

HAPPY FAMILIES MAGAZINE

SPECIAL
SUMMER
FAIR
EDITION
2026!

Summer Party Colouring!

Get your crayons and pens out and get crafty! Colour in the Happy Families Summer Party page and share with my on IG!

Sneak peak
of what's
inside...



10 INDOOR ACTIVITIES

Literacy
Matters

Less Apps, More Books in Laps

SPONSORED BY:

GYMNASTIKA
RG CLUB UAE





HAPPY
FAMILIES
BY PRINCIPAL LISA

BC
ACADEMY

Welcome to the...

SUMMER *Party!*

Darling families, hello! I am truly so glad you are here. Take a look around - this is the Happy Families Community: thriving, buzzing, and full of opportunities to learn, discover, create, and make wonderful memories together.

Whether you're exploring new ideas, enjoying the activities, or simply spending precious time with your loved ones, I hope you find joy, inspiration, and connection throughout the day.

Thank you for being part of our community. I hope you have the most splendid day here today.

With love,
Lisa x



Don't forget to tag us if you share pictures from today, we love to celebrate happy family memories with you!



@Principal_Lisa
@bcacademy.school



Meet Our Sponsor



Say Hello to our magazine sponsor and be in awe as they showcase their talents today at the Summer Party... Gymnastika RG Club UAE offers the best rhythmic gymnastics classes in Dubai & Abu Dhabi - and your child can be a part of it!



BEGINNERS



LEVEL UP



BABY ELITE



ADVANCED



COMPETITIVE

Book a free trial today by calling: 0547881929

Discover more: <https://gymnastikauae.com/>

- ✓ Safe activities
- ✓ Summer and winter camps
- ✓ Comfortable clean gyms
- ✓ Experienced trainers
- ✓ Year-round performances at competitions and events
- ✓ The achievement system and cool gifts



PRO GYMNAST SHOW!

Today only at the Happy Families Summer Fair!
Come and watch - be inspired, in awe, impressed and entertained...



From 10am - Opening the Summer Party with Principal Lisa

GYMNASTIKA
— RG CLUB UAE —

Call Ms Anastasiya 054 7881929

Follow along @gymnastikauae

Colour me in!



Share your creation with me by tagging me on Instagram @Principal_Lisa

Magic SHOW

TODAY AT THE HAPPY
FAMILIES SUMMER PARTY!

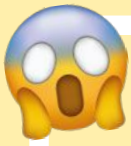


EXPECT THE
UNEXPECTED



FREE TO WATCH!

Bought to you by Best Friends Events



100 FREE ICE CREAMS TODAY!

That's right!



Piccadilly Whippy are bringing us free ice creams for the first 100 children in line for her van when the bell rings at 11.30am.

Will you be one of the lucky ones?!





HELLO FROM PRINCIPAL LISA...

Hello! How are you all? And no, that's not a rhetorical question. I genuinely care. Come and find me for a chat when you see me, or send me a DM on Instagram @principal_lisa - I absolutely love hearing from you and connecting with our wonderful community.

As for me, I'm doing well. I'm still battling my autoimmune disease, which can bring a great deal of pain when I have a flare-up. But I refuse to let it beat me. I am hardwired for positivity and making the most of life, and that's exactly what I intend to keep doing.

So, what have I been up to lately?

I've been spending lots of quality time with my lovely granddaughter, Ocean, who seems to be growing up far too quickly! Over Eid, we took her to a gorgeous soft play center, and she had the most wonderful time.

Speaking of Eid, wasn't it just glorious? It was such a special opportunity to slow down, reconnect with family, and appreciate time together. Gary and I made the most of the resident offers around town and treated ourselves to a lovely meal out.

Summer is fast approaching, and I can't help but wonder what adventures lie ahead for your family. Whether you're traveling, staying close to home, or simply enjoying slower days together, I hope it's a season filled with joy, laughter, and beautiful memories.

