

# PTA NEWSLETTER

ALBAYAN BILINGUAL SCHOOL



## Welcome Note

Dear Students, Teachers and Parents,

It is our pleasure to welcome you all back to school, and we sincerely hope you had a safe and relaxing summer.

As the newly elected PTA for the 2017-2018 school year, we are excited to be an active part of the vibrant BBS community and look forward to organizing a wide range of activities that will include social and educational development workshops, charity drives, externship opportunities with community partners, and many other exciting events that will seek to bolster school spirit and foster active community members.

Our efforts will only be possible through your support, so please consider volunteering with the PTA for any of our upcoming activities. You can contribute as often as your time allows, as any support is welcome. We look forward to hearing from you soon! Email us at [pta@bbs.edu.kw](mailto:pta@bbs.edu.kw) for more information on how to volunteer, or for a list of our upcoming activities.

1

### COMMUNITY

The PTA will seek to engage and strengthen the BBS community throughout the year.

2

### EVENTS

The PTA will host workshops and lectures relevant to students, teachers and parents.

3

### FUNDRAISING

The PTA will endeavor to raise funds for the school, ultimately serving the BBS family.



### Contact Us

Reach out to the PTA by following us on Instagram or sending an email.



### PTA Instagram

Follow us on Instagram @BBSPTA



### PTA Email

Email us [pta@bbs.edu.kw](mailto:pta@bbs.edu.kw)

## Used School Uniform & Supplies Collection

Drop off your child's old school uniforms and supplies, and the PTA will deliver them to children in Kuwait that are in need.

As one of our first initiatives for the 2017-2018 academic year, the PTA is organizing a used school uniform and supplies collection drive. We are also accepting school supplies, such as pens, pencils, crayons, rulers and scissors, as well as backpacks.

Boxes will be located at both the Jabriya and Hawalli campuses, and the uniforms / school supplies will be collected by the PTA from these boxes and delivered to families in Kuwait.

As our children outgrow their school uniforms and they are replaced with a new set of uniforms, we often do not know what to do with the used clothing. As long as the uniforms are in good condition, without any tears and



are clean, we will accept them as part of our collection drive. All school supplies and backpacks should also be in good condition.

Thank you for your support!

### Box Locations

**Elementary School Lobby  
(Hawalli)**

**Nursery School Lobby  
(Jabriya)**

### 2017-2018 PTA MEMBERS

Dr. Mai Khalaf - President, Nursery Parent

Ms. Noha Al-Awadi - Vice President, Middle School Parent

Ms Aljazi Al-Mishwat - Treasurer, Elementary Parent

Ms. Najwa Al-Bisher - Elementary Parent

Ms. Aishah Alsaad, Nursery Teacher

Ms. Amber Safir, Kindergarten Teacher

Ms. Fedaa Al-Tayeh, Elementary Teacher

Ms. Wafaa Al-Zubaidi, Elementary Teacher

Ms. Suha Abu Dawoud, Middle School Teacher

Ms. Maha Bader, High School Teacher

# ADJUSTING 101

## Tips for Parents on Making the Transition Stress-Free

### Settling In

The first weeks of school are a time to help your child adjust to the routines, get excited about learning, and become more independent from you. Here are some tips, from [www.ps.org](http://www.ps.org), on how you can help make the transition easier.

### Get to Know the Teacher

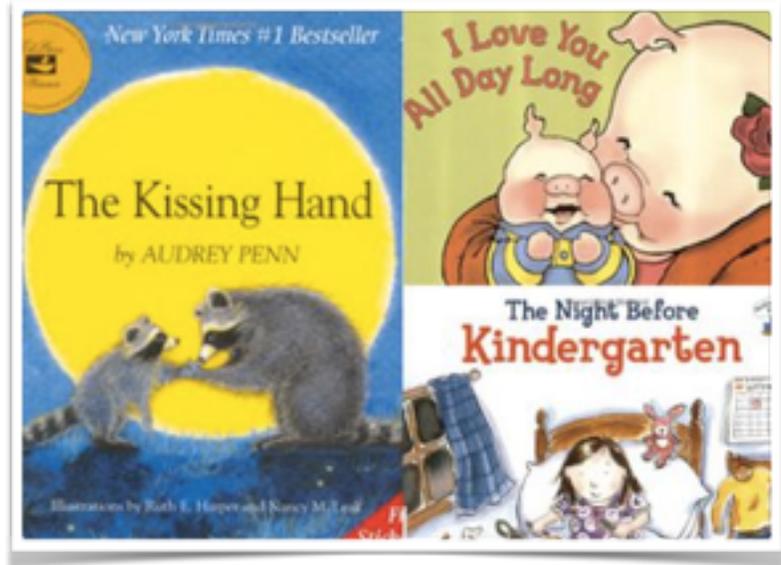
The faster you can establish a positive relationship with your child's teacher, the faster your child may adjust to the new surroundings and become independent.

