

October 2024

Monthly Newsletter



Ambassador Times



@ambassadorDXB



@ambassador-school



ambassadorschool.com



+971 04 398 3535 / +971 55 910 7306



@ambassadorschool



@ambassadorschool.ae



@ambassadorschooldubai



admissions@ambassadorschool.com



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

From the Principal

'Your health is an investment, not an expense'. - Unknown

In our journey toward academic excellence, it's easy to get caught up in assignments, exams, and daily responsibilities. However, there is one invaluable lesson I hope each of you takes to heart: "Health is Wealth." This timeless adage reminds us that our well-being forms the foundation upon which all other success is built. In our fast-paced world, it's easy to prioritize achievement over health. But, without a sound body and mind, we lack the energy and focus needed to reach our full potential. Good health enables us to embrace challenges, connect meaningfully with others, and contribute positively to our community.

Here at Ambassador School, Dubai, we are committed to nurturing not only your minds but also your bodies and spirits. Physical education, nutritious meals, and mental health resources are integral parts of our educational environment. We encourage every student to get involved in sports, stay active, and develop habits that will promote lifelong well-being. Mental health is just as important as physical health. If you're feeling overwhelmed, stressed, or anxious, please remember that you are not alone. We have counselors, teachers, and supportive staff who are here to listen and help. Reach out; a strong support system is essential to our well-being.

Thus the school's commitment to a one month long Dubai Fitness Challenge,

especially at a time when there is a nip in the temperatures and the outdoors are beautiful for workouts, bring out our children across phases and grades for regular fitness programs. From energetic, music supported Zumba to meditative Yoga, from vigorous stretches to obstacle races, students are nudged to think about the significance of health being a priceless wealth and why investing in it gives lifelong returns.

Let us remember that true success is not just about grades or trophies—it's about the strength to persevere, the resilience to face challenges, and the happiness that comes from being at our best. So, prioritize your health, make time for exercise, choose balanced meals, and nurture positive relationships. Let's all work together to make ASD, a place where health and happiness go hand in hand with academic achievements

Here's to a bright, healthy future!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

AL FALAH 2024



INTERNATIONAL FOOD FESTIVAL



HIGHLIGHTS OF THE MONTH

AL FALAH 2024

“Collaboration allows teachers to capture each other’s fund of collective intelligence”-Mike Schmoker

Ambassador School, Dubai was excited to host its 6th edition of Al Falah - the Interschool Student led seminar for the Abled, Gifted and Talented learners of grades 9 to 12, that was conducted on 28th September 2024.

The students of various schools presented their innovations focusing on the theme, 'Enabling assistive technologies in communities through AI & Robotics'. The themes presented by the groups included - local government services, education, public safety, economic development, healthcare and social services. The mentors from each school were given opportunities to interact with the group which further helped channelize their ideas.

The panelists were impressed by the participants' ability to come up with working models powered through AI & Robotics. The session this year included activities organized for the mentors from school.



HIGHLIGHTS OF THE MONTH

INTERNATIONAL FOOD FESTIVAL

International Food Festival @ ASD
'Tasting the world, one dish at a time.'

On 16th October, our school hosted a diverse International Food Festival, organized by the French, Hindi, and Arabic departments, with Grade 5 to 9 students contributing and selling dishes from various countries. The event was both a cultural celebration and a learning experience, where students managed food stalls, sales, and customer interactions, building teamwork and budgeting skills. Each stall was creatively decorated with informative posters about the dishes and their cultural origins, adding an educational element.

The lively atmosphere reflected the excitement of both sellers and buyers, and proceeds from the festival will be donated to charity, furthering the event's positive impact. The festival encouraged cultural appreciation and strengthened the sense of community in the school, while instilling the respect for culinary diversity and the need to be cautious with food waste, a SDG goal must to aim at.



AMBASSADOR KG



Our KG students actively participated in fun, hands-on activities that taught them the importance of proper hand hygiene to stay healthy and prevent the spread of germs. Through interactive sessions with songs and stories, children learned the 5 essential steps to handwashing.



AMBASSADOR KG



On the occasion of World Food Day, students of Kindergarten were explained the importance of Food. Our little learners were introduced to the difference between ****healthy food**** and ****junk food**** through fun activities, including a quiz that got everyone thinking about better food choices! Throughout the week, students participated in engaging activities designed to raise awareness about the benefits of nutritious food. This year's theme is **Healthy Food for a Healthy Future**.



