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MOSAIC

IES DEPARTMENT, DUBAI SCHOLARS PVT. SCHOOL



Inclusion to me has always been the strength that any school can possess.

Now coming to the burning question in every educator's mind - How do we make Inclusion effortless at school? To me, it's more about crossing the divide and looking at all as one diverse group of individuals, with varied potentials, striving to work in perfect harmony seeking growth and learning. Our role as educators is to create an inclusive environment by removing barriers so that everyone can be a part of the learning journey. I have been promoting inclusion in various ways, through buddy reading - enhancing confidence while reading, modifying curriculum so as to suit the needs of all learners within a single period or sometimes by cheering for my kids, watching them learn the best way they would choose to!



Candice D'souza
Coordinator Yr1

Parent Teacher Collaboration: The corner stone of effectively supporting students with learning difficulties.

"Parental Involvement" is a broad term which includes several forms of participation in the education of one's child and school activities. The most important one being the parent's role in taking forward the students learning goals at home - especially children with a learning difficulty. The drill and practice provided when skills/content taught at school are reinforced at home, the students get the required exposure, which in turn helps retrieve and apply what was taught. The feeling of "knowing" something builds the students' self esteem - a vital component of personality development. Hence the strongest allies in the education system are parents and teachers who undoubtedly have a positive impact on a child's learning and over-all development.



Shalini Fernandes
Learning Support
Educator



World Para Athletics

It was a proud moment for our school to see the Senior Students fulfill their social responsibility by volunteering at the World Para Athletics Championships Dubai 2019, a global event with participants from 130 countries, which ran from 01/11/2019 to 15/11/2019.

While sharing their experiences, a student said, *"The 9 days passed in the blink of an eye giving us enriching experiences that we will cherish for the rest of our lives."*





Celebrating a Special Day at a Special Place

A few Senior School students, their teacher, accompanied by the members of the IES team, had the privilege of visiting Manzil - a school for Students of Determination in Sharjah. We celebrated the UAE National Day at Manzil, with a short opening ceremony, games and interaction with the students there. It was indeed a special experience, with beautiful people, who have undoubtedly left their footprints on our hearts.



MINDFULNESS

• IS A SUPERPOWER •



Helpful Tips

How can mindfulness help children?

Mindfulness helps improve Social Skills and Communication.

Mindfulness exercises will help your child get in better touch with their thoughts and feelings. With increased awareness of how they're feeling in the moment, comes less emotional reactivity and a greater ability to listen and communicate more thoughtfully and effectively

"For children, mindfulness can offer relief from whatever difficulties they might be encountering in life," said Annaka Harris, an author who teaches mindfulness to children. "It also gives them the beauty of being in the present moment."

Fun 5 MINDFULNESS ACTIVITIES for children

by Big Life Journal

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



ACTIVITIES FOR KIDS