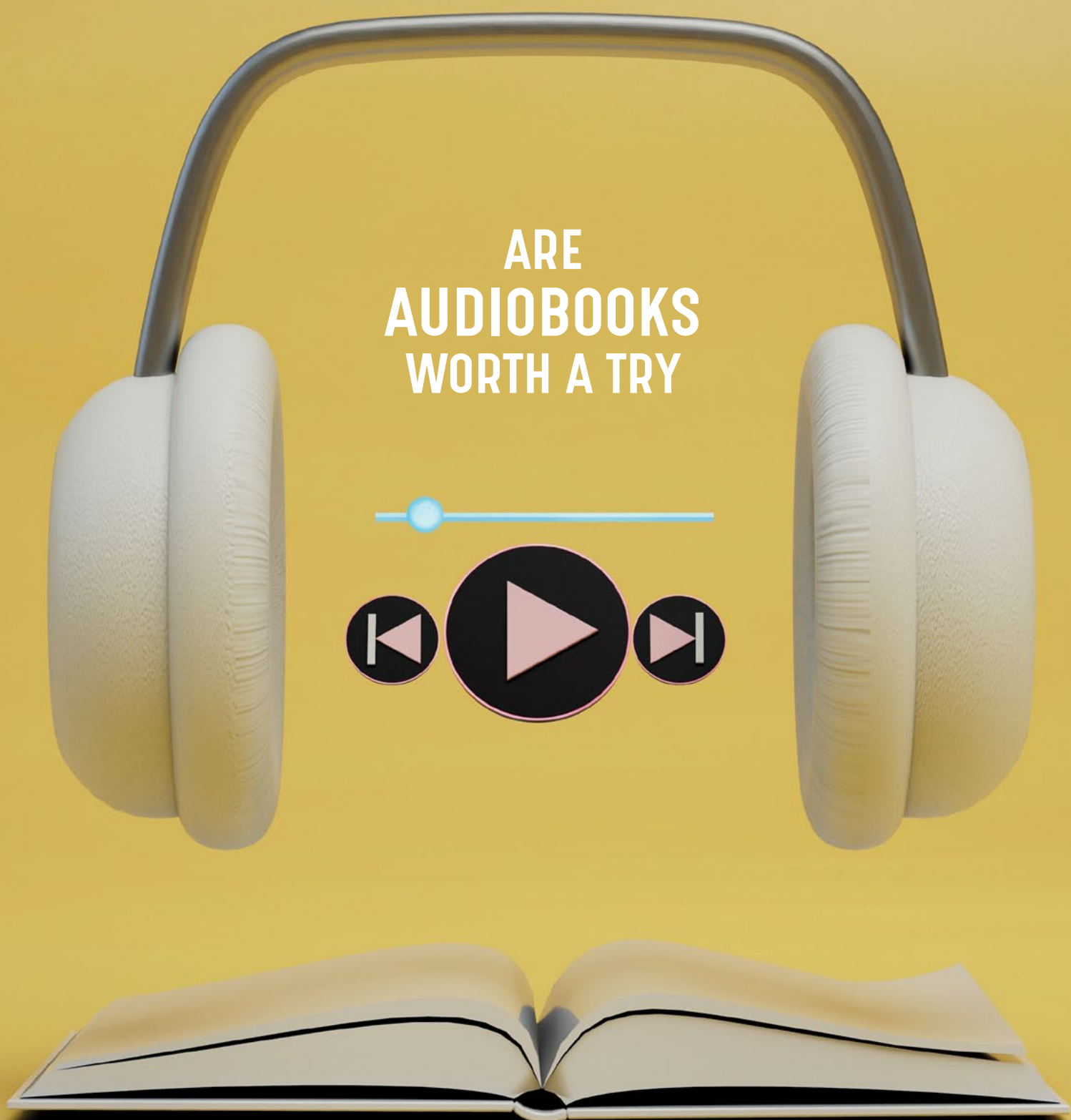


GULF TIMES
FOCUS PUBLICATION

Education

February 2023



ARE
AUDIOBOOKS
WORTH A TRY

**TOP 10 EDUCATION TRENDS
TO WATCH IN 2023**

**7 TIPS TO IMPROVE YOUR
PUBLIC SPEAKING SKILLS**

HOW TO KEEP YOUR KIDS STRESS-FREE DURING EXAM

DOHA
COLLEGE



**ANNOUNCING OUR
NEW EXTENDED
HOURS | 7.30am - 1.55pm**

JOIN OUR EYFS OPEN DAY



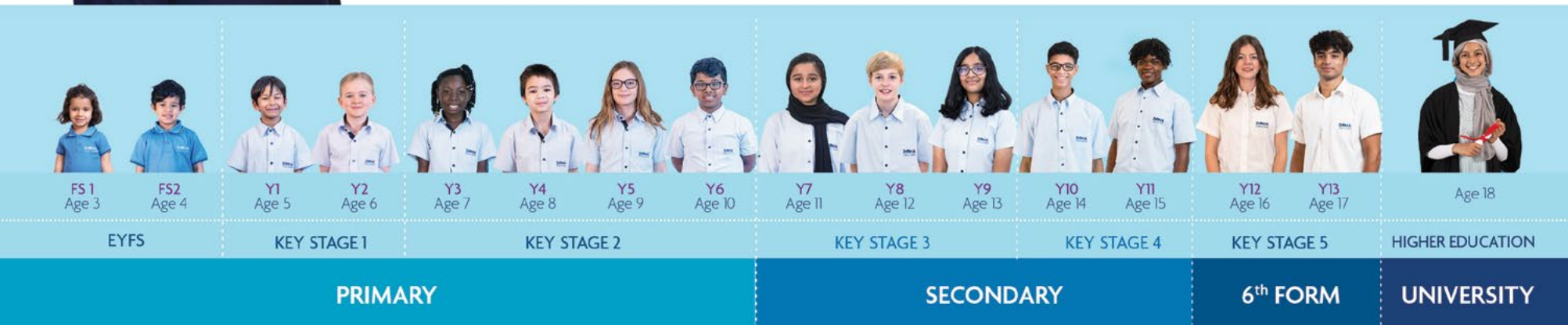
14 March 2023
3.30 - 4.30pm
dc.click/eyfs



Early Years Foundation Stage (EYFS) is pivotal in a child's development as the brain grows and develops more rapidly during this time than any other. The experiences a child has during this period shape the way the brain develops and influences long-term outcomes.

Delivered over two years (FS1 and FS2), EYFS lays the foundation for future academic and personal success. A quality early years education provides children with the head start needed to succeed academically, socially, and emotionally.

Ruth Whymark | Senior Vice-Principal, Head of Primary



WHAT DOES EYFS LOOK LIKE AT DOHA COLLEGE?

A high-quality early years education provides children with the experiences and opportunities needed to develop cognitive, social, and emotional skills. This helps better prepare children for future academic and personal challenges.

Doha College, a not-for-profit British International School, places great emphasis on its EYFS programme. Our littlest learners explore, discover, and develop their skills through play. This flourishes a love for learning and builds a strong foundation before progressing into Primary.

Our dedicated EYFS facilities capture imagination, foster learning, and encourage fun. With large classrooms, expansive shaded outdoor areas, engaging library spaces for adventurous story time, and interactive music rooms, every day at Doha College is an exciting new journey of discovery.

The structure of the school day in EYFS is built to include core curriculum and specialised lessons. Our new extended hours begin at 7.30am and finish at 1.55pm, with an optional early collection for FS1.

TOP TIPS FOR PREPARING YOUR CHILD FOR AN EARLY YEARS EDUCATION

Here are our top tips on how parents can help their child become school-ready to ensure success in the classroom:



Develop social and emotional skills

by encouraging your child to express their emotions and practice empathy, share and take turns. These skills are essential for success in the classroom.



Establish independence and routines

with eating, sleeping, and toileting. For example, can your child dress themselves and wash their hands after visiting the bathroom?



Encourage exploration and play

by allowing your child to enjoy the world around them, both indoors and outdoors. This helps develop curiosity, imagination, and creativity.



Read to your child

to develop language and literacy skills. You can read stories, sing songs, and recite nursery rhymes to make it fun and engaging.



Support a love of learning

by encouraging your child to ask questions, experiment, and discover. Support their natural curiosity and help them find joy in learning.



Teach basic skills

to your child such as holding a pencil and writing their name.

Education top priority for Qatar at all levels



Countries across the world mark International Day of Education on January 24 under the slogan: 'To invest in people, prioritise education'. Education in Qatar is one of the most critical pillars of its National Vision 2030, thanks to the wise leadership that always underlines the importance of human element as a core source of development.

In addition, Qatar supports the issue of funding education both at the national and global levels, and places utmost importance on education. This is demonstrated in its commitment to Qatari and world students by taking a conscious decision in education, because it believes in education as the pillar of social growth, specially that Qatar is part and parcel of the global environmental system.

Formal education in Qatar was established in 1952, and the pace of educational evolution has been accelerating in the country until it has encompassed all agglomerations in the country from male and female population, including all education phases until college education.

Qatar launched an initiative in 2004 that advocates for development of general education in the country, under the slogan: 'Education for a New Era', which aims to provide the best education means to people, since Qatar is a key contributor in all over the world, in terms of investing in education, health and economic empowerment. The Qatar Fund For Development (QFFD) provided roughly \$1bn in grants to educational projects in 64 states during the last decade.

In a message to mark this occasion, UN SecretaryGeneral Antonio Guterres underlined that education is one of the core human rights, and a bedrock for communities and economics and potential of every single person. He warned that such potential could diminish in light of shortage of ample investment. He stressed that the time has come for all countries to embody their commitments and turn them into concrete action that ensures conducive environment that supports all students.



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Northview International

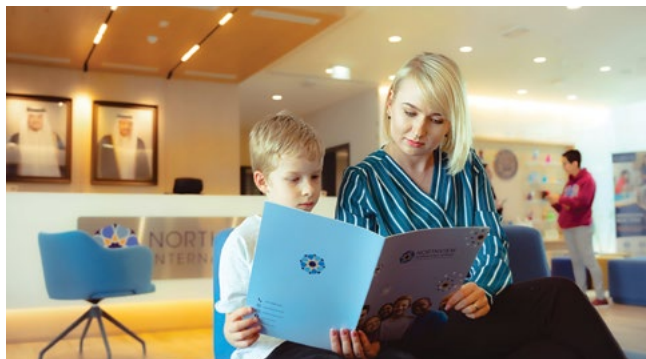
Inspiring your child to achieve the extraordinary

The future of education is constantly evolving, and Northview International School is at the forefront of this change. With a focus on providing students with a well-rounded American education that prepares them for success in all areas of their lives, Northview offers a supportive and nurturing learning environment that helps students achieve their full potential. Since opening our doors in 2022, we have been committed to creating a unique learning environment that promotes tolerance, mutual respect, and cultural awareness among our diverse student body.



students with the tools and support they need to succeed in today's rapidly changing world. With a focus on kindness, eco-friendliness, and the latest technology, Northview International School is the ideal choice for families.

For more information about Northview International, visit our website, www.northview.school



Our commitment to academic excellence, personal growth, and kindness are evident in everything we do. Our dedicated faculty and staff work tirelessly to create a warm and welcoming environment where every student feels valued and supported.

In addition to our rigorous academic program, we also offer a wide range of co-curricular activities and programs. From sports teams to music and drama performances, our students can participate in activities that help develop their skills, interests, and confidence. These programs are designed to provide students with a well-rounded education that goes beyond the classroom and prepares them for success in all areas of their lives.



We are also committed to delivering a carbon-neutral education by incorporating eco-friendly practices into our daily operations. A green ethos runs through the enquiry-based and student-centred programs. Our students can make a real difference in the fight against climate change, and Northview is a leader in this effort. We are passionate about providing our students with the tools and knowledge they need to succeed in the 21st century.

Located in Umm Qarn in North Doha, our school is built to outstanding standards that make its learning environment second to none. In conclusion, Northview International School is a unique and innovative learning environment that provides



NORTHVIEW
INTERNATIONAL SCHOOL

Inspiring your CHILD TO ACHIEVE the extraordinary

Your child has endless
opportunities to be
challenged and inspired.

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WWW.NORTHVIEW.SCHOOL

'We want to contribute to the promotion of national development and compatibility with the labour market'

Interview with Dr. Faris Qureshi, Executive Dean of City University College



Dr. Faris Gorashi : We want to contribute to the actualisation of the National Development Plan and compliance with the job market demands.

City University College (CUC), The new campus asserts a strong motivation for expansion of our academic programs locally and regionally.



Why should CUC, in partnership with Ulster University, be chosen over other leading institutions of higher education in Qatar?

Through its partnership with Ulster University, CUC offers

a range of internationally recognized foundation, Bachelor's and Postgraduate degrees all of which are licensed by Qatar's Ministry of Education and Higher Education.

CUC offers unique academic programmes, a flexible learning experience for working professionals and individuals, and several advantages found in its modern campus in West Bay, which offers the best and most comprehensive student experience of any private university in Qatar.

What steps does the university take to develop students?

We have established an annual student development

plan. This includes all areas of academic development, personal development, extra-curricular activities, volunteer work, charity events, and social networking. We aim to provide a great student life experience while studying at CUC, an experience that students will remember for their entire lives after they graduate and leave university.

Tell us more about the partnership with Ulster University, how important is it?

CUC, in partnership with the University of Ulster, offers UK accredited courses and programmes within Qatar and is licensed by the Ministry of Education and Higher Education. This partnership allows Qatari and resident students to complete educational programmes and obtain UK accredited qualifications without leaving their country of residence.

What are the main facilities and features of the new campus in West Bay?

The new campus at Excellence Tower West Bay provides students with a dynamic learning



environment to develop and enjoy their time at university. At the Innovation Center, students can collaborate with each other to work on projects and assignments using the latest technology. After a long day of lessons, students can relax in one of the sumptuous cafes, indulge in an exceptional dining experience or serene swimming pools.

Do you have any courses for working individuals? And what is the level of flexibility to develop the skills of students with full time jobs?

CUC supports employed professionals by offering

professional qualifications at BTEC Diploma and Academic level. We offer our programs in the morning and evening periods to facilitate the study of this group.

How do you see CUC five years from now?

Five years from now, CUC will be based in Lusail. -A state of the art- campus that can accommodate up to 5,000 students. CUC will offer more than 40 different programs covering all levels from Bachelor's degrees to PhDs. The university will be very active in research and innovation, recognized nationally and internationally.

CUC
City University College

Ulster
University
Qatar

CUC ULSTER UNIVERSITY QATAR PROGRAMMES

Postgraduate Programmes

MBA ^{NEW}
MBA (Women in Leadership)
MSc Marketing
MEd in Education Management ^{NEW}

Undergraduate Programmes

BSc (Hons) Business Studies
BSc (Hons) Business Analytics
BSc (Hons) Business with Computing
BSc (Hons) Computer Science
BEng (Hons) Artificial Intelligence

BTEC Higher National Diplomas

BTEC HND in Business
BTEC HND in Computing
BTEC HND in Computing with Cybersecurity
BTEC HND in Computing with Network Engineering



+974 4019 8198

cuc-ulster.edu.qa

Engage with US!



CUCULSTER

Doha British School



Doha British School (DBS), one of the world's leading British International Schools in Qatar, with a reputation of academic excellence since 1997, is a proud member of Artan Consulting and Educational Services (ACES). This private education group owns, manages and operates educational institutions in Qatar to foster academic innovation and excellence.