CLASS MAGAZINE PRIMARY

TEAMWORK
MAKES THE
DREAM WORK



MY SPACE



NIA WADHWA
 Grade - 4D



NAVYA
 Grade - 4D



NAKSH
 Grade - 3D

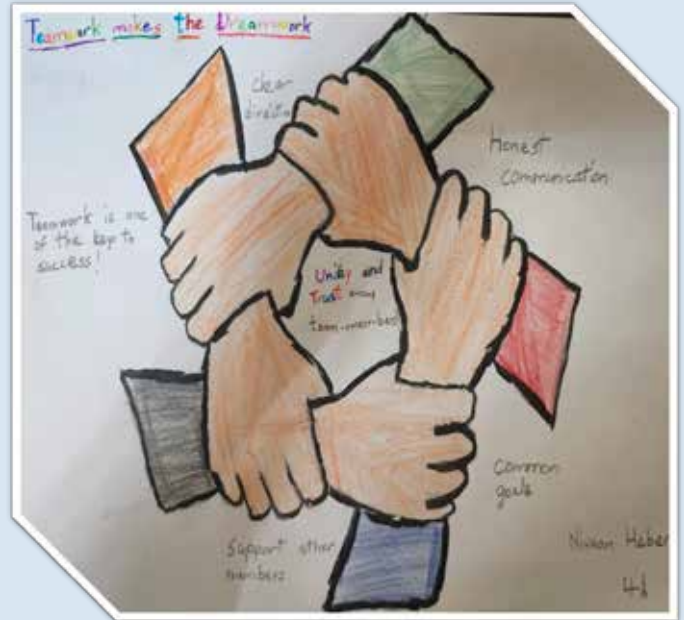


MYSHA
 Grade - 3D

MY SPACE



AANVI
 Grade - 2B



NIVAAN HEBER
 Grade - 4A

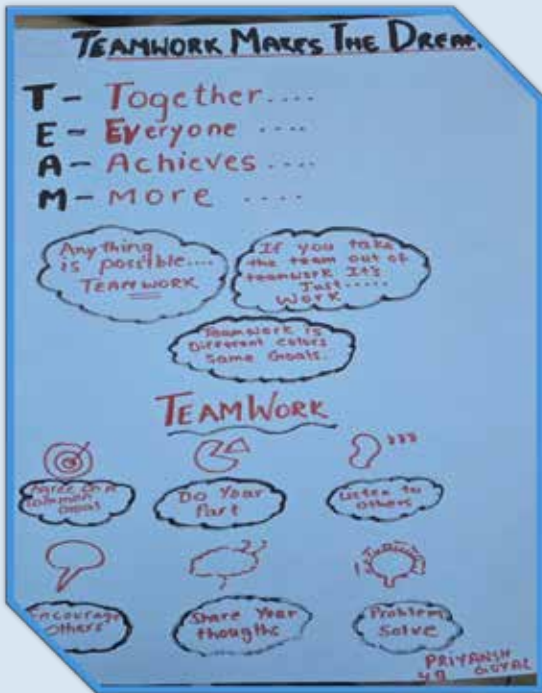


AGASTYA
 Grade - 4A



ADVAIT
 Grade - 4B

MY SPACE



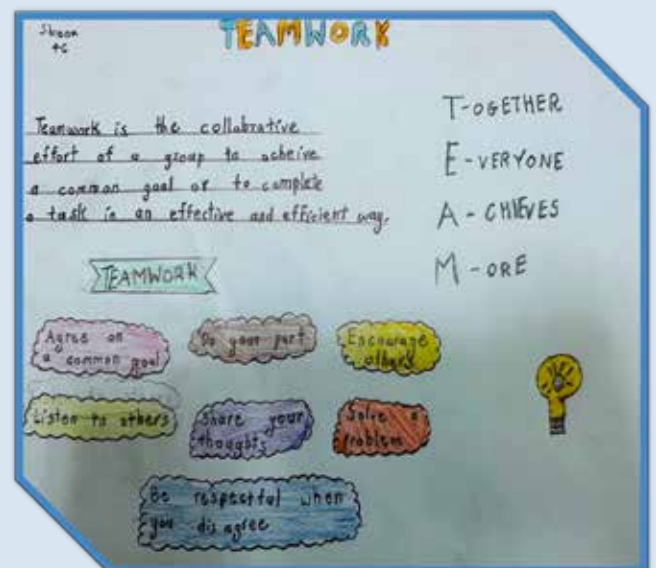
PRIYANSH GOYAL
 Grade - 4B



VIYONA
 Grade - 4B



