



Elite Times

ELITE PRIVATE SCHOOL - PREPARING FUTURE LEADERS

Matrah Fairouz placed in
Top 10 in the Values of
Future Generation for
Arabic Writing
Competition| p.46

Odd Socks Day | p.27

Elite Test Center| p.04

Yoga and Brain Involvement | p.49

plus!

Flag Day | p.17
Diabetes Day| p.44



Inside

03

A Word From Our Principal

04

Elite Test Center

05

Elective Values

08

The Middle School Electives

09

Introducing Electives to High School

11

A School Full of Wonders

14

Martyr's Day

16

MBZ Cycling Club

18

Anti-Bullying Week

22

Flag Day

27

Odd Socks Day

29

Birthday of Prophet Mohammed (PBUH)

30

PE in Middle and High School

32

The UAE National Day for KG and Primary

37

Play: The Highest Form of Research

40

Young Scientists

42

Diabetes Day

44

Is War Necessarily Evil?

46

Arabic Competition

49

Yoga and Brain Involvement





A Word From Our Principal

Goler L. Collins III
School Principal

Happy New Year, Elite Private School Family,

I hope you were able to experience a wonderful winter break with your families. On behalf of the entire EPS staff, we appreciate your support of our school during Term 1! In efforts to keep you updated on some of the great programs and happenings at Elite Private School, we hope you enjoy this issue of the Elite Times Magazine. This magazine is designed to provide insight to various features of our school to include: Academics, Student Projects and Writing, Student Awards and Recognitions, National and School

Celebrations, Honoring Heroes, and Community events. This issue for January 2021 provides great information and illustrations from a variety of students and staff members to demonstrate our Eliters being Elite. Please enjoy this issue and more great information about Elite Private School will be published in future issues. We'd like to thank and recognize Ms. Madalena Morais, Director of Marketing and Registration, for coordinating this excellent publication on behalf of our school.

Thank You for Your Support,
Goler L. Collins III
Principal



Elite Test Center

Abbas Abdulsaman
Global Academic Vice-Principal

We are so excited to share with you some services that we are offering to our dear seniors and high school students this year. We are now a certified SAT Test Center. We are glad to offer our school services to our students as well as to Abu Dhabi community. Lately, EPS hosted 208 students who came from different schools from Abu Dhabi and Al Ain to do their SAT exams in the Elite Private School Test Center. In addition, we would like to announce that Elite students can do their IELTS exams on campus. This year, we signed a partnership agreement with British Council to operate as a certified IELTS test center.

Last month, we hosted our first ever IELTS exam in Elite Private School. This will help reduce the stress for students and will give them easy access to IELTS exam testing at their own school. Furthermore, in order to make sure that our students are college ready, we offer a variety of science, ICT, and business elective choices that will help them in their future careers.

The Elite Private School will continue to do whatever it takes to make sure that all our students are college and career ready.



Electives Values

Anas Abbasi
MS Science Subject Lead

Before students even reach senior year, there's a lot of pressure to choose a career path or college major and have everything planned out by the time they graduate high school. As most people know from experience, this is oftentimes much easier said than done. Personally, I know more than a handful of people over the age of 50 who are still trying to figure out what they want to do when they grow up. And I only figured out in the last couple of years what exactly I wanted to do (and who knows, that could change again in another few years!).

That's why I've always seen a significant amount of value in taking electives. Thanks to the many I was able to explore in school, I had an easier time narrowing down the overwhelming number of potential career pathways that beckoned me upon graduation. At the middle- and high-school levels especially, electives are crucial to help students discover their passions, weed out the subjects they're not that interested in, and get the most out of their time in school.

Why Take Electives?

TO DEVELOP INTERESTS AND ABILITIES

To one teacher, offering electives at her school means getting to watch “a team of two second-language students being led by a student with autism as they describe the features of their [project] to a panel of engineers. Or watching the shyest girl in the class appear on stage as Lady Gaga.” Electives offer the perfect opportunity to give students the literal or figurative stage to showcase their talents and develop new interests and abilities.

Outside of the self-exploration electives offer, performance-oriented classes like robotics, forensic science, and bioengineering also teach students to concentrate, improvise, work through nerves, and perform in front of a crowd. Undoubtedly, electives also help students develop social, practical, and behavioural skills, and can boost their confidence at the same time.

TO EXPLORE STREAM

STEM, STEAM, and STREAM are acronyms that stand for science, technology, (reading), engineering, (arts), and math. While students get the chance to learn about many of these subjects separately in core courses, they may not be able to experience the cohesive learning paradigm that's at the heart of the STEM / STEAM /

STREAM movement. That's why there's even more value in taking electives, because many of them integrate these subjects together around a specific topic. Like culinary arts, for example. Science shows up when mixing the ingredients together; technology in knowing how to use different appliances; reading to understand the recipe; arts in plating an aesthetically pleasing dish; and math to measure ingredients. When an elective pairs real-world application with fairly abstract concepts, academic content becomes “stickier,” and students feel empowered to take ownership of their learning.

TO LEARN ABOUT THE WORLD

Not only do electives help students develop their skills and better understand themselves, but they also help students better understand the world around them. One of the electives I took focused on the study of video games—something I didn't have much experience with. That course really made me appreciate all the intricate elements of storytelling and graphic design that go into creating a whole new virtual universe. On a larger scale, elective courses like criminal justice, legal studies, and psychology focus on important issues and really open students' eyes to what's going on beyond their own world. These subjects can inspire them to pursue careers in such fields, which the world always needs more of.

TO THROW SOME FUN INTO A BUSY SCHEDULE

Taking electives creates a richer learning experience while also helping to break up an otherwise rigorous schedule or reengage students in school. Some students are bored by the content or bogged down by the demands of core courses, so an elective like robotics might be just the academic “break” they need to get them through the day. And when you give students the control to choose these “fun” courses—essentially taking ownership of their learning—they tend to really invest in their coursework and stay motivated to learn. Additionally, the overall tone of elective courses tends to be a little more light-hearted, so even when tests are involved, it's not the same feeling as the standard high-stakes exams students are used to taking in core courses. That difference alone can help students breathe a sigh of relief and thoroughly enjoy the class without stressing over a big state exam at the end. As a high school senior said once, electives enable students to “learn about what they love rather than dictating what they should be learning.” It doesn't have to be all hard work all the time.

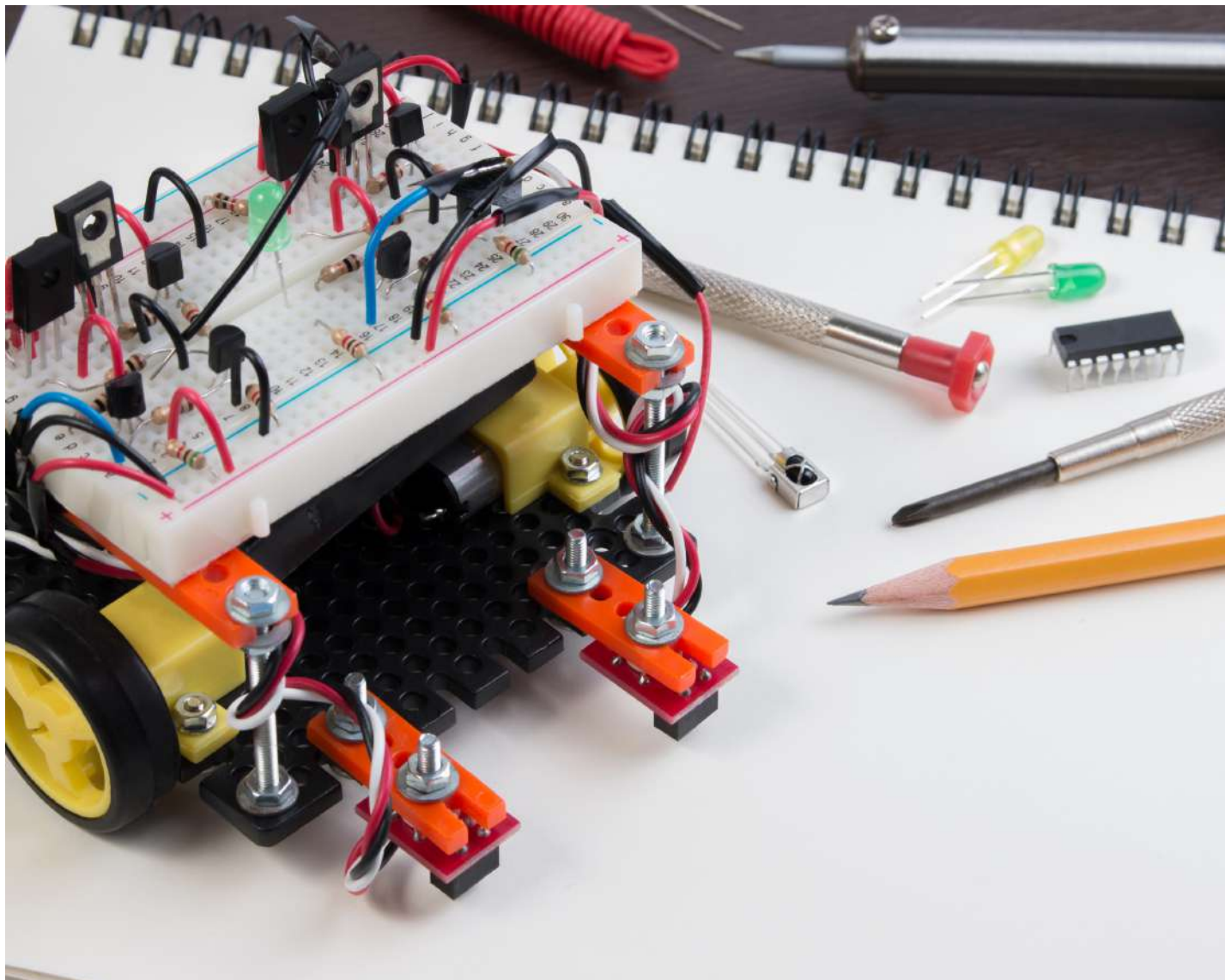
AND FINALLY, TO BE PREPARED

When students make it into the workforce, it's important to remember that certain skills simply cannot be taught. Employers cannot give employees creativity, drive, passion, or self-esteem. Those are things students have to discover within themselves, and elective courses help build such skills. In terms of career-specific knowledge, students need access to classes that

