



OUR REF : .....

TRN: 104153998000003

Friday, 26<sup>th</sup> January 2024

**To: The Parents of students in Years 1-13**  
**WEEKLY CIRCULAR AHEAD OF WEEK TWENTY**

Dear Parents,

**Greetings from Saint Mary's.** We hope that this update finds you all happy and in good health. We know that the children are busy preparing for their exams, and we pray that they keep good health especially during these days.

**NEW**

- **ADMISSIONS FOR YEAR ONE FOR THE ACADEMIC YEAR 2024-2025**
- **OFFICE CLOSED TOMORROW, 27<sup>TH</sup> SATURDAY.**
- **WELL BEING DAY- YEAR ONE- 30<sup>TH</sup> JANUARY.**
- **SIMPLY BOTTLES - OUR SCHOOL WAS THE HIGHEST COLLECTOR OF BOTTLES - THANK YOU TO OUR MARIAN FAMILY**

**ALL PARENTS PLEASE NOTE THAT THE WINDOW FOR PAYMENT OF THE SECOND TERM FEES WAS BETWEEN THE 1<sup>ST</sup> OF DECEMBER 2023 AND THE 15<sup>TH</sup> OF JANUARY 2024. FEES THAT HAVE NOT BEEN PAID ARE NOW CONSIDERED OUTSTANDING. ANY STUDENT WHOSE FEES HAVE NOT BEEN PAID WILL BE CONSIDERED OUTSTANDING AND WE WILL NOT BE ABLE TO ISSUE ANY OFFICIAL SCHOOL DOCUMENTS, EXAMINATION ANSWER SCRIPTS, REPORT CARDS, ETC. .**

**1) ADMISSIONS TO YEAR ONE FOR THE ACADEMIC YEAR 2024- 2025:**

We would like to inform all parents that the admissions notice for **YEAR ONE** for the Academic Year 2024 – 2025 has been uploaded to the school website and we have attached it to this circular as well.

**2) ADMISSIONS TO YEARS TWO- TEN FOR THE ACADEMIC YEAR 2024-2025:**

We would like parents to please note that since places for these year groups are limited, the admissions notice for years 2-10 will be available in the last week of February 2024.

**3) SCHOOL OFFICE CLOSED TOMORROW, 27<sup>TH</sup> JANUARY :**

We would like to notify ALL parents that the school office will be closed tomorrow as there is a conference on the premises. We apologise for any inconvenience caused.

**4) WELL-BEING DAY YEAR ONE, 30<sup>TH</sup> JANUARY 2024 :**

We have organised a well-being day for students of Year One on 30<sup>th</sup> January. Children must come in coloured clothes and carry an apron and one pair of disposable plastic gloves.

**5) CLASS OUTINGS for PRIMARY :**

We have done our best to schedule the Annual class outing for Years 1-6 on 1<sup>st</sup> February 2024. This is because the next three days are holidays and children will have ample time to rest. Class outings are optional. Parents are requested to check the attached circulars for your child's year group. **PLEASE NOTE THAT PAYMENT IS ON SKIPLY FOR SCRAVEL AND NOT OUR SCHOOL SKIPLY ACCOUNT.**

**6) NGRT TEST SCHEDULES:**

Parents are requested to kindly make note of these schedules and PLEASE ENSURE THAT A FULLY CHARGED LAPTOP/ TABLET is sent ( years 5-10) on the specified days. Children who do not have their device will be required to stay back after 1:30 pm the following day. Please remind the children to be responsible in this regard.

<b>22<sup>nd</sup> Jan.</b>	<b>YEAR 8</b>	<b>BRING IN A FULLY CHARGED DEVICE</b>
<b>23<sup>rd</sup> Jan.</b>	<b>YEAR 4</b>	<b>COMPUTER LABS</b>
<b>24<sup>th</sup> Jan.</b>	<b>YEAR 3</b>	<b>COMPUTER LABS</b>
<b>25<sup>th</sup> Jan.</b>	<b>YEAR 7</b>	<b>BRING IN A FULLY CHARGED DEVICE</b>
<b>26<sup>th</sup> Jan.</b>	<b>YEAR 2</b>	<b>COMPUTER LABS</b>
<b>29<sup>th</sup> Jan.</b>	<b>YEAR 5</b>	<b>BRING IN A FULLY CHARGED DEVICE</b>
<b>31<sup>st</sup> Jan.</b>	<b>YEAR 6</b>	<b>BRING IN A FULLY CHARGED DEVICE</b>
<b>1<sup>st</sup> Feb.</b>	<b>YEAR 10</b>	<b>BRING IN A FULLY CHARGED DEVICE</b>

## 7) **REGULAR PEST CONTROL:**

We have been receiving feedback from some parents about mosquito bites. We would like to take this opportunity to clarify with our Marian family that the health and safety of all the children is of foremost priority and to that end we undertake regular PEST CONTROL PROCEDURES that are fully compliant with Dubai Municipality regulations for schools. These are monitored and checked frequently when they come on unannounced site inspections.