RAGHAVI
 Grade - 5C



SHRENA
 Grade - 4C

MY SPACE



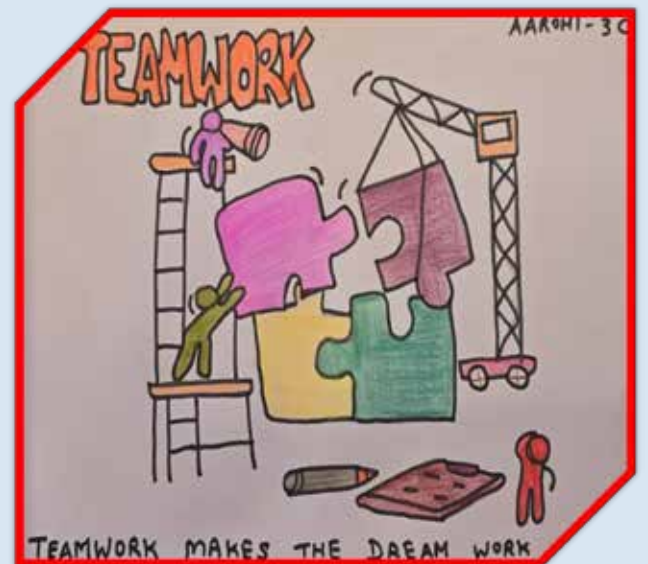
YANA
 Grade - 4C



DHIAAN
 Grade - 3B



KRISNA
 Grade - 3C



AAROHI
 Grade - 3C

The Echoes of War

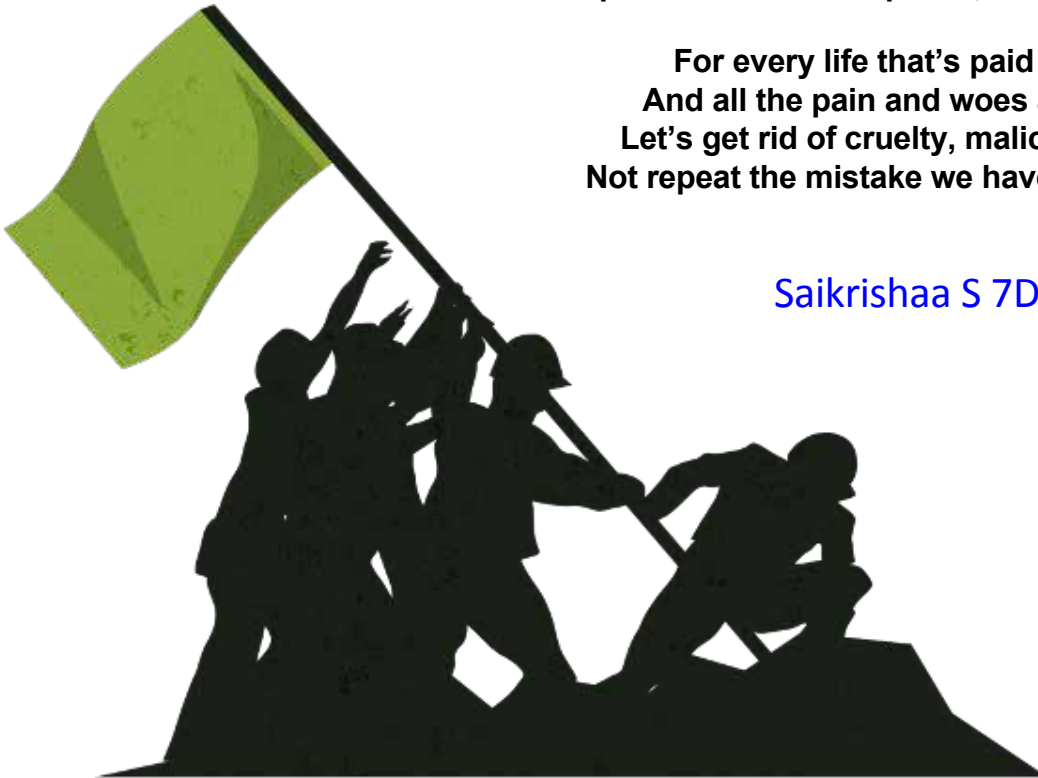
Never to be seen, in hiding all day,
Echoes of battle steal the light away.
For the war to end, we all pray,
The world is washed in black and grey.

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.