WITH LOVE, LISA X





TRAVELLING with tots

Whether you're heading off on a summer holiday, visiting family, or simply planning a weekend getaway, travelling with young children can feel a little daunting. Here's my top tips for happy little travellers!



1. Pack Smart, Not Heavy

Think about the essentials you'll need easy access to during your journey.

Snacks, wipes, a spare outfit, medications, comfort items - the rest can be bought at a supermarket if needed.



2. Keep Expectations Realistic

Travelling days are different from normal days. Routines may shift, naps may be shorter, and emotions can run high. Try to focus on the experience rather than perfection.



3. Plan for Movement

Little bodies aren't designed to sit still for long periods. Whenever possible, build in opportunities for stretching, walking, and burning off energy.



4. Involve Your Children

Talk about the trip beforehand and build excitement. Showing younger children photos of where you're going can help them feel prepared and included.

Discover...

BC ACADEMY



A vibrant choice...

At BC Academy, we believe in empowering every learner to lead with purpose. As a boutique school with a capacity of just 700 pupils, we are intentionally designed to foster belonging, where each child feels seen, supported, and celebrated. This close-knit structure ensures authentic relationships and a personalised approach, while still providing a vibrant, globally relevant school experience.



British Nursery

Years: Pre-Nursery 1 & 2,
Nursery, FS1 & FS2
Ages: 45 days old until 3 years old

[Learn More](#)



Primary School

Years: FS1- Year 6
Ages: 3 years old until 11 years old

[Learn More](#)



Secondary School

Years: Year 7 - Year 13
Ages: 11 years old until 18 years old

[Learn More](#)



Mission

We deliver a dynamic British curriculum enhanced by global best practices, life skills and entrepreneurial learning.

Throughout, our learners engage in authentic, experiences that spark curiosity, develop resilience, and cultivate a growth mindset.



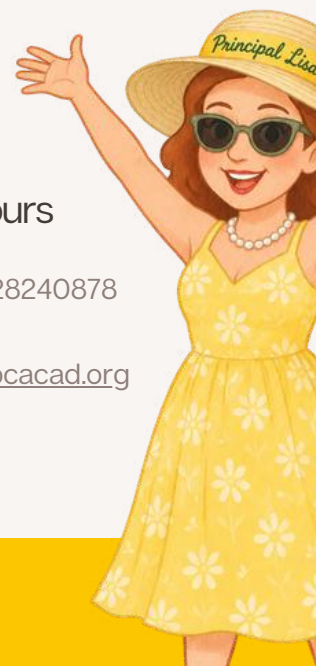
Call For Tours



+971528240878



info@bcacad.org



BCACADEMY.AE

10 indoor activities to try this summer in Dubai

Inspired ideas to try this summer for all budgets:

From soft-plays to at home crafts to try...

I know that having young children in Dubai over the Summer holidays is no easy feat!

Time outdoors is hugely limited and it's hard to keep thinking of ideas to keep them busy. So I've done the hard work for you and put together 10 ideas for indoor fun this Summer!



Oli Oli

A hands on children's museum packed with interactive galleries designed to spark creativity, curiosity and learning through play. Estimated cost: AED 139 per child

Build Binoculars

Save two cardboard tubes, decorate them and head on a pretend safari around the house searching for hidden treasures. Cost: Free

The Library

Mohammed Bin Rashid Library offer a wonderful selection of children's books and often host storytelling sessions. Children must be over 5 to visit.



continued...



Cushion Obstacle Course

Use cushions, masking tape, chairs and soft toys to create a fun physical challenge in your living room. Cost: Free.



Trampolining

Children can burn off energy while developing balance, coordination and confidence. Estimated cost: From AED 85



Family Bake Off!

Choose a simple recipe and let everyone take on a role, from measuring ingredients to decorating the final creation. Cost varies depending on ingredients.



