and got a place but turned it down due to the intense training schedule.



Throughout my travels I have; swam with great white sharks, and ridden on an ostrich in South Africa, swam with turtles in Zanzibar, trekked with gorillas in Uganda, skydived in Dubai.

Parent Article!

Sanjeewa Jayanetti & Devika Amarasinghe

When we relocated from Sri Lanka, one of challenges for us as parents was finding a school. A school that suits our needs and expectations, a school that will develop our children into responsible adults and citizens in our ever-evolving world. After witnessing the steady growth of our two girls Divshi and Natharie, we feel confident in our decision to choose Newton British Academy seven years ago.



To us, NBA is one of the best British international schools in Qatar; not only because of the high quality facilities available for the children. The wonderful group of teachers inspire and engage our children with their well-developed teaching strategies and breadth of knowledge. Our children adore their teachers, as parents it is a good indication about their strong bond, and happy learning environment. Our children will remember these teachers for the rest of their life.

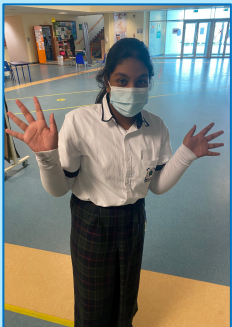
The effort of the academic and pastoral team to develop students beyond intellectual and emotional growth is admirable. The commitment of the team to make school a secure and safe place, it makes us feel as if our children are as safe as they would be at home.

Clear communication and regular updates from teachers to parents help us support our children with their education at home. We know that the teachers are only a fingertip away, because of their availability through parent communication hubs; ClassDojo, Fusion as well as emails. Simply put, NBA is the gateway to the future of our children. We wish everyone at NBA the greatest success.

House Achievements!

Check out some of the fantastic achievements from around the school for their house.

Edison



Ishal - Year 6

Well done to Ishal for achieving 100% in all of her spelling texts since the beginning of the year!

Wright



Rehab - Year 3

Huge congratulations to Rehab for winning the Year 3 Art competition. Her artwork depicts the importance of responsibility.

Curie



Zayan - Year 5

Another congratulations is due to Zaid in Year 5 for a wonderful project. He's created a 4000-year-old tomb from Scotland.

Bell



Ella - Year 4

Congratulations to Ella for an exceptional piece of artwork representing the school value of 'accountability'.

Try your best next term and see if you can be in the next edition!



Here's some skills popular games can teach you!

Minecraft is excellent for helping teach coding. There is a super cool, free resource called 'hour of code' which gives you an hour of coding practicing when playing Minecraft!



Give it a go, I promise it's really fun!

Assisted by Princess.
Year 6

What does the research suggest?

If you research the impacts of video-gaming you will find a number of studies that suggest these benefits:

1. Video Games teach problem-solving skills.
2. They inspire interests in history and culture.
3. They help children make friends.
4. Often, they encourage exercise, children want to try out new tricks or games they play online.
5. They let children share the joy of competition. Learning to win and learning to lose.
6. They give children the chance to develop leadership skills
7. They spark creativity.
8. Videogames give children opportunities to teach, which in turn helps them develop a wide range of life-skills.

HOWEVER

Children need to manage their screen time – a small number of children can play obsessively and disrupt their sleeping pattern. Children should be completing a variety of other activities and doing plenty of exercise.



TT Rockstars is of course brilliant at teaching children their timetables and enjoying friendly competition with their peers.

Timetables are pivotal to understanding multiplication and division, children struggle this area if they do not know their timetable facts.

Top tip from TT Rockstars Champion Mohammed – “If you play on a phone, you can answer quicker and score more points.”

Roblox teaches kids creativity. Unlike most other games, which are usually more focused on a linear narrative and a single, driving story, Roblox is primarily about creating and crafting games and environments.



Roblox teaches children coding and programming. Many of the top companies and big employers today require a knowledge of coding and programming. Roblox is a great resources for introducing children to coding and teaching them how to write code and program systems.

Roblox teaches kids mathematics. Coding and mathematics often go hand in hand, with one often helping to strengthen the other. However, when either are taught within a more academic environment, some kids can become disengaged, this is an excellent way to learn mathematics.

If you would like more information on how to keep your children safe whilst gaming online please visit: <https://www.thinkuknow.co.uk/parents/articles/gaming/>



Our School Council have been working very hard this term to make a difference within our school. They have met with Ms Rafferty to organise painting the walls in the outside amphitheatre. This initiative will celebrate the artwork of our students and the values of NBA. Thank you to all School Council Members for all of your hard work. Below you can read all about our wonderful Year Group Representatives from Year 1 to 6.

Daniel - Year 1



I am in Year 1 Yellow. I love coming to school and learning with Ms White. It is my first time in the school council and I am excited to share all of Year 1's ideas.

I am in Year 2 Blue and my favourite subject is Qatar History.

I am very excited about being on the school council because I can help make changes to our school to make it even better.



Aahil - Year 2

School Council

Meet the team and find out what your school council representative has been doing for you this term!