## 8) **EXAMINATION RULES AND REGULATIONS YEARS 1-10 / YEARS 11-13 will be published in their GC :**

- a. If your child is **very ill** and unable to attend school send an email to the class teacher informing them of the absence . We will re-schedule exams that have been missed for this reason. Re-scheduled exams might be scheduled for a Saturday and/ or Sunday depending on how many exams have been missed. Please do not keep children at home for minor reasons. Longer illnesses for more than a day will require a medical certificate for rescheduling exams.
- b. Students must carry their stationery in a transparent plastic case or pouch. No borrowing will be permitted so please ensure that you have the required pens, pencils, erasers and geometry items as needed.
- c. **NO SMARTWATCHES ALLOWED DURING EXAMINATIONS**
- d. Students must not have in their possession any electronic devices to include but not limited to mobile phones, smart watches, tablets, laptops, Bluetooth devices, ipods, mp3/4 players etc. If any of these items are found with a student during an exam , they will be given a zero.
- e. Students must not have any unauthorised material during an examination – 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 examination, they will be given a zero ( irrespective of the intent or the lack of it )
- f. Students must not resort to any form of malpractice during an examination , they must not speak to any other students during an examination. Any form of malpractice will lead to being given a zero for that particular examination.
- g. Students writing with pen **MUST ONLY USE A BLACK BALL POINT PEN.**
- h. NO ink erasers, correcting fluid or ink killers are permitted for examinations.
- i. Students must be on time for exams, no extra time will be given to late comers.

- 9) **COPING WITH EXAM STRESS/ STUDY TIPS AND MAKING A STUDY PLAN:**  
Parents please check the attachment for helpful tips for you to share with the children.
- 10) **SPRING BREAK CHANGE IN RE-OPENING DATE AS INFORMED BY KHDA:**  
Parents are hereby informed that we have just been informed that the school will resume after the Spring Break on **15<sup>th</sup> April 2024 and not 8<sup>th</sup> April** as per their originally approved calendar. PLEASE MAKE A DUE NOTE OF THIS CHANGE.
- 11) **FIRST TERM EXAMS:**  
Please ensure that children are seriously preparing for their Examinations. We are also reminding parents that unless there is a serious emergency or severe illness, students should not remain absent during exams. Children with mild colds can always be kept separately. We have observed that absenteeism at the school is becoming very frequent, we will address this with parents at a later date as this has now been documented by KHDA.
- 12) **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. **Parents are reminded that we do not admit NON-ST. MARY'S STUDENTS TO OUR A-LEVEL PROGRAMME.**
- 13) **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.

#### 14) **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 be not be approved.**

16 <sup>th</sup> JAN – 1 <sup>ST</sup> FEB 2024	First Term Examinations in the morning. Regular lessons after break. Students will not be allowed to go home after the morning's exam.
2 <sup>nd</sup> FEBRUARY 2024	Term break for all students
15 <sup>th</sup> FEBRUARY 2024	Sports Day Years 5-13 ( subject to change )
23 <sup>rd</sup> FEBRUARY 2024	Sports Day Years 1-4
11 <sup>th</sup> -22 <sup>nd</sup> MARCH 2024 15 <sup>th</sup> , 16 <sup>th</sup> & 17 <sup>th</sup> APRIL 2024	Mock Examinations years 11 and 13
<b>25<sup>th</sup> MARCH – 14<sup>TH</sup> APRIL 2024 ( inclusive )</b>	<b>Spring Break. SCHOOL RE-OPENS 15<sup>TH</sup> APRIL 2024</b>
9 <sup>th</sup> to 12 <sup>th</sup> APRIL 2024	Eid Al Fitr ( subject to government declaration )
15 <sup>th</sup> & 16 <sup>th</sup> MAY 2024	Final exams in parallel with regular lessons
17 <sup>th</sup> MAY 2024	Study Holiday
20 <sup>th</sup> to 31 <sup>st</sup> MAY 2024	Final Exams and students go home at 11:00 am
17 <sup>th</sup> & 18 <sup>th</sup> JUNE 2024	Eid Al Adha ( subject to government declaration )
28 <sup>th</sup> JUNE 2024	Report Day & Last working day for students and teachers

**Please note that the GL EXAMS usually take place during the month of May and June.**

**15) PREDICTED GRADES POLICY FOR YEARS 12 & 13 :**

Please refer to previous circulars .

**16) SUBJECT CHANGE POLICY , YEARS 9 TO 13:**

Please refer to previous circulars.