Visit KidZania

Children can step into the world of work and role play dozens of careers in a miniature city designed just for them. Estimated cost: 95 AED

Board Games Marathon

Set up a different board game and a different snack in every room of the house and work your way around them all! Cost: Free



Cardboard Box City

Use recycling and cardboard boxes from deliveries to create a miniature city. You can have shops, cafes, libraries and more! Cost: Free



Family Time Capsule

Make and store memories of your family exactly as they are now in a home made time capsule and set a date to open! Cost: free.





Exciting developments behind the scenes...

Watch this space. A podcast is on the horizon.

Not just another parenting podcast preaching at you and leaving you feeling deflated or feeling like you're not doing enough.

The opposite.

Quick, bite sized 30 minute conversations designed for busy parents. Honest discussions, practical ideas and expert insights that are accessible, supportive and easy to apply in everyday family life.

Every episode will leave you with a tangible takeaway to try at home. Something realistic, helpful and achievable.

No judgement. No guilt. Just conversations that support families and help you feel more confident in your parenting journey.

A woman with long, wavy red hair is shown from the chest up. She is wearing a white lace top and a pearl necklace. She is smiling and speaking into a large blue microphone. A yellow starburst graphic is overlaid on the bottom right of the image, containing the text 'COMING SOON'.

**COMING
SOON**



EDITORS PICKS

The products and brands that I love and actually use with my own grandchildren!

MY TOP BRANDS



SKIP*HOP®

I love Skip Hop because their products are practical, beautifully designed, and make everyday parenting just that little bit easier.



I love EZPZ because their clever products encourage independence, reduce mealtime stress, and support positive eating habits from the start.



STOKKE

I love Stokke for their thoughtful Scandinavian design that brings children closer to family moments while growing with them through every stage.



Silver Cross

I love Silver Cross for their timeless quality, family sentiment to me, and their effort to keeping little ones comfortable and safe on every adventure.

FEATURED BRAND OF THE MONTH

I love Go Barefoot Dubai because their expertly fitted barefoot shoes support healthy foot development, natural movement, and growing confidence with every step.



Literacy MATTERS

My new campaign to have less apps and more books on laps!



Talking about literacy on Dubai Eye 103.8

Recently I was invited to speak about the global literacy crisis and my new campaign for boosting literacy and a love of books and reading on Dubai Eye radio. This topic is more poignant than ever, and 2026 is National Year of Reading in the UK and other countries.



The key takeaway here isn't knowing ABC and how to read as soon as possible. Instead it is about restoring a love and curiosity for reading - signs, labels, recipes. Making reading magical and part of everyday life. Watch this space for more... #LiteracyMatters



1. Elmer the Elephant - A beautiful story about celebrating what makes us different. I love how Elmer helps children understand that being yourself is something to be proud of, while encouraging kindness, acceptance and confidence.
2. Superworm - Fun, engaging and full of adventure, Superworm teaches children that everyone has strengths and can make a difference. It's a wonderful way to explore friendship, teamwork and helping others.
3. The Invisible String - This is one of my favourite books for supporting children's emotional wellbeing. It gently reassures children that they are always connected to the people they love, even when they are apart, offering comfort during times of change, separation or loss.

FAMILY TO FAMILY

Happy Families is a COMMUNITY. We are the village. We are here for each other. Here's some top tips from one happy family to another.

This month: The Colnbrooks!

MAMA COLNBROOK SAYS:

KEEP IT SIMPLE! NOT EVERYTHING HAS TO BE 'DIPPED IN YOGHURT' AS ROWAN ATKINSON FAMOUSLY SAID IN 'LOVE ACTUALLY'. IT'S OK TO LET THEM HAVE SLOW DAYS, UNPLANNED DAYS, DAYS JUST DOING MUNDANITY - HAPPILY..



BUT THEY'LL BE BORED...

I know the internet hardwires us to think more or more and that every other child has a daily plethora of entertainment and activity. But my littles are usually happiest doing this...

Watching the washing machine!
Playing with cardboard boxes!
Staring at the aquarium fish...
'Camping' in the lounge...
'Baby bath' in the drive way...





