

BACK TO SCHOOL



Eco-friendly back-to-school shopping

As the school year looms on the horizon, the familiar routine of back-to-school shopping begins. Traditionally, this time of year is associated with buying new supplies, clothes, and lunch gear, but it often leads to significant waste and environmental impact. However, with growing awareness of sustainability, many parents and students are seeking eco-friendly alternatives to minimize their carbon footprint. By making informed, sustainable choices, you can help protect the environment while still ensuring your child is well-prepared for the school year. This comprehensive guide will help you navigate eco-friendly back-to-school shopping, from school supplies to clothing and lunch gear.

For example, look for notebooks labeled as 100% recycled or those that specify the percentage of recycled content. Some brands also offer upcycled options, where materials like old billboards, tires, or fabric scraps are transformed into new products like pencil cases, binders, or backpacks. These items are not only environmentally-friendly but also unique and often have a story behind them.

b. Sustainable Writing Instruments: Pens, pencils, and markers are essential school supplies, but

many conventional options are made from plastic and are not recyclable. To reduce waste, opt for pencils made from sustainably sourced wood, which comes from responsibly managed forests that prioritize conservation and reforestation. Mechanical pencils are another eco-friendly choice, as they can be refilled with lead and used repeatedly.

For pens, choose those made from recycled plastic or biodegradable materials, which break down more easily in the environment. Refillable pens are another excellent

option, as they allow you to replace the ink cartridge rather than the entire pen. This not only reduces waste but also saves money over time. Highlighters and markers made from recycled or biodegradable materials are also available and can make a significant difference in reducing plastic waste.

c. Zero-Waste Supplies: Zero-waste products are designed to minimize or eliminate waste throughout their lifecycle. When shopping for school supplies, consider zero-waste alternatives to common items.

01 Environmentally Friendly School Supplies



a. Recycled and Upcycled Products: One of the simplest ways to make your back-to-school shopping more sustainable is by choosing supplies made from recycled or upcycled materials. Recycled paper products, such as notebooks, printer paper, and folders, are often made from post-consumer waste, meaning they are created from materials that have already been used and recycled. These products reduce the demand for virgin materials, thereby conserving resources and energy.



Contd. on page 2

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SCHOOL BAGS FROM 69 QAR STATIONERY FROM 7 QAR

For instance, instead of traditional notebooks, try reusable dry-erase notebooks. These notebooks come with reusable pages that can be wiped clean and written on again, drastically reducing paper waste.

Another option is digital note-taking devices, such as tablets or e-readers, which allow students to take notes, organize their work, and reduce the need for physical paper altogether. When it comes to rulers, choose stainless steel or bamboo options instead of plastic. These materials are durable, long-lasting, and can be recycled or composted at the end of their life.



d. Minimal Packaging: Packaging waste is a significant environmental concern, especially for school supplies that often come in plastic wrappers or excessive cardboard boxes. To reduce your impact, choose products with minimal or recyclable packaging. Some brands offer packaging-free options, particularly for items like pencils, erasers, and paper, where the packaging is either nonexistent or made from recycled and recyclable materials.

When buying in bulk, you can further reduce packaging waste by eliminating the need for individual wrappers. Bulk purchases are often more economical and environmentally friendly, as they reduce the frequency of reorders and the associated packaging and transportation costs. Be mindful of packaging materials and opt for supplies that come in reusable containers or biodegradable packaging whenever possible.

waste, water pollution, and carbon emissions. During back-to-school shopping, it's tempting to buy a whole new wardrobe, but this approach can have a significant environmental impact. Instead, adopt the philosophy of "buy less, choose well."

Focus on purchasing fewer, higher-quality clothing items that are built to last. Invest in durable, versatile pieces that can be mixed and matched to create multiple outfits. This not only reduces waste but also saves money in the long run, as you won't need to replace clothing as frequently. Encourage your child to select classic styles that won't go out of fashion quickly, ensuring their wardrobe remains relevant for longer.



b. Opt for Organic and Natural Fibers: When buying new clothes, look for items made from organic and natural fibers such as organic cotton, linen, hemp,

or bamboo. These materials are produced with fewer chemicals, less water, and more sustainable farming practices compared to conventional cotton, which is notorious for its high water consumption and pesticide use.



Organic cotton, for example, is grown without synthetic pesticides or fertilizers, making it better for the environment and for the farmers who produce it. It's also softer and more breathable, providing added comfort for your child. Hemp and linen are both highly durable and naturally resistant to pests, requiring fewer resources to grow. Bamboo is another sustainable option; it grows quickly without the need for pesticides and can be transformed into soft, breathable fabrics.