**17) 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](mailto:l.pinto-smchs@smgeducation.org) and she will get back to you. Please include your telephone number in case she needs to call you. As shared with you , Lise-Ann is also our school's Wellbeing Champion and so she may be contacted via email for any wellbeing issues that you would like to urgently discuss.

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

Yours sincerely



Mr. Paul Asir Joseph  
( Principal )





OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

## **Admissions for the Academic Year 2024-2025-** **YEAR ONE ONLY**



Information to parents applying to **YEAR ONE**

We are pleased to announce the procedures for New Admission for the Academic Year 2024-2025 at St Mary's Catholic High School, Dubai. We invite you to read on carefully as this will help in saving time and enable us to work smoothly.

**As per the guidelines of KHDA, the Ministry of Education, minimum age for admission to Year One is 5 years on the 31<sup>st</sup> of August 2024 for UK curriculum schools. Children born between 1<sup>st</sup> September 2018 and 31<sup>st</sup> August 2019 may apply for YEAR ONE.**

**ALL STUDENTS APPLYING TO YEAR ONE SHOULD HAVE COMPLETED FS2 OR KG1. THIS IS A MANDATORY REQUIREMENT FOR ADMISSION TO ST. MARY'S.**

## Admission Procedures

Forms must be filled online using the link provided in this notice with all relevant supporting documents. Please note that forms that are not fully filled, have incorrect details and/or do not have all the supporting documents will not be considered.

Link : <http://smchs.ethdigitalcampus.com/RegistrationPortal/?dbConnVar=SMCHS>

### Documents to be attached with the form

- 4 passport photographs
- 1 photocopy of the passport with valid visa of the child, parents/ guardian
- Last report card from the previous school
- Emirates ID of parents and candidate
- Birth certificate of the child
- The health card (Immunization Card)
- The Baptismal Certificate (Christians only)

Face-to-face interviews that test a child's reading and general conversational ability will be scheduled for short listed candidates in the month of March 2024. **A SAMPLE OF READING TEXTS WILL BE UPLOADED TO THE SCHOOL WEBSITE UNDER THE ADMISSIONS TAB.** Parents should be aware that the INTERVIEWS are competitive as the number of students far exceeds the number of places available. Other factors are also taken in consideration such as those which will allow us to maintain a good balance in the internationality of the student body.

Incomplete application forms will not be considered for admissions. Students studying in a particular class will not be allowed to take admission in the same year, for e.g. if a child is studying in year one he / she will not be considered for admission to year one.

**Valid Residential Visa for the child, parents or the guardian who is sponsoring is a must to consider the applications for admission process. In case your UAE visa is under process, kindly provide evidence of the same and / or an undertaking to provide the same once secured.**

**We regret that we will not be able to contact all the applicants individually. If your child's name does not appear on the final list, then it means that he or she has not made it through the face-to-face interview.**

Please do not call the school to check the status of your application. We will not be able to entertain such enquiries. **As places are very limited, parents are advised to seek admission to other schools too.**

**Please do not phone the school for admission-related enquiries.**



A promotional banner for 2025 admissions. The background is dark blue with abstract geometric shapes in orange, grey, and light blue. At the top center is a small orange plus sign. The main text "2025" is in white inside an orange circle, followed by "ADMISSION" in white on an orange banner, and "OPEN" in white on a grey banner. Below this, there is a white button with the text "REGISTER NOW". To the left of the button is a QR code. To the right is a globe icon and the text "Visit our website" followed by the URL "https://www.stmarysdubai.com/admissions/" in yellow. A small white circle is on the right side of the banner.



OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

Dear Parents,

**SUBJECT: CLASS OUTING (Students: Year One)**

The class will be going on an outing to **Dubai Dolphinarium** on **1<sup>st</sup> February 2024** and permission is needed for your child to attend. You will need to pay AED 80 which includes entrance to dolphinarium and transport from school and back to school. Students must wear their sports uniform. Students must carry enough water and a proper snack. Please avoid sending any digital devices as we will not be held responsible for the loss or damage of the same. ***Students who are not attending must remain at home. Students who are attending must be in school in the morning at the regular school time of 7:05 am.***

***PLEASE REMEMBER THAT PAYMENT IS ON SKIPLY FOR SCRAVEL NOT ON THE SKIPLY ACCOUNT OF OUR SCHOOL***

Itinerary:

- 09:00am: Gather at school
- 09:15am: Departure from school
- 10:00am: Arrive at Creek Park
- 10:00am - 10:45pm – Free time at Creek Park
- 11:00am - 11:45pm – Dolphin Show
- 12:00pm: Departure
- by 13:00pm: Back to school

About Dubai Dolphinarium:

A school trip to Dubai Dolphinarium is not just a day out; it's a chance for students to explore, learn, and be inspired by the wonders of the ocean. Dolphinarium dedicated educational team ensures a seamless and educational visit, guiding students through a journey of discovery and awe of most incredible & intelligent mammals on the planet - the bottle nosed dolphins.

