ST. MARY'S CATHOLIC HIGH SCHOOL

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هاتف : ۳۳۷۰۲۵۲ ؛ ۹۷۱+

موقع ویب : www.stmarysdubai.com

فاكس : ٣٣٦٨١١٩ ؛ ٩٧١+

OUR REF	١:	
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TRN No. 100483609200003

Friday, 13th October 2023

The Parents of students in Years 1-13 To: **WEEKLY CIRCULAR BEFORE WEEK EIGHT**

Dear Parents.

Greetings from Saint Mary's. We trust that this update finds you and your families safe and healthy. It was lovely to see the students dressed in Pink for the first coloured clothes day of the year. We hope that those who forgot will be more careful not to miss out on this opportunity the next time we have a Coloured Clothes Day.

NEW

- WORLD ENERGY DAY 22ND OCTOBER 2023
- SCHEDULE OF TRY OUTS FOR SPORTS DAY (15TH FEB 2024) YEARS 5-13.
- STUDENT SCHOOL ID CARDS YEAR ONE
- DHA INFLUENZA AWARENESS LEAFLET

ALL PARENTS PLEASE NOTE THAT THE DEADLINE FOR ALL FIRST TERM FEE PAYMENTS WAS 20TH SEPTEMBER 2023. ANY STUDENT WHOSE FIRST TERM FEES HAVE NOT BEEN PAID WILL BE CONSIDERED OUTSTANDING AND WE WILL NOT BE ABLE TO ISSUE CORRECTED ASSESSMENT PAPERS, OFFICIAL DOCUMENTS ETC. PLEASE RESPECT THE FEE PAYMENT DEADLINES.

PARENT CONTACT INFO: We are reaching out to 180 parents who have not yet filled out the PARENT INFO using the link provided. Please understand that in the event of any emergency with your child at school, this information will be critical in contacting you without delay. Please treat this seriously and kindly do not delay any further. Please find the link below.

https://forms.gle/4MpDRT2YCsdv93ddA

1) WORLD ENERGY DAY, 22nd OCTOBER 2023:

The world celebrates "**World Energy Day**" every year on October 22nd, an initiative endorsed by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the United Arab Emirates, Ruler of Dubai.

As a school initiative, we are reaching out to ALL PARENTS, STUDENTS and STAFF to go DIGITAL and NON-ESSENTIAL DEVICE FREE for ONE HOUR (1:00 – 2:00 PM) on 22^{nd} October 2023.

Please collaborate with us in helping children understand the importance of sustainability and energy conservation and reduce our carbon footprint.

2) SPORTS MEET 15TH FEBRUARY 2024 (YEARS 5-13) TRY OUT SCHEDULE: Parents are requested to kindly check the schedule of try outs (ATTACHED TO THIS WEEK'S CIRCULAR) for the Sports Meet scheduled for 15th February 2024. Children who are going to take part in the try outs are advised to undertake some basic fitness training in advance so that you do not suffer any sudden impact from running a hundred or two hundred metre sprint after a long period of inactivity.

3) STUDENT SCHOOL ID (YEAR ONE):

Parents have been requesting for the past many years for students to have an official school ID. We will begin providing the same in phases and will start with Year One. Kindly make the payment of **AED 25/-** only via Skiply for your child's school ID. The school ID will have to be worn daily and must be kept safely as it will be carried forward for each child over a couple of years.

4) INFLUENZA AWARENESS FROM DHA:

Parents are requested to please check the important health awareness leaflet on INFLUENZA from DHA.

5) GRADUATION CEREMONY FOR THE CLASS OF 2022-2023 (Year 12 students and parents):

Parents are requested to kindly check the attached notice regarding the Graduation Ceremony. Attendance at the rehearsal on 2^{nd} November 2023 is compulsory for those students who will be attending the Graduation.

6) MID-TERM ASSESSMENT TIMETABLES AND PORTIONS (YEARS 2-10):

Parents have received the Assessment Timetables as well as the portions from your child's class teacher, via the class group email. It was also posted in GC. We urge parents to kindly ensure that children do not miss assessments unless there are serious medical concerns.

Students with unapproved leave will not be credited for any missed Assessments and this will have a very negative impact on their Summative reports. This will also affect the child's yearly average. PLEASE NOTE THAT AS OPPOSED TO PREVIOUS YEARS, THIS ASSESSMENT WILL BE THE ONLY ONE THAT COUNTS TOWARDS YOUR CHILD'S NOVEMBER 2023 SUMMATIVE REPORT. PLEASE ENSURE THAT THE CHILDREN UNDERSTAND THIS AND PREPARE FOR IT SERIOUSLY.

7) PEARSON EDEXCEL EXAM REGISTRATION FORMS FOR YEARS 11 & 13:

Parents of students in Years 11 and 13 are reminded to please check the Pearson Edexcel Exam Registration forms that have been sent with the children this week. Payment for London Board Exams must be made through Skiply. Please send the forms with the relevant documents (mentioned on the form) and the printed Skiply receipt.

8) NO SHARP OBJECTS TO BE SENT WITH CHILDREN IN YEARS ONE THROUGH THREE:

Parents of children in years One through Three must check your children's pouches and bags in the morning to ensure that there are no sharp objects like scissors, compasses, steel rulers, paper cutters, paper clips, etc which can be potentially dangerous to the child and other children in the class. Please do not send any toys with them either unless specified in the class group email as may be required for some lessons.

9) NO CHANGING OUT OF SCHOOL UNIFORM FOR STUDENTS WHILE ON THE PREMISES:

Parents are reminded that students MUST NOT change out of their uniform while on the premises unless they have team practice after school or there is a specific event or function.

10) IBT ARABIC EXAMS (ARABIC A – Years 5-10) (ARABIC B- Years 5, 7 & 9): Parents are requested to kindly check the attached circulars.

