



Dear Students & Parents,  
Salaam. Greetings from the High School Principal !

Let me share the most important updates for the upcoming week:

الترجمة: لغرض الترجمة يرجى استخدام هذا الرابط : <https://translate.google.com/>

**Thank you very much for supporting Online Learning. The attendance graph has been growing day by day. Teachers & students are actively participating and its amazing to see the progress of our students even in these tough times.**



## WEEKLY AGENDA FOR THE WEEK BEGINNING 8-12 March 2026: [CLICK](#)

### **NOTES:**

1. Tentative Planner of Q.4, Sem 2 exams & Graduation for Grade 12 students (IB & Non IB) : [CLICK](#)
2. Grades 9 to 11 Non Core subjects Test schedule & topics : [CLICK](#)  
The respective teachers will inform the students about the online type of tests.
3. Support lessons for the students will be commencing after Eid holidays. The schedule will be shared one week prior to the starting date.
4. **Article** from the HS Boys Counselor : [CLICK](#)
5. Please refer to the [Late Submission Policy](#) carefully & in case of clarifications required, please pen back to me.

6. Please extend your kind support to make the online classes effective & supportive by asking the students to stick to the below.

 Hawar International School

## Staying Calm During Difficult Times

A Guide for Students

Difficult news or world events can make anyone feel worried or stressed. Remember, **you are not alone**, and there are simple things you can do to help yourself stay calm.

- Control What You Can**
  - Keep a daily routine
  - Stay organized
  - Focus on small tasks
- Limit Stressful News**
  - Avoid checking news constantly
  - Use trusted sources only
  - Take social media breaks
- Limit Stressful News**
  - Avoid checking news constantly
  - Use trusted sources only
  - Take social media breaks
- Talk to Someone You Trust**
  - A parent
  - A teacher
  - A school counselor
  - A friend

**4-4-4 Breathing**  4 4

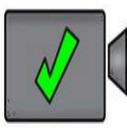
- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds

Repeat a few times until you feel calmer.

**Remember:**  
It's normal to feel worried during difficult times. What matters is to take care of yourself and support each other.

Hawar International School  
We support our students' wellbeing and safety.

# Virtual Classroom Rules

 be on time	 act like you're at school	 sit in 1 spot during class
 keep yourself muted	 turn on your video	 raise your hand to talk
 listen	 no eating during class	 HAVE FUN & DO YOUR BEST!

### UPCOMING ACTIVITIES

Activities are cancelled until the classes resume physically.

### PAST ACTIVITIES & ACHIEVEMENTS

- We are proud to announce that 23 grade 11 students attended the Crown Prince Scholarship Orientation @ BIBF. WE WISH THEM ALL THE BEST TO EARN THE SCHOLARSHIP! [Click](#)
- 25 students of grades 11 & 12 wrote the International Entrepreneurial Exam conducted by Injaz and 11 of them got qualified which is a real success story since its very difficult to get qualified. BRAVO! [Click](#)

### DOCUMENTS FOR REFERENCE

1. **Formative assessments** Grading Breakdown, **Revised** Date blocks and Weightage for the full academic year : Grades 9 to 12 (MS & ESU) : [CLICK](#)
2. Career Booklet: [CLICK](#)
3. Awards Policy : [CLICK](#)
4. School Calendar 2025-26: [CLICK](#)
5. Bell Timings: [CLICK](#)
6. Class Timetables: [CLICK](#)
7. Presentations that were shared during the Online orientation on 28 Aug : IB, IELTS, Career Programs : [CLICK](#)

## COMMUNICATION PROCESS

- Kindly make sure you are contacting the teachers or supervisors **ONLY VIA EMAIL** in case of clarification or query.

**Principal - HS:** Ms Sajitha  
PA: Ms Mahreen

Email: [sajitha@hawarschool.com](mailto:sajitha@hawarschool.com) Ext: 6031  
Email: [mahreen@hawarschool.com](mailto:mahreen@hawarschool.com) Ext 6020

### Supervisors:

High school Boys: Mr Raed Inayah  
High school Girls : Ms Seham Shaker

Email : [raed@hawarschool.com](mailto:raed@hawarschool.com) Ext: 6027  
Email : [seham@hawarschool.com](mailto:seham@hawarschool.com) Ext: 6037

### Counselors:

High school Boys : Mr Hassan Saad  
High school girls: Ms Abrar

Email: [hassansaad@hawarschool.com](mailto:hassansaad@hawarschool.com)  
Email: [abrar@hawarschool.com](mailto:abrar@hawarschool.com)

### ESU:

Head of ESU: Ms Maryam Al Banna

Email: [esu@hawarschool.com](mailto:esu@hawarschool.com) (6008)

If you need any assistance regarding the school G-Mail account OR Digital Campus, please contact Mr. Altaf: [altaf@hawarschool.com](mailto:altaf@hawarschool.com) / Any query regarding school fees, kindly contact the school accounts office: [nawal@hawarschool.com](mailto:nawal@hawarschool.com)

**Thanks once again for your valuable support & cooperation,Regards,  
Stay Safe & Good Luck!**

**Ms Sajitha Satheesh, High School Principal,  
Email : [sajitha@hawarschool.com](mailto:sajitha@hawarschool.com), Phone: 13 666 555 (6031)**