Please Note:

- Student can carry 500ml bottled water.

## ***Please follow the guidelines for payment ...***

### **REGISTRATION & PAYMENT –**

1. Download SKIPLY App from **google play store on your android device /App store on your apple device.**  
<https://play.google.com/store/apps/details?id=ae.skiplay.rakbank&hl=en&gl=US>
2. Sign up by entering your mobile number and email address. Select **"Register a student"**.
3. The next page will take you onto the list of schools. Among the schools, specifically look for and select **Scravel – School Travel** and fill in the details. (you won't be able to search for your school directly)  
After filling in the details, click **"Next"** and once students name is displayed, select **"Add"**.
4. Upon redirected to the main page, click your student's name, and Select **"Select Field Trips 2024 - SMCHS"**
5. Select the specified field trip **"1 February 2024-Grade 1 Dolphinarium"**.
6. Select **"Pay now"**. Read through the details and enter the student's name and all mandatory fields are (Full name as in Passport)
7. Sign using the signature option and select **"Done"**. Click on **"Check out"**.
8. **Pay using any credit/Debit Card** or your chosen payment method. You will receive a payment success notification and an option to enter your email address to receive an email of the payment confirmation.

For further detail/assistance Kindly contact +971507701975 | [support@scravel.com](mailto:support@scravel.com)

**The last date for payment is 28<sup>th</sup> January 2024** Please respect this date as we have to give the final numbers attending to the team organizing the outing.

**PLEASE SEND A COPY OF YOUR PAYMENT RECEIPT TO THE CLASS TEACHER VIA EMAIL**

Thank You,



Mr. Paul Asir Joseph  
(Principal)





OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

Dear Parents,

**SUBJECT: CLASS OUTING (Students: Year Two)**

The class will be going on an outing to **Green Planet** on **1<sup>st</sup> February 2024** and permission is needed for your child to attend. You will need to pay AED 125 which includes entrance to Green Planet and transport from school and back to school. Students must wear their sports uniform. Students must carry enough water and a proper snack. Please avoid sending any digital devices as we will not be held responsible for the loss or damage of the same. ***Students who are not attending must remain at home. Students who are attending must be in school in the morning at the regular school time of 7:05 am.***

***PLEASE REMEMBER THAT PAYMENT IS ON SKIPLY FOR SCRAVEL NOT ON THE SKIPLY ACCOUNT OF OUR SCHOOL***

Itinerary:

- 07:45am: Gather at school
- 08:00am: Departure from school
- 09:00am: Arrive at Green Planet
- 09:00am - 11:00pm – Session at Green Planet
- 11:15pm: Departure
- 12:15pm: Back to school

**About Green Planet:**

The Green Planet is the region's only bio-dome that recreates the enchanting world of the tropical forest sustaining over 3,000 plants and animals, providing students an up-close, hands-on educational and fun experience. The Green Planet will aim to not only impress students and teachers with a novel green oasis in the city, but at the same time ensure that they enjoy an up-close educational and fun experience.

Please Note:

- Student can carry 500ml bottled water.

### ***Please follow the guidelines for payment ...***

#### **REGISTRATION & PAYMENT –**

1. Download SKIPLY App from **google play store on your android device /App store on your apple device.**  
<https://play.google.com/store/apps/details?id=ae.skiply.rakbank&hl=en&gl=US>
2. Sign up by entering your mobile number and email address. Select **"Register a student"**.
3. The next page will take you onto the list of schools. Among the schools, specifically look for and select **Scravel – School Travel** and fill in the details. (you won't be able to search for your school directly)  
After filling in the details, click **"Next"** and once students name is displayed, select **"Add"**.
4. Upon redirected to the main page, click your student's name, and Select **"Select Field Trips 2024 -SMCHS"**
5. Select the specified field trip **"1 February 2024-Grade 2 Green Planet"**.
6. Select **"Pay now"**. Read through the details and enter the student's name and all mandatory fields are (Full name as in Passport)
7. Sign using the signature option and select **"Done"**. Click on **"Check out"**.
8. **Pay using any credit/Debit Card** or your chosen payment method. You will receive a payment success notification and an option to enter your email address to receive an email of the payment confirmation.

For further detail/assistance Kindly contact +971507701975| [support@scravel.com](mailto:support@scravel.com)

**The last date for payment is 28<sup>th</sup> January 2024** Please respect this date as we have to give the final numbers attending to the team organizing the outing.

