



Dear Members,

Another year has flown by yet again. It always seems to go way too fast!

It's exciting times here at the R&S UAE Head Office; significant changes are in the air.

As you know, this year marked a very special return to our in person Roots & Shoots awards event. This year, held at Expo and sponsored by DP World. It was such a joy to be back to this form of gathering. There is no substitute for physical celebrations.

On that note, on January 23rd, 2024, this exciting event will be sponsored and hosted by Expo City Dubai at their amazing TERRA Pavilion. So watch this space for more information.

Each time I visit the UAE I seem to collect more awards. I received one recently from LEAMS Education and Management in Dubai, presented to me by The Indian Academy. Where others challenge, sometimes complain and often question, our UAE members truly appreciate the work that we do and I am always humbled by that fact. I am happy to report that our Roots & Shoots programme has now spread, mainly through word of mouth, from Abu Dhabi into Dubai, Sharjah and Al Ain.

Recently, I have been thinking about the whole area of social media and how it has affected both our day to day lives, and the way in which we communicate with each other, at work and at home. The significance of our Roots & Shoots work, especially highlighted in my recent trip to the UAE, is that social media only conveys a small part of the bigger picture. The majority of our members are highly active behind the scenes, which somehow brings even more value to the quality and longevity of their endeavours.

Happy holidays,

Tara Golshan
Executive Director, Education



WINTER TERM 2023



A warm welcome to Fred
Hollows Foundation – Page 2



Our inspirational Peace
Day celebrations – Page 4



Clarion's school amazing
Bokashi project – Page 5



Photo: Vincent Calmel

Dr Jane is turning 90

We need your help to make it the most special Birthday ever

On the 3rd April 2024 we will celebrate Dr Jane Goodall's 90th Birthday!

Dr Jane is an incredible, inspirational woman who has inspired and motivated millions of people around the globe to live in greater harmony with nature and to take action on behalf of the planet we all share. She truly is our heroine, our guiding light, and one of our greatest reasons for hope....

On her 90th birthday, we recognise the unique legacy of Dr Jane's scientific breakthroughs and courageous leadership which have led to positive changes in policies and attitudes around the world, benefitting animals, people and the global environment. The Roots & Shoots programme she started in 1991, is now in over 65 countries, with young people making a positive difference every single day. Dr Jane encourages us all to live sustainably, with compassion and to look with hope for a brighter, greener future.

So, what better way to celebrate this exceptional woman, than showing her our commitment and actions for a better, harmonious world.

And for that, **WE NEED YOUR HELP!**

We are asking you to think of an activity to dedicate to Dr Jane's 90th Birthday. For example:

- planting trees
- clearing a plastic polluted area
- a beach clean up
- helping marine animals
- helping land animals
- giving up meat one day a week
- pledging to be a better, eco-conscious consumer
- writing a song/ poem in honour of Dr Jane and all she has done
- or anything else you would like to do to mark this special day

Please share your 'birthday presents' on our website, social media
(hashtags: **#Janes90thBirthday: #HappyBirthdayJaneGoodall**)
or send to Jasmina Georgovska at jasmina@janegoodall.org.uk

The Fred Hollows Foundation

At Roots & Shoots we are connected with many important organisations and special individuals who work so hard behind the scenes to improve the quality of lives of other people.

One of these is the Fred Hollows Foundation and Maha Oda whose work we are proud to feature in this newsletter. The Fred Hollows Foundation is an international development organisation with a very clear purpose: to make sure everyone, whether they're rich or poor, has access to high quality, affordable eye health. Their work continues the mission of Professor Fred Hollows' whose vision was to end avoidable blindness. Here are two case studies from both a student and a teacher.

Case Studies Collection: Investing in People - School Teacher Training Program



FAUZIA KHATUN



Comprehensive Eye Care in Barisal Division, Bangladesh Investing in People - School Champions Training Program

ABDULLHAH



"My name is Abdullah.

I am in class 4 at Doha Government Primary School in Barisal, Bangladesh. My dream is to become a doctor but I also have a deep love for planting trees. Trees are incredible—they give us life.

My favorite subject in school is Bangla. It's my mother tongue, the words that flow effortlessly from my heart. It's through Bangla that I can truly express myself, my thoughts, and my dreams.

One day at school, my entire world was transformed. I heard whispers from my teachers about the School Champions Training Program supported by The Fred Hollows Foundation and the Noor Dubai Foundation. It was a unique program about eye health and it piqued my curiosity. Why the fascination with eyes? The answer is simple—our eyes are windows to the soul, the source of our vision and connection to the world.

