



2016-17: October

Issue  
No. 2

# NEWSLETTER

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## FROM THE PRINCIPAL

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Dear Parents and Guardians

It has been a very fulfilling and completely new start to the year for students who have settled back into school amazingly quickly. We are pleased to inform you that new staff and we would like you to join us in welcoming all the new staff to the Al Manahil Community. They too have eased into the school well and are looking forward to meeting you at the parent induction and meet the teacher events. During this event you will have the opportunity to meet your child's homeroom teacher and gain information about their new grade/class.

We will henceforth be sending a whole lot of informations, including newsletters. Please check your junk and spam inboxes – if our mails are being sent to these locations, please add the Al Manahil email address to your contacts list as this will ensure future emails are received in your inbox. If you do not received any email or text messages, please contact Reception with your updated details. All newsletters and the content of most messages are repeated on the website so this is a useful source of information.

We wish to retain our goal of being a healthy school this year and would ask that snacks and lunches are healthy. We would also remind you that we a nut-free school.

Please feel free to contact the principal at [joseph.almanahil@gmail.com](mailto:joseph.almanahil@gmail.com) with any general operational concerns or issues and it will be followed up with the appropriate member of the school management team for their response and action.

### Uniforms and Notebooks

The daily and PE Uniforms have been distributed. You are encouraged to buy them at the earliest, in case you haven't done so yet.

Copy books are branded and should be purchased from the school store. If you have surplus books from last year, you can top up your supply from the store or uniform shop who can inform you of the requirement for your child's grade.

### Tardiness

It has been observed that in spite of repeated warnings, a few students continue to come in late. Please note that repeated late coming will hamper the academic work of your child and will be taken very seriously. Please be reminded that all students are to be in school by 7.50 a.m.

### Drop and Pick

You are encouraged to drop you child to school at 7.05 a.m., the earliest and pick them up from school by 2.30 p.m. (Grades 1 – 10), the latest. Parents coming in later than that are to sign the late pick up sheet before you take your child.

Please remember for the children's health and safety we request that you inform the school before 1.30 pm if you wish to collect them early or do not wish them to travel on the bus. There is no **early collection** between 2 and 2.30 pm. If you cannot collect your child by 2 pm from Reception, then you must collect them from their pick up point. School ends at 2.00 p.m. With many children on parent pick up this year, it is taking us longer to assemble the children to their pick up points. Kindly be patient and wait in your cars until we open the gates at 2.00 p.m. and close at 2.40 p.m.

## Lost Property

Students tend to leave their lunch boxes, water bottles and other personal belongings. Please note that we plan to have a box where all such items will be kept. Please remind your child to check this box and pick up the lost item, if available.

## Healthy Eating

It is important to teach children to eat the right food for a long and healthy life. The earlier we start the better. To help your child develop healthy eating habits we encourage you to send a healthy snack and enjoy this snack during their scheduled breaks.

To support this initiative, please try to pack the following in the lunch box of your child for lunch and snack.

- ✓ Sandwiches: Brown bread sandwich of labne (strained yoghurt), cheese, etc. If you like, you can flavour it with a little Zaatar (Oregano) for a variety. Avoid meat as it can go bad easily.
- ✓ Vegetables: Carrots, broccoli, cucumber, tomatoes or peas. Remember that all these much be washed thoroughly before packing.
- ✓ Water: Avoid juices. A little juice once a day in the morning is more than enough. Excessive consumption of sweet drinks can be a contributing factor to the development of childhood diabetes.
- ✓ Fruits: Fresh fruits such as banana, plum, orange, mandarin, apple, kiwi or strawberries would be ideal.

Please be careful to avoid food items such as chocolate, lollipops and chewing gum, sweet drinks that have a lot of sugar and may start early diabetes.

Here's a healthy snack recipe for you to try.

### Creamy Avocado & White Bean Wrap

Ingredients 4 servings

2 tablespoons cider vinegar	1 tablespoon canola oil
2 teaspoons finely chopped capsicum	
1/4 teaspoon salt	2 cups shredded red cabbage
1 medium carrot, shredded	1/4 cup chopped fresh cilantro
1 15-ounce can white beans, rinsed	1 ripe avocado
1/2 cup shredded sharp Cheddar cheese	
2 tablespoons minced red onion	
4 8- to 10-inch whole-wheat wraps, or tortillas	

Whisk vinegar, oil and salt in a medium bowl. Add capsicum cabbage, carrot and cilantro; toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.



## Discipline

We would like you to speak with your children regarding the importance of exemplary behaviour and discipline both at home and school. When both the parents and the school speak the same language, we can be rest assured that there will be a transformation.

## Academic Concerns

Please meet with our Academic Director in case you have any concerns.

## School Website

Please log on to the school website, which is, [www.almanahil.sch.ae](http://www.almanahil.sch.ae) where you will have information regarding various aspects. You are also encouraged to read up the policies that have been posted on the site.

If your child is a student of Al Manahil, and has passed out or if you know any child who is an ex student, please ask them to log on to the website, and register themselves as alumni of the school. We would love to hear from them and plan to organize an Alumni meet, when we have enough members on board.

## Extra-Curricular

The new sports facility of the school is now open for extra-curricular time. The following sports will be available for after school activities:

- Grades 6 – 10 Boys: Football
- Grades 6 – 10 Girls: Basketball
- Primary School: Chess

Please fill in the sign-up sheet that will be sent to you on 17<sup>th</sup> October, 2016.

## CORE COMPETENCIES

The coming focus is on

## Collaboration

