

Nov-Dec 2024

Monthly Newsletter



Ambassador Times



@ambassadorDXB



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ambassadorschool.com



+971 04 398 3535 / +971 55 910 7306



@ambassadorschool



@ambassadorschool.ae



@ambassadorschooldubai



admissions@ambassadorschool.com



Connecting Hearts.....Connecting Minds...

From the Principal

“The most important human endeavor is the striving for morality in our actions. Our inner balance and even our very existence depend on it. Only morality in our actions can give beauty and dignity to life. To make this a living force and bring it to clear consciousness is perhaps the foremost task of education.”

- Albert Einstein

As I reflect at the end of a very enriching term at ASD and start of yet another exciting one, I am reminded of the profound responsibility we hold as educators and mentors in shaping not only the minds but also the character of our children. In a rapidly changing world, it is the timeless values and ethics we instill in our young learners that will guide them through challenges and help them flourish as compassionate and responsible individuals. Education is far more than the pursuit of academic excellence. It is about fostering empathy, integrity, respect, and a sense of purpose. These values are the foundation upon which great societies are built and thus become vital for educators to work on these character-building in the generations now and in future.

Academic achievements are undeniably important, but they must be paired with a strong moral foundation to truly prepare our children to recognize the values of humanity, to understand the significance of peace, to revel in the attitude of gratitude and be empathetic wherever needed. That there is no greater peace in being honest is hard to be believed till one experiences its value, that making fair choices, being kind and just brings the greatest

fulfillment, is not a one-day realization but a continuous process of learning. Together, ethics and values form the compass that directs our actions and decisions, helping us to navigate life with integrity and purpose.

At our school, we strive to create an environment where these principles are not just taught but lived. Through our curriculum, community service projects, and daily interactions, we encourage students to reflect on their actions, appreciate diverse perspectives, and contribute positively to the world around them.

As parents and teachers, our words, actions, and attitudes profoundly influence the moral compass of our children. When we model honesty, fairness, and resilience, we equip them with the tools to navigate life's complexities with grace and dignity. By modeling ethical behavior and instilling core values at home and in the classroom, we provide children with the tools they need to grow into thoughtful, principled individuals. It is through this collaboration that we empower our students to lead lives of significance and purpose.

Let us remember that academic success is most meaningful when it is paired with character. Together, let us continue to nurture young minds that not only strive for excellence but also work toward creating a better, more ethical world.

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

SUSTAINABILITY @ASD - ECOWALK



FITNESS CHALLENGE @ASD



HIGHLIGHTS OF THE MONTH

SUSTAINABILITY @ASD - ECOWALK

'A walk to spread the message to the larger community, is not only seen, but also the message is heard and acted upon.'

Such was the purpose of the Eco Walk at Al Forsan Park at Expo city in Dubai held on 9th November. Students of Grades 4 and 5 from ASD participated to express their commitment towards the planet and its sustainability. During the walk, the students had the chance to explore various eco-friendly innovations and exhibits. One of the highlights of the event was the performance of the Police Band, which was conducted by the students themselves. The theme for the walk was "Keep Going, Keep Growing," and to emphasize this message, all participants were given a Ghaf tree seed and soil to plant, promoting the importance of environmental care.



HIGHLIGHTS OF THE MONTH

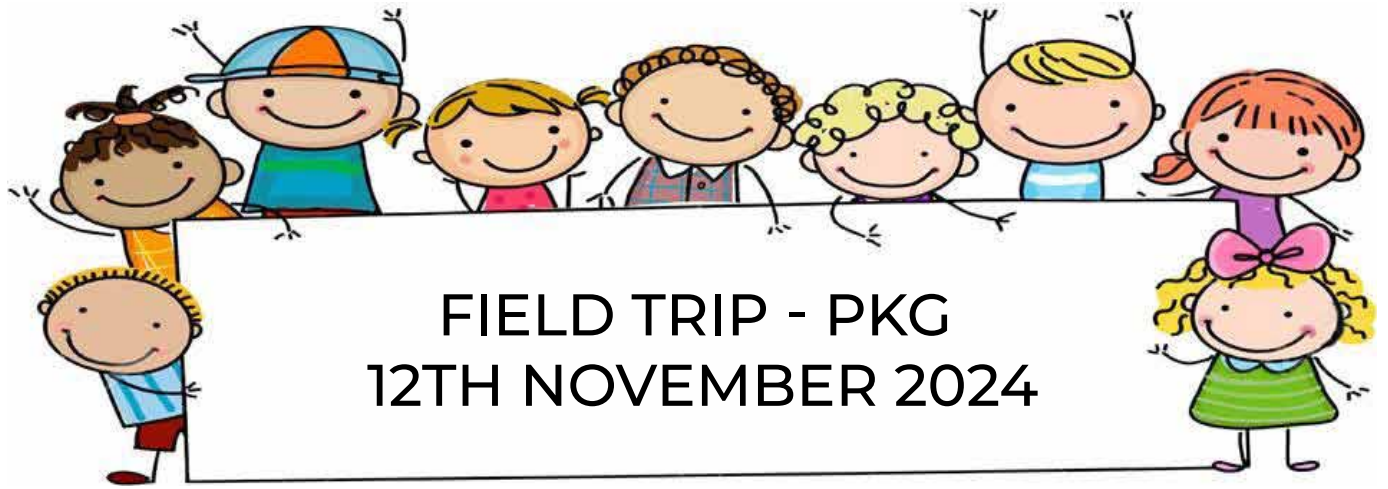
FITNESS CHALLENGE @ASD

ASD opens an all new week with an enthusiastic program under Dubai Fitness Challenge.

The day saw the classes doing the simple Yoga and Meditation to better their breathing while the students of Grade 5 had a refreshing and dynamic Zumba session, under the guidance of Ms. Manuja. The students moved to the beats of music with zeal and joy, which reminded them of the importance of physical exercise for immediate and long term health benefits. That health is the real wealth, is imparted to all members of ASD in as many ways as possible. So what better than a relaxing Yoga session or the very energized Zumba for our ASDians.



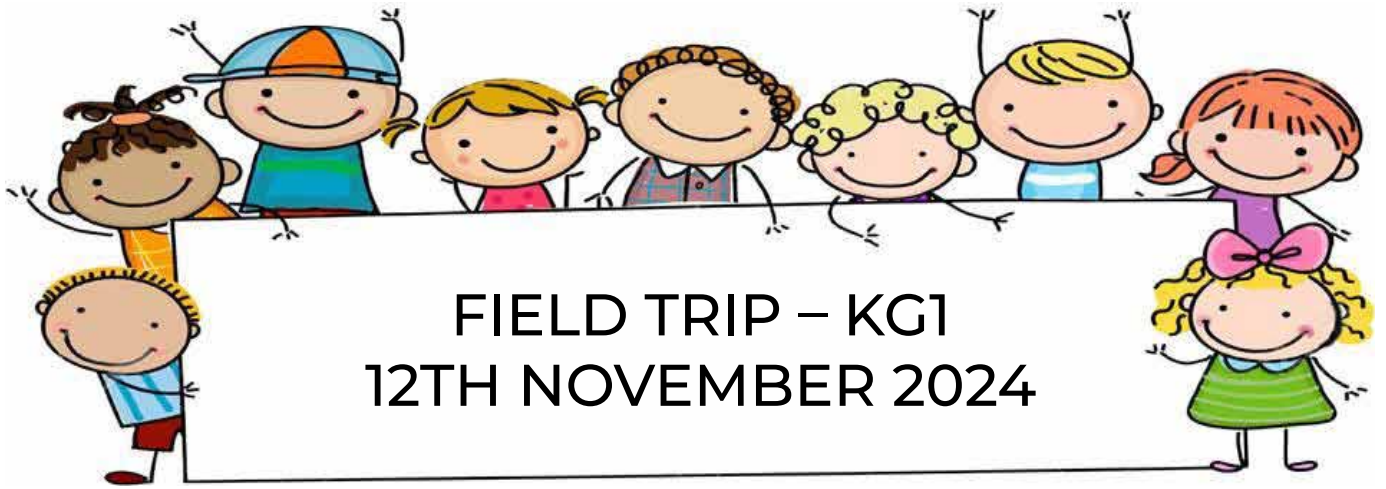
KINDERGARTEN CAMPUS



Our Pre-KG adventurers had an incredible day at X Park Junior! Our little ones were thrilled to meet friendly tortoises, ducks, and hens, discovering the joy of connecting with animals. It was a day filled with laughter, curiosity, and wonderful memories!



