



THE BRITISH INTERNATIONAL SCHOOL  
ABU DHABI  
A NORD ANGLIA EDUCATION SCHOOL

Issue 2  
January 2021

# Ways to *Wellbeing*





# Ways to Wellbeing

During these challenging times, we are exploring ways to enhance the wellbeing of our students, both in school and virtually. At BIS Abu Dhabi, we are continually seeking to find new ways to help place wellbeing at the heart of everything we do.

With this in mind, we have created a series of Remote Learning Resources to help support our students' wellbeing, which will be published each half term. These activities draw on new and existing resources to give your children a wide variety of options beyond the school day, such as:

- Global Campus Activities,
- House and Service activities,
- Solo Brain Breaks,
- Creative Craft,
- Physical Activities,
- Mindfulness Colouring,
- Student-friendly Podcasts.

The PDFs of activities can be printed or used on a device, with clickable links and QR codes to make accessing online content easy.

For Global Campus activities, students can log in using their school email. If you need any support in accessing Global Campus, please contact your child's class teacher or from tutor.



## Upcoming Key dates

### International Day

This year, we will celebrate International Day a little differently. Our event will be online on Thursday 4th February. We urge all students and families to get involved in tasks and events throughout the day!

### BIS Got Talent

Auditions for BIS Got Talent are currently underway. All audition videos must be sent to class teacher or form tutor by 31<sup>st</sup> January 2021.

Online Parent Webinar  
Qridi Launch. Date TBC





## Physical

### *The Daily Mile*

The daily mile involves everyone walking, running or jogging 1 mile or for 15 minutes every day. Click [here](#) to find out more.

### *Nord Anglia Weekly Workouts*

Join students and families from all over Nord Anglia Education as they complete weekly workouts. Click here to [view](#).

### *Yoga*

On the Global Campus there are a series of yoga sessions that cover a range of themes from breathing and relaxation to power yoga and balance postures. Click [here](#) to take part in the sessions on the Global Campus.



## House

### **International Day Activities**

#### **Cooking from your country**

Demonstrate how to cook a traditional dish from your country and share a step-by-step video with your class teacher or form tutor.

#### **International Information Gathering**

Send a two-minute video explaining everything you know about your country. What is the capital? What is the currency? How many people live there? What does the flag look like? What is the local food and traditions? How do you greet someone in your native language?

You can email these videos to [HouseDay@bisad.ae](mailto:HouseDay@bisad.ae).

## Service

### **International Day Activities**

#### **Friendship Flags**

Make a flag from a country that you would like to learn more about, or where one of your friends comes from. Pass it on to a friend in your class.

#### **Global Goal Challenge**

Send a short video via Seesaw in primary (to Mrs Burns), and TEAMS for secondary (to Ms Townsend) outlining what act of service you could complete for one of the sustainable development / global goals.







## School Counsellors

*Need to talk?*

Scan the QR code, fill in your details and one of the school counsellors will get in touch 😊

You are not alone.



Name 3 good things that happened this half term:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## Sleep Tracker

How many hours of sleep did you get?

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sun	Mon	Tue	Wed	Thu	Fri	Sat



## Try it!

One of the ultimate wellbeing strategies is gratitude. Challenge: Let five people know why you are grateful for them. They might be friends, family, teachers or people in your wider community. Send them a message, or write them a note, explaining why you're grateful for them.

## Reflect!

Take some time to think back over the last few weeks. Can you share with someone else the hard things and the good things that have happened? You might like to;

- Draw a picture
- Write a song
- Perform a poem
- Make a video
- Make a collage
- Share a photo album
- Write a letter



## Learn it!

Grit & Persistence - Watch the video about famous failures. Many people who have had extraordinary success, have also had extraordinary failures along the way.

- What is something you have found challenging, but have kept trying at?
- What is it about this thing that helps you keep going?
- Why are you able to be persistent?
- What is something that you found hard and felt like giving up?
- How could you approach this challenge differently?