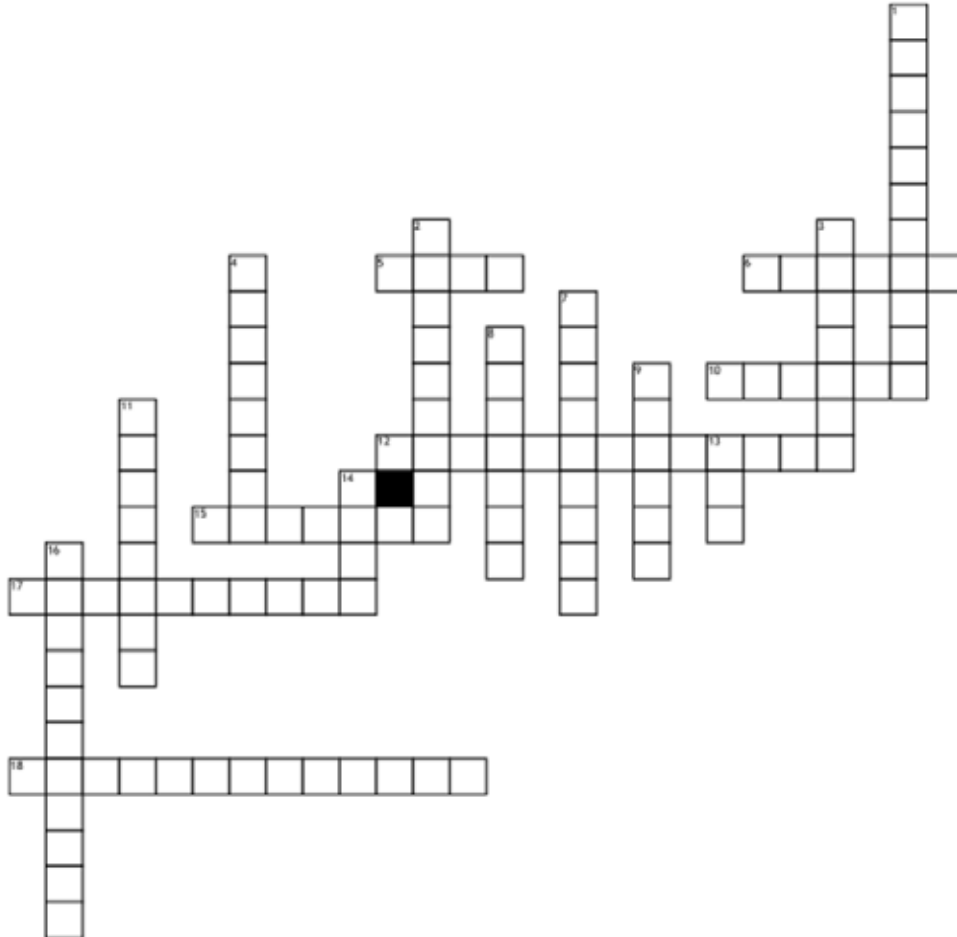
People fleeing, afraid and lost,
Both sides had to pay a heavy cost.
Fighting hard, only to exhaust,
Hope for a world with peace, not torn or tossed.

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.

