



CHEL TENHAM MUSCAT *Connected*

Thursday, 24 September 2026

ISSUE #4

Physical activity was our theme today at Cheltenham Muscat as we celebrated Cognita Global Be Well Day. Across the school, students and staff enjoyed opportunities to move, have fun and spend time together.

Wake and shake activities for students across the school before a teachers versus students benchball match brought plenty



of teamwork, encouragement and friendly competition. These activities showed that looking after our wellbeing can be as simple as joining in, trying something new and enjoying being active with others.

We hope families will carry that spirit beyond the school day by taking part in the Oman Cancer Association Walkathon on 29th and 30th October in Qurum Natural Park. It is an opportunity to walk together as a community, enjoy being active and support a cause that matters to many families. We look forward to seeing members of the Cheltenham Muscat community there. Thank you to Ms.Arrowsmith who has been promoting this charity event across the school. Admission tickets, which come with t shirts, can be found at The Walk in Al Mouj, Musact City Center, Avenues Mall and Muscat Grand Mall.

Richard Snape
Principal



EVENT CALENDAR

SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1  7:45 AM Parents' Workshop: The Phone Can Wait: Why Delaying Smartphones Matters	2	3
4 7:40 AM Meet the Head of Secondary (Mr. Davies)	5 - Muscat Art Gallery Tour Trip- G9, 11 & 12 1:00 PM KG1 Dolphin Class 	6 1:00 PM KG1- Stingray Class 	7 1:00 PM KG1-Turtle Class 	8 7:40 AM Meet the Vice Principal (Ms. Sahra) - Visit to Embassy of Spain in Muscat Trip 1:00 PM Grade 1 Parent event	9	10
11 7:40 AM Meet the Assistant Principal (Mr. Hirrel) - Sultan Qaboos University Trip (G10) 3:15 - 6:00 PM (KG- G5) parents' evening	12	13	14 3:15 - 6:00 PM (KG1 - G5) Parents Evening	15 7:40 AM Meet the Head of Prep School (Mr. Wells)	16	17

Parents Can Attend

Holidays

Non-uniform Days

Meet the SLT

*Dates and times are subject to change

- Parents' Workshop: The Phone Can Wait: Why Delaying Smartphones Matters for Grades (**Pre Prep to G8**)
- (**KG-G5**) parents' evening _ Details will be shared Later.