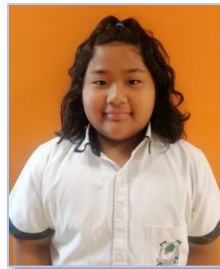
I am in Year 3 Green and my favourite subject is English.

I am looking forward to being on the school council because I want to help other people and I want to make good changes to the school.



Rehab - Year 3

Audrey - Year 4



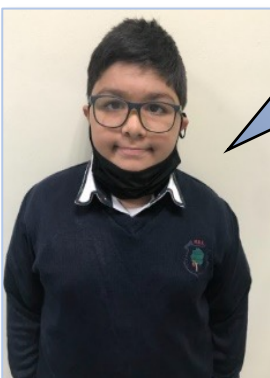
My favourite subject is Maths. I love learning about multiplication and division. My favourite thing about school is all the fun days we have like sports day. I am really excited about being on the student council and this is my first year. I hope that our student council can make fantastic changes to make our school even better!

My favourite subject is Maths. I love learning about multiplication and division. My favourite thing about school is all the fun days we have like sports day. I am really excited about being on the student council and this is my first year. I hope that our student council can make fantastic changes to make our school even better!

Navindu - Year 6



Moiz - Year 5



I am in Year 5 Blue and my favourite subject is Maths. I am so excited to be on the School Council because it is my first time and I want to make a difference to the future of NBA.



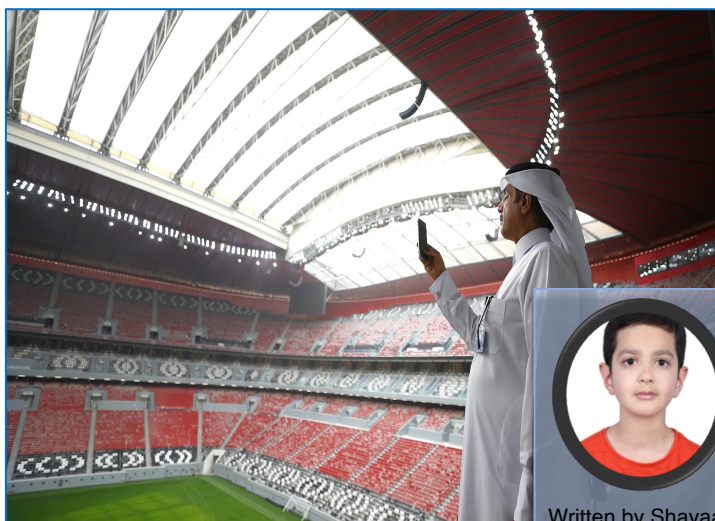
This time next year Qatar will be hosting the FIFA World Cup 2022; this tournament is going to be played in late November till mid-December to avoid Qatar's summer scorching heat, and the first time ever for FIFA World Cup.

Qatar has been preparing for this moment since December 2010, and now they only have a year to wait, it will become the only Arab state to host the FIFA World Cup.

The matches will be played in 8 separate stadiums in 4 cities. Lusail stadium is going to be hosting 10 matches, including the final as it has a capacity of 80,000 seats.

FIFA's first ever **demountable stadium** has been built in Qatar, the stadium's bowl avoids the need for air conditioning, as its architecture means it is natural ventilated. Much of the structure is made from recycled steel and shipping containers, this shows Qatar's greener aspiration.

The first World Cup in the Middle East!



Written by Shayaan

Each Qatar's stunning stadium will be unique, inspired by history and culture, allowing world spectators who can't attend, feel like they're there.

We aspire to have an extraordinary World Cup" – Emir of Qatar. In 2017 Sheikh Tamim confirmed that the tournament was **for all Arabs** and not just Qatar.

Ms Cooper

Deputy Head of Primary - Academics

Dear Students and Parents,

We have made it to the end of Term 1! We are so happy to have all our students back together, working collaboratively and enjoying their learning. This term, we were hooked into learning with our exciting 'hook' lessons and celebrated our new knowledge through our 'celebration' days. Thank you to our brilliant coordinators and teachers who planned and delivered exciting and engaging lessons to our students. We also celebrated English week and Science Day, where students came to school dressed as 'punctuation', 'adjectives' and 'mad scientists'. We are so happy to have all our students back together, working collaboratively and enjoying their learning. Well done for all of your hard work and engagement throughout Term 1. Have a great break, enjoy spending time with your families and be excited for more learning in Term 2.



Newton
British Academy Barwa City

"AN INTERNATIONAL COMMUNITY OF LEARNERS STRIVING
FOR EXCELLENCE AND CELEBRATING SUCCESS"

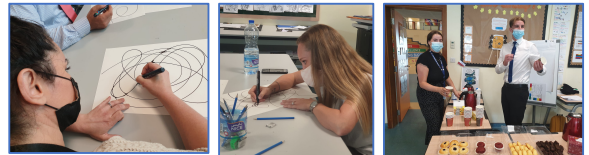
On **Monday 11th October 2021** at NBA, we celebrated **World Mental Health Day**, we celebrated the Wellbeing Week where our main focus was Diversity, Anti-Bullying and Kindness. Students and teachers were invited to wear odd socks on Monday 15 of November to celebrate how we respect uniqueness at NBA.