Many brands now offer clothing made from these eco-friendly materials, often labeled as organic, sustainable, or eco-conscious. When shopping for school uniforms, everyday wear, or sportswear, prioritize natural fibers and avoid synthetic fabrics like polyester and nylon, which are derived from petroleum and shed microplastics into the environment.

c. Second-Hand Shopping: One of the most sustainable ways to refresh your child's wardrobe is

by shopping second-hand. Thrift stores, consignment shops, and online second-hand marketplaces offer a wide range of gently used clothing at a fraction of the cost of new items. By choosing second-hand, you extend the life of clothing, reduce demand for new production, and help keep textiles out of landfills.

Second-hand shopping can be a fun and rewarding experience, as you can often find unique, high-quality pieces that aren't available in mainstream stores. Encourage your child to embrace vintage or pre-loved clothing and explore their style while making environmentally conscious choices. Many second-hand stores also offer discounts or special deals during the back-to-school season, making it an economical option for families.

d. Clothing Swaps: Organizing a clothing swap with other families in your community is another eco-friendly way to update your child's wardrobe. Clothing swaps allow you to exchange outgrown or unused clothing for items that your child needs, all without spending money or contributing to waste. This is especially useful for school uniforms, sports gear, and seasonal clothing.

To organize a clothing swap, invite friends, neighbors, or classmates to bring gently used clothing and accessories to exchange. You can set up a simple system where participants trade items on a one-for-one basis or donate clothing they no longer need in exchange for credits to "purchase" new-to-them items. Clothing swaps not only help reduce waste but also foster a sense of community and shared responsibility for sustainable living.

e. Ethical Brands: If you need to buy new clothing, consider supporting brands that prioritize ethical production practices. Many fashion brands are now committed to sustainability, offering collections made from eco-friendly materials, ensuring fair wages and



02

Sustainable Clothing Choices



a. Buy Less, Choose Well: The fashion industry is one of the largest contributors to environmental degradation, with fast fashion leading to massive



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safe working conditions for their workers, and being transparent about their supply chains.

Look for certifications such as Fair Trade, GOTS (Global Organic Textile Standard), and OEKO-TEX, which indicate that the clothing meets certain environmental and ethical standards. Ethical brands often provide detailed information about their sourcing and manufacturing processes, making it easier for consumers to make informed choices. By supporting these brands, you contribute to a more sustainable and equitable fashion industry.

03

Eco-Conscious Lunch Gear



a. Reusable Lunch Containers: Single-use plastic bags, wrappers, and containers contribute significantly to plastic waste, much of which ends up in landfills or oceans. To reduce this impact, invest in reusable lunch containers that can be used throughout the school year and beyond. Stainless steel, glass, and BPA-free silicone containers are durable, safe, and environmentally friendly alternatives to plastic.

Stainless steel containers are particularly popular because they are lightweight, shatterproof, and resistant to stains and odors. They are also 100% recyclable at the end of their life. Glass containers, while heavier, are an excellent option for foods that need to be reheated, as they are microwave-safe and do not leach chemicals. Silicone containers are flexible, easy to clean, and often come in fun colors and designs that kids love.

Bento boxes are another great option for packing lunches. These compartmentalized containers allow you to pack a variety of foods without the need for additional packaging. By using reusable containers, you can significantly reduce the amount of plastic waste generated from daily lunches.

b. Sustainable Water Bottles: Plastic water bottles are a major source of pollution, with billions of bottles ending up in landfills and oceans each year. To combat this, invest in a high-quality, reusable water bottle for



your child. Stainless steel and glass water bottles are the best options, as they are durable, safe, and do not leach chemicals into the water.

Stainless steel bottles are particularly popular for their durability and ability to keep drinks cold or hot for extended periods. Many come with insulated designs that maintain the temperature of beverages throughout the school day. Glass bottles, while more fragile, offer a clean taste and are free from chemicals like BPA. Some glass bottles come with silicone sleeves for added protection.

Encourage your child to carry their reusable water bottle to school every day, and remind them of the environmental benefits of reducing single-use plastic waste. Many schools now have water refill stations, making it easy for students to stay hydrated without relying on disposable bottles.

c. Eco-Friendly Utensils: Disposable utensils, often made from plastic, contribute to significant waste and are typically used for only a few minutes before being discarded. To reduce this waste, replace disposable utensils with reusable alternatives made from sustainable materials like bamboo, stainless steel, or even biodegradable cornstarch.