I was excited to join the training program. I learned how to test vision with the E Chart. I discovered how to assess the vision of my classmates and be able to detect if anyone had a hidden problem with their eyes due to uncorrected refractive error.

As I sat there, absorbing every piece of knowledge, my dream of becoming a doctor was formed. I want to become an eye doctor, a guardian of sight. Eyes are the essence of our existence. They are our companions in this journey called life.

But what I cherish most is the memory of teaching my classmates how to test their eye vision using the E chart. The joy I felt as we stood 20 feet away from the chart, each of us taking turns to cover one eye with a hand, and then the other, is indescribable and I realized the power of knowledge and the potential to make a difference in the lives of others.

I am Fouzia Khatun. I've dedicated my life to teaching. For the past 34 years, I've been a devoted Assistant Teacher, and my journey has been nothing short of remarkable.

My teaching journey began over three decades ago, and it all started in a different school. However, it was in 1993 that I found my true calling when I joined Doha Government Primary School. Since then, I have poured my heart and soul into nurturing young minds. My responsibilities extend far and wide. I not only guide my students through their lessons but also actively participate in various national government programs. I serve as a moderator for school-level events, ensuring everything runs smoothly. Additionally, on vaccination days, I meticulously follow and uphold government regulations to safeguard students' health.

At my school girls make up 60% of the student body. When it comes to their family backgrounds, most of my students come from economically-disadvantaged households. Some are middle class, but the majority are in dire need of support. It was during routine eye examinations that we noticed something troubling. Many of our students displayed concerning signs, such as bloodshot eyes, excessive tearing, difficulty seeing the blackboard, and a tendency to bring their books in close when writing or reading.

Then, hope arrived in the form of Baby Naznin apa, who introduced us to a life-changing teacher training program supported by The Fred Hollows Foundation. This program was a first for our school and the knowledge we gained from this program was a game-changer. It empowered us with the knowledge and skills to conduct eye tests, determine the need for further examination, and provide early intervention if necessary.

The significance of this training program cannot be overstated. In our school, we have around 400 students, each with unique backgrounds and needs. By equipping us with the skills and knowledge to identify and address early stages of vision impairment, we were able to positively impact the lives of many families. This training isn't just for teachers; it extends to parents as well. With newfound knowledge, we can now teach parents how to test their children's eye vision and where to seek treatment. This marks my first experience with an eye vision test training program, and I can already see the immense value it brings. Now, when a student in my class shows signs of vision problems, I have the skills to provide a diagnosis and take immediate action. Early intervention can make all the difference, allowing these young learners to wear glasses and potentially experience fewer eye-related issues in the future.

This journey isn't just about teaching; it's about nurturing, caring, and ensuring that the bright futures of these children remain unclouded by vision problems. For me, this training program has ignited a new sense of purpose and I am more committed than ever to guide my students, helping them see a world of opportunities.

For more information please visit:
www.hollows.org/uk/home

Tara's UAE trip

Whenever I visit the UAE, I always feel invigorated, inspired and excited. Apart from my meetings that also include sponsors and partners, visiting our young members and their inspirational teachers is definitely the highlight of my job! As I mentioned in my introduction, there is a real sense of gratitude and appreciation for the work that we do, which I sometimes find lacking in other parts of the Globe. My trip this time included visits to the following schools, each highly active in the area of sustainability. The difference here is that the schools are doing so much work behind the scenes, and many projects involve the whole school and ALL their pupils. More significantly, many of these projects have also involved the wider community, demonstrated and described in some of the features in this newsletter. I also got to plant a tree! Here is a very quick summary of the highlights of my trip;

25th October – Al Ittihad National Private School, Abu Dhabi – have developed an amazing Roots & Shoots workshop room for the children to undertake projects in throughout the school day.



Photo: The Indian Academy Dubai

Delhi Private School Sharjah

The Indian Academy Dubai

30th October – Fairgreen International School – their older members help the younger members with environmental projects such as seed and tree planting and composting.

31st October – The Indian Academy Dubai – showed me their amazing eco projects including their fish tank fertiliser and composting as well as their waste re-cycling artwork.

1st November – Delhi Private School, Sharjah – put on the most amazing eco exhibition, from Electricity produced from soil, eco apps, and books being published to great Peace Day celebrations.



Fairgreen International School

1st November – Clarion School Dubai - they have developed the amazing Bokashi project (innovative composting method), which has parents involved and is spreading to other member schools now and the local community.

