



ALEXANDRIA INTERNATIONAL ACADEMY

Newsletter

Exciting Events that we Love to Share!



What Not to Miss

- Friday, 1 June: MUN Conference

- Wednesday, 5 June: K2 Graduation Ceremony

- Thursday, 13 June: End-of-year performance

- Monday, 24 June: TOK Exhibition

- Thursday, 27 June: Parent-Teacher Conferences



Dear Parents,

Welcome to the 34th edition of our 2023-2024 school year newsletter. We hope you enjoy this week's read!

GEMS Education Parent Survey 2024

As we approach the summer break, we would greatly appreciate your feedback as to gauge whether further enhancements are required and in what areas.

Your honest views and opinions help us understand the needs and expectations of our families, enabling us to take meaningful action that will drive positive change.

The survey is now live and will remain open until **4pm on 7 June**. It comprises only a small number of questions, so will not take long to complete. Rest assured that your responses will again be kept confidential.

Thank you for your support.

Mental Health Month

As we celebrate Mental Health Month, we have a unique opportunity to emphasize the importance of mental well-being in our school community. Teachers were invited to promote a positive mental health environment by starting their classes with 5-10 minutes of mindfulness activities, such as mindful breathing, simple yoga poses, guided meditation, gratitude journaling, and mindful stretching.

Incorporating these short, mindful practices can have a profound impact on our students' focus, stress levels, and overall well-being:

These activities not only support mental health but also foster a more conducive learning environment. We believe that by integrating these practices into our daily routine, we can help our students develop valuable coping skills and a stronger sense of self-awareness.

Celebrating Mental Health Month with Storytelling!

We had an amazing time kicking off Mental Health Month with storytelling and read-aloud sessions across different grades! Our young students explored a range of emotions through engaging stories, helping them better understand and express their feelings. To continue the celebration, we have a special book display in the libraries featuring books all about emotions and feelings. Make sure to check it out and discover some wonderful reads!



Kindness & Coloring with Early Years Students for Mental Health Awareness Month

In honor of Mental Health Awareness Month, our little ones in K1 and K2 took part in a heartwarming and creative activity centered around kindness!

Students enjoyed a special session where they colored beautiful pictures, each representing acts of kindness. From helping a friend to sharing toys, every drawing celebrated the small but powerful ways we can spread kindness and support mental well-being.

This activity sparked meaningful conversations among our youngest learners about how being kind to others and ourselves can positively impact our mental health. Here are some of their adorable reflections:

💬 *Dalida - K2: "I shared my toy today with Malika."*

💬 *Burak- K2: "I told Ghazal not to be sad, when her finger was hit."*

These precious moments remind us that kindness starts from a young age and can grow into something beautiful and impactful. Teaching our children the importance of kindness is a vital part of nurturing their mental health.

We are so proud of our students for their creativity and big hearts. Let's continue to spread kindness and raise awareness about the importance of mental health together!



Uplifting Minds, Connecting Hearts: A Mental Health Awareness Moment at Our School

Grade 6 students led their younger Grade 1 peers in a meaningful mental health activity. The older students guided the younger ones through positive self-talk and morning mindfulness, including deep breathing exercises.

This activity sparked heartwarming conversations across grade levels about the power of positive thinking, mindful routines, and their impact on mental wellbeing. It was wonderful to see our school community come together in this way to support one another.



Coloring Yoga Poses

In celebration of Mental Health Awareness Month, our K2 students participated in a variety of activities aimed at promoting mindfulness. Our young learners gathered in the peaceful library setting to color yoga poses, combining creativity with relaxation. They showcased all the yoga poses familiar to them, adding a personal touch to their artwork. This activity not only allowed them to express their artistic side but also introduced them to the calming benefits of yoga. The impact on our K2 students was remarkable. They demonstrated increased focus, a sense of calm, and a better understanding of how to manage their emotions through simple yoga practices and creative expression.

We are so proud of our K2 students for embracing these activities and taking steps towards better mental health and well-being. Let's continue to support each other and spread awareness about the importance of mental health!



Mindful Bingo Day!

Mindful Bingo Day was a hit with our Grade 7 and Grade 8 students! As part of Mental Health Awareness Month, our students embraced mindfulness and self-care through a fun and engaging bingo game. From practicing deep breathing exercises to sharing positive affirmations, it was a day filled with reflection and relaxation. They also spent time reading inspiring excerpts from mental health books featured in our library's special book display. Let's continue to prioritize our mental health and support one another.



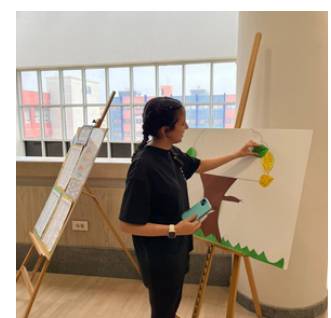
Teachers Boost Mindfulness with Bingo, Positive Notes, and Mandalas

Our teachers had a blast celebrating Mental Health Awareness Month with mindfulness activities that nourished their well-being. At the end of their Professional Development day, they played Mindfulness Bingo, taking turns sharing gratitude for themselves, colleagues, and prioritizing self-care.

