



NORD ANGLIA
INTERNATIONAL SCHOOL
ABU DHABI

2026-2027



EARLY YEARS FOUNDATION STAGE PARENT HANDBOOK



Instagram - @nasabudhabischool



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Tom Kinnersley
Principal

MESSAGE FROM THE PRINCIPAL

What makes NAS Abu Dhabi special is, and always will be, its people. The strength of our community, the quality of our relationships, and our shared ambition for every child set us apart. It is a privilege to welcome you and your family into that community.

At the heart of our school is a belief that relationships matter. The connections between students, families, and staff create the foundation for everything we do. When young people feel known, valued, and supported, they thrive. That sense of belonging is something we work hard to build every day.

At NAS Abu Dhabi, *Leading the Way* captures the spirit of our school. It reflects our commitment to excellence, our willingness to innovate, and our belief in empowering every student to approach the future with confidence and purpose.

We are ambitious for every child in our care. Through exceptional teaching and rich opportunities both inside and beyond the classroom, we support our students to achieve their personal best and grow into confident, compassionate, and ambitious young people who are ready to make their mark.

This handbook has been designed to give you a clear understanding of our school, our expectations, and the opportunities available to your child. Within it, you will find important information about:

- Academic pathways – our curriculum is designed to challenge, inspire, and engage students at every stage, offering breadth, choice, and personalised pathways to support every learner's progress.
- Student support and wellbeing – wellbeing is central to everything we do. Our pastoral and support teams work closely with families to ensure every child feels safe, valued, and supported.
- School values, routines, and expectations – our values shape a positive, respectful, and purposeful school culture, underpinned by the 6Cs (Creativity, Curiosity, Commitment, Critical Thinking, Collaboration, and Compassion) that guide how we learn, work, and grow together.
- Parent and school partnership – partnership is at the heart of a successful school experience. We know that when families and teachers work together, students thrive. This section explains how we work together to keep you informed, involved, and connected to school life.
- School policies and procedures – here you will find the key practical information, routines, and expectations that help our school run smoothly. These provide the structure for a safe, inclusive, and purposeful environment where every student can learn and flourish.

We know education is strongest when it is built together. The partnership between school and home is one of the most important relationships we have, and we deeply value the trust you place in us.

To our students: embrace every opportunity, challenge yourselves, and know that you are part of a community that believes in you.

To our parents: thank you for choosing NAS Abu Dhabi and for the trust you place in us.

I am genuinely excited for what lies ahead. This is a school that believes in its people, and I cannot wait to see what we achieve together.

Tom Kinnersley

MESSAGE FROM THE HEAD OF PRIMARY

As Head of Primary, I'm excited to be part of the journey that lies ahead for your little one, and I feel genuinely privileged to support your child through these formative years in Foundation Stage.

At NAS Abu Dhabi, we work hard to provide a learning environment, one that nurtures each child's unique abilities, encourages curiosity, and builds a strong foundation for a lifelong love of learning. We take a holistic approach to education, focusing not only on academic progress, but also on each child's social, emotional, and physical wellbeing.

Our Early Years Foundation Stage (EYFS) is a crucial part of this journey. It's where your child takes their first steps into school life, steps that will shape how they learn, grow, and connect with others. Our highly skilled and caring team of educators are committed to creating a safe, inclusive, and stimulating atmosphere where your child can thrive, explore, and gain confidence.

Our EYFS curriculum is built around play-based learning, active engagement, and the power of positive relationships. Through a mix of structured activities and child-led exploration, we support independence, creativity, problem-solving, and a sense of wonder. We believe this balance gives every child the tools they need to grow in their own way.

Learning in EYFS is broad and well-rounded. Our curriculum includes literacy, numeracy, physical development, expressive arts, and personal, social, and emotional development, each one designed to support the whole child.

At NAS Abu Dhabi, parents are essential partners in a child's education. We value your insight and support, and we'll always encourage open communication between home and school. You'll have plenty of opportunities to be involved through regular parent-teacher meetings, workshops, events, and day-to-day school life.

I also want to reassure you that your child's wellbeing and safety remain our top priority. We've put in place strong health and safety measures that follow both local and international guidance, creating a secure and supportive learning environment for every child.

We look forward to a year full of joyful learning, personal growth, and special moments. Thank you for choosing our school to support your child through these all-important early years.

Together, we are just getting started.

Michael Connor



Michael Connor
Head of Primary

Dear Families,

A warm welcome to Nord Anglia International School Abu Dhabi. I'm Gemma Brown, Head of Foundation Stage and Lower Primary, and I'm delighted to welcome you and your children into our school community.

The start of school is a big step, for your child and for you. In Foundation Stage, we focus on making sure every child feels safe, settled, and excited to come through the door each morning. This is where their learning journey begins, and it's a journey we're proud to take with you.

We believe children learn best when they feel secure, when they're supported as individuals, and when they're free to explore and play in a purposeful way. Our classrooms are designed to reflect that. They're calm, engaging spaces where children can follow their interests, try new things, and build confidence at their own pace.

Our approach focuses on holistic development. We support every child academically, socially and emotionally. We help them build resilience, develop independence, and grow in ways that are meaningful to them. We encourage children to lead their own learning journeys and begin to see themselves as capable learners from the very start.

At NAS Abu Dhabi, we know that play is how young children make sense of the world. Building, creating, talking, role-playing – these moments are where learning happens. That's why play sits at the heart of everything we do.

Alongside the curriculum, we also offer opportunities for children to develop wider interests through enriching activities that build on their natural curiosity. Everything we do is shaped by the belief that these early experiences matter, and that a lifelong love of learning starts here. We also value the role of parents as active partners. Your knowledge, involvement, and day-to-day interactions with us are an essential part of your child's learning. We encourage you to stay connected and contribute to your child's journey in whatever way works best for your family.

Thank you for choosing NAS Abu Dhabi. We look forward to watching your child settle, grow, and surprise you with what they are capable of.

Gemma Brown



Gemma Brown
Head of EYFS and Lower Primary

ACADEMIC CALENDAR



NORD ANGLIA
INTERNATIONAL SCHOOL
ABU DHABI



ACADEMIC CALENDAR 2026/2027

AUGUST

M	T	W	T	F	S	S
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31						

SEPTEMBER

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DECEMBER

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JANUARY

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JUNE

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JULY

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26	27	28	29	30	31	

● School breaks
 ● Start of term
 ● Last day of term
 ● Orientation Day
 ● Midterm break
 ● Ramadan (school timings and dates TBC)
 ● Islamic/ national holidays (TBC)

**Subject to moon sighting and official announcement - This calendar is subject to ADEK approval and based on the unified academic calendar.

WELCOME TO EARLY YEARS

Starting school is an important milestone, for children and for their families. For some, it may be the first time away from home or in a larger group setting. At NAS Abu Dhabi, we understand that every child is different, and we're committed to making this transition as smooth, positive, and personal as possible. Every family's needs are taken into account throughout the settling-in process.