KINDERGARTEN CAMPUS

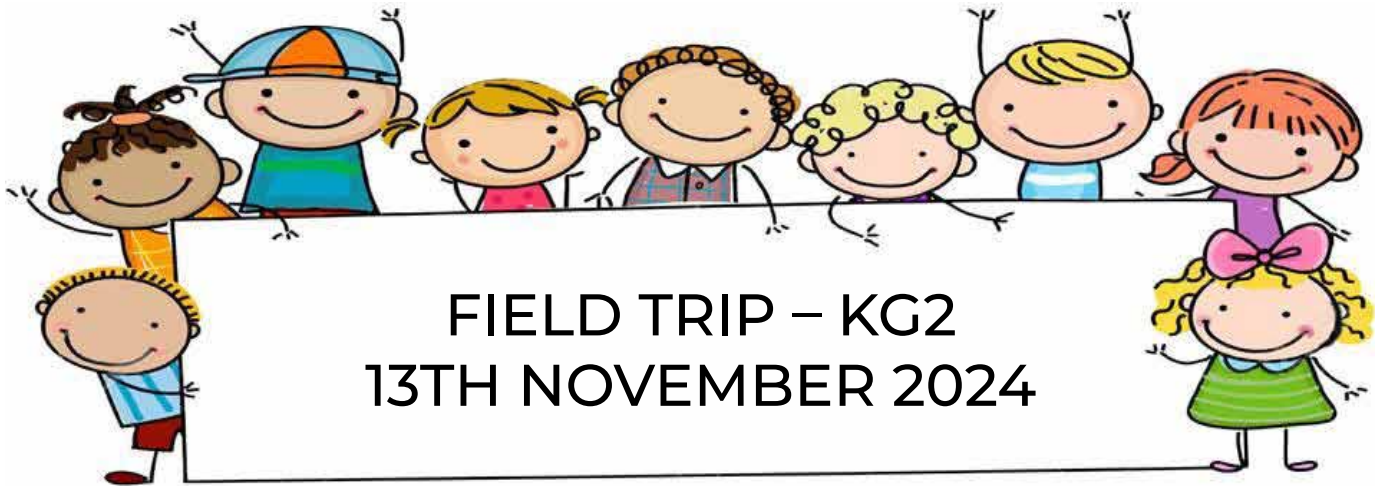


Field Trip Fun at Barari Playground!

From thrilling obstacles and the adventurous experience of the zipline to the magic of climbing up the tree houses, KG 1 students had an unforgettable time. The day was full of animal interactions, where everyone got to meet some friendly animals and learn how to care for them. It was a day so special and educational for children.



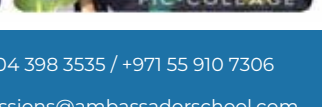
KINDERGARTEN CAMPUS



KG2 Field Trip to Dubai Safari Park!

Our little adventurers had the BEST time at the Dubai Safari Park! From spotting the majestic lions to watching the playful monkeys, every moment was filled with wonder and excitement. They even had the chance to interact with some of the friendly animals and explore the park's different zones like the African Village and Asian Village.

**Field Trip - Dubai Safari Park
 KG 2D**



KINDERGARTEN CAMPUS



WORLD KINDNESS DAY
13TH NOVEMBER 2024

Students got creative by drawing beautiful pictures of all the ways they can spread kindness in their world. From sharing smiles to helping a friend in need, their ideas were truly inspiring. Let's keep the kindness going, little ambassadors—your warmth and generosity brighten the world around you!



KINDERGARTEN CAMPUS



Arabian Night - A Magical Evening of Fun and Adventure!

and immersed in the magic of Arabian culture, filled with exciting activities, vibrant performances, and endless joy at the Kindergarten Campus. Our KG1 and KG2 students came dressed in the colors of the UAE flag. The night was packed with laughter, excitement, and nonstop fun!



KINDERGARTEN CAMPUS



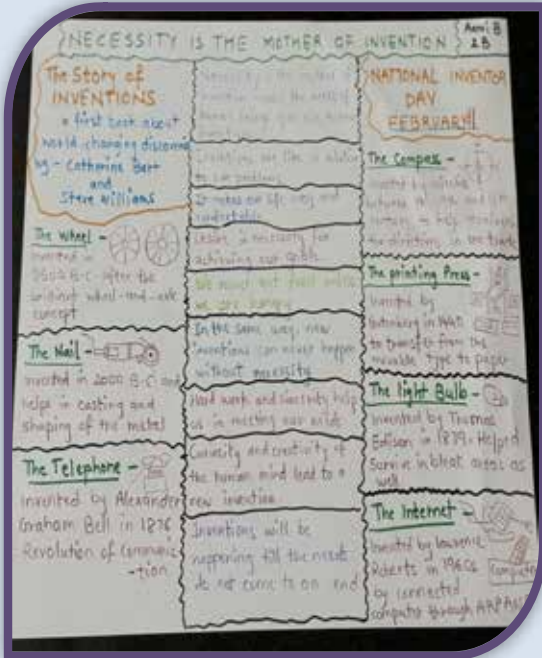
In a wonderful celebration for National Day, the Arabic team presented a special event for all our students. The celebration featured a beautiful skit that highlighted the importance of unity, as well as an amazing dance performance by our little ones and a heartfelt song performed by our students.