Bamboo utensils are lightweight, durable, and naturally antibacterial, making them a great choice for packed lunches. Stainless steel utensils are another excellent option, as they are long-lasting and can be used for years. You can also find portable utensil sets that come with their own carrying case, making it easy to keep them clean and ready to use.

By packing reusable utensils in your child's lunchbox, you not only reduce waste but also teach them the importance of making sustainable choices. Many eco-friendly utensil sets are designed to be compact and convenient, fitting easily into lunch bags or backpacks.



d. Cloth Napkins and Beeswax Wraps: Replace disposable paper napkins with reusable cloth napkins. Cloth napkins are easy to wash and can be used over and over again, reducing the need for single-use paper products. They also come in a variety of colors and patterns, allowing your child to personalize their lunch experience.

Beeswax wraps are an eco-friendly alternative to plastic wrap for keeping sandwiches, snacks, and other food items fresh. Made from cotton coated with beeswax, jojoba oil, and tree resin, these wraps are reusable, washable, and biodegradable. They can be molded

around food items or containers to create a natural seal, making them a versatile and sustainable option for packing lunches.

Using cloth napkins and beeswax wraps not only reduces waste but also adds a touch of creativity and fun to your child's lunch routine. Encourage them to choose their favourite patterns or colours, making lunchtime an enjoyable and environmentally conscious experience.

e. Insulated Lunch Bags: A good insulated lunch bag is essential for keeping your child's food fresh and at the right temperature throughout the day. When choosing a lunch bag, look for options made from sustainable materials such as organic cotton, recycled polyester, or natural fibers like jute.

Avoid lunch bags made from PVC (polyvinyl chloride) and phthalates, which are harmful chemicals often found in conventional plastic lunch bags. Instead, opt for bags that are free from these toxic substances and are designed with eco-friendly, non-toxic materials.



Many insulated lunch bags are now designed with sustainability in mind, featuring reusable ice packs, durable zippers, and easy-to-clean interiors. These bags not only keep food fresh but also reduce the need for disposable packaging, making them a smart choice for eco-conscious families.

Eco-friendly back-to-school shopping is more than just a trend; it's a conscious effort to make choices that benefit both the environment and future generations. By opting for recycled, reusable, and responsibly sourced items, you can significantly reduce your environmental impact while still ensuring your child is fully equipped for the school year. From sustainable school supplies to eco-conscious clothing and lunch gear, every small change you make contributes to a healthier planet.

Start this school year with a commitment to sustainability and set an example for your child by making eco-friendly choices. With thoughtful planning and mindful shopping, you can create a back-to-school experience that's not only successful but also sustainable. By embracing eco-friendly options, you're investing in a brighter future for your child and the world they will inherit.

BACK TO SCHOOL

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BACK TO SCHOOL

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Family Food Centre launches back-to-school promotion

As Qatar's oldest organized supermarket chain, Family Food Centre has been a cornerstone of the community since 1978, consistently adapting to meet the diverse needs of its customers. With the back-to-school season upon us, Family Food Centre is ready to support the community by offering a wide selection of school essentials, available both in-store and online through the Family Qatar App.

From school bags and water bottles to tiffin boxes, colour pencils, sketch pads, and more, Family Food Centre has everything parents need to prepare their children for the new school year. The back-to-school promotion runs until September 14, 2024, or while stocks last, making it easier than ever for parents to find all their essentials in one convenient location.

Family Food Centre has earned its reputation as a trusted household name in Qatar, continually evolving to meet the needs of its customers.

With a user-friendly mobile app, extensive product selection, and a steadfast commitment to quality and freshness, Family Food Centre remains the

top choice for residents and citizens seeking a convenient and satisfying shopping experience.



For those who prefer to shop from home, these back-to-school items are also available online at www.family.qa. The Family Food Centre app, available on iOS and Android devices, provides a seamless shopping experience with access to over 50,000 products, including fresh produce, meats, fish, and department store items. The app's intuitive interface ensures that customers can easily browse and purchase their needs with just a few taps.

Family Food Centre is committed to delivering a unique blend of value, quality, and freshness. They prioritize locally sourced Qatari products, while also offering a diverse range of imports from over 35 countries. Fresh fruits and vegetables are flown in multiple times a week, ensuring their customers receive the highest quality produce.

To enhance the shopping experience, the app users enjoy exclusive promotions throughout the year, keeping them informed of the latest offers and discounts. Additionally, their Family Club Points loyalty program allows customers to earn points on thousands of products daily, which can be redeemed for future purchases.