Dear Principal Lisa

*"I've tried it all!
They just won't
sit on the potty
at all! Help!"
- Maya*



HELLO DARLING!

You are certainly not alone. Potty refusal is incredibly common and often means we need to focus on confidence and capability rather than results.

I would start by downloading my Capability Checker. It helps you track your child's progress and understand where they are on their potty learning journey. Sometimes the missing piece is emotional readiness rather than physical ability.

In the meantime, take the pressure off. The goal is simply getting comfortable with the potty. Try creating a special potty basket with toys or books that only come out for potty sits. You could also add a little magic with potty glitter, allowing your child to sprinkle some into the potty after a successful wee.

Remember, potty learning is a journey, not a race. Celebrate every small step and keep things fun, positive and pressure free.

Download your free capability checker guide using the qr code here and discover where your little one really is on their potty learning Journey...





Potty Queen COURSE

A guided video led course that walks you through calm, respectful potty learning.

Packed with print outs, downloads and practical resources + weekly Q and A sessions – this is the potty course that is changing the game!

This could be you!

On a separate note, I had purchased the Potty Queen method a few months ago and had completed the course along with the 5 days with my son a couple of months ago. It's been a validating, rewarding and stress free journey for our family and my son. Thank you so much for the work you put into making this course!



www.thepottyqueen.me



Banana Oat Muffins

Perfect for busy mornings, lunchboxes, or an on-the-go snack, these naturally sweet muffins are a family favourite.



Ingredients:

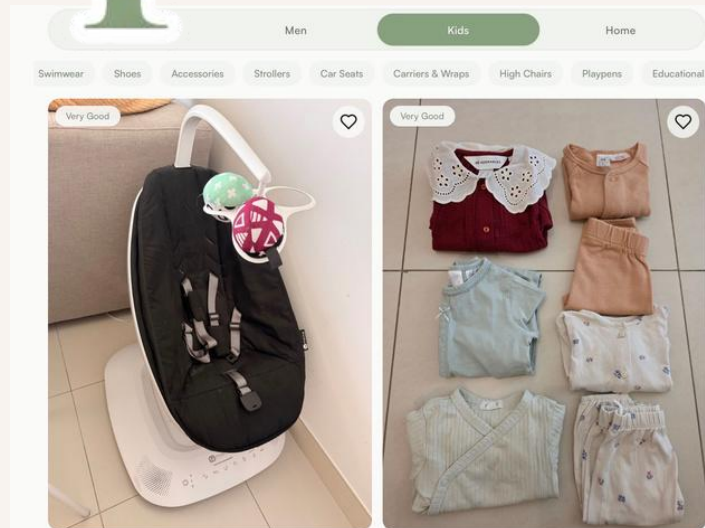
- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1 cup plain flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 egg
- ½ cup milk
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- Optional: ¼ cup blueberries, raisins, or chocolate chips

Instructions:

- Preheat your oven to 180°C and line a muffin tray with cases.
- In a large bowl, mash the bananas and whisk in the egg, milk, honey, and vanilla.
- Add the oats, flour, baking powder, and cinnamon, stirring until just combined.
- Fold in any optional extras.
- Divide the mixture evenly between the muffin cases.
- Bake for 18–20 minutes, or until golden and springy to the touch.
- Allow to cool before serving.

Makes: 10–12 | Prep: 10 min | Cook: 20 min

YOU'RE IN THE loop



MEET THE NEW APP
THAT'S MAKING
SELLING YOUR
SECOND ITEMS
EASIER THAN
EVER...



Loop joined us at Bounty Beets last month and it was a pleasure to discover this innovative new app. Designed to make buying and selling pre loved items simpler, Loop takes away many of the frustrations that often come with online marketplaces, from endless back and forth messages to unreliable no shows. For families, it offers an easy way to pass on outgrown clothes, toys and baby items while helping others find quality second hand products at affordable prices. If you're looking for a smarter and more convenient way to buy and sell locally, Loop is well worth exploring.

More Information:



<https://loopshop.me>

SHOPPING

EDITORS PICK



TOYS I LOVE!