For over 25 years, DBS has been true to its core purpose to ensure that every young person should gain as much as possible from their schools, based on the belief that all learners can, need and want to achieve. To this end, DBS has worked tirelessly in

creating learning environments that support academic excellence, sport, art and character development and are deservedly recognised by British Schools Overseas as "Excellent" with 'outstanding features'. DBS is accredited by the Council of International Schools (CIS), British Schools of the Middle East (BSME), Qatar National Schools Accreditation (QNSA) and British Schools Overseas (BSO).

25 years later, DBS has now grown into a cluster of three (3) outstanding campuses. Doha British School's first campus in Ain Khaled opened in 1997, followed by DBS Al Wakra in 2014 and DBS Rawdat Al Hamama in 2022. All DBS campuses

provide an outstanding values-based education experience to inspire curiosity, critical thinking, creativity and a passion for learning. DBS offers world-class education to boys and girls aged 3 - 18 from Preschool to Sixth Form. The post-16 learning at DBS offers four (4) unique pathways of study for AS/A-Level, BTEC and IB Diploma. DBS celebrated an outstanding set of international examinations with a 100% pass rate from the IB Diploma and A-level cohorts in 2022. IB students averaged a point score of 36, well above the world average of 33 points, and 93% of A-Level students achieved A-C grades, well above the UK average of 82.5%. In addition, 40 DBS students achieved "Outstanding Learner Awards" from Pearson international, the "Highest Achievement" in Geography for the GCC region and the "Highest Achievement" in the world for Arabic at IGCSE. DBS students are accepted into prestigious Universities across the world. Since its establishment in 1997, DBS has paid particular attention to the subjects of Arabic language and Islamic Studies, supporting the belief in the importance of promoting Islamic values and Arab customs. Last year marked a significant achievement when DBS opened



its new campus near Lusail City- in Rawdat Al Hamama. The state-of-the-art campus features sprawling open spaces and a vibrant campus layout, which encourages collaborative and interactive learning. The school offers 5 purpose-built Science laboratories, 2 ICT/Computer

two fully equipped Design and Technology workshops, an indoor swimming pool, gymnasium and a 300 seater spectacular contemporary auditorium, incorporating a meticulous level of detail to support an exceptional student-centred learning experience.



Science Hubs, dedicated Science Technology, Engineering, Arts and Mathematics (STEAM) facilities, Music and Art Interactive studios, performance areas, specialist Primary and Secondary Libraries,

At DBS we are already planning for the next 25 years to prepare our students for an ever-changing world. Emphasis will be placed on the skills and attributes our students will need to shape their future and to become global citizens who are well rounded, engaged and socially responsive. DBS will continue to embrace the latest technologies creating agile learning environments to provide our students with an empowered, personalised and exciting learning experience enabling them to thrive within a dynamic, global environment.

Sixth Form Centre

AS / A-Level, BTEC, and IB Diploma

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DOHA BRITISH SCHOOL
SINCE 1997

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FOR MORE INFORMATION

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Qatar's efforts in educational diplomacy

The Ministry of Education and Higher Education hosted recently a lecture on 'Educational Diplomacy', which was delivered by HE Dr Abdulaziz Mohamed al-Horr, director of the Diplomatic Institute at the Ministry of Foreign Affairs, as part of a training plan launched by the Katara Public Diplomacy Centre during January on public diplomacy.

The lecture was attended by Darwish Ahmed al-Shaibani, CEO of the Katara Public Diplomacy Centre; Omar Abdulaziz al-Nama, assistant undersecretary of the Ministry of Education and Higher Education for Special Education Affairs; Dr Khaled Abdullah al-Ali, acting assistant undersecretary for Higher Education Affairs, and several ambassadors and members of the diplomatic corps

HE Dr al-Horr affirmed that Qatar plays a dynamic role in the area of public diplomacy through a set of cultural projects, such as Katara Cultural Village Foundation and Qatar Museums, and by hosting conferences, meetings and seminars on various international topics and issues, along with Qatar Airways, which has contributed in introducing Qatar to large segments of travellers and the transformation of Hamad International Airport into a global transit hub. It has also achieved the same through a network of media channels operating in Qatar such as Al Jazeera and beIN Sports, in addition to its active participation in international organisations. Qatar possesses "26 tools in the basket of soft power, which contains many projects that have imposed themselves strongly in terms of soft power globally, most notably sports diplomacy that has been achieved through the impressive organisation and success of the FIFA World Cup Qatar 2022", he noted.

HE Dr al-Horr said Qatar has invested in the field of education and higher education as one of the most important tools of soft power, through innovation in university education, and made tremendous progress in this sector through the Education City, which hosts major international universities and schools. He explained that soft power achieves three basic goals: positioning, attractiveness and protection, which is what Education City is accomplishing by achieving international fame, attracting students and teachers from all over the world.

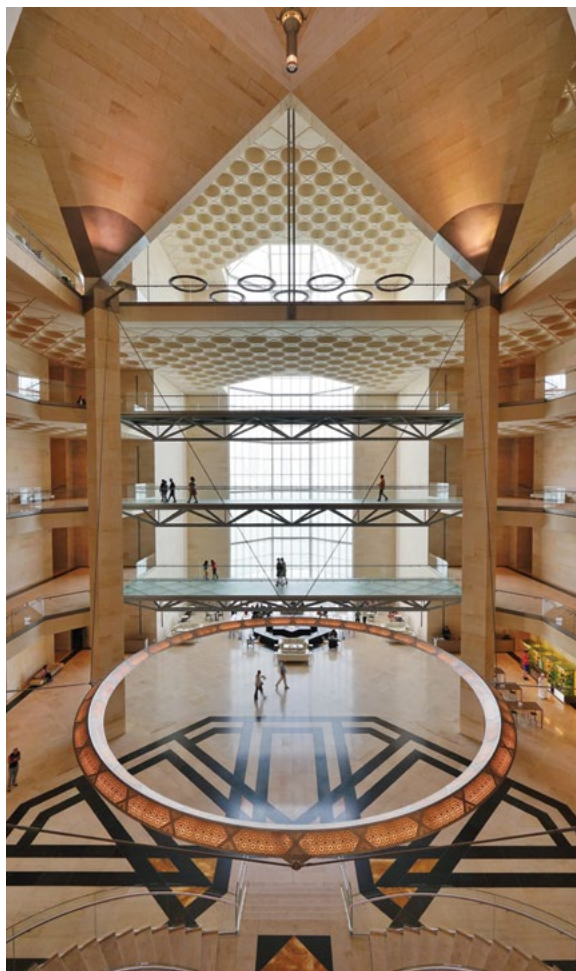


Speaking about Qatari diplomacy, he noted that Qatar has played a major role in the regional balance of power through its emergence as a political and economic centre in the Middle East and its adoption of an independent foreign policy that protects its interests, guarantees its independence, and serves its citizens, pointing to Doha's success as a mediator in many conflicts. He highlighted the country's excellence in the field of peacemaking, its hosting of major international events and its place at the forefront of the world in exporting liquefied natural gas.

Further, HE Dr al-Horr stressed that protecting and maximising these gains requires an active foreign policy in building, developing and maintaining relations, awareness of regional and international changes, and the ability to deal with them wisely and intelligently. He explained that the pillars of Qatari diplomacy are based on a set of major principles and starting points defined by the Qatari constitution and Qatar National Vision 2030, political practice and strategic interests, such as respecting international law, defending public and private freedoms and human rights, consolidating international peace and security by peacefully settling international disputes, and supporting the right of people to self-determination.



For his part, al-Shaibani referred to the efforts led by the centre in introducing public diplomacy through its launch of the training plan for Qatari public diplomacy, which includes a series of educational lectures and training courses, in conjunction with its launch of a media awareness campaign. In co-operation with local satellite channels and social media, it includes a series



of television interviews with a group of ministers, ambassadors, diplomats and academics, in order to attract distinguished national officials, and to qualify them and enhance their skills in public diplomacy and the art of communication and negotiation.

He stressed the importance of these courses and lectures held by the Katara Public Diplomacy Centre,

whether in Katara or at the ministries and official institutions, in building knowledge reinforced with theoretical and practical skills, enabling them to contribute to creating strong ties with nations of the world, and effectively serving Qatar in various forums, as well as conveying its civilised image with honour, honesty and competence.

New strategy to transform education in Qatar: official

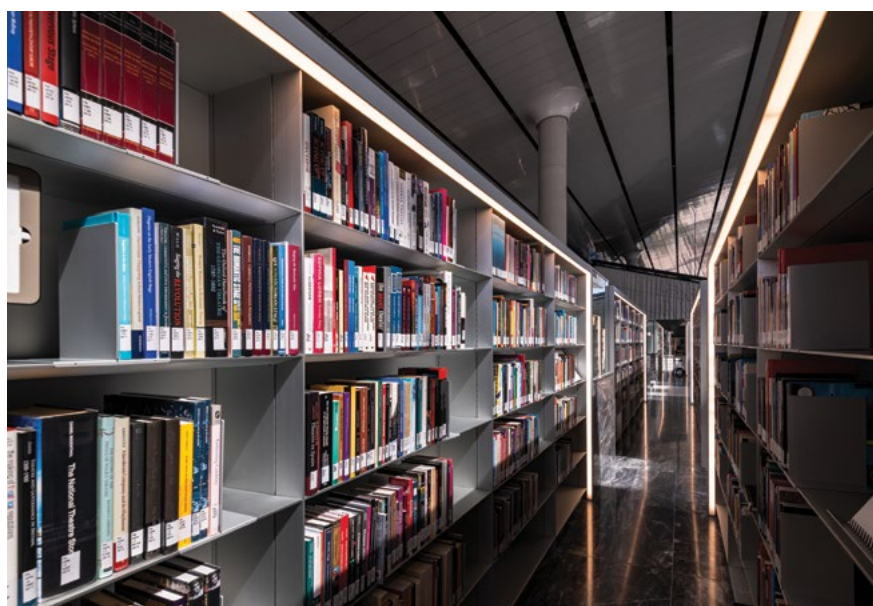
By Joseph Varghese

The Ministry of Education and Higher Education will launch a new strategy very soon, focusing on initiatives and plans until 2030, Gulf Times has learnt.

"We are working on the new education strategy, which is to be announced very soon, mostly this year," disclosed, HE Dr Ibrahim bin Saleh al-Naimi, Undersecretary at the Ministry of Education and Higher Education.

The ministry is working on various aspects of the new strategy and several latest educational topics are being actively discussed to be added in the programme, he explained to Gulf Times on the sidelines of a Destination Imagination event recently.

"Various aspects are under serious consideration to be included in the new strategy. We have identified four particular areas to focus on. This will help us guide the education scenario to all the way to 2030 and beyond with very innovative ideas and plans," explained, the official.



"The four areas of focus are students, teachers, environment in the schools and the services provided by the ministry in the schools. All details are being worked out accordingly. The new strategy will lead to transforming education in the country for better and achieving our

targets," continued, Dr al-Naimi.

As for the new academic calendar issued recently by the ministry, Dr al-Naimi pointed out there are no major changes except for some minor adjustments in some semesters.



"Normally we announce the calendar for three to four years and it is not anything new. If there is any need for changes, we can always look into it and make necessary adaptations according to the emerging needs on a year to year basis," he said.

"Announcing the calendar for several years helps people to get prepared and plan their schedule well in advance. Both the private and public schools can make their plans accordingly and frame their schedule. This will also help to have more co-ordination between the private and public schools," Dr al-Naimi added.



TNG Classrooms–Making Global Connections

The Next Generation (TNG) School is committed to our learners' academic and social growth in a safe and positive learning environment, empowering them to meet global challenges and encouraging active participation in co-curricular and extra-curricular activities.

The TNG team strives to bring out an effective leader in each learner through quality education and empowerment while aiming to inspire all learners to become responsible global citizens.

Curricular, co-curricular, and extra-curricular activities are well thought out and designed so that our learners critically look at global challenges.



The United Nations Sustainable Development Goals, a collection of 17 interlinked objectives, are at the core of the thought process for our learners to discuss, think, research, propose and present new and innovative solutions to the world's challenges.

The school's Youth Leadership Programme is a unique platform which reflects the school's mission and vision of fostering globally responsible citizens. The Youth Leadership Programme (YLP) is an initiative that provides students from Kindergarten to Year 13 with a platform to explore global and local challenges they are interested in. Students during YLP conduct in-depth research, hold discussions with industry experts, and come up with new and innovative solutions to challenges they feel strongly about.



These YLP projects are linked to the United Nation's Sustainable Development Goals and the Qatar National Vision 2030. In the past, our students have been interested in learning about SDG 15 - Life on Land and have conducted several projects exploring the sustainability goal from different angles. While one class answered the big question: 'How do modern planting techniques like "Hydroponics" help grow plants in desert areas like Qatar?', the other class looked at, 'What are some of the problems that arise in Qatar in relation to hunting and habitat loss?'

Another frequently researched topic has been SDG 11 - Sustainable Cities and Communities, where students explored the importance of sustainability and why solar panels are not extensively used in Qatar, even though sunlight is abundant.

TNG Students also participate in research-oriented initiatives such as the Qatar National Scientific Research Competitions

organized by the Ministry of Education and Higher Education, Qatar Environment and Energy Research Institute, QEERI, HBKU, and the Weill Cornell Research Competition.

"TNG students focus on topics that are important in the global and Qatari contexts and conduct their research on topics that range from 'Cost Efficient Light Bulbs for War Struck Countries' to 'Terminating the alarming increase of food waste in Qatar' to 'Accept the Specially Abled - Williams Syndrome and Down Syndrome.'"

In participating in such research competitions, our students create cross-curricular links, make global

connections with what they have learned, and take their learning beyond classroom teaching.

TNG students also participate in numerous other national sustainability initiatives, such as the National Sustainability Campaign and Qatar Sustainability Week. These projects and engagements raise awareness of sustainable consumption and production and allow students to learn about sustainability in a meaningful learning environment.

At TNG, we believe in providing our students with a safe, secure, and engaging learning environment where they are encouraged to become independent learners and inspired to become globally responsible citizens. We believe in providing students with internal and external platforms that allow students to look at local and global contexts and make global connections.

As a way forward, we at TNG will continue to provide our students with platforms that allow them to learn and grow into future leaders of tomorrow.

We  Focus on a

holistic pedagogical approach

and provide *Quality Education* to :





TNG
The Next Generation
School

A Cambridge International School - Kindergarten to Year 13

Al-Nuajja	Al-Wukair	Ain Khalid	Al-Wakra	Al-Daayen	Al-Wakra	Al-Wukair
KG & Primary	Kindergarten	KG & Primary	Secondary	KG, Primary & Secondary	KG, Primary & Secondary	Primary

information@tngqatar.com

www.tngqatar.com

LEARNING BEYOND CURRICULA

At Arab International Academy, we strive to nurture knowledgeable and skilled generations of learners who are fully prepared to face the challenges of a constantly evolving world and achieve excellence. We also fully understand that this mission cannot succeed unless our learners are immersed in the world around them, aware of its opportunities and their many possible roles in it. The question then becomes, how do we introduce our learners to this wide, wonderful, and overwhelming world of possibilities in a way that offers guidance and room for exploration without fear of failure? What role can we play in guiding them and teaching them how to explore what is out there?

This was the thinking behind AIA's Learning Without Walls program. Learning Without Walls is an annual event where we dedicate three days to a week to supporting our students in grades 6-11 to explore the opportunities around them in their local community and discover their previously untapped interests and potential in various areas of life. As John Dewey puts



it, "Education is not preparation for life, education is life itself." Therefore, taking full advantage of people, talents, insights, and skills on offer is the first step in the process.