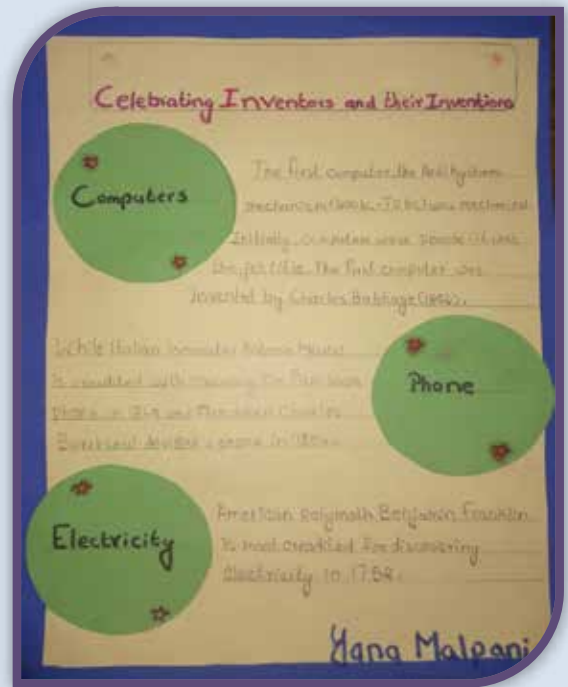
CLASS MAGAZINE PRIMARY



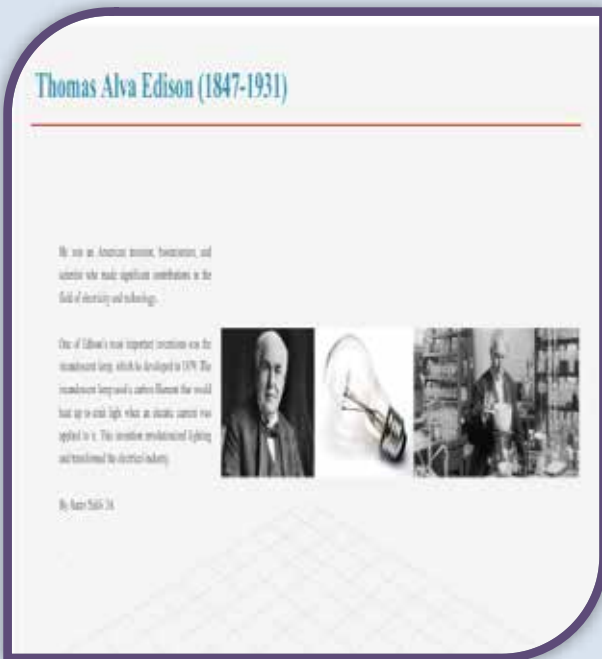
MY SPACE



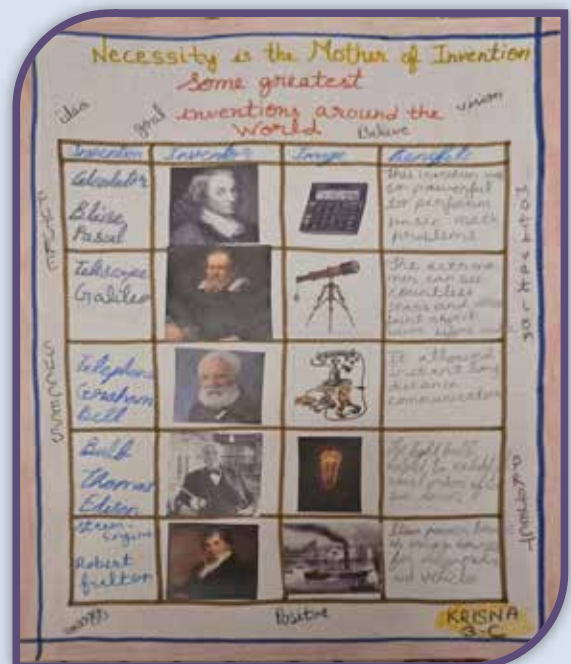
AANVI
Grade - 2B



YANA MALPANI
Grade - 4C



AARAV SALIL
Grade - 3A



KRISNA
Grade - 3C

MY SPACE

NYRA 3D

Inventions

Have you ever wondered how some cool inventions came about? Well, it all starts with a need! The "necessity is the mother of invention" means that when people have a problem or need something, they get creative and invent things to help. Let's take a look at some amazing inventions from around the world:

1. The Wheels - Mesopotamia (Sumerian people)
2. The bulb - USA (Thomas Edison)
3. The Telephone - USA (Alexander Graham Bell)
4. The airplane - USA (Wright brothers)

I really wish to invent something which can help people in their life.

NYRA 3D

NYRA
 Grade - 3D

Discover the Magic

What is a smartphone?
 A smartphone is a special kind of phone that can do much more than just make calls. It's like a small computer that you can carry in your pocket!

Why Smartphones are great:

1. Talk to anyone: No matter how far your friends and family are, you can talk to them anytime, anywhere.
2. Find information: If you have a question or want to know something, you can search the internet and find answers instantly.
3. Fun apps: There are thousands of fun apps you can download. You can play games, learn new things, or even draw pictures.
4. Get directions: If you're lost or need to find a new place, a smartphone's GPS can help you get there.
5. Take photos: Smartphones have really good cameras, so you can take photos of your friends, family, and places to remember them by.

Smartphones have changed the way we talk, learn, and have fun every day!

Naksh 3D

NAKSH
 Grade - 3D

UAE - Innovations and Inventions

The world's first University & Research Institute (MIZUJI)

The Museum of the Future - A visionary experience that combines art, technology, and innovation.

The Office of the Future - The first 3D-printed building in the world.

Burj Khalifa - The tallest building in the world.

The Aldar Headquarters - The first circular building in the Middle East.

Hypersloop - The world's fastest watercraft.

Shaun Stephen Math 4B

SHAUN STEPHEN
 Grade - 4B

ADVAIT 4B **Necessity is the mother of invention** **17 Nov**

The thirsty crow

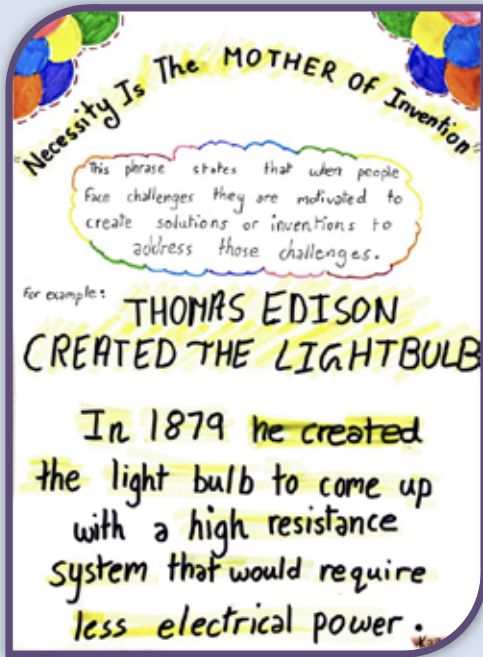
One day, a thirsty crow was flying through the sky looking for water on a hot summer day. He could not find it nearby. Suddenly, he saw a pitcher half-full of water, but he was not able to reach it. He saw some pebbles and stones but could not find anything except pebbles and stones. The crow got a clever idea. He dropped the pebbles one after another in the pitcher through the hole. As a result, the water rose up to the brim. This way, he drank the water and was happy. The moral of the story is:

Necessity is the mother of invention.