### Remind Them About the Fun Stuff

If your child says, "I don't want to go," remind him or her about the fun stuff.

### Attend School Events

Go to school functions and volunteer for PTA activities. This will give you the opportunity to meet teachers, as well as other parents.



## Reading: Transition Therapy

Shannon Choe, founder of Premier Baby Concierge, says that fictional characters have a way of making difficult situations easy since they always have a happy ending. These stories can give you a natural opportunity to share any fears, and often have key kid-friendly phrases that parents can use to reassure their children. Here's a few to choose from: *I Love You All Day Long*, *The Kissing Hand*, *Go Home, Mrs. Beekman*, and *The Night Before Kindergarten*.

(Source: [www.parenting.com](http://www.parenting.com))





## Ease the Transition into Pre-K

These tips by Anne Densmore, Ed.D, were published on the Harvard Health Blog at [www.health.harvard.edu](http://www.health.harvard.edu).

1. Try some play therapy at home. Small figures, stuffed animals, or puppets will do. Have your "actors" experience a transition to a new place. Don't forget to "act out" coping strategies, for example, "Mr. Elephant feels scared. So what can he do? Maybe he could tell his teacher!"
2. Talk about the transition to your child in a positive way and try not to let your own anxiety about the change show too much.
3. See if you can find out some of your child's new classmates, and set up a play date.
4. Tell your child how you felt when you had to go to pre-K, and what made you feel better and how it turned out okay.
5. Ask your child's siblings to tell her / him about their experience.

## Benefits of a Bedtime Routine

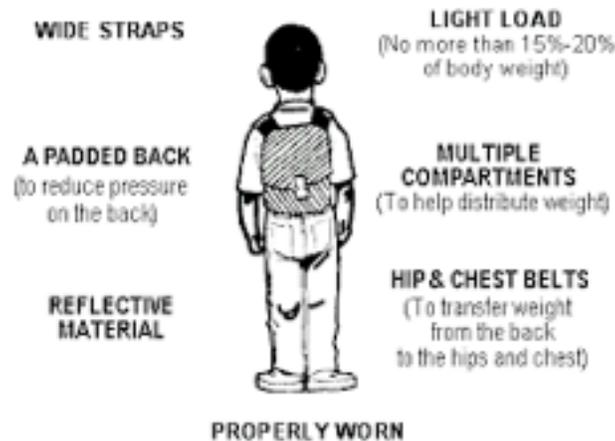
One of the most important things a parent can do to help their child ease into their school routine, is to make sure they are getting sufficient sleep at bedtime. The tips below are from [www.kidshealth.org](http://www.kidshealth.org).

- Include a winding-down period during the half hour before bedtime.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Keep consistent playtimes and mealtimes.
- Make the bedroom quiet, cozy, and perfect for sleeping.
- Use the bed only for sleeping — not for playing or watching TV.
- Limit food and drink before bedtime.
- Allow your child to choose which pajamas to wear, which stuffed animal to take to bed, etc.
- Consider playing soft, soothing music.
- Tuck your child into bed snugly for a feeling of security.



# BACKPACKS 101

## How to prevent back pain and injury from heavy bags



One of the best ways parents can help reduce the chance their child or teenager will suffer back pain due to carrying a backpack, is to look for **backpack design features** that help reduce the chance of back pain:

- Lightweight material (canvas as opposed to leather)
- Two padded, wide (2-inches), adjustable shoulder straps on the backpack
- Padded back
- Individualized compartments
- Hip strap, waist belt, or frame to redistribute the weight of the backpack from the shoulders and back to the pelvis
- Wheels so that the backpack can be pulled, rather than carried
- Consider using a separate bag for the child's laptop or other heavier items

By John J. Triano, DC,  
PhD, as published on  
[Spine-Health.com](http://Spine-Health.com).

Teach your child how to **properly load and wear the backpack** to avoid back pain:

- Always use both shoulder straps and wear the backpack on the back, rather than over one shoulder.
- Pack heaviest objects into the backpack first so they are carried lower and closest to the body.
- Fill compartments so that the load is evenly distributed throughout the backpack and items do not shift during movement.
- Pack sharp or bulky objects in the backpack so they do not contact the back.
- Adjust the straps to fit the backpack snugly to the child’s body, holding the bottom of the backpack two inches above the waist and keeping the top just below the base of the skull; do not carry the backpack low near the buttocks.
- Lift the backpack by using the leg muscles and keeping it close to the body, not by bending over with arms extended.

