AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

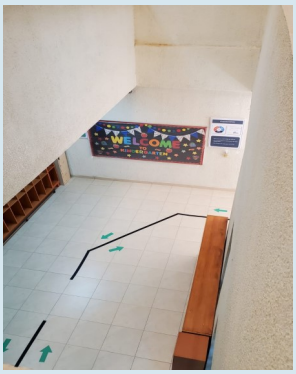
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KG/ES WEEKLY NEWSLETTER

16 September 2021

2021-2022 Issue 4

Principal Message



Dear Parents,

There is much to let you know about in this newsletter. Thank-you to the many parents who attended the information session (s) about In-Person Orientation. We have worked diligently on the KG/ES Reunification Plan to welcome students back. We are starting with two weeks of on-campus learning where students are either in a morning or afternoon group. The thinking behind having students on campus daily includes getting students used to being here daily. We have to remember that for all students it has been one and half years since they've been on campus. And some of our youngest learners have yet to set foot on campus.

As students return to campus, please remember there will be new routines that we all must get used to. Our Director reminded us to approach everything this year with an open mind and an open heart. We all want a safe return to campus. We look forward to welcoming students back for in-person orientation on Wednesday and Thursday. Please remember to register using PTCFast .

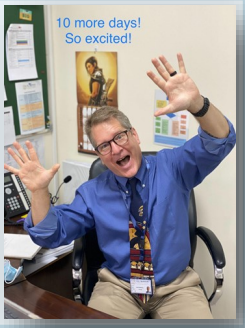
Happy Learning!
Mr. Sven



Countdown to In-person Learning

We are so excited to welcome you back to in-person learning that we're counting the days!

Follow us on Instagram where you can join our countdown. Be sure post your own countdown photos and don't forget to tag @biskwt so we can all share the excitement.



Please read attached the student & family orientation presentation.



Parents' forms are attached, please sign them and return to the homeroom teacher during on campus orientation either on Sep.22 or 23. Also, you can return them to *kges@bis.edu.kw*

Dates to Remember: September

Sept 22 In-person orientation by scheduled appointment via PTCFast

Sept 23 In-person orientation by scheduled appointment via PTCFast

Sept 23 PCR testing in the gym - more details to come

Sept 26 In-person learning begins. All students in either AM or PM session

Oct 10 Full day all students in person learning begins

Mission Statement: Al-Bayan International School personalizes learning to achieve intellectual and individual growth of all students, empowering them to impact their community.

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A Request for Art Class



For safety reasons students should avoid sharing resources. The supply list has most items required for Art this year, however since students are not sharing, the following additional art supplies are requested.

KG1, KG2, Grades, 1 and 2: Art apron or an old shirt (to protect clothes when students are painting).

Grades 3, 4, 5: Need both markers (any brand, 8-12 pack) and colored pencils (12-24 pack).

All grades: a ruler is optional

MyMedBot

In order to keep our students, staff, and faculty safe, and to comply with all MOH health and safety guidelines, we will be using an online platform and the app called MyMedBot to collect health screening information on each child in order to enter the campus each morning.

You can watch a short introductory video on MyMedBot here , as well as downloading the iPhone (click here) and Android (click here) apps.

You should have already received an automated email from MyMedBot with the specific login code for your family. Please click here for additional information on the platform.

Should you have any additional questions, you may contact Mr. Ahmed Mohamed, ETM System Administrator at ahmed.mohamed@bis.edu.kw or call Reception at 2205 2822.



Sleep Hygiene

Students will be returning to campus in the coming weeks and with that comes earlier mornings and longer days. One of the best things we can do to prepare is to establish and maintain a consistent sleeping schedule.

We often think of sleep as something we can catch up on or save up by sleeping in or going to bed early. Unfortunately, optimal sleep is very much an opportunity that when missed can have significant impacts on performance. The National Sleep Foundation recommends 7-9 hours of continuous sleep each day and suggests children and teenagers are likely to need even more sleep as they learn and grow.

Sleep Hygiene is a collection of strategies that support optimal sleeping patterns. Here are 6 strategies recommended by sleepassociation.org. Use these sleeping strategies and maintain good Sleep Hygiene for yourself and your family to ensure you are ready to take on the exciting challenges ahead.

1. Have a consistent sleep schedule. This means going to sleep and waking up at the same time or within 20-30 minutes of the same time each day.
2. Don't hang out in your bed. Avoid eating, reading, working and all other non-sleep related activities in bed. Save the bed for sleeping.
3. A routine before bedtime will help your mind and body prepare for sleep and improve the likelihood of a quality sleep. Take an hour to put down electronics, shower, brush your teeth, drink some water and/or prepare fresh sheets before bed.
4. Keep your phone, TV, laptop and/or other distractions away from your bed.
5. When you wake up in the morning, don't linger in the bed for more than 5-10 minutes.
6. Avoid caffeine, especially in the afternoon or within 8 hours of your scheduled bedtime. Children should avoid caffeine entirely.

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