

October 28, 2022

## Secondary update

Dear Parents,

It has been a wonderful first week back after the holidays for secondary school students with Diwali celebrations on Monday, a day in pink on Thursday for Breast Cancer Awareness and we finished with our 30x30 launch today with a fantastic day of activities coordinated by our PE team. SVS has emphatically accepted the Dubai 30x30 challenge! <https://youtu.be/gNbinVmxxBA>. Our Year 11 Geography students used this Friday to complete their urban fieldwork and the team provide more details later in the update.



This coming week we have a parental gathering for Year 9 parents who are invited into school on Tuesday 1<sup>st</sup> November from 5.15pm for our Key Stage 4 Options evening. Thanks very much to those who have already signed up, and if you are yet to respond then please can I ask you to complete this form by Monday morning. <https://forms.office.com/r/ND3AXRvzsw>

Next Thursday we will resume our weekly 'coffee mornings' with this week's focus on coping with exam stress and also a follow up for Year 9 parents who may have questions following Tuesday's Options evening. If you would like to attend the coffee morning then please can you fill in the form through the following link <https://forms.office.com/r/Bp5HWJvsY6>. Please see the message later on in the update from Mrs Benaud with some top tips for supporting your child through exam stress.

Next week our Key Stage 4 students will begin their first round of assessment with all year groups beginning on Monday 7<sup>th</sup> November. Please find the assessment timetables shared at the end of the update.

The SVS Community Workers' Fridge and Water Cooler has been provided to support those in our community who work hard outdoors, especially in the hot weather in support of our community and our school. Gardeners, rubbish collection, landscaping, maintenance, security, and construction workers are often unsung heroes in our community despite providing essential services. Their work allows us to enjoy a clean, pleasant, and safe environment and, as part of the SVS and Remraam communities we would like to offer support and show our appreciation of their work by providing food, drinks, and water free of charge. The school has provided a week of free food and will work on rotation with different year groups in filling the fridges for this important initiative. We will be running this as part of



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our #svscares initiative which will run for the entire academic year from now on. Thank you all for supporting us in delivering this.

I hope you enjoy a restful weekend.

Kind regards

Jon Pennock

### **Message from Mrs Gordon**

This week students have been focusing on the learning skill of being 'reflective'. This is an important skill to develop throughout life and one we often promote with our students. For example, students reflect on their assessments and set themselves targets to help them move forward after each assessment week. We encourage them to reflect on their learning as well as their behaviour and we hope that they will use this as a tool to make progress in all areas of their life.

### **Message from Mr Macpherson**

Our winter fair is fast approaching and will be taking place on Tuesday 29<sup>th</sup> November. We will be looking for volunteers to help man the stalls and games and would welcome any parent volunteers to help. Also, if we have any parents who can do Henna on the day then that would be great and any parents who run small craft businesses who would like to rent a table for the event then please get in touch. We are also keen to receive any donations for our tombola.

If you are able to offer any of the support detailed above then please can you drop an email to [stuart.macpherson@southview.ae](mailto:stuart.macpherson@southview.ae) and I will pass the information on to the organizing committee.

## Message from Mrs Benaud (School Counsellor)

### Tips for parents on supporting your child through exam stress

Stress during exam periods is normal and is not always a bad thing. Stress can motivate us to perform under challenging situations and helps us to complete tasks. Some people thrive under stressful circumstances whilst others can find stress to be anxiety provoking and distressing.

How your child combats stress will change their experience of how they deal with it.

This is because stress affects emotions, thoughts and behaviours. Therefore a positive mindset can lead to a more rewarding outcome.

So what can parents do to support students during exam time?

- Ensure your child is getting plenty of sleep. Adolescents should be aiming for 8-10 hours every night for optimal functioning.
- Organisation- ensuring your child has a revision/ study schedule, has the appropriate study/ exam materials, and is prepared and understands the plans for assessment week
- A clean, calm and decluttered workspace is important, with minimal distractions and noise
- Making sure children get plenty of rest, and exercise in between study sessions. Breaks are important to rest their eyes from screen time and from being sedentary
- Motivate and support your child with positive feedback, positive reinforcement and plenty of reassurance
- Let your children know that they can talk to you if they have any worries

Below are some helpful tips and links to resources

- <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/help-my-teenager-manage-exam-stress>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

### **Bike competition**

This coming half term there will be a competition for the Secondary part of the school where they will be asked to design the SVS bike. The bike will then be made and displayed at the school. They could potentially do this in teams and the winning team would go and see the bike (as well as potentially help) being made.

We will also be inciting representatives from Cycle World to come to the school and show the kids how to maintain and do basic maintenance on their bicycles.

