

September 9, 2022

Secondary update

Dear Parents,

At the end of our second week back, our students have now experienced a full cycle of their timetables and have had a chance to meet all their teachers and try out all of their new lessons. Next week we are looking forward to meeting as many of you as possible at our 'Meet the Tutor evening' which is taking place on Wednesday. The central presentation will start at 5.30pm followed by an opportunity for parents to meet the pastoral team who see the students for registration every morning. Mr Macpherson has included a quick note for the event below, and there is a quick link to fill in so that we are aware of numbers.



Below are some important notices and updates from across the secondary school including a message from our clinic team and the school counsellor. I would like to highlight that the students have conducted themselves superbly throughout the first two weeks of term and have set the tone for the year which has been fantastic to observe. Congratulations to the winners of our 'Exotic reading competition' (images shared below). For the students we had Benjamin Ajayi 8B and our staff award goes to Miss Quick. Prizes to follow next week.

I wish you all a peaceful weekend and looking forward to seeing parents in person on Wednesday.

Kind regards

A handwritten signature in black ink, appearing to read 'Jon Pennock'.

Jon Pennock

Message from Mr Macpherson – Assistant Headteacher (Pastoral care)

On Wednesday we will host our annual “Meet the Tutor Evening” this is an opportunity for parents to come on site to meet their child’s Form Tutor. The evening will start with a central presentation from the Senior Leadership Team, where we will speak about our culture, vision and values. Throughout the evening there will be a focus on the Pastoral Care we provide, including information about the support systems and networks we have in place, which, we feel, allow our students to excel.

At South View, we pride ourselves on our accessibility and ability to build and sustain excellent relationships with our parent body. It would be fantastic to see as many of you there as possible. This will be the first of many opportunities for parents to come on site and meet with key members of our team”

[Meet the Tutor Evening](#)

Mrs Gordon – Assistant Headteacher (Learning and Teaching)

‘Strong starts’ to lessons have been a focus for our teachers at SVS this term. We strive to have a calm and organised start to all lessons so that our students can begin a lesson with a positive attitude towards their learning. It has been great to see students entering classrooms quietly and respectfully, with the correct equipment, eager to find out more about the lesson ahead!

Secondary Learning Skills

This week students have been focusing on the ‘creativity’ learning skill. They have formed their own definitions, taken some time for mindfulness to develop their creativity and discussed who inspires them to be creative. We look forward to them bringing these skills into their subject lessons.



Message from the school counsellor – Mrs Benaud

Sleep and returning to school

Returning to school and resuming and adjusting to school routines can be a difficult time for many students. One of the biggest challenges faced by students following the school holidays can be the lack of sleep they are getting.

For children and adolescents sleep is vital for their overall wellbeing and development. Sleep supports healthy development of the body and mind, along with restoring the body and mind.

Children who do not get enough sleep could experience:

- Increased difficulty with learning, concentration and processing of information
- Difficulties with problem solving and emotional regulation (moodiness and irritability)
- Issues with friendships, relationships and communication skills
- Forgetfulness, poorer judgement and slower reaction times

This can increase the long term risk of students presenting with behavioural issues and lead to other mental health difficulties such as anxiety and depression, along with physical health issues.

According to the Australian Sleep Foundation, the amount of sleep your child needs changes as they age. Below is a guide on how much sleep your children should be getting.

- Children aged 6-13 years should ideally be sleeping for 9-11 hours, although anywhere from 7-12 hours may be appropriate for some children.
- Teenagers aged 14-17 years should ideally be sleeping for 8-10 hours, although anywhere from 7-11 hours may be appropriate for some teenagers.

So what can we do to support children with getting the vital sleep they need?

- Ensure the bedroom is a comfortable cool temperature, with minimal light and noise
- No TV, phones and tablets at least 30- 60 minutes before bedtime
- No drinks containing caffeine or soft drinks should be consumed later in the day
- Have a consistent nighttime routine
- Create a daily sleep schedule
- Avoid rigorous exercise in the evening

If these strategies don't work, check out some ideas from au.reachout.org below:

- Practise deep breathing. Inhale deeply through your nose for seven seconds. Hold for four. Then exhale slowly through your mouth for eight seconds. Repeat.
- If you're stuck in a half-awake, half-asleep state, get comfy, close your eyes and try to stay awake instead of falling asleep. This disruption can trick your brain into resetting itself.
- Escape into your imagination. Give yourself an imaginary task, such as building your dream house or exploring a new city, and walk yourself through it in your mind
- Warm milk or chamomile tea before bed can be calming for your body

For further information please refer to the sources used below:

Sources:

1. <https://au.reachout.com/>
2. <https://www.sleephealthfoundation.org.au/>
3. <https://worldsleepday.org/>

Cambodia trip - Camps International

Please see the attachment from Camps International about our overseas trip to Cambodia. Should you have any questions please contact Miss Coy stacey.coy@southview.ae at the earliest opportunity.

Message from the PE department

It has been an exciting and intense week for squad trials with an incredible number of very able students giving their all in the trial sessions.

Firstly, I would like to congratulate all those who have been selected for squads so far.

Those who have not been selected should be very proud of the effort and hard work they have put in as part of trials, understand that the competition for places has been extremely high but unfortunately, we can't appoint all students. The PE department will continue to monitor every student in our lessons.

Essential information for those students that have been selected:

- They have been added to a new group on Teams.
- Check the squad display board at the Secondary Sports hall for information about games and training sessions.
- Parents to check the email regularly
- Keep watching as more information will be shared soon.