**PLEASE SEND A COPY OF YOUR PAYMENT RECEIPT TO THE CLASS TEACHER VIA EMAIL**

Thank You,



Mr. Paul Asir Joseph  
(Principal)





OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

Dear Parents,

**SUBJECT: CLASS OUTING (Students: Year Three)**

The class will be going on an outing to **KidZania** on **1<sup>st</sup> February 2024** and permission is needed for your child to attend. You will need to pay AED 145 which includes entrance to Kidzania, meal and transport from school and back to school. Students must wear their sports uniform. Students must carry enough water and a proper snack. Please avoid sending any digital devices as we will not be held responsible for the loss or damage of the same. *Students who are not attending must remain at home. Students who are attending must be in school in the morning at the regular school time of 7:05 am.*

***PLEASE REMEMBER THAT PAYMENT IS ON SKIPLY FOR SCRAVEL NOT ON THE SKIPLY ACCOUNT OF OUR SCHOOL***

Itinerary:

- 08:00am: Gather at school
- 08:15am: Departure from school
- 09:00am: Arrive at Kidzania
- 09:30am - 12:30pm – Usage of all attractions at Kidzania
- 12:30pm: Lunch
- 13:12pm: Departure
- 14:00pm: Back to school

**About Kidzania:**

Explore The Exciting World of Kidzania!

From a firefighter, to a doctor, to a chef, you can be whoever you want to be. Develop your life skills, explore future careers, and make new friends, all while having fun.

Please Note:

- Student can carry 500ml bottled water.

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<https://play.google.com/store/apps/details?id=ae.skiply.rakbank&hl=en&gl=US>
2. Sign up by entering your mobile number and email address. Select **"Register a student"**.
3. The next page will take you onto the list of schools. Among the schools, specifically look for and select **Scravel – School Travel** and fill in the details. (you won't be able to search for your school directly)  
After filling in the details, click **"Next"** and once students name is displayed, select **"Add"**.
4. Upon redirected to the main page, click your student's name, and Select **"Select Field Trips 2024 -SMCHS"**
5. Select the specified field trip **"1 February 2024-Grade 3 KidZania"**.
6. Select **"Pay now"**. Read through the details and enter the student's name and all mandatory fields are (Full name as in Passport)
7. Sign using the signature option and select **"Done"**. Click on **"Check out"**.
8. **Pay using any credit/Debit Card** or your chosen payment method. You will receive a payment success notification and an option to enter your email address to receive an email of the payment confirmation.

For further detail/assistance Kindly contact +971507701975| support@scravel.com

**The last date for payment is 28<sup>TH</sup> January 2024** Please respect this date as we have to give the final numbers attending to the team organizing the outing.

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Thank You,



Mr. Paul Asir Joseph  
(Principal)





OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

Dear Parents,

**SUBJECT: CLASS OUTING (Students: Year Four)**

The class will be going on an outing to **Dubai Crocodile Park** on **1<sup>st</sup> February 2024** and permission is needed for your child to attend. You will need to pay AED 90 which includes entrance to Crocodile Park and transport from school and back to school. Students must wear their sports uniform. Students must carry enough water and a proper snack. Please avoid sending any digital devices as we will not be held responsible for the loss or damage of the same. ***Students who are not attending must remain at home. Students who are attending must be in school in the morning at the regular school time of 7:05 am.***

***PLEASE REMEMBER THAT PAYMENT IS ON SKIPLY FOR SCRAVEL NOT ON THE SKIPLY ACCOUNT OF OUR SCHOOL***

Itinerary:

- 08:45am: Gather at school
- 09:00am: Departure from school
- 10:00am: Arrive at Crocodile Park
- 10:15am - 11:30pm – Session at Crocodile Park
- 11:45pm: Departure
- 12:45pm: Back to school

**About Dubai Crocodile Park:**

The crocodile park in Dubai is one of the most important parks in Dubai, despite it being more like a natural reserve for crocodiles, and the park includes multiple types of crocodiles of different factions, to keep them from extinction, and therefore the crocodile park in Dubai is one of the most popular tourist destinations in the Emirates.

Please Note:

- For the comfort of students, we recommend bringing a cap & a bottle of water because the drop-off/pick-up area is not shaded. Water can be consumed during the guided tour.

### ***Please follow the guidelines for payment ...***

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<https://play.google.com/store/apps/details?id=ae.skiplay.rakbank&hl=en&gl=US>
2. Sign up by entering your mobile number and email address. Select **"Register a student"**.
3. The next page will take you onto the list of schools. Among the schools, specifically look for and select **Scravel – School Travel** and fill in the details. (you won't be able to search for your school directly)  
After filling in the details, click **"Next"** and once students name is displayed, select **"Add"**.
4. Upon redirected to the main page, click your student's name, and Select **"Select Field Trips 2024 - SMCHS"**
5. Select the specified field trip **"1 February 2024-Grade 4 Crocodile Park"**.
6. Select **"Pay now"**. Read through the details and enter the student's name and all mandatory fields are (Full name as in Passport)
7. Sign using the signature option and select **"Done"**. Click on **"Check out"**.
8. **Pay using any credit/Debit Card** or your chosen payment method. You will receive a payment success notification and an option to enter your email address to receive an email of the payment confirmation.