**Coach your child to carry only those books needed in the backpack, leaving unnecessary items at home and making frequent trips to his/her locker during the day.**

-Do not lean forward when walking; if this is necessary, there is too much weight in the backpack.



Consider applying a guideline backpack weight limit as a percent of the child’s body weight.

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The American Physical Therapy Association suggests 15-20%; the American Chiropractic Association advises 5-10%.

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*TRAIN YOUR CHILD TO CLEAN OUT THEIR BACKPACK AT LEAST ONCE A WEEK.*

# LUNCH-BOXES 101

## A Guide to Help You Pack a Healthy and Filling Lunch for Your Child

### Insulated Lunch Boxes

In order to beat the heat and make sure your child's food remains fresh, make sure you are using an insulated lunch box. This type of bag will help keep the food chilled until lunchtime.

### Ice Packs

Use icepacks to keep food cool in your child's lunch boxes. This is especially important if you are providing your child with fruit and vegetables. Certain sandwiches may also be affected if your child's lunch box does not remain cool.

### Get Them Involved

Ask your child what they ate at school, and what they left out, and why. Get their input on what they'd like to have in their school lunch, and encourage them to help prepare certain items for their lunch boxes, such as carrot sticks or a bunch of grapes, in the evening before they go to bed.



## The Challenges Involved

Packing a school lunch is a challenge for several reasons. First of all, it is not easy coming up with new and exciting menu options each day. It is also very difficult to come up with new and exciting menu options that your child *will eat*, each day! Dietician Alaa Al-Mufarrej has shared four options of nutritious school lunches to prepare you for the new school year:

- Turkey sandwich in whole wheat bread + 1/4 cup raw carrots + 1 green apple + 1 bottle water
- One half small cup of fool madams + 1/4 Lebanese bread + green salad with olive oil and lemon dressing + 1 cup orange juice
- Mixed vegetable pasta with 1/4 cup chicken + 1 cup of full fat yogurt + 1/2 cup pomegranate juice + small portion of melon
- Hamour fish fillet + 1/2 baked potato + tabouleh salad + 1 cup of water + 2-3 fresh dates.

These are general recommendations, Al-Mufarrej explains, and healthy diet programs should be prescribed according to the medical history needs, age, and allergies, of each child. For more information on healthy eating, email Alaa Al-Mufarrej at [RecoveryNWellness@gmail.com](mailto:RecoveryNWellness@gmail.com).



## The Perfect Lunch Box

Clinical and weight management dietician Bashayer Albader has a few guidelines on how to create a nutritionally balanced school lunchbox:

- Buying a bento-style lunchbox is better than individual packing because kids are visual. If everything is laid out in front of them, they are more likely to eat a variety, than just their preferences.
- Choose foods that are colorful, studies have shown that if a plate consists of more than two colors, it satisfies the appetite much faster than monochromatic food choices.
- Cut fruits and place them on a wooden skewer; kids are more likely to eat peeled and cut fruits than whole ones.
- Pick fruits and vegetables high in water content to stay hydrated, such as watermelon, cucumber, cantaloupe, grapefruit, cauliflower, cabbage and sweet peppers.
- Make sure all plastic containers used are BPA-free.
- Cover all the major food groups (protein, carbohydrates, fruits, vegetables and grains).

For more information on healthy eating, email Bashayer Albader at [ask.bashayer@gmail.com](mailto:ask.bashayer@gmail.com).

## *Practicing healthy eating early on*

Practicing healthy eating should be a skill that is instilled early on in our children, so as they grow they become accustomed to nutritious and healthy foods. “By following a healthy diet during early childhood, nursery and pre-school age children will learn to develop a routine that provides them with healthier, lifelong eating habits,” explained clinical dietitian Balqees Al-Awadhi. Packing a healthy school lunch, she added, can also mean a more fun school lunch for your child.

“Add more color to your child’s day by including fresh fruit and vegetables in their lunch boxes, to ensure they are getting their daily dose of vitamins fibre and minerals,” Al-Awadhi commented. She also suggested packing milk instead of fruit juices, an alternative that would “help ensure that your child is receiving the vitamins and minerals needed for healthy bone growth and support.”

Another healthy suggestion is to replace white toast in sandwiches with wholegrain breads, Al-Awadhi says, “which may help lower your child’s cravings for sugary foods, as wholegrain are an important source of fibre.”

Following a healthy diet does not end at school, Al-Awadhi concluded, as children love to mimic their parents and siblings, so try to make healthy eating a lifestyle that the entire family can engage in together.

For more information on healthy eating, email Balqees Al-Awadhi at [balqees.alawadhi@gmail.com](mailto:balqees.alawadhi@gmail.com).

