

**GULF TIMES**  
FOCUS PUBLICATION

# Education

September 2023



IMPORTANCE OF  
'ME TIME' FOR  
CHILDREN

MASTERING WORDS  
IN THE DIGITAL AGE





International  
School of London  
Qatar

# 2023 IB RESULTS

ISL Qatar's Pass Rate

# 83%

World Average

# 45%

% earning above  
World Average

# 44

Diplomas Awarded

# 30%

Bilingual Diplomas

# 100%

Passing  
Extended  
Essay

# 41/45

Highest Mark Earned

Total Score:

36 and above: 16%

33 and above: 32%

30 and above: 55%

ISL Qatar's Average  
Total Score

World Average: 4

# 5

# 100%

Completed CAS  
requirements



We're thrilled to celebrate the Class of 2023's accomplishments. All 57 graduates successfully earned the ISL Qatar High School diploma. Unlike many schools offering the IB diploma, ISL Qatar is inclusive, offering multiple pathways, including the full IB diploma and/or the High School Diploma, ensuring equal opportunities for all. This year, all 57 graduates participated in some IB course exams, receiving a total of 342 IB certificates. 4% of our full IB diploma candidates had exam accommodations, and 44 students earned the prestigious IB diploma, symbolizing their commitment to excellence. As a multilingual school, we support various languages, and 13 students earned Bilingual Diplomas in 7 languages, constituting 30% of total diplomas awarded.

## A full 100% of our students have passed the Extended Essay

Our highest score was an impressive 41, with 16% of students scoring at least 36. Additionally, 32% and 55% of our students scored 33 or more and 30 or more, respectively. The 2023 ISL Qatar Average Subject Score was 5, showcasing consistent excellence. Our students excelled in the Extended Essay and Theory of Knowledge, with a pass rate of 83.33% for full IB Diploma candidates, surpassing the 2023 World Average Pass Rate of 79.67%.

All students completed the Creativity, Activity, Service (CAS) requirements, demonstrating their well-rounded engagement in academic and extracurricular activities. All students have begun their university journeys, except those opting for gap years, military service, language enrichment courses, or applying to southern hemisphere universities. We celebrate our students' journey and acknowledge the efforts of educators and the ISL Qatar community. Congratulations, Class of 2023! Your achievements inspire us all.

### CONTACT US



If you would like more information about ISL Qatar or to speak with our Admissions Team, contact us on:

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# Qatar makes its mark in literacy, adult education

In Qatar, the educational system has remarkable achievements in the field of literacy and adult education, with illiteracy registering zero percent among school-age students and 0.95 percent in general, according to statistics released by the Planning and Statistics Authority (PSA) in 2020. According to the Ministry of Education and Higher Education, a total of 7,676 were registered for adult education programs in the academic year 2021-2022. Adult education students are registered in all public schools, except for the model ones.

The Ministry develops a special educational program for adult education, for students who do not meet the requirements of compulsory education (those who are over 18 years old or have finished preparatory school), and for students who have been removed from daytime education (due to marriage, repeated failure, or work), whether they are working or not to encourage them to continue their education.

Adult education curricula are divided into approved curricula for daytime education students in government schools from the fifth to twelfth grade, and special curricula for literacy classes (first cycle and second cycle). They also have special textbooks and curricula that differ from daytime education. The Ministry offers a set of privileges to adult education such as special education services for students with disabilities and providing them with the necessary arrangements and facilities to meet their needs and others.

Qatar has two adult education tracks- one related to homeschooling where students of both genders are registered and tested in day schools and another optional track for evening classes. In this context, the newly-adopted adult education program in the State of Qatar offers much resilience and attraction sources including the opportunity for students to accomplish their learning within 10 years instead of 12.

The State of Qatar witnessed a record and unprecedented expansion in constructing new schools of all stages, an achievement that can be made only in the most advanced countries, in addition to ensuring the quality of education and improving its quality in line with the wise leaderships' unrelenting and generous support for all types, sectors and levels of education, leading to well-established educational renaissance concerned about preparing Qatari citizens well equipped with belief, science and knowledge as the main pillar for development and civilized renaissance.

In this regard, the State of Qatar launched initiatives and exerted efforts to provide education opportunities for millions of children in poor countries worldwide, and to construct and restore many educational institutions in Asia and Africa. At top of these initiatives are initiatives of 'Educate A Child', 'Al Fakhoora' and 'Reach Out to Asia' (ROTA), all of which are affiliated with the Education Above All Foundation that was launched in 2012. Its programmes work to ensure that all children in the developing world benefit from their right to education, especially those who are not enrolled in school and currently estimated at 59 million children. The Foundation addresses education issues with a special commitment to the most disadvantaged groups in the world through capacity building, resource

mobilization, and the establishment of multiple alliances and partnerships.