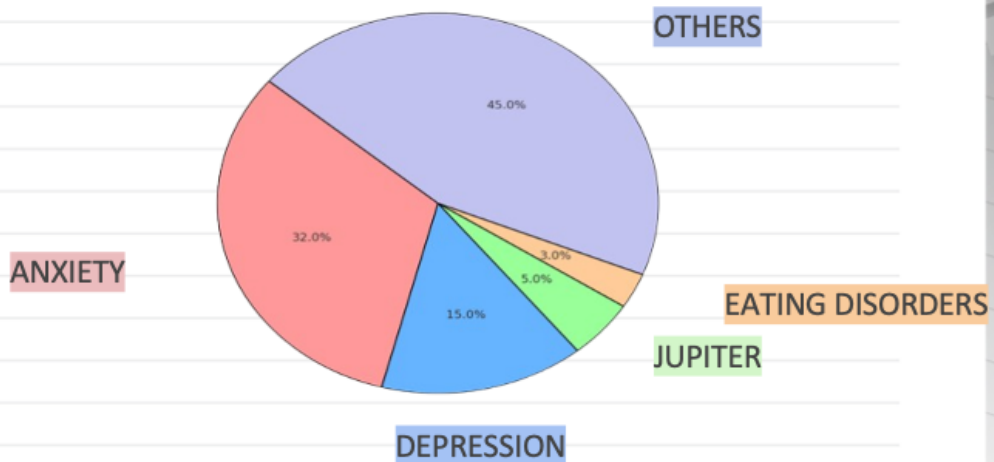
02

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

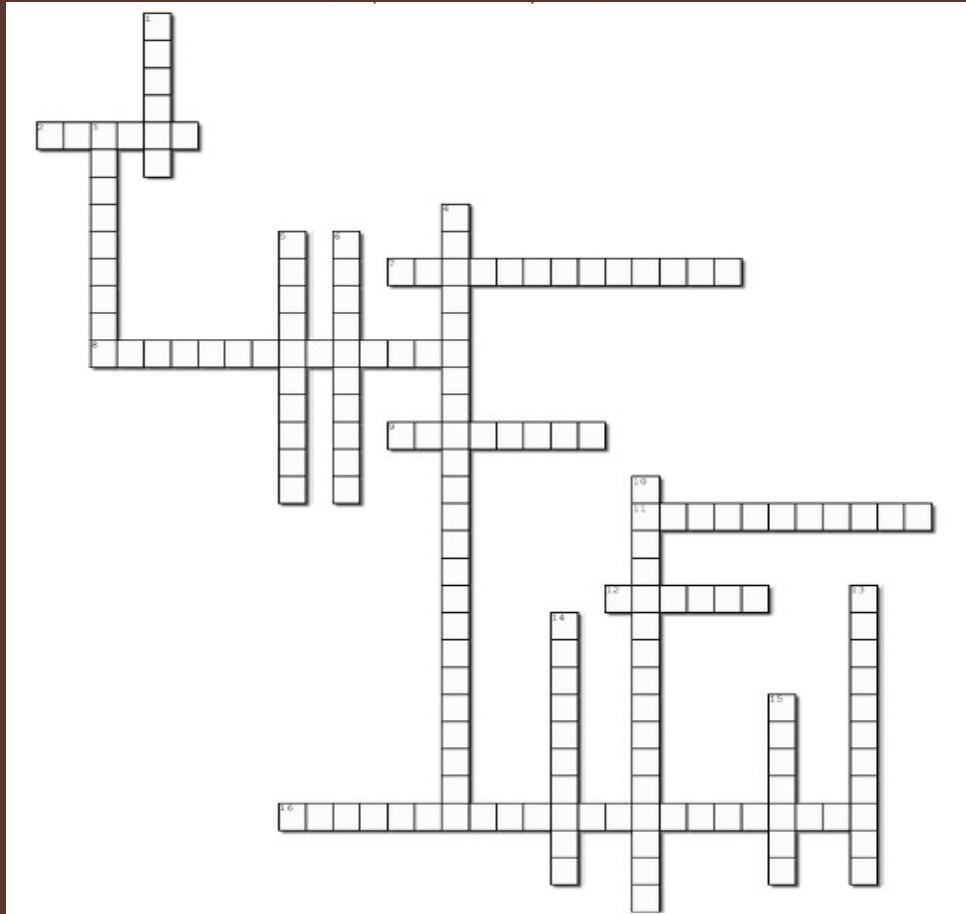
WORDSMITHS' WALL

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 or 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 - 9A

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

INVENTION OF THE ELECTRIC CAR



The first useful electric cars was invented by William Morrison. His invention was a major turning point in the development of electric vehicles, even though it wasn't the first one ever produced.

A synopsis of his effort is provided below:

Morrison Electric: Morrison debuted the six-passenger electric carriage known as the Morrison Electric in 1890.

Key Features: The lead-acid battery in this car had a range of around 100 miles and could reach a maximum speed of about 14 miles per hour.

Impact: The Morrison Electric contributed to the development of the idea of electric transportation and was a well-liked and prosperous car for its day.

BY KESHA VA ACHARI 6D

INSIDE AN ELECTRIC BUS

Battery Management Systems (BMS):

To guarantee optimum performance and safety, these systems keep an eye on the battery's voltage, temperature, and charge level.

Electric motors:

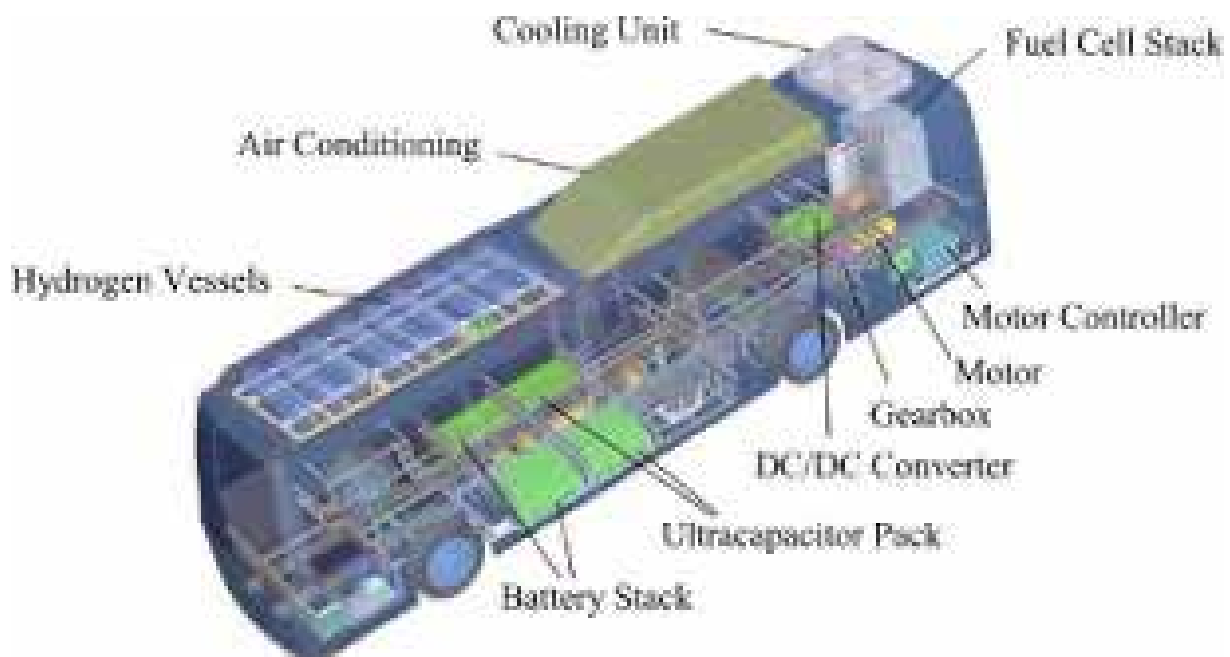
Permanent Magnet Synchronous Motors (PMSMs): These motors can be more costly, but they have great torque and efficiency.