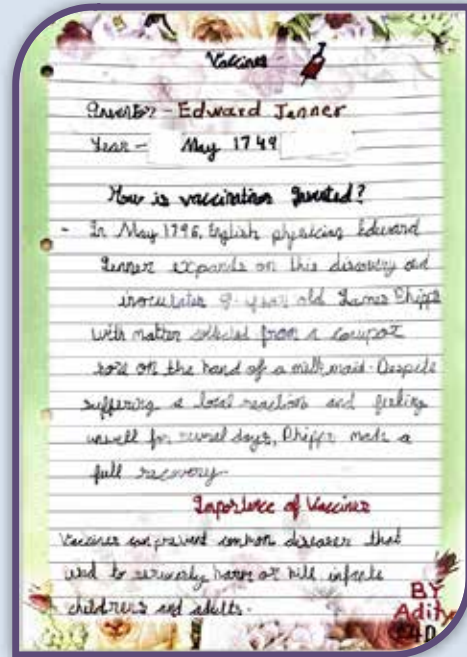
ADVAIT 4B

ADVAIT JAGDALE
 Grade - 4B

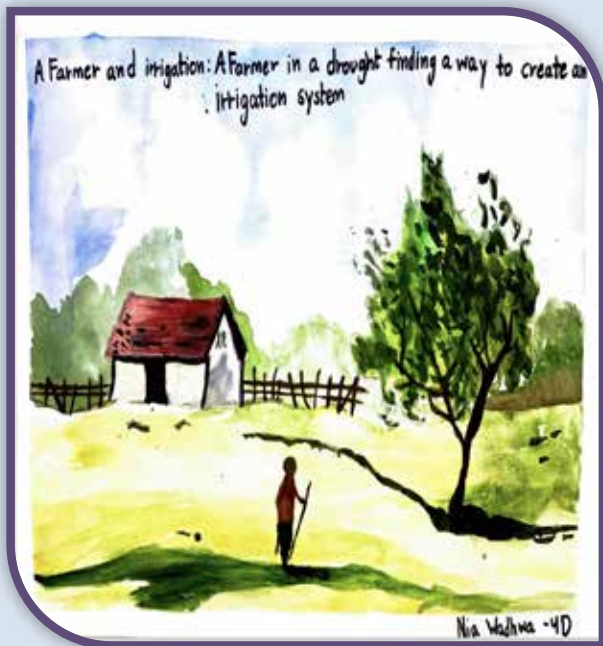
MY SPACE



KAAVYA SHARMA
 Grade - 4D



ADITYA RELEKAR
 Grade - 4D



NIA WADHWA
 Grade - 4D



AVIPSHA CHOUDHURY
 Grade - 4C

The Echoes of War

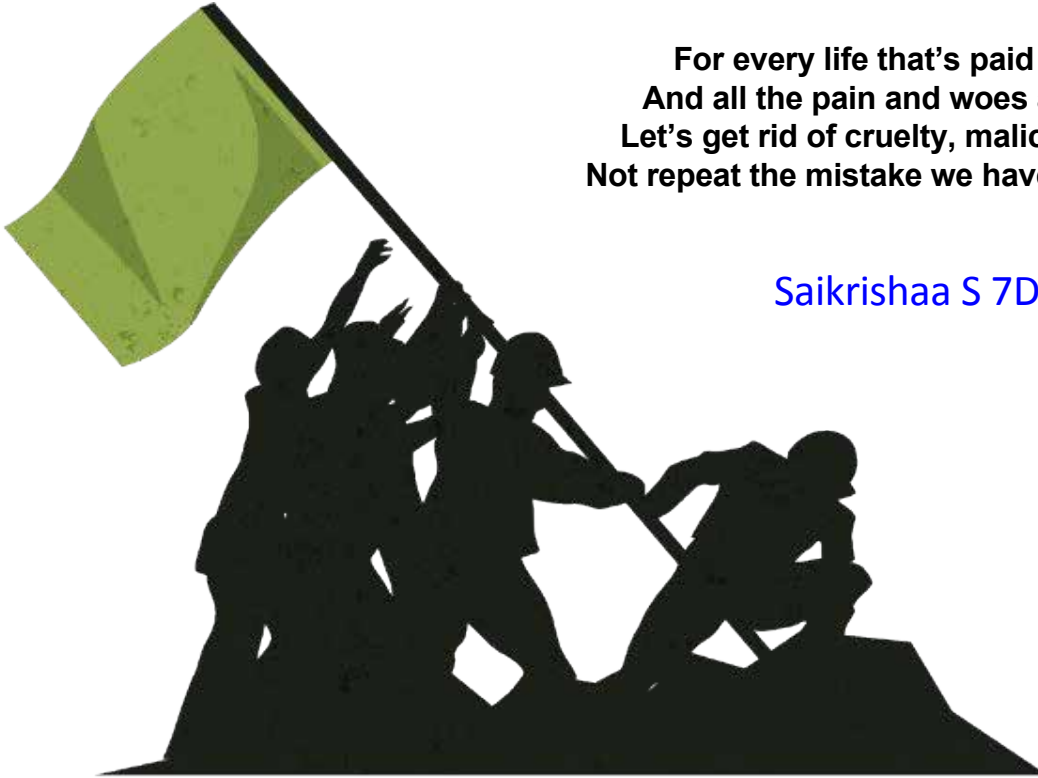
Never to be seen, in hiding all day,
Echoes of battle steal the light away.
For the war to end, we all pray,
The world is washed in black and grey.

For land, money, and revenge they fought,
The violence left the people distraught.
On land, on people, a furious assault,
Amidst the clash of swords, harsh lessons were taught.

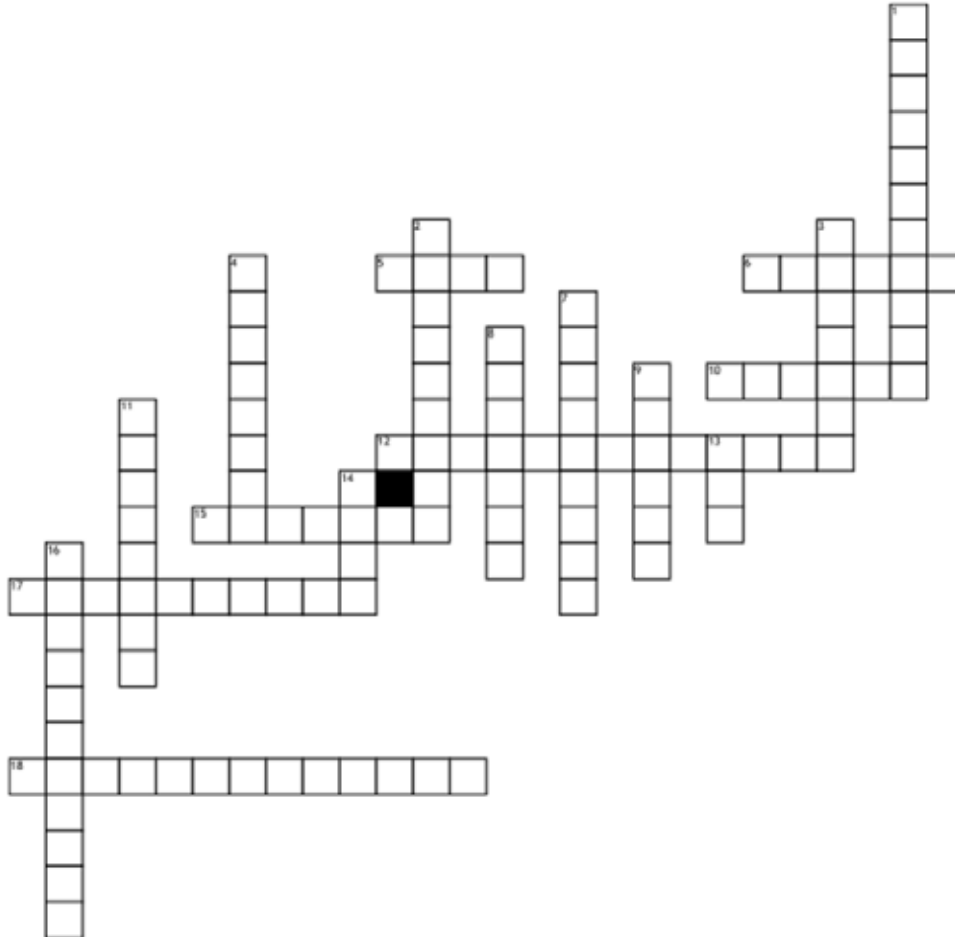
People fleeing, afraid and lost,
Both sides had to pay a heavy cost.
Fighting hard, only to exhaust,
Hope for a world with peace, not torn or tossed.

For every life that's paid a price,
And all the pain and woes and cries,
Let's get rid of cruelty, malice and vice.
Not repeat the mistake we have made twice.

Saikrishaa S 7D



Ancient China



Across

5. Who were the Ming's successors?
6. "Tian" a divine force was referred to as what?
10. The Han dynasty was founded by whom?
12. The most significant archaeological remain found of shang dynasty?
15. During the Last empire china gained victory over which invaders?
17. Which emperor constructed the great wall?