Qatar's policy to eradicate illiteracy began in 1950s when it established the first adult education and literacy center in 1954 to coincide with the beginning of the educational renaissance in the country. Regular classes were opened in late 1956, as part of the efforts to establish the sub-section of education with several units, including those dedicated to evening classes. In 1976, two girls' schools were inaugurated.

The State of Qatar also adopted a 10-year plan (1977-1986) for adult education and illiteracy eradication. Qatar effectively contributed to the implementation of the Arab strategy for illiteracy eradication and preparation of the work plan of the Regional Program for the Universalization and Renewal of Primary Education and the Eradication of Adult Illiteracy in the Arab States (ARABUPEAL).

Recent years have also witnessed the exchange of experiences and the development of plans and strategies with global initiatives to modernize the fields of education in general, including the field of adult education and literacy. These initiatives have received praise, appreciation and approval from the world and regional and international organizations.

Inspired by the value of science entrenched in Islam, the State of Qatar paid great attention to the educational process and scientific research, with the school dropout rate plummeting to zero percent. These achievements were based on the country's belief that the education and literacy of citizens - the real pillars of developments, is a responsibility to be shouldered in a world full of all types of scientific and vocational knowledge.

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## LEARNING THROUGH EXPERIENCES AT NAISAK

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# DOHA COLLEGE GRADUATES SHINE



We are absolutely thrilled to announce that Doha College, **a non-profit school**, has had this many students selected to attend some of the world's top-ranked universities! This achievement is a testament to our commitment to a forensic approach to our curriculum and its implementation, in addition to how we take great care to ensure that our students are well-prepared for the challenges of the UCAS application process.

We genuinely care about each and every one of our students, and this achievement is a reflection of the dedication and hard work of our entire community.

**Congratulations** to Amr, Eleonora, Flurina, Ghita, Hannah, Moiz, Noumay, Talatum, Tameem, Thomas, Yousif, Yusuf and Zain, who will be attending the following top ten universities - Massachusetts Institute of Technology (1), University of Cambridge (2), University of Oxford (3), Imperial College London (6), University College London - UCL (9), and University of California Berkeley (10).

One-third of our vision is to '**create aspirational minds**'; we certainly have the appetite to provide every child the opportunity to attend any top-ranked university. We do well to provide our students with the strong belief that they are capable of anything! I am so Immensely proud of our Doha College community!

**Jerome Scafe**

Senior Vice-Principal, Head of Secondary

## TOP TIPS FOR PREPARING YOUR CHILD FOR A FURTHER EDUCATION

Here are our top tips on how students can prepare for further education for the best Universities around the world.

Assess your interests, values, skills, and personality. Understanding yourself will help you choose a path that aligns with your strengths and passions.

Maintaining a strong academic record is essential in applying to universities or pursuing competitive careers. It could also lead to scholarships and financial aid.

Participate in co-curricular activities that will demonstrate your leadership, teamwork, and commitment. These experiences will make you a well-rounded candidate and enhance your personal development.

Explore careers that match your interests, personality, and skills. Consider prospects, salary, work-life balance, and job satisfaction.

Prioritise your physical and mental well-being. A balanced life can lead to better productivity and strengthened timeline compliance.

Seek guidance from your career counsellor, teachers, or university admissions team. They can provide valuable insights and advice into your chosen field.

**Linva McIntosh**

Head of Careers and University Guidance





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# Qatar's pioneering approach to school leadership

**D**evelopment of school leadership for innovative learning designs in the post-pandemic era has been stressed in a recent report, highlighting a Qatari example of forming a private public partnership.

The report 'Post-pandemic National Educational Investments: School Leadership Development through Innovative Learning Designs' is prepared by Shelby Cosner, professor and director, University of Illinois, Chicago, Centre for Urban Educational Leadership and Asmaa Alfadala, director, Research & Content Development, World Innovation Summit for Education (WISE).

The researchers have made two striking observations: focused attention to strengthening student learning and the increased role of school principals at the centre of efforts within schools to develop, guide, and accelerate student learning. For this, they have highlighted the partnership formed in Qatar, between the Ministry of Education and Higher Education and WISE, a Qatar Foundation initiative.

According to the report, over the last seven years, this public-private collaboration in Qatar has supported the design, implementation, and ongoing refinement of a school leadership development programme for school leadership teams. Each year this programme provided development to an identified group of Qatari school leaders.

The report describes the educational context of Qatar and discusses the programme's formation and evolution over a multi-year period. It also shares key roles within both organisations that have been engaged in this work, key contributions to this work from both organisations as well as other factors.

"The partnership focused on the design and deployment of a more intensive, year-long leadership development programme for targeted groups of school leaders; a programme that would complement and extend existing developmental opportunities provided by the Ministry of Education. The partnership has largely proven durable, even as the pandemic posed unprecedented challenges to the education sector," said the report.