11) EMIRATES LITERATURE FESTIVAL COMPETITIONS:

Parents, please go through the flyers attached to this circular. We would like you to encourage children to actively register for these competitions.

12) ASSESSMENTS FOR THE NOVEMBER 2023 REPORT:

Parents, please read through the attached circular regarding Assessments for the November 2023 report.

13) GL CAT-4 T1EST FOR YEARS FOUR, SIX, EIGHT AND TEN ONLY:

Parents of students in Years Four, Six, Eight and Ten are requested to kindly check the separate attachment to this circular regarding the GL CAT4 examination. Please email the skiply receipt indicating payment for the same to your child's class teacher. CHILDREN MUST BRING A FULLY CHARGED DEVICE – ONLY A TABLET OR LAPTOP (THE TEST WILL NOT RUN ON A MOBILE PHONE) ON THE DAY THE TEST HAS BEEN SCHEDULED FOR THEIR CLASS.

14) ADMISSION TO A-LEVELS (PARENTS OF CURRENT YEAR 11 STUDENTS):

Parents of Year 11 students are requested to kindly go through the separate circular on A-Level admissions attached to this weekly notice.

15) SOCIAL MEDIA FREQUENT CHECKS BY PARENTS FOR SECONDARY & UPPER PRIMARY CHILDREN:

Parents of secondary and upper primary children are strongly encouraged to kindly make frequent checks of your child's use of social media. We have seen in many cases that minor children are being sought out on Instagram, Snapchat, and other platforms by much older individuals for chats and conversations. It is important for parents to know who their children are conversing with to protect them from any potential safeguarding issues. We would also like to remind parents about your children's use of inappropriate content and language on Social Media Platforms which you will be aware of only if you make frequent checks of the same. Please have your child remove himself/herself from private social media groups that are not encouraged or recommended by us at St. Mary's. The school cannot take responsibility for private groups started by students, and we strongly discourage the formation of these groups as well as discourage student participation in them. It is once again important here that ALL PARENTS check your children's digital activity frequently including group activity if your child is part of private groups created by students.

16) PAYMENT OF TERM FEES:

(Details in previous weekly circulars)

17) FINANCE-RELATED EMAILS:

(Details in circular dated 1st September)

18) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2023-2024:

Parents are requested to check the approved KHDA School Calendar for the Academic Year 2023-2024 that has been attached to this circular for your easy reference. This will help

you plan ahead. If the regulators make any changes to the same, we will inform you immediately. Please note that only emergency medical leave will be approved during school days. Leave for family holidays and celebrations must coincide with the school holidays as per the KHDA calendar. Leave for events like graduations, weddings, parties etc will not be granted during school days and if absences like this occur during exams, there will be no re-exams in that case. We expect parents to respect these dates and not request leave during school days.

KEY DATES IN THE APPROVED KHDA CALENDAR

Parents are strongly reminded not to plan holidays/ celebrations and other events outside the approved holiday slots in the calendar as these will not be approved.

30th OCTOBER 2023	Holiday for all students
10th NOVEMBER 2023	Holiday for all students / GRADUATION CEREMONY
1st DECEMBER 2023	Martyr's Day
11th DECEMBER 2023 –	Winter Break
1 ST JANUARY 2024 (Inclusive)	
2 nd JANUARY 2024	School re-opens after the Winter Break
16 th JANUARY –	First Term Examinations in the morning. Regular lessons after
1 ST FEBRUARY 2024	break. Students will not be allowed to go home after the
	morning's exam.
2nd FEBRUARY 2024	Term break for all students
15th FEBRUARY 2024	Sports Day Years 5-13 (subject to change)
23rd FEBRUARY 2024	Sports Day Years 1-4
11th -22nd MARCH 2024	Mock Examinations years 11 and 13
15th, 16th & 17th APRIL 2024	
25 th MARCH – 5 TH APRIL 2024	Spring Break
(inclusive)	
9th to 12th APRIL 2024	Eid Al Fitr (subject to government declaration)
15th & 16th MAY 2024	Final exams in parallel with regular lessons
17 th MAY 2024	Study Holiday
20th to 31st MAY 2024	Final Exams and students go home at 11:00 am
17 th & 18 th JUNE 2024	Eid Al Adha (subject to government declaration)
28th JUNE 2024	Report Day & Last working day for students and teachers
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Please note that the GL EXAMS usually take place during the month of May and June.

19) SIMS PARENT APP/ LEARNING LADDERS:

Please note that these are still in process and our IT Support will be sending out the invitation and credentials for the same in some time. We will let you know via a circular when that process gets rolled out. Kindly do not email IT Support for this at the moment.

20) INTERNATIONAL BENCHMARK TESTS FOR THE ACADEMIC YEAR 2023-2024 AND APPLICABLE PAYMENTS:

As per previous circular of 15th and 22nd September

21) PREDICTED GRADES POLICY FOR YEARS 12 & 13:

Please refer to previous circulars.

22) SUBJECT CHANGE POLICY, YEARS 9 TO 13:

Please refer to previous circulars.

23) NO DISTRIBUTION OF ANY ITEMS (cakes/ candies/ chocolate/ and even non-edible items) FOR BIRTHDAY CELEBRATIONS:

Parents are reminded that while the class would be happy to sing for your child on his/her birthday, there should be STRICTLY NO DISTRIBUTION of any food/ sweets or even non-edible items like small toys etc on your child's birthday.

24) STUDENT ABSENCES MUST BE INFORMED BY PARENTS:

All parents are requested to kindly inform the class teacher via email whenever a child is absent, even if it is just for one day. A simple email with the reason for the absence will suffice but is mandatory. Unaccounted for absences will be marked as unjustified and will be reflected on students' progress reports.

