



Thursday 29th January 2026

Dear Parents,

Re: After-School Mental Mathematics Program

We are pleased to introduce our **After-School Mental Mathematics Program**, commencing on **3rd February 2026**. This program has been thoughtfully designed to strengthen pupils' mathematical abilities, improve academic performance, and nurture confidence in mathematics from an early age.

Program Schedule

- Program commencement date: **3rd February 2026**
- Days of instruction: **Sunday (3pm - 4pm) and Tuesday (1pm - 2 pm)**
- Frequency: **Twice a week**
- Duration: **1 hour per session**
- Age Group: **Age 8 to Age 15, Year 4-10**
- Class Grouping: **Year 4 to Year 6 and Year 7 to Year 9**
- Fee: **40 BHD** and a one-time registration fee: **15 BHD for study materials**
<https://www.capitalschool.net/en/qpay>
- Structured and consistent practice to ensure steady progress
- Engaging sessions designed to keep pupils motivated and focused

Why This Mental Mathematics Program?

- **Development of Fast and Accurate Mental Calculation Skills:** Pupils will be trained in efficient mental calculation techniques that significantly improve speed and accuracy. These skills help children handle numbers confidently without over-reliance on calculators.
- **Globally Proven Mental Math Strategies:** The curriculum is based on internationally recognised mental math methodologies that are designed to enhance number sense, logical reasoning, and computational fluency.
- **Improved Academic Performance Across School Mathematics:** A strong foundation in mental mathematics supports better understanding of classroom topics, leading to improved results across all areas of school mathematics.
- **Building Confidence and a Positive Mathematics Mindset:** The program helps pupils overcome fear or anxiety related to mathematics.



guided practice and achievable challenges, learners develop confidence, resilience, and a positive attitude toward problem-solving.

- **Enhanced Focus, Logic, and Concentration:** Mental math activities sharpen attention span, logical thinking, and concentration—skills that are essential for higher-order thinking and advanced problem-solving.

To ensure **personalised guidance and effective learning**, seats are limited. We strongly encourage parents to **register early**.

Registration and payment can be completed using the links below:

Registration: <https://forms.gle/Gyxeq3nxodiWCj6v5>

Payment: <https://www.capitalschool.net/en/qpay>

For Enrollment Support:

Email: reception@capitalschoolbahrain.com

Phone: +973 33830227 | 33667740

Together, let us support our pupils in building strong mathematical foundations, confidence, and skills that prepare them for future academic success.

Kind regards,

Capital School Bahrain