A significant effort is made towards reaching out to members of our local community, including museum educators, parents, and experts in various fields, through correspondence, meetings, and field visits. Involving museums has opened a whole world of opportunities for learners to see how the past and the present contribute towards thinking about the future. Following that, the team, led by the student affairs coordinator, puts together lists of places, people, and activities that will offer students a taste of the world around them.

There is a treasure trove of museums and museum educators in Doha who offer inspiring opportunities and activities.

The Museum of Islamic Art, MATHAF, The National Museum of Qatar have each provided unique and challenging options. Choosing an object that inspires them as a gateway to bringing the past to life or engaging with curators and educators to connect art to global issues, has empowered students to see their role in the world as going beyond the classroom. A visit to the Al Jazeera exhibition, for example, enabled students to see how their voice and perspective can play a role in reflecting reality and shaping it through media. Visits to Al Khor Mangroves highlighted the importance of environmental awareness and sustainability, providing learners with the chance to reflect on preservation while having fun with their classmates. Service learning is also part of this with students visiting centers for people with challenges or disabilities, and considering how they can play a role in designing



better opportunities for those members of society, or simply being the reason behind bringing a smile to a person's face through their actions.

Parent and special guest involvement and careers discovery was just as beneficial and introduced learners to role models in various fields and offering an opportunity for questions and wonderings. Having a mother come in to share with students

how they could design their own home and discuss architecture and its future, and another helping students explore the art of photography, meant an immediate connection to thinking about future careers and seeing how they could make their goals a reality. Visits to university campuses and taking part in career workshops underlined for all how they can map their futures and where they can turn for inspiration and guidance.



Learning Without Walls not only creates valuable opportunities, but also strengthens the bonds within our learning community. Interacting with each other; learners, teachers, and parents, in a fun and open environment allows for the creation of the best memories. We remember best what we learnt in joy; and that is what this program is about, joyful life-long learning.





**WHERE PLAY
IS LEARNING**



+97440414999



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@WWW.AIA.QA

Top 10 education trends to watch in 2023

The education trends are fast evolving, thus making education more feasible and accessible for people. The new era of education will see better interactions and optimum use of technology.

Here's a list of educational technology trends for 2023 that are making the process of learning more adaptable, accessible, and interactive for students as well as teachers.

1. Nano learning

Nano learning technique is also known as bite-sized learning, where complex topics are broken down into smaller digestible chunks. It is a highly targeted learning method where students are taught subject topics through smaller inputs in short and fixed time frames.

This is a continuous learning process where learning sessions are two to ten-minute, multimedia-rich tutorials that focus on providing sizeable information in the shortest time frame possible to ensure a student understands and learns it quickly.



2. Gamification

Educators are always trying new techniques by making use of a variety of approaches. Gamification is one such educational approach that aims to motivate students by incorporating video game design and game elements into the process of learning.

The gamification technique recreates the same factors in the classroom incorporating elements from games to provide students with opportunities to act autonomously and to display competence. Apart from that, gamification techniques have been proven to aid in cognitive development in adolescents, teachers can use gamification to level up engagement and competition in the classroom.

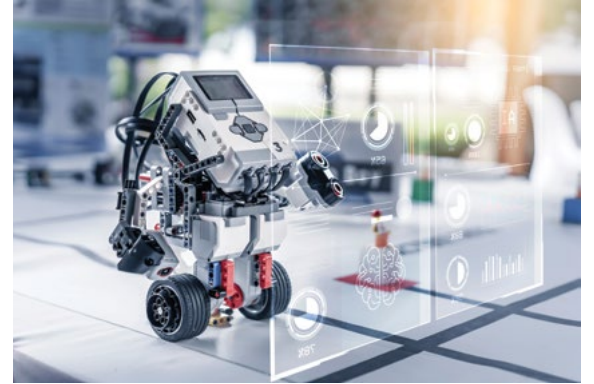
3. Virtual reality and augmented reality

We have entered a whole new era where Virtual Reality (VR) and Augmented Reality (AR) are gaining ground and making fast progress. According to a report by Market Research Future (MRFR), AR and VR in Education Market are anticipated to grow at a CAGR of 18.2% from the year 2022 to 2027.

The education sector is rapidly evolving and changing its traditional methodologies of teaching. Virtual and Augmented Reality in the education sector has the potential to completely revolutionize the way teachers teach and students learn.

Virtual Reality and Augmented Reality technology provide children with a space where they can grasp complex concepts and gain hands-on learning experience in low-risk virtual settings. STEM-related courses, medical simulations, arts and humanities materials, and technical education, AR and VR have the capabilities to enhance it.

The other reason is that Virtual Reality and Augmented Reality technology are on their way to becoming one of the most promising addition to the 'Edtech' space as it has the ability to share information in new and more engaging ways virtually.



4. A mix of real and AI

AI or Artificial Intelligence can interact and help humans and has the capacity to become the next disruptive thing in the technology world with capabilities to transform and revolutionize various sectors including the education sector as well as address some of the biggest challenges in education today, by innovating teaching and learning practices.

As per the projections made by Markets and Markets, AI in the education market is projected to reach \$ 3.68 billion by the year 2023. AI tools and technologies can be helpful in grading papers swiftly, providing personalized learning to students, providing smart content to students, and helping students gain access to tutoring programs or intelligent tutoring systems (ITS) based on AI.

Although, it is important to understand that AI should be human-centric. A combination of teachers' inputs and AI will be a game changer in the coming future and will be immensely beneficial for providing sustainable and quality education to students.



5. The power of big data

Big data is a term that describes large, hard-to-manage volumes of data which is both structured and unstructured. This huge data is what keeps businesses running on an everyday basis. A recent increase in the usage of online tools and software-based learning in the education arena has resulted in the generation of a huge amount of data that can now be deduced and utilized to bring an improvement in the education sector and focus on research learning.

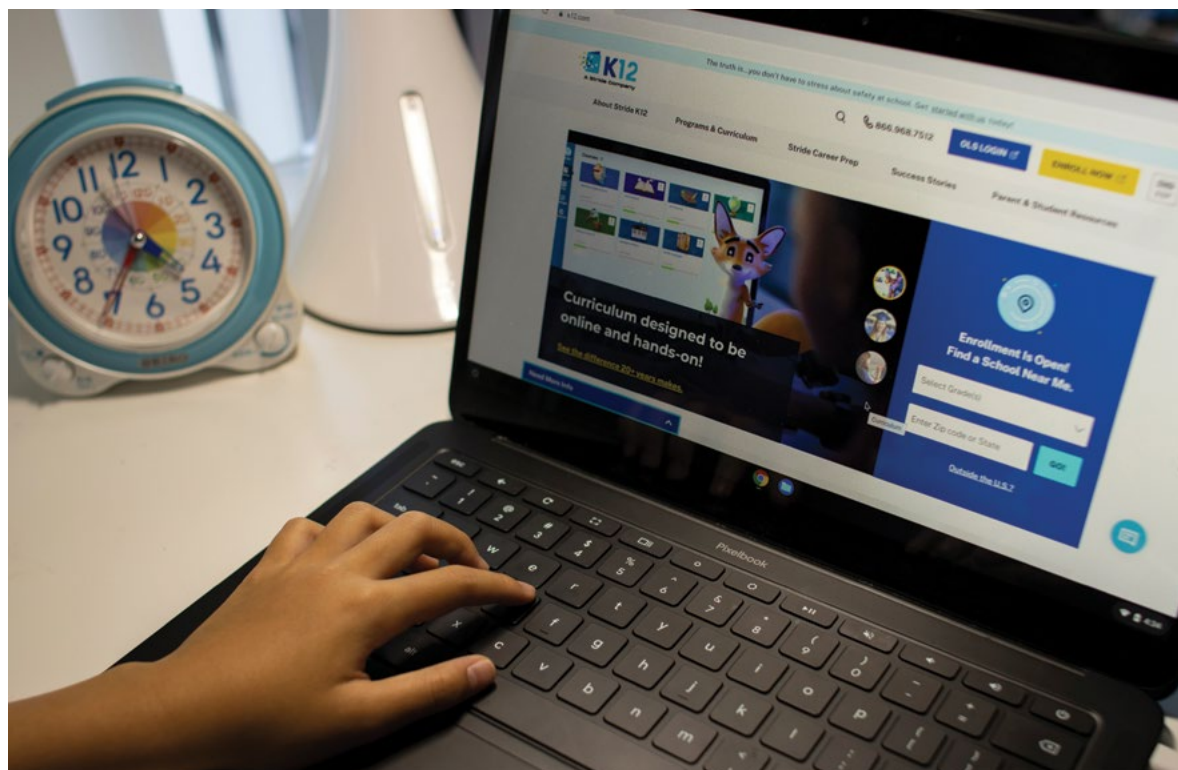
Big data can also be helpful in improving student results, launching customized programs for each student, as well as helping teachers in analyzing student behaviour more closely and precisely.



6. K-12 digital education

The digital revolution has opened a doorway to new modes of the educational system. The K-12 education system is one of the concepts which is born out of the fast-changing education sector.

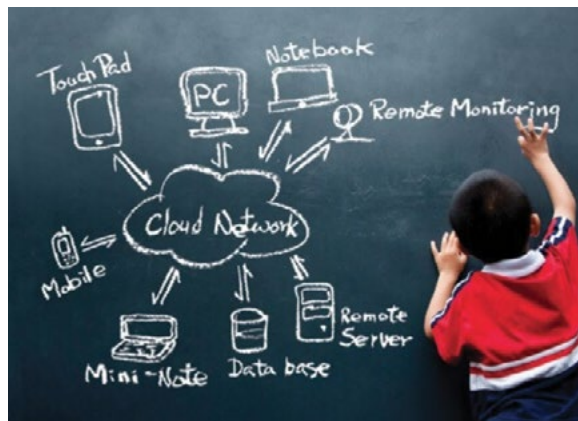
The concept is gaining popularity in the countries such as the United States and Canada as well as European countries. As per the 2017-2018 data from the National Center for Education Statistics (NCES), there are 130,930 public and private K-12 schools in the U.S and this number is growing at a faster rate than ever before.



So what exactly is the K-12 education system?

The K-12 education system follows a different path of educating children when compared to conventional ways. Primary and Secondary education collectively known as K-12 education and involves more teacher-student communication, in which K stands for Kindergarten and 12 stands for 12th grade.

This involves more teacher-student communication and a bunch of question-and-answer sessions, and assignments to promote advanced learning habits in students. The K-12 education system helps in promoting self-learning capabilities in the students where a student is expected to design assignments by researching and adding personal viewpoints making K-12 more efficient than the conventional education systems.



7. Personalized learning

Personalized learning is yet another simple but very effective and innovative approach to the learning process, it is aimed at customizing learning for each student's strengths, needs, skills, and interests. This helps in giving the student a learning plan that's best suited for them.

The basic concept behind implementing personalized learning is the fact that each child has a different way and a different pace at which they learn. In personalized learning, each student receives a "learning plan" based on how they learn, what they know, and what their skills and interests are. It's the opposite of the "one size fits all" approach used in most schools.

The designed plan is kept project-based in order to ensure the student receives hands-on learning on the curated topics and they're expected to learn as they progress through their education.

8. Rise of STEAM-based programs

The 21st century has seen some drastic changes in the approach toward the education of children and an inclination toward a STEAM-based curriculum can be counted as one of them. STEAM stands for Science, Technology, Engineering, Arts, and Math which includes a fair amount of creativity in the learning process than its predecessor STEM.

The paramount goal of STEAM-based learning is to assist students to develop skills that they will require in order to be successful in the future. Irrespective of the industry they are interested in, it is critical that students enter college or the industrial workforce with a set of well-rounded skills that allow them to easily adapt to an

ever-evolving and fast-paced environment.

According to a report from the U.S. Bureau of Labor Statistics, STEAM-related occupations will show an 8% growth between now and 2029, which is only 3.4% when it comes to non-STEAM-based occupations whereas, the annual wages will hit \$86,980 for STEAM-based jobs, compared to \$39,810 for all other occupations.

These numbers show the importance of a STEAM-based curriculum and one of the most important factors of this educational approach is that students who are taught under a STEAM curriculum aren't just taught the subjects but they are also taught how to learn, how to ask questions, how to experiment, how to create and innovate.

9. Subscription-based model for learning

The year 2020 to 2022 has seen the rise of numerous platforms offering a subscription-based model for learning, promising a quality education to children. The pandemic has been one of the main driving forces for the tremendous rise of these platforms, with the E-Learning Market size surpassing USD 315 billion in 2021, and a growth projection of 20% CAGR from 2022 to 2028, these platforms are here to stay.

So what exactly is a subscription-based model for learning?

It is actually quite simple, the subscription-based model for learning is using online platforms for gaining knowledge. The student pays a fee on a monthly or on yearly basis to gain access to the study materials and courses. These platforms provide flexibility of recorded sessions and lectures in order to provide feasibility to learners helping them access their content whenever and wherever they feel comfortable. Learners also have an option to discontinue the learning platform by not paying the fee amount.

10. Holistic learning

Changing scenarios of education has shifted the focus on ensuring the overall and holistic development of a child where they grow up to become responsible individuals with appropriate skill sets. Educators are now putting an emphasis on the holistic learning approach to teaching which focuses on the academics of a child and also caters to teaching them the right skills by which they can face the challenges of life.

Holistic learning has immense benefits. Students are empowered to improve their educational outcomes and gain the life skills necessary to take on a successful professional career. A few key outcomes of holistic learning include an improvement in academics, enhanced mental and emotional well-being, and increased problem-solving ability.



How to create a successful school morning routine

With planning, practice, and patience, you can nail down a school morning routine that prepares everyone in the family to take on the day. Whether you are getting your little ones off to elementary or teens to high school, a good morning routine helps the entire family start off feeling good.

Sometimes it feels like as soon as your feet hit the floor in the morning, the craziness begins. Getting the entire family ready for school and getting to where you need to be on time can be quite a challenge. Here are some of the best tips to create a school morning routine that encourages both positivity and productivity in the early morning.

Tactical Routine Tips

1. Get ready the night before

I think this might be the number one thing to a successful school morning. The more you can get done the night before, the better your morning will be.

Pack lunches the night before. Pick clothes out the night before or for the entire week! On laundry folding day, you can set aside clothes for each school day of the week. This makes life so much easier because there is no arguing about what to wear or wasting time looking for socks. The kids already know what to put on for each day. You can even have an “Express Yourself” day where the kids can pick out their own outfit for the day.

Make a breakfast plan that fuels your kids. Instead of getting up and asking your kids what they want for breakfast, or trying to think of something yourself – have a plan. This can look different for everyone, but here are a few ways to do it.

Make a breakfast rotation schedule and assign everyday to a different type of food. This is a great one.

Subscribe to a meal plan that plans your meals for you.

Do some meal prep and have breakfasts already made that you can grab and go, or heat quickly.

Organize backpacks, homework and other school supplies the night before so they are ready to go in the morning. No more lost homework, or rushing around trying to find their favourite school pencil.

Give each of your kids an ‘inbox’ with homework or things they need to work on that day and return to school the next day. This hanging folder organizer works really well for that.





For a stress free morning routine



- **Establish a routine:** Set a consistent bedtime and wake up time for your child. Stick to it every day, even on weekends.
- **Gradual transition:** Gradually move your child's bedtime earlier by 15-30 minutes each night over the course of a week until they are waking up at the desired time.
- **Limit screen time:** Reduce or eliminate screen time before bedtime as the blue light can interfere with sleep patterns.
- **Encourage physical activity:** Encourage your child to engage in physical activity during the day, as exercise helps promote better sleep.
- **Create a relaxing bedtime routine:** Encourage your child to engage in a relaxing bedtime routine, such as taking a bath or reading a book, to signal to their body that it is time to sleep.
- **Make mornings enjoyable:** Make mornings a positive experience by serving a healthy breakfast and playing some music.
- **Be consistent:** Consistency is key. If your child does not follow the routine, don't give up. Stick to the plan, and your child will eventually adjust.
- **Be supportive:** Encourage and motivate your child to wake up early and get ready for school. Show them that you believe in them and their ability to succeed.