We take time to understand each child's individual needs and work closely with families to agree on the right approach to settling in. When your child arrives at NAS Abu Dhabi, you'll take part in a one-to-one meeting with their class teacher.

This valuable session gives your child the chance to explore their new classroom and meet the adults who will care for them in school. It also gives you time to share anything that will help us support your child as they begin their journey with us.

These personalised meetings are an important first step. They help your child feel safe, settled, and ready. They also allow our team to plan a smooth, thoughtful introduction to school life.

Your child's class teacher will be in touch with all the details, including how to book your one-to-one session and what to expect during the settling-in period.



WEEK 1

IN NURSERY (FS1)

Monday 31st Aug	Tuesday 1st Sep	Wednesday 2nd Sep	Thursday 3rd Sep	Friday 4th Sep
1-1 Meet the teacher session	1-1 Meet the teacher session	8:30am - 9:30 am 1 hour visit Group A 10:00am - 11:00 am 1 hour visit – Group B	8:30am - 9:30 am 1 hour visit Group A 10:00am - 11:00 am 1 hour visit - Group B	8:30 am – 11:30 am Whole class Pick up available from 11:00am

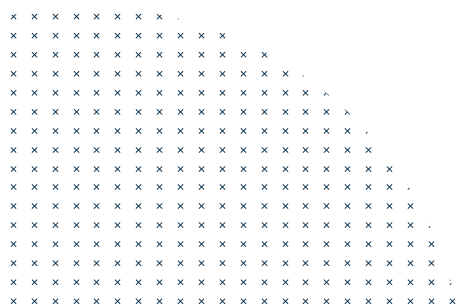
We want your child's first day at school to feel calm, reassuring, and positive, for both of you. To help us achieve that, we ask parents to follow a few simple steps:

- Arrive at the time given to you by your class teacher.
- Drop your child off at the classroom door, where a member of staff will be ready to greet you and help your child settle in.
- Please make sure to collect your child promptly at the agreed time. A consistent and timely handover is important in helping children feel secure and begin to understand the structure of their day.

We understand it can be hard to say goodbye, especially on the first day. It's natural to want to stay and comfort your child, but a calm, confident farewell helps your child settle more easily and builds their trust in the routine. Our staff are there to support both of you through it.

We'll follow the same routine during the first week. If you have any questions about your child's individual settling-in arrangements, please speak to their class teacher.

By working closely with you, we can give your child the best possible start to nursery, laying strong foundations for the learning journey ahead.



WEEK 2

IN NURSERY (FS1)

Monday 7th Sept	Tuesday 8th Sept	Wednesday 9th Sept	Thursday 10th Sept	Friday 11th Sept
8:30 am – 12:00 pm Whole class	8:30 am – 12:00 pm Whole class	8:30 am – 2:30 pm Whole class (Optional Pick up at 12pm)	8:30 am – 2:30 pm Whole class (Optional Pick up at 12pm)	8:30 am – 11:30 am Whole class Pick up available from 11:00am

Week 3

From the third week, children will begin attending school full time. (8:30 am to 2:30 pm, Monday to Thursday, and 8:30 am to 11:30 am on Friday). However, we'll continue to offer a 12:00 pm optional pick-up from Monday to Thursday for those who are still adjusting to the longer day. Our focus remains on supporting each child's wellbeing and settling experience.

In this third week, we'll also begin our specialist lessons. You'll receive an introductory email from each specialist teacher before these sessions begin, so you know what to expect.

#METIME, our optional Morning Enrichment programme, will also start on 7th September, running from 7:30 am to 8:15 am Monday to Friday. Information about sign up will be shared in due course. This is only for children who are signed up and happy to separate from their parent. Please note that these are not always run by the class teacher or in the child's class.

If your child is happy and settled in their new classroom, they may remain in our wrap-around care from 2:30pm until 3:30pm. We will always make decisions based on each child's individual needs and will work closely with families to ensure this is the right option for them.

Please speak to your class teacher if you think this might be a good option for your child.



WEEK 1

IN RECEPTION (FS2)

WEEK 1

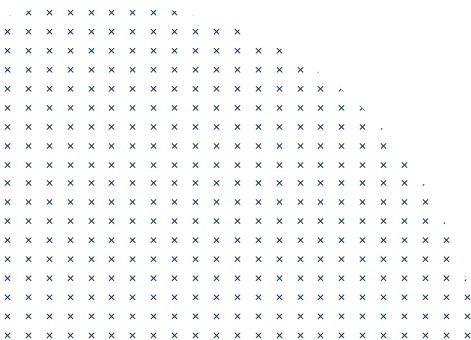
Monday 25th August	Tuesday 26th August	Wednesday 27th August	Thursday 28th August	Friday 29th August
1-1 Meet the teacher session. Timings to be confirmed.	8:30 am – 2:30 pm Whole class (Optional Pick up at 12pm)	8:30 am – 2:30 pm Whole class (Optional Pick up at 12pm)	8:30 am – 2:30 pm Whole class (Optional Pick up at 12pm)	8:30 am – 11:30 am Whole class Pick up available from 11:00am

Starting Reception is a big step, and we’re here to make sure your child feels safe, supported, and excited about the days ahead. On your child’s start date, please note the following:

- Doors open at 8:15 am.
- Drop your child off at the classroom door, where a teacher will be ready to welcome you.

We understand that parting can feel emotional, especially during the first few days. It’s natural to want to stay and comfort your child. However, a calm and confident goodbye helps your child settle more quickly and begin to build trust in their new routine. Our team is there to support both you and your child during this transition.

We’ll continue this approach throughout Week 1 and Week 2, adjusting as needed based on how the children are settling. If you have any concerns or would like to discuss your child’s start further, please don’t hesitate to speak to the class teacher.



WEEK 2

IN RECEPTION (FS2)

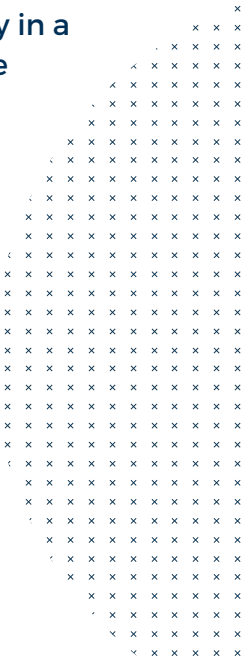
WEEK 2

Monday 1st September	Tuesday 2nd September	Wednesday 3rd September	Thursday 4th September	Friday 5th September
8:30 am – 2:30 pm Whole class	8:30 am – 2:30 pm Whole class	8:30 am – 2:30 pm Whole class	8:30 am – 2:30 pm Whole class	8:30 am – 11:30 am Whole class
(Optional Pick up at 12pm)	(Optional Pick up at 12pm)	(Optional Pick up at 12pm)	(Optional Pick up at 12pm)	Pick up available from 11:00am

From Week 2, there will be an optional 3:30 pm collection for children who are happy and settled in school. If you feel your child is ready for the extended day, please speak with your class teacher. We will work closely with you to ensure this is the right option based on your child's individual needs and how they have settled into school.