prepare them for the careers that will be most readily available once they graduate. According to the Bureau of Labour Statistics, some of the fastest-growing occupations between now and 2026 are in the fields of renewable energy, technology, and healthcare. So having the chance to enroll in courses like Intro to Renewable Technologies, Cybersecurity, and Intro to Nursing help students explore the fields that are likely to open up the most opportunities for them upon

entering the workforce. Elective courses offer students the opportunity to learn about themselves and the world, and help them develop important life skills that stick with them throughout their lives. As adults, we enjoy culture, technology, sports, the arts, and everything in between. Why wouldn't want our students to have the same opportunities to grow, be successful, and find their talents?





The Middle School Electives

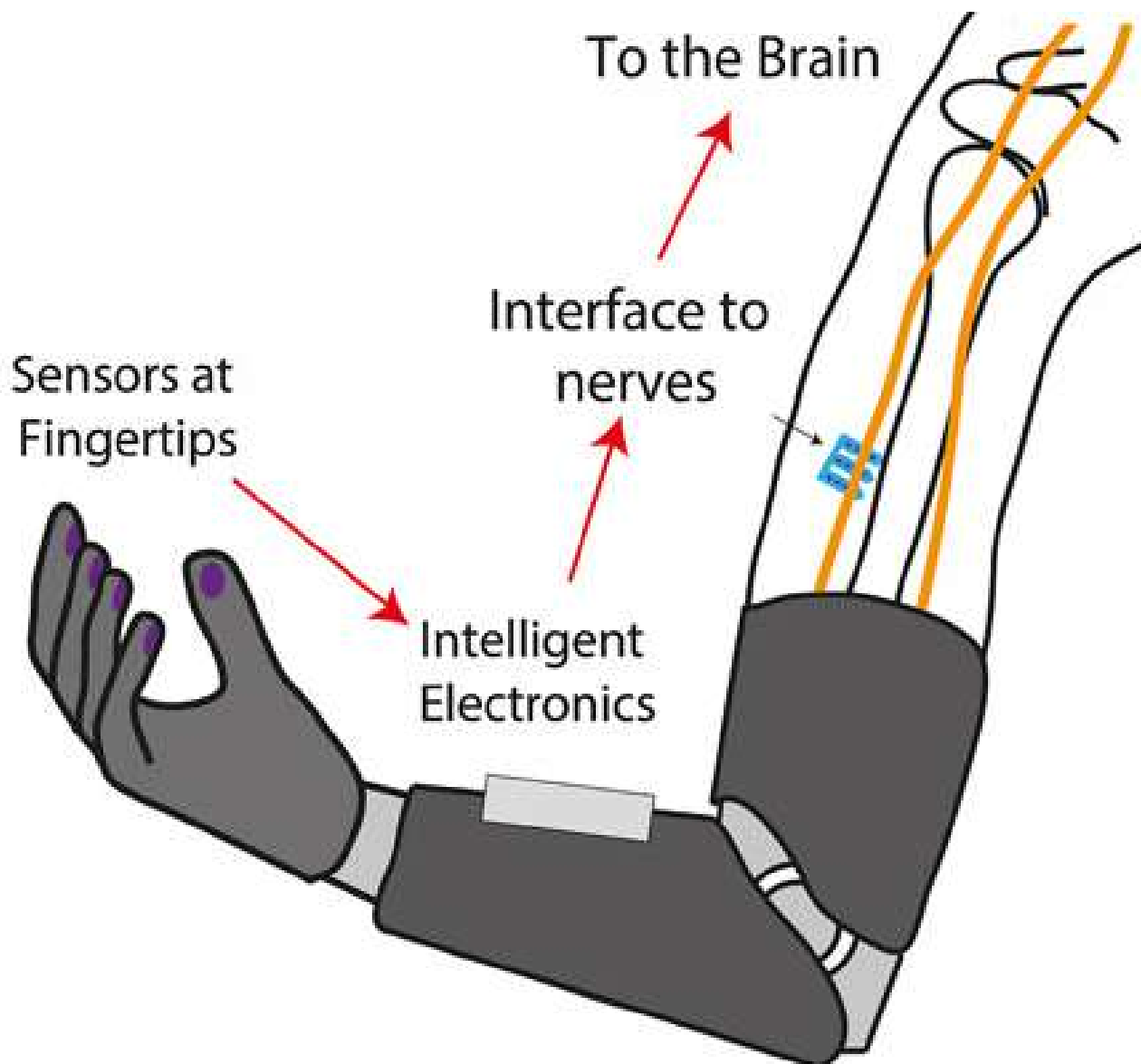
Anas Abbasi
MS Science Subject Lead

Robotics

Robotics programs give students hands-on experience in applying essential Science, Technology, Engineering, and Math (STREAM) concepts to real-world problems. Middle school students are introduced to procedural thinking, pattern recognition, and algorithm design to come up with a step-by-step strategy for solving a problem. Students can learn how to program their own robots to move, make noise, light up, and follow other instructions as directed. Students can program use a robotic arm to pick up and put down certain objects or play with magnetic robot blocks to make an endless variety of robots with no programming at all.

Environmental Science

Environmental science is the study of the natural sciences in an interdisciplinary context that always includes consideration of people and how they have influenced various systems around us. It includes many aspects of biology, earth and atmospheric sciences, fundamental principles of chemistry and physics, human population dynamics, and an appreciation for the Earth and its natural resources. Within each chapter are several pages that cover topics such as energy and cycling of matter, stability and change in ecosystems, human activities and technology on ecosystems.



Introducing Elective Sciences to High School

EPS High School
Science Teachers

At most high schools, students get to take elective classes. These are classes outside the required curriculum that you get to choose. You may find elective classes in subjects such as environmental science, forensic science, bioengineering, computer programming and business. Taking elective classes can give you a chance to:

- Explore your interests.
- Lighten a demanding class schedule.
- Have fun studying something you love.

Choosing your electives well can also help you when you apply to college. In our school, grades 9 & 10 students choose

between Environmental Science & Forensic Science.

Forensic science is one of the most important aspects of any criminal investigation, as it can allow the authorities to do everything from positively identify a suspect in a crime to determine exactly when and how a crime occurred.

Environmental science is the study of patterns and processes in the natural world and their modification by human activity. To understand current environmental problems, we need to consider physical, biological and chemical processes that are often the basis of those problems.

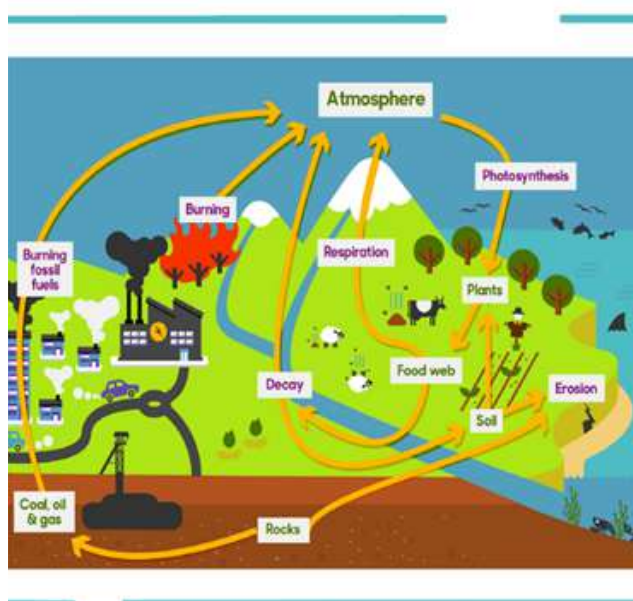
Grades 11 & 12 choose between Bioengineering & Business.

Bioengineering, the application of engineering knowledge to the fields of medicine and biology. The bioengineer must be well grounded in biology and have engineering knowledge that is broad, drawing upon electrical, chemical, mechanical, and other engineering disciplines. The bioengineer may work in any of a large range of areas. One of these is the provision of artificial means to assist defective body functions—such as hearing aids, artificial limbs,

and supportive or substitute organs. In another direction, the bioengineer may use engineering methods to achieve biosynthesis of animal or plant products—such as for fermentation processes.

Business, you will study the concepts, principles and operations of private enterprise. You'll compare and contrast sole proprietorships, partnerships, and corporations – and the advantages and disadvantages of each. You will explore the functions of modern business management, marketing, and

ethics and social responsibility that can improve or tarnish a brand. You'll also look at the human resource management side of running a business, and learn how employers can motivate their employees. Finally, you'll address the numbers side of running a business and examine bookkeeping, accounting, financial management, and financial statements.