Regenerative Braking:

When the bus brakes, the electric motor acts as a generator, converting kinetic energy into electrical energy and storing it in the battery. This improves efficiency and extends battery life

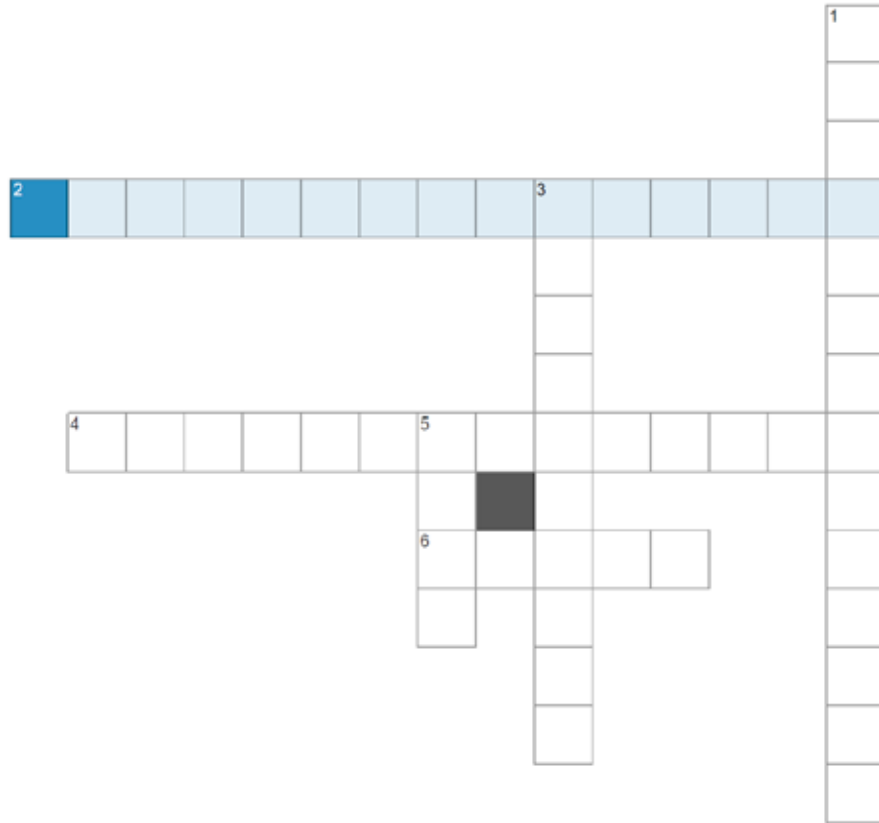
Energy Recovery:

The electric motor functions as a generator when the bus brakes, transforming kinetic energy into electrical energy and storing it in the battery until it is needed. This increases battery life and efficiency.



ARAVPATY ANBUPATY 10A

CROSSWORD PUZZLE



Across

- 2) Inventor of hybrid vehicles
- 4) Invented the DC motor
- 6) Most famous EV manufacturer

Down

- 1) Father of the Electric Car
- 3) Indian initiative for electric busses
- 5) Dubai's initiative for sustainable transport.

CELEBRATIONS GALORE

SNOW ABU DHABI TRIP – 2024

On 9th October, 2024, students from grades 9 to 12, accompanied by their enthusiastic teachers, embarked on an exciting trip to Snow Abu Dhabi. This unique indoor snow park offered a perfect escape into a winter wonderland, allowing students to enjoy a day filled with fun and adventure.

Upon arrival, students were immediately captivated by the snowy landscape. They quickly donned their winter gear and dashed into the snow arena, where a range of activities awaited them. The atmosphere buzzed with excitement as students engaged in various games, from building snowmen to racing down slopes. One of the highlights of the day was the exhilarating snow fights. Laughter echoed as students playfully hurled snowballs at each other, creating a spirited and friendly competition. The joy of camaraderie was evident as they teamed up for epic snow battles and even when they took on the zipline.