25) PARENTS' WHATSAPP GROUPS:

While a whatsapp group maybe very useful for *sharing important information that can be very helpful* – *sometimes essential* – *for busy parents, it has increasingly been noticed that these groups seem to have become breeding grounds for gossip, Chinese whispers and criticism. We are noticing more and more that a personal experience of a child or a staff member has become fodder for public comment, and this has extended to even the very private medical information of children being openly discussed on parent groups.* There's a broader societal issue here. This is all very new to us adults. We must reflect on the example we're setting. We talk about what our children are doing online, but we don't reflect on our own behaviour; we don't have an agreed etiquette. We would like all parents, especially those in primary school to do some reflection on the unchecked chatter and quite often the vilifying of staff members in the parents' whatsapp groups over the past year and ask yourself if that is truly helping you or rather creating unwanted stress. As a school, we would like you to reach out to the teachers or to

Ms. Lise-Ann (in more urgent cases) rather than allow what could be one parent's opinion or perspective or misinterpretation in many cases, cloud the perspectives of all the rest. Let us try not to micromanage the children but have more faith in their capacity for resilience and courage.

While we continue to encourage you to use emails as the official channels for communication, we would like to offer some useful guidelines for the ethical use of whatsapp groups should parents still feel the need for them.

Groups can be used to share:

- Reminders about deadlines, school activities, and events.
- Questions about school activities or special events e.g., what date the science project is due in, uniform or non-uniform day, when the deadline to pay for something is,
- Sharing important information already posted in a circular to help reach more parents e.g., alerts about sickness, school policies, etc.
- Sharing information which can be useful to the other parents in the group e.g., where to buy costumes for dressing up days, ideas for projects, etc.
- Foster a sense of community.
- Sharing relevant community notices e.g., road closures or new traffic lights in the local area, etc.

We **STRONGLY discourage** the use of the groups to:

- Gossip.
- Voice grievances.
- Share personal problems.
- Point out another child's behaviour.
- Discuss the work of teachers: if a parent has a concern regarding the teacher, that parent should speak with him or her directly.
- Raise individual concerns or complaints: if a parent has a particular concern or complaint regarding the school or any member of the Staff, that issue should be raised directly with the school.
- Share political or religious posts or discussions.

26) URGENT QUERIES AND CONCERNS:

If you have any urgent queries and concerns, kindly send an email to our Vice Principal, Ms. Lise-Ann on l.pinto-smchs@smgeducation.org and she will get back to you. Please include your telephone number in case she needs to call you.

We take this opportunity to wish each and every one of you a safe and happy long weekend.

Yours sincerely

Mr. Paul Asir Joseph (Principal)



EVENTS FOR GIRLS

2023-2024

YR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YR.7 & 8 Junior	Born on or After 1-1-2010	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YR.9 & 10 Senior	Born on or After 1-1-2008	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YR 11, 12 & 13 Super Senior	Born on or Before 31-12-2007	100mts	200mts	400mts	800mtS	Long Jump	Shot Put	4 x 100 m Relay

RULES AND REGULATIONS

- ➤ Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- ➤ Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- ➤ All heats / events will be done during the activity period or the sports period.
- ➤ Any over-aged students shall be shifted to the next higher appropriate division.

Awards and Points Details

- ➤ All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)
 - Points will be awarded as follows.

•	First Place	- 05
•	Second Place	- 03
•	Third Place	- 01

For the relay Event

First Place - 10
 Second Place - 06
 Third Place - 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their
 respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra HOD -P E



Mr. Paul Asir Joseph Principal





2023-2024

GIRLS EVENTS SCHEDULE

DAY	DATE	EVENT	PERIOD	YEAR
WEDNESDAY	01/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	100M, Long JUMP	5 th	YR 8A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	7 th	YR 7A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	BREAK	YR 11,12,13
MONDAY	06/11/2023	100M, Long JUMP	6 th	YR 5A, D & E
MONDAY	06/11/2023	100M, Long JUMP	7 th & 8 th	YR 9A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	3 rd	YR 6A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	6 th	YR 10A, D & E
WEDNESDAY	08/11/2023	400M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	200M, SHOTPUT	5 th	YR 8A, D & E
THURSDAY	09/11/2023	200M, SHOTPUT	7 th	YR 7A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	6 th	YR 5A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	7 th & 8 th	YR 9A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	3 rd	YR 6A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	6 th	YR 10A, D & E
WEDNESDAY	15/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
WEDNESDAY	15/11/2023	400M	5 th	YR 8A, D & E
THURSDAY	16/11/2023	400M	7 th	YR 7A, D & E
MONDAY	20/11/2023	400M	6 th	YR 5A, D & E
MONDAY	20/11/2023	400M	7 th & 8 th	YR 9A, D & E
TUESDAY	21/11/2023	400M	3 rd	YR 6A, D & E
TUESDAY	21/11/2023	400M	6 th	YR 10A, D & E
WEDNESDAY	22/11/2023	800M	5 th	YR 8A, D & E
THURSDAY	23/11/2023	800M	7 th	YR 7A, D & E
MONDAY	27/11/2023	800M	7 th & 8 th	YR 9A, D & E
TUESDAY	28/11/2023	800M	6 th	YR 10A, D & E





ST. MARY'S Catholic High School, Dubai



EVENTS FOR BOYS

2023-2024

GR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100m	200m	400m	Long Jump	Shot put	4x100m Relay		
GR.7 & 8 Junior	Born on or After 1-1-2010	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
GR.9 & 10 Senior	Born on or After 1-1-2008	100m	200m	400m	800m	1500m	Long jump	Shot put	4x100m Relay
GR 11,12&13 Super Senior	Born on or Before 31-12-2007	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay

RULES AND REGULATIONS

- Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- ➤ Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- Any over-aged students shall be shifted to the next higher appropriate division.

Awards and Points Details

- ➤ All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)
 - Points will be awarded as follows.