For further detail/assistance Kindly contact +971507701975 | [support@scravel.com](mailto:support@scravel.com)

**The last date for payment is 28<sup>th</sup> January 2024** Please respect this date as we have to give the final numbers attending to the team organizing the outing.

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Thank You,



Mr. Paul Asir Joseph  
(Principal)





OUR REF : .....

TRN: 104153998000003

Friday, 19<sup>th</sup> January 2024

Dear Parents,

**SUBJECT: CLASS OUTING (Students: Year Five & Year Six)**

The class will be going on an outing to **Legoland Park** on **1<sup>st</sup> February 2024** and permission is needed for your child to attend. You will need to pay AED 185 which includes entrance to Legoland, meal and transport from school and back to school. Students must wear their sports uniform. Students must carry enough water and a proper snack. Please avoid sending any digital devices as we will not be held responsible for the loss or damage of the same. ***Students who are not attending must remain at home. Students who are attending must be in school in the morning at the regular school time of 7:05 am.***

***PLEASE REMEMBER THAT PAYMENT IS ON SKIPLY FOR SCRAVEL NOT ON THE SKIPLY ACCOUNT OF OUR SCHOOL*****Itinerary:**

- 08:45am: Gather at school
- 09:00am: Departure from school
- 10:00am - 11:30pm: Usage of all attraction
- 11:30pm: Lunch (Caesars restaurant: Pizza/Pasta)
- 12:30pm: Continue a day of fun
- 16:00pm: Depart from Lego Land Dubai
- 17:00pm: Back to school

**About Legoland Park:**

Together students & teachers can experience LEGO® products through playful learning in a unique & safe environment, where the child is the hero!

With AWESOME rides, attractions and live shows, there's something for everyone at LEGOLAND Dubai Theme Park!

Please Note:

- No outside food or drinks are permitted inside the park however you are allowed to carry 500 ml of water.

### ***Please follow the guidelines for payment ...***

#### **REGISTRATION & PAYMENT –**

1. Download SKIPLY App from **google play store on your android device /App store on your apple device.**  
<https://play.google.com/store/apps/details?id=ae.skiplay.rakbank&hl=en&gl=US>
2. Sign up by entering your mobile number and email address. Select **"Register a student"**.
3. The next page will take you onto the list of schools. Among the schools, specifically look for and select **Scravel – School Travel** and fill in the details. (you won't be able to search for your school directly)  
After filling in the details, click **"Next"** and once students name is displayed, select **"Add"**.
4. Upon redirected to the main page, click your student's name, and Select **"Select Field Trips 2024 - SMCHS"**
5. Select the specified field trip **"1 February 2024-Grade 5 & 6 Legoland Park"**.
6. Select **"Pay now"**. Read through the details and enter the student's name and all mandatory fields are (Full name as in Passport)
7. Sign using the signature option and select **"Done"**. Click on **"Check out"**.
8. **Pay using any credit/Debit Card** or your chosen payment method. You will receive a payment success notification and an option to enter your email address to receive an email of the payment confirmation.

For further detail/assistance Kindly contact +971507701975 | [support@scravel.com](mailto:support@scravel.com)

**The last date for payment is 28<sup>th</sup> January 2024** Please respect this date as we have to give the final numbers attending to the team organizing the outing.

**PLEASE SEND A COPY OF YOUR PAYMENT RECEIPT TO THE CLASS TEACHER VIA EMAIL**

Thank You,



Mr. Paul Asir Joseph  
(Principal)





## DEALING WITH **EXAM STRESS**

If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



### **KEEP FIT**

by taking some exercise you enjoy



### **RELAX**

perhaps by sitting quietly or meditating



### **EAT WELL**

but healthily



### **PLANNED TIME AWAY**

take some planned time away from study, rather than avoiding revision



### **SLEEP**

get sufficient sleep



### **RECOGNISE ACHIEVEMENTS**

be pleased with your achievements as you revise

### **REWARD YOURSELF**

reward yourself with an occasional treat



# Study Tips

**Establish a study routine.** Creating a routine—such as studying for an hour after dinner, or for a half hour each morning—will encourage consistency. When getting started, create a study schedule and set reminders on your phone to help build the habit.

