



Middle & High Newsletter

January 2021 | Issue No.4



Newsletter



Updates from Middle & High Admin Team

Assalamu Alikom Dear Middle and High School Parents,

The year 2020 was definitely an extraordinary year! However, it has made us all realize how resilient, persistent, and dedicated our students, staff, and parents are. We pray to Allah that the year 2021 brings us all health, success, and safety!

We are happy to share with you our January Newsletter. Our 6-12 students are more active and energetic this month. Well done, all! Keep up the great work.

Semester 1 Final Exams are finished!

The final exam process went smoothly thanks to the hard work and dedication of all members of ASCS family. We wish all our students the best and may Allah the Almighty grant them success on Semester 1. We are expecting a greater success in **Semester 2** Insha' Allah .

Leadership Programs:

Students had the experience to teach their peers and give them support under the **“Leadership Program : I challenge Myself”**.

Students have also assisted their peers virtually during the **“Peer-Tutoring Program.”** These two programs have added a lot to students' experience and honed many of their skills. Different student- leadership programs will continue as we strive to grant our students a memorable school experience.

Classroom Representatives:

Middle and high students have chosen their **Classrooms Representatives** after conducting successful elections.

Semester 2 Books Distribution:

Semester 2 Books Distribution have started according to the following dates.

Wednesday 27.01.21 and Thursday 28.01.21	11:30- 03:00 In Phase 5 Main Reception
Sunday 31.01.21 – Thursday 04.02.21	08:30- 12:00 In Phase 5 Main Reception

Please follow all COVID-19 precautionary measures to protect yourselves and your loved ones.

We wish all our Middle/High school family members the best in Semester 2 academic journey.

“Together We Can!”

Middle & High Admin Team

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Leadership Program: I Challenge Myself

More than 200 students from the Middle and High School (boys and girls) have had an amazing experience when they took the responsibility of teaching their peers. Student-teachers were given the needed resources days ahead and their teachers were assisting them to prepare well for these lessons and observe their performance as teachers.



Some of the objectives of this program are:

- 1. To allow students to practice the characteristics of good leaders** (Goal oriented, responsible, hardworking, good decision making, positive, and encouraging).
- 2. Improve students' communication skills:** (Public speaking, Initiating and Engaging in Conversations, Active listening, Body language, and Providing positive feedback).
- 3. Improve students' academic performance:** Students have dug deeper in the subjects they taught while their peers had the chance to be taught from someone who is their age.
- 4. Gain an insight into the teaching career and its skills and requirements.**
- 5. For students to prepare themselves for University courses where they have to discuss their projects.**
- 6. Allow students to challenge themselves.**