•	First Place	- 05
• \	Second Place	- 03
•	Third Place	- 01

For the relay Event

•	First Place	- 10
•	Second Place	- 06
•	Third Place	- 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra HOD -P E



Mr. Paul Asir Joseph Principal





2023-2024

BOYS EVENTS SCHEDULE

TRACK & FIELD TRYOUTS 2023-2024

DAY	DATE	EVENT	PERIOD	YEAR
MONDAY	23/10/2023	100M, L. JUMP	BREAK	YR 11,12,13
MONDAY	23/10/2023	100M, L. JUMP	5 TH	YR 5B, C, F
TUESDAY	24/10/2023	1500M	BREAK	YR 11,12,13
WEDNESDAY	25/10/2023	100M, L. JUMP	6 [™]	YR 8B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	5 TH	YR 10B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	6 [™]	YR 7B, C, F
FRIDAY	27/10/2023	100M, L. JUMP	4 TH	YR 6F
FRIDAY	27/10/2023	100M, L. JUMP	6 [™]	YR 6B, C
FRIDAY	27/10/2023	100M, L. JUMP	6 TH & 7 TH	YR 9B, C, F
TUESDAY	31/10/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	200M, SHOTPUT	6 [™]	YR 8B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	5 [™]	YR 10B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	6 [™]	YR 7B, C, F
FRIDAY	03/11/2023	200m	4 [™]	YR 6F
FRIDAY	03/11/2023	200m	6 [™]	YR 6B, C
FRIDAY	03/11/2023	200M, SHOTPUT	6 TH & 7 TH	YR 9B, C, F
MONDAY	06/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
MONDAY	06/11/2023	200M, SHOTPUT	5 TH	YR 5B, C, F
TUESDAY	07/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	400M	6 [™]	YR 8B, C, F
THURSDAY	09/11/2023	400M	5 TH	YR 10B, C, F
THURSDAY	09/11/2023	400M	6 [™]	YR 7B, C, F
FRIDAY	10/11/2023	400M	4 TH	YR 6F
FRIDAY	10/11/2023	400M	6 [™]	YR 6B, C
FRIDAY	10/11/2023	400M	6 TH & 7 TH	YR 9B, C, F
MONDAY	13/11/2023	400M	BREAK	YR 11,12,13
MONDAY	13/11/2023	400M	5 TH	YR 5B, C, F
TUESDAY	14/11/2023	1500M	BREAK	YR 9 & 10 B, C, F
MONDAY	20/11/2023	800M	BREAK	YR7 & 8 B, C, F
TUESDAY	21/11/2023	800M	BREAK	YR 9 & 10 B, C, F















Influenza





Fight Influenza, it starts with you

What is seasonal influenza?

Seasonal influenza is an acute viral infection that spreads easily among humans in all age groups. It mainly affects the respiratory system, especially the nose, throat and lungs. It is transmitted by inhaling the droplets when coughing, sneezing or interacting with an infected person. It can also spread by touching surfaces or substances contaminated with the influenza virus and then touching the eyes, mouth or nose. The severity of infection ranges from mild to severe and can sometimes lead to death.

What are the symptoms of influenza?



Sudden rise in body temperature



Dry cough



Feeling tired and fatigue



Body ache and muscles pain



Runny or blocked nose



Sore throat



Headache



Vomiting or diarrhea, especially in children

What are the complications of influenza?

Most people with influenza recover within a few days to around two weeks, however, some people can develop complications such as:



Pneumonia & bronchitis or bronchiolitis



Inflammation of the ears or sinuses



Further deterioration in the health condition of people with chronic disease that could become critical

How can you protect yourself from influenza?

The best way to prevent influenza and avoid serious complications is to get the influenza vaccine every year, other preventive measures recommended to reduce the spread of infection are:

- Washing the hands frequently with soap and water for at least 20 seconds
- Covering the nose and mouth with a tissue when sneezing and coughing
- Cleaning and disinfecting surfaces regularly and avoiding touching the eyes or mouth immediately after touching contaminated surfaces
- Avoiding contact with infected people

What is the influenza vaccine?

It is a vaccine that contains an inactivated virus (Ineffective in causing disease) that is once taken, triggers the immune system to produce antibodies to the virus, this may take up to two weeks, after which the body acquires immunity to protect itself against the seasonal influenza virus infection.



When should you get the influenza vaccine?

It is advisable to take the influenza vaccine once a year before the winter season, between September and October, but it is also possible to take the vaccine at any time until March to avoid getting the influenza viruses still circulating in the community.

Why do you need to vaccinate against influenza every year?

The influenza viruses are constantly exposed to multiple mutations, causing the virus to change its shape every year, and emerging new strains that deceive the human immune system. Therefore in order to keep pace with these changes, influenza vaccines are developed annually to suit the strains that spread every winter.

Who can take the Influenza vaccine?

Vaccination can be given to anyone 6 months or older, but the following groups are more likely to have Influenza complications and should be vaccinated:

- Children aged 6 months to 5 years
- Adults over 65 years of age
- Pregnant women at any stage of pregnancy
- People with a weakened immune system due to diseases or medications (such as cancer patients, people with HIV / AIDS and those taking immune-suppressant treatment)
- People with chronic diseases such as asthma / heart disease / diabetes / kidney and liver diseases
- Healthcare workers
- Travelers to Hajj and Umrah

What are the contraindications for taking the Influenza vaccine?

- Infants under the age of 6 months
- People who are allergic to any component of the vaccine, or who have had an allergic reaction to it in the past
- People with severe or mild symptoms, with or without fever

Is the Influenza vaccine safe?

The Influenza vaccine is a safe vaccination with minor side effects that can include:

- Mild pain, redness or swelling at the injection site
- Mild fever
- Sore throat
- Mild body aches

Where can you get the Influenza vaccine?

The Influenza vaccine is provided at all DHA primary healthcare centres and private healthcare providers



GCSE GRADUATION CEREMONY FOR THE CLASS OF 2022-2023



The GCSE GRADUATION CEREMONY FOR THE CLASS OF 2022-2023 will be held on FRIDAY, 10th NOVEMBER 2023 at 5:00 pm in the MAIN HALL AT ST. MARY'S CATHOLIC HIGH SCHOOL DUBAI.