## Global Campus Activities

Global Campus is our online platform, enabling Nord Anglia Education students to connect, learn and interact with one another through collaborative projects.

### Article of the Week

Each week, learn about a new article from the UN Convention on the Rights of the Child!



### A little bit of Genius Podcast

Hosted by NAE students, the podcast series features interviews with a range of special guests.



### Young Musician of the Year

NAE Virtual Young Musician of the Year 2021, and this year it's bigger and better!



## Try it!

### Mindfulness Colouring

Relax with some mindfulness Colouring.



### Get Crafty!

Get creative and have a go at this 'flow-inducing' craft. Turn recycled paper into a necklace to give someone.

Mindfulness  
moment  
10 Minute  
Meditation



## Quotable Quote

'Curiosity is the wick in the candle of learning.'

- William Arthur Ward

'When you can't change the direction of the wind, just adjust your sails'

- Lou Holtz

## Origami Challenge

Create some incredible designs with paper! Challenge yourself below:

Level 1



Level 2 (tricky!)



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**You are not alone.**




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## Try it!

Curiosity and Interest  
Design a new musical instrument. Draw and label a diagram of your instrument.



## Try Something New!

Now is a great time to get creative in the kitchen!

- Make your own playdough
- Test out some different slime recipes
- Create some fruit rockets using skewers
  - Bake some cookies
  - Make a mug brownie



## Watch it!

### Triathlon Masterclasses

A series of four Masterclasses that will focus on Swimming, Cycling, Running, Nutrition. This is a fantastic opportunity for you to find out from experts how to be totally prepared to take on the challenge of an endurance sport.



Try Again Sally Jane'  
by Mary Diestel-Feddersen





## Global Campus Activities

Global Campus is our online platform where Nord Anglia Education students connect, learn and interact with one another through collaborative projects.

### Forest Schools activities

Click on the leaf below the tree to access the latest Forest School activity.



### Plastic Challenge

Find out how to cut out single use plastics.

### Young Musician of the Year

NAE Virtual Young Musician of the Year 2021, and this year it's bigger and better!



## Try it!

Mindfulness Colouring  
Relax with some mindfulness colouring.



### Get Crafty!

Create something from your country to show on International Day. This website may give you some ideas.



### Mindfulness moment

5 Minute Meditation.



## Quotable Quote

'Think left and think right and think low and think high. Oh, the thinks you can think up if only you try.' – Oh, the Thinks You Can Think!

Dr Seuss

## Origami Challenge

Create some incredible designs with paper! Challenge yourself below:

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## Family National Dance

Recreate your family's national dance at home and record a video of what you produce.



## Family Readathon

“Reading for fun is not just good for your soul but good for your brain”

Visit our extensive selection of ebooks at <https://bit.ly/BISADS>.

Check for TumbleBooks and TeenBookCloud under Learning Links. Contact [librarian@bisad.ae](mailto:librarian@bisad.ae) with any questions.”



## Feel Good Family

Join the challenge to create a dish using the list of ingredients. Once you've created your meal take a photo of it and post it on global campus. Don't forget to share the recipe with us and the best ones will be in our Nord Anglia Cookbook. Click [here](#) for more information.

## BIS Got Talent

Get involved as a family with BIS Got talent. Have you got what it takes to compete with the best? Click [Here](#) to watch the amazing talents of our teachers! Don't forget to send your audition video to your class teacher or form tutor.



## Wellbeing Workout

Try this once a week as a family and see if you can improve your time. AMRAP 15 minutes (As many reps as you can)

- 20 Mountain Climbers
- 20 Lunges (10 Each side)
- 20 Press Ups
- 20 Star Jumps
- 20 Sit ups
- 20 Squats

## Dictionary

Write down 20 famous films on pieces of paper. Create 2 family teams and try and “act” out the films to see if members of your team can guess them.

Please send any pictures or videos of you, or your families completing tasks to our Instagram page (@bis\_ad), our Facebook page (@britishinternationalschoolabudhabi), or use the hashtag #Bisabudhabiwellbeing.