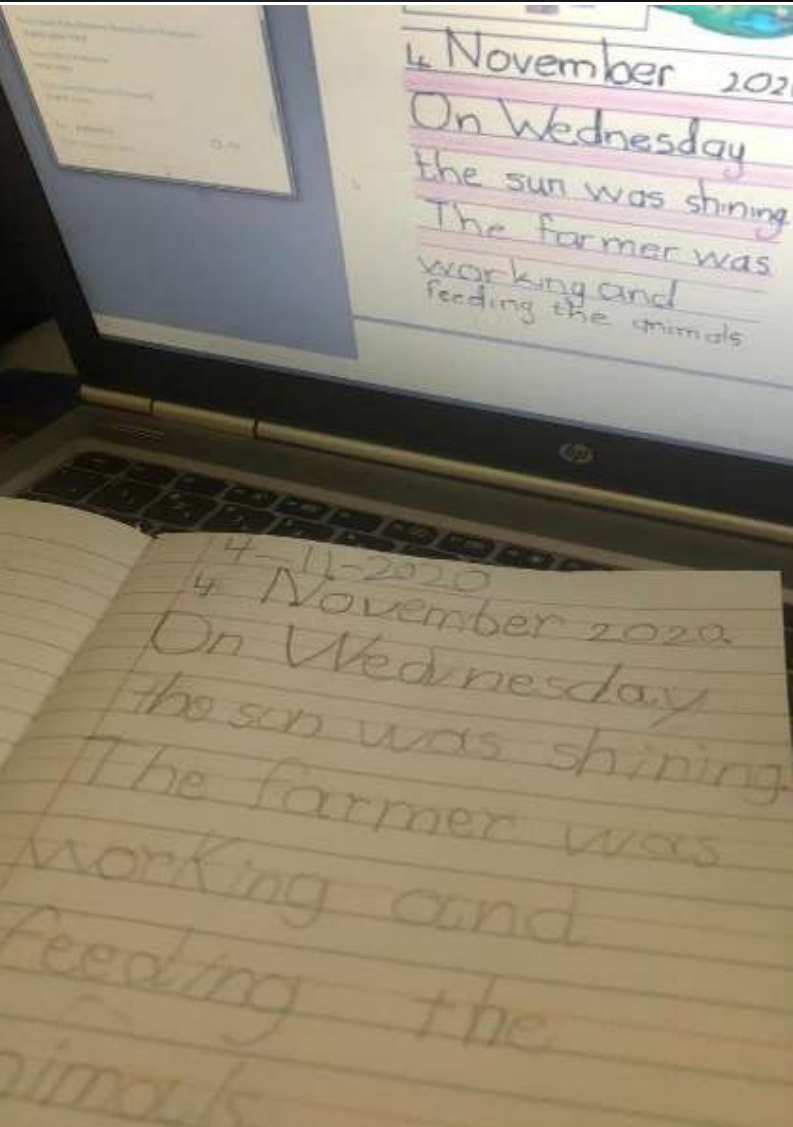
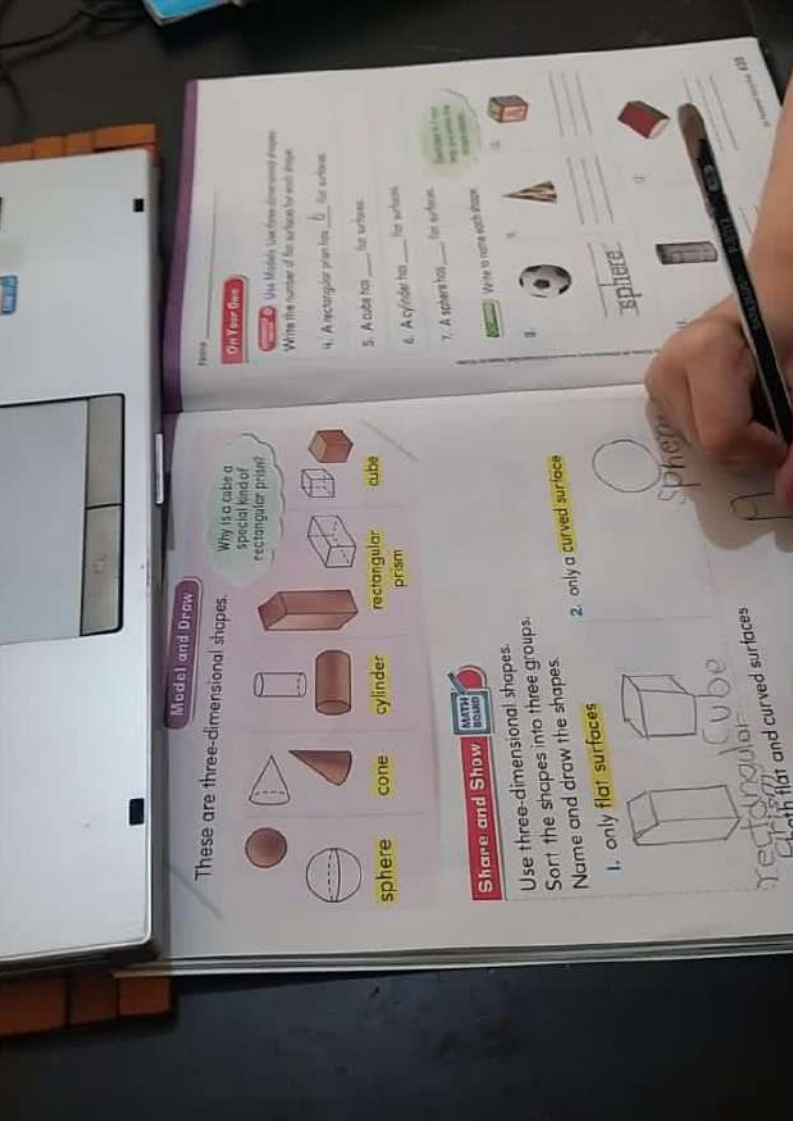


A School full of Wonders...

Alieda Bennett
CIA Teacher

Elite Private School is a school full of wonders and exceptionally talented students. And we have one blooming right here in Grade 1. His name is Syed Hussain, in Grade 1A, Ms. Alieda's class. A gifted and talented student refers to a child who performs at or shows the potential for performing at a remarkably high level in various academic fields. Syed has been identified as such. He demonstrates this through his ability to grasp challenging concepts and enthusiasm to learn new materials. Additionally, after a lesson, on his own he will revise

the work that was taught that day and create posters, write extra paragraphs and sentences, create his own sums and complete them on his own. He is a little boy who loves to excel in everything he does. Furthermore, his family supports and encourages him in everything he does and desires to do. When Syed grows up he wants to become a computer engineer, like his father. I truly believe that this child can make all his dreams and wishes come true if he continues to apply himself in all he does.





Children see
magic because
they look for it

CHRISTOPHER MOORE



Martyr's Day

Nabila Zoubi

English Teacher & Subject Lead for
Middle School

The 30th of November each year is recognized as a national holiday called "Martyr's Day" to honour those who sacrificed their souls in the line of duty. Martyr's Day is a national day on which the United Arab Emirates expresses its appreciation for the Martyrs who sacrificed their lives defending the honour of the homeland.

Dedicating a day to the Martyrs is a response to the gratefulness, and a chance to express the real correlation between the nation and its leadership.

This year, our Eliters availed this day to honour the loyalty of these martyrs of the nation, those who gave their lives for the sake of maintaining the dignity of the United Arab Emirates, while they were performing their functions and duties within the country and abroad in the civil, military, and humanitarian fields.



On this national occasion, we had special ceremonies at Elite Private School, recalling and showing the pride, dedication, values, devotion and loyalty within our hearts, which martyrs proved when they sacrificed their lives. Martyrdom and sacrifice values for the sake of the nation are inherited from the late Sheikh Zayed bin Sultan Al Nahyan, may God rest his soul. Students at Elite Private School wanted to honour this day for the martyrs and showcase the value obtained by the martyrs and a recognition for sacrificing their souls for their homeland and their nation, and how martyrs deserved admiration and reverence.





Mohammed Bin Zayed Cycling Club

Said Obaid
12BB Student

The Mohammed Bin Zayed Cycling Club, better known as the CMBZ, is a Strava (a sports social network) based club dedicated to cyclists of and around the Mohammed Bin Zayed area.

The Club and its page are run by Road Cyclist, Justin H. and Bike Enthusiast, Said Obaid. Justin is regarded as one of the best cyclists in MBZ area.

There are about ten members in the CMBZ. However, day by day, the number of people joining is getting larger and larger, with cyclists of all ranges of experience. This is thanks to the UAE government.

Over the past years the UAE government has been gradually improving the experience of cycling in the area by adding dedicated bike paths and encouraging activity through all kinds of nationwide cycling competitions.

Although many competitions are limited to hardcore cyclists, the effort that has been shown toward improving cycling and other sports is noticeable, as it has increased the activity among the country's residents.