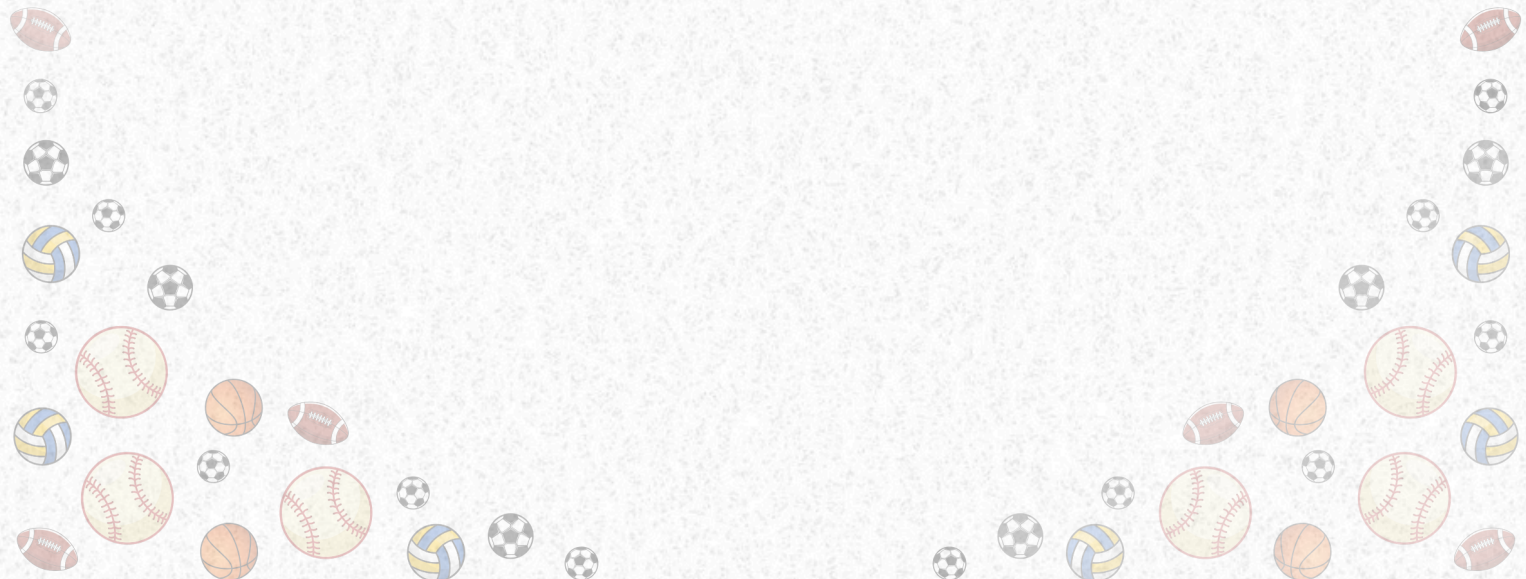
Thursday, 24 September 2026

Term 1

SPORT CALENDAR

SEPTEMBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
 START OF TERM		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	 U16 GIRLS VOLLEYBALL V AGS (A)  U16 BOYS VOLLEYBALL V TAISM (A)	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





PARENT WORKSHOP

THE PHONE CAN WAIT

Why delaying smartphones matters

Thursday 1st October

7:45am in the Senior Library

Join us to explore how smartphone use can affect your child's brain development, mental health, and social and emotional wellbeing.

unifrog
the universal destinations platform



Unifrog Letter to Parents

The International Schools Parent and Caregiver Introduction to Unifrog can be found in the Cheltenham application.



Careers Week at Cheltenham Muscat

This week marked a fantastic and highly successful Careers Week across Grades 7–12, designed to engage every age group with tailored opportunities to explore their future pathways.

Sunday | University Fair: We kicked off the week with an engaging University Fair for our Sixth Form students. Students met directly with university representatives to ask targeted questions regarding application procedures, entry requirements, and course details.

Monday | Unifrog Parent Workshop: Ms. Jalala, Career Counsellor, hosted an insightful parent workshop focusing on Unifrog. Highlighting on how parents can support their children using the platform's tools to hit key developmental milestones for each grade phase.

Tuesday | Careers Expo & Employability Skills Launch: Our Grade 7 and 8 students participated in an interactive Careers Expo. Guests from various professions hosted interactive tables, helping students explore their passions and career interests. Meanwhile, during the IGCSE assembly, Ms. Jalala introduced the upcoming Employability Skills series, setting the foundation for key future-readiness modules.

Wednesday | Virtual University Fair: Unifrog hosted a comprehensive Virtual University Fair, connecting our Sixth Form students with over 35 international universities.

Thursday | British Council IELTS Session: We wrapped up the week by welcoming representatives from the British Council, who delivered an informative IELTS guidance session for Grade 11 students and their parents.

Careers Week has been a remarkable success for the Cheltenham Muscat Career Counselling department, reflecting our ongoing commitment to guiding and inspiring students at every step of their journey.



Careers Week at Cheltenham Muscat





Parent & Student Details – Please Keep Us Updated

We kindly ask parents to ensure that all parent and student documents and contact details held by the school are up to date.

If you have recently renewed an expired passport or ID card, please send a copy of the updated document to admissions@cheltenhammuscat.com, including your child's full name and grade.

Please also notify us if there have been any changes to your email address or contact number, so we can ensure our records are accurate and you continue to receive important school communications.

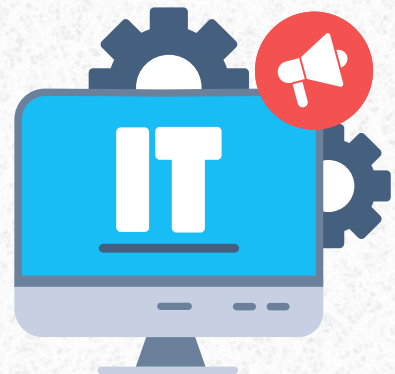
Thank you for helping us keep our records up to date.



Cheltenham Muscat Quran Competition.