Looking ahead to Week 3

From Monday, 7th September, we'll begin our #MEtime (Morning Enrichment) sessions, which run from 7:30 am to 8:15 am. These optional sessions help children start the day in a calm, focused way and are a lovely part of our morning routine. Sign-up details will be shared in Term 1.



ATTENDANCE AND PUNCTUALITY

Young children thrive on routine. Arriving and collecting your child on time helps them feel secure, confident, and ready to learn.

LATE PICK-UP

If you are going to be late for pick-up, please call our EYFS reception (02 699 3334 or fsreception@nasabudhabi.ae), so that we can reassure your child and explain the delay.

If someone new, or anyone we haven't met before, is collecting your child, you must inform the class teacher in advance.

AUTHORISED ADULTS

To help us keep all children safe, families must nominate a maximum of three key people for drop-off and pick-up. This helps our staff quickly identify authorised adults and maintain secure handovers every day.

CONSISTENT ATTENDANCE

We ask that your child makes full and regular use of the place offered to them. Consistent attendance helps children build relationships, settle into routines, and benefit fully from the experiences planned for them.

IF YOUR CHILD IS ABSENT

If your child is unable to attend, for example due to illness, please complete the form available on the NAS Abu Dhabi App under 'Absence and Early Pick-up'. In cases of unexplained or ongoing absence, a child's place may be reviewed and offered to another family.

PARENT-TEACHER MEETINGS

In Nursery and Reception, you'll be invited to a minimum of four parent-teacher meetings throughout the academic year. Each meeting lasts 15 minutes and is a valuable opportunity to discuss your child's progress towards the Early Learning Goals, ask questions, and share insights from home.

You'll also have scheduled opportunities to meet with specialist teachers across the year. These meetings focus on your child's learning and development in specialist subjects and provide time for discussion and feedback.

At NAS Abu Dhabi, we have an **open-door policy**. If you have any questions, worries, or simply want to check in, we encourage you to speak with your child's class teacher at any time.

REPORTING

You'll be invited to connect with your child's **Toddle** account, a secure online platform that links directly to your child's learning journal. Here you'll receive regular updates, photos, and observations that capture your child's weekly learning journey.

We also encourage you to share learning from home on Toddle, as a way to contribute to your child's profile and keep the connection between school and home strong. You'll receive more information on how to use the Toddle platform at the start of the school year, so you feel confident navigating and contributing to your child's journal.

At the end of the academic year, you'll receive a formal written report summarising your child's progress and achievements in full.



EARLY YEARS CURRICULUM

A child's first experience of school shapes how they approach learning for life. At NAS Abu Dhabi, we're committed to giving every child the strongest possible start, supporting them to become creative and independent learners who enjoy school and believe in themselves.

All children come to us with different experiences, abilities, and interests. That's why personalised learning is at the heart of our approach. We focus on the way each child interacts with others and with their environment, through:

- Playing and exploring (engagement)
- Active learning (motivation)
- Creative and critical thinking (thinking)

These help children stay curious, involved, and confident as learners across all areas of the curriculum.

We encourage children to be curious, to take risks, and to try again when things don't go to plan. These early experiences develop confidence and resilience, qualities that will serve them well in the years ahead. Through open-ended activities, where there are no right or wrong answers, children learn to think creatively, follow their interests, and take ownership of their learning.

Our curriculum is based on the UK Early Years Foundation Stage (EYFS) framework and enhanced by global best practice, including the Nord Anglia Learner Ambitions. We make sure children receive a world-class Early Years education, with a balance of adult-led and child-initiated learning that takes place both indoors and outdoors. Every day includes rich, practical, and purposeful play-based experiences designed to help your child grow academically, socially, and emotionally.



The curriculum is structured around seven areas of learning, all of equal importance. These are planned around the interests of the child and delivered in purposeful and creative ways.

THE THREE PRIME AREAS

- **Personal, social and emotional development.** To help children develop a positive sense of self and others, build respectful relationships, understand feelings, manage social situations, and gain confidence in their own abilities.
- **Physical development.** To build coordination, control, and movement, helping children understand the importance of physical activity and making healthy choices around food and lifestyle.
- **Communication and language.** To grow confidence and ability in expressing ideas, listening to others, and engaging in meaningful conversations in a variety of situations.

DAILY ROUTINES

Each day starts with a warm welcome. We ask that all children and parents arrive at their allocated times to help keep transitions calm and to ensure the learning environment stays safe and focused. This also supports our safety procedures by making sure that no additional adults remain in the building once drop-off is complete.

At the door, your child will be greeted by their teacher and learning assistant, ready to start the day with a smile and familiar faces.

The morning begins with simple routines that encourage independence. Children will self-register and take responsibility for organising their snack and lunch items. After this, they're free to explore the classroom and choose where they'd like to begin their learning, setting the tone for a day of curiosity, confidence, and choice.

THE FOUR SPECIFIC AREAS

- **Literacy.** To link sounds and letters, and start the journey of reading and writing.
- **Mathematics.** To develop skills in counting, understanding and using numbers, calculating simple addition and subtraction problems, and to describe shapes, spaces and measures.
- **Understanding the world.** To explore the physical world and the community around them, asking questions, making connections, and building a sense of place and belonging.
- **Expressive arts and design.** To express and explore a wide range of media and materials. To share their thoughts, ideas and feelings through a variety of activities in art, movement, dance, role-play and design and technology.



DAILY ROUTINE EXAMPLE

NURSERY (FS1) TIMETABLE

EY	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am - 8:35 am	SELF-REGISTRATION /CHILD-INITIATED LEARNING				
8:35 am – 12:00 pm	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	PE Swimming
	P.E	Arabic	Arabic	Library 9:00 am - 9:30 am	Child-Initiated Learning/Target Focus Group
	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Arabic
	Arabic		Languages		
12:00 pm - 12:45 pm	LUNCH				
12:45 pm – 2:00 pm	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	
2:00 pm – 2:30 pm	STORY				
2:30 pm	Home time / Extended play	Home time / Extended play	Home time / Extended play	Home time / Extended play	
3:30 pm - 4:30 pm	Wrap Around Care **	Wrap Around Care **	Wrap Around Care **	Wrap Around Care **	