As the term progresses and as times and performances improve. There will be more opportunities for entry into the squads. For now, any student who has not been successful, should be proud of their performance and use the next few weeks to continue to improve their sporting skills.

Message from the clinic

For absence due to sickness to include clinicgroup@southview.ae in the email. Also, please can we ask that parents keep their children at home if not feeling well so that when they return to school they are feeling rested and fully recovered. It also helps to stop the spread of

Infection control Policy can be viewed in this link [Infection Control Policy.pdf](#)

Also, please remember we are a 'No Nut School'.

Arts Faculty Notices

The Lion King- Theatre trip

Thanks to all parents who expressed an interest, please look out for an official letter to sign up next week.

Footloose- Theatre Trip (KS4 only)

We would like to organise this trip for KS4 students. This will be an evening trip costing around 300aed. Here are some details about the show. <https://www.dubaiopera.com/events/footloose-the-musical>

If you are interested, please complete the following survey by the end of the day on Friday 16th September or send me an email charlene.rock@southview.ae

https://forms.office.com/Pages/ResponsePage.aspx?id=2DZwIBR7DkaGj-HImRa0mr_1pWZ3sBMhdd2XF8fO5xUQIBCRkFGTzICNU1RR04zV1IEWTM2R0s2OC4u

Secondary School Show 2023

We are delighted to announce that the secondary school show will be in March 2023. More details about auditions to come in the next two weeks!

Key contact details

Please find below the list of contacts for our secondary leadership, teaching and support teams. Each one of us will be pleased to communicate with you, however, please take note of the specific roles within the school for each staff member so that your query can be best directed and answered as accurately and quickly as possible. As parents, your first port of call should be your child's form tutor.

Role	Name	Email
Head of Secondary	Jonathan Pennock	secondaryhead@southview.ae
Assistant Head – Learning and Teaching	Alexandra Gordon	alexandra.gordon@southview.ae
Assistant Head – Pastoral care	Stuart Macpherson	stuart.macpherson@southview.ae
Head of whole school inclusion (SLT)	Laura Stokes	laura.stokes@southview.ae

Head of Year 7 and Teacher of Geography	Catherine Rahilly	catherine.rahilly@southview.ae
7A Form Tutor and Teacher of History	Jonathan Cook	jonathan.cook@southview.ae
7B Form Tutor and Teacher of Mathematics	Joanna Griffin	joanna.griffin@southview.ae
7C Form Tutor and Teacher of Science	Ryan Stredny	ryan.stredny@southview.ae
7D Form Tutor and Teacher of English	Gemma Lynch	gemma.lynch@southview.ae

Head of Year 8 and teacher of PE	Ryan Bladen	ryan.bladen@southview.ae
8A Form Tutor and Head of Computing	Izak Marais	izak.marais@southview.ae
8B Form Tutor and Teacher of Music	Noelle McMahon	noelle.mcmahon@southview.ae
8C Form Tutor and Teacher of Art	Jennifer Butcher	Jennifer.butcher@southview.ae
8D Form Tutor and Teacher of English	Eesha Matharu	eesha.matharu@southview.ae

Head of Year 9 and teacher of PE	Nicola Quick	nicola.quick@southview.ae
9A Form Tutor and Teacher of Business	Hannah Dugan	hannah.dugan@southview.ae
9B Form Tutor and Teacher of Mathematics	Gareth Breeze	william.breeze@southview.ae
9C Form Tutor and Teacher of Spanish	Louise O'Sullivan	louise.osullivan@southview.ae

Head of Year 10 and teacher of English	Thomas Gavin	thomas.gavin@southview.ae
10A Form Tutor and Teacher of PE	James Sanderson	james.sanderson@southview.ae
10B Form Tutor and Teacher of Mathematics	Wendy Richardson	wendy.richardson@southview.ae

Head of Year 11	Stuart Macpherson	stuart.macpherson@southview.ae
11A form tutor and Head of The Arts	Charlene Rock	charlene.rock@southview.ae

Secondary SENCO	Sean Fenton	sean.fenton@southview.ae
School counsellor	Sarah Benaud	Counsellor@southview.ae
Head of English	Fiona Pearson	fiona.pearson@southview.ae
Head of Mathematics	Francesca Di Meo-Smith	francesca.dimeosmith@southview.ae
Head of Science	Elizabeth McCullough	elizabeth.mccullough@southview.ae
Head of Humanities	Stacey Coy	stacey.coy@southview.ae
Head of Arabic	Ahmed Hassan	ahmed.hassan@southview.ae
Head of Islamic Studies	Abdelhamed Kerba	abdelhamed.kerba@southview.ae
Head of Modern Foreign Languages	Irene Pereira	irene.pereira@southview.ae
Head of PE	Sonia Teodoro	sonia.teodoro@southview.ae
Teacher of Science	Lucy Torrance	lucy.torrance@southview.ae
Teacher of Science	Mathias Mulumba	mulumba.mathias@southview.ae
Teacher of Arabic	Iman Moustafa	iman.moustafa@southview.ae
Teacher of Arabic	Mays Haimur	mays.haimur@southview.ae
Teacher of Arabic	Fatima Banafea	fatima.banafea@southview.ae
Teacher of Islamic Studies	Hossam Bekhit	hossam.bekhit@southview.ae
Teacher of Islamic Studies	Shaimaa Hassan	shaimaa.hassan@southview.ae
Teacher of Islamic Studies	Amal Kader	amal.abdelkader@southview.ae