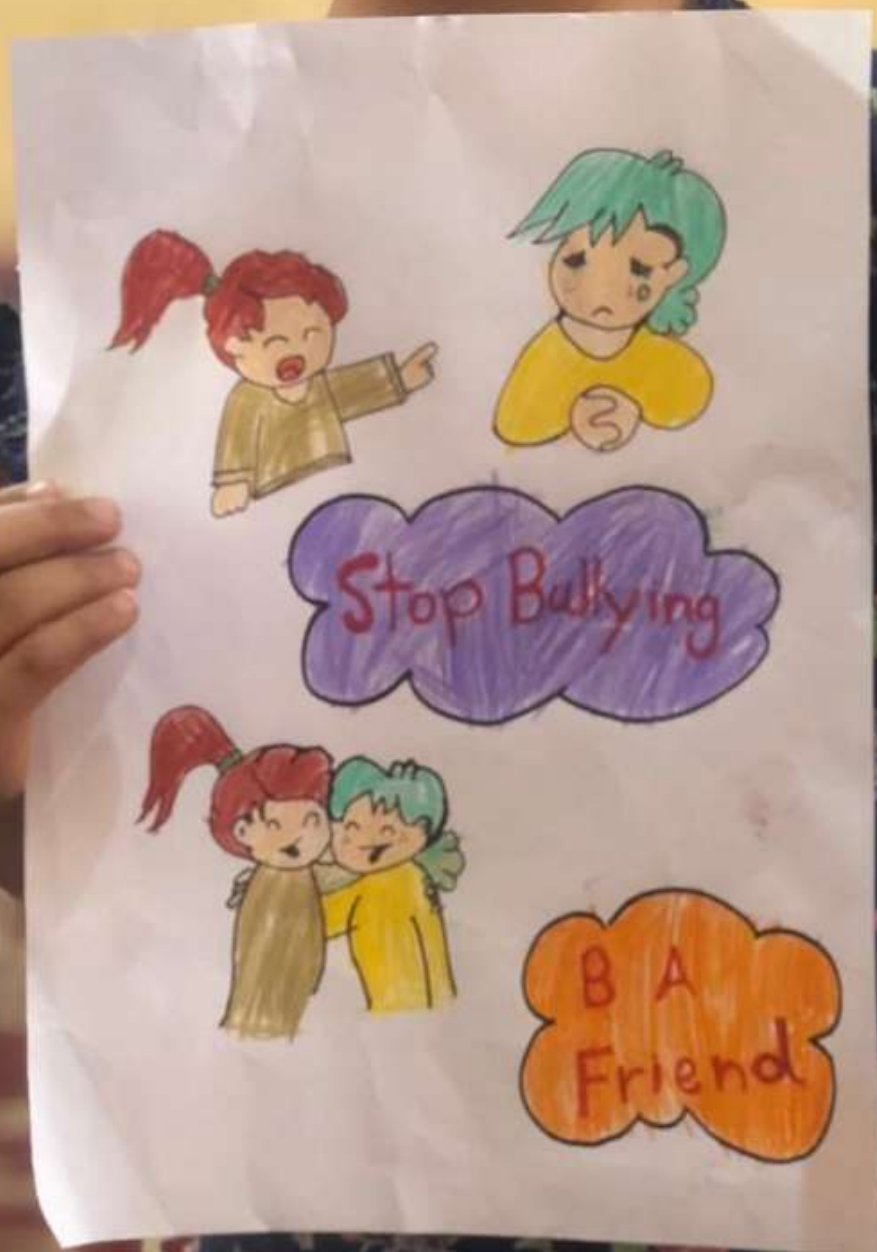


Anti-Bullying Week

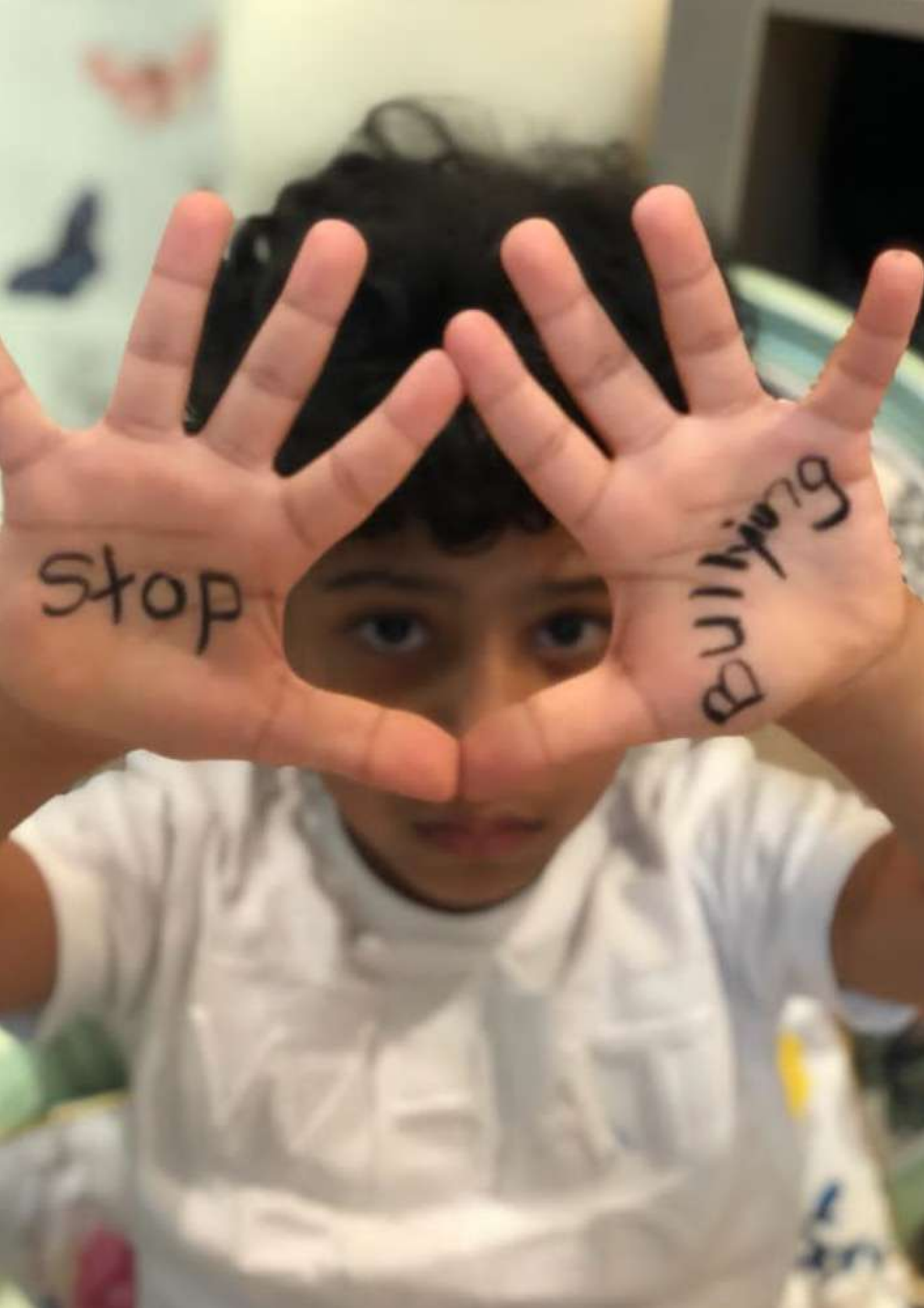
Saima Zulqurnain
G1B Teacher

Anti-Bullying Week 2020 runs between Sunday 15th November – Thursday 19th November 2020. Bullying is often a behavior that is used to cope with a traumatic and stressful situation – it could be that the student is having a difficult time at home or is being bullied themselves elsewhere. Those who bully tend to have low self-esteem and confidence issues; they just want to feel accepted. We would never call anybody a 'bully' because it certainly isn't their identity; it is just a behavior that needs to change. The goal of Anti-Bullying Week is to inform schools and settings, children and young people, parents and careers to know that it takes a collective responsibility to stop bullying.

It is designed to be a fun opportunity for children to express themselves and celebrate their individuality and what makes us all unique through discussing the meaning behind the day. Children celebrate their differences and learn the power of coming together to take a stand against bullying. They design beautiful Anti-Bullying posters with the spectrum of coloring pencils to spread the important message of loving and accepting one another unconditionally, while others delve into the topic of friendship and discuss how they could be the very best pal possible.







Stop

Bullying



Flag Day

Nabila Zoubi
English Teacher & Subject Lead for
Middle School

In celebration of UAE Flag Day, Elite Private School was decked out in red, green, white and black balloons. Mini flags were fluttering from little hands as a part of the national occasion. The students of Kindergarten took part in the celebration and shared rich information about the UAE Flag. The purpose of celebrating Flag Day and what each colour represented was shared with all students and then they sang the country's National Anthem and hoisted the flag atop their kindergarten block.