18. What was the palace also referred to as?

Down

1. What was the guide to Chinese civilization by confucius?
2. The chinese used gunpowder for?
3. In 1271 90% of the population was?
4. How many prefectures did the first emperor divide china in?
7. Who was the only female ruler in Chinese history?

8. What did the king worship to?

9. In literature what was the glory of this age?
11. What became the new capital?
13. Sui Wendi was remarkable yet who came after his death?
14. Who was Confucius earliest opponent?
16. Sun zi is famous for writing which book still used today?

BY KESHAVA ACHARI 6D

WORDSMITHS' WALL

All about Halloween

Halloween traces its origins to Samhain, a 2,000-year-old festival celebrated by the Celts in ancient Ireland, Scotland, and Wales. It marked the end of harvest and the beginning of the dark winter. The Celts believed that spirits of the dead returned to Earth on October 31st. People wore costumes to disguise themselves from ghosts and lit bonfires to keep evil spirits away. Roman Influence: After the Roman Empire conquered the Celtic lands, two Roman festivals, Feralia— To honor the dead and Pomona— To celebrate the harvest, combined with Samhain. Pomona's symbol, the apple, may have influenced the Halloween tradition of apple-bobbing.

Halloween and Mental Health Connection

Halloween can help reduce anxiety by allowing people to confront fears in a safe environment. Dressing up in costumes encourages self-expression and creativity. For some, Halloween serves as an opportunity to process fear and loss through storytelling and festivities.

ISHIKA CHAMOLI (8B)

What can we do to improve our mental health ?

Nishant Lahiri 11 A

Let us take a look at some things that we can change in our lives to improve our mental health.

Practice Time Management

- **Prioritize:** Focus on what needs to be done first and break large tasks into smaller, manageable steps to avoid feeling overwhelmed.
- **Avoid procrastination:** Create a study schedule and stick to it, balancing your workload so it's less stressful over time.

Maintain a Balanced Lifestyle

- **Exercise regularly:** Physical activity, like walking, yoga, or sports, helps reduce stress and boosts mood by releasing endorphins.
- **Eat a healthy diet:** Balanced nutrition can improve energy levels and brain function. Include fruits, vegetables, whole grains, and lean proteins.



Build Strong Social Connections

- **Reach out to friends and family:** Staying connected with supportive people can help reduce feelings of isolation and provide emotional support.

Take Breaks and Practice Self-Care

- **Step away from studies:** Take regular short breaks to refresh your mind. Engage in activities you enjoy, like reading, art, or listening to music.
- **Self-care rituals:** Make time for hobbies, spending time outdoors, or simply relaxing. These activities can recharge your energy and enhance well-being.

WORDSMITHS' WALL

IMPORTANT STATISTICS ON MENTAL HEALTH

01

Since the last consensus, it is estimated that over 970 million people around the world suffer from some form of mental health problems.

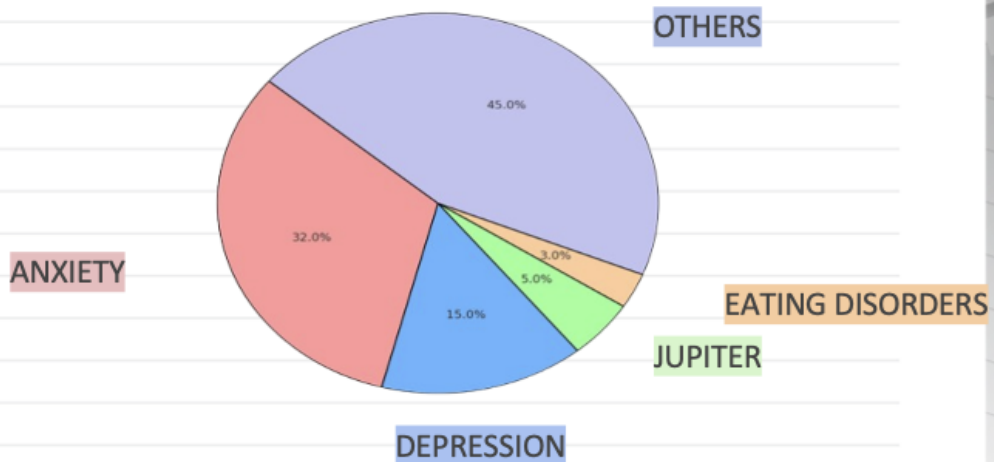
02

Half of all mental health conditions start by the age of 14, but most cases are undetected and untreated. 4-5% of adolescents aged 15-19 worldwide experience depression.

03

Many countries have less than 1 child psychiatrist per 100,000 people, and most healthcare systems lack trained professionals specializing in youth mental health, such as child psychologists or social workers.

Distribution of Common Mental Health Issues Among Youth



Shanon Salins 11A

QUESTIONS TO PONDER ON..

As we reach the end of our magazine, we want to leave you with a few questions...

1) Am I really happy in life ?

1) Do I have a strong support or friend group backing me ?

1) Is there anything else in life that would make me happier than I am now ?

1) Are there any other changes that I can make in life to keep a supportive environment around me?

1) Have I understood the importance of MENTAL HEALTH ?

Shanon Salins IIA

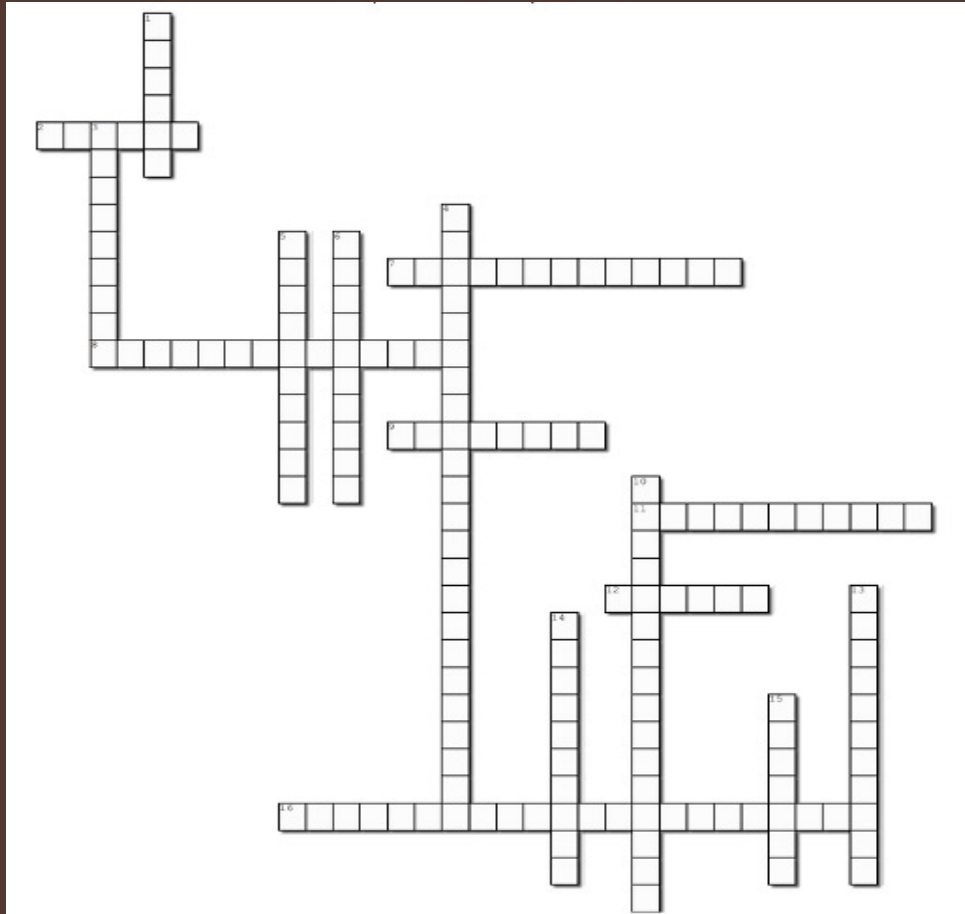
WORDSMITHS' WALL

Make the SCHOOL DAY FLY BY

Totally dragging? These never-look-at-the-clock-again hacks will help.