<p>حقيبة مدرسية مفاصل ٢ بوصة لثلاثة الأبعاد President School Bag 3D SCP2343/2340</p> <p>1 pc 12 inch QR65.00 39.00 QR</p>	<p>إزاحة إيجوزن ديزني مل متنوعة ٥٨٠ Disney Ecozen Bottle Assorted</p> <p>1 pc 580 ML QR35.00 25.00 QR</p>
<p>جيتكو صندوق غداء من الفولاذ المقاوم للصدأ ٩٨٠ مل Gitco Stainless Steel Lunch Box LB718</p> <p>980 ML QR29.00 19.00 QR</p>	<p>ألوان كلاسيريكية من فاير كاستل سعة ١٠ مل ١٢ قطعة Faber-Castell Fabric Colours Classic 10ml 12pcs 1410507D</p> <p>QR15.50 13.00 QR</p>
<p>أمريكسان توريستير كوكجو + حقيبة ظهر American Tourister Coco + Backpack 02</p> <p>1 pc QR99.00 69.00 QR</p>	<p>حقيبة مدرسية / زانفلر بونانزا Traveller Bonanza / Arnold School Bag</p> <p>1 pc 16 inch QR69.00 45.00 QR</p>
<p>ماكسي طقم أدوات مكتبية مع مجموعة مقلمة متنوعة Maxi Stationery Kit Pencil Case Set Assorted</p> <p>1 pc QR49.00 30.00 QR</p>	<p>حاوية طعام ديزني مع مفضورة ١١٩٠ مل متنوعة Disney Food Container with Compt Assorted</p> <p>1 pc 1190 ML QR32.00 25.00 QR</p>
<p>مجموعة صناديق ديزني فيوزن ١٦ بوصة Disney Frozen We Lead 6 in 1 Box Set TBT2361N1C1-16</p> <p>16 inch QR249.00 89.00 QR</p>	<p>سبنارلاين دفتر ملاحظات ٦٠ ورقة متنوعة Sinarline Notebook 60 Sheets Assorted</p> <p>1 pc QR3.00 2.00 QR</p>
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<p>قلم رصاص ٢٥ قطعة من مادة Aacown HB Pencil 25pcs PVC 2865</p> <p>QR15.00 9.00 QR</p>	<p>طقم علبة أقلام مغناطيسية مكون من قطعتين ٣٠٧٢ Gitco Magnetic Pencil Box Set 2pcs 3072</p> <p>2 pc QR15.00 9.00 QR</p>



Arab International Academy Lusail

A New Era of Educational Excellence



Founded in 2016, the Arab International Academy (AIA) has quickly established itself as a leader in Qatar's educational landscape, committed to creating a nurturing environment where students can achieve academic excellence while maintaining a deep connection to their cultural roots. With the opening of their new branch in Lusail, AIA is poised to continue this legacy, embracing innovative educational practices that prepare students for the future while staying true to their foundational values.



Continuing the Legacy: A Commitment to High Educational Standards through the IB Programmes

The Lusail campus of AIA is a natural extension of the academy's core goals, particularly the importance of empowering students to become critical and creative thinkers able to solve problems and face challenges.

At AIA-Lusail, inquiry is the central principle of teaching and learning. Students are encouraged to learn through curiosity, setting out on a journey of discovery that goes beyond traditional learning boundaries. As learners engage in meaningful dialogue, they develop their capacity and enthusiasm for collaboration, building empathy and fostering an appreciation for diverse perspectives. The holistic approach of the educational program at AIA helps learners develop strong academic skills alongside essential attributes such as resilience, critical thinking, and cultural awareness. Their primary goal is to improve the necessary academic skills of students, as well as to encourage them to stay motivated and ambitious as lifelong learners. AIA provides all the materials, staffing, and facilities necessary to ensure a rich and exhaustive education.

AIA Lusail is currently a candidate school for the International Baccalaureate (IB) programs, specifically the Primary Years Programme (PYP) and Middle Years Programme (MYP). The goal is to become an IB continuum school offering all four IB programs in the future. This expansion reflects their dedication to maintaining high educational standards while continuing to promote the values that define their identity.

Embracing Bilingual Education: Bridging Cultures and Perspectives

Bilingual education is a cornerstone of AIA's educational philosophy. At AIA Lusail, students are immersed in both Arabic and English from an early age. The Lusail campus offers a bilingual program in the primary school



that integrates rigorous academic instruction across all subjects. This approach prepares students for academic success and nurtures their ability to connect with diverse cultures and communities, helping them become empathetic global citizens.

This bilingual foundation is further enriched by offering French as an additional language, broadening students' linguistic experiences and providing them with a more comprehensive understanding of the world.