2. Set sleep goals

When kids are well rested, everything seems to go better. They wake up refreshed and happy instead of tired, groggy and grumpy.

These are some great tips to establish healthy sleeping habits:

Get enough sleep: Kids ages 6 to 13 need 9 to 11 hours of sleep each day while teens aged 14 to 17 need 8 to 10 hours of sleep each day. Work backward from the alarm time to make sure everyone is getting the proper amount of Z's.

Stick to a regular schedule: Try to keep your kids on consistent daytime and nighttime schedules to help regulate sleep. Be sure to keep this up on the weekends, too!



Stay consistent with your routine: Help your child fall asleep by building a relaxing bedtime routine free of electronics or TV. Reading books or journaling together can be great bedtime activities.

Set the mood for sleep: Create an ideal sleep environment by regulating the temperature and light levels of your child's room. Test out noise machines or fans to help them fall asleep and stay asleep.

Don't use technology before bed. Screen time before bed is a major cause of poor sleep for families. The use of electronics too close to bedtime can lead to difficulty falling and staying asleep. Blue light emitted from electronic devices engages the prefrontal cortex of the brain. This part of the brain needs to be quiet in order for us to fall asleep. Shutting off screens at least 60 minutes before bedtime is a great rule to implement for the entire family. Choose a paper book instead of an e-book or play a game together as a family as opposed to allowing children to play games on electronic devices prior to sleep.

3. Create a schedule calendar

We have a paper calendar that hangs in our house so that everyone in the family knows what activities are going on that week. Once a week we sit down as a family and talk about the schedule so we are on the same page. Each kid has a different colour on the calendar which makes it easy for them to spot their own activities every morning before leaving the house so they know what to expect after school.

4. Add some fun

Sometimes it's hard to wake up and get going in the morning. By adding in a few fun things, it can make the

morning rush a lot more enjoyable! You can set the tone for the rest of the day by making sure everyone gets up to a positive atmosphere.

Tips for a positive morning routine:

Play some music: Take requests and create a family playlist to boost the morning mood (dance moves always encouraged).

Exchange positive words: Ask your child what they're looking forward to each day and share yours as well — no matter how small.

Connect: Hug, hold hands, or give your child verbal praise to show them affection.

5. Command center for often use items

A command center is a central place where you can organize and store important things your family uses often and also a place to keep important information that everyone in the family needs to know.

6. Offer small rewards for getting it all done

Rewards are great and effective. The reward can be an activity, a privilege, or an experience together (rather than buying my kids something). It can be as simple: if there is extra time in the morning, then your kids can read their favourite book, or play with toys before they have to go.

Or maybe the reward is a little bigger if you rock it all week and get out of the house on time (and with a good attitude!). The reward could be going to the park for a while and then staying up late on Friday night for a movie.

Emotional Routine Tips

1. Share morning affirmations

I'm a big believer in starting the day off with positive and motivating thinking. I find that positive affirmations are a great way to build self-esteem and start the day on the right track. Sometimes kids have anxiety or fears of something they have to face that day. By repeating these positive affirmations every day, they can feel happier, and more empowered to face whatever they need to that day. Some examples are:

I'm strong

I'm capable. And I can do anything I put my mind to

I am friendly

I have fears, but I have the courage to face them

I am a loving and kind sibling

My friends enjoy playing with me

My parents are proud of me

My family, friends, and teachers love me for who I am

I am helpful

2. Take a few minutes to connect

If you are able to connect with your kids right away, they are much more likely to listen and follow directions in the morning. This doesn't have to take long and it can look like:

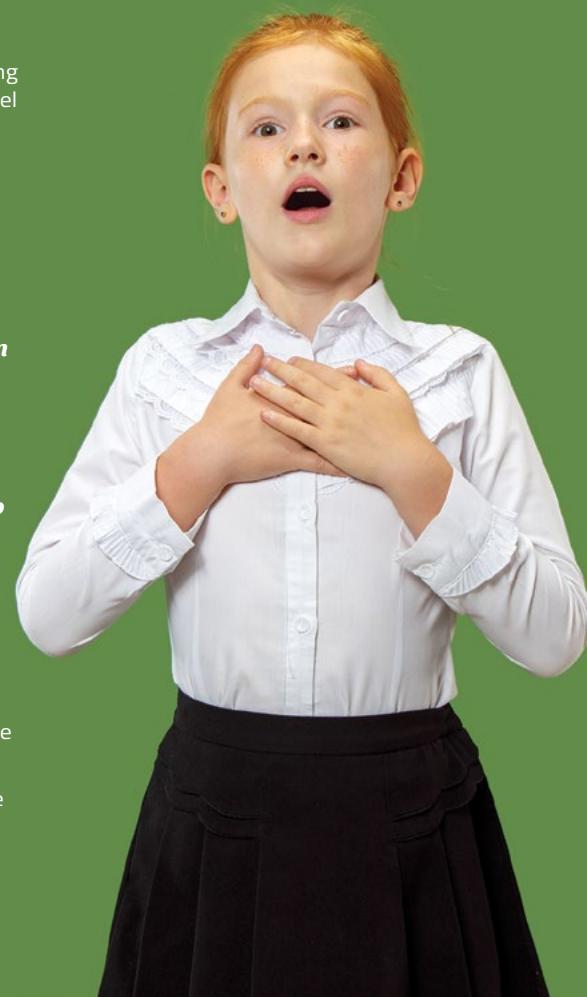
Giving your child a long hug right when they wake up

Share a few deep breaths together

Hold hands while walking down the stairs

Make eye contact while sincerely listening to your child

Create a positive morning playlist with your child and enjoy listening to it together while you get ready for the day



UNITED SCHOOL INTERNATIONAL

World class facilities and an outstanding international education on The Pearl, Doha

United School International (USI) opened its doors to students in August 2022, as the first school located on The Pearl. It has quickly become a thriving educational and social community for students and their families in Doha.



USI's ethos rests on four core principles: kindness, respect, a passion for learning and the pursuit of excellence. We are a school that prides itself on the ambitious education we deliver. We want our children to feel secure and confident, to feel supported and understood and to be able to turn to those around them



for guidance and encouragement. Our students are at the heart of everything we do, by supporting them on their journey through an enhanced British curriculum to deliver an outstanding international education.

USI's students start at age 3-4 in FS1, and currently go up to age 14 in Year 9. In August, those students will move on to Year 10, and will start studying for their IGCSEs. Each year, a new year group will open, until we have students all the way up to Year 13, who will sit their A-Levels and graduate – ready for the next stage of their education or career.



Our teachers are highly experienced, expert, international educators who are dedicated to delivering the best possible education, whilst also creating a safe, inspiring and engaging learning environment for our students. Our teaching approach has the flexibility and adaptability to underpin a sound academic English language education, which prepares students to move from Early Years to Primary and then into Secondary school, and to follow on to prestigious universities worldwide.

This learning is delivered in a campus comprising outstanding facilities, including 2 swimming pools, a 500-seat auditorium, full size football pitch, STEAM and Robotics studios and a multi-purpose sports hall. Students can also select from a wide range of extra-curricular activities, led by our own teachers and also from many of Doha's finest external activity providers.

To register your interest in United School International, visit unitedschool.qa to submit an online enquiry, or email admissions@unitedschool.qa. We would be delighted to welcome you for a tour of the school and answer any questions you might have.

Located on The Pearl in Doha, United School International's ethos rests on four core principles: kindness, respect, a passion for learning and the pursuit of excellence.

Our students are at the heart of everything we do, by supporting them on their journey through an enhanced British curriculum to deliver an outstanding international education.

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8 Strategies to enhance students' memory

Memory is a crucial aspect of learning, and it plays a significant role in academic success. Research shows that students who have better memory recall abilities tend to perform better in school and have a stronger foundation for future learning. Here are some strategies that can help students enhance their memory:

1. Repetition: Repetition is a powerful tool in helping students retain information. Repeating information several times, either through verbal repetition or writing, can help students consolidate their memories and make the information easier to recall later.

2. Active recall: Instead of passively reading over information, active recall involves recalling information from memory, such as through writing or verbalizing it. This process helps strengthen the connections between neurons and enhances long-term memory.

3. Organizing information: Organizing information into smaller, manageable chunks and creating mental connections between related pieces of information can help students remember it better. This could include creating visual aids such as flashcards, mind maps, or outlines.

4. Chunking: Chunking involves breaking down large amounts of information into smaller, more manageable pieces. This technique can help students understand and retain information better and also reduce cognitive overload.



5. Visualization: Visualization is the process of creating mental images of information. Students can visualize information they are trying to remember, such as a map or a diagram, to help solidify their memories.

6. Relaxation techniques: Relaxation techniques such as deep breathing, meditation, and yoga have been shown to reduce stress levels and enhance memory.



recall. These techniques can help students calm their minds and reduce distractions, making it easier to focus and remember information.

7. Exercise and sleep: Regular exercise and adequate sleep have been shown to enhance memory and cognitive functioning. Physical exercise has been shown to improve blood flow to the brain, which can help enhance memory, while sleep is crucial for memory consolidation and retrieval.

8. Social learning: Social learning is the process of learning from others and sharing information with others. Studying with classmates, participating in group discussions, and teaching information to others can help students better understand and retain information.

In conclusion, there are many strategies that students can use to enhance their memory. Some of these include repetition, active recall, organizing information, chunking, visualization, exercise and sleep, relaxation techniques, and social learning. Implementing a combination of these strategies can help students improve their memory recall abilities and perform better in school.



Durham School for Girls Doha enters a new phase of excellence in 2023



Durham School for Girls Doha (DSGD) started 2023 off with some exciting new ventures that contribute to the rapid growth of the prestigious all-girls British school in Qatar. DSGD has been on an incredible journey since opening its doors in 2019. As the first of its kind, an all-female school offering a British Curriculum with a strong foundation of Arabic Language, Qatari History and Islamic Studies, the school has flourished into one of the most respected and valued schools in Qatar. In the previous academic



year, DSGD celebrated a lot of successful milestones. Some of the achievements included becoming the first all-female international school to be titled a "High-Performance Learning World Class School"; being recognized as a Microsoft Showcase



School and celebrating their first cohort of official UK exams along with celebrating the 6th form graduating class.

Since the start of the new academic year, DSGD has hit the ground running with incredible achievements. DSGD completed the British Schools Overseas Inspection and received admirable feedback in the report. DSGD was commended on their excellent academic standards resulting in rapid educational progress, outstanding Pastoral care with the focus on the welfare of students as a key school priority and ensuring the DSGD curriculum blends UK and Qatari requirements in the best possible way.

Leading on from a successful Qatar National Schools Accreditation (QNSA) Inspection, DSGD has met the requirements by the ministry to adhere to international standards focused on quality education and performance, and therefore has been admitted into the Ministry of Education and Higher Education Voucher system. This achievement benefits many of the Durham Family members due to the fact that 98% of their students are from local Qatari families. As a result, DSGD is also able to offer sibling admissions, providing more services to the benefit of the DSGD family and community.

Durham is an all through girls' school from EYFS 1 – 3 years of age - up to 6th



Form with years 12 and 13. Focusing on their vision to inspire a life-long appetite for learning in a caring environment that develops emotional, moral, and spiritual strength for future leaders, the school strives to provide a curriculum and range of co-curricular opportunities that will enrich each students' sense of self belief. DSGD helps them make appropriate judgements, giving them 'Confidence for Life' and an aspiration for achievement by celebrating Qatari values and culture within a British curriculum framework.

Admissions are open for academic year 2023/2024 and DSGD is looking forward to the incredible success yet to come allowing each student, parent, and staff member to be the best they can be.



Durham School
for Girls Doha

DSGD 2023/2024

Admissions Open

* Preference will be given to sibling admissions

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Why extracurricular activities and sports are so important

Extracurricular activities and sports play a crucial role in a student's overall development. They complement the academic curriculum and offer students the opportunity to explore their interests, develop new skills, and build self-esteem. Whether it's sports, theatre, music, or robotics, students should be participating in activities outside their academic coursework.

Qatar International School

Exceptional British education delivering academic excellence

Qatar International School is a British International school and one of the most prestigious and accredited schools in Qatar. Located in Dafna, Doha, QIS was founded by the Owner Sheikh Ali bin Ahmed bin Thani Al Thani and the Griffin family in 1977, which also makes it one of the first British schools in the country. From its early beginnings, it has now grown into one of the largest and most successful schools in Qatar with over 2,000 students on roll and some world leading achievements.

The school is led and managed entirely by British professionals and it strives to

maintain the highest standards of the current English Education System, whilst also supporting its Arabic culture and international context. Children are taught in Key Stages from Early Years through to KS5 and examinations are taken in GCSE, IGCSE and A Levels using UK examination boards. The vast majority of students leaving QIS move on to Higher Education in leading universities all over the world but most especially the UK, USA, Canada, UAE and Qatar itself. The vast majority of teaching staff are UK trained and the school prides itself on ensuring it keeps up to date with the

very best international practice in education and learning.

Since 2015, QIS students have achieved 7 'Best in World' IGCSE and A Level results—more than any other school in Qatar. Over the same time period, our students have achieved more than 90 'Best in Country' results for IGCSE and A Level, across a whole range of subjects including English, Arabic, Maths and Sciences, cementing our position as one of the highest achieving British Internationals Schools in the world.

QIS has always excelled in the development

of the whole student and we pride ourselves not only on their academic performance, but in their social and emotional development. Our children's academic results are testimony not only to their hard work and determination but also their happiness and wellbeing. In this, they are supported by an outstanding staff who place students and student development at the top of their priority list.

You can visit our website www.QIS.org for more information, or contact our Admissions team to inquire about enrolment at admissions@qis.org







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ASPIRING TO EXCELLENCE, BUILDING FUTURES, CELEBRATING DIVERSITY.

Here are some of the reasons why extracurricular activities and sports are so important:



Cultivates leadership opportunities

Most high school extracurricular activities provide an opportunity to take on a leadership role. In that role students will be given responsibilities and learn to communicate with their peers from a position of authority. This develops needed skills for the future, and it also looks great on college applications.

Enhances teamwork experience

Whether playing a sport, participating in a club, or performing in a play, students will be working with their peers. While coursework is typically an individual activity, extracurricular activities teach students how to work with different types of people. Being a team player and adapting to their environment will benefit them in the future.



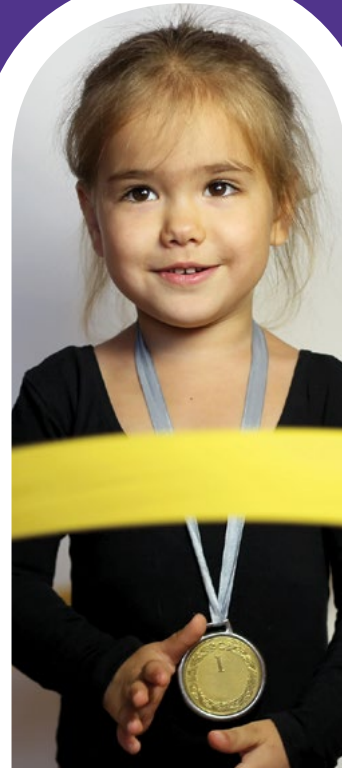
Develops time management skills

High school is a busy time. Students have a lot going on, from academics to sports to clubs. When students take part in extracurricular activities, they will learn how to manage their time effectively out of necessity. Juggling several assignments and activities is a skill that will put them ahead of the game when they're in college.