IT Support Communication Update

All IT-related communications, including issues and requests, should be sent via our dedicated helpdesk email: helpdesk@cheltenhammuscat.com. This is a ticketing system designed to improve communication between the school IT department and parents, ensuring that all queries are tracked and responded to efficiently. This will be the only channel for IT-related communication.





Volleyball Fixtures and MSSL Tournament Preparation

With the return of the new school year comes the return of sports fixtures for our pupils. We are now well underway with our volleyball season, with our Upper School and Senior students busy representing Cheltenham in a series of friendly fixtures as they prepare for the MSSL tournaments after half term. So far, our U12, U14 and U16 girls, along with our U13 and U14 boys, have proudly represented the school, gaining valuable match experience, developing their skills and demonstrating excellent teamwork and sportsmanship. We look forward to seeing all our teams continue to progress and compete as the season builds towards the MSSL tournaments!





Humanities Field Trip to India: 27–31 January 2027

We are delighted to offer Grade 9–12 students an exciting five-day Humanities field trip to Mumbai and Alibag from **27–31 January 2027**. This interdisciplinary opportunity is designed particularly for students across Humanities sub **Cheltenham Scholars, who will receive priority**, although other interested senior students may also apply if places remain.

Students will bring their Humanities learning to life through fieldwork, cultural experiences and the investigation of real-world issues, including coastal environments, urban change, tourism, development and inequality. The trip will also help students develop independence, confidence, teamwork and cultural awareness, while providing distinctive experiences to discuss in future university applications and interviews.

The estimated cost is **OMR 375 per student**, including return flights, accommodation and most meals, including breakfast, lunch and dinner.

For further information and a full breakdown of the trip, please scan the QR code to view the PDF itinerary. To register your interest, please email Peter Hawksworth at phawksworth@cheltenhammuscat.com. Places will be limited.



READ MORE





Women Only Wednesdays (WOW)

A safe, supportive space for women and girls to learn, swim, and thrive.

Girls Learn to Swim Classes (School Age) 4:15pm – 5:15pm

Adult Ladies Learn to Swim Classes 5:15pm – 6:00pm

Venue Cheltenham Muscat School

Join WOW (Women Only Wednesdays).

Whether you're learning to swim, improving your

technique, or simply looking for dedicated female-only swim, WOW offers a welcoming environment for women and girls.

- ✓ Female-only sessions
- ✓ Children & adults welcome
- ✓ Qualified Swim England instructors
- ✓ Every Wednesday

Book your place today and discover the power of WOW!

Contact: mprice@cheltenhammuscat.com

Phone: 72406843





Academy



BLANCO ACTIVITIES OMAN CAMP
25TH - 29TH OCT
AT CHELTENHAM SCHOOL
AL BANDAR, MUSCAT

A WEEK OF AMAZING ACTIVITIES!
FOR BOYS & GIRLS 5+

**GREAT COACHES
GREAT KIDS
BRIGHTER FUTURES**

**BUILD CONFIDENCE
MAKE FRIENDS
BE ACTIVE!**

**BELIEVE
ACHIEVE
HAVE FUN!**

**SAME GREAT CAMP...
NEW ADVENTURES!**

FOOTBALL **OLYMPICS** **BASKETBALL** **ARTS & CRAFTS** **DODGEBALL** **CAMOUFLAGE** **MULTI SPORTS**

HOURS
8:30am - 2:30pm
ED 8am - LD 3pm

LOCATION
Cheltenham School
Al Bandar, Muscat

AGES
Boys & Girls 5+
All Abilities Welcome

BOOK NOW!

**HAPPY KIDS
CONFIDENT KIDS
BRIGHTER FUTURES**

**FUN SPORTS & ACTIVITIES
FOR BRIGHTER TOMORROWS!**

@BLANCOACTIVITIESOMAN **77068884** **BLANCOACTIVITIES@MOSAIC.COM**

OCTOBER CAMP
25 - 28 OCTOBER 2026
8:00 AM - 1:00 PM
AGE: 3 - 8 YEARS

10 % SIBLINGS DISCOUNT

FEES: 120 OMR

Cheltenham Muscat

academy@cheltenhammuscat.com **+968 9239 8905**

Registration for Blanco:

[Click Here](#)

Arts and crafts registration

link:

[Click Here](#)