Education for Sustainability: Shaping the Leaders of Tomorrow

In today's world, education must extend beyond traditional academic subjects to address the critical issues that will shape our collective future. At AIA Lusail, they strongly emphasize education for sustainability, recognizing the responsibility to equip students with the knowledge, skills, and values needed to tackle global challenges such as climate change, resource depletion, and social inequality.

Sustainability at AIA Lusail is embedded in the very fabric of the school's culture, from hands-on projects exploring renewable energy and conservation practices to classroom discussions on ethical consumerism and global citizenship. By instilling these values early on, they aim to inspire a generation of environmentally-conscious and socially-responsible individuals who are prepared to make a positive impact in their communities and beyond.

Cultures of Thinking: Fostering Lifelong Learners

At AIA Lusail, they are deeply committed to fostering cultures of thinking where students are empowered to become lifelong learners. Their educational philosophy is based on the belief that learning should be an active, dynamic process in which students are encouraged to question, explore, and reflect. By nurturing a culture of thinking, they create an environment where curiosity is celebrated and intellectual growth is continuously encouraged.



Their learning spaces, both indoors and outdoors, are designed to provide diverse pathways for students to build knowledge and develop skills. Whether engaged in collaborative projects, creative endeavors, or independent research, students at AIA Lusail are empowered to take ownership of their learning journey. They believe that by fostering curiosity and intellectual growth, they are preparing their students for academic success and a lifetime of inquiry and discovery.

A New Chapter in the Educational Mission

The opening of Arab International Academy Lusail marks a significant milestone in their ongoing mission to provide a world-class education that honours their cultural heritage while preparing students for the future. As it continues to promote the Arabic language, culture, and identity, the academy is equally committed to advancing bilingual education, sustainability, and cultures of thinking. You are invited to join in this exciting journey as Arab International Academy Lusail shapes the leaders of tomorrow—individuals who are grounded in their roots yet ready to embrace the world with open minds and hearts.





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No soda drinks
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ACTIVITIES



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Get active by joining a fun sport—it's great for your health and teamwork skills!



Outdoor activities
Explore the outdoors with activities like biking, hiking, or playing at the park.



Everyday gymnastics
Stretch and strengthen your muscles with simple, daily exercises and stretches.

LIFESTYLE



Vitamins
Make sure you're getting your essential vitamins—whether from food or supplements.



Relaxation
Take time to relax and unwind to keep your mind and body balanced.



Daily routine
Stick to a daily routine that includes sleep, meals, study, and playtime for a healthy balance.

Back to School

How to prepare and thrive the new session after summer break

By Dr. Sandhya S
Associate Specialist - Paediatrics
Aster Medical Centre - Al-Khor

We are fast approaching that time of year when families start getting ready for the new school year- the malls are full of back-to-school offers and everyone is out buying new pencil boxes, uniforms and backpacks.

One of the most important things to be managed during this transition time before school officially begins is a healthy sleep routine. During the past two months, children have been travelling, staying up late, sleeping through the mornings, so it can be difficult to adjust immediately to the routine of waking up early and catching the school bus. Parents should encourage their children to adjust to an earlier bedtime and earlier waking habits at least a week before school starts. Adolescents especially should be encouraged to sleep and wake up at a reasonable hour. All electronic devices should be switched off well before bedtime so children can have a restful sleep.

Children should have a healthy morning routine where they consume a nutritious breakfast before they leave for school. School lunch and snacks should be wholesome and tasty-there are a large number of recipes available for freshly prepared, healthy school lunches which include whole grains, fresh fruits and vegetables. Processed foods like nuggets, chips, and French fries, as well as soft drinks and sugar-sweetened beverages, should be avoided. Children should always carry a water bottle and be encouraged to drink from it regularly, replenishing it as needed.



They should be encouraged to wear school caps and sunscreen, especially on PE days.

As we all know, children, especially pre-schoolers, do tend to develop colds, coughs, fevers and other viral illnesses once they start school. The most important preventive measure which is easy and effective is regular and frequent handwashing. Children who are sick should be kept at home so that they do not infect other children. Parents must always inform the school in advance in case of any chronic illness like bronchial asthma or in case of any food allergies so that the school nurse is well prepared in case of emergencies. Now is also a good time to check if the children are up to date with all their vaccinations and to take any boosters that are due or have been missed.

Both a healthy body and a healthy mind are needed for children to perform to the best of their ability at school. School can be stressful for children for a number of reasons - exams, a heavy workload, teacher's expectations, peer pressure, bullying, etc. Adolescents especially are prone to mood swings, feelings of negative body image, eating disorders, and feelings of anxiety or depression. Open and honest communication is the key to resolving these issues before they can take a toll on the child's mental health.