### **Message from the Sustainability Club**

Please see the below list of items we would like your help with if possible for our sustainability garden in the Secondary school.

- Soil
- Gardening tools
- Plastic Bottles/milk bottle
- Plastic Containers
- Old cooking Pots and Pans
- Old coffee pots
- Crates
- Cans
- Large Pots
- Watering Cans
- Plants/seeds

Thank you for your continued help and support.

### **Message from the Humanities Team**

Today, Year 11 Geography students, with their teachers Miss Rahilly and Miss Scouller and our LSAs Mrs Tamara and Mr King have embarked on their first fieldwork trip for their IGCSE Urban Environments topic in the Marina, Production city and our community here in Remraam. Students carried out an investigation of the changing environmental quality of a central/inner urban environment through primary and secondary research. They used both quantitative and qualitative methods for their investigation. Students will then next week analyse the data in lessons, considering what the data shows both individually and together, through making links, contrasts and comparisons.

The students were amazing and represented South View with pride. They showed a wide range of geographical skills, collaboration, risk taking. Their next fieldwork will be in a few weeks after assessments take place. They will complete their coastal study. Please do ask your children how they got on today as I am sure they have some very interesting facts to tell you about our wonderful city here in Dubai. If you have any questions, please do get in touch with a member of the Humanities Team.

**Assessment Week Timetables**

<b>Year 7</b>		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)	PE	Maths	English	Islamic	Science
P2	09:05 - 10:00 (09:00 - 09:40)					
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)	MFL	Revision	Arabic	Geography	House Event
P5	12:10 - 13:05 (11:20 - 12:00)					
Lunch	13:05 - 13:45					
P6	13:45 - 14:40	History	MSC	Revision	Revision	
P7	14:40 - 15:35					

DT lessons will take place as normal

Year 8		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)	Maths	PE	Geography	History	English
P2	09:05 - 10:00 (09:00 - 09:40)					
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)	MSC	Science	Revision	Revision	House Event
P5	12:10 - 13:05 (11:20 - 12:00)					
Lunch	13:05 - 13:45					
P6	13:45 - 14:40	MFL	Arabic	Islamic	Arabic	
P7	14:40 - 15:35					

DT lessons will take place as normal



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<b>Year 9</b>		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)	English	Science Chemistry	PE	Geography	MFL
P2	09:05 - 10:00 (09:00 - 09:40)					
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)	History	Arabic	Science Biology	MSC	House Event
P5	12:10 - 13:05 (11:20 - 12:00)					
Lunch	13:05 - 13:45					
P6	13:45 - 14:40	Science Physics	Islamic	Revision	Maths	
P7	14:40 - 15:35					

DT lessons will take place as normal



Year 10		Week beginning 1st Nov (Week 1)		Week beginning 7th November (Week 2)				
		Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)							
P1	08:10 - 09:05 (08:20 - 09:00)	English	Islamic	ICT practical	MFL Reading and Writing	MFL Speaking and Listening	MSC	Business
P2	09:05 - 10:00 (09:00 - 09:40)						Maths	
P3	10:00 - 10:55 (09:40 - 10:20)	Revision			Arabic 2			
Break	10:55 - 11:15 (10:20 - 10:40)							
P4	11:15 - 12:10 (10:40 - 11:20)	Revision	ICT theory	Arabic 1	Revision	Science Physics	PE	Maths
P5	12:10 - 13:05 (11:20 - 12:00)	MSC						
Lunch	13:05 - 13:45							
P6	13:45 - 14:40	Revision		Science Chemistry	Science Biology	History	Geography	
P7	14:40 - 15:35	Drama						

Year 11		Week beginning 1st November (Week 1)			Week beginning 7th November (Week 2)				
		Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)								
P1	08:10 - 09:05 (08:20 - 09:00)	Science Biology	Islamic	English	French/ Spanish	Science	ICT theory	Business 2	Maths 2
P2	09:05 - 10:00 (09:00 - 09:40)	Revision	Revision		Revision	Maths 1	Revision/ Art		
P3	10:00 - 10:55 (09:40 - 10:20)	MSC			Science Chemistry		Revision	Revision	
Break	10:55 - 11:15 (10:20 - 10:40)								
P4	11:15 - 12:10 (10:40 - 11:20)	Revision/ Art	French/ Spanish	Revision/ Art	Revision/ Art	History 2	Business 1	Geography 2	Arabic 2/ Supporting House Event
P5	12:10 - 13:05 (11:20 - 12:00)		Revision						
Lunch	13:05 - 13:45								
P6	13:45 - 14:40	PE	Revision		Revision/ Art	French/ Spanish	Geography 1	Arabic 1	
P7	14:40 - 15:35	History 1	Science Physics		ICT practical				