**Sibling children only

DAILY ROUTINE EXAMPLE

NURSERY (FS2) TIMETABLE

EY	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am - 8:35 am	SELF-REGISTRATION /CHILD-INITIATED LEARNING				
8:35 am - 9:00 am	Maths	Maths	PE Swimming	Guided Reading	Child-Initiated Learning/Target Focus Group
9:00 am - 9:30 am	Arabic	Child-Initiated Learning/Target Focus Group	Maths	PE	
9:30 am – 11:30 am	Child-Initiated Learning/Target Focus Group		Child-Initiated Learning/Target Focus Group	Child-Initiated Learning/Target Focus Group	Library
			Child-Initiated Learning/Target Focus Group		
11:30 am - 12:00 pm	Phonics		Phonics	Languages	Child-Initiated Learning/Target Focus Group
12:00 pm - 12:30 pm		Phonics		Phonics	
12:30 pm - 1:15 pm	LUNCH				
1:15 pm - 1:45 pm	STORY				
1:45 pm - 2:30 pm	Child-Initiated Learning	Arabic	Arabic	Arabic	
2:30 pm	Home time / Extended play	Home time / Extended play	Home time / Extended play	Home time / Extended play	
3:30 pm - 4:30 pm	Wrap Around Care **	Wrap Around Care **	Wrap Around Care **	Wrap Around Care **	

**Sibling children only

HOW WE LEARN IN EYFS

At NAS Abu Dhabi, we believe that young children learn best through play. That's why our Early Years environment is designed to be full of opportunities to explore. Children are encouraged to take part in a wide range of activities, make their own choices, and become increasingly independent in their learning.

We understand that each child develops at their own pace. With the right encouragement and the space to explore, every child can make strong progress and reach their potential. Most importantly, we know that children learn best when they feel happy, safe, and secure. Our experienced Early Years staff are there to guide, support, and teach throughout the day. Over time, they'll get to know you and your child well, building strong relationships that support both learning and wellbeing.

Our classroom environment is carefully planned to give children opportunities to extend and deepen their learning across all areas of the curriculum. While each area of provision may reflect a specific subject focus, they are designed to work together, allowing children to consolidate and apply their learning in ways that are meaningful to them.

Each area is monitored by the adults in the environment and then teachers plan specific learning experiences that are appropriate to the needs of the children. They work with groups and individuals to meet each child's specific needs.

Our environment consists of several distinct areas, each offering a variety of rich learning experiences for our children. These areas are continually adapted to meet the evolving needs and interests of the children, as teachers thoughtfully design provocations to spark curiosity, exploration, and deeper learning.

You can find more detail about our curriculum, policies, and learning approach by visiting the EYFS tab on the NAS Abu Dhabi App. All key documents are available there for you to access at any time.

ZONES FOR EXPLORATION

- Graphics area - (writing/drawing/ mark making)
- Building and 'small world' area
- Exploring and investigating area
- Creative area for painting, modelling, and constructing
- Role play and dress-up area

OUTDOOR LEARNING

The outdoors is the very best place for our children to practise and master emerging physical skills. It is where children can run, jump, climb, and throw without limits, developing physical confidence in the most natural way possible.

The outdoors has something more to offer than just physical benefits. It supports cognitive and social-emotional development. Outside, children are more likely to invent games. As they do, they're able to express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making, and organisational skills.

Some of our classroom resources are also available outside, as well as wheeled toys and vehicles, space for running and physical experiences, climbing frames and small equipment, e.g. balls, hoops and rings.

The EYFS environment is continuously risk-assessed by the EYFS staff to ensure that it remains a safe place for the children to learn.

HAT POLICY

We ask that all children bring a hat to school every day. Without one, children are unable to access the outdoor area safely.





WORD ANGLIA
INTERNATIONAL
SCHOOL
ABU DHABI

FSZA and F
Inspired
Alma Thomas, S
and Azza Al C

RECORDING YOUR CHILD'S LEARNING JOURNEY

We will be using the platform Toddle to share what your child has been learning in school. This app allows teachers to document children's learning and track their progress throughout the year. Each child has their own journal and teachers will periodically add things to it, like photos, videos and drawing.

All the content is safe and secure, and the journals are only accessible by teachers and parents. The journals are not public on the web and information is never shared with third parties. More information will be shared as you start the academic year, along with a parent workshop to help you get started.

SPECIALIST SUBJECTS

World Languages Programme

In Foundation Stage, children will be introduced to all four of our available languages: French, Spanish, Mandarin and German. Students choose their preferred language at the end of FS2 ready for Year 1.

Language immersion in Foundation Stage

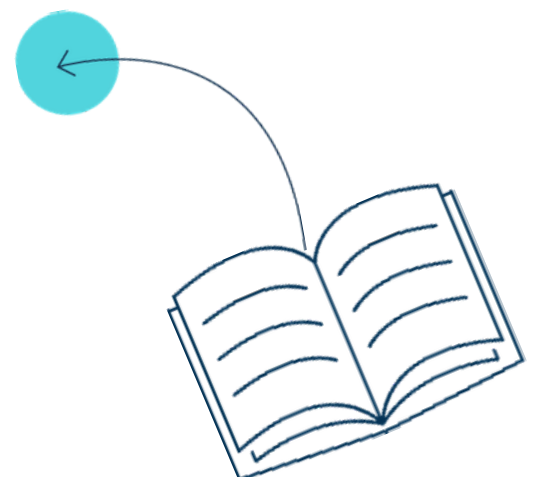
- French, German, Mandarin and Spanish taught on a rotation
- 1 x 60 minutes per week

Arabic

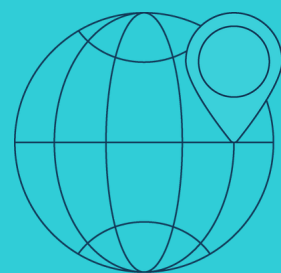
- 4x 50 minutes per week minimum

Two physical activity lessons each week

- 1 x 60 minutes swimming per week (training pool)
- 1 x 40 minutes PE per week



SPECIALIST SESSIONS – WORLD LANGUAGES



Language learning is integral to the life of NAS Abu Dhabi and promoted as a key life skill for all. Learning a language broadens a child's understanding of other cultures, communities and countries in partnership with developing their communication and language skills to become true global citizens.

Children in Foundation Stage at NAS Abu Dhabi receive a minimum of 200 minutes of Arabic lessons each week and will have the opportunity to learn the four key languages of the World Language Programme: Spanish, French, Mandarin and German.

At the end of FS2, children will get the opportunity to select their preferred language choice for when they start Year 1. They will also continue to receive Arabic lessons.

All language lessons are taught by specialist teachers, and a variety of techniques and methods are used to actively engage children in their learning, which incorporates stories, games, and role play in a fun and enjoyable way.



SPECIALIST SESSIONS – PHYSICAL EDUCATION

Physical Education at NAS Abu Dhabi has been carefully designed to give every child strong foundations and genuine confidence in their physical development.

Lessons are delivered by PE teachers, who have specialist experience working with Early Years children of all ability levels.