How to Help Students Retain What They've Learnt

The best instruction isn't linear; it loops back on itself and helps students understand the relationships between multiple concepts.

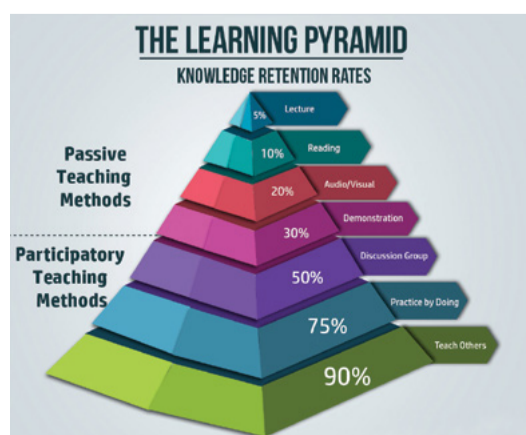
An education is a foundation which builds upon itself over time and helps us make informed decisions in the face of new information. As we advance through the digital age, witnessing the accelerating rate of change in technology, it's increasingly important to equip our students with the skills needed to keep that foundation solid.

Homework and exams may help students master topics in order to pass a subject, but much of that knowledge is forgotten as students move through their education. Some of it is even forgotten within a subject itself.

Use concept webs

One way to enhance retention is to increase the number of associations between concepts. That way, if we think of one concept, we'll remember the others too. Each time you recall a concept, you strengthen its presence in your long-term memory

store. Concept webs can help students understand and visualise the relationships between topics in a subject, thereby helping them remember the subject content better over time.



Review material regularly

Cognitive psychologists recommend spacing review sessions over time rather than holding one session (cramming) before an exam. While one-time review sessions may work in the short term, they don't support long-term knowledge retention. Think of memory as a muscle, not a storage vessel: use it or lose it. Try to hold weekly review sessions throughout the term to help solidify students' knowledge base. This will help them remember the material better once the subject is over.

Present old material in new contexts

Seize every opportunity to let the old inform the new. If you teach history, use current events as an opportunity to bring up similar or contrasting moments throughout history. If you teach maths, show students how to use a method from the start of the term to solve a problem later in the term. As an added bonus, old information becomes more interesting to students when they can see it applied to new scenarios.



Include old material on all exams

Set aside a few questions on each exam to test material from past units. Many of us already do this, and it's a great practice. Even if students might moan and groan about having to study the same material twice, it will help them solidify that knowledge foundation and benefit them in the long run.

Help students record their learning

One of the most effective ways to retain information over time is to keep a copy of it for future review. Sounds obvious, but how many of us actually took the time to document our education in an organised and deliberate way? Beyond saving notes, projects and tests, what can you encourage students to do that might help them keep track of what they've learned over time? If you need somewhere to start, check out digital learning portfolios like VoiceThread, Weebly for Education and Wikispaces Classroom.



New information may seem more urgent and significant than old information, but it's the material we learned in K-12 that shapes how we interpret and use that new information throughout our adult lives.

Set aside some time this term to show your students that mastery means more than passing an exam. It will benefit them greatly in the years of learning to come.





Empower Your Child's Well-being at Zulal Wellness Resort by Chiva-Som



The new school term is a time of excitement and anticipation, but it can also bring about stress and anxiety for children facing the prospect of a new routine, environment and extended periods away from their family.

Parents are helping their children transition smoothly back to school by focusing on their emotional development and overall well-being. Children who are emotionally, as well as academically prepared for school are more capable of managing the stresses of the classroom and are better at fostering meaningful relationships with peers and teachers.

By nurturing their children's emotional health, knowledge and social development, parents are building a strong foundation for success, helping to equip children with the tools to handle the demands of everyday school life, study and exams.

There are many activities that families can do to promote mind-body wellness both at home or on expert-led experiences, such as the well-being programmes at Zulal Wellness Resort by Chiva-Som. Professionally curated to prepare children with essential emotional life skills, these retreats take place in Khasooma, a private and peaceful coastal location to the north of Qatar at Zulal Discovery, a pioneering family destination.



The retreats encourage cognitive and physical development, stimulate tranquillity and creativity and subtly introduce the benefits of good nutrition and fitness. They nurture the all-important art of communication by promoting social connections with each other, their families and the world around them.