Cheers and shouts of excitement filled the air, making it a memorable experience for everyone involved. Overall, the trip to Snow Abu Dhabi was a resounding success. Students not only enjoyed the various activities but also created lasting memories with their friends and teachers. This adventure provided a wonderful opportunity for bonding and laughter, leaving everyone eagerly anticipating future outings together.



GLOBAL HANDWASHING DAY – 2024

We had an exciting and educational day celebrating Global Handwashing Day with our little learners on 15th October 2024! Our students actively participated in fun, hands-on activities that taught them the importance of proper hand hygiene to stay healthy and prevent the spread of germs. Through interactive sessions with songs and stories, children learned the 5 essential steps to handwashing.

Our goal is to make handwashing a daily habit for our students, promoting health and well-being in the classroom and beyond. Students loved learning through play, and we're proud of their enthusiasm for maintaining clean, healthy hands!

As part of our Global Handwashing Day activities, we also sent home a special assignment to involve parents in teaching the importance of proper hand hygiene to their children, thus parents can reinforce what's taught in school, helping children to understand the importance of hand hygiene in a fun and engaging way! By working together, we can help our little ones develop healthy habits that last a lifetime!



Steps of handwashing



Global Handwashing Day
KG 2D



WELL DONE EKAGR!

Ambassador School Dubai is delighted to celebrate the achievement of Ekagr Chhibber, a Grade 3 student, for his remarkable participation in the Emirates Environmental Group's (EEG) Neighbourhood Recycling Project 2024 (NRP 2024), held from June 1st to 30th September, 2024.

Ekagr has consistently participated in all sustainability initiatives at Ambassador School, including the waste paper and E-waste collection campaigns. Ekagr has been awarded with a certificate, and EEG Student Membership Card, in recognition of his significant contribution to recycling efforts. He collected an impressive 461 kg of paper and 118 kg of plastic. Ekagr's dedication also earned him the privilege of having five trees planted in his name, during the 'For Our Emirates We Plant' event.

Heartiest congratulations to Ekagr for his outstanding contribution! The mission to combat pollution has begun, and our planet's future is bright in the hands of responsible young individuals like Ekagr.



INNOTECH 2024 WINNERS!

Ambassador School Dubai is proud to announce that our team of Grade 7 students: Arjun Advani, Priteesh Parkhi, Garrick Isaac, and Dhvan Shah, secured the 1st place in the Innovation Challenge at INNOTECH 2024, held at Our Own English School, Sharjah on October 15, 2024. Competing against top schools, ASDians impressed the judges and the audience with their groundbreaking project, VEAR (Volta Energy Amplification Rover).

The VEAR project tackles energy distribution challenges in remote areas by harnessing multiple renewable energy sources—solar, wind, and hydro power, to amplify clean energy into usable power. The students not only showcased their technical expertise but also presented a well-researched business plan, outlining potential sponsorships and market strategies for scaling VEAR. Their innovative approach, combining technical innovation with business acumen, set them apart in the competition.

Looking ahead, the team envisions VEAR becoming a real-world solution, contributing to global environmental goals and improving lives by delivering sustainable energy to underserved areas.



WELL DONE BELLA! WE ARE PROUD OF YOUR ACHIEVEMENT!

"Achievers are not born talented but they possess the "I can do it" attitude."
Gladys Bejani

One of the key commitments that the school makes towards every child is helping him/ her to realize the dreams woven by him/her. Academics aside, which is a mandatory learning at school, ASD also promotes fueling the passion of students, be it art, music, dance or sports. We are committed to be part of CISCE National Sports and Games tournaments, thereby opening doors for many a talented student to realize their dreams. To represent UAE and playing as a team in CISCE Sports Tournaments is one of those ambitions for every sports lover at ASD, and this time Bella George, our student from Grade 9 represented Under 19 Girls Football Team of the UAE. The CISCE National Football Tournament was held in Gorakhpur (Uttar Pradesh), India. The Team secured the Second Runner Up position while Bella has been selected for the CISCE Board team for the upcoming SGFI National Football Competition.

Congratulations Bella! There is no field that can limit your energy and enthusiasm and there is nothing to stop you to better your best!