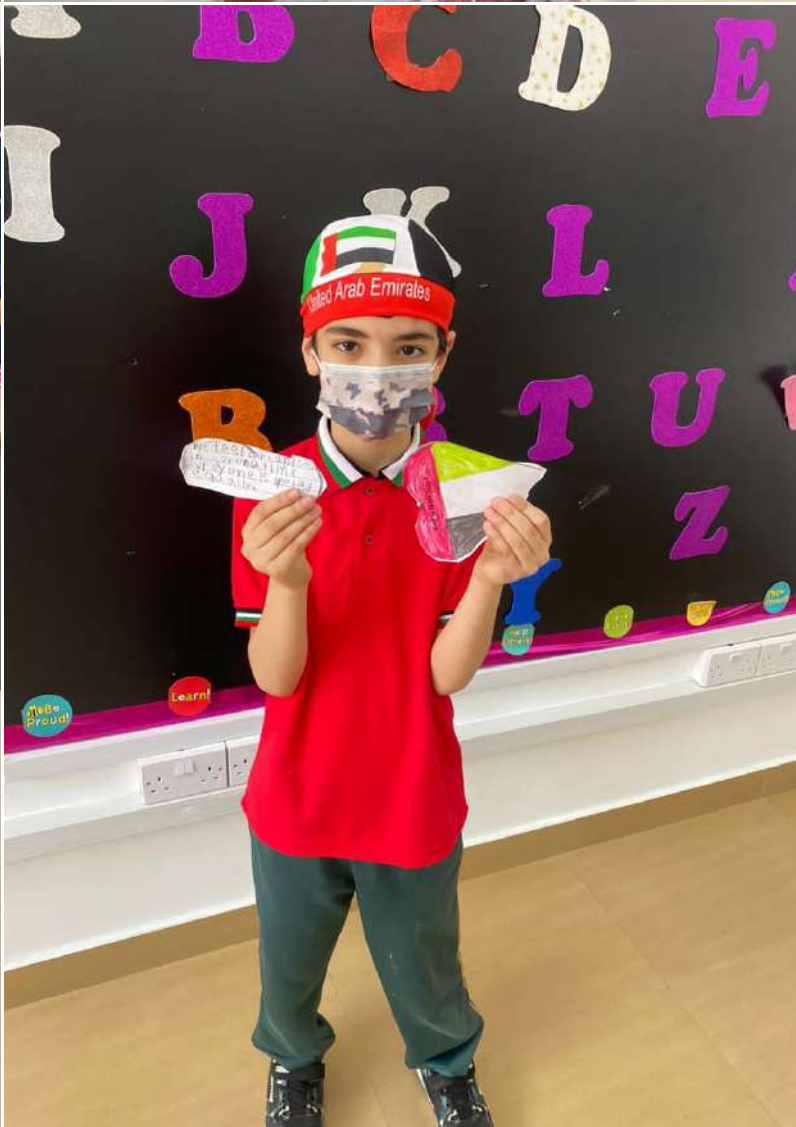
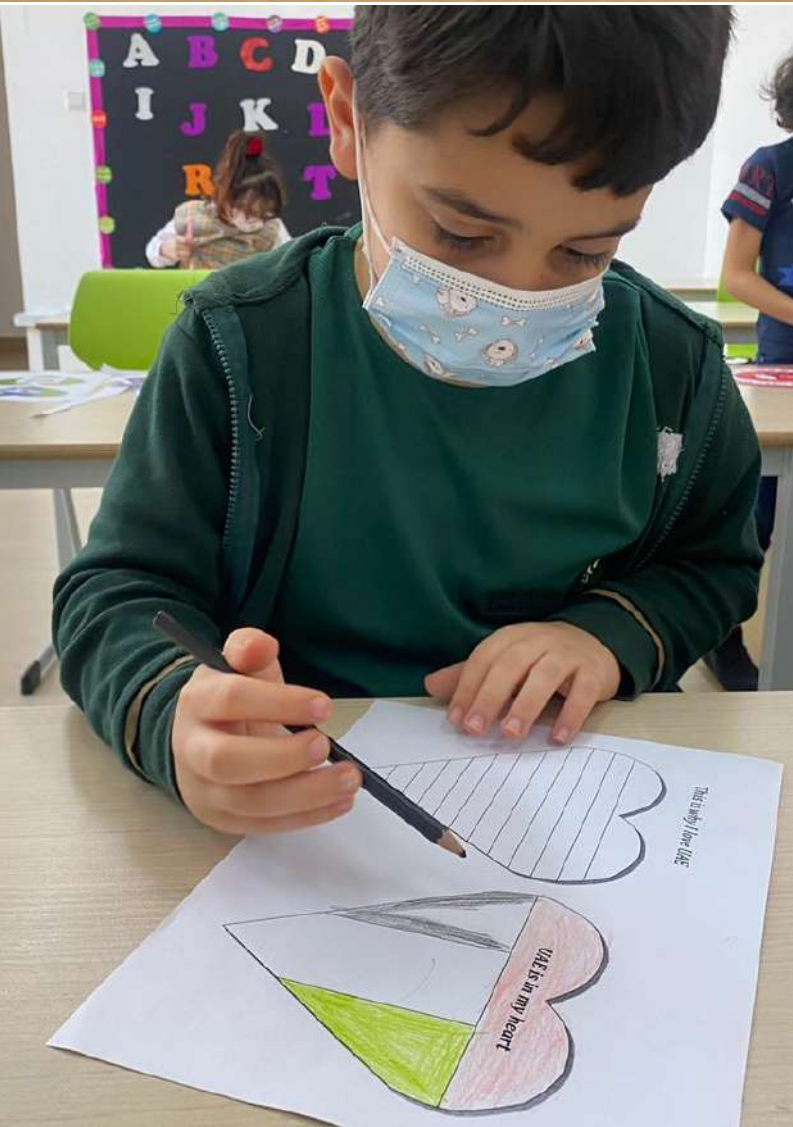
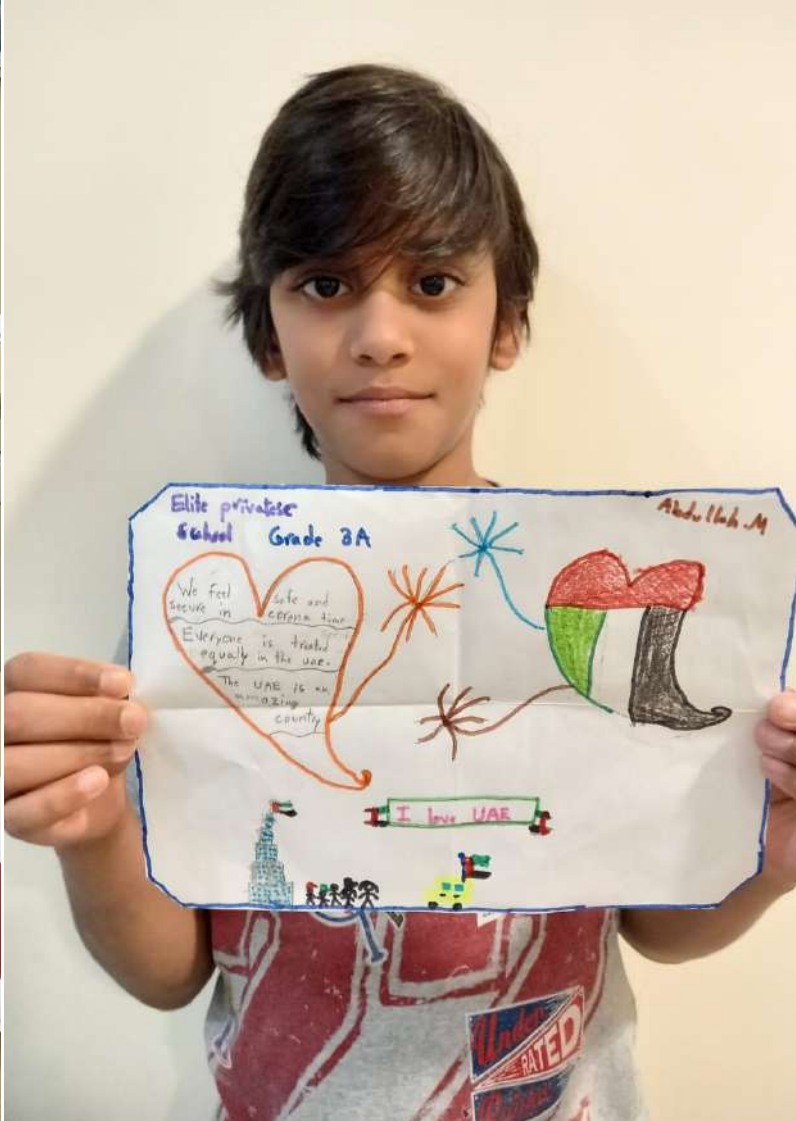
In celebration of the UAE Flag Day, our very own students dressed in the colours of the UAE as well as their traditional wear, which brought back memories of the UAE people and their efforts. Flag Day enabled our faculty and students to show respect to this country by sharing its culture and national celebrations. The kindergarten students stood with joy, pride, and love for the UAE while listening to some traditional music.