**Create a dedicated study area.** Choose an area that is free of distractions where you can set up your study materials and leave them between sessions. When it's time to study, you won't spend time searching for something you need. Just sit down, and you're ready to go.

**Focus on the quality of studying, not the quantity.** It's more effective to space out many short study sessions, rather than having one marathon session. Try studying in half-hour to hour-long blocks, with breaks in between. This way, you can stay alert and focused the whole time.

**Make studying a priority.** When it's time to study, take it as seriously as you would take a job. Don't skip study sessions, start on time, and give the task 100% of your attention.

**Set specific study goals.** Goals give direction to a study session and provide a sense of accomplishment when completed. Create goals that can realistically be completed in a single study session, such as: Learn the terms in chapter 1, pass the chapter 2 practice quiz, take notes on chapter 4, or review class notes for 30 minutes.

**Don't stop at reading—write down what you learn.** By typing or hand-writing information, you will engage in active learning, which can improve retention and understanding. Try making flashcards, writing chapter summaries, or creating an outline of the material. As a bonus, you can refer back to what you've written to quickly review the material.

**Quiz yourself to make information “stick”.** Look for practice tests or discussion questions after each chapter you read. Another way to “quiz” yourself is to teach something you've studied to a friend, a pet, or even an inanimate object, without looking at the material.

**A change of scenery can improve information retention.** If you're feeling unfocused, unmotivated, or just plain bored, try studying somewhere new. Libraries, parks and coffee shops are great alternatives for breaking out of your routine.

**Take care of your mind and body.** Healthy sleep habits, exercise, and a balanced diet will boost memory and brain function. Studying is most effective when it's balanced with good habits.

## Revision **Timetable**

Create your own revision timetable. You could use colour to identify individual subjects. Remember to plan for sensible breaks, drink lots of water and have healthy snacks to hand.

[illegible]

# Focus Plan

## Step 1: Define the task

Write one task you need to complete this week. For example, "clean the house for guests."

## Step 2: Break the task into smaller parts

Breaking a large task into smaller parts makes it feel more manageable. "Clean the house" might sound daunting, but "wash dishes" and "do laundry" seem easier to handle.

Task Parts	Time Required
1	
2	
3	
4	
5	

## Step 3: Create a schedule

Schedule the task for a specific time, or link it to a daily activity (e.g. "do the laundry when I get home"). Also, plan how you will remember to work on the task (e.g. "set a phone reminder").

Schedule	Reminders

# Focus Plan

## Step 4: Prepare for the task

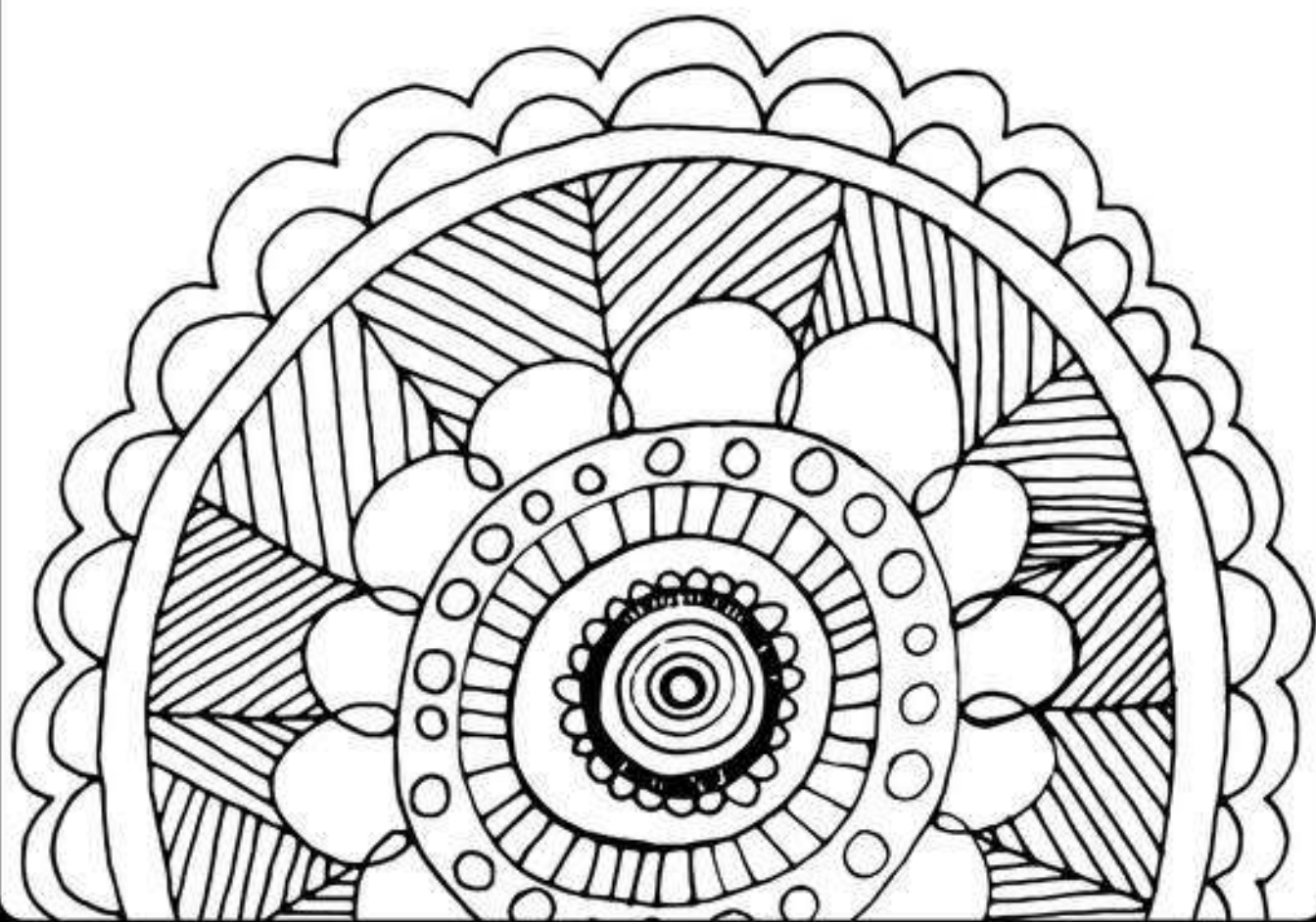
List how you will get ready to work on the task, before the scheduled time.