I so very much look forward to returning in January with Dr Jane. In the meantime, thank you and keep up the great work!

Jane Goodall's Roots & Shoots Awards 2024

What better way to start Dr Jane's 90th Birthday year than through our Roots & Shoots Awards!

A day full of celebrations – your amazing projects, unwavering dedication, inspiring actions....

On the, **23rd January 2024** we will gather at EXPO, Terra Pavilion.

So, keep an eye on your inbox for your guest invitation or if you want to secure your guest spot early, please e-mail your interest to Jasmina Georgovska at jasmina@janegoodall.org.uk

We look forward to seeing you in January!



Dr Jane with Delhi Private School Sharjah at Awards 2023



Dr Jane with Dunecrest American School at Awards 2023

Dr Jane with Fairgreen International School at Awards 2023



All photos: Syed Husainy/ DP World

Coming in 2024: The NEW Roots & Shoots Newsletter



Can you believe it's been 8 years since our first Roots & Shoots UAE newsletter?

We hope you've enjoyed reading it and that the featured projects and activities have inspired you. Not to mention, following Dr Jane around the world; celebrating milestones and most importantly the positive difference you continue to make for animals, the environment and our communities.

So, we thought 2024 will be a good time to try something new – a new format to deliver our exciting news. Watch this space.

In the meantime be inspired!

Peace Day 2023

By definition, Peace means societal friendship and harmony in the absence of hostility and violence.

In a social sense, peace is commonly used to mean a lack of conflict (such as war) and freedom from fear of violence between individuals or groups.

Peace is not only important to us, the human race; it is equally crucial to strive for peace between us and the natural world.

And today, peace is more needed than ever!

Every year on the 21st September, Roots & Shoots groups from around the world celebrate Peace Day and honour the UN International Day of Peace.

Dr Jane has been a UN Messenger of Peace since 2002 and she inspires us all to live in harmony with nature and each other. Each Roots & Shoots project is a step towards a future in which humans can live in peace in an environmentally sustainable way.

This year, you truly showed us what Peace means to you and why it is essential to think peacefully and to act peacefully. THANK YOU!

➔ **Al Ittihad National Private School** celebrated by researching into the UAE's role on the Day of Peace and its contributions toward achieving the UN Sustainable Development Goals. Heartfelt peace messages were written and displayed on the Peace Day wall at the school.



Private International English School, the Wall of Peace



Al Ittihad National Private School, the Peace Day wall and students with their posters

➔ **At Abu Dhabi Indian School**, Muroor, both the Kindergarten and Primary School celebrated Peace Day and urged all of us to live peacefully with statements like 'Peace, not war'; 'Generosity, not greed'; 'Empathy, not hate'

➔ **Private International English School** had a special Peace Day assembly and created a "Wall of Peace" as a tangible display of their aspirations for a harmonious world.

➔ **Delhi Private School Sharjah** celebrated by making dove shape Peace Day masks, drawing Peace Day symbols and sharing what Peace means to them at school and at home.

➔ **The Arbor School** spent the day reflecting on SDG 16 and asked themselves to consider this essential question. "What does a moment of Peace look and feel like?"



The Young Messengers of Peace at Abu Dhabi Indian School, Muroor



Delhi Private School Sharjah, students making dove shape Peace Day masks



The students came together to make their mark on our very own adaptation of a Peace Pole. Peace Poles are one of the most recognised symbols of Peace worldwide and Arbor students made their mark by writing the word Peace in their native language!

New Resources

Check out our new resources and get busy making a positive difference

No matter where around the World we are, there is always something we can do to help animals, the environment and our communities. Our Roots & Shoots resources and activities are here to support you in inspiring your students to research, to learn, to act, and to make a difference.

If you haven't already, take a look at our three new resources and get active:



Learn about how you can become a more savvy consumer to help stem demand for illegal wildlife products.

Fighting the Illegal Wildlife Trade

The illegal wildlife trade has devastating impacts on animal populations and ecosystems. It can also fuel organised crime and undermine local communities. Learn more about the problems of poaching and trafficking and how you can help.



Either start a rewilding project in your local area or campaign for renewable energy sources to fight climate change... or both!

Planet in Crisis

Climate change is about more than a change in weather patterns. As climates change, the creatures that live in them also have to adapt, move on or die. The climate crisis and biodiversity loss are closely linked – Planet Earth is in crisis!



Look into changes they can make in their own lives to promote a circular economy

The circle of life

This resource is all about the circular economy – a system where nothing is wasted. All products and materials used to make them are maintained, reused, recycled or composted in order to support humanity and nature at the same time.