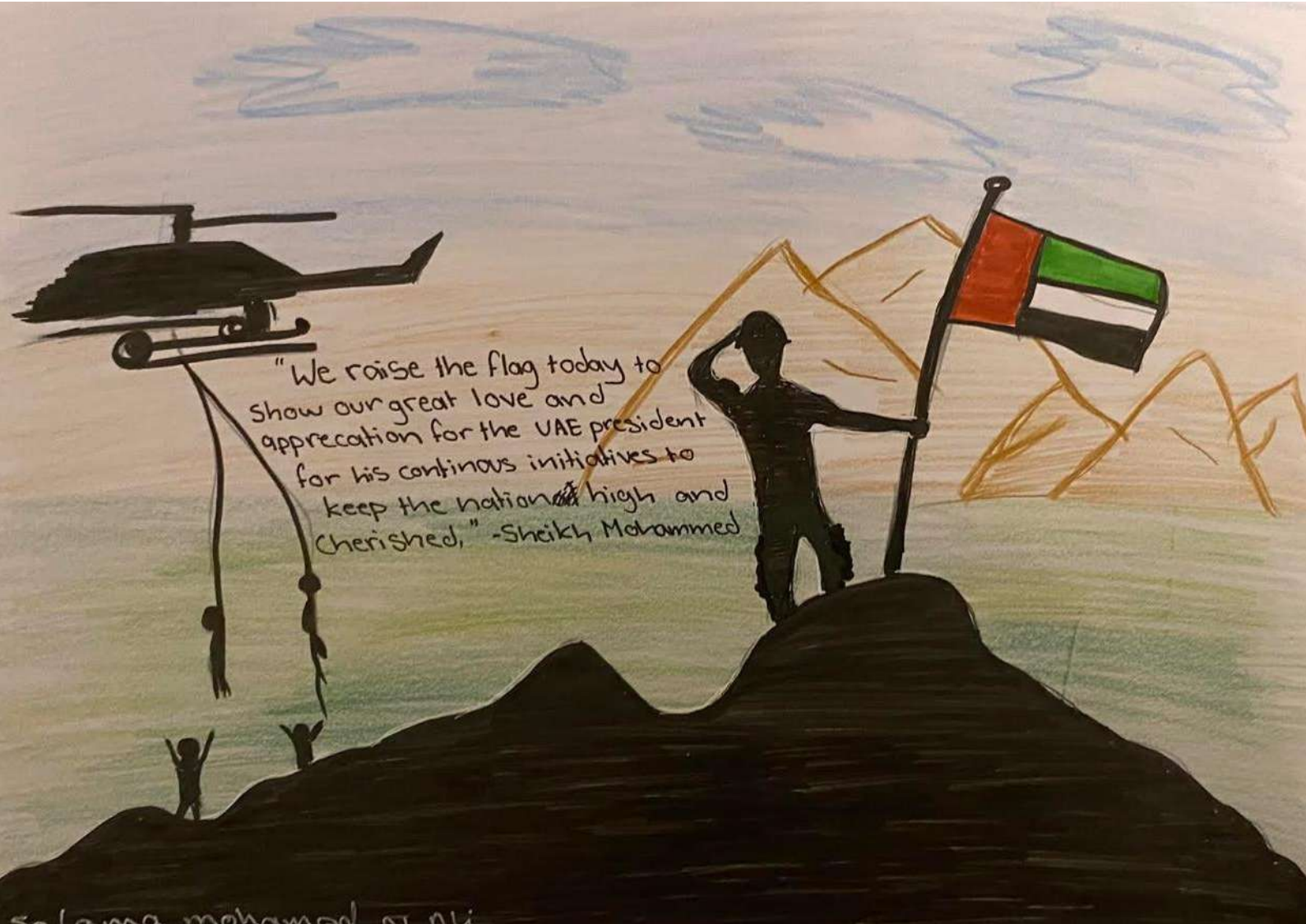
Strength and growth of our Flag Day was a result of collaboration and team approach. The faculty loved working with the little ones and nothing could be more rewarding than setting a learning goal and having the children work towards that goal and achieve it as a team.

Excitement and enthusiasm were visible all around. The different shades of the UAE colours gave our students at Elite a clear sense of colour and its importance.











This **Anti-Bullying Week**
we are holding

ODD SOCKS DAY

Come to school wearing odd/ different socks so we can celebrate what makes each of us unique and individual.

Invite to: All the children in the KG Department (Kg1 & Kg2)
When: Group A on Monday 16th Nov & Group B on Wednesday 18th Nov.

مدرسة النخبة الخاصة
ELITE PRIVATE SCHOOL

Odd Socks Day

During our anti-bully week, we held an odd sock day for the kindergarten children.

The children wore different coloured and patterned socks. It was a real conversation starter and the children all wanted to see the different socks that their peers were wearing. As a class we discussed the importance of each other and explained how we are all unique and different but

still should be loved and treated with kindness and respect. As an extension activity, we revised colours and patterns in Maths and decorated socks with colouring pencils and glitter. During story-time, we read "Elmer the Elephant" and listened to how the other elephants celebrated his difference. It was a fun day.

June Shire
KG2C Teacher





Eid-Milad-Un-Nabi (PBUH) Celebrations

Nabila Zoubi

English Teacher & Subject Lead for
Middle School

Eid Milad-Un-Nabi is celebrated worldwide by Muslims as the birthday of the prophet of Islam, Prophet Muhammad (PBUH). Prophet Muhammad (PBUH) is the founder of Islam. He is God's last Messenger, sent to confirm the essential teachings of monotheism preached previously by Adam, Abraham, Moses, Jesus, and other prophets. Prophet Muhammad (PBUH) united Arabia into a single Muslim polity and his teachings, practices, and the Quran form the basis of Islamic religious belief. Prophet Mohammed (PBUH) was born in Mecca in Saudi Arabia. His parents died at a very young age and he was brought up by his paternal uncle. At the age of 43 years, Prophet started preaching and declared that he was prophet of God and proclaimed that there

was only one God. Before his death, most of the Arabian Peninsula had converted to Islam.

Elite students celebrated Eid Milad-Un-Nabi presenting very informative videos on this auspicious occasion. In the videos students created, they called the Prophet Muhammad (PBUH) their role model. They further expressed their profound love and appreciation for the messenger of mercy. Our Elite students also noted that amid the crisis facing the world, we must follow the ethics of the Prophet of Tolerance and emulate his actions. Islamic heritage is one of the seven pillars of the UAE's tolerance, and the words and actions of the Prophet (PBUH) are examples for all of us.



PE in Middle and High School

Mohammed Ezzat
PE Teacher for Middle and High
School

2020 was a very unique year, no one had expected all of these changes to happen. Challenging circumstances were so hard to face, but with our faith and bravery we were able to overcome such extraordinary conditions!

Students all around the world had to change their daily routine and habits because of this sudden change in the educational system, which was very draining mentally and physically.

All teachers encourage their students to take care of their wellbeing!

That's why PE online sessions inspired many students through their classes to take their healthy lifestyle into consideration in order to balance out long hours of indoor working with good health.

Elite Private School students demonstrated remarkable achievements, especially in the PE classes, to face this situation easily!





The UAE National Day in KG and Primary

Agatha Schmidt
Vice-Principal for KG and Elementary
School

Extraordinary times require extraordinarily measures. Having maintained all the safety precautions, KG and Primary section of the Elite Private School devoted two full days to the UAE National Day celebration, both online and face to face. It was a joint effort of the staff, students, and parents. The section featured a traditional UAE scene, where photos were taken with social distancing in place. The school provided sanitized materials for activities like jewellery making, camel puppets, masks.

To ensure safety, each student had their own lot of materials. Our online students prepared impressive celebration videos with the support of our wonderful parents. All students, both at school and at home, were wearing UAE colours and some showed off their amazing traditional wear. We are proud of everyone's effort to make this celebration such an exceptional one!









"When you
know better
you do better."



MAYA ANGELOU





Play: the Highest Form of Research

June Shire
KG2C teacher

Children naturally learn through play and in KG in Elite Private School we strive to introduce learning through play. We follow the American Curriculum and we introduce new learning concepts through various methods. We feel young children learn best if they practice the same objective using different methods such as presentations on the interactive whiteboard, singing songs with actions, writing in the air and on

whiteboard, as well worksheets. Learning through play plays an important role in consolidating newly learned work, as the children are learning and they don't even realize it. It is really important to develop their sharing and turn-taking skills, conversational skills, and practical life skills. Examples of learning through play include using clothes peg to find initial sounds on a picture, writing numbers/ letters in sand and glitter, building cube/lego towers, driving cars to the right



number in the car park, feeding sound/number cookies to the monster, colour matching using thongs, and self-registration using our photograph and name. To develop creativity we have a free-writing mark making table and a transient art table. It has been a challenge to abide by COVID regulations; we follow a strict bubble

system and only 2 children play at one time while maintaining social distance. The best education does not have to happen at a desk, but rather when children are engaged in everyday, hands-on experiences.

“Play is the highest form of research”

Albert Einstein







Young Scientists

Saima Zulqurnain
G1B Teacher

Simple science experiments are a fun way to introduce children of all ages to basic scientific concepts.