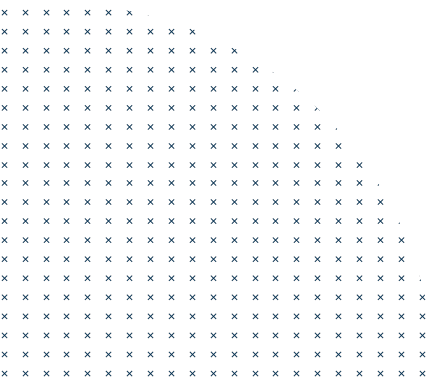
All parents will receive a welcome email from their child’s PE teacher. This teacher will remain consistent to each class to facilitate strong and trusting student-teacher relationships, and enable progression to be tracked and monitored. This teacher will be responsible for writing PE report comments and will be the first point of contact should you have any questions or concerns regarding PE.

NURSERY (FS1) – PE classes will begin in Week 3.

RECEPTION (FS2) – PE classes will begin in Week 2.

PE land-based activities will take place outside during the cooler months, but will be brought inside during hotter months. Early Years students have the option to wear the NAS Abu Dhabi PE kit on the days when they have PE lessons.

Sports Days will take place during the cooler months to ensure that all children are able to participate. Parents are invited to come and watch their children at this event. The dates will be communicated with parents in advance.



COMMUNICATIONS

MEETINGS

Communication with families is very important to us. Your child's form tutor will be your main point of contact throughout the year. To help build this relationship from the start, we'll be holding a Meet the Tutor Day within the first weeks of Term 1. This is a valuable opportunity for you and your child to meet the tutor, ask questions, and learn more about our school and curriculum. We strongly encourage all families to attend this session in person with their child. However, if you're unable to join us on the day, your child's tutor will be happy to arrange a virtual meeting via Microsoft Teams.

THE NAS CONNECT NEWSLETTER

Every two weeks we share a whole-school newsletter with news and updates. This platform celebrates life at the school, a message from the heads of school, reflections, celebrations, and upcoming events.

TODDLE: YOUR ONE-STOP HUB FOR SCHOOL LIFE

Toddle is our central platform for all things teaching, learning, and communication. Through Toddle, parents can access curriculum overviews and learning resources, monitor homework and assignment deadlines, view rewards and behaviour records, and stay up to date with important school messages and announcements. Whether you are looking to support your child's learning, keep track of key dates, or stay connected with school life, Toddle provides everything you need in one convenient place.

PARENT WORKSHOPS

The NAS Abu Dhabi Mobile App is our primary tool for all non-academic communication with parents. From school announcements and event updates to reminders, whole-school newsletters, and day-to-day information. This is how we keep you informed and connected. We ask all parents to download and use the app, so you don't miss any important updates from the school. Please ensure notifications are turned on for this app!

The app is free to download:

- On the Apple Store (search: Nord Anglia International School Abu Dhabi)
- On the Google Play Store (search: Nord Anglia Intl. School Abu Dhabi)

Being connected through the app helps us share timely information with you and helps you stay engaged in school life.

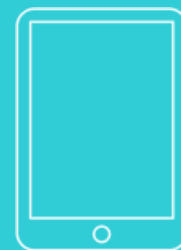
ZENDA APP

Zenda is our payment app. On this app you can conveniently pay school fees, trips, meals and more. With Zenda, you can:

- See what's due and pay instantly
- Pay when and where it suits you, with instant receipts
- Ask for technical help 7 days a week for any payment-related queries

Please download Zenda from app.zenda.com/getstarted and log in using the email or mobile number registered with the school. You'll find a quick video guide here: app.zenda.com/pay-fees-nord-anglia-uae. If you've got any questions, please chat directly with the Zenda support team on WhatsApp: help.zenda.com.

NAS ABU DHABI MOBILE APP



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THE NAS ABU DHABI APP FEATURES:

1. School calendar
(syncs with personal calendar)
2. Push notifications
3. Parent teacher meeting sign-up
4. EAP (Enrichment Activity Programme) sign-up
5. Events information and sign-up
6. Staff directories
7. Survey pop-up
8. Absence report
9. Permission forms
10. Parents Association information and volunteer
sign-up for events
11. Parent essentials

SOCIAL MEDIA

Stay connected with life at NAS Abu Dhabi, wherever you are. Follow us on social media for regular updates, event highlights, and a behind-the-scenes look at what's happening in and around school.

You'll find plenty of photos, videos, and stories that capture the everyday moments that make our school special.

UNIFORM

Please make sure that every item of your child's school uniform, and all personal belongings, are clearly labelled with their name. We also ask that you pack a spare set of clothes, including a change of underwear, in your child's school bag. These can be kept in their cubby and will be used if needed during the day. To help build your child's independence, we recommend choosing shoes that are easy for them to put on and take off by themselves.

- Blue Early Years polo top
- Blue elasticated shorts / skorts
- NAS Abu Dhabi PE Kit (optional)
- White socks
- Black shoes or black trainers
- NAS Abu Dhabi blue cap or sun hat
- NAS Abu Dhabi swimming costume/trunks
- NAS Abu Dhabi swimming cap
- Winter uniform can include the NAS fleece
- Small NAS backpack / water bottle / small snack box / lunch box
- NAS book bag
- No jewellery to be worn in EYFS
- No nail varnish, long hair tied back



ALL UNIFORM ITEMS ARE
AVAILABLE AT THE ZAKS UNIFORM
STORE AT MUSHRIF MALL.

Zaks Uniform Pop-up Store at NAS
Abu Dhabi from 19th - 30th August

HEALTH AND WELLBEING

SCHOOL NURSE

In school, the nurse is the first point of contact in terms of the physical wellbeing of our students. This includes immunisations and other forms of preventative medicine (such as information on healthy eating).

The school nurse is also responsible for coordinating between all government bodies, visiting physicians, healthcare providers and parents.

Where children need off-site medical care, (doctor or hospital), parents will be contacted by the nurse to make the necessary arrangements.

When a student is taken ill in school, the nurse will assess them and decide on the best course of action.

Parents of children with special medical needs should meet with the nurse to discuss any special provision required. This includes chronic illness, congenital conditions or transient medical issues, such as a broken leg.

The nurse can administer over-the-counter medication with consent from parents. Any medication to be administered during the school day has to be signed for by a parent at the clinic.

No medication is to be self-administered. This is done via the clinic.

It is very important that all parents complete the Medical and Immunisation Record and Consent Form prior to the start of school.

Parents are responsible for maintaining their correct contact information via the Parent App as this will be used to contact them in the event of any medical matters.



MEDICAL – CHILDREN ILLNESSES

It's important that parents inform us if their child is absent from school, along with the reason for their absence. If your child is unwell with an infectious illness, please let us know as soon as possible so that we can notify other parents and carers where appropriate.

For guidance on when children should be kept at home due to sickness, and how long they should stay off school or nursery, please refer to the following.

