

# Sherborne Qatar Newsletter



SHERBORNE  
QATAR

10th June 2010

## Speech Day

Parents of children in Reception, Year 1 and Year 2 are reminded that school finishes at 11.30 on Thursday 17<sup>th</sup> June. If you are planning to bring your child with you to Speech Day your child may stay for lunch in school and be picked up afterwards from their form teacher in time to accompany you to Speech Day which will start at 12.30. If you are not planning on bringing your child to Speech Day you will need to make arrangements for your child to be collected at 11.30. This also includes the children who normally go home on the bus. There will be no lessons /activities/crèche facility for Reception, Year 1 and Year 2 pupils from 11.30 on this day.

Please be aware that there will be a number of speeches and so it might not be very suitable for younger children.

Please could parents of children in Year 3 – 6 make sure they have returned their form if they intend to come to Speech Day. It is important to know how many people will be able to attend. We hope as many of you as possible will be able to come to support all the children and staff who have made this such a successful first year as well as to congratulate those children receiving prizes.

## Uniform Code

All parents are asked to read the Uniform Code on the website. We are reminding parents about expectations as Prizegiving approaches because we want all children to look their best on this important occasion.

If for any reason your child is not coming to school please could you inform the Office [office@sherborneqatar.org](mailto:office@sherborneqatar.org) so that they can let your child's form teacher know they are absent? Thank you.

**Year 3 / 4 Breakfast** - Thank you to Luisa Tonkin for arranging the breakfast at the Sheraton on Wednesday. A lovely time was had by the year 3 Ladies!

## Arabic Competition

Sherborne Qatar pupils recently participated in a Al-Mohaddeth Al Sager competition sponsored by Qtel which is a competition where children recite the sayings of the Prophet Mohammed (PBUH). The competition took place at the Hamad Bin Abdullah School and the Sherborne Qatar team consisted of Ganna Omar (3W) and Janna Abdallah (3J). In total 2,600 girls took part at a number of different levels and Janna and Ganna came first in their category. Very well done girls!



## Parents Association – Update

**The End of Year Brunch** is on Tuesday, 10am until 12:30pm at the Ritz Carlton Hotel. We have organised a lovely morning of good food, great prizes and goody bags! A mini bazaar has also been arranged with many things to tempt you - including items such as jewellery (handmade with semi precious stones/handmade with beads & charms/silver/South Sea & Tahitian pearls); mosaics; greeting cards; photo frames; silk paintings; and spa chakra.

Tickets are on sale at school for 120QR, please purchase your ticket by Monday. We look forward to seeing you there!

## Birthdays

Happy birthday to the following pupils this week:

Danette Sitorus

Moza Al Hitmi

Aisha Sheikh

Shavez Agha

Jannah Abdallah

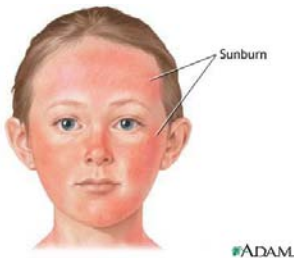


**Dr Hajer continues her series of articles on health issues which may affect families during the summer:**

## From The Doctor

### Sunburn - Home Treatment

Home treatment measures may provide some relief from a mild sunburn.



Use cool cloths on sunburned areas.  
Take frequent cool showers or baths.  
Apply soothing lotions that contain aloe vera to sunburned areas. Topical steroids (such as 1% hydrocortisone cream) may also help with sunburn pain and swelling. **Note:** Do not use the cream on children younger than age 2 unless your doctor tells you to. Do not use in the rectal or pelvic area in children younger than age 12 unless your doctor tells you to.

**Never apply BUTTER or OIL or MILK CREAM to the sunburn affected areas as it lead much pigmentation and damage to the skin !**



### What measures can be taken to prevent or minimize motion sickness?

If you know you are prone to motion sickness or if you are suffering from it, we recommend the following:

- Your position can affect your chances of getting travel sickness - wherever possible, drive a car instead of being a passenger, sit in the front seat of a car or bus, sit over the wing in an aircraft, or sit in the centre of a ship or on the upper deck.
- Keep your eyes fixed on the horizon
- Keep your head still.
- Do not read while travelling if you are subject to motion sickness, and do not sit in a seat facing backward.
- Do not watch or talk to another traveller who is having motion sickness.
- Avoid strong odours and spicy or greasy foods that do not agree with you (immediately before and during your travel).
- Take one of the varieties of motion sickness medicines before your travel begins, as recommended by your physician.

### Soiree

Congratulations to all of the children and conductors who performed at the Soiree on Tuesday night. The audience enjoyed a variety of music styles with instrumentalists, choirs and the debut performance of the Recorder Club. Music at Sherborne Qatar is moving from strength to strength as was evident by the standard of performance on the night. Thank you also to Stephen Scott, father of Ava and Audrey, for giving his time in the provision of the piano accompaniment for the evening.

Mrs Thomas

### Competitive Sport

SQ entered the Year 5/6 swimming gala last week.

We only entered a small team (pictured) and, considering we don't have a pool, we did very well!

Thank you to Neasa, Rachael, Oisin and Talal for all their efforts.

Parents will be pleased to know that the calendar is looking very full for competitive sport in the next Academic year.

### Lost – Sunglasses

Alejandro Lozano in 4R has lost his sunglasses. He thinks they were left behind at the Family Fun Day. If you know where they are please could you let Alejandro, Mrs Rawlinson or the Office know?

Thank you.