Highlighting the Qatari example, the report points to the growing significance of school principals in driving efforts to develop, guide, and accelerate student learning. Extensive research, particularly in the United States, has demonstrated the substantial impact of principals on student learning, approaching the effects of individual teachers.

Furthermore, evidence from diverse global contexts emphasises that principals indirectly influence student achievement and other valued schooling outcomes by shaping school policies, cultures,

and organisational conditions that support the learning environment. Through their mediating role, principals have a wide-ranging impact on teacher and instructional outcomes, enhancing teaching quality, job satisfaction, and retention while fostering high expectations for students.

According to the report, urgent action is needed to address this issue as there is a lack of highly skilled individuals in this role. "Countries that have historically overlooked or inadequately invested in school leadership development are likely to face challenges in supporting and accelerating student learning as they emerge from the long shadow of the pandemic," the report cautions.

It also stresses that central to educational recovery strategies is the need for investment strategies that target both teacher learning and instructional improvement. "Principals play a vital role in promoting teacher learning and instructional improvement across an entire school, making their development a crucial component of any comprehensive recovery plan. Research suggests that investing in school leader development is likely to yield higher returns than other types of educational improvement investments, making it a key priority for education ministries," the researchers say.

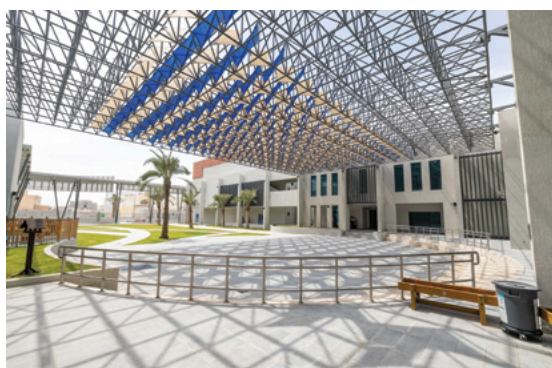
The report suggests that education ministries must foster public-private partnerships that support such initiatives to successfully advance multifaceted recovery strategies that include leadership development programmes. "Partnerships have proven valuable in supporting various educational aims and can generate additional investment funds, particularly in the wake of the financial pressures caused by the pandemic. By pooling strengths and expertise across multiple organisations, public-private partnerships offer a promising avenue for advancing educational improvement efforts," conclude the researchers.



# Enroll now for a remarkable educational journey at Northview International School

In the pursuit of excellence in education, parents often seek a balance between quality and accessibility. The search for an institution that embodies this ideal has led many to the doorstep of Northview International, a leading American International School. As they welcome students for the 2023-2024 academic year, they extend a warm invitation to families seeking a top-quality educational experience.

With its state-of-the-art campus, comprehensive curriculum, and a commitment to holistic development, Northview International School offers a well-rounded educational experience.



The school's campus is a testament to its dedication to providing the very best. Cutting-edge technology in every classroom, state-of-the-art facilities, and interactive screens create an environment where learning knows no bounds. It is an investment in the future of education.

Furthermore, their curriculum seamlessly merges an internationally accredited American program with Qatar's national curriculum, allowing students to embrace global perspectives while preserving local values. They offer an education that prepares students to thrive in a diverse and interconnected world.

Beyond academics, Northview International School prioritizes character development. The school places a strong emphasis on qualities such as kindness, empathy, and collaboration. Within an inclusive and respectful environment, students learn not just to excel academically but also to be responsible global citizens.



Northview International School understands that quality education should be accessible to all. Its carefully crafted fee structure, starting from 18k, ensures that families across the spectrum can provide their children with an outstanding American international education.

Admissions for the upcoming academic year are still open. Seize the opportunity today to enroll your child at Northview International School, offering an extraordinary path towards academic excellence, character development, and global citizenship.



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# How to make real, transformative change in education?

**E**ducation is the cornerstone of societal progress, but it often lags behind in adapting to the ever-evolving needs of students and the workforce. As we navigate the challenges of the 21st century, the call for transformative change in education has grown louder. Real change, however, is not a simple feat—it requires a concerted effort from educators, policymakers, parents, and communities. In this feature article, we explore the key elements necessary to make real, transformative change in education.

Transforming education systems is a complex process that requires understanding the strengths and weaknesses of the educational ecosystem and exploring new approaches, ideas, and initiatives to improve quality learning opportunities for children and youth.







## Inclusion and Equity

Transformative change must address systemic inequalities in education. This includes closing the achievement gap among different demographics, ensuring access to quality education for all, and providing support for students with diverse needs.

## Curriculum Evolution

Curriculum should reflect the changing demands of the modern world. It should include subjects like digital literacy, financial literacy, and emotional intelligence. Additionally, it should embrace interdisciplinary learning to foster a holistic understanding of complex issues.