Wellbeing Week!

Wellbeing– *(noun) the state of being comfortable, healthy or happy.*

What does that actually mean? What one person feels is their perfect state of wellbeing, may be completely different from others. People all have different goals, ambitions and personalities. Healthy mental wellbeing requires a balance in different elements of our lives, for example: physical, emotional, social, spiritual, intellectual, and economic



- Connect** – Talk and listen to others and live in the moment.
- Be active** – Do what you can and enjoy what you do.
- Take notice** – Remember the simple things that give you joy.
- Keep learning** – Embrace new experiences.
- Give** – Give people your time, your words and your presence.

There is a direct link between academic achievement and wellbeing. Wellbeing is a prerequisite for achievement and similarly our sense of accomplishment is essential for wellbeing. Maintaining a healthy diet along with regular exercise improves our ability to learn, concentrate and build supportive relationships. Positive wellbeing, provides students with the emotional resources to explore new ideas, build relationships develop different ways of thinking – a valuable skill throughout education and life.

Written by
Ms Sofia

School
Councillor



Thinking about our staff and how challenging being abroad can be, we created a **Teachers Connect Support Group** where volunteer teachers kindly shared their precious time to be available to anyone who needs a *listening ear* during difficult times.

Ms Julies

Deputy Head of Primary - Pastoral

Dear Students and Parents,

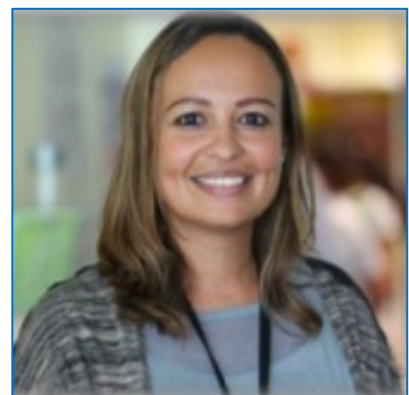
As we reach the end of this term, it is strange to think that a year ago school was totally different, it was quiet. Now the corridors are alive with laughter and students transitioning between lessons. I would like to extend my pride and admiration in how our school community has worked together, in the face of change and challenges - adapting to 100% attendance and continuing with ongoing support of your child's education as usual. Our pupils have transitioned well and embraced the learning opportunities and experiences which have been captured in this term's Newton News. I hope you enjoy this issue.

We are looking forward to Term 2 and the introduction of our student wellbeing website. A big drive in Term 2 will be to further embed Healthy Eating at NBA and developing healthy habits that will complement student progress and attainment.

Have a restful break and enjoy spending time with your family. I look forward to seeing you in Term 2.



"AN INTERNATIONAL COMMUNITY OF LEARNERS STRIVING FOR EXCELLENCE AND CELEBRATING SUCCESS"



Mr Hutchin

Head of Primary

It has been a wonderful action packed Term 1 at NBA. All of the students have returned to full time education. The teachers and students were super excited and the school became a more vibrant and fun place to teach and learn.

We have celebrated the students amazing achievements throughout Term 1 in our weekly celebration assemblies and VLOGS via dojo and Fusion. We relaunched our school houses with a competition and information videos. The students are more aware of the house reward system and have been enjoying competing against each other. Science Day was a major success, the children worked hard at home to create an experiment presentation for their classes, applying skills that they gained from school. It was fantastic to see the children leading their learning in this way, and a joy to see the independence and confidence displayed across all year groups.

With the students lack of social interactions over the past two years, greater emphasis was placed on 'Wellbeing Week' this year. This was an opportunity for the NBA community to promote a range of important social topics and help all of our children develop the social understanding needed to interact with each other effectively.

Parent communication via our weekly VLOG, parent letter, workshops, and academic hubs have allowed us to promote closer ties between home and school. We will develop these relationships further in Term 2 so that all stakeholders are immersed in the learning journeys of the children. NBA has endeavoured to promote the school and celebrate success using social media platforms (Facebook and Instagram). If you have not already done so, please take the time to join and become part of our digital family using the QR code below.

Finally, I would like to say a massive thank you to all of our students at NBA for their hard work and resilience demonstrated during Term 1. A special mention to our student leadership team of prefects, council members and ambassadors, who all contribute to making NBA a fun and exciting place to learn and grow.



Special thanks to all the staff, parents, and children who made the newspaper possible:

Ms Lockyer	Mr Hawthorne	Maaz	Audrey
Mr Hyndman	Ms Sofia	Princess	Moiz
Mr Thapa	Ms Jayanetti	Yahya	Navindu
Ms Zen	Mr Amarasinghe	Zara	Shayaan
Ms Marife	Ms Cooper	Daniel	Ishal
Ms O'Leary	Ms Julies	Aahil	Zayan
Ms Raffety	Mr Hutchin	Rehab	Ella



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