Fosters confidence

The more students accomplish, the more confident they become. In their extracurricular activities, students will learn how to work hard, have fun, and accomplish their goals. This establishes a strong foundation and instills confidence to help them advance in the future.



Promotes networking skills

During practice, rehearsal, or club meetings, students are interacting with their peers and making new friends with similar interests. Finding common ground and striking up conversation is the cornerstone of success in the professional world. This develops the networking skills they will need in the future.

Increases academic performance

If students take part in activities they are passionate about, they will learn concentration and focus. That concentration will carry over into their academic life and improve their academic performance. In particular, if students are involved in sports or performing arts, they will gain endurance and achieve stamina that is needed to perform well academically.

Overall, extracurricular activities will help prepare your child for college and their professional future. Armed with these advanced skills, they can overcome obstacles in the future, and achieve success and happiness.





How to keep your kids stress-free during exams

Examinations are a tough time not just for students but for parents as well. The stress and anxiety created at this time can be harmful to one's health and also exam preparation if not checked. Here are a few tips for parents to keep their kids stress-free during exams.

Encourage a healthy lifestyle: A healthy diet, regular exercise, and sufficient sleep can help keep stress levels in check. Ensure that your child is eating nutritious meals, engaging in physical activity, and getting enough rest.

Promote positive self-talk: Encourage your child to talk positively to themselves and avoid negative self-talk. Help them understand that everyone makes mistakes and it is okay to not be perfect.



Set realistic expectations: Don't put too much pressure on your child to perform well. Explain to them that exams are just one aspect of their lives and that their self-worth is not defined by their grades.

Create a study routine: Establish a study schedule that your child can follow, including breaks for physical activity, relaxation, and leisure.

Encourage breaks and relaxation: Encourage your child to take regular breaks from studying and to engage in activities that they enjoy. This could be playing a sport, reading a book, or spending time with friends and family.

Stress-management techniques: Teach your child stress-management techniques such as deep breathing, visualization, and mindfulness. These techniques can help them stay calm and focused during exams.

Seek support: If your child is struggling with stress, encourage them to seek support from a teacher, counselor, or mental health professional.



Remember, exams are just one part of a student's life and academic journey. As a parent, you play a crucial role in helping your child feel supported and confident during this time. Encourage them to do their best and to focus on their well-being and mental health.

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

Let your trusted friends and family know if you are struggling

so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.

Ask for help. Think about all the practical support you need

and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or university can offer you. They will have spoken to lots of students before who are going through similar things.

Try finding a study group, or start your own

Working through problems with other students can be a nice way to keep your social life going and boost your morale.



Be kind to yourself

Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.

If people around you – like your parents or family – are putting pressure on you, it can help to tell them what you feel able to achieve, and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home.

The importance of self-care

'Self-care' is a phrase you've probably come across, but what does it really mean? Simply put, self-care is the little things we do to look after our own mental health.

If you are worried about exams, you may feel like you don't have time for self-care, or that you need to spend all of your time revising. While it is of course important to revise, if you don't take the time to look after yourself by doing things like eating and sleeping well, and you don't give yourself time to unwind by doing something you enjoy like gaming or seeing your friends, you will find it harder to revise. We are not machines – we all need a break sometimes.

So make sure that when you are thinking about how to use your time before exams, you factor in time to look after yourself. You deserve it.

Keep it in perspective

Exams can help you take the next step in your academic or professional career – but results are not the only measure of success.

Keep in mind that exam results do not define who you are

You might be the comedian in the family, the person your friends come to for life advice, or something else.

Make a list of all the things you want from life which don't involve exams

This can help you realise that exams are only a small part of the picture.

Have fun

Remember your life outside of exams is important too. Make a list of all the things you enjoy, and find time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed. There is no need to feel guilty for taking some you-time to unwind. You're allowed to have a social life and interests outside of studying.

Revision tips

Try breaking it up into chunks and creating a daily timetable

so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.

Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.

Make sure you take regular breaks from studying

Your brain cannot concentrate for hours at a time.

Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

Focus on you and don't compare yourself to others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.



SEK-Qatar, a school boasting an international track record and educational excellence

SEK International School Qatar was established in 2013 in the heart of West Bay as part of the Qatari Ministry of Education's Outstanding Schools Programme. It is part of the SEK Education Group, founded in 1892, which brings together leadership, teaching innovation and over 130 years of tradition and history.

All the International Baccalaureate Programmes, especially the Diploma Programme (DP), enjoy a high level of respect and recognition among higher education institutions, and students succeeding in the IB programmes often get admissions-related benefits, course credits, and scholarships at many universities.



Our school is home to a diverse community, representing more than 60 nationalities. We believe that diversity is a strength and it helps our students to develop a global perspective and to understand different cultures.

SEK-Qatar is an IB World School authorised to offer the Primary Years Programme (PYP), Middle Years Programme (MYP) and Diploma Programme (DP). The three programmes develop students' intellectual, personal, emotional and social skills that they crucially need to thrive and serve others in today's challenging world.



SEK-Qatar promotes an integrated digital curriculum as a fundamental aspect of our students' development, so that they are able to acquire the necessary skills and competencies in these areas. We have been recognised as Microsoft Showcase School for 5 years in a row and we are the first school in Qatar to be recognised as SMART exemplary school.

Our teaching approaches and whole school community culture is geared towards learning and attitudes that are centred on developing an internationally minded



community made up of students who are inquirers, knowledgeable, thinkers, communicators, principled, open-minded, caring, risk-takers and are balanced and reflective. All of our students from Pre-3 to Grade 10 study two additional languages: Arabic and Spanish.

At SEK International School Qatar, we believe that education is not only about academic success but also about personal growth and development. We inspire



all students to be creative thinkers, problem solvers, active learners and global citizens who make positive contributions towards a better world.

www.sek.qa/ admissions@sek.qa

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SEK International School Qatar

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20 average number of student per class.

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GEMS American Academy Qatar

“A highly-rated, value-for-money American Curriculum school offering a world-class education”

Located in Al Wakra, Qatar, **GEMS American Academy Qatar (GAAQ)** is a state-of-the-art center of inspirational learning that enables students to make decisions independently, solve problems effectively and interact positively with tolerance. This prominent academy, supported by GEMS Education, a network of international schools worldwide that offers students the highest standard of education, offers a rigorous American curriculum from Pre-Kindergarten through Grade 12 to its multi-cultural student body. Along with U.S. Common Core standards-based academics, it provides an Advanced Placement (AP) Program as well as a robust extra-curricular program to support the holistic development of a child. This institution empowers its students to think creatively, design innovatively, develop confidence, increase cognitive thinking skills and become well-adjusted citizens in the global community. The academy actively espouses the core values of respect, innovation, leadership, purpose, and tenacity in their scholars.



Mark Lentz, the **Head of the School**, arrived at GAAQ in the spring of 2016. He defines the school as an amalgamation of top-notch facilities with well-behaved and engaged students, dedicated teachers, and a positive, supportive learning environment. Under his leadership, GAAQ has matured considerably over the last few years. Most notably, GAAQ has earned the highest accreditation possible by the New England Association of Schools and Colleges (NEASC). Additionally, the school has boosted enrollment from 820 students to 1,200 students while adding competitive sports teams as members of both QPPSSA and QUESS leagues. Moreover, the school sports a diverse palette of afterschool programs, delivers academically rigorous mixed with all-encompassing student support, offers College Board Advanced Placement (AP) classes and the AP Capstone Diploma, provides opportunities for the Duke of Edinburgh Award, earned sustainability awards from the Qatar Green Building Council and Foundation of Environmental Education (Eco-Schools Green Flag Award) and maintains one of the highest parent satisfaction ratings in the entire GEMS school network.



What is the American Curriculum at GAAQ?

Early Years Curriculum

GAAQ's early-years program is based on the Creative Curriculum revolving around five important developmental strands: social, emotional, physical, cognitive, and language. These developmental strands are integrated into themed units throughout the year using interest-based learning centers aimed at drama, science, literature, art, creative play, music, gross-motor, outdoor play and other free-play choices. The curriculum also includes other daily activities to promote fine- and gross-motor skill development.

Elementary School: Grades 1 to 5

The elementary program has a solid curriculum in place that emphasizes basic, foundational skills in all subject areas and introduces higher-level challenges to students that stimulate their interests. The curriculum fosters the concept that learning is enjoyable and rewarding as well as providing a variety of provisions to support individual learning. In addition to the core subjects, GAAQ provides students a bevy of elective classes in physical education, music, art, Arabic language (native and non-native speakers), Islamic education for Muslims, library, IT and character education class with the Elementary Guidance Counselor.

Middle School: Grades 6 to 8

Scholars are transitioning into adolescence and exploring the essential questions of identity, purpose and meaning more deeply than before. Therefore, GAAQ complements the core curriculum by including a variety of exploratory classes that make the middle school experience special. Students are given a choice of which classes to take while exploring personal interests and possible career choices. The classes offered have been specifically designed by inspired, credentialed teachers to engage students in learning opportunities that focus on creating, connecting, and collaborating. Thus, the Middle School Principal at the school has grouped learning skills in three separate strands: Literacies, Competencies, and Character Qualities as well as created a comprehensive student development and social and emotional learning (SEL) support program, with the support of their Middle School Counselor, dynamically designed to address the unique physical, cognitive and psychosocial needs of adolescents.

High School: Grades 9 to 12

GAAQ believes that the recipe for excellence in high school consists of knowledgeable adults, a focus on classroom culture and a passion for the development of self and others. Within this framework, high school is moving forward in its pursuit to get every student to and through higher education. To date, the academy has a 100% graduation and university acceptance rate as students have been accepted to numerous colleges and universities in the United States, Canada, United Kingdom, Europe, Middle East, Asia and Qatar. High school offers a dynamic college and career preparatory education as well as a robust support system that encourages student achievement, maturity and independence. Classrooms range from 18 - 22 students and they follow the norms of team and discussion-based learning as well as problem-based learning. Lastly, Grade 11 - 12 students have the ability to take one of the 20 AP courses offered, if eligible.

Life at GAAQ

Students enjoy an enriching student life experience through several outlets. The school has after school activity offerings that include, but are not limited to, sports, reading, art, yoga, chess, math, chess, Islamic/Qur'an, foreign language and STEM. In regards to sports teams, Lower School students can participate in football, track and field taekwondo tournaments in the QPPSSA league whereas Upper School students have football, basketball, badminton, volleyball, netball and track and field teams. Moreover, students can participate in music, voice and theater performances, service-learning trips, volunteering opportunities, AP (college-level) coursework and many more. Lastly, the school offers various student-led initiatives such as Yearbook Club, Eco Club, GEMS Pre-Med(icine) Club, Student Council (student leadership) and THIMUN, to name a few.

In addition, students benefit from the diverse school culture. GAAQ is home to 76 student nationalities and 15 teacher nationalities. Even though the school's leadership is predominantly American (with over 90 years of educator experience) and the faculty is primarily hired from the United States and Canada, the institution also represents various multi-linguistic, multiethnic and multicultural parents, students, and school community members. This international vibe ultimately improves the quality of education, helps students feel safer, reflects the global world and challenges school administration to implement diversity programs that positively impacts parents, students, and staff.

What Makes Our School Unique?

- On its first attempt, **the school achieved the highest accreditation possible** by the New England Association of Schools and Colleges (NEASC)
- College Board-certified school featuring **20 Advanced Placement (AP) courses** in addition to offering the reputable AP Capstone Diploma and Springboard program
- Earned **highest parent satisfaction rating among all American/IB schools** in the entire GEMS Education network
- Named **“The 10 Best International Schools in Qatar”** and **“Most Valuable Schools to Watch in the Middle East”** by The Knowledge Review magazine
- Recipient of the Qatar Green Building Council's (QGBC) **School Sustainability Award** as well as the prestigious Foundation for Environmental Education (FEE) **Eco-Schools Green Flag Award**



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The importance of mental health awareness in schools

Undoubtedly, mental health awareness is the need of the hour. It is especially true in the era of competitiveness when we are focused on pressuring students to work harder to achieve their goals. In this process, their mental health takes a backseat. We must teach them how to handle failures and teach them to tackle questions like: How do you keep working even when you fall short of achieving your goals? How do you handle repetitive failures? How do you handle letting your parents down? How can you be inspired by the successful people around you and not envy them?

The answer to these questions lies in better mental health. You need to train your mind to deal with life's challenges. The earlier you start working towards a healthier mindset, the better it gets. This is why there is a greater need for mental health awareness at school.



Why is mental health awareness important in schools?

If a student has poor mental health, to them, failures look more catastrophic than they actually are. As a result, they will show low productivity in school activities, get easily distracted and develop unhealthy coping mechanisms to deal with their issues.

Positive encouragement in schools can be of great help to such students. When students are allowed to participate in different activities, this boosts their overall confidence. Participating instils a sense of self-awareness in them.

It is essential to focus on a student's mental health while they are in school. If a child indicates anxiety and depression, they should be offered support without making it too obvious. Having a school counsellor in schools is a step in the right direction. It gives students someone to approach for help.

Also, schools should focus on developing cooperative relationships between students and teachers. The students should be comfortable enough to share their issues with the teachers.

What affects your mind also affects your body. Mental health issues can lead to chronic diseases like heart issues, diabetes, depression and stomach issues. Early intervention and identification of poor mental health can make a lot of difference, which is why students must communicate with their teachers and be made aware that they have the support they need.

Students spend the majority of their time in schools

Students spend more than half of their time in school and the other half thinking about schoolwork, tasks and what happened at school. The schooling phase is not the same for every child. Some face bullying, some face trouble in studies and others face the pressure of always having to earn top grades. For some students, the stress starts getting out of hand, which hampers their mental health. It can lead to mental health issues; they could exhibit signs of depression, suicidal thoughts, and self-harm.

For this reason, teachers and students should be encouraged to develop mental health awareness in schools. It allows them to identify the early signs of compromised mental health and understand how to cope with them. Mental health awareness in school enables teachers to learn how to deal with the situation. Empowering students at the right time can prevent them from the damage of poor mental health.

Eliminating stigma behind mental illness

Spreading mental health awareness in schools will allow all students to understand the importance of sound mental health. Having guidance will help them to identify their health issues and how they can work on them.

Above all, spreading awareness about mental health also ensures students do not see it as a mark of disgrace. It shouldn't be a bullying matter. In fact, mental awareness helps students to live in solidarity and help each other out in difficult times. It will focus on not shaming others for being depressed or for being anxious. Furthermore, it would also make it very clear that seeking help in such a situation is not something to be looked down on; it is okay to seek help from counsellors, therapists, teachers, parents and even your friends.

Brings everyone to the same level

Mental awareness in schools means allowing students' feelings to be validated. When we talk about mental health awareness in school, it helps a student struggling with their mental health to feel heard. It allows them to feel validated and not feel alone.

Mental awareness also includes teaching students how to deal with a given situation. It not only helps them at the root level but later on in their life. They become less vulnerable to facing mental health issues in the future.

When students know the importance of a healthy mind, they work towards it holistically and with reason.

Mental awareness can eliminate bullying

Bullying in schools and colleges is one of the main causes of poor mental health. While conducting mental awareness sessions may not always stop bullying, it gives a student the tools to deal with its effects. The effects of bullying on mental health are the worst. From anxiety and sleep disorders to low self-esteem, getting bullied for years throughout your school life is an experience no one deserves.

To make situations worse, often, school authorities do not support the bullied students. They do not punish the ones responsible for bullying and blame the bullied student for the inconvenience, which can stem from several reasons.