CISCE NATIONAL GAMES

"Never say never, because limits, like fears, are often just an illusion."
...Michael Jordan

In a nationwide tournament in Basketball, with many teams representing their respective states, there was a UAE team too with a few of ASD players selected in the team under 17 and under 14 years. The selections to enter the UAE team by itself was a rigorous one and representing UAE was indeed a reason for celebration. The much happier team with victory as their single minded goal, meeting many more as their opponents was a challenge by itself; but our students were fearless, and overcame all hurdles in winning in a few games and losing in some. ASD students accepted their few victories with humility and the loses with grace. That is precisely what PE and Sports classes taught them never to give up but continue with honing their skills, growing better by the day. The smile on their faces expresses their lessons learnt, growing wiser and better strategists. Our congratulations and blessings to all the players, and our admiration for your courage, the spirit of teaming up and taking on the challenges.



Well-being Calendar October 2024



<p>1</p> <p>The best way to cheer yourself up is to try to cheer somebody else up-</p> <p>The best feeling in the world is when you cheer someone up, when your smile brought a smile to someone's face.</p>	<p>2</p> <p>You can overcome your brain's fixation on bad things-</p> <p>Have confidence that if you have done a little thing well, you can do a bigger thing well too.</p>	<p>3</p> <p>Go deeper and learn more-</p> <p>Now is a great time to go deeper and find out who you truly are.</p>	<p>4</p> <p>Get out there and exercise! It's great for your brain-</p> <p>Exercise is the single best thing you can do for your brain in terms of mood, memory and learning.</p>	<p>5</p> <p>Celebrate random acts of kindness day by planning some of your own-</p> <p>Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.</p>
<p>6</p> <p>Respond kindly to everyone you talk today including yourself-</p> <p>No matter what happens in life, be nice to people. Being nice to people is a peaceful way to live and a beautiful legacy to leave behind.</p>	<p>7</p> <p>Whatever the mind of man can conceive and believe, it can achieve-</p> <p>Take time to reflect on what you have achieved this week.</p>	<p>8</p> <p>Music speaks when words can't express your feelings-</p> <p>A perfect day to enjoy all the emotions music helps you feel.</p>	<p>9</p> <p>Can mindfulness help when you're depressed?-</p> <p>If you want to conquer the anxiety of life, live in the movement, live in the breath.</p>	<p>10</p> <p>There are two choices for you, either escape or accept it-</p> <p>Make progress on a project or task you have been avoiding.</p>
<p>11</p> <p>A goal without a plan is just a wish-</p> <p>Write down your most important goals for this month.</p>	<p>12</p> <p>Hope is being able to see that there is light despite all of the darkness-</p> <p>Look for reasons to be hopeful even in difficult times.</p>	<p>13</p> <p>Meditation is not a means to an end. It is both the means and the end-</p> <p>If you've been on the fence about meditation, give it a try.</p>	<p>14</p> <p>When you focus on the good, the good increases-</p> <p>Be a realistic optimist. See life as it is, but focus on what's good.</p>	<p>15</p> <p>If you win the morning, you win the day-</p> <p>Start your day with the most important thing on your list.</p>
<p>16</p> <p>Tough situation builds strong people-</p> <p>Do something constructive to improve a difficult situation.</p>	<p>17</p> <p>Difficulties allow us to change for the better-</p> <p>Remember that things can change for the better.</p>	<p>18</p> <p>Value the journey not the destination-</p> <p>Success is a journey, not a destination. The doing is often more important than the outcome.</p>	<p>19</p> <p>Be sure to show your partner some gratitude-</p> <p>Show appreciation and for those you care. Let your love be known so they are aware.</p>	<p>20</p> <p>Do anything but let it produce joy-</p> <p>Plan a fun or exciting activity to look forward to.</p>
<p>21</p> <p>Kindness makes you the most beautiful-</p> <p>Be kind to yourself today. Remember progress takes time.</p>	<p>22</p> <p>Distance gives us a reason to love harder-</p> <p>Schedule time this week to spend with your loved ones, in person or virtually.</p>	<p>23</p> <p>Solve the problem or leave the problem but do not live with the problem-</p> <p>Find a new perspective on a problem you face.</p>	<p>24</p> <p>The purpose of life is a life of purpose-</p> <p>Set a goal that links to your sense of purpose in life.</p>	<p>25</p> <p>The future depends on what we do in the present-</p> <p>Think of 3 things that give you hope for the future.</p>
<p>26</p> <p>The sign of a beautiful person is that they always see beauty in others-</p> <p>Try seeing goodness in other people.</p>	<p>27</p> <p>Focus on what matters and let go of what doesn't-</p> <p>Let go of the expectations of others and focus on what matters.</p>	<p>28</p> <p>Do something great-</p> <p>Share an inspiring idea with a loved one or colleague.</p>	<p>29</p> <p>These things are good things-</p> <p>Write down 3 specific things that have gone well recently.</p>	<p>30</p> <p>The key is not to prioritize what's on your schedule, but to schedule your priorities-</p> <p>Recognize that you have a choice about what to priorities.</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>				