There will be a rehearsal on Thursday, 2nd November 2023 from 2:00 pm until 4:00 pm in the Main Hall. Students will receive their invitations and Graduation Gowns on the day of the rehearsal. The cost of AED 250/-for the hiring of the Graduation Gown as well as 1 Graduation USB with the photographs and video should be paid on the day of the Rehearsal. Please bring the Exact Amount. Only TWO adults per graduate can be accommodated in the Hall. No exceptions can be made due to space constraints.

ALL STUDENTS WHO WISH TO ATTEND THE GRADUATION CEREMONY MUST COME FOR THE REHEARSAL. STUDENTS WILL ONLY BE ALLOWED TO COLLECT THEIR GOWNS FROM 12:00 PM -1:30 PM ON THE DAY OF THE REHEARSAL. PLEASE NOTE THAT THE REHEARSAL WILL BEGIN AT 2:00 PM SHARP. STUDENTS WHO DO NOT ATTEND THE REHEARSAL WILL NOT BE PERMITTED TO ATTEND THE GRADUATION CEREMONY.

ST. MARY'S CATHOLIC HIGH SCHOOL

P.O. Box: 52232, DUBAI - U.A.E.



مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٢٢٣٢ه، دبي – الإمارات العربية المتحدة

هاتف : ۴۳۲،۲۰۲ (۲۳۹ بارید الکتروني : www.stmarysdubai.com موقع ویب : ۴۳۲،۸۱۱۹ شوقع ویب : ۳۳۲،۸۱۱۹

DATE: Friday, 22nd September 2023

To: Parents of Native Arabic speaking students in Years Five through Ten
- IBT ARABIC EXAMINATIONS

STUDENTS MUST BRING A FULLY CHARGED LAPTOP OR TABLET TO SCHOOL ON THE 3RD OF NOVEMBER 2023 FOR THE TEST.

Dear Parents,

Greetings from St. Mary's Catholic High School, Dubai. You will be pleased to learn that our school has been invited to participate in *International Benchmark Tests for Improving Learning*, 2023. The Australian Council for Educational Research, one of the leading research organizations in the world, develops this test and provides a range of Assessment services in many countries and works in close tandem with the KHDA here in Dubai. The *International Benchmark Test in Arabic* will be held on the following day.

	3 rd November 2023	in in in	VIII 1 0 0 1 4 0
FRIDAY	9:00 AM	ARABIC A	YEARS 5-10

The entry fee is AED 35/- for this exam, the exact amount of which must be paid ONLY THROUGH THE SKIPLY APP NO LATER THAN 30th SEPTEMBER 2023.

The International Benchmark Tests are designed to give an International benchmark of your child's performance vis-à- vis the participating countries in the world and in the region. Students will be able to see their intrinsic abilities and potential for learning, identifying their strengths and weaknesses on skills and concepts related to their class level and helps clarify concepts, making them very valuable as a remedial instrument. Questions are interesting and thought provoking and encourage students to develop the skills related to problem solving, data interpretation, reasoning and critical thinking in the global context.

THE INTERNATIONAL BENCHMARK TESTS (IBT) PROVIDE STUDENTS WITH:

- A comprehensive assessment of student performance and ability
- High quality test items that engage students across all ability levels;
- Individual reports that highlight skills, strengths and weaknesses;
- Reports that include a clear description of skills and concepts that have been mastered;
- A Scale Score to measure their progress over time
- Students and schools with high quality feedback that can be used to improve learning
- School, regional and international percentiles to compare and benchmark student performance;
- Recognition of student performance.

Since the Tests will be delivered on ACER's Online Assessment and Reporting System (OARS), please refer below to the system requirements for your computers/devices in the school. This will check suitability for conducting the Tests on this online interface. Technical Requirements and Browser Check Normally, standard PC's /devices meet the below requirements:

- Minimum screen resolution: 1024 x 768
- Minimum DSL or cable internet connection: 56 kbps
- Compatible computers and devices:
 - o PC or laptop,
 - o Apple Mac
 - o iPad
 - o Other tablet devices
- Compatible browsers:
 - Google Chrome (latest version)
 - Mozilla Firefox (latest version)
 - Safari (version 10 or above)
 - Edge (latest version)
 - o Internet Explorer (version 11 or above with compatibility mode disabled)

Browser Check We recommend that a browser check is done on all devices that will be used. These are given below: Open your preferred browser, click/copy and paste this link:

https:/oars-z3.acer.org/browser exam/#/ and a browser examination will run. This will check whether your internet browser is compatible, and you will also receive a recommendation for how many students you can test at a given time with your technical set up if testing in school. We request you to advise students to also do the browser check at home on their devices before these are used by them in school for the test.

Yours sincerely,

Mr. Paul Asir Joseph (Principal)



ST. MARY'S CATHOLIC HIGH SCHOOL

P.O. Box: 52232, DUBAI - U.A.E.

Tel.: +(971) 4 3370252 Fax: +(971) 4 3368119 E-mail: maryscol@emirates.net.ae website: www.stmarysdubai.com



مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٣٢٣٣، دبي – الإمارات العربية المتحدة

بريد الكتروني : maryscol@emirates.net.ae موقع ويب : www.stmarysdubai.com

هاتف : ۳۳۷۰۲۵۲ ؛ ۹۷۱ فاکس : ۳۳٦۸۱۱۹ ؛ ۹۷۱

DATE: Friday, 22ND September 2023

To: Parents of Non-Native Arabic speaking students in Years Five, Seven & Nine – IBT ARABIC EXAMINATIONS –ARABIC B

STUDENTS MUST BRING A FULLY CHARGED LAPTOP OR TABLET TO SCHOOL ON THE DAY THEY HAVE THE TEST.