**15% off online
when you use the
code
HAPPYFAM15**

Penguin Feet Toys is a firm favourite of mine and a regular at our Bounty Beets events. Founded by a mum who understands the value of purposeful play, the brand offers a beautiful collection of high quality toys designed to support children's development.

With a focus on timeless wooden toys and open ended play, these are pieces that can be enjoyed for years to come.

Less is...



Discover Magic 20 | Connection that counts!

I know, it is not easy being a modern parent. Many of us are far from traditional support networks and expected to juggle an endless list of responsibilities: cooking, cleaning, exercising, socialising, managing family schedules and working. Time can often feel like an impossible commodity.

But one of the most valuable gifts we can give our children is our attention. I am not here to make anyone feel guilty. It does not need to be hours spent playing on the floor every day. Instead, I would like to introduce you to Magic 20: a simple commitment to giving your child 20 minutes of completely undivided attention each day.



That is right, phones down and distractions away. Look them in the eye. Ask questions. Listen to their stories. Step into their world and follow their lead. These 20 minutes can have a powerful impact on your connection, helping your child feel seen, heard and valued.



The benefits often ripple far beyond those precious moments, strengthening relationships and creating more positive interactions throughout the day. Give it a try and let me know how you get on!

More!



**HAPPY
FAMILIES**
BY PRINCIPAL LISA



BOOMERANG

SHARED

PLAY!



Discover this unique way to soothe, settle and lay foundations for successful nursery starters...

Parents have been absolutely loving our Boomerang Play Sessions and are telling us how much they value an experience that is truly age and developmentally appropriate.

Children enjoy all the benefits of a nursery style class, learning to explore independently, follow routines, share with others and build friendships, while still having the reassurance of a trusted parent nearby to 'boomerang' back to.

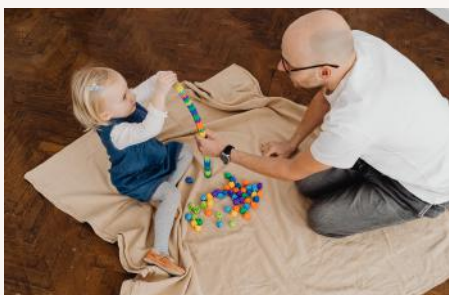
For many families, Boomerang provides the perfect bridge between home and nursery, helping children feel settled, secure and excited about what comes next.

All our sessions for the year are finished now but keeps your eyes on social media for future dates!



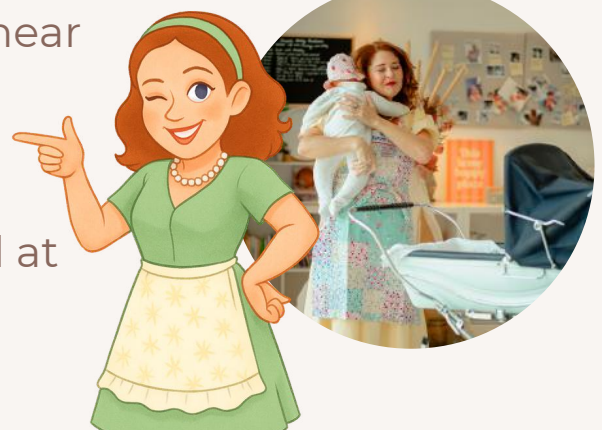
BOOMERANG GALLERY

Thank you to everyone who came to take part in our many
Free Parent and Child Boomerang Sessions
Explore. Return. Grow.



If you attended a session, I'd love to hear from you and how you enjoyed the experience!

You can DM me on Instagram
@Principal_Lisa or send me an email at
principal@happyfamilies.me



LIFE SAVING LEARNING *WITH EVERSAFE*



At our last Bounty Beets event, we were fortunate to be joined by the fantastic team from **EverSafe first aid training**. Together, we explored some of the first aid topics that no parent ever wants to face, but every parent should feel prepared for. From emergency situations to everyday accidents, the sessions were packed with practical advice that could make all the difference when it matters most.