## Research and Innovation

A culture of research and innovation should be cultivated within the education system. Encouraging educators and students to explore new teaching methods, technologies, and approaches can drive continuous improvement.

## Redefine the Purpose of Education

To effect transformative change, we must first redefine the purpose of education. Beyond just imparting knowledge, education should foster critical thinking, creativity, adaptability, and empathy. It should equip students with skills for life, not just for exams. This shift in mindset can influence curriculum development and teaching methodologies.



## Embrace Technology

Technology has the potential to revolutionize education. Online learning platforms, interactive tools, and virtual classrooms have already started reshaping the learning landscape. However, it's essential to ensure equitable access to technology and train teachers in its effective use.

## Personalized Learning

One size does not fit all when it comes to education. Personalized learning recognizes that every student has unique strengths, weaknesses, and learning styles. This approach tailors instruction to individual needs, allowing students to progress at their own pace.

## Teacher Professional Development

Teachers are at the heart of the education system. Investing in their professional development is crucial. Continuous training, mentorship programs, and incentives for innovative teaching methods can empower educators to be agents of change.

## Assessment and Evaluation

Moving beyond standardized testing, assessments should focus on holistic evaluation, including project-based assessments, portfolios, and peer evaluations. This approach encourages deeper learning and the development of essential skills.

## Community Engagement

Education is a collaborative effort involving not only schools but also parents, communities, and businesses. Engaging these stakeholders fosters a supportive ecosystem for learning. Community involvement can include mentorship programs, internship opportunities, and extracurricular activities.

## Funding and Resource Allocation

Sustainable change requires adequate funding and equitable resource distribution. Policymakers must prioritize education budgets and ensure that funds reach underserved schools and communities. This may also involve reallocating resources to prioritize essential needs.

Transforming education is a monumental task that requires a collective effort from all stakeholders. It's about reimagining education as a dynamic, student-centered process that prepares learners for the challenges of the 21st century. By redefining its purpose, embracing technology, personalizing learning, and addressing issues of equity, we can pave the way for a brighter future where education truly empowers individuals and drives societal progress. The time for transformative change in education is now, and it begins with our commitment to making it a reality.





# THE POWER OF CONSISTENCY

ACS Doha's school leadership set on its 13th year of success, with both principals completing over 10 years at ACS Doha



"As we reflect on our journey, it's clear that consistency in leadership has been our guiding force," says Ester-Leigh Rawson, Principal of EC and LS. "We've strived to provide a nurturing and unwavering environment for our students to thrive."

Jonathan Rawlinson, MHS Division Leader, adds, "Our collaboration has been a driving force in ensuring our students are well-prepared for the challenges of higher education and the rapidly evolving world beyond our school."

Dr. Susan Borden, ACS Doha's new Head of School, expressed her admiration for Ester-Leigh and Jon's dedication, saying, "Their consistent approach to education has laid a strong foundation for ACS International Schools Doha's continued success. I look forward to building upon their legacy and maintaining the focus on students' holistic development."

As ACS International Schools Doha looks ahead, Ester-Leigh and Jon envision a future where consistency continues to be a guiding principle. They are dedicated to enhancing the school's commitment to providing students with a consistent and holistic educational experience. This includes enriching its STEAM (Science, Technology, Engineering, Arts, and Mathematics) initiatives across all divisions, fostering creativity and problem-solving skills, while also focusing on personalized learning pathways to empower students to become self-directed learners—a skill vital in the modern world.

Ester-Leigh and Jon's unwavering partnership, grounded in consistency, has played a pivotal role in shaping ACS International Schools Doha into the academic powerhouse it is today. Their inspiring journey exemplifies the transformative power of a consistent and unified approach to education, setting a bright course for the future.

**A**CS International Schools Doha proudly celebrates a decade of unparalleled leadership synergy as its Principal of Early Childhood (EC) and Lower School (LS), Ester-Leigh Rawson, and Middle High School (MHS) Division Leader, Jonathan Rawlinson, complete over 10 years of fostering consistency and unwavering support for the school's students.

needed for academic growth and development. The introduction of cross-divisional projects, where students from EC, LS, and MHS collaborate on community service initiatives, stands as a testament to their collaborative efforts, strengthening bonds between divisions and instilling a consistent ethos of compassion and engagement within the student body.



Ester-Leigh and Jon's partnership has been a cornerstone of the school's success, ensuring students benefit from a seamless educational transition from EC to MHS. This continuity empowers students to embrace change in grade levels and divisions with confidence and resilience.