We would like to give a special thank you to **DP World** for sponsoring these resources

The Amazing Clarion School

Nurturing the Earth: Our Bokashi Journey at Clarion School

It's been an exciting journey at Clarion School as we embarked on a mission to make a positive impact on our environment while engaging our learners in a hands-on experience.

Our journey with Bokashi composting has not only been fruitful but also a testament to what can be achieved when we come together with enthusiasm and creativity. The inception of our Bokashi project began with a simple idea and a plea to our friendly neighborhood restaurants for giant mayonnaise buckets. These buckets became the building blocks of a low-cost, easy-to-implement solution for DIY composting that was accessible and engaging for all our learners across Clarion School.

The Big Bucket Beginnings

With these giant buckets in hand, we set out on our composting adventure. Our dedicated team of students, teachers, and parents collaborated to transform these humble containers into powerful composting machines. We named them 'Bokashi Buckets.' The process was a learning experience in itself as we educated ourselves about Bokashi composting, a fermentation process that turns food waste into nutrient-rich liquid gold! *"It has holes in one bucket at the bottom so the bokashi can drip down into the next bucket and then we can use the liquid to feed our hungry plants."* Fatimah.

Engaging Our Learners

Engaging our learners in the process was a key element of our journey. The Bokashi Buckets provided an excellent opportunity to teach our students about waste reduction, environmental stewardship, and the science behind composting. It was incredible to see our young learners get their hands dirty, quite literally, as they actively participated in diverting organic waste from landfills.

Our Bokashi Composting Process

The Bokashi composting process was simple yet effective. Food scraps and other organic waste were collected daily from our school lunches and placed into the Bokashi Buckets. We used a special mix of bran and the microorganisms fermented the waste. With the lids firmly placed on them it did prevent the unique odours associated with traditional composting methods.



Even the youngest learners take ownership of collecting lunch waste across the school.



Microbes busy breaking down the food waste in school with our Bokashi Bran

After a few weeks of fermentation, our Bokashi waste was ready to work its magic in our garden. The transformed waste had become a valuable resource, enriching our soil with nutrients and enhancing its structure. It was truly a remarkable transformation, and the students eagerly watched the garden flourish with the help of our Bokashi compost. Amazingly, we saved over 300kg of food waste from going to landfills last year and are eager to save even more this year.

The Soil Factory

As our Bokashi compost revitalized our soil, we decided to take our efforts a step further by creating a "Soil Factory." The Soil Factory was a place where we combined our Bokashi compost with other organic matter to produce nutrient-rich soil that would help our plants thrive. This project not only enhanced our gardening capabilities but also reinforced the idea of sustainable practices within our school community. It affectionately was called "the quietest factory in the world!"- Olivia.

Parent Involvement and Expertise

One of the highlights of our Bokashi journey was the remarkable involvement of our parent experts and super volunteers. We were fortunate to have these amazing parents with a wealth of knowledge and experience in gardening and sustainable practices. They generously shared their expertise with our learners during engaging talks and workshops. Together, we learned about companion planting, the art of nurturing a garden, and the importance of responsible waste management. What truly was impactful was how passionate they were



Taking on the job of cleaning the buckets to prepare them for our Bokashi collection.



We collected our pumpkins and used our super soil to plant pumpkins across the school

about setting up the Clarion Garden and showing the young learners the amazing part they can play in taking care of nature, no matter the age.

Creating Our Bokashi Bran

As we delved deeper into our Bokashi journey, a fantastic experiment unfolded. We decided to create our very own Bokashi Bran using coffee grounds from the school cafe, which was always in ample supply. (Thank you, Clarion teachers and parents!) The project not only reduced waste but also gave our learners a hands-on experience in the production of this essential component of our Bokashi composting process. It was a prime example of how sustainable practices can be integrated into daily routines.

Looking Ahead

Our Bokashi journey at Clarion School has been an inspiring and educational experience. It has reinforced the importance of reducing waste, protecting the environment, and nurturing a sense of responsibility within our learners. As we continue this journey, we are excited about the opportunities it presents to further engage our students in environmental stewardship and sustainability. Our Bokashi project has not only enriched our soil but also our community spirit. It's a reminder that even the simplest of ideas, when nurtured and embraced by a dedicated community, can lead to incredible results. We look forward to the next chapter in our journey as we strive to make our school and community a greener, more sustainable place for all. Now we have our Eco Heroes led by president Mariam Jaafar, we are excited to go further and dig deeper, the possibilities are endless with this passionate group at Clarion School, Dubai.