The teachers also read uplifting self-talk notes and wrote encouraging messages to each other. To free their minds and relieve stress, they colored mindful mandalas - a truly calming and therapeutic experience.

These activities helped the teachers cultivate positive affirmations, which they proudly posted on the gratitude tree in the school library.

A rejuvenating day of wellbeing, and community connection!



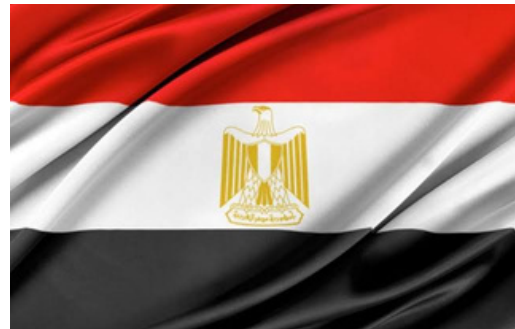
PYP Exhibition: Thursday, 16th May Certificates

Celebrating our Grade 5 students' achievements at the PYP Exhibition! Each student proudly received their IB Certificate of Completion, marking a significant milestone in their learning journey. Well done to all!gave an amazing performance, showcasing their talent and creativity beautifully. Their enthusiasm and the skills they demonstrated truly highlighted their learning and hard work. Well done to these young stars!





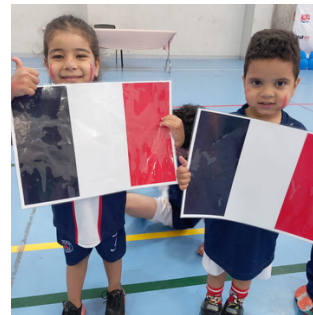
Sports Day: Thursday, 23rd May



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AIA students, from PRE-K to Grade 10, participated in the much-awaited for Annual Sports Day. This year's theme was "AIA World Cup" as students were grouped equally into the famous four teams: Argentina, France, Brazil and Egypt. Sports Day featured a variety of fun-filled field activities and indoor games, promoting collaboration and teamwork, while strengthening friendliness and team spirit!

Congratulations Team Egypt!



K1-A Assembly: Tuesday, 21st May

K1-A's recent assembly, 'A Living Things Adventure,' was a resounding success! Our talented students captivated the audience with their stellar performance, skillfully showcasing the diverse world of living things and their unique needs. Through their engaging play, they brought to life the wonders of nature and the importance of caring for all living beings.

Congratulations to our young stars for their outstanding performance and dedication!



K1-B Assembly: Tuesday, 21st May

K1-B learners gave an amazing performance, showcasing their talent and creativity beautifully. Their enthusiasm and the skills they demonstrated truly highlighted their learning and hard work. Well done to these young stars!

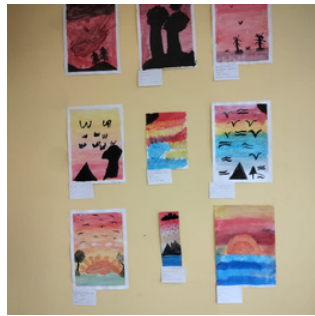


Grade 3/P3 Assembly: Sunday, 26th May

Grade 3 and P3 did an outstanding job in their assembly, where they showcased their work and their learning journey. They demonstrated remarkable effort and dedication in presenting their knowledge and understanding of migration. Through their performances and presentations, the students explained the differences between forced migration and pull migration, effectively illustrating these complex concepts. Their hard work and enthusiasm were evident, making the assembly both informative and engaging for all who attended.



Grade 3/P3 Exhibition



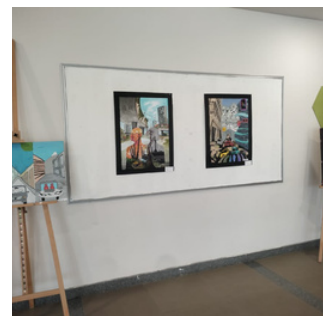
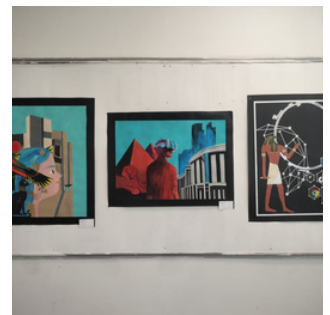
Hayah Art Competition

Celebrating the Triumph of Talent

We are thrilled to announce the outstanding achievement of our artists who participated in the Hayah school Art Competition!