Their unwavering commitment to consistency has enabled ACS International Schools Doha to provide students with the stability and predictability





# ACS International Schools strikes a harmonious chord with the Royal Philharmonic Orchestra

In an exciting crescendo of educational innovation, ACS International Schools proudly announces its groundbreaking partnership with the Royal Philharmonic Orchestra (RPO), setting a remarkable precedent for arts education. This unique collaboration promises to elevate the school group's arts education provision and provide ACS students, including Naila G10 from ACS Doha, and partner school students exclusive access to world-class musical and production experiences.



Naila G10, a rising star in the realm of performing arts music, recently received a remarkable opportunity. She was recommended to apply for auditions with the Qatar Youth Orchestra, a prestigious institution. After demonstrating her exceptional talents, Naila was accepted as a first-section violinist and has already commenced her journey, attending rehearsals and setting her sights on musical excellence. Her journey exemplifies ACS Doha's commitment to nurturing young talents.



This groundbreaking partnership, extending across ACS International Schools' campuses in the UK – Egham, Cobham, Hillingdon – and Doha, Qatar, presents a year-long program brimming with possibilities. It offers students the chance to participate in a diverse range of experiences, including virtual and in-person performances, enlightening lectures, and inspiring workshops, all hosted by the RPO's seasoned musicians and prominent artists from the UK.



The ACS International Schools' partnership with the Royal Philharmonic Orchestra marks the inception of the Arts Pathway, a visionary initiative aimed at inspiring creativity and nurturing students' artistic growth. This visionary path seeks to foster a supportive performing arts community within schools, where budding talents like Naila can flourish.

Music has long held a prominent place within ACS International Schools' curricula. For instance, ACS Egham has established a lasting connection with The Royal Holloway, University of London, where a Professor of Piano regularly adjudicates the annual 'Musician of the Year' competition and leads piano masterclasses. This tradition enriches students' musical education and exposes them to a world of possibilities.

Over the past two decades, ACS Egham's music students have actively participated in events organized by the esteemed Association for Music in International Schools (AMIS). Both Middle School and High School choir students have ventured into the world, participating in solo and ensemble festivals and composition competitions in locations as diverse as Madagascar, Singapore, The United Arab Emirates, Indonesia, South Africa, and numerous European countries.

ACS Hillingdon also boasts enduring relationships with prominent organizations in the industry, such as the London Academy of Music & Dramatic Art (LAMDA). With the advent of the new partnership



with the RPO, ACS International Schools aims to build upon these distinguished legacies and broaden access to music education across all its campuses and partner schools.

Tim Cagney, Chief Executive at ACS International Schools, expressed his delight, stating, "We are delighted to have the Royal Philharmonic Orchestra as our signature partner. This collaboration is an excellent example of how creative relationships can be integrated into schools for the benefit of the whole community. Together with the Royal Philharmonic Orchestra, we are providing extra-special educational opportunities for our students

by ensuring that they can grow and develop as valued individuals with real-world experience."

However, this partnership extends beyond the boundaries of ACS students. ACS International Schools and the Royal Philharmonic Orchestra will collaboratively organize community events and performances. These events will serve as platforms to showcase the remarkable talents and achievements of students from partner schools, ensuring that the broader community reaps the benefits of this transformative collaboration.



Huw Davies, Deputy Managing Director of the Royal Philharmonic Orchestra, also shared his thoughts, saying, "This partnership with ACS International Schools will unlock a world of artistic potential for students. The collaboration will not only foster a deep appreciation for the arts but also nurture the next generation of creative minds, ensuring that the transformative power of the performing arts continues to enrich lives and inspire generations to come."

Founded in 1946 by Sir Thomas Beecham, the Royal Philharmonic Orchestra stands as one of the world's most revered cultural institutions. Last year, members of the RPO played a pivotal role in ACS International Schools' inaugural event, STEAM 2022. This event saw 10,000 students from local state and independent schools participating in STEAM-themed activities and workshops, earning their well-deserved rides on Thorpe Park's exhilarating rollercoasters.







# Healthy breakfast ideas your kids will love

**F**or many busy families, breakfast is rushed and on the go as kids and parents gobble up whatever's on hand as they try to get to school and work on time. This sometimes results in breakfast being skipped entirely, which makes for grumbling tummies and wandering minds long before lunchtime.

However, it's important that kids start their day with a nutritious, well-rounded breakfast that will keep them full until snack or lunchtime. Here are some tasty, healthy breakfast ideas your kids are sure to get on board with.

## Why it's important?

While quick, packaged breakfast choices are fast and easy, it's worth trying to plan a few extra minutes into your evening and morning routines to prepare a daily quick and healthy breakfast. It's also important to encourage kids who want to skip breakfast to have something to eat—even if it's not homemade or particularly nutrient-rich. Ideally, you want to combine convenience and nutrition.

Research confirms that eating breakfast is particularly important for school-age kids—academically, physically, and emotionally. Consistently eating a quality, nutrient-rich breakfast enhances a child's on-task learning, academic performance, and student behaviour.