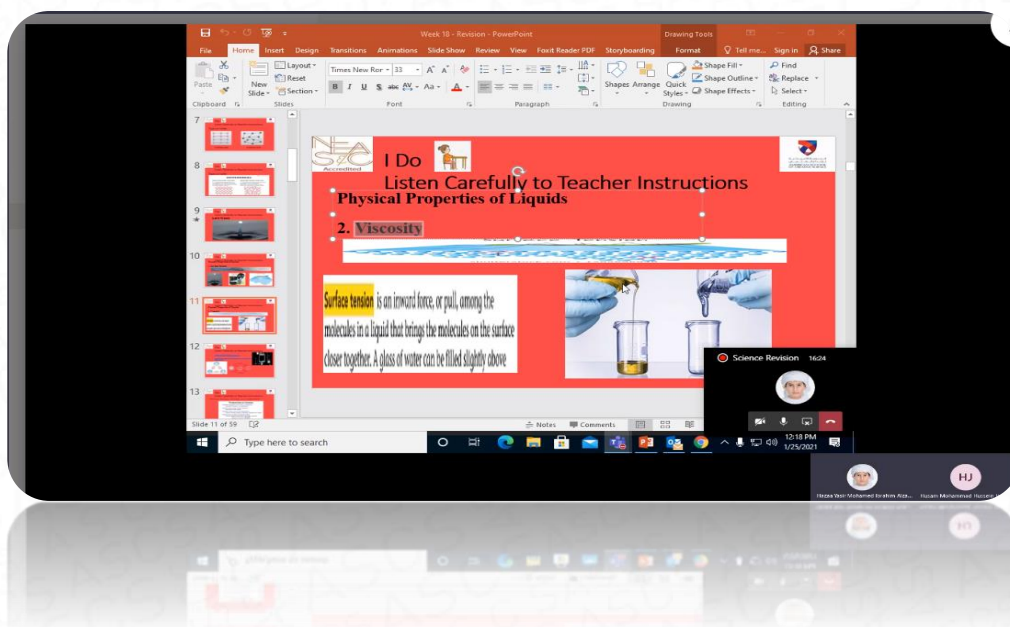
Newsletter



“Peer-Tutoring Program”.

High achievers in Middle and High School provided assistance to their peers who need help in some subjects under the supervision of their teachers. This is part of the Peer- tutoring program.

M&H Admin Teams forms virtual tutoring groups for all grade levels and posted announcements for all student would like to volunteer to assist their peers. Another MS form was posted for those who need assistance in some subjects. This program will continue through the end of the academic year Insha'Allah.



Some of the objectives of this program are:

1. Assisting students who academically struggle in some areas.
2. Enhancing the sense of leadership, responsibility, and collaboration in students who volunteer to provide assistance to their peers.
3. Give students a chance to revise important basics. It will also promote students' skills and the sense of cooperation among students.



Photo Gallery I Challenge Myself

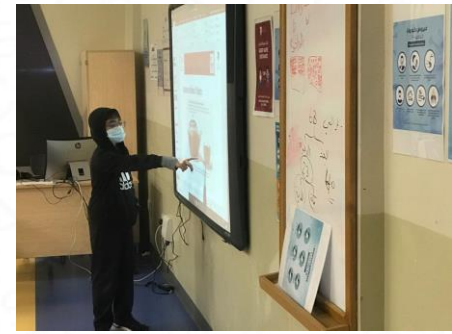
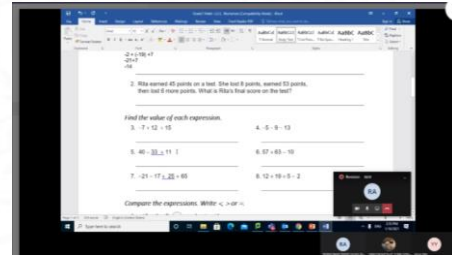
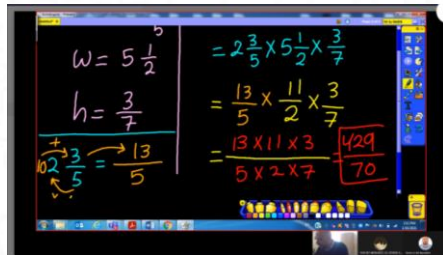
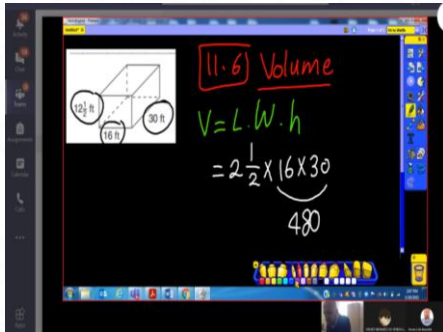