Dear Parents.

Greetings from St. Mary's Catholic High School, Dubai. You will be pleased to learn that our school has been invited to participate in *International Benchmark Tests for Improving Learning*, 2023. The Australian Council for Educational Research, one of the leading research organizations in the world, develops this test and provides a range of Assessment services in many countries and works in close tandem with the KHDA here in Dubai. The *International Benchmark Test in Arabic* will be held on the following days.

WEDNESDAY	8 th November 2023	ARABIC B	YEAR 5
THURSDAY	9 th November 2023	ARABIC B	YEARS 7 & 9

The entry fee is AED 35/- for this exam , the exact amount of which must be paid ONLY THROUGH THE SKIPLY APP NO LATER THAN 30^{TH} SEPTEMBER 2023. The

International Benchmark Tests are designed to give an International benchmark of your child's performance vis-à-vis the participating countries in the world and in the region. Students will be able to see their intrinsic abilities and potential for learning, identifying their strengths and weaknesses on skills and concepts related to their class level and helps clarify concepts, making them very valuable as a remedial instrument. Questions are interesting and thought provoking, and encourage students to develop the skills related to problem solving, data interpretation, reasoning and critical thinking in the global context.

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- Students and schools with high quality feedback that can be used to improve learning
- School, regional and international percentiles to compare and benchmark student performance;
- Recognition of student performance

Since the Tests will be delivered on ACER's Online Assessment and Reporting System (OARS), please refer below to the system requirements for your computers/devices in the school. This will check suitability for conducting the Tests on this online interface. Technical Requirements and Browser Check Normally, standard PC's /devices meet the below requirements:

- Minimum screen resolution: 1024 x 768
- Minimum DSL or cable internet connection: 56 kbps
- Compatible computers and devices:
 - o PC or laptop,
 - o Apple Mac
 - o iPad
 - Other tablet devices
- Compatible browsers:
 - Google Chrome (latest version)
 - o Mozilla Firefox (latest version)
 - o Safari (version 10 or above)
 - Edge (latest version)
 - o Internet Explorer (version 11 or above with compatibility mode disabled)

Browser Check We recommend that a browser check is done on all devices that will be used are given below: Open your preferred browser, click/copy and paste this link:

https:/oars-z3.acer.org/browserexam/#/ and a browser examination will run. This will check whether your internet browser is compatible, and you will also receive a recommendation for how many students you can test at a given time with your technical set up if testing in school. We request you to advise students to also do the browser check at home on their devices before these are used by them in school for the test.

Yours sincerely,

Mr. Paul Asir Joseph (Principal)



EMIRATES AIRLINE FESTIVAL OF LITERATURE

SHORT STORY WRITING COMPETITION



Have a story to tell? Now is the time to put pen to paper and bring your tales to life!

The Emirates Literature Festival is here again and so is the OUP Story Writing Competition.

Give wings to your words and pen a short story inspired by this year's festival theme: "Beginnings"

General guidelines and important dates:

- Use your imagination and creativity to the full, but do remember that your inspiration is 'Beginnings'.
- You may choose your own title in keeping with the theme.
- Participants must be full-time students in schools, colleges and universities.
- Complete all sections of the online entry, attaching your story as a Word document. Entries can be in Arabic or in English.

You should submit under the appropriate age category. Please note the word limit for each category:

- Ages 11 and under (maximum of 500 words)
- Ages 12-14 (maximum of 1000 words)
- Ages 15-17 (maximum of 1500 words)
- Age 18-25 (maximum of 2000 words)

Please be sure to check out further instructions, judging criteria and other details: https://www.elfdubai.org/en/story-writing-competition

Watch a story writing workshop with renowned author Christopher Edge for some tips: https://www.youtube.com/watch?v=4hNxz4IYRCg

For Arabic please follow this link: https://www.elfdubai.org/ar/story-writing-competition-ar

Last Date: 30 October 2023



RGS GUILDFORD LETTER WRITING COMPETITION

What is the next best thing to showing up personally at someone's door?

Sending them a letter of course!

The RGS Guildford Dubai Children's Letter Writing Competition

is here to bring some of that forgotten magic back into our world. The competition celebrates both the aesthetic of **handwriting** and that of a **well-crafted message**.

The theme for 2024 is 'Beginnings'.

And this year, you will have to write a letter to an author suggesting an alternative 'beginning' to their already published story/book.

General guidelines and important dates:

- The competition is divided into the following categories:
 - o Ages: 8-10
 - o Ages: 11-13
 - o Ages: 14-18
- The letter must be on a single side of an A4 sheet of paper, in your best handwriting.
- Write a letter to an author, suggesting an alternative 'beginning' to their story/book. Tell them why you want to change the original 'beginning' and why the new one would work better, in your opinion
- The recommended word limit is 200-400 words max.
- Entries can be in Arabic or English. To submit your letter in **Arabic**, please follow this link: https://www.elfdubai.org/ar/letter-writing-competition-ar
- Please be sure to check out further instructions, judging criteria and other details: https://www.elfdubai.org/en/letter-writing-competition

Watch the video of a workshop for effective letter writing here: https://www.youtube.com/watch?v=wPHavCW1uiY

Last date: 11 December 2023

P.O. Box: 52232, DUBAI - U.A.E.



مدرسة القديسة مريم الكاثوليكية الثانوية

maryscol@emirates.net.ae : بريد الكتروني +۹۷۱ ؛ ۳۳۷۰۲۵۲ شوقت و www.stmarysdubai.com : ماقت و بيا +۹۷۱ ؛ ۳۳۲۸۱۱۹ شاکس ؛ ۴۷۱۱ ؛ ۴۳۲۸۱۱۹ شاکس نام نام دوقع و بيا

OUR REF: TRN: 100259955100003

Date: Friday, 22nd September 2023

To: Parents of Students from YEAR ONE to YEAR THIRTEEN

RE: Assessments for the November 2023 Report

Dear Parents,

Greetings from St. Mary's. Please read the information carefully with regard to your child's Assessments ahead of the November 2023 report.