"Research shows that academic achievement is improved when kids eat breakfast," says Marina Chaparro, a spokesperson for the Academy of Nutrition. "Their brains need fuel. They are metabolizing glucose at a higher rate. They are sleeping more. They are developing. Not eating breakfast means less power reserve in their brains."





In short, kids who eat breakfast do better in school. To make sure your kids are eating a nutrient-rich first meal of the day before they head off to school or their weekend activities, try these helpful tips and ideas for quick, easy, and nutritious breakfasts.

Ideal “quality” breakfasts include a variety of food groups that provide adequate energy and stave off hunger.

## Smart Tips

Your best bet for making healthy breakfasts routine in your household is to plan ahead, wake up a few minutes early, and create a schedule so you know what you’ll make and have ingredients on-hand.

*Here are some other great tips.*

### Get the Right Mix

A good way to remember what to include in a healthy breakfast is to be mindful of the phrase “three or more before you head out the door,” says Toby Smithson, a spokesperson for the Academy of Nutrition and Dietetics and author of *Diabetes Meal Planning and Nutrition for Dummies*.

Smithson advises choosing one item each from the three food groups—protein, whole grain, and fruit—to create a healthy breakfast. (A good on-the-go breakfast would be string cheese, whole-wheat crackers, and an apple, for instance.)

### Give Smaller Portions

Think quality, not quantity, says Smithson. Parents often don’t realize that younger kids really don’t need (and can be overwhelmed by) big portions.

Instead of expecting your first-grader to eat an entire piece of toast, a big helping of scrambled eggs, and an entire banana, for instance, give them a half-slice of toast, a few forkfuls of eggs, and a few slices of banana to nibble on. You can also serve the meal “family style” and allow them to take what they want.

### Use a Muffin Tin

A great way to visualize the variety and amount a child might want is by filling up a muffin tin cup or reusable silicone muffin cups with cut up cheese, fruit, or other breakfast foods to have on-hand in kid-sized portions. Then, let them choose to eat what they want from the offerings, in the amount that’s right for them.

### Prepare the Night Before

As much as you can, make some breakfast items the night before. For example, you can boil some eggs, wash and slice fruit, make pumpkin bread, or prep oatmeal to serve the next morning.

### Think Outside the (Breakfast) Box

Don’t feel you need to limit your child to traditional breakfast foods for their first meal of the day. If they aren’t excited about eggs and toast but love sandwiches, salads, tacos, or fried rice, there’s no reason they shouldn’t enjoy those meals for breakfast.

When thinking about what to serve your kids for breakfast, consider these nutrient-rich items from the following three food groups:

- Whole grains, such as whole-wheat bagels, whole-grain cereals, whole-wheat tortillas, oatmeal, and whole-grain toast

- Protein, such as eggs, meat and poultry, tofu, beans, nuts, and fish
- Fruit, such as berries, melons, apples, and bananas

## Fast Breakfast Ideas

Try these combinations (and make more of your own) to create nutritious breakfast options that are delicious and fast. Many of these quick breakfasts can be made in minutes the night before to save time in the morning.

- Egg burrito (scrambled eggs and cheese wrapped up in a tortilla shell that can be customized with just about anything, from chunks of sweet potato and avocado to shredded chicken) with fruit on the side
- Fruit kebabs and yogurt
- Greek yogurt with nuts, granola, and berries
- Homemade trail mix
- Mini muffins
- Quesadilla with beans and cheese
- Raisin bread with cottage or ricotta cheese
- Waffles with nut butter
- Whole-wheat bagel or toast with nut butter and bananas
- Whole-wheat English muffins with turkey and cheese with fruit and yogurt

## Recipes to Try

Below are a variety of kid-friendly breakfast options to try and hopefully find some new family favourites.

### Spinach and Quinoa Breakfast Mini Quiche Recipe

This yummy spinach and quinoa quiche is a simple and portable option that’s full of protein to keep your kids full until lunch. It’s also a snap to customize to taste as you can add in just about any veggies, cheese, or meats that you like. This breakfast is also easy for little fingers to eat and has the convenience factor of freezing and microwaving well.



## Greek Yogurt Blender Pancakes

These delicious pancakes will be a hit with most kids. Plus, they’re nutritious and easy to make—they take only 10 minutes to prepare.

Make them extra appealing by topping them with your child’s favourite fruits, jam, syrup, and/or fold chocolate chips or berries into the batter.

## Easy Pear Baked Oatmeal

Put a twist on traditional oatmeal by topping this version with fruit and baking rather than cooking on the stovetop. This eliminates the need to watch and stir, meaning you can focus on getting kids ready for school.