Condition	Recommended period to be kept away from school	Comments
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting. 48 hours free from fever or fever reducing.	Exclusion from swimming should be for 2 weeks following last episode of diarrhoea. Exclusion applies to both adults and children.
Fever	Until the child has been fever-free for 24 hours without the use of fever-reducing medication.	A temperature of 38°C or above is classified as a fever. If absence extends beyond 3 consecutive days, a Department of Health (DOH) medical certificate is required.
E. coli 0157 VTEC	Exclusion is important for some children.	Exclusion applies to young children and those who may find hygiene practices difficult to adhere to. Exclusion from swimming should be for 2 weeks following last episode of diarrhoea.
Typhoid*	Exclusion is important for some children.	Exclusion applies to young children and those who may find hygiene practices difficult to adhere to.
Shigella (Dysentery)	Exclusion may be necessary. Doctor will advise.	Exclusion from swimming should be for 2 weeks following last episode of diarrhoea. Exclusion (if required) applies to young children and those who may find hygiene practices difficult to adhere to.

Rashes	Recommended period to be kept away from school	Comments
Athlete's foot	None.	Athlete's foot is not a serious condition. Treatment is recommended.
Chickenpox	5 days from onset of rash and when all spots are crusted.	SEE: Vulnerable children and female staff - pregnancy.
Cold sores (herpes simplex)	None.	Avoid kissing and contact with the sores.
German measles (rubella)*	6 days from onset of rash.	Self-limiting disease. Preventable by immunisation (MMR). SEE: female staff - pregnancy.
Impetigo	48 hours after commencing antibiotic treatment or until lesions are crusted.	Open sores must be covered.
Molluscum contagiosum	None.	A self-limiting condition.
Ringworm	Not usually required.	Treatment is important – see Doctor. Ensure pets are also examined.
Roseola (infantum)	None.	None.
Scabies	Return after 1st treatment.	2 treatments 1 week apart for cases. Contacts should have 1 treatment; include entire household and any other very close contacts.
Scarlet fever/Strep throat*	24 hours after commencing antibiotic treatment.	
Slapped cheek/fifth disease. Parvovirus B19	None.	SEE: vulnerable children and female staff –pregnancy.
Shingles	Excluded only if rash is weeping and cannot be covered.	Can cause chickenpox in those who are not immune. It is spread by very close contact and touch. SEE: vulnerable children and female staff – pregnancy.
Warts and verrucae	None.	Verrucae should be covered in swimming pools, gymnasiums and changing rooms.

Respiratory Infections	Recommended period to be kept away from school	Comments
'Flu' (Influenza)	Until recovered.	See vulnerable children.
Tuberculosis	Always consult with doctor and local health board.	Not usually spread from children. Requires prolonged, close contact for spread.
Whooping cough (Pertussis)	5 days from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment.	Preventable by vaccination. After treatment non-infectious coughing may continue for many weeks. Contact tracing may be necessary.

As a general rule, if your child is unwell, we ask that you keep them at home for at least 48 hours after their symptoms have cleared. Your child should also be fever-free for a full day before returning to school. We trust parents and carers to use their judgement. If your child is still unwell beyond this period, they should continue to rest at home. Young children need time to recover fully and should not return to school, while taking medication for ongoing symptoms.

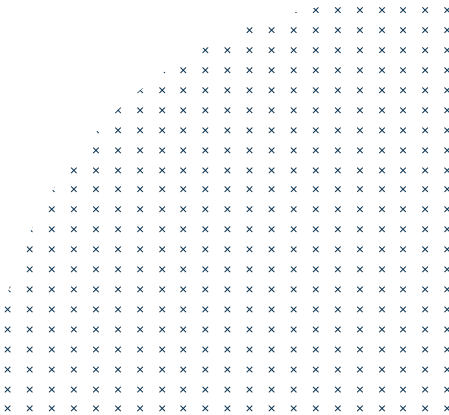
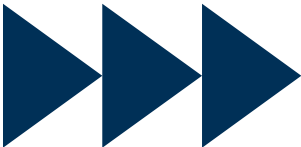
If your child becomes unwell during the school day, we will contact you as soon as possible so they can be collected promptly.

ACCIDENTS AND REPORTING

If your child has an accident at school that requires treatment, the school nurse will record the incident in our medical system and your child's class teacher will inform you about the accident at collection time.

If we believe your child needs medical attention beyond basic first aid, we'll contact you immediately.

PLEASE MAKE SURE
WE HAVE UP-TO-DATE CONTACT NUMBERS AND YOUR MEDICAL CONSENT FORM IS SIGNED.



OTHER INFECTIONS

Other Infections	Recommended period to be kept away from school	Comments
Head lice	None. Parents will be notified and asked to treat child (if live lice present) on the night of lice discovery. They may return to school after treatment.	Treatment is recommended only in cases where live lice have been seen. Close contacts should be checked and treated if live lice are found. If eggs present, parents should manually remove eggs daily.
Hepatitis A	Exclude until 7 days after onset of jaundice (or 7 days after symptom onset if no jaundice).	Good personal and environmental hygiene will minimise any possible danger of spread of Hep A.
Hepatitis B and C	None.	Hep B and C are not infectious through casual contact. Good hygiene will minimise any possible danger of spread of both Hep B and C.
Meningococcal Meningitis / Septicemia	Until recovered.	Meningitis C is preventable by vaccination. There is no reason to exclude siblings and other close contacts of a case. Doctor and local authority will advise.
Meningitis due to other bacteria	Until recovered.	Hib meningitis and pneumococcal meningitis are preventable by vaccination. There is no reason to exclude siblings and other close contacts of a case. Doctor and local authority will advise.
Meningitis viral	None.	Milder illness. There is no reason to exclude siblings and other close contacts of a case. Contact tracing is not required.
MRSA	None.	Good hygiene, in particular hand washing and environmental cleaning, are important to minimise the danger of spread.
Mumps	5 days from onset of swollen glands.	Preventable by vaccination (MMR).
Threadworm	None.	Treatment is recommended for the child and household contacts.
Tonsillitis	None.	There are many causes, but most cases are due to viruses and do not need an antibiotic.
Conjunctivitis	Until discharge has ceased.	

SAFETY AND SECURITY

A secure environment is essential to keeping our children safe. Our EYFS unit operates a controlled access system, and we ask for your support in maintaining this.

- All parents must wear their ID badge when entering and moving around the school.
- All visitors must report to reception, sign in, and wear a visitor's badge while on site.
- When leaving the EYFS unit, please ask a member of staff to let you out. This ensures that no child is accidentally allowed to leave with an adult.

If someone other than the named contacts on your child's pick-up list will be collecting them, please inform the class teacher or a member of staff in advance. This person will need identification to gain access to the school premises.

NUT FREE AND HEALTHY MEALS

Do not include foods containing tree nuts, peanuts, sesame seeds, Nutella spread, etc. Please do not include chocolate biscuits, flavoured milk, or any food with a high sugar content in the snack/lunch boxes.

Foods containing pork are not allowed in school.