*Written by Miss Roisin,
Assistant Head of Early Years and
Head of Sustainability*

FEATURED PROJECT

THE ARBOR SCHOOL

Arbor School's Budding Gardeners: Year 3 Students Lead the Way in Regenerative Gardening

In a world where self-sufficiency is increasingly vital, our Year 3 students embarked on a transformative journey through the art of basic regenerative gardening. This project, led by students, showcases how young minds can lead the way in nurturing the earth and providing a bounty of fresh, nourishing produce.

The Magic of Food Scraps and Cuttings:

Every kitchen holds hidden treasures that have the potential to become vibrant plants. The bottoms of lettuce, the cuttings of sweet potato, and even onion roots are all potential candidates. These seemingly spent scraps can lead to fresh, homegrown produce.

The Power of Student-Led Innovation:

Our Year 3 students saw potential where others might see waste. Kitchen remnants that would otherwise end up in the compost pile became the foundation for their thriving garden. Their mission: to transform scraps into sustenance.

Water Propagation:

Under the guidance of these young gardeners, water propagation became a mesmerising lesson in the plant life cycle. With jars filled with hope, they carefully placed cuttings, ensuring the nodes were submerged. As days passed, roots sprouted, a testament to nature's



Students nurture rooted cuttings and place them in biodegradable pots filled with high quality soil



Students collect cuttings from the vibrant herbs grown onsite in our Biofarm



Students keenly observe the changes of food scraps in water, witnessing the transformations of regeneration unfold



Students investigate how their chosen vegetables sprout differently, unraveling the wonders of nature's resilience



Students predict the growth journey and outcomes after propagation, using curiosity as their compass

resilience. The students nurtured these fledgling roots, watching them grow stronger each day.

From Jar to Soil - Nurturing the Transition:

With roots established, it was time for the next phase of the journey. The students carefully prepared pots with high-quality soil. Each cutting found its place in this newfound home, nestled into the earth. These young caretakers provided ample water and a nurturing environment, celebrating each tiny triumph.

Student-Led Stewardship:

Beyond the propagation process, these students embraced the broader philosophy of organic gardening. They

understood that it's more than just growing plants, it's about creating a harmonious ecosystem where nature's balance thrives. Fresh, vibrant, and bursting with flavour, the homegrown food scraps were a testament to the students' commitment to nurturing nature.

Regenerative gardening, fuelled by the transformative power of food scraps, stands as a testament to nature's resilience and our ability to coexist harmoniously with the Earth. So, let this be an inspiration to students everywhere. Gather your scraps, find your favourite jars, and let the magic of propagation unfold. Happy gardening!

*Written by Sacha Ray
Ecoliteracy Specialist Teacher*

Photos: The Arbor School

Where is Jane



Since June 2023 Dr Jane has travelled non-stop! She made a special visit to the USA and Canada for the premieres of the IMAX film 'Reasons for Hope' which plans to be shown in the UK in 2024. It is a wonderful film. It includes the reintroduction of buffalo into Montana and incredible footage of the European Bald Ibis flying high over the alps with Dr Jane in a tiny microlite plane!

You would be amazed by the number of weekly virtual events Dr Jane undertakes and indeed, she addressed the Teen Parliament of India, conferences in South Africa, France, Switzerland, and Ireland, in addition to recording new episodes of Hopecast. In July she travelled to Japan to help with the growth of Roots & Shoots there and

gave public lectures in Tokyo and signed copies of The Book of Hope which is now in Japanese and more than 20 other languages. Dr Jane then travelled to South Korea to meet with our colleagues there and met former Secretary General Ban ki Moon whilst she received an Hon. Degree from the EWAH women's university. Dr Jane met with the First Lady Kim Gun-Hee. This led to her strong public support for a ban on eating dog meat. A giant Peace dove was flown at the DMZ border at the Roots & Shoots gathering event.

After just a few days at home in Bournemouth, Dr Jane travelled to Tanzania where she visited our projects in Dar es Salaam, Kigoma and spent a few days in Gombe. In 2024 Dr Jane will



A Roots & Shoots group at the gathering to discuss their projects in Kigoma

celebrate her 90th birthday and we are inviting you to think about ways we can honour that event through Roots & Shoots. Dr Jane hopes to visit as many countries as possible, and she very much looks forward to seeing many of you in Dubai in January 2024 for the Roots & Shoots Awards. For more on Dr Jane's 2023 adventures, please [click here](#)