Whole grains make this recipe hearty and nutritious. The sweetness of the pears (which can be swapped out for other fruit as desired) is likely to encourage your little ones to gobble it up.

## Strawberry Sweet Potato Toast

This creative, nutrient-packed recipe uses slices of sweet potatoes in place of bread to create a filling and delicious take on toast. Pile on strawberries, Greek yogurt, and granola for an innovative taste sensation.

This one is also a snap to accommodate to any other toppings (such as other fruit, veggies, or nuts) your child prefers—and what you have on hand.



## Savory Spinach and Feta Oatmeal Bowl

Kids get both eggs and oatmeal in this inspired recipe that also packs a savory punch with spinach and feta. This meal gives your kids ample protein, fiber, and veggies without the excess sugar that often comes with oatmeal.

## Breakfast at School

If your family’s morning rush just isn’t conducive to making and sitting down for a meal before you head out, consider having your child eat breakfast at school if it’s available.

Remember that having something for breakfast is better than having nothing. A nutritious, tasty, and satisfying breakfast doesn’t have to be fancy, elaborate, or homemade. Store-bought items are fine and necessary for many busy families.

A sampling of nuts, cheese, and fruit that’s put together in seconds can be just as nutritious and filling as a made-from-scratch frittata or homemade muffins.

The important thing is that your child gets a meal before school. You can send them off with a full tummy knowing you’ve set them up for a great day of learning.





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# Durham School for Girls Doha

## Pioneering Excellence in Education

Durham School  
for Girls Doha



**D**urham School for Girls Doha (DSGD) has embarked on a remarkable journey, one that combines a British curriculum with a deep-rooted appreciation for Qatari culture. Stepping into their fifth academic year 2023/2024, it's time to celebrate the remarkable achievements of DSGD and anticipate the boundless success that lies ahead.



DSGD, Qatar's first all-female British school, welcomed both new and returning students with open arms, embodying the Ministry of Education and Higher Education's theme, "My school, my second home." This nurturing environment has been at the core of DSGD's ethos since its inception in 2019, and it has contributed significantly to the school's rapid growth and transformation into one of Qatar's most respected institutions.

In the previous academic year, DSGD achieved several milestones that bear testimony to its unwavering dedication to providing a world-class education. DSGD proudly earned the title of a "High-Performance Learning World Class School," a remarkable



achievement for an international all-female institution. Additionally, DSGD is recognized as a Microsoft Showcase School, further highlighting its commitment to technological advancement and innovation.

The school also celebrated its first cohort of graduates with incredible exam results. In a remarkable testament to their commitment to academic excellence, the students of DSGD have achieved an outstanding 100% pass rate in a range of challenging IGCSE exams such as English First Language, Arabic Second Language, Fine Arts, History, English Literature, and French. This achievement marks a significant milestone in the educational journey of these dedicated young individuals and the unwavering support and guidance provided by the exceptional DSGD teaching staff. Moreover, DSGD takes great pride in the fact that all graduates from the 2022/2023 cohort have chosen to pursue higher education, exemplifying their dedication to fulfilling the Qatar 2030

vision. This outstanding academic achievement underscores the students' dedication and showcases the school's commitment to shaping future leaders and scholars.



Furthermore, DSGD's commitment to excellence was validated through the British Schools Overseas Inspection, where the school received commendations for its outstanding academic standards, rapid educational progress, and exceptional pastoral care. The emphasis on student welfare as a top priority has truly set DSGD apart in the educational landscape of Qatar. Equally impressive is the school's ability to seamlessly blend the UK and Qatari requirements within its curriculum, ensuring students receive a well-rounded education honouring both cultures.

DSGD's dedication to meeting international standards for quality education and performance was underscored by its successful Qatar National Schools Accreditation (QNSA) Inspection. This accomplishment has opened doors for the school as it joins the Ministry of Education and

Higher Education Voucher system, benefiting a majority of the Durham family, with 98% of students hailing from local Qatari families. DSGD offers preference to sibling admissions in partnership with their brother school Valley Forge Academy Qatar and the educational hub Global Studies Institute Qatar, expanding its services and strengthening the bonds within the DSGD family and community.

From Early Years Foundation Stage (EYFS) to 6th Form, DSGD is an all-through girls' school that nurtures young minds and fosters their personal and intellectual growth. The school's vision revolves around inspiring a lifelong love for learning within a caring environment that builds emotional, moral, and spiritual strength. DSGD empowers its students to make informed decisions, instilling in them the "Confidence for Life" and an

unwavering aspiration to be the best they can be.

In conclusion, Durham School for Girls Doha stands as a shining example of educational excellence in Qatar. Its dedication to fostering well-rounded, confident, and culturally aware future leaders is unparalleled. DSGD truly embodies the spirit of "my school, my second home," providing a nurturing environment where students thrive academically, socially, and personally.