<b>Eliminate Distractions</b> List distractions you can eliminate before starting (e.g. silencing phone, working from a room without a TV).	<b>Plan for Unavoidable Distractions</b> Create "If, then" plans for likely distractions (e.g. <u>If</u> my friend calls, <u>then</u> I will say "Let me call you back in 15 minutes").
<b>Materials and Supplies</b> List items you will need to complete the task (e.g. dish soap, sponges, laundry detergent).	<b>Physical Preparation</b> List actions you will take to be ready for the task (e.g. dressing appropriately, getting home on time, having a snack).

## Step 5: Imagine the outcome

Many people underestimate the positive feelings that come from completing a task. Describe the benefits of completing the task, and how you will feel as a result.


JUST  
BREATHE





## **ST. MARY'S** *Catholic High School, Dubai*

### **FIRST TERM EXAMINATION – JANUARY 2024** **RULES AND REGULATIONS YEARS 11, 12 and 13**

- 1) **ALL CANDIDATES MUST REPORT AT 7:00 AM SHARP. Examinations will begin at 7:10 am. No extra time for later comers.**
- 2) **NO WRIST WATCHES ALLOWED AT ALL!!!** (This includes both smart watches and regular digital / analogue wrist watches as well). **NO ELECTRONIC DEVICES OF ANY SORT.** (Except a calculator) Any Bluetooth device found with a student during an exam will be considered as malpractice and will lead to disqualification.
- 3) Calculators **MUST NOT HAVE COVERS.**
- 4) Only **BLACK BALL POINT PENS** must be used.
- 5) Students must ensure that they have ample supply of their own stationery to include Black ball point pens, pencils (only for drawing), erasers, geometry equipment to include 30 cm rulers, protractors, compass, calculators (without covers), tracing paper (for Maths).
- 6) Cancellations of rough work or wrong answers must be made by cutting across them neatly with a **single line.**
- 7) The following are **STRICTLY PROHIBITED**: Correcting pens, correcting fluid or tape, erasable pens or blotting paper, highlighters or gel pens.

- 8) Students must not borrow or communicate in any way with, ask for help from or give help to another candidate while in the examination hall.
- 9) Students should raise their hands to attract an invigilator's attention.
- 10) If the fire alarm sounds, please remain seated and wait for instructions from the invigilator.
- 11) Only clear transparent plastic pouches or packets for stationery.
- 12) Water bottles must be transparent without any labels on it. Please remove the brand label if you are using commercial water bottles.
- 13) **FLASKS ARE NOT ALLOWED.**
- 14) Please note that any form of malpractice during the exams will lead to disqualification.
- 15) Students must be in proper school uniform. If you wish to wear a pullover / jacket inside the examination hall, please note that only the SCHOOL HOODIE or THE SCHOOL BRANDED VARSITY JACKET will be allowed. However, during an exam, hoodies must not cover the ears or head.
- 16) Students must not write any inappropriate, obscene, or offensive material on the paper.
- 17) If you leave the examination room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return.
- 18) **ANY MALPRACTICE OF ANY KIND WILL LEAD TO DISQUALIFICATION.**