We were also delighted to welcome **Dr Khadija from Enaya Education**, who supported our mini first aid sessions and shared invaluable paediatric knowledge. Parents learned more about choking, car seat safety and other essential topics that help keep children safe and well.



Equip Yourself:

To learn more about family first aid, paediatric health and child safety, talk to EverSafe and Enaya Education. **A little knowledge today could make a big difference tomorrow.**

enayaeducation.com
joineversafe.com

WHAT SCHOOL'S NEED

Everything your FS1 teacher wish you knew about best preparing for school..



WHAT REALLY MATTERS



Independence

Helping them to be as independent as possible. Things like zipping up jumpers, tying laces, undoing their drink bottle and lunch box. This gives them confidence and makes daily life easier for them.



Routines

Get them used to what the new routines will look like. Do practice runs over the Summer. When we get up we put on this uniform now, then we drive this way, last this shop, then we park here... etc



Instructions

The art of listening is an important skill in school settings. Praise and practice following instructions. Make sure you are always clear and calm.



Comfort

Make sure they're comfortable! Is the uniform washed and fits well? Can they get the pants up and down ok? Do they know the teachers name?



IT WILL ALL BE OK! IM HERE TO CHAT IF YOU NEED.



ACTIVITIES

As an ex Nursery Principal I can assure you that no teacher wants parents or littles spending their Summers fearful of the change that's coming.

Little ones borrow our calm, so speak positively about upcoming change and focus on preparing them with independence skills and understanding routines rather than stressing about ABCs or writing their name.



TIMELINE

JULY

Help boost independence skills

AUGUST

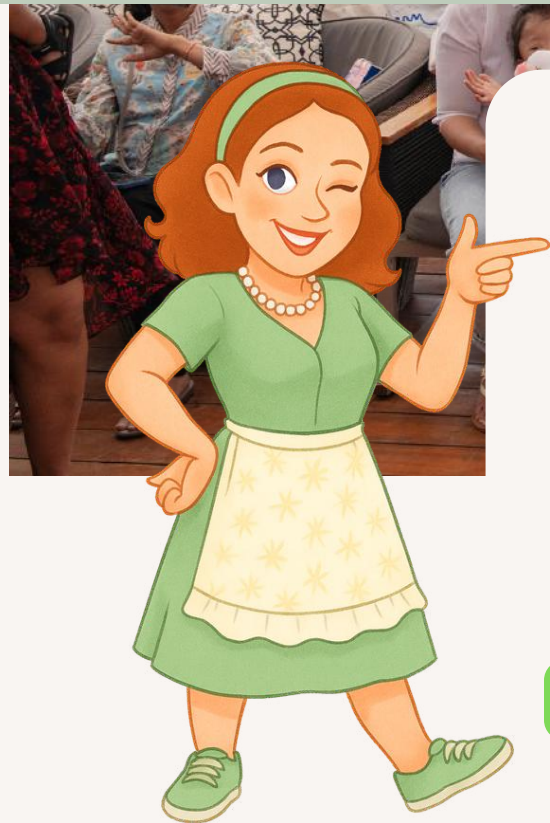
Speak positively about school starting

SEPTEMBER

Wave off with smiles and confidence



THANK YOU



WANT TO BE FEATURED IN THE MAGAZINE?

If you would like to be featured in the next issue of the Happy Families magazine please get in touch to discuss. We have a range of opportunities and are always excited to hear from people / brands.

PRINCIPAL@HAPPYFAMILIES.ME

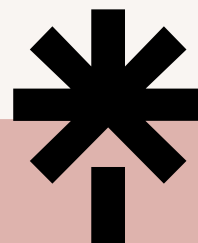
DISCOVER HAPPY FAMILIES ONLINE



JOIN MY WHATSAPP
COMMUNITY



JOIN 20K OTHER
FAMILIES



DISCOVER ALL I
HAVE TO OFFER