Mental Health Crossword



Across

2. A situation or an environment causing us emotional and physical
7. The condition of the mind that is essential for our wellbeing
8. Dogs or cats used for coping and support
9. The practice of regular physical activity to boost mental health
11. A mental health crisis intervention program in schools
12. A mechanism we use to overcome or suppress our issues
16. An approach that emphasizes understanding and managing emotions

Down

1. A taboo in society
3. The act of reducing stigma around mental health issues
4. School programs aimed at promoting mental well-being
5. Supportive spaces in schools for discussing mental health
6. A tool for tracking mental health symptoms and moods
10. A professional who provides counseling in schools
13. An activity that helps reduce stress and anxiety
14. A common mental health condition characterized by persistent sadness
15. A condition that is similar to stress

MENTAL HEALTH A W A R E N E S S



Recognizing the signs early can prevent issues from escalating. Awareness leads to timely support and better outcomes

Awareness helps break the stigma. Talking openly about mental health encourages others to seek help without shame.

Increased mental health awareness leads to early recognition and intervention of mental health issues, improving outcomes and preventing further distress.

Mental health awareness involves understanding and recognizing the importance of mental well-being and the impact of mental health on overall quality of life.

POSTER BY TANISHA

WORDSMITHS' WALL

Fight
Cancer!



BREAST CANCER IS ONE OF THE MOST COMMON CANCERS AFFECTING WOMEN WORLDWIDE, INCLUDING IN INDIA. OCTOBER IS RECOGNIZED GLOBALLY AS BREAST CANCER AWARENESS MONTH, A TIME TO INCREASE PUBLIC KNOWLEDGE, ENCOURAGE EARLY DETECTION, AND SUPPORT THOSE BATTLING THE DISEASE. WHAT IS BREAST CANCER? BREAST CANCER OCCURS WHEN ABNORMAL CELLS IN THE BREAST GROW UNCONTROLLABLY, FORMING A TUMOR. THESE TUMORS CAN BE BENIGN (NON-CANCEROUS) OR MALIGNANT (CANCEROUS). WHILE BREAST CANCER IS MORE COMMON IN WOMEN, MEN CAN ALSO DEVELOP IT, THOUGH AT MUCH LOWER RATES.



SYMPTOMS TO WATCH FOR IT IS ESSENTIAL TO RECOGNIZE THE SYMPTOMS OF BREAST CANCER EARLY. COMMON SIGNS INCLUDE:

- A LUMP IN THE BREAST OR ARMPIT
- CHANGE IN BREAST SIZE OR SHAPE
- UNEXPLAINED PAIN IN THE BREAST OR NIPPLE
- SKIN CHANGES, SUCH AS DIMPLING OR REDNESS

REGULAR SELF-EXAMS AND CLINICAL CHECK-UPS ARE CRITICAL FOR EARLY DETECTION, WHICH SIGNIFICANTLY INCREASES THE CHANCES OF SUCCESSFUL TREATMENT.



Mardi Gras in France: A Festival of Joy & Tradition

What is Mardi Gras?

- Mardi Gras, also known as "Fat Tuesday," is a Christian holiday and cultural celebration marking the last day of Carnival season, the day before Ash Wednesday.
- Originating in medieval Europe, it is celebrated with feasts, music, and dancing before the fasting period of Lent.

How It's Celebrated in France

- Parades with colorful floats, masks, and costumes fill the streets, especially in cities like Nice and Dunkirk.
- Special pastries like "crêpes," "beignets," and "gaufres" (waffles) are traditionally enjoyed.
- Festivities include music, street performances, and people throwing confetti, with a focus on enjoying food and celebration before Lent.



- Patrina Steffy - 9 A

Day of the Dead (Día de Muertos)

Day of the Dead (Día De Los Muertos) is a two-day holiday that reunites the living and dead.

Families create ofrendas (Offerings) to honor their departed family



members that have passed. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations



BY KANISHKAA 9A

WORDSMITHS' WALL

HALLOWEEN

It is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. According to the Celts Halloween the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits. It is special for remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

It is still celebrated now by people by wearing scary costumes, trick or treating, attending Halloween costume parties, carving pumpkins or turnips into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, etc.



PRANSHU AGARWAL

WORDSMITHS' WALL



Navaratri: Nine Nights of Color, Dance, and Devotion

Navaratri is a vibrant nine-day festival celebrating the victory of good over evil, honoring goddess Durga in her various forms. Each day is marked by a different color, symbolizing the goddess's energy, and the festival blends spirituality with lively community events.

In states like Gujarat, garba and dandiya dances light up the night, with spinning circles and rhythmic clashing sticks symbolizing Durga's battles. Fasting also plays a role, with special, flavorful dishes made from unique ingredients.

Navaratri is also a time of renewal and reflection. As devotees fast, pray, and participate in rituals, many use the festival to cleanse not just their bodies but their minds. The focus on inner strength, resilience, and the triumph of light over darkness inspires both spiritual growth and community connection. Whether through dance, prayer, or simply embracing the festive spirit, Navaratri becomes a powerful reminder of life's cycles and the importance of harmony.

ADVIKA TODKAR





NAVRATRI

WHAT IS NAVRATRI?

Navratri, the festival of nine nights, is dedicated to the Divine Feminine as a celebration of faith, culture and tradition. The festival occurs over a period of nine days in the month of Ashvin (usually in September and October). It often ends with the festival of Dussehra or Vijayadashmi on the 10th day. Navratri is typically held 4 times a year, with the early autumn festival, called Sharad Navratri being the most significant.

WHY IS IT CELEBRATED?

Navratri is dedicated to the different aspects of the divine feminine principle or Shakti. This festival lasts for nine days and nights, during which various forms of the Devi are worshiped. It is believed that Rama, the seventh avatar of Vishnu, was advised to worship the Goddess to ensure victory over his enemy Ravana. During each of the nine days of this battle Rama worshiped a distinct form of the Goddess. He finally achieved victory on the day after Navratri, known as Vijaya Dashami or Dussehra.

- Shailputri: The first form of Durga, she is the daughter of the Himalayas and represents the purity and innocence of nature.
- Brahmacharini: She symbolizes the pursuit of knowledge and is often depicted holding a rosary and a water pot.
- Chandraghanta: This form represents bravery and courage, as she adorns a crescent moon-shaped ornament on her forehead.
- Kushmanda: The creator of the universe, Kushmanda signifies the source of all energy and vitality.
- Skandamata: As the mother of Lord Kartikeya, she stands for the power of a mother's love and protection.
- Katyayani: This fierce form of Durga is worshiped for her ability to destroy evil forces and protect her devotees.
- Kalratri: Depicting the dark side of life, she is a symbol of destruction and liberation from ignorance.
- Mahagauri: This form represents purity and is often depicted in white attire, symbolizing peace and serenity.
- Siddhidatri: The final form of Durga, Siddhidatri is believed to grant devotees spiritual powers and enlightenment.

Navratri is celebrated differently in India's various regions. For many people it is a time of religious reflection and fasting.