Meals

All children in Nursery and Reception should bring a healthy snack to school that they can access throughout the morning. In Nursery and Reception, children are encouraged to eat a healthy snack during the morning, but they do this at their own pace rather than at a fixed time. Some children may choose to eat shortly after arriving, especially if they've had an early start or a long journey. Others may prefer to eat later in the morning.

Staff will monitor and support your child to ensure they have eaten by 10:00 am. Please send a sensible amount of food that your child can manage independently.

We ask that you send the following each day:

- **Morning snack** in a small, clearly labelled snack box (e.g. one piece of fruit, yoghurt, or a healthy snack bar)
- **Packed lunch** in a separate labelled lunch box (e.g. sandwich or wrap, vegetable sticks, pasta, yoghurt, juice)
- **Reusable water bottle**

Please show your child which box is their snack and which is their lunch, and make sure all containers are clearly labelled and easy for them to open and close independently. Glass containers are not permitted.

At lunchtime, children also have the option of a hot, nutritional meal provided by Food Nation, the school's catering partner. More information about this service will be shared before the academic year commences.

FAQs

We hope that during your child's time with us, you'll feel happy, supported, and confident in approaching us with any questions or concerns. Your child's class teacher is your first point of contact, and we encourage open communication throughout the year.

If you feel that you need to speak with someone beyond the class teacher, please don't hesitate to reach out to Gemma Brown, Head of Foundation Stage and Lower Primary. She'll be happy to speak with you and will do her best to help resolve any issues or concerns you may have.

WHAT IF MY CHILD CRIES ON THE FIRST DAY?

Don't worry, it's completely normal for young children to feel upset or unsure when starting a new school or entering a new classroom for the first time. Our teachers and support staff are experienced in helping children through these early days, and they'll do everything they can to help your child feel safe, calm, and comfortable in their new environment. For some children, it may be helpful to agree on a slightly earlier pick-up time with the teacher during the first few days, until your child feels more secure.

If your child is finding it difficult to separate in the morning, we kindly ask that once you've said goodbye, you avoid returning or remaining within sight of the classroom. Often, once a child has settled, seeing a parent again can cause renewed upset and make it harder for them to feel at ease.

Thank you for your support and trust, we're here to help every child settle at their own pace.

WILL MY CHILD GET HOMEWORK?

In Early Years, there is no formal homework set. However, we do provide weekly activity suggestions by email and through parent workshops, offering fun and engaging ways to support your child's learning at home. We strongly encourage all parents to read regularly with their child, as this helps build early language skills and supports our school-wide aim of nurturing a lifelong love of reading and storytelling.

WHAT IF MY CHILD NEEDS TO GO TO THE TOILET?

We require that all EYFS children are trained to use the toilet, and out of nappies by their first day of school.

Our staff will always support children with toileting as needed. Children are gently prompted at regular intervals, approximately every 20 minutes, to help them build confidence and establish good self-care routines.

Over time, children will become more independent in managing their toileting needs. They are encouraged to always ask for help if they need it, and our team is there to guide and reassure them as they grow in confidence.

FAQs

WILL THE EARLY LEARNING GOALS PUT PRESSURE ON MY CHILD?

No, our approach is play-based, and your child will feel like they're simply playing, exploring, and having fun through a variety of engaging learning experiences. Sometimes your child will choose their own activities, following their interests and ideas. At other times, they'll take part in adult-led sessions that gently introduce and support specific skills. Our goal is to make learning enjoyable, meaningful, and developmentally appropriate, never pressured.

WILL MY CHILD BRING HOME A READING BOOK?

In Reception (FS2), your child will bring home one reading book each week for you to enjoy together. These will start going home during the first half term.

In addition, all children will choose and take home a library book every week, helping to build a love of reading through a wide range of stories and topics.

WILL MY CHILD BE TESTED AT THE END OF EYFS?

There is no formal testing. Adults engage in ongoing assessment throughout the EYFS. The information collected is presented in the form of an online 'Learning Journey'.

ENRICHMENT ACTIVITY PROGRAMME (EAP)

At NAS Abu Dhabi, we offer a wide range of optional enrichment activities, both before and after school, designed to support creativity, active play, and learning and development.

- #MEtime takes place before school from 7:30 am – 8:15 am, offering calm and purposeful activities to start the day.
- After-school activities run from 2:30 pm to 3:30 pm, with children collected from their classrooms at around 2:40 pm and accompanied to their activity venue.

Our enrichment programme includes both free activities led by NAS Abu Dhabi teachers and paid activities run by external partner providers. Activities change each term and may include everything from arts and crafts to sports, music, and academic support.

Sign-up for all activities is termly via the NAS Abu Dhabi App. Full details of each term's programme will be shared in advance.



WHAT CAN I DO TO HELP MY CHILD

There's a lot you can do in the weeks before school starts to get ready for the big day. However, try to keep your efforts low-key. If you make too big a deal out of this milestone, your child may end up being more worried than excited.

Here are some ideas to keep the focus on fun.

Use pretend play to explore the idea of school.

Take turns being the parent, child and teacher. Act out common daily routines, such as saying good-bye to mummy and/or daddy, taking off your coat, singing songs, reading stories, having Circle Time, and playing outside.

Reassure your child that school is a good place where they will have fun and learn. Answer questions patiently. This helps children feel more in control, which reduces any anxiety.

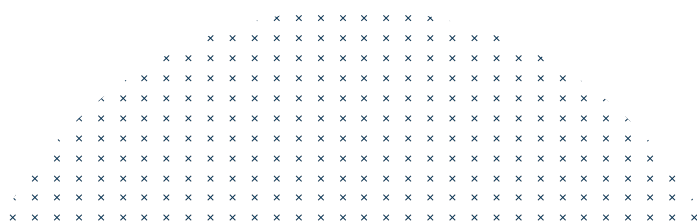
Read books about school.

There are many books about going to school available. Choose several to share with your child over the summer before school starts. Talk about the story and how the characters are feeling. Ask how your child is feeling.

Make a game out of practising self-help skills.

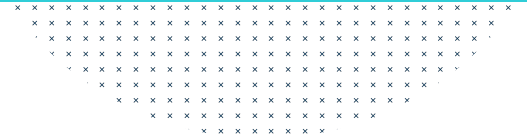
Putting on their shoes for school, packing a school bag, putting on a backpack. For example, you might want to have a race with your child to see how quickly they can put on their shoes. When you play school together, you can give your child the chance to zip their backpack closed, and sitting "crisscross apple sauce."

If your child will be bringing lunch, pack it up one day before school starts and have a picnic together. This will give them the chance to practise unzipping their lunch box and unwrapping their sandwich, important skills for the first day!