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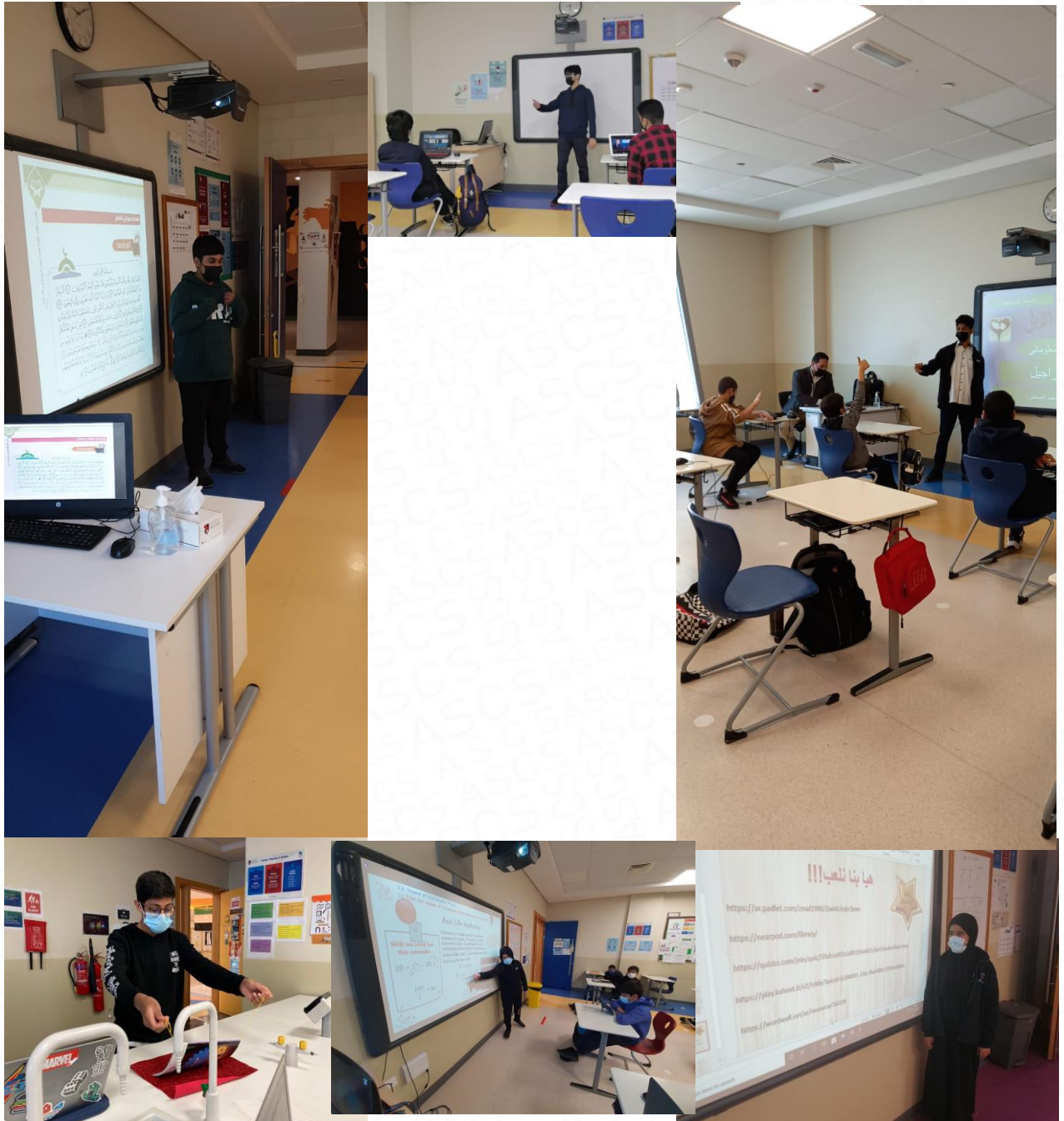