DANCE AND CELEBRATION

Garba is a dance that honors, worships, and celebrates the feminine form of divinity. Garba is performed in a circle. In Hinduism, time is cyclical. As the cycle of time revolves, from birth to life to death to rebirth, the only thing that is constant is the Goddess, an unmoving symbol in the midst of all of this unending and infinite movement. The dance symbolizes that God, is the only thing that remains unchanging in a constantly changing universe.

AANYA GUPTA



WORDSMITHS' WALL

Festivals of Autumn



Find the following words in the puzzle.
 Words are hidden → ↓ and ↘ .

dia de los muertos
 autumn equinox
 thanksgiving
 guy fawkes day

oktoberfest
 halloween
 navratri
 chuseouk

diwali

ANANYA BALAJI

WORDSMITHS' WALL

Across

2. The Staple Vegetable of this Festival
3. The Eve of All Saints Day
6. A Necessity for a Witch
7. Celebrated this Festival as the start of Harvest Season

Down

1. Given as a ultimatum to a treat
2. A Type of Ghost that causes Physical Disturbances
4. An Animal recognized as a Bad Omen
5. Originating from the Turkish word for Witch

PRARTHNA GEHANI

THE IMPORTANCE OF FITNESS AND THE DUBAI FITNESS CHALLENGE



THE IMPORTANCE OF FITNESS AND THE DUBAI FITNESS CHALLENGE

One cannot stress the importance of fitness. Our sedentary lifestyles and desk jobs mean that there has been an increase in illnesses like cardiovascular diseases, diabetes, etc. The easy availability of processed junk food and dependence on digital devices means even children are now having obesity and other weight-related illnesses. The only way to counteract the negative effects is to focus on fitness.

Regular exercise offers us myriad benefits. The most important is improvement in our physical health. People who exercise regularly have lower chances of developing chronic diseases like diabetes, heart disease, strokes etc. Regular physical exercise means stronger bones and muscles, which leads to a better quality of life as we grow older. A better body composition not only makes a person look good, but it is also important for their overall health. It also helps in increasing immunity, which leads to fewer sick days. When one exercises, a number of neurotransmitters are released, including endorphins and dopamine. This is the why one gets a "high" at the end of their run or exercise. These neurotransmitters help in reducing anxiety and stress, which means better mental health. Playing a sport or exercising in a group also helps in socialising. This, in turn, helps better relations with friends and relatives, leading to a feeling of community.

Understanding the importance of fitness, there has been an uptick in people making more of an effort to get fit and healthy. The Dubai Government too stepped up to create a healthier lifestyle for the residents of the emirate, leading to the Dubai Fitness Challenge. Come November, as the weather cools down, the entire city prepares itself for the Dubai Fitness Challenge.

Initiated by His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai, Deputy Prime Minister and Minister of Defence of the UAE, and Chairman of The Executive Council of Dubai, in the year 2017, the Dubai Fitness Challenge has motivated millions to embrace healthier lifestyles. The basic concept of the Dubai Fitness challenge is to do thirty minutes of fitness/exercise for thirty days (30x30).

PARENTS' PANORAMA

There is an extensive array of city-wide events, free workouts, exciting tournaments and wellness opportunities for the residents of the city to keep themselves motivated and physically fit. By creating a vibrant fitness community, the initiative encourages people of all ages and fitness levels to participate in various activities, such as running, cycling, swimming, yoga, and gym workouts. The fitness challenge includes local community events and world-class sporting spectacles like the Dubai Women's Run, Dubai Ride and the Dubai Run.

Ambassador School is also taking part wholeheartedly in the Dubai Fitness Challenge, with daily activities to motivate and inspire the students to embrace a healthy lifestyle. The activities range from Zumba to Yoga and the heats for the school's annual sports day scheduled for January 2025. By having the activities for Dubai 30x30 at school, Ambassador is teaching our children how to achieve fitness by scheduling just thirty minutes a day.

Dwayne 'The Rock' Johnson had said, **“Success isn't always about greatness. It's about consistency. Consistent hard work gains success. Greatness will come.”** 30x30 of the Dubai fitness challenge is the first step for those who want to have a healthy lifestyle. By consistently moving for thirty minutes every day, physical fitness can soon be a part of our routine, helping us lead better lives.

By Harshita Nanda
Parent of Rishabh Agarwal 10A

FOUNDER'S DAY @ASD

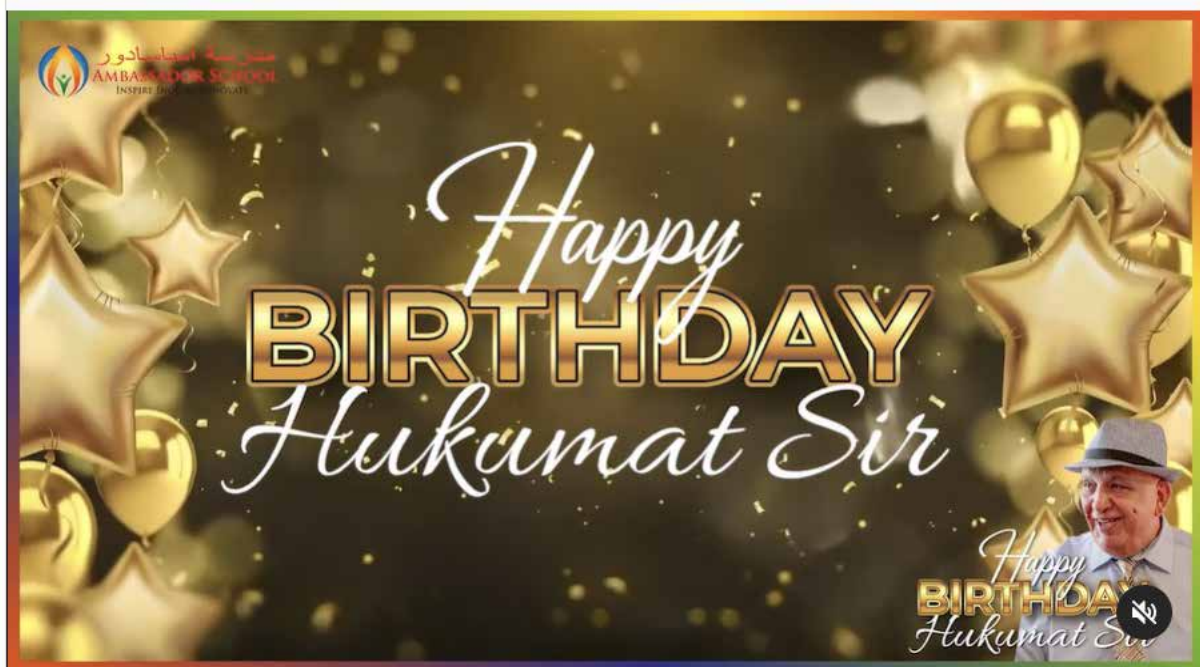
Happy Birthday Mr Hukumat Kalwani, Chairperson, Ambassador Group of Schools!

The wider ASD community: students, teachers, staff and parents mark 6th November very fondly and we jointly celebrate our dear founder Hukumat Sir's birthday.

6th November is a day to add into the annals of the history of school education for Ambassador group of schools in the UAE. We come together to celebrate the vision, dedication, and a legacy given to us.

Happy Birthday Sir! Here's to many more years of health, happiness, and success stories to write.

Today, we celebrate not only your special day but also the incredible impact you've had on our school and community. Your commitment to creating a nurturing and inspiring environment for learning has paved the way for generations of students to thrive. From our talented students and dedicated faculty to our supportive community, we are grateful for the foundation you laid and the values you have instilled. We promise to carry forward this legacy by continuing to strive for excellence, compassion, and innovation in all that we do.