For a healthy start to their pre-adult lives, parents realise that it's vital for children to learn the fundamentals of sleep, nutrition, exercise and mental health. By establishing these life-long habits early on, they not only enhance their well-being, but also lay the groundwork for holistic health, longevity, and a more balanced life in the future.

Since nutrition plays such a vital role in a child's cognitive and physical development, by empowering them with knowledge, children can make better food choices. This helps them take ownership of their health, improves energy levels, and enhances concentration and overall well-being.



Held in the Saffron Cooking Studio, Zulal Wellness Resort's cooking classes educate children on the nutritional benefits of various foods and offer a variety of tastes to suit different palates. Together, families can learn how to plan recipes, prepare lunchbox-friendly meals and foster positive eating habits in a peaceful and nurturing environment.

Physical fitness also plays a crucial role in academic performance and well-being. Regular exercise improves physical health, reduces sickness

and supports cognitive function, helping them to stay focused and perform better academically. Exercise promotes emotional resilience, helping them to reduce school-related stress and anxiety by fostering a sense of accomplishment and self-confidence.

At Discovery Oasis, Zulal's Family Wellness Centre, a hub of activity for children of all ages awaits. With age specific studios and programmes for babies up to children aged 16, they'll have the opportunity to participate in a tailor-made schedule of enriching activities like fit yoga, aqua boxing and Thai boxing promote physical health and stretching for flexibility. The options are endless with daily sessions like embroidery for creativity, clay workshops for sensory development and table tennis and chess for cognitive enhancement.



They can explore marine life on eco trails, practice relaxation and mindfulness through yoga and meditation and learn about wellness in educational talks. Classes like the Zulal Good Night Ritual help establish a calming bedtime routine for school, while stargazing in crystal clear skies helps foster curiosity about the universe and the wonders of the world.

From youngsters through to young adults, Zulal's retreats, such as Discovery Reconnect, bring families together on a journey of discovery and are packed with activities that help children build their emotional intelligence, enhance their personal and interpersonal skills and develop self-awareness. Children manage their emotions more effectively, develop enhanced empathy and communication skills and learn healthy conflict-resolution tactics.

Whether families are looking to prepare for the school year ahead or seeking a weekend getaway during the term, Zulal Wellness Resort by Chiva-Som is just an hour's picturesque drive from Doha and a short flight from most Middle Eastern cities. As the largest holistic wellness destination in the region, it boasts natural saltwater lagoons, natural mangroves, botanical gardens, an apothecary, tea rooms and more. It's the world's first contemporary showcase of Traditional Arabic & Islamic Medicine (TAIM) and offers an abundance of wellness cuisine across family-friendly restaurants like Aizoon.

Prepare your child for a thriving school year and provide them with the tools for lifelong well-being at Zulal Wellness Resort by Chiva-Som.

Find out more here: <https://www.chivasom.com/en/zulal/>



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Back-to-School Anxiety

Effective Ways to Help Your Child Transition Smoothly

As the new school year approaches, many children experience anxiety about returning to school. This anxiety can stem from a variety of sources, including fear of the unknown, social pressures, academic challenges, or the shift from the freedom of summer to a more structured school environment. Helping your child manage this anxiety involves a combination of understanding, preparation, and support. Here's a comprehensive guide to helping your child cope with back-to-school anxiety.

Understanding and acknowledging their feelings

The first step in addressing back-to-school anxiety is to recognize and understand your child's feelings. Anxiety can manifest in several ways, including physical symptoms like headaches, stomachaches, or trouble sleeping, as well as emotional symptoms such as excessive worry, irritability, or mood swings. Behavioural changes like withdrawal from activities, reluctance to discuss school, or avoidance behaviours may also be indicators of anxiety.

Creating an open and safe space for communication is crucial. Let your child know that their feelings are valid and that it's okay to express them. Encourage them to talk about their worries, and listen actively without judgment. Avoid dismissing their fears or telling them not to worry, as this can invalidate their emotions. Instead, acknowledge their concerns and offer reassurance. Validating their feelings helps them feel understood and supported, which is a key step in managing anxiety.

Gradual preparation

Preparing for the school year in advance can ease the transition and reduce anxiety. Gradual preparation involves reintroducing the school routine and familiarizing your child with the school environment.

Start by gradually adjusting your child's daily schedule to match the school routine. If they've been staying up late and sleeping in during summer, begin shifting their bedtime and wake-up time earlier by

15-30 minutes each day. This gradual adjustment helps their body clock align with the school schedule, making the transition smoother.