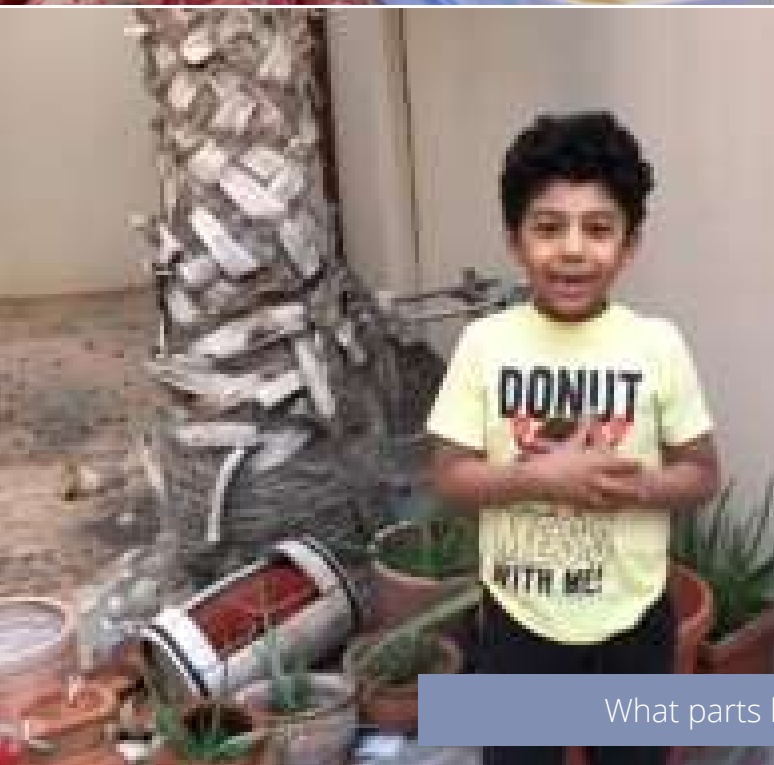
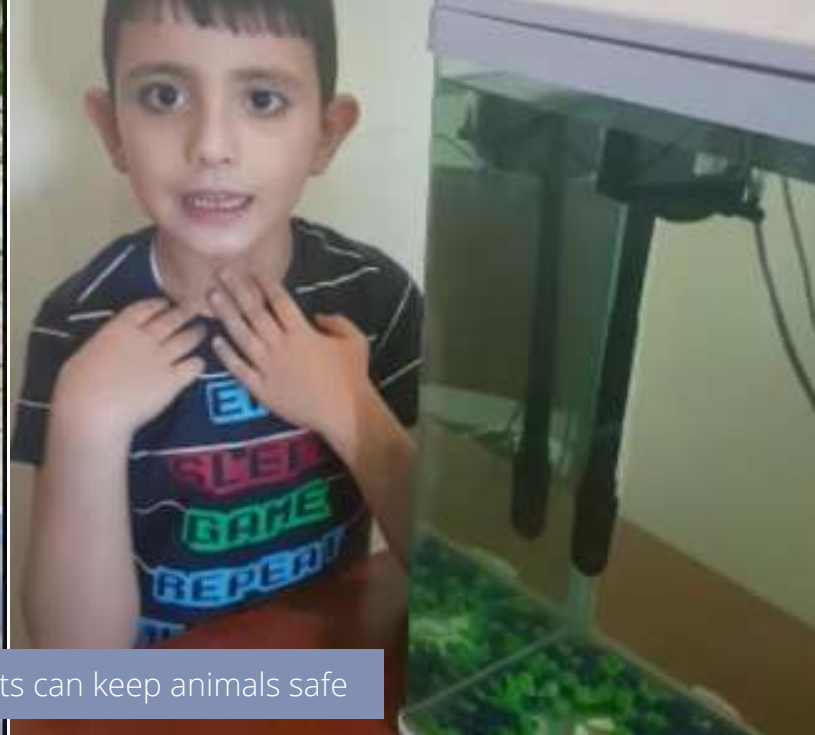
You don't need special equipment to get kids excited

about science.

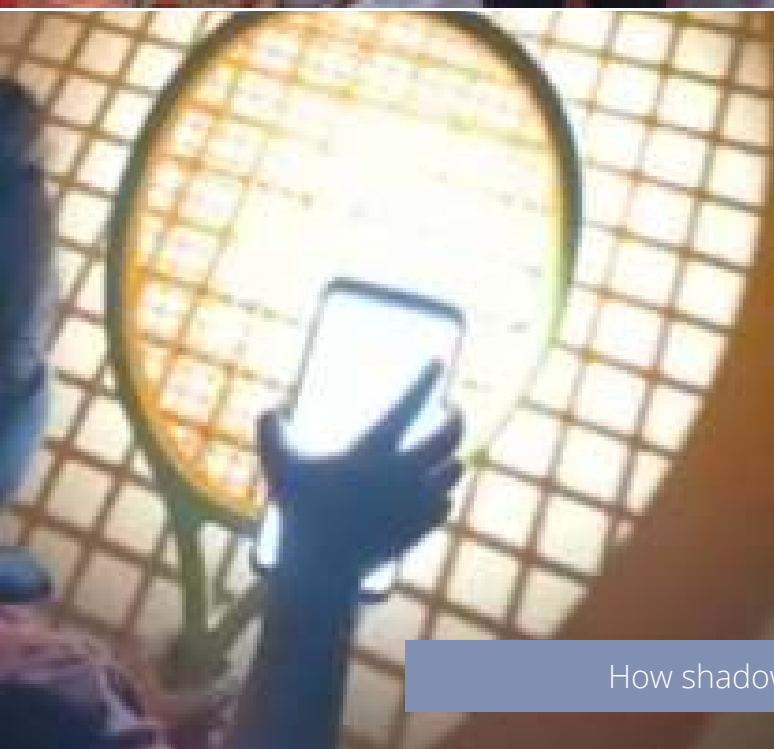
These easy science experiments are a snap to pull together, using household items you already have at hand. Let the learning, and fun, begin!



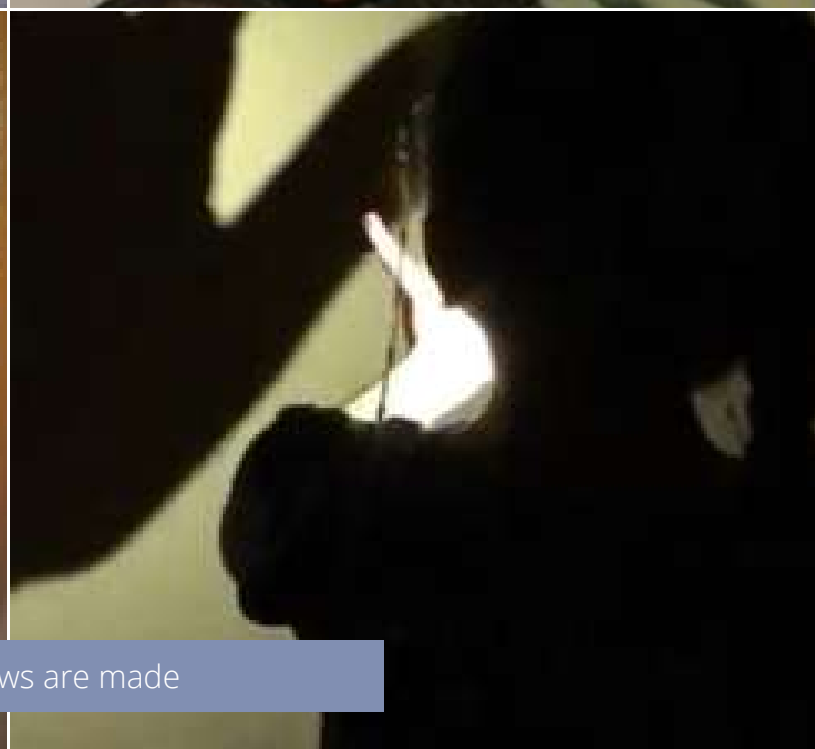
How different body parts can keep animals safe



What parts help plants live



How shadows are made





Diabetes Day

Eissa Naser
12BB Student

The whole world suffers from a natural disease, which is diabetes. It is a significant problem that has a large percentage of people suffering from it. As we all know, diabetes has two different types, where the first type has no cure, but the second one does.

First, with all the developments happening today, the awareness of diabetes is now everywhere, and everyone is aware of how dangerous it is and how to prevent it. Hospitals nowadays prepare

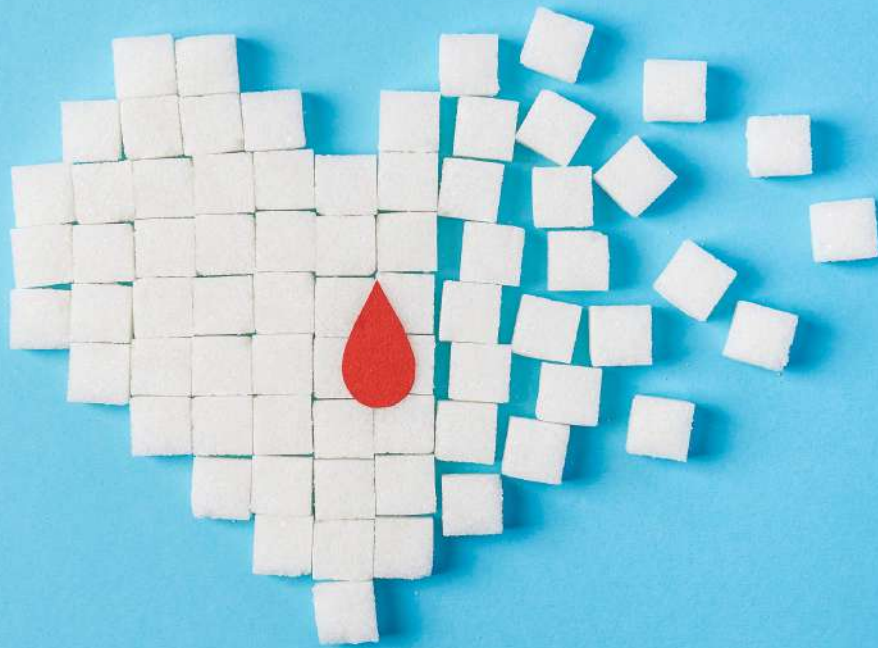
presentations and live meetings to spread and explain more about diabetes so that people have enough knowledge about it.

