

FOS NEWS



Finland Oman School Newsletter

Issue No 2, September 2019



Dear Parents,

We have had another fantastic and fun week here at FOS!

We are now well settled into the school routines and the students are happy and well engaged in learning.

We have some very exciting news, so there is so much to look forward to in the upcoming weeks!

Reminder - Parent Teacher Meeting

G7, G8 & G9: Tuesday 24 September, 4:40pm-5:40pm

Swimming Lessons

We are delighted to inform you that swimming lessons will commence on Sunday 22 September.

Swimming is an integral and essential part of the Physical Education Programme. Becoming a confident and competent swimmer is essential to student safety, as well as increasing opportunities for both leisure and sporting purposes.

In the current semester (first one), only male students will take part in swimming lessons, while female students will have PE lessons.

In the second semester, swimming lessons will be offered to female students only, while male students will be scheduled for PE lessons... cont'd

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Swimming Lessons

The swimming programme run by professional experts is designed to:

- develop confident and competent swimmers who display the skills, knowledge and understanding that will enable them to comprehend aquatic dangers, and to participate safely in aquatic activities.
- develop confidence in the water by providing a wide variety of appropriate activities
- make participation in swimming an enjoyable and social experience
- provide all students with the opportunity to participate in a sequence of swimming survival, water safety, rescue and emergency procedure experiences
- develop swimming techniques, water skills and personal safety awareness

Swimming Lessons Schedule

Day	Grade	Timing
Sunday	Grade 3A & 3B	10:40am -11:30am
Monday	Grade 2A & 2B	10:40am -11:30am
Tuesday	KG1A	8:30am - 9:00am
	KG1B	9:00am - 9:30am
	KG2A	9:30am -10:00am
	KG2B	10:00am -10:30am
	Grade 1B	10:40am -11:30am
	Grade 1A	11:30am -12:20pm
Wednesday	Grade 5	8:35am - 9:25am
	Grade 4A & 4B	9:50am -10:40am
	Grade 7 & 8	11:30am -12:20pm
Thursday	Grade 6	8:35am - 9:25am



What to bring to swimming lessons

- Swimming bag including towel
- Swimming costume
- Swimming cap (students who do not bring a swimming cap will not be able to participate within the swimming lessons due to health and safety regulations)
- Goggles (recommended)
- Appropriate footwear (flip-flops, or croc style shoes)
- Water bottle

Notes

It is advised for students with long hair to have their hair braided.

School staff members will accompany and supervise the students besides the swimming instructors. .

Allergies

We are concerned about the safety and well-being of all our students. Our school does its best to be an allergy aware school. Several students at FOS have severe allergies to nuts, beans, and sesame seeds. Whilst these students are being taught to care for themselves, we ask that you help us by not sending food and snacks with your child to school.

Health Awareness

We are currently conducting routine checks for head lice. KG1 to G6 students will be checked in sequence. If there seems to be a case where head lice is present, the student will be sent home, and will only be allowed to return back to school when it has cleared, in order to prevent the spreading of infestation. We would appreciate parent support in checking your son/ daughter's hair every other week.

Student Illness

From time to time students do get sick. It is sometimes unavoidable. When your child is sick please base your decision on keeping your child at home with the health of other students and staff in mind. It is best to avoid spreading germs and bugs at school, by keeping your child at home if the following occur:

- Fever
- Flu, cough or runny nose
- Symptoms of gastroenteritis
- Any contagious diseases e.g. chickenpox

Parents of students developing fever (increasing body temperature) during the school day will be contacted and asked to collect and take their child home as soon as possible. If the child uses the school bus, we would still request parent to collect the child. If they are unwell parents must collect them. Please do not send them to school until they are fully recovered.



KiVa Certified School

We are pleased to announce that Finland Oman School has been certified as one of the few KiVa schools in the world! This is a huge milestone, as FOS is the first school from the Middle East, Africa, and Asia to have the KiVa certification.

Unfortunately, school bullying is a very real part of school life. We at FOS, want to ensure our students are nurtured, supported and protected in a safe, non-threatening environment, hence our move to join KiVa.

KiVa was first developed in Finland, by experts who studied the phenomenon of bullying for decades. KiVa is a research-based programme that has been developed in the University of Turku, Finland. Not only is KiVa a pioneering anti-bullying programme designed especially for the prevention, intervention and monitoring of bullying at school, but it also focuses on developing students as human beings.

KiVa lessons build upon a student's problem solving skills, and enables them to interact with one another, and exercise peer support. It allows a student to develop their holistic well-being, and ensure that they remain within a positive atmosphere at all times.

Although there are other anti-bullying programmes in the market, there is little evidence of their success. This is how KiVa is different! A number of studies show that as a result of the KiVa programme, there has been a decrease in school bullying in Finland. This positive result has also been witnessed in other countries which have adopted the KiVa programme.

We, at FOS, have now become a KiVa certified school, and have taken the steps into the right direction to make a change!



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Inspired by Nobel Laureate

We were honoured to have Nobel Laureate Professor Dr Hiroshi Amano of Nagoya University, Japan visit our school.

Professor Amano was jointly awarded the Nobel Prize in Physics jointly with his colleagues Professor Dr Isamu Akasaki and Professor Dr Shuji Nakamura in 2014.

The three scientists received the Nobel Prize for their invention of efficient blue-light emitting diodes, which has enabled bright and energy-saving white light sources, LED lights.

A group of FOS students attended the Nobel lecture given by Professor Amano, organised by GUtech and hosted at Kempinski Hotel, under the sponsorship of Oman Educational Services (OES).

Yours In Education,
FOS Management

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