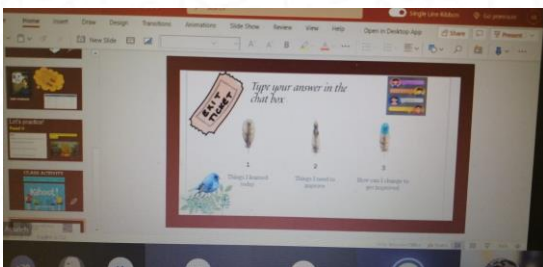
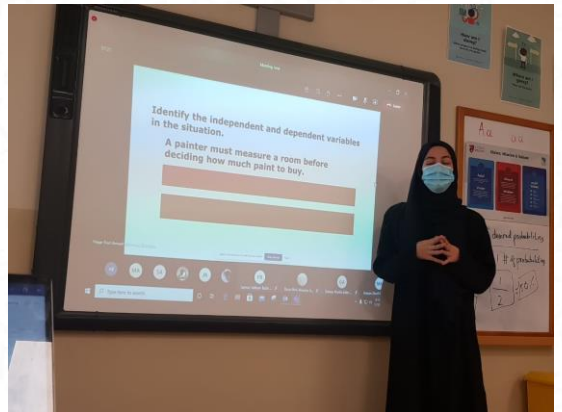
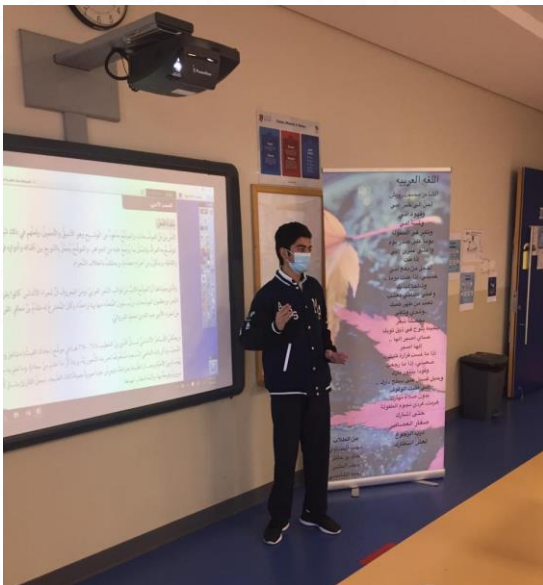
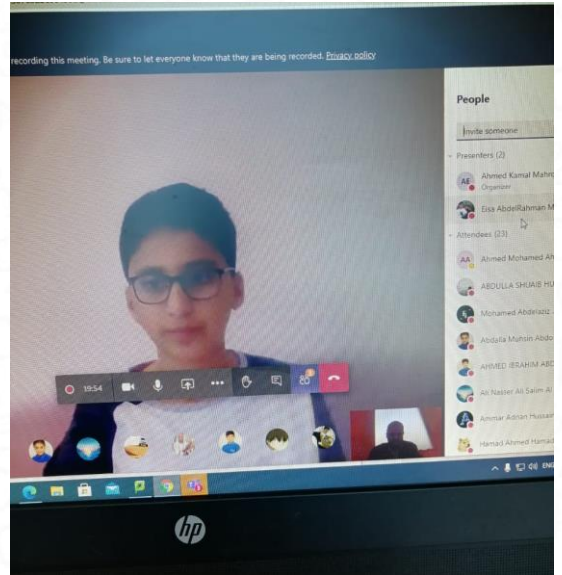
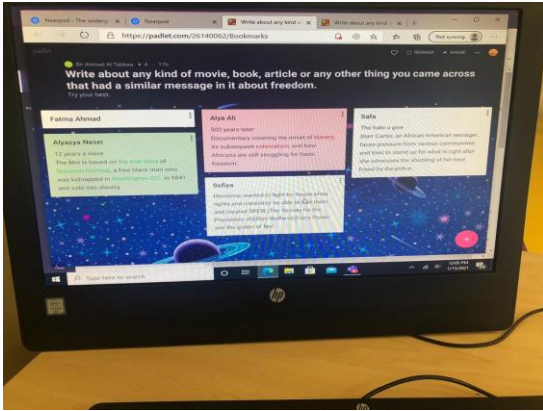


Photo Gallery I Challenge Myself





Photo Gallery Peer-tutoring Program



Newsletter



The Science Lab



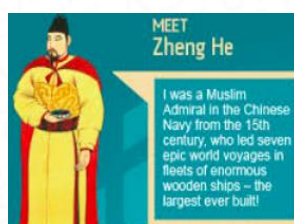
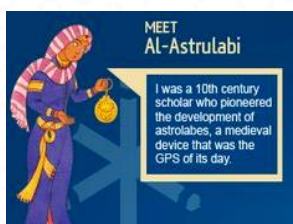
We are back to school this new semester and we have incredible in-class activities and amazing enrichment projects all lined up for our future scientists.

Sticking with the UAE Innovates Initiative students will be participating in World Cancer Day on 4 February. They will be preparing a documentary and survey regarding various forms of Cancer. This is a great way to form real world connections and applications to important issues in our world. We look forward to seeing what our incredible students come up with.



ESTEAM encompasses Entrepreneurship, Science, Technology, Engineering, Arts and Math. It is the best way to allow us to make connections between these subjects. Students will participate in a new project this semester. The project also coincides with UAE Innovation Month in February, and thus theme for the ESTEAM project will be Sustainability and Innovation. Student will be digitally designing sustainable cities of the future and incorporating innovations they create for the city. We can't wait to see what amazing ideas and designs they create.