In conclusion, creating mental awareness in schools can be a step toward valuing every student's life and ensuring no one is discriminated against for any reason, including their sexuality, economic status, or their mental health. Mental awareness can act as a deterrent for bullies and can discourage them from bullying others.





A truly exciting time for GEMS Wellington School Qatar

With a highly experienced and ambitious Senior Leadership Team and a renewed vision, the future is bright as GEMS Wellington School Qatar continues its journey as a truly worldclass institution. The school offers an engaging, personalised and authentic British education following the National Curriculum for England. The curriculum culminates in the highly sought-after GCSE and A-level qualifications, accepted by all top universities worldwide.



Our Vision

GEMS Wellington School Qatar believes in success for all and aims to be an "aspirational and globally minded community of happy, high performing learners who achieve personal and academic excellence".

To achieve this, it is important to ensure inclusivity, with a clear emphasis on moral values, a proactive attitude and positive behaviours. The school embraces diversity, and holds high expectations of the academic community and all its members. Both staff and students are expected to contribute and maintain a consistently positive, harmonious and vibrant environment conducive to high-quality learning.

David Wilson (Principal/CEO)

David Wilson has worked in education sector for over 20 years, in a wide range of established and new schools in the UK and other parts of the world, including New Zealand, Spain and latterly the UAE. He has over 13 years' experience in senior leadership and has achieved the renowned National Professional Qualification of Headteachers (NPQH).

David has successfully led highperforming teams in the pursuit of improving student outcomes and fostering a supportive, cohesive working environment. He firmly believes in the importance of traditional values, self-discipline, high expectations and creating a culture of success and achievement, both for staff and students.

David joined GEMS Wellington School – Qatar in 2021 from his previous role at GEMS Winchester School – Abu Dhabi, where he oversaw significant whole-school improvements.

David and his team are working hard to ensure the school reflects and delivers the very best elements

of a British-style international education. His vision for GEMS Wellington School Qatar is to be a leader in the region, allowing all those associated with the school to achieve their full potential.



"A GEMS Wellington education will empower each individual to be well-equipped, not only academically, but also socially, emotionally and mentally, so they can take their place with confidence in an ever-changing world. They will understand the importance of their own actions, with a strong sense of personal responsibility and ability to shape their own future. I have the amazing privilege to be part of that," David said.

Curriculum

Early Years: Foundation Stage One and Two

The curriculum is based on the English Early Years Foundation Stage Curriculum (EYFS) and provides all students with a journey of learning, guided by nurturing and dedicated team of early years specialists. Learning focuses on self-development in partnership with cognitive and physical development. Learning is childcentred, multi-sensory, collaborative and fun. Teachers expertly personalise the learning experiences to meet the needs of each student.

Primary School: Key Stage 1 and 2 Year 1 to Year 6

The school follows the National Curriculum for England, which has been modified to meet the needs of the school's international students. The curriculum supports the students' natural curiosity and interests, providing opportunities for them to consolidate the fundamentals of learning using a variety of approaches. The dedicated teachers bring the curriculum to life through exciting and skilfully planned topics, making learning engaging and enjoyable.

Key Stage 3 Year 7 to Year 9

The Key Stage 3 curriculum further deepens the knowledge gained in primary and takes students on a journey to explore a broad range of subjects in preparation for them to undertake their GCSEs. They will continue to develop more advanced knowledge and skills including practical application to real-life situations, while starting to further develop awareness of their own interests and strengths.

Key Stage 4 and 5 (IGCSEs and A Levels) Year 10 to Year 13

In Key Stage 4 and 5, students follow the IGCSE and A-level qualifications. The school's IGCSE qualifications (Years 10 and 11) are internationally recognised and respected, providing excellent preparation for further study. Students study the core IGCSEs in English, Mathematics and Science, further complemented by a number of optional IGCSEs. This gives the students the flexibility to choose subjects that are right for them while providing each individual with a broad knowledge base.

A-level qualifications (Years 12 and 13) are highly regarded worldwide and allow students to access undergraduate courses at universities without the need for a foundation programme, depending on the grades achieved. The school's small A-level classes ensure each student receives fantastic levels of personal support from their teachers.

Partnerships

GEMS Wellington School believes there is much more to a quality education than the school curriculum, and this is the reason the school continues to explore and develop partnerships with external specialists who are worldclass in their field of expertise. This is reflected in the introduction of High Performance Learning, which focusses on ensuring all students are able to become successful learners, the partnership with UDO which exposes the students to world-class performing arts professionals, as well as the schools's recent partnership with '8billionideas' that provides the students with excellent enterprise and entrepreneurship opportunities, supported by industry experts. GEMS's curriculum is further enhanced by extensive extra-curricular programme.

Campus and Facilities

GEMS Wellington School Qatar is located in Al Wukair, Al Wakra, holding the belief of the importance of the comprehensive school experience, encompassing both the education delivered and the school environment. This belief is embodied by the campus and facilities, both of which have been designed to nurture student life.

The school's facilities are of high quality and support the highly skilled team of teachers. Facilities include: ICT Apple Mac Suite, music rooms, science laboratories, multipurpose sports halls, dance studio, drama studio, food technology room, design technology room, innovation zone, full size Astro football pitch, art, textile and 3D sculpture rooms and various outdoor areas. These facilities create a stimulating and supportive environment that engages students and promotes learning and development.



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Are audiobooks worth a try?

Audiobooks have been around for decades and have become increasingly popular in recent years, with the rise of digital media and the availability of smartphones and tablets. While audiobooks are often associated with adult readers, they can also be a valuable resource for children. In this article, we'll explore the benefits of audiobooks for children and whether they are worth the investment.

Firstly, audiobooks are a great way to foster a love of reading in children. Listening to stories can be a magical experience, transporting children to different worlds and encouraging their imaginations to run wild. Audiobooks can help children develop an appreciation for storytelling, which can help them become more engaged and enthusiastic readers.

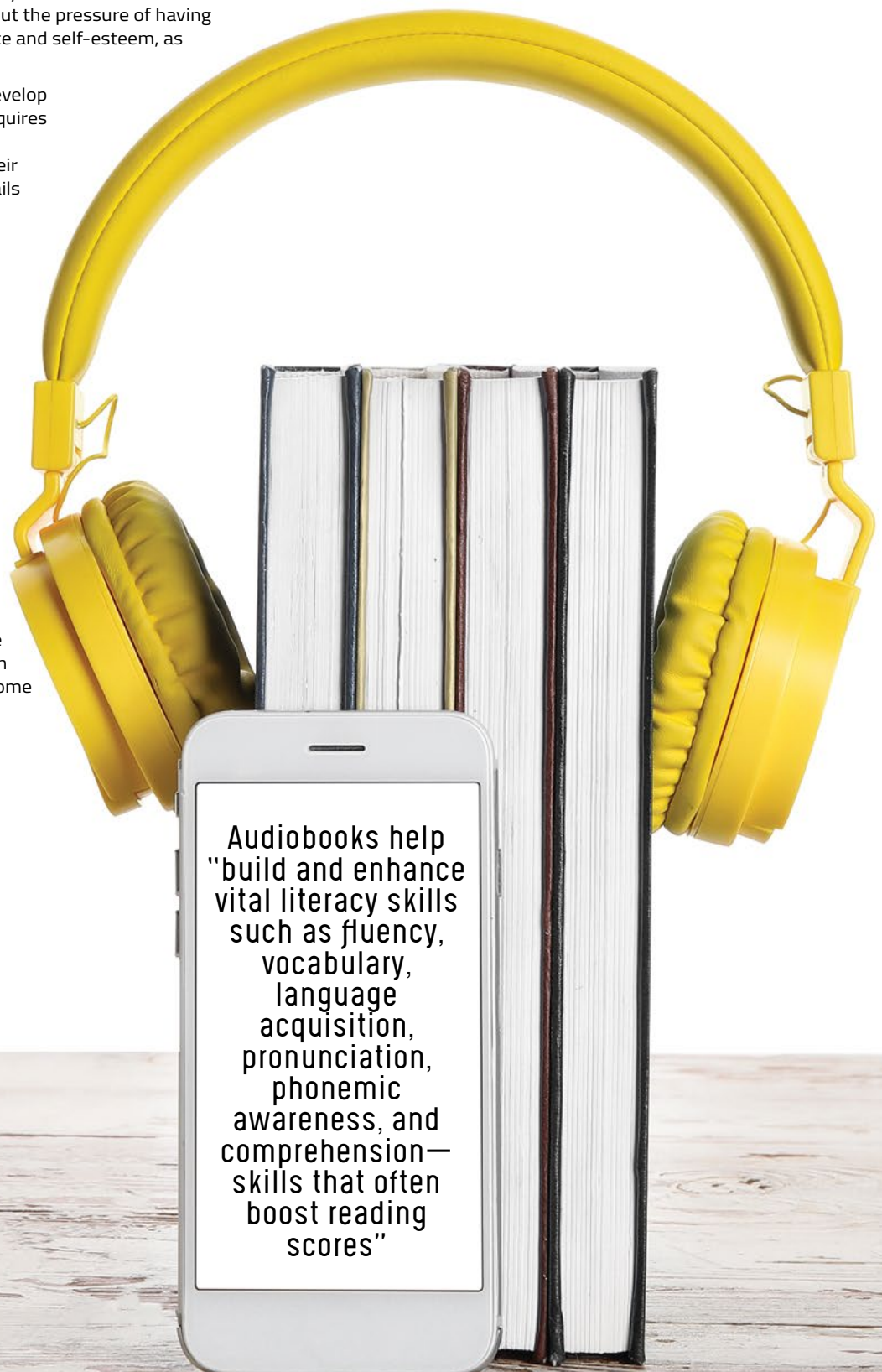
Audiobooks can also be beneficial for children who struggle with reading. For children with reading difficulties, audiobooks can offer an alternative way to access stories and information. They can listen to stories at their own pace, without the pressure of having to keep up with their peers. This can help boost their confidence and self-esteem, as well as improving their literacy skills.

Another benefit of audiobooks is that they can help children develop listening and comprehension skills. Listening to audiobooks requires concentration and focus, which can help children develop their attention spans. Audiobooks can also help children improve their comprehension skills, as they learn to listen for important details and follow the narrative thread.

Audiobooks can also be a great tool for busy parents. Parents who are short on time can use audiobooks as a way to read with their children, even when they're not physically present. This can help parents stay connected with their children and foster a love of reading in the family.

So, are audiobooks worth the investment for children? The answer is yes, if used correctly. Audiobooks can be a valuable resource for children, helping them develop literacy skills, fostering a love of reading, and improving listening and comprehension skills. However, it's important to note that audiobooks should not replace physical books entirely. Children should still be encouraged to read physical books, as this can help improve their reading skills and provide a different type of sensory experience.

In conclusion, audiobooks are a valuable resource for children. They can help children develop literacy skills, foster a love of reading, and improve listening and comprehension skills. While they should not replace physical books entirely, audiobooks can be a useful tool for parents and educators to help children become enthusiastic and engaged readers.



Why Swiss International School Could be a Perfect Fit for Your Child?



SWISS INTERNATIONAL SCHOOL
QATAR

By Vlatka Kalecak

Choosing a school can be a challenge. Every family has different values, beliefs, and expectations, and what works well for one family may work better for another. Choosing the right school for our children is a significant decision that depends on many factors.



Here at Swiss International School, we understand the significance of such a decision and its impact on a child's academic and personal growth. We know that challenge, so we intend our tours to be as transparent as possible in laying out our educational perspective, answering any questions you may have, and helping you make the right decision.

At Swiss International School, our vision and mission is to ensure that students are 'fulfilled, inspired, and prepared' to meet the challenges and opportunities of the 21st century. We have an active learning environment that fosters a sense of global citizenship and intercultural understanding. We are a top choice for families who value

a truly international community and a holistic education focusing on academic achievement, personal growth, and global citizenship.

Outlined below are some of the often-cited reasons why families choose to entrust their children to Swiss International School:

- "They have great staff": Swiss International School has a qualified, highly skilled and experienced team of teachers and support staff, committed to ensuring that the environment is nurturing and safe and supporting students' academic and personal growth.



- "They have a great curriculum": Swiss International School is an IB-accredited continuum school that offers a rigorous and comprehensive curriculum recognised globally. The school's curriculum is designed to prepare students for success in the 21st century.
- "They have inspired my child": Swiss International School recognises that

education is more than just academic achievement and emphasises the holistic development of its students. The school offers a range of extracurricular activities and programs that promote social, emotional, and physical development in addition to academic success.

- "They are truly international!": Swiss International School is an international school that welcomes students and staff from all over the world. The school's diverse team, student body, and multicultural learning environment help students develop a global perspective and intercultural understanding.
- "They speak our language": Swiss International School's language of instruction is English, with second and third choices in French, Arabic, or German, providing students with the opportunity to become fluent in more than one language. This skill is invaluable in today's globalised world.
- "They know my child": Swiss International School offers a personalised approach to education that aims to cater to each student's specific needs, interests, and abilities.

Choosing a school can be a challenge. Choosing a school in an international setting can afford so many different options that choice alone can be a headache. We fully appreciate that many of us have had to make that choice ourselves,

so we are on hand to help you make that choice.

If you have yet to have the opportunity to visit our school, we encourage you to book a tour to meet our staff, see our students in action, and experience the environment firsthand. During your visit, we will be available to answer any questions and provide information to help you make an informed decision about our school. Moreover, to see if SISQ is the right fit for your family's values, beliefs, and education perspective.



Vlatka Kalecak is an Interim Head of School, and her experience in education has taken her across the world, including countries such as Croatia, the United States, Italy, Malaysia, Poland, and Qatar. During this time, Vlatka has worked in various roles, from teaching in elementary schools to serving as a principal. Her experience in different countries and education systems has given her a unique perspective on the importance of cultural diversity and global citizenship in education.





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Things to consider when getting ready for school sports day

School Sports Day is a day of enthusiasm, competition, and physical activity. For the athletes and their friends and families, that translates to excitement, achievement and, unfortunately, injuries.

Football warrants the most injuries due to the collision contact nature of the game. Those injuries typically include ankle sprains; contusions; hamstring and quad strains; and, of course, concussions. Sometimes these athletes will suffer from shoulder and other dislocations and fractures.

High school soccer and basketball players are also at risk for these types of similar injuries but, additionally, they have far more soft tissue injuries, such as ankle sprains and hamstring or muscle strains. Basketball players, especially females, are susceptible to ACL injuries.

Those sports will never stop being aggressively competitive, but there are some measures student-athletes can take to prevent injuries, including physical exams, strength conditioning, warming up adequately and proper nutrition.

Sports physicals

Proper safety starts before the first game, or even the first practice, of the season. A Sports Physical with a family doctor or sports medicine physician ensures students are in good health and proper physical shape to participate in school sports.

The student will have his or her height, weight and blood pressure measured as well as their skin, ears, eyes, nose, throat, neck, breasts, lungs, heart and abdomen checked. The doctor may also request certain blood tests, such as tests for cholesterol levels, anemia or thyroid problems.



The physical gives the student an opportunity to check their health status, learn how to stay healthy and plan on what to do if problems arise or injuries occur during the season. It also gives the doctor an opportunity to learn about the student's past and current health status.

Strength conditioning

Strengthening programs are important for all sports. Many sports-related injuries can be prevented when an athlete regularly conditions prior to their sport's season. Injuries often occur when an athlete suddenly increases the duration, intensity or frequency of their activity.



Oftentimes, athletes have not spent time conditioning themselves in the offseason and will come into the preseason unfit. This leads to susceptibility for all injuries – from muscle strains to concussions. These athletes are weaker and fatigue more quickly, which may change their technique and make them more susceptible to injuries.