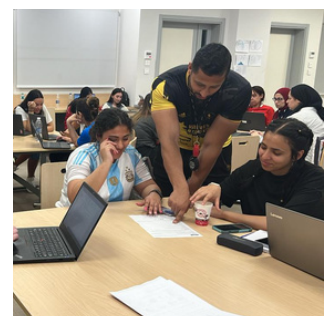
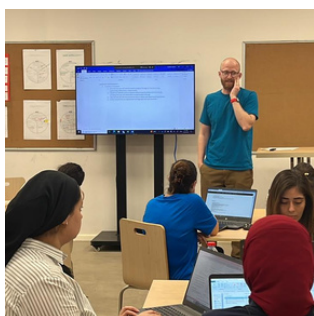
Their dedication, creativity, and hard work have not only earned them recognition but also the opportunity to showcase their artworks in the prestigious Grand Egyptian Museum. We couldn't be prouder of their accomplishments and the representation they've brought to our school.

Congratulations to our remarkable artists! Your passion and perseverance inspire us all. Here's to many more successes ahead!



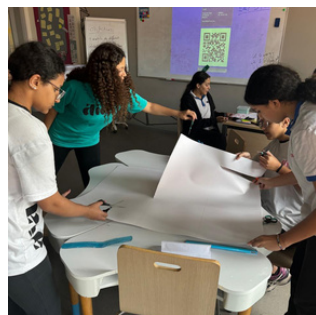
Staff Professional Development

Staff engaged in another part of our ongoing professional development series on assessment practices, tools, and techniques. This session focused on the varieties of DP question types, those most frequently encountered in each subject, and the skills that students will need to answer those questions effectively.



MUN

As the AIA students gear up for the impending Model United Nations (MUN) simulation, an air of anticipation and excitement fills the atmosphere. In the halls, classrooms, and meeting spaces, they are diligently preparing, each aspect meticulously crafted through their collective efforts and unwavering teamwork. Their dedication to excellence exemplifies the diverse attributes of the IB learner profile. From brainstorming sessions to come up with crucial global topics to drafting their chair reports and perfecting their point system and judgment panel, they exhibit remarkable communication skills, ensuring every voice is heard and every perspective considered. Their collaborative spirit shines as they negotiate, compromise, and seek common ground, showcasing the principles of open-mindedness and collaboration. Through this dynamic process, the students not only hone their diplomatic prowess but also foster a deeper understanding of international relations and the value of cooperation on the world stage.



Swimming in PE Lessons

Our Water Confidence and Swimming Program will commence on Sunday 26th May for all students!

AROUND THE CLASSROOMS

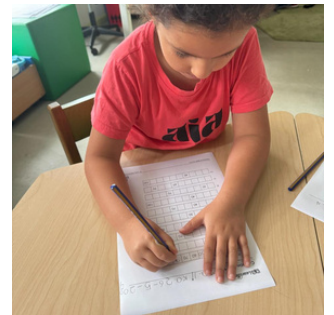
PRE-K

PRE-K class had an exciting planting activity in the lab! The kids explored various seeds and used cotton to help them start growing before moving them to the soil. They enjoyed feeling the textures of the soil and seeds, learning about their unique characteristics along the way. It was a hands-on, fun-filled day of discovery and learning about nature!



K2

K2 students embarked on an exploration of counting in 10s, immersing themselves in a range of centers to enhance their comprehension. These activities included working through a series of engaging worksheets to reinforce the concept, participating in an interactive screen game focused on counting in 2s, 5s and 10s. Through these multi-faceted centers, students were able to actively engage with the material, fostering a deeper understanding of mathematical concepts while catering to diverse learning styles.



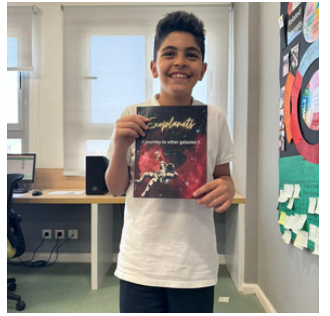
Grade 2

Drayson in Grade 2 won the top reader in school for the Raz Kid's competition!



Grade 5

Grade 5 knowledgeable students created magazines about space adding information from their unit.



BEYOND THE CLASSROOMS

LIBRARY

Exploring the magical world of books with our PRE-K superstars! Last week's library lesson was all about the power of bookmarks and sparking creativity! We dove into the enchanting tales, and as we journeyed through the pages, we discovered the importance of marking our favorite spots with these handy little treasures. From adventures with curious creatures to tales of friendship and courage, our little bookworms were captivated! But the real magic happened when we unleashed our inner artists and designed our very own bookmarks! From colorful patterns to whimsical characters, each creation was a masterpiece in its own right. Not only did we enhance our reading experience, but we also celebrated our unique imaginations and creativity! Here's to many more adventures in the wonderful world of books and the endless possibilities that await between the pages!



BEYOND THE CLASSROOMS

ART

PRE-K learners continued their inquiry under the theme "Sharing the Planet" by observing and describing a plant. Students identified and named the different components of a plant: the stem, the leaf and the flower. Then they used stamps and recycling materials and painted to create a large plant all together.



After watching a short video about the cultural and historical aspect of the mandala, Grade 5 learners understood the symbolism and tradition of this particular art. Then, learners described and analyzed shapes, patterns and lines that compose a mandala. After a quick demonstration using various resources to trace circle, students started to create their own mandala.