UAE – FLAG DAY CELEBRATION

UAE Flag Day, celebrating the spirit of the Emirates! The UAE flag is more than just a symbol; it's a representation of the country's shared values, dreams, and unwavering pride. Let's continue to uphold the values of unity and patriotism that the UAE flag represents."

Happy UAE Flag Day 2024!"



CHILDREN'S DAY CELEBRATION

For our children...with love...from ASD Staff

Children's Day-A day to honor the laughter, dreams, and imagination of our little ones.

Children's Day, thus was celebrated with great enthusiasm and joy at Ambassador School, Dubai. [The event aimed to honor the spirit of childhood and commemorate the birth anniversary of Indian's first Prime Minister, Pandit Jawaharlal Nehru. The day is eventful in many ways including recognizing and celebrating childhood and the power of youth, the greatest resource a nation could have and thus calls for their proper nurturing and enrichment in health and education.

A series of fun and joyful activities were organized to make the day memorable for the children. The day kicked off with a special assembly where Kindergarten teachers and aunties put together a beautiful program of dances & songs for the little kindergartners.

The primary teachers performed and surprised their students with a thrilling dance performance, skit and a beautiful song. The assembly was thoroughly enjoyed by all followed by a talent show organized for the students of Grades 1-4 where the students displayed their skills in the most vibrant and creative way.

The Children's Day celebration was indeed an exciting day providing children with an opportunity to have fun, learn, and express themselves. It highlighted the importance of child welfare and the collective responsibility to ensure a brighter future for every child.

We love you children!



CELEBRATIONS GALORE

DIWALI CELEBRATION

Diwali celebration@ ASD

“Let the diyas of Diwali illuminate your life with peace, contentment, and joy that sparkles throughout the year!”

When joys are shared, happiness multiplies. It is so true to ASD's Diwali Celebration where students, teachers and staff jointly enjoyed the festive spirit, ushered in with the usual zeal and enthusiasm. The ASD campus today sparkled with the joy and warmth of the festive season. Dressed in traditional attire, students indeed felt the connection with their cultural heritage and just sailed in the mood of the festival of lights. An hour of some fabulous artwork kept our children so engaged in preparing the festive décor. From Paper Plate Rangoli, to Greetings, from Paper Diyas to Wall Hangings, our students were found in their creative best. This festival of lights brought us all together as one family, celebrating heritage, friendship, and positivity. Thank you to everyone who made this day unforgettable! Here's to spreading more light, love, and joy. Happy Diwali from all of us at ASD.



WELL DONE EKAGR!

Ambassador School Dubai takes pride in announcing that our very own teacher Ms. Silvia, has been honored as a Teacher Champion by the Voice of Future Generations (VoFG), an initiative organized by the Emirates Literature Foundation. Ms. Silvia was recognized for her exceptional mentorship of Myra Jaju, a Grade 3A student whose original story was shortlisted for inclusion in a published anthology. Both Ms. Silvia and Myra were lauded for their outstanding work at a special ceremony attended by HH Sheikha Hissa Bint Hamdan Bin Rashid Al Maktoum, Goodwill Ambassador for the Middle East Region for VoFG and Her Excellency Aisha Abdulla Miran, Director General of KHDA.

Congratulations Ms. Silvia for your unwavering dedication in discovering and fostering the potential of our budding authors.



Well-being Calendar

November 2024



<p>1</p> <p>What makes you different or weird, that's your strength-</p> <p>Use one of your strengths in a new or creative way.</p>	<p>2</p> <p>Find out something new about someone you care about-</p> <p>Sometimes it takes only one act of kindness and caring to change a person's life.</p>	<p>3</p> <p>Turn up the volume, close your eyes and let the music take over your soul-</p> <p>Enjoy new music today. Play, sing, dance or listen.</p>	<p>4</p> <p>Hang out with people who fit your future not your history-</p> <p>Join a friend doing their hobby and find out why they love it.</p>	<p>5</p> <p>Trust your crazy idea-</p> <p>Discover your artistic side. Design your own greeting cards.</p>
<p>6</p> <p>Face the challenges in life-</p> <p>Look for the gift in something you find challenging.</p>	<p>7</p> <p>Gratitude is the greatest prayer-</p> <p>Talk about gratitude at the dinner table tonight.</p>	<p>8</p> <p>Being happy is the greatest form of success-</p> <p>Do something you love doing today. Be sure to give yourself time to feel the experience.</p>	<p>9</p> <p>Difficult roads often lead to beautiful destination-</p> <p>Practice mindful breathing when you're facing a painful situation.</p>	<p>10</p> <p>Make a list of new things you want to do this month-</p> <p>A new month is a chance to reach your goals this time</p>
<p>11</p> <p>Try something new-</p> <p>Make a list of new things you want to do this month.</p>	<p>12</p> <p>No pressure, no diamonds-</p> <p>Respond to a difficult situation in a different way.</p>	<p>13</p> <p>Make each day your masterpiece-</p> <p>Sign up to join a new course, activity or online community.</p>	<p>14</p> <p>Curiosity is the key to creativity-</p> <p>Be curious. Learn about a new topic or an inspiring idea.</p>	<p>15</p> <p>Controlling your time helps overcome frustration-</p> <p>Overcome a frustration by trying out a new approach.</p>
<p>16</p> <p>A wise man travels to discover himself-</p> <p>Choose different route and see what you notice on the way.</p>	<p>17</p> <p>A kind gesture can reach a wound that only compassion can heal-</p> <p>Find a new way to help or support a cause you care about.</p>	<p>18</p> <p>There are always flowers for those who want to see them-</p> <p>Look at life through someone else's eyes and see their perspective.</p>	<p>19</p> <p>One generation plants the trees and another gets the shade-</p> <p>Connect with someone from a different generation.</p>	<p>20</p> <p>You will never change your life until you change something you do daily-</p> <p>Change your normal routine today and notice how you feel.</p>
<p>21</p> <p>Make exercising a priority and you will end up having time for it-</p> <p>Give yourself a boost. Try a new way of being physically active.</p>	<p>22</p> <p>Creativity is contagious, pass it on-</p> <p>Be creative, cook, draw, write, paint, make or inspire.</p>	<p>23</p> <p>Look for new reasons to be hopeful, even in tough times-</p> <p>Hope is the one thing that can help us get through the darkest of time.</p>	<p>24</p> <p>Use one of your strengths in a new or creative way-</p> <p>The future belongs to those who learn more skills and combine them in creative ways.</p>	<p>25</p> <p>Try out a different radio station or show-</p> <p>TV gives everyone an image, but radio gives birth to a million images in a million brains.</p>
<p>26</p> <p>Join a friend doing their hobby and find out why they love it-</p> <p>Make time to follow your passion and never let your hobbies and interests take a back seat.</p>	<p>27</p> <p>Discover your hidden skill-</p> <p>I believe that every person is born with talent.</p>	<p>28</p> <p>Enjoy new music today- play, sing, dance or listen-</p> <p>Turn up the volume close your eyes and let the music take over your soul.</p>	<p>29</p> <p>Find a new way to tell someone you appreciate them-</p> <p>Appreciation can make a day, even change a life. Your willingness to put it all into words is all that is necessary.</p>	<p>30</p> <p>Set aside a regular time to pursue an activity you love-</p> <p>People who use time wisely spend it on activities that advance their overall purpose in life.</p>
<p>31</p> <p>Speak up, believe in yourself, take risks-</p> <p>You will never experience personal growth, if you fear taking chance.</p>				