If they are out of shape at the start of the season, student-athletes should gradually increase their activity level and slowly build themselves back up to a higher fitness level.

Specific strengthening programs have been shown to reduce the incidence of ACL tears in basketball and soccer. In athletes, stretching and a gradual increase in a running program will help avoid a lot of acute muscle strain situations.



Warm-ups

Athletes who warm up before running onto the field are less likely to sustain an injury. Going right into intense athletic activity without warming up is similar to stretching a cold rubber band – it snaps much more easily than a warm rubber band.

A warm-up simply involves doing the less intense version of the activity the athlete will do during practice or game time. A warm-up increases the athlete's heart rate and blood flow to working muscles, making them less susceptible to injury.

Proper diet

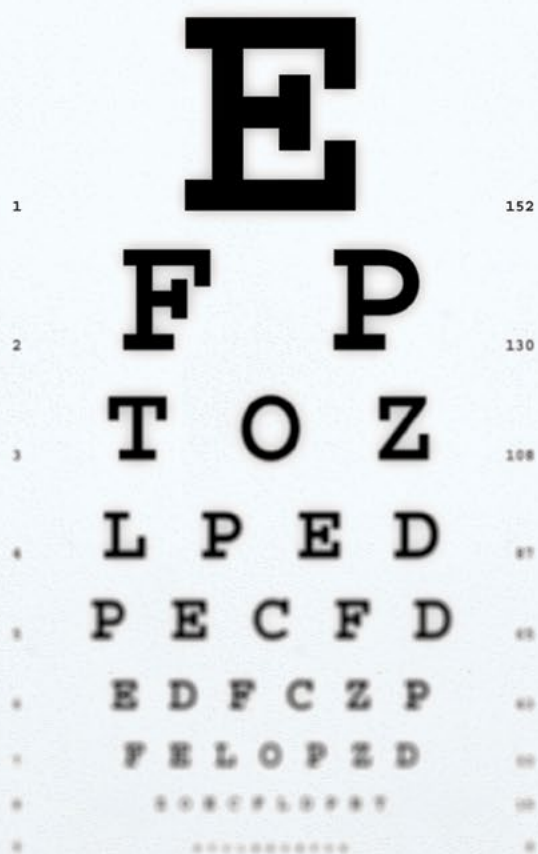
Another relatively easy way for high school athletes to prevent injuries is to make sure they are drinking plenty of water and eating a healthy diet. Improper diet and hydration lead to earlier onset fatigue and can compromise the athlete's ability to avoid fatigue-related injuries.

A poor diet can lead to muscle weakness, decreased strength and endurance. Drinking plenty of water throughout the day, during and after your workout is just as important when it comes to preventing injury.

So remember – a high school athlete with a well-conditioned and warm body with adequate fuel (food and water) will stay sharp and keep moving, with a much lower risk of getting hurt.



Ministry keen to offer special services to visually-impaired students



The Ministry of Education and Higher Education affirmed its great care for students with visual disabilities, by offering and providing services for them according to the situation of each student.

The ministry said that the evaluation of this category begins at "Rou'a Assessment Advice and Support Centre, to determine the level of its actual performance and determine the necessary services for its individual needs, and then integrate the visually-impaired students with their peers from ordinary students in the regular classes, while providing arrangements and facilities at the level of the classroom environment at the teaching level. This is to achieve equal learning opportunities for them, such as using their enlargement devices, and printing curricula in a larger size.

The Acting Director of the Special Education and Gifted Care Department at the ministry, Fatima Al-Saadi, said in a statement to Qatar News Agency (QNA) on the occasion of World Braille Day, that blind and severely visually-impaired students are being integrated into four government schools specialised in integrating visual impairment, two of which are schools in the preparatory stage, and the same in the secondary stage for boys and girls, so that students are trained and taught to read and write in the Braille method, and training in mobility, recognition and guidance using the white cane,

in partnership with the Al-Noor Institute for the Blind, with the start of preparing specialised laboratories in schools for the integration of the blind that have been equipped with the latest equipment, which supports and facilitates the education of blind students.

Al-Saadi said that the Ministry of Education co-operates with local and international centres specialised in assistive technology, such as Qatar Assistive Technology Centre (Mada), which provides many technological means for blind students, such as (obtecon), which is an electronic device that converts written material into words and letters, as well as (magnifier) which is a magnifying glass to help the visually impaired read, in addition to many programmes and applications for blind students, through teachers in all disciplines who are fluent in the Braille language, and to the support and family education services provided by these schools to parents of students with visual disabilities, through partnership and cooperation with social institutions such as the Qatar Social and Cultural Centre for Blind.

She noted that these students obtain, after graduating from high school, a certificate that qualifies them to enroll in university education inside and outside the country, and the Ministry of Education co-operates with the integration centre at Qatar University in providing all facilities for blind students, adding that many blind

students have obtained bachelor's degrees in different fields, many of them have enrolled in different fields of work.

The World Braille Day falls on Jan 4 every year, and this language was named after its inventor in the 19th century, the French Louis Braille, and it represents a display of alphabet and numeric symbols using six points that can be touched to embody each letter and number.



ACS International School Doha embraces the power of digital tools to enhance student learning and engagement



Students were actively engaged in problem-solving to demonstrate their understanding of computer programming/ coding and Artificial Intelligence.

Our senior Middle High School students used more advanced-level coding tools and applications to tackle complex problem-solving challenges. They were challenged to write lines of code in JavaScript to create graphics, games and mobile applications. Students also enjoyed using resources such as Virtual Reality and Robotics kits, which are implemented throughout the curriculum to give ACS students a further dimension to their learning.

It's inspiring to see how students at ACS are always engaged in problem-solving using computer programming and coding. The joy of learning on a child's face is priceless to both a teacher and a parent. We are extremely proud of all these shining star coders who will be the future changemakers.

At ACS International School Doha, we have embraced the vision that the effective use of technology must be integral to teaching and learning. During the coding celebrations, we encourage the whole ACS Doha community including parents, staff and students to take part in and experience the power of digital creativity and coding.

"Learning to code is not just about technology, it's about learning a new language that can help you think and problem-solve in a new way, equip you with a valuable skill for the future and open doors to opportunities in a rapidly growing industry," commented Salman Ahmad, Coordinator for Digital Teaching & Learning.

The activities were planned according to students' age groups. Our youngest students in Early Childhood used a combination of ScratchJr and Printable Block Matrix to learn block coding and sequence of instructions to solve simple challenges.

Students in the Lower School used a wide range of tools and applications to practice coding, some of these applications include an hour of code, code.org, Scratch and Tynker. Students were challenged to solve mini problems such as block jumper, helping living things, saving the forest, and Mario's secret challenge.



How digital technologies has transformed academic libraries

Academic libraries have undergone a profound transformation in the last few decades due to the rise of digital technologies. These technological advancements have revolutionized the way that libraries serve their patrons and manage their collections. In this article, we will explore the key ways that digital technologies have impacted academic libraries.

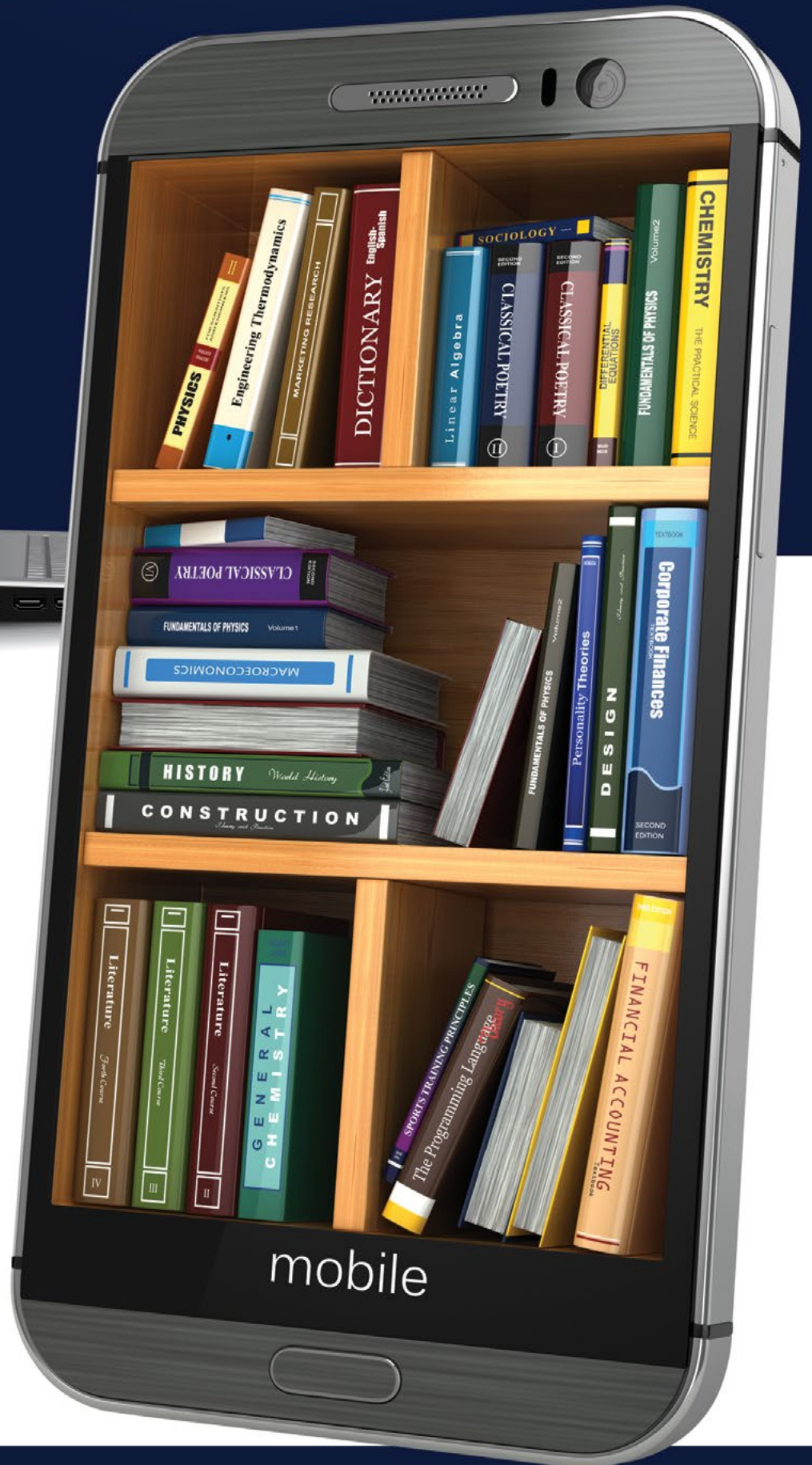


Increased access to information

One of the biggest benefits of digital technologies for academic libraries is the increased access to information that they provide. With the digitization of books, journals, and other materials, libraries can now offer patrons instant access to a vast array of resources from anywhere in the world. This has opened up new opportunities for students, researchers, and faculty to expand their knowledge and gain new insights.

Improved discovery and search

Digital technologies have also transformed the way that patrons search for and discover information in libraries. The development of advanced search engines, combined with metadata and full-text indexing, has made it easier for patrons to find the information they need quickly and efficiently. This has significantly improved the user experience and has made it easier for patrons to find the information they need to support their research and academic work.



Creating Global Leaders

Georgetown University in Qatar (GU-Q) awards the same internationally recognized Bachelor of Science in Foreign Service (BSFS) degree as Georgetown University, established in Washington, DC, in 1789. The liberal arts curriculum and experiential learning programs engage students in discovering critical and innovative solutions to global issues.

Programs Offered

GU-Q offers an internationally recognized Bachelor of Science in Foreign Service degree in a unique learning environment located in a dynamic and diverse region of the world, allowing students and faculty to study, conduct research, and be a part of an educational enterprise that is uniquely positioned to shape international affairs in the century ahead.

GU-Q and the Education City Campus

GU-Q is located in Education City, a beautiful 12 square kilometer campus

housing top-tier American universities such as Carnegie Mellon University, Northwestern University, Texas A&M University, Virginia Commonwealth University, and Weill Cornell Medicine, along with a homegrown research university, start-up incubators, technology parks, heritage sites, cultural institutions, and so much more.

The proximity to these institutions provides opportunities to create student connections across Education City and to cross-register at partner universities in a variety of courses, including classes in business, design, language, communication, medicine, and the natural sciences.



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- International History
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- International Politics



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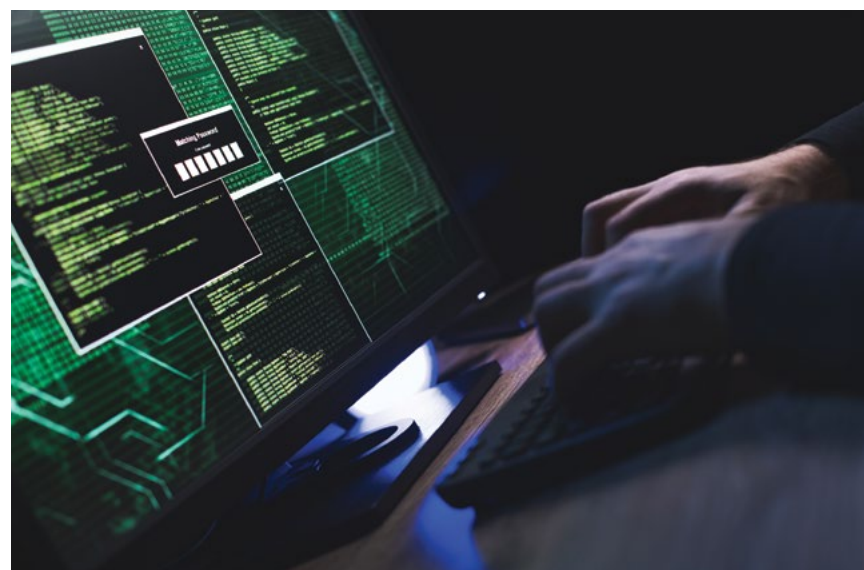
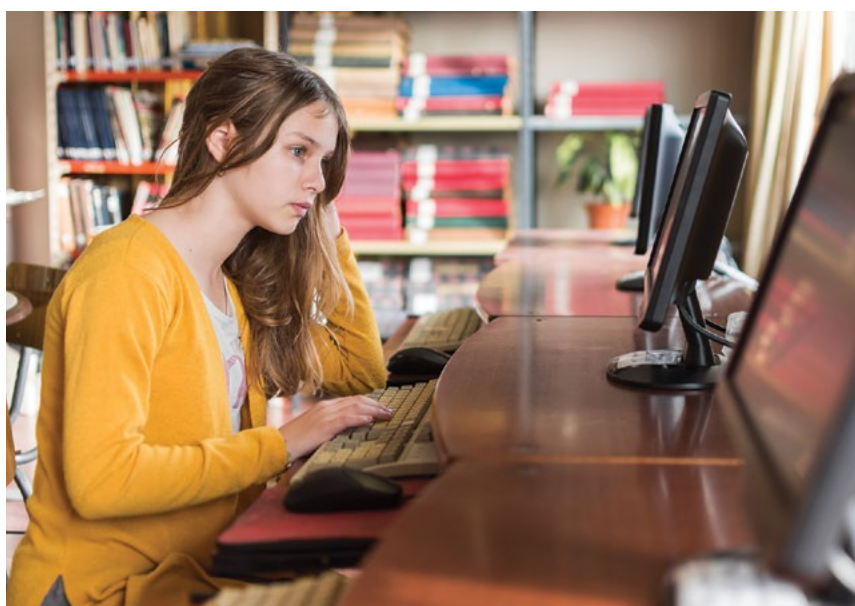


Increased collaboration and sharing

The rise of digital technologies has also increased collaboration and sharing among academic libraries. The ability to share digital resources, such as e-books, articles, and datasets, has made it easier for libraries to collaborate on projects and initiatives. This has led to the creation of new partnerships, increased knowledge sharing, and has made it possible for libraries to better serve their communities.