This is what Assessments will look like.

YEARS 11, 12 and 13 - Assessments for the November 2023 report

ASSESSMENT WINDOW: Ongoing until 3rd November 2023 – NO MORE THAN TWO ASSESSMENTS PER DAY

Internal Assessment marks 100% (Within set Deadlines)

YEARS 2 to 6 - Assessments for the November 2023 report

ASSESSMENT WINDOW: 10th until 31st October 2023- NO MORE THAN TWO ASSESSMENTS PER DAY

(Music, Art & Sport- Continuous AFL) YEAR 3 FRENCH - ORALS ONLY			
SUMMATIVE-	AFL		
ASSESSMENT	Presentations/ Skits/		
ONE TEST	Oral Role play / Group		
visibly evidenced.	Work/ Pair work / LEARNING		
20 marks	LADDERS / PROJECT WORK/RESEARCH		
20 MARKS FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS FOR			
	IMPROVEMENT		

YEARS 7 to 10 -	- Assessments for the November 2023 report
ASSESSMENT WINDO	OW: 10 th until 31 st October 2023- NO MORE THAN TWO ASSESSMENTS PER
DAY	
(Sports- Continuous	AFL)
SUMMATIVE-	AFL
ASSESSMENT	Presentations/ Skits/
ONE TEST	Oral Role play / Group
<u>visibly evidenced.</u>	Work/ Pair work / LEARNING
25 marks	LADDERS / PROJECT WORK/RESEARCH
25 MARKS	FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS FOR
	IMPROVEMENT

YEAR 1 - Assessments for the November 2023 report

ASSESSMENT WINDOW: September to November 2023 - Continuous AFL and Ongoing assessments as part of ongoing class work.

AFL

PROJECT WORK/HW / IN-CLASS ASSESSMENTS PORTFOLIOS / RESEARCH/

Presentations/ Skits/ Oral Role play / Group

Work/ Pair work / LEARNING LADDERS

FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS FOR IMPROVEMENT

All Assessments will be paper- based. Corrected Assessments will be given to students in the second or third week of November and will only be given to students who have completed all First Term Fee Payments (20th September 2023 was the deadline for all First Term Fee Payments). We urge parents to respectfully make timely fee payments and respect the fee payment deadlines.

Assessment Timetable will be different for every class, but some subjects will be scheduled on the same day across a whole cohort or group of cohorts and will be posted in your child's GC and via the class group email by next weekend by your child's class teacher. For years 11, 12 and 13, their subject teachers have already begun class tests.

ABSENTEES: If your child is sick, please email the class teacher and inform him/ her if your child is going to or has missed an assessment/s. Some re-assessments <u>might be</u> scheduled over the weekend or on a regular school day, depending on the number of assessments missed and you will be informed of the day and time to bring your child in for the same.

Assessments will not be credited for leave that is not justified. This will impact children's academic progress and we urge parents not to schedule holidays during working days. Students must not have any unauthorised material during an assessment – notes, chits of paper with written notes, any written notes concealed in the desk or on the person. If any of these are found with a student during an assessment, they will be given a zero. Students must not resort to any form of malpractice during an assessment, they must not speak to any other students during an assessment. Any form of malpractice will lead to being given a zero for that particular assessment.

We would like our children to understand the importance of developing study habits that are consistent and productive and undertaken on a daily basis and not at the last minute.

Yours sincerely,

Mr. Paul Asir Joseph (Principal)

ST. MARY'S CATHOLIC HIGH SCHOOL

P.O. Box: 52232, DUBAI - U.A.E.



مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٢٢٣٢ه، دبي – الإمارات العربية المتحدة

هاتف : ۴۷۱ \$ ۳۳۷،۲۰۲ و برید إلکتروني : ۴۷۱ \$ ۳۳۷،۲۰۲ و پید الکترونی : ۳۳۲،۸۱۱ و www.stmarysdubai.com

OUR REF: TRN: 100259955100003

DATE: Friday 1st September 2023

To: Parents of students in Years FOUR, SIX EIGHT & TEN ONLY GL CAT4 EXAMINATION-SEPTEMBER 2023 (Revised year group cohorts as advised by KHDA and will differ from the year groups we indicated in our end of year and welcome back circular)

Dear Parents.

Greetings from St. Mary's Catholic High School, Dubai. It is that time of the year for our students to complete the GL Cognitive Ability Test CAT4 which is mandated by KHDA for the year groups mentioned above. As part of our commitment to the National Agenda targets, and with a view to tracking progress and identify gaps in learning, our school will participate compulsorily in the GL-CAT4 exams. GL Education, one of the leading research organizations in the world, develops this test and provides a range of Assessment services in many countries and works in close tandem with the KHDA here in Dubai. These are mandatory assessments by KHDA and feature in your Parent-School Contract as well.

The entry fee is AED 65/- for the test, the exact amount of which must be paid ONLY VIA THE SKIPLY APP NO LATER THAN 8th SEPTEMBER 2023. Please email a copy of the SKIPLY receipt to your child's class teacher. This amount has been included in the Parent Contract as well.

CAT4 is designed to assess the four main abilities that underpin intellectual development and influence attainment. It measures four areas of reasoning:

- Quantitative
- Verbal
- Non-verbal and
- Spatial, a skill important for success in STEM subjects and an ability that is not measured by any other reasoning test for schools.

CAT4 is an assessment of reasoning that helps identify pupils' developed abilities and likely academic potential. *CAT4* is not about knowledge recall and requires no preparation, offering all students the same opportunity to show their underlying ability.

What is CAT4?

The Cognitive Abilities Test (CAT4) is a diagnostic assessment that is designed to help students and their teachers understand how they learn and what their academic potential might be. It assesses how students think in areas that are known to make a difference to learning.