WHAT CAN I DO TO HELP MY CHILD

WORRIES AND WATCHING



Your child may also have some questions or concerns about starting school, either before or after they start in August. Help them get ready with these key strategies:

- Listen to your child's worries. Although it's tempting to quickly reassure your child and move on, it's important to let your child know that their worries have been heard. No matter what they are, big or small, children's worries about school can significantly influence their experience. Even the smallest worries deserve to be taken seriously.
- Let your child know it's normal to feel happy, sad, excited, scared, or worried. Explain that starting something new can feel scary and that lots of people feel that way. It can be helpful to share a time when you started something new and how you felt. When you allow your child to share their worries, you can help them think through how to deal with them. For example, if they are worried about missing you, the two of you can make a book of family photos to keep in their cubby and look at when they are lonely.
- Notice non-verbal messages. As much as three and four year olds may talk, most are not yet able to fully explain how they are feeling or what they are worried about. Your child may 'act out' their worry by clinging, becoming withdrawn, or by being more aggressive. Another common reaction as children take a big move forward is to actually move backward in other areas. For example, if your child is fully potty trained, they may start to have toileting accidents. They may ask that you feed or dress them even though they can do these things by themselves.

It is natural to be frustrated by this regressed behaviour, and you may be concerned that if you do these things for them, they won't go back to doing them themselves. In fact, letting them play this out often leads to children returning to their 'big kid' selves sooner.

Remember that your child is facing, and managing, a big change in their life. They may need more support, nurturing, and patience from you while they make this transition.





SCHOOL COUNTDOWN: WHAT TO DO AND WHEN

The last few weeks before starting school seem to fly by! As you begin the countdown to the first day, here are some things to keep in mind: During the 2 Weeks before school starts:

- Label all items: backpack, jacket, shoes, blanket, teddy bear, etc. with your child's name and teacher's name in permanent ink.
- Contact the school's nurse if your child has medication that they take on a daily basis. There will be special rules and forms to fill out for your child to receive medication at school.
- Figure out how your child will get to school and how they will come home. Talk to your child about the morning and afternoon routine, so that they understand that they will be safe.
- Make sure your child meets their before- and/or after-school caregiver, if you are using one.
- Start using your child's school bedtime. Children often go to bed later as the summer months, and longer days, kick in. Help your child get into a preschool schedule by keeping to their school bedtime, beginning about 2 weeks before school starts.

THE NIGHT BEFORE SCHOOL

- Answer any last-minute questions from your child.
- Make sure that your child goes to bed on time.
- Pick a bedtime that gives your child a good night's rest before their first day. Keep the bedtime routine soothing and relaxing. Try not to focus too much on the first day of school unless they bring it up themselves.

THE FIRST DAY

- Wake up early enough so that you and your child don't have to rush to get to school.
- Make breakfast for your child and, if possible, sit down to eat together, or at least talk with them as they eat and you get ready.
- Review the day's routine (what preschool will be like, how your child will get to school/come home).
- Pack your child's backpack together. For both lunch and snack, select foods that you know are favourites and even decide together what they will bring. Having some familiarity on the first day is helpful as your child adjusts to change.

SAYING A 'GOOD' GOODBYE

These strategies can ease the jitters of separating on your child's first day at school.

Honest Conversations and building trust.

Throughout the morning, explain to your child that they will be attending school but you cannot stay. Once arriving at the classroom you can peer in through the door together and discuss some of the areas you may have seen previously when you visited on orientation day. The teacher will greet you to try and make your child feel as comfortable as possible. Even if a little upset, the teacher will take your child, and make them feel secure through comforting them and engaging them in activities with other class friends so that when you leave they can turn to another caring adult for support.

Keep your tone positive and upbeat.

Children pick up on the reactions of the trusted adults in their lives. So, try not to look worried or sad, and don't linger too long. Say a quick, upbeat good-bye and reassure your child that all will be well. Upon collection time focus on positive language, for example, I heard you had a great day at school today.

Think about creating a special goodbye routine.

For example, you can give your child a kiss on their palm to hold all day long. Or, the two of you can sing a special song together before you leave. Goodbye routines are comforting to children and help them understand and prepare for what will happen next.

Resist the rescue.

Try not to run back in the classroom if you hear your child crying, as upsetting as this can be. This is a big change and your child may, quite understandably, feel sad and a little scared. If you run back in, it sends the message that they are only okay if you are there and it is likely to prolong your child's distress and make it harder for them to adapt. Rest assured, teachers have many years of experience with helping families make the shift to school. Instead, you can wait outside the classroom for a few minutes to ensure that all is well, or call the school later in the morning to check-in.

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EXPECTATIONS - HOME-SCHOOL AGREEMENT

At NAS Abu Dhabi we want to work with students, parents, staff and the Advisory Board to create a school environment that ensures teaching and learning is of the highest quality, where students enjoy the classroom experience and feel intellectually challenged and stimulated. We believe in the importance of equipping students with the values and skills that will help their development and learning for life. We want to build self-esteem and confidence and create opportunities where students, parents and staff know that they are valued. We are convinced that this can happen when parents, students and staff agree to work together in partnership.

The Home/School Agreement is an agreement to work together.

THE PARENTS

I/We shall aim to:

- Ensure my child attends regularly, on time, properly equipped and in full school uniform.
- Respectfully make the school aware of any concerns which might affect my child's education and welfare throughout the correct channels.
- Support the school's policies and guidelines for behaviour.
- Attend parents evenings and discussions about my child's progress.

NAS ABU DHABI

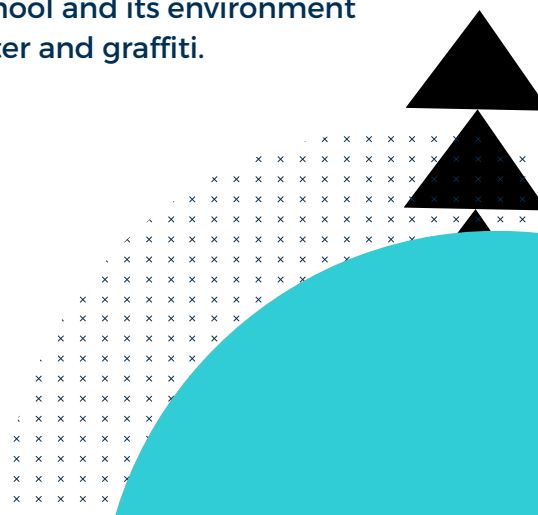
We will:

- Make the school a safe and secure environment where learning can take place.
- Ensure that your child achieves their full potential as a valued member of the community.
- Provide a balanced curriculum which follows national guidelines.
- Achieve high standards of work and behaviour.
- Inform you of any concerns that are affecting your child's work or behaviour.
- Issue regular reports home.

THE STUDENT

I shall:

- Attend the school regularly and be on time.
- Bring all the equipment I need every day.
- Wear full school uniform and take pride in my appearance.
- Do all my class work in and outside of the school.
- Keep the school and its environment free from litter and graffiti.





NORD ANGLIA
INTERNATIONAL
SCHOOL
ABU DHABI