Challenges and risks

While digital technologies have brought many benefits to academic libraries, they have also brought new challenges and risks. One of the biggest challenges is the need to manage and preserve digital resources, which can be vulnerable to technological obsolescence, data loss, and cyber attacks. Additionally, the increasing reliance on digital resources has made it more important than ever for libraries to ensure that they have the necessary technical infrastructure and expertise to support their operations.



Streamlined library management

The digitization of library collections has also streamlined the way that libraries manage their collections. With digital technologies, libraries can now automate many of their processes, such as cataloging, circulation, and acquisitions. This has made it possible for libraries to save time and resources, freeing up staff to focus on other important tasks such as reference and outreach.

In conclusion, digital technologies have had a profound impact on academic libraries. They have increased access to information, improved discovery and search, increased collaboration and sharing, and streamlined library management. While there are challenges and risks associated with digital technologies, they have also brought many benefits that have transformed the way that libraries serve their patrons and support academic research and learning.

Al Rayyan International University College

Committed to develop better future leaders

Al Rayyan International University College (ARIU) is the successor of the first private university in the State of Qatar, which opened in September 2000 and specialised in providing business-related degrees in International Business, Tourism, and Hospitality Management.

All our programmes are approved by Qatar's Ministry of Education and Higher Education and we are the only university in Qatar offering International Business, Hospitality, and Tourism Management Programmes. The programmes and degrees ARIU offer are the same as those delivered at the University of Derby in the UK, and all graduates receive a degree from the University of Derby upon graduation.

ARIU is the first and only university offering MBA Global from the UK in Qatar. All our Master's programmes are accredited by leading industry bodies, academically rigorous, industry-relevant, designed to accommodate working professionals with evening classes. They also offer a pathway to doctoral degrees, including PhD and DBA. All the Master's programmes run in one year full-time or two year part-time modes.



In 2021, ARIU entered into a strategic partnership with the University of Derby in the UK. Through this partnership, ARIU offers top-ranked internationally recognised UK-accredited undergraduate and postgraduate degrees:

- BSc (Hons) International Business Management
- BA (Hons) International Hospitality Management
- BA (Hons) International Tourism Management
- MSc in Tourism Management
- MBA Global
- MBA Global with a pathway in Hospitality Management



ARIU enrolls students twice a year, in February and September, and is able to offer student visas for international applicants.

The university is well-situated to provide students with great opportunities for career development; our students always have great internship and job placement opportunities in world-renowned organisations.

Apart from the academic programmes, ARIU also offers customised Professional Training & Development programmes. Our professional training & development portfolio covers a range of management, leadership, communication, service excellence, hospitality, and personal development topics. They provide opportunities for professionals to gain fresh perspectives and unique insights through short and intensive courses. Our main objective is to let people become better future leaders with a new set of practical skills, be able to generate innovative ideas, and define actionable strategies for their work.

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Finding courage in challenging times

It's no secret that school children face numerous challenges during their academic journey. From academic pressures to social interactions, there are a lot of hurdles that students must navigate. However, the past few years have been particularly challenging for students, with the pandemic causing unprecedented disruptions to their education and daily lives. In these uncertain times, finding courage is more important than ever. Here are some ways school children can find courage in challenging times:

Acknowledge their feelings: The first step in finding courage is to acknowledge and validate one's feelings. School children must understand that it's okay to feel anxious, stressed, or scared. By recognizing these emotions and talking about them with a trusted friend, teacher, or family member, they can gain perspective and find ways to cope.

Focus on the present: When things seem overwhelming, it's easy to get caught up in worry and fear about the future. Encourage children to focus on the present moment and take things one day at a time. By breaking down larger tasks into smaller, more manageable steps, they can reduce stress and anxiety and build confidence.

Cultivate a growth mindset: A growth mindset is the belief that one's abilities can be developed through dedication and hard work. By embracing a growth mindset, school children can see challenges as opportunities for growth and learning, rather than insurmountable obstacles. This can help them build resilience and courage in the face of adversity.

Practice self-care: Taking care of oneself is essential for maintaining mental and emotional wellbeing. Encourage children to engage in activities they enjoy, such as reading, drawing, or spending time with friends. Eating nutritious foods, getting enough sleep, and exercising regularly can also help reduce stress and build resilience.

Seek support: Finally, it's important for school children to seek support when they need it. Whether it's from a teacher, counselor, or family member, having a support system can help children feel less alone and more empowered to face challenges.

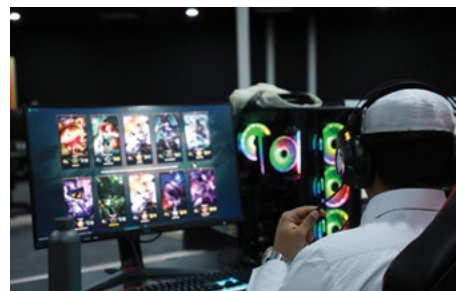
In conclusion, finding courage in challenging times is essential for school children. By acknowledging their feelings, focusing on the present, cultivating a growth mindset, practicing self-care, and seeking support, they can build resilience and navigate the challenges of school and life with greater confidence and courage.



Global Studies Institute

The ultimate partner in higher education and student success

Qatar's Global Studies Institute (GSI) has made significant strides in the past two years and has now moved to its new, state-of-the-art facilities. Since its inception, GSI has been dedicated to providing students with the necessary tools and resources they need to succeed in their academic and professional pursuits.



GSI has expanded its reach in the past year and is now engaging more students in university and career exploration. The institute provides students with information about the world-renowned American universities they partner with and the programs they have in Qatar, as well as guidance on selecting a course of study that is best suited to each student's personal interests and goals. In addition, GSI has established a career exploration program for students from government and private schools at its new campus. Students who sign up for career exploration have the opportunity to experience real-life challenges related to cybersecurity and digital technology and design.

One of the hallmarks of GSI is its commitment to providing support to students by offering free academic counselling. This service is available to all students, regardless of their background or financial situation, and it provides them with the guidance and support they need to make informed decisions about their academic future. Student advisors emphasize the need for the students to prepare for university applications to have various options upon graduating high school.



GSI has also added a new offering: free English language assessments. This is particularly important for students who are not native English speakers, as English proficiency is often a requirement for admission to universities worldwide. The assessments provided by GSI are designed to give students an accurate and fair evaluation of their English language abilities, and they can use this information to identify areas for improvement and to plan their language learning journey.

In addition to its academic resources, Global Studies Institute has also made significant investments in its sports facilities. GSI now boasts a state-of-the-art

e-gaming centre, which offers students the opportunity to engage in a variety of video games and e-sports tournaments. The institute has also added padel, squash courts, and virtual golf facilities, allowing students to stay active and participate in various sports and physical activities. These facilities provide students with a fun and engaging way to stay active and healthy, and they are an important part of the comprehensive offerings provided by GSI and its American university partners.



Whether students want to stay in shape, compete in a tournament, or simply enjoy some leisure time, GSI's sports facilities are designed to meet their needs and support their well-being.

Global Studies Institute continues to make impressive progress, reinforcing its commitment to providing students with the tools and resources they need to succeed. Whether through university and career exploration, academic counselling, or English language assessments, GSI is dedicated to helping students achieve their goals.



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7 Tips to improve your public speaking skills

Public speaking can be a daunting task, even for adults. However, for children, it can be especially nerve-wracking. Whether they have to give a presentation at school or speak in front of a crowd, public speaking is an important skill that children should learn early on. Here are some tips on how children can prepare to become better public speakers.



Practice, practice, practice

The best way to become a better public speaker is to practice. Encourage your child to practice in front of the mirror or record themselves speaking. This will help them identify any areas they need to work on, such as their tone of voice or body language.



Speak slowly and clearly

Children may be prone to speaking quickly when they are nervous. Encourage them to speak slowly and clearly, and to take pauses between sentences. This will help the audience understand what they are saying and give them time to process the information.



Know your material

Before giving a speech, children should be well-versed in their topic. Encourage them to research and gather information about their subject matter. This will help them feel more confident when speaking and allow them to answer any questions they may receive.



Use visual aids

Visual aids can be a helpful tool for children when giving a presentation. Encourage them to use props, such as posters or models, or create slideshows to help illustrate their points. This can also help them stay on track and remember their talking points.



Focus on body language

Body language is an important aspect of public speaking. Encourage your child to practice good posture, eye contact, and hand gestures. This will help them appear more confident and engaged with their audience.



Join a public speaking group

Joining a public speaking group, such as a debate club or Toastmasters, can be a great way for children to improve their public speaking skills. These groups provide a safe and supportive environment for children to practice their skills and receive feedback from their peers.

In conclusion, public speaking is an important skill that children should learn early on. With practice, preparation, and confidence, children can become successful public speakers. Encourage your child to take advantage of these tips and opportunities to become a better public speaker.



Seek feedback

Encourage your child to seek feedback from friends, family, or teachers. This will help them identify areas they need to improve on and give them the opportunity to practice and refine their skills.



Importance of Public Speaking

It boosts confidence and helps overcome fear. It boosts interpersonal skills. Leads to better self image and perception. It fosters feelings of self-worthiness and self esteem.

Turn your Passion into a Career at VCUarts Qatar

Rising to the challenges of a rapidly changing world, VCUarts Qatar is where new things happen every day, ideas flourish and creativity is in abundance.

VCUarts Qatar is a place of limitless possibility, where you can uncover your personal expression, turn your passion into a career, and learn how to become globally engaged.

VCUarts Qatar is the overseas sister campus of the internationally renowned Virginia Commonwealth University's prestigious School of the Arts in Richmond, Virginia. VCUarts in Virginia has been a top-ranked art and design program in the United States for more than 10 years, according to U.S. News & World Report.



Established in 1998 through a partnership with Qatar Foundation, VCUarts Qatar offers students the opportunity to earn a Bachelor of Fine Arts degree in graphic design, interior design and painting and printmaking, a Bachelor of Arts degree in art history and a Master of Fine Arts degree in design. In addition, VCUarts Qatar's Libraries have the broadest range of art and design books in Doha, as well as the region's only Materials Library.



Most recently, VCUarts Qatar showed the world what its passionate and talented alumni were capable of, with alumni from all programs featuring significantly in the creative underpinning of FIFA World Cup 2022 – Bouthayna Al Muftah, a VCUarts Qatar Graphic Design alumna, designed the eight official posters for the tournament.

Aisha Al-Ziani, a Painting + Printmaking alumna, was part of a trio that sang the first official soundtrack, "Hayya Hayya", celebrating the universality of football.

Dimitri Yuri, an Art History graduate, helped script and direct the official country profile videos for the World Cup.

And many other VCUarts Qatar people were involved in organizing major events, in promotions and working with the media, and in design, production and management of this worldwide-impacting event.



This isn't unusual. In fact, works by students and alumni from VCUarts Qatar have featured in exhibitions worldwide, from Tokyo and Dubai, and from Paris to Moscow to Hong Kong and Washington DC.

VCUarts Qatar students' creativity and inspiration is fueled by participation in world class art and design events like the Venice Biennale and field trips to study, work and network, as well as visits by internationally acclaimed designers and artists such as Tarun Tahiliani, Hassan Hajjaj, Richard Serra, Shirin Neshat, Jeff Koons, Lawrence Abu Hamdan, Diane von Furstenberg, Reza Abedini, Marina Abramović, Wissam Shawkat, and Hector Ayuso.

Major events by VCUarts Qatar include the upcoming the BFA + MFA exhibition by graduating students in May of 2023, the Hamad bin Khalifa Symposium on Islamic Art in the fall of 2023, and the Tasmeem Doha art and design conference in the Spring of 2024 as well as ongoing exhibitions and lectures on everything from art and technology, to product development and pop culture.

Interested students are encouraged to find out more by contacting VCUarts Qatar's admissions team.

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Al Faleh Education Holding Q.P.S.C. announces that Doha Academy Schools recorded an overall increase in student enrolment

Doha Academy Schools (wholly owned subsidiary of Al Faleh Education Holding Q.P.S.C.) recorded an overall increase in student enrolment of 15% from academic year 2021/22 to 2022/23, with a 27% increase in one of its branches for the same period. It is part of what the Company aspires to witness a renaissance in the number of students and financial performance during the coming years through new projects that will chart a new era of expansion and growth in the history of the company.



Dr. Sheikha Aisha Aisha Bint Faleh Al Thani

Chairperson and Founder of Al Faleh Educational Holding Q.P.S.C.

"I'm very proud to have such exceptionally academically talented students in Doha Academy. We strive to provide the best quality education for our students; clearly our students are thriving."

About Doha Academy

Doha Academy includes a group of nationally and internationally accredited independent group of co-educational schools situated in Doha, Qatar. It warmly welcomes all Kindergarten (aged 3) to Year 13 (aged 18) students and offers a blended curriculum comprised of the "National Curriculum in England", Cambridge International Curriculum, and Qatar's National Curriculum. The school very successfully prepares



students for UK-assessed IGCSE (International General Certificate of Secondary Education) examinations in Year 11 and Advanced Level examinations in Year 12 and 13.

Doha Academy was founded by Dr. Sheikha Aisha Aisha Bint Faleh Al Thani in September 2000. It now comprises three schools – DA Al Waab, DA Salwa, and Doha International Kindergarten – educating over 2500 students representing on average 55 nationalities. Male and female students are taught in separate classrooms from Year 6 upwards. In addition to an emphasis upon literacy and numeracy development, Doha Academy also promotes inclusion through differentiated practice and provision. Embedded in all of its practices is the promotion of Islamic teachings and principles.

As of November 2022, Doha Academy Al Waab and Salwa Branches were fully internationally accredited by the New England Association of Schools & Colleges (NEASC), having already been awarded Qatar National Schools Accreditation (QNSA) earlier in 2022. In addition to meeting NEASC's five exacting "Foundation Standards" covering Learning & Teaching, Leadership & Governance, Human Resources, Finance & Facilities, and Health & Safety, the schools were also placed on NEASC's highest accreditation pathway "ACE Learning". The ACE Learning framework is recommended to schools demonstrating the highest capability, capacity, and commitment to continuing improvement.

Vision

To be a global leader in providing an accessible, outstanding, an all-inclusive education that reflects the principles and teachings of Islam.

Mission

Doha Academy schools offer boys and girls an education for life. We believe that schools should be happy, purposeful communities where children are encouraged to achieve their best spiritually, morally, socially, intellectually, and physically.

Learning for tomorrow

We live in a rapidly changing world, where must prepare our students for life in a society where they will work in jobs that do not currently exist, employing technologies that have not yet been invented. Through our blended curriculum at Doha Academy, we place significant emphasis on the development of personal learning and thinking skills that develop our young people into flexible and adaptive thinkers, able to navigate changing circumstances without fear of inhibition, and empowering them to meet the demands of the 21st century.

Edward Cooper Principal of Doha Academy Schools



"The Doha Academy group of schools brings together a fantastic community of learners. As a continually reflective school, we daily seek to role model the attributes needed to develop lifelong learners and citizens able to make productive contributions to society."

The group is part of Al Faleh Educational Holding Q.P.S.C., which is committed to nurturing young people to become citizens who are socially responsible and who have a strong sense of national identity. Al Faleh Educational Holding also includes "AFG College with the University of Aberdeen", which combined with Doha Academy enables an outstanding KG to Master's degree-level education.



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