



PARENT ASSOCIATION  
QFISPA

# Newsletter

DECEMBER 2017 - Issue 3

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## PRESIDENT'S MESSAGE NATALIE BROWNING

I'd like to thank the school administration and counselors for responding to the PA's request for more information for parents about the issue of bullying. The workshops presented by the school counselors were extremely informative and helpful. This topic has caused me to reflect on the roots of conflict. As we discussed in these workshops conflicts happen every day, every hour, probably every minute (at least during breaks), in a school setting, and provide opportunities to learn social skills, more important than academic

skills for success in life. As evidenced by world politics, unfortunately many adults have not learned how to live at peace with others. And actually we don't have to look that far. I'll be the first to admit that my own heart is not always at peace, that my own home is not always a haven of harmony. I certainly don't claim to possess all the answers to world peace, or even my own, but two things I do know are: 1. Peace does not come from without - from expecting others to change to fit our ideals, and 2. Peace, or lack thereof, comes

from how we perceive ourselves and others. A book I recommend to anyone seeking greater peace (i.e., all of us), [The Anatomy of Peace: Resolving the Heart of Conflict](#), has made me very self-aware when it comes to conflict. It proposes that there are two ways to view a person: either as an object, or as a human being as real as ourselves.

To read the full article please [click here](#) or visit the Parent Resources section of our Website for this and other remarkable readings!



PLEASE USE OUR [WEBSITE](#) FOR INFORMATION ABOUT: [EVENTS](#), [PARENTS EVENTS](#), TO FIND YOUR [CLASS REP](#), PAST [PA MEETINGS](#) INFORMATION, AND IMPORTANT [PARENT RESOURCES](#)

## USEFUL LINKS



## The Purpose of the PA is ...

- To maintain and foster a constructive partnership between school staff and parents in the interests of the school and children.
- To act as a vehicle of discussion, learning and positive action.
- To enhance programs offered by QFI School and work towards achieving these goals through fundraising and other activities.
- To create a community where ideas and information are shared, new families are welcomed, and learning is promoted. This is done in a respectful and collaborative manner.

## Librarian Highlights

Thanks greatly to the PA and their hard work collaborating and organizing the Used Book Sale!! What a success!

- If you haven't visited the new Qatar National Library located in Education City, I encourage you to do so! It's a great resource to share more books with your children. Visit <https://www.qnl.qa/en> for more information.
- Also try to check out the Doha International Book Fair held November 29th – December 5th at the Doha Exhibition and Convention Center.

Happy Reading! Ms. Cheryl



# Events

We are looking forward to working with teachers and parents to organize events, charities and fundraising initiatives for the 2017-2018 school year!

## DEC 6 "Finnish Independence Day"

Activities organized by school faculty and staff **FOR THE STUDENTS ONLY** to commemorate Finnish Independence Day.

**Volunteering:** Finnish parents are requested to present Finnish-themed activities, e.g. about nature, culture, everyday life activities, at classrooms in coordination with homeroom teachers.

## DEC 7 "Bake Sale"

While waiting for the parent-teacher conference, you can enjoy a sweet treat and a warm drink. This will be our first bake sale of the year. Proceeds will go towards the support staff at our school. Let's show the support staff how much we appreciate the hard work they do for our children.

**Volunteering:** Parents will be asked to provide baked goods for the sale. We will also require volunteers throughout the day to help with displaying and selling food.



## DEC 14 "Qatar National Day"

Activities to celebrate Qatar National Day and to showcase the local culture.

**Volunteering:** Qatari parents are requested to contact Mr. Yassine Mezni (yassine.mezni@qfiscschool.com) to plan activities for the day. PA is in contact with Mr. Yassine to provide extra assistance if needed.

## School Garden Project Update



## The Mystery of 6 AB Class

At Qatar Finland International School one thing is true: things are always done in a very special way. And I was able to prove that when I attended the first parent-teacher conference at the beginning of the school year, and instead of a speech we were given a real school lesson. Class 6 AB is like a lab for different experiences, in a very particular learning environment. That's the mystery of the 6 grade class. **By Silvia Garcia** Please [click here](#) or visit the *Parents Resources Section* of the QFISPA website to read the full article.

## Is it Bullying?

### By Counsellors Desk

To begin with, it is very crucial to recognize the meaning of bullying. The definition of bullying is: "when an individual or a group of people with more power, repeatedly and intentionally cause hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, is often hidden from adults, and will probably continue if no action is taken." While the bullying definition is broad and can occur in a variety of environments it usually is a relationship problem and requires relationship-based solutions. These are best solved in the social environment in which they occur: in a child's or young person's life, this is most often the school. Children learn from the conflict situations to manage themselves emotionally and socially.

There are different types of conflicts and it's essential that an adult and child understands and interprets real life situation with the similar understanding. Some of these situations can be considered as mean, rude, conflict and bullying depending on the context and circumstances.

**At Q.F.I. School, we work on supporting our children with different modalities on an everyday basis. Some of the interventions available at our school are:**

- Peer Mediation
- Teacher – Student talks
- Teacher – Student – Counselor talks and plans
- Counselor – Student interventions
- Parent Meetings with concerned members of staff
- In extreme cases the Vice Principals (and potentially the Principal) are also involved

Behavior policy guides the situation and the actions are age and situation specific.

Please [click here](#) or visit the *Parents Resources Section* of the QFISPA website to read the full article with suggestions for parents and caregivers!!!

## EXECUTIVE BOARD MEMBERS

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