Diabetes has been there for a long time and is still increasing since people are now consuming more fast food, chocolate, and soda. We can recently see that the number of kids having diabetes is higher than older people because of the parents' lack of awareness of diabetes. Diabetes is a horrible disease that can lead to many

serious health issues such as eye and kidney problems. Moreover, the communities organized a special day in the year where all people celebrate awareness of diabetes. Many specialist doctors from different countries join to give lectures and provide brochures about diabetes with different ways to avoid health concerns associated with diabetes.

These brochures and lectures give healthy alternatives to prevent and control diabetes, such as replacing chocolates with fruit or a salad or a cup of yogurt instead of heavy dinner meals.

Diabetes is a severe health problem, but it can be reduced or ended by taking care of your health.





Is War Necessarily Evil?

Alyazia Alobaidli
12GC Student

The world is a place that is filled with different opinions, religions, and beliefs which are some of the reasons for war to begin among nations. Without war, the world wouldn't have developed and achieved the declaration of human rights, technology, and much more that changes the world for either the better or worse. And if it weren't for human war, the race wouldn't survive, people wouldn't have equal rights, and the world wouldn't develop properly.

WHY WAR?

Unless countries and nations manage to obtain unlimited

resources and space, countries have to go through war to get the privilege to own unfound resources, which happens by empowering and colonizing a weaker country with resources and land. War will always be necessary to grow and improve our ideas and military equipment.

FREEDOM

Countries around the world fight for their freedom given by nature. Humans fight for freedom, because they are born free women and free men; human happiness depends on their the freedom, which will result in the outcomes of their

activity done every single day. Wars for independence can take ten days, as the independence of Slovenia from Yugoslavia, but it can also take ten years to be achieved. It takes time because the freedom of these countries is what gives its people the power to give society what is needed.

OPEN-MINDED CULTURES

Culture plays a significant role in every country in the world, because it helps in shaping personalities, and it also promotes ideology. While at war, people don't just fight. They communicate not in a proper humanly way because of the anger spread, but they still see the other side of the world; it opens human's mind to a different culture than the one used to, it promotes an ideology, and it also allows a human to explore the ideologies promoted, because it mostly shows the response from an individual that represents its ideology. This can result in a change in an individual's mind, thoughts and beliefs. The responses also share knowledge of the

countries at war and are shared when having an assembly to put an end line to the war.

WHO TO BLAME FOR THE OUTBREAK OF WWI?

People come up with a lot of developments, but still, there are matters that humans can't change, for instance, anger. It gets in control of everything which gets in the way. It is human nature to be angry about a war going on, the tension caused by countries is leading up to war full of anger and hatred. Even if both sides get together to resolve the conflict, there will be no right solution to be taken, because both sides are trying to destroy each other for the damage that has been caused. Countries will take advantage to give all the power back to its nation. A great example is WWI; it started because of the empowering and colonizing of weaker countries, controlling the nation's thoughts and beliefs to make their country the greatest of all. This caused the assassination of Archduke Franz Ferdinand and flamed the outbreak of WWI. Governments decided to stop the war by creating a peace

treaty that would end the war. Some great countries sat together for a solution and came up with the idea of blaming one nation for the damage and making it bear the consequences. The deciding countries were known as the big three (Great Britain, the United States, and the Soviet Union); they concluded by blaming Germany. Although Germany caused some tensions, it wasn't a fair decision, but Germany couldn't do anything, which left them angry for almost 27 years, and after that, they decided to attack and seek revenge, which led to the second outbreak of World War.

In conclusion, war and conflicts are impossible to be stopped, however, war is open minded for people, and it forces both sides to achieve long prospering peace eventually. Wars help create a better world; they help us see both sides of opinions and motivate us to discover cultural expression and how things work on the other side of the world. It makes humans face each other and defeat one another. If it wasn't for war, humans wouldn't be as successful and developed in the long run.

*"It is an unfortunate
fact that we can secure
peace only by
preparing for war."*

- John F. Kennedy





Arabic Competition

Abeer Jamil

Arabic Subject Lead for Middle and
High School

Our student Matrah Fairouz, was placed in the top ten out of more than 600 entries. Stories were written in both Arabic and English, and the title of her story was "Diary of Matrah in Al Dhafra" under the supervision of the teacher Abeer Jamil. She participated in the Voices of Future Generations competition, which was organized by the Emirates Literature Foundation and sponsored by UNESCO under the auspices of the graciousness of Her Highness Sheikha Hessa bint Hamdan bin Rashid Al Maktoum, Goodwill Ambassador in the Arab Gulf region.

The competition is a unique written project that aims to empower students who love writing and encourage them to spread the message of the United Nations Convention on the Rights of the Child, at the same time highlight the goals of sustainable development, and give children the right to express their hopes, dreams and aspirations for a better future. Matrah based her story "Diary of Matrah in Al Dhafra" on a realistic experience that she lived in "Al Bayt Mitwahid" camp in the Al Dhafra region, where her mother Ohood Suhail has been volunteering for 3 years, and it is an annual camp that is held every winter.

The camp is focusing on children and families experiencing lives in tents away from technology for a period of 12 days. This camp includes a lot of heritage and artistic activities such as horse and camel riding, falconry, atelier and other different activities. The participation of Matrah in the Voices of Future Generations competition, helped her talent and made her think of writing another short story for children. She would like to write about the aesthetics of giving and issues of sustainability and spreading the Emirati heritage. Matrah, the Emirati girl, dreams of being a doctor, poet, novelist, and a good swimmer in the future.





YOUR BRAIN ON YOGA

1. FRONTAL LOBE

Movement, planning and execution
Executive function (PREFRONTAL CORTEX 1a)

- Abstract thinking
- Planning
- Emotional regulation
- Personality
- Behavior

During yoga class, your frontal lobe enables you to plan, execute, and adjust your yoga poses.

4. TEMPORAL LOBE

Auditory and visual processing
Visual memory retention
Language comprehension
Memory
Meaning
Emotional response

You exercise your temporal lobe during yoga as you process the

2. PARIETAL LOBE

Sense of touch and pain
Sensory information integration
Visuospatial processing
Language processing

The parietal lobe is active during yoga class as it processes the sensations you feel in downward dog, the auditory cue you hear from your yoga teacher and your position in the room and on the mat.

3. OCCIPITAL LOBE

Sense sight

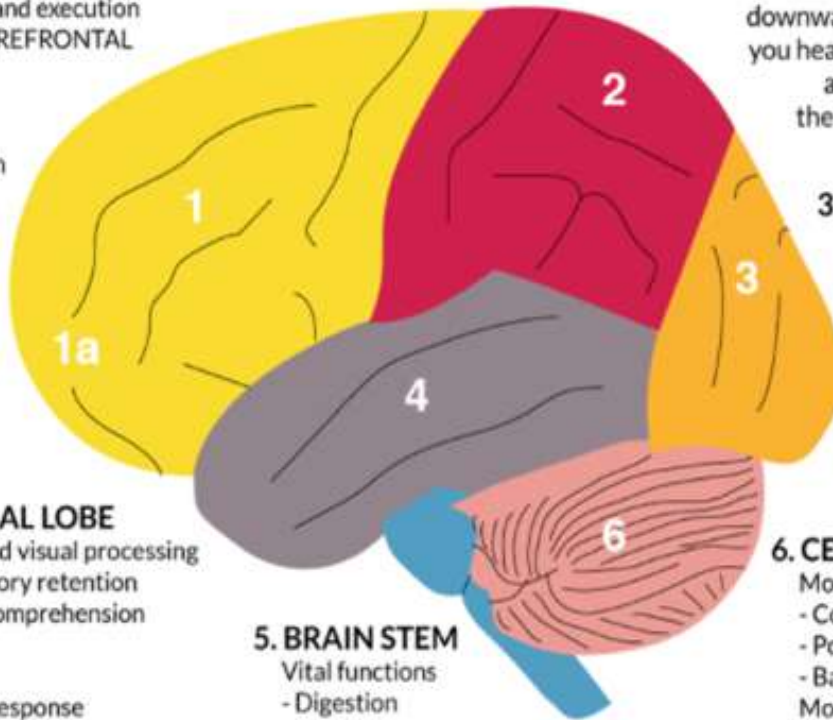
The occipital lobe allows you to see the color of your mat, the visual cues of your yoga teacher, and your focal point during balancing poses.

6. CEREBELLUM

Motor control
- Coordination
- Posture
- Balance/equilibrium
Motor learning
Reflex response

5. BRAIN STEM

Vital functions
- Digestion
- Heart rate
- Breathing
- Eating



Yoga and Brain Involvement

Rula Al Maleh

Vice-Principal for Middle and High School

In an effort to integrate more than one subject to give students a well rounded education, our Biology and PE teachers teamed up to give a joined lesson in which they highlighted the importance of Yoga in improving physical and mental health. This experience was also meant to be a way to release students' stress caused by the current situation

created by Covid 19. As students may be impacted in multiple ways by social distancing and the closure of schools, our teachers realized how critical it is to be mindful of their emotional well-being. By integrating yoga in Biology lessons, students realized that the purpose of yoga is to build strength, awareness, and harmony in both the mind and body.

Thank you to the parents

Dear parents, we thank you for all the support and we extend our appreciation for your belief and trust in us.

We wish you a happy 2021!



Follow us



@eliteprivateschool



@epsuae



www.eps.ae