While many tests focus on a child's attainment in core subjects, CAT4 is designed to give schools a much broader, more rounded view of each child, their potential and how they learn. Results help teachers decide about the pace of learning that is right for a student and whether additional support or challenge is needed.

Tasks involve thinking about shapes and patterns (Non-Verbal Reasoning), words (Verbal Reasoning), numbers (Quantitative Reasoning) and some questions are answered by mentally generating and transforming visual images (Spatial Ability).

CAT4 is based on years of research and development. The current edition took five years to develop and the involvement of 25,000 students across the UK. It is a well-known assessment in schools; teachers value its ability to provide an understanding of what a child is capable of rather than defining them by their understanding of a body of knowledge in particular subjects.

How are CAT4 Results used?

CAT4 provides teachers with information that can form the basis for discussions about how best a student can learn and reach his or her potential in school.

Teachers are provided with an individual profile of learning preference along with a range of indicators of likely future performance. Used with other information (such as results from Key Stage 2 SATs, for example), these data can support teaching and learning for all children.

Can students practice for CAT4?

GL strongly advises against any kind of practice ahead of a CAT4 test as this will alter the reliability of test scores. The point of CAT4 is that it is not a test of learnt knowledge and it needs to be as unaffected as possible by any external factors, such as practice. Think of it like an eye test; if you practice ahead of an eye test and memorise the card, your diagnosis may not be correct and valuable information may be missed.

CAT4 is a timed assessment and is administered under formal conditions. However, each section of the assessment includes introductory information with practice examples, and these will familiarise the children with the style and format of the questions. These sections are not timed and may be repeated.

Is additional time allowed for children with SEND?

CAT4 is a timed assessment and additional time is not permitted as this will affect the reliability of the results. CAT4 is not just about what and how it tests but how the questions are answered within a set timeframe. The timed element makes it diagnostically very powerful.

CAT4 subtests are generously timed and most children reach the final questions, however there may have been a minority of students during the standardisation process who would have obtained higher scores if they had been given more time. Therefore, giving extra time to a particular student could give an inflated view of their relative ability when comparing their results with the CAT4 norms.

SAMPLE QUESTIONS TO GIVE YOU AN IDEA OF QUESTION TYPES

https://www.tests.com/practice/cognitive-abilities-practice-test

ALL NEW ADMISSIONS TO THE SCHOOL THIS YEAR in years 4, 6 8 and 10 will also be required to do the GL CAT-4 EXAMINATION.

SCHEDULE FOR CAT-4 EXAMINATIONS

1 st NOVEMBER	YEAR 4 A B C D E & F
2 nd NOVEMBER	YEAR 6 A B C D E & F
6 th NOVEMBER	YEAR 8 A B C D E & F
7 th NOVEMBER	YEAR 10 A B C D E & F

Yours sincerely,

Mr. Paul Asir Joseph (Principal)

ST. MARY'S CATHOLIC HIGH SCHOOL

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مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٣٢٣٣م، دبي – الإمارات العربية المتحدة

بريد الكتروني : maryscol@emirates.net.ae موقع ويب : www.stmarysdubai.com

هاتف : ۹۷۱ ۶ ۳۳۷۰۲۵۲ فاکس : ۹۷۱ ۶ ۳۳٦۸۱۱۹

OUR REF: TRN: 100259955100003

DATE: Friday, 1st September 2023

To: Parents of Year Eleven Students –
ADMISSION TO TWO YEAR A-LEVEL GCE PROGRAMME

Dear Parents.

Greetings from St. Mary's Catholic High School Dubai. We invite you to read this circular very carefully as it has important information for parents regarding admission to the two year A-Level GCE Programme.

We would like to point out very clearly, that admission to A-Level is not automatic and is a completely new process.

We would also like to bring to your attention that under the British system, a student completes high school with the completion of his/her O-Level. Hence the admission to A-Level is then a process of a 'NEW ADMISSION'.

YEAR 11 students cannot re-register for the next Academic year when this comes up for other year groups.

The conditions for a student to be considered for a place in A-Levels are as follows.

- SHOULD HAVE AN EXCELLENT BEHAVIOUR RECORD
- 4 SUBJECTS TO BE OPTED FOR
- Admissions will be MERIT-BASED.
- Hold a high grade **average** in all subjects (Internal Exams) in Year Eleven.

Should have not had any serious or repeated disciplinary issues over Years Nine through

Eleven.

• Should not have engaged in activities, in or out of school, which tarnish the reputation of the

school.

• Hold a minimum attendance record of 95%

• Be prepared for an entrance exam in the subject opted for that has not been taken at 0-

Level

Those students who take Arabic as a First language and Islamic Studies in A-Level will have to

maintain a minimum aggregate attendance percentage of 95% for Arabic and / or Islamic Studies

lessons, FAILING WHICH STUDENTS WILL NOT BE ISSUED A SCHOOL LEAVING

CERTIFICATE/ATTESTED CERTIFICATES OR RECOMMENDATION LETTERS. Students who do not

reflect this 95%aggregate attendance after the first month of enrollment might not be allowed to

continue the A-Level programme.

Please note that St. Mary's Catholic High School offers the GCE Advanced Levels Linear Programme

which means that we DO NOT OFFER AS LEVEL CERTIFICATION at the end of Year 12. This is a

standalone qualification and results are declared only at the end of Year 13.

The whole two year Programme has to be completed for any equivalency certification.

Please consider all the criteria above while planning ahead with the next phase in your child's

educational journey. Parents should also be aware that even if all criteria are met, competition for

places remains very stiff as seats are limited and therefore, we strongly

recommend that all parents should ensure that their children have a

back-up plan. This would include applying to other institutions

besides St. Mary's well in advance.

Thank you for your kind co-operation.

Yours sincerely,

(Principal)

Mr. Paul Asir Joseph



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