If possible, arrange a visit to the school before the first day. This visit can help your child become familiar with their new classroom, meet their teacher, and explore the school grounds. Familiarity with the environment can reduce anxiety about the unknown. During the visit, take time to walk through the school day's schedule, so your child knows what to expect.

Role-playing various school scenarios can also be beneficial. Practice common situations such as meeting new classmates, participating in class discussions, or asking for help from teachers. This can help your child feel more prepared and confident in handling social interactions and academic challenges.

Building coping skills

Teaching your child coping skills is essential for managing anxiety effectively. These skills can help them handle stress and navigate challenging situations more confidently.

Introduce deep breathing exercises as a way for your child to calm their mind and body when they feel overwhelmed. Practice deep breathing techniques together, such as inhaling slowly through the nose and exhaling through the mouth. Make these exercises a regular part of their routine so they become familiar and accessible when needed.

Visualization techniques can also help. Encourage your child to imagine a successful and positive school day, or visualize themselves handling a challenging situation with confidence. Visualization helps build a positive mindset and reduces anxiety by preparing them mentally for various scenarios.

Work with your child to develop problem-solving strategies. If they are anxious about specific aspects of school, such as a difficult subject or social interactions, help them create a plan to address these concerns. For example, if they are worried

about a challenging class, develop a study plan together or explore options for additional help, such as tutoring or extra practice.

Establishing a positive routine

A consistent and positive daily routine can provide stability and reduce anxiety. Establishing a structured routine helps your child feel more in control and less overwhelmed by the demands of the school year.

Create a daily schedule that includes time for homework, relaxation, and extracurricular activities. Ensure that the schedule is balanced and allows for downtime. A predictable routine helps your child know what to expect and reduces uncertainty, which can alleviate anxiety.

Implement a reward system to motivate your child and reinforce positive behaviour. Set up a system where they earn rewards for managing their anxiety effectively or completing school-related tasks. Rewards can be as simple as extra screen time, a special treat, or a fun family activity. This system helps reinforce their efforts and provides additional motivation.

Providing reassurance and support

Offering reassurance and support is crucial for helping your child manage anxiety. Encourage and praise your child's efforts and accomplishments, regardless of how small. Positive reinforcement boosts their confidence and helps them feel more capable of handling their fears.

Celebrate milestones and successes, such as completing the first week of school or overcoming a specific challenge. Celebrations can include a special family dinner, a fun outing, or simply acknowledging their achievements with positive words. Celebrating successes helps build resilience and a positive attitude towards school.

Maintain open communication with your child's teachers. Share any concerns you have about your

child's anxiety with their teachers so they can provide additional support and accommodations if needed. Teachers can offer valuable insights and help create a supportive school environment for your child.

If your child's anxiety is severe or persistent, it may be necessary to seek professional help. Look for signs such as ongoing physical symptoms, significant impacts on social or academic functioning, or severe avoidance behaviour. A mental health professional, such as a therapist or counselor, can provide specialized support and strategies for managing anxiety. Cognitive-behavioral therapy (CBT) is often effective in helping children build coping skills and manage anxiety.

Modeling calmness and resilience

Your behaviour and attitude as a parent can greatly influence how your child handles their anxiety. Demonstrate effective stress management and coping strategies in your own life. Show your child how you handle challenges and maintain a positive outlook.

Modeling calmness and resilience helps your child learn how to manage their own stress and anxiety. Share your coping strategies, such as taking breaks, practicing mindfulness, or seeking support from others. Your approach to managing stress can serve as a valuable example for your child.

Back-to-school anxiety is a common experience for many children, but with the right support and strategies, it can be effectively managed. By understanding your child's feelings, gradually preparing them for school, building coping skills, establishing a positive routine, and providing reassurance and support, you can help them navigate their anxieties and approach the new school year with confidence. Tailor your approach to your child's unique needs and seek professional help if necessary. With your support, your child can overcome their back-to-school anxiety and thrive in their new school year.

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Our school is home to a diverse community, representing more than 60 nationalities. We believe that diversity is a strength and it helps our students to develop a global perspective and to understand different cultures.

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three programmes develop students' intellectual, personal, emotional and social skills that they crucially need to thrive and serve others in today's challenging world.

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Our teaching approaches and whole school community culture is geared towards learning and attitudes that are centred on developing an internationally minded community made up of students who are inquirers, knowledgeable, thinkers, communicators, principled, open-minded, caring, risk-takers and are balanced and reflective. All of our students from Pre-3 to Grade 10 study two additional languages: Arabic and Spanish.

At SEK International School Qatar, we believe that education is not only about academic success but also about personal growth and development. We inspire all students to be creative thinkers, problem solvers,

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