Students will also be doing in-class mini-project activities to highlight all the great Muslim Scientists and Inventors, and creating novel and innovative solutions to real world problems.



Newsletter

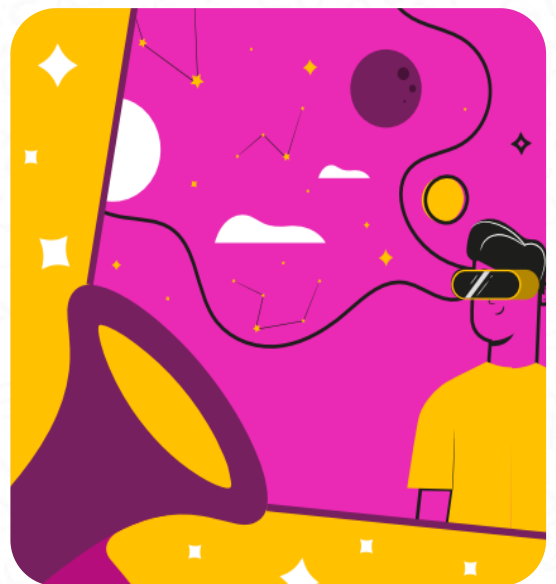


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The Science Lab

CALLING ALL INNOVATORS

Competitions give our students exposure to real world science applications, and also allows them to compete nationally and internationally with their great ideas. Competitions enrich our students minds and gives them the confidence to express their ideas to a global audience. Students will be participating in the Expo 2020 'Expo Champions' and 'Calling All Innovators' competitions. Watch this space for WINNERS...



Inclusion team



Parents' Corner



Parents' Mental Health & Wellbeing

As a parent, you know that your child's success at school is linked to their wellbeing and mental health.

Parenting is an important and sometimes challenging job. Therefore, looking after yourself helps you do the job well so that your child can grow, develop and thrive.

Wellbeing: What's it all about?

What are some of the factors that make up wellbeing?

- Being involved in supportive relationships
- Feeling that your life has meaning and purpose
- Feeling connected to others in your community
- Feeling a sense of control of your emotions
- Engaging in activities that are important to you

Wellbeing and your Mental health

Parenting is a demanding job that involves a lot of physical and emotional energy. It's very important for parents to take some time out to talk about their wellbeing and how they can "help themselves".

Taking care of yourself is the first step in being able to care for others. Here are some self-care tips to improve your wellbeing and mental health:

- **Talk About Your Feelings**
- **Take a Digital Break**
- **Value Your Rest**
- **Build a Bedtime Routine**
- **Do things that you enjoy or find relaxing**
- **Meditate and plan time to yourself**
- **Maintain healthy eating habits.**



ASCS Middle and High School Admin Team

Head of Section: Br. Samer Ahmad Jamal

Ext. 2503

samerj@ascscs.sch.ae

Girls' Section

Girls' Supervisor (Grades 6-12): Sr. Amal Shaaban.

Ext. 2552

AmalC@ascscs.sch.ae

Supervisor: Sr. Rasha AlSaaJ

Girls 6-7

Ext. 2530

RashaA@ascscs.sch.ae

Supervisor: Sr. Dina Mokhtar

Girls 8-9-10

Ext. 2512

DinaM@ascscs.sch.ae

Supervisor: Sr. Wafa Dagher

Girls 11-12

Ext. 2519

wafam@ascscs.sch.ae

Boys' Section

Boys' Supervisor (Grades 6-12):
Br. Hany Salah. Aboueldahab

Ext. 2504

Hanya@ascscs.sch.ae

Supervisor: Br. Ahmad Alarabi

Boys 6-7

Ext. 2529

AhmedE@ascscs.sch.ae

Supervisor: Br. Moustafa Gharib

Boys 8-9-10

Ext. 2528

MoustafaS@ascscs.sch.ae

Supervisor: Br. Fuad AlSararya

Boys 11-12

Ext. 2560

FuadM@ascscs.sch.ae