Join them on this remarkable journey and be a part of the legacy at DSGD. The admissions for the academic year 2023/2024 are still open, offering a chance for more students, parents, and staff members to become a part of this incredible journey. DSGD is committed to creating an environment where every individual can strive to be the best version of themselves, where dreams are nurtured, and futures are shaped.





Durham School  
for Girls Doha



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Delivering  
a world - class education

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Ambition  
Responsibility  
Kindness

Confidence for life

Successful results in both IGCSE  
and A/S Levels from Cambridge  
and Pearson

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# The role of playtime in a child's development

In today's fast-paced world, where academic achievements and structured activities often take precedence, the value of playtime for children is sometimes underestimated or even overlooked. Playtime, however, is not just a frivolous pastime for kids; it is a crucial aspect of their physical, mental, and emotional development. In this article, we will explore why playtime is so important for children and how it contributes to their overall well-being.

In a world filled with academic pressures and various stressors, playtime offers children a much-needed break and a chance to recharge their emotional batteries





## Physical development

Playtime is essential for a child's physical development. When children engage in various physical activities during play, they develop their physical skills, coordination, and strength. Activities such as running, jumping, climbing, and playing sports help children build their muscles and improve their physical fitness.

Additionally, playing outdoors exposes children to fresh air and sunlight, which are essential for their overall health. Sunshine provides much-needed vitamin D, which supports the development of strong bones and a healthy immune system. Furthermore, outdoor play encourages kids to be more active and less sedentary, reducing the risk of childhood obesity and related health issues.



## Cognitive development

Playtime is not just about physical activity; it also plays a vital role in cognitive development. When children engage in imaginative play, they are using their minds to create scenarios, solve problems, and think creatively. Whether they are building with blocks, playing make-believe, or solving puzzles, children are constantly learning and improving their cognitive abilities during play.

Moreover, play fosters curiosity and a sense of wonder in children. They naturally explore their surroundings and ask questions, which helps develop their critical thinking skills. This exploration and experimentation are crucial for building a strong foundation for future learning.



## Social and emotional development

Playtime is an excellent opportunity for children to interact with their peers, family members, and caregivers. Through play, they learn valuable social skills such as sharing, taking turns, cooperation, and empathy. These skills are essential for building positive relationships and navigating social situations throughout life.

Play also allows children to express their emotions and develop emotional resilience. Whether they are acting out a scenario with dolls or engaging in role-play, children use play as a safe space to understand and process their feelings. This emotional expression helps them develop a sense of self-awareness and emotional intelligence.

## Imagination and creativity

Unstructured playtime encourages children to tap into their imaginations and creativity. Whether they are creating art, building elaborate structures with building blocks, or inventing imaginative stories, play allows kids to explore their creative potential.



Imagination and creativity are not only crucial for artistic pursuits but also for problem-solving and innovation in various aspects of life. Children who are encouraged to use their imaginations during play are more likely to become creative thinkers and problem solvers in their future endeavours.

## Stress relief and relaxation

Just as play helps children express and process their emotions, it also serves as a natural form of stress relief and relaxation. Engaging in play can reduce anxiety, boost mood, and provide a sense of joy and contentment. In a world filled with academic pressures and various stressors, playtime offers children a much-needed break and a chance to recharge their emotional batteries.

In conclusion, playtime is not merely a frivolous activity for children; it is a fundamental aspect of their physical, cognitive, social, and emotional development. Parents, caregivers, and educators should recognize the importance of play in a child's life and ensure that they have ample opportunities for unstructured playtime. By doing so, we can support children in becoming well-rounded individuals who are physically healthy, emotionally resilient, and creatively empowered to face the challenges of the future. In a world that often prioritizes achievement and productivity, we must remember that play is an essential building block of a child's growth and well-being.



# A SUSTAINABLE TOMORROW STARTS IN THE CLASSROOM TODAY



**A**t Arab International Academy, our mission underlines the importance of nurturing generations that will take principled action and make a difference in the world. Generations that use their knowledge and skills to not merely adapt, but identify, engage with, and address issues that will affect the future wellbeing of humanity. There is no issue more urgent today than educating future generations to take action to address sustainability and urgently, climate change.

In fact, like other countries around the world, the State of Qatar recognizes this urgency and has several crucial initiatives in place that will be valuable educational resources for schools, and we will be bringing those into learning whether through field trips or speakers or resources. We see them as opportunities to engage locally while thinking globally and chances to enable our students to use their learning and become learners that embody the International Baccalaureate (IB) learner profile and our school's vision.



## Incorporating Sustainability in Learning and Teaching

As a first step, the academic coordinators recognized that in order to make the incorporation of sustainability and sustainable development goals purposeful and intentional, these SDGs should be explicitly articulated during the lesson planning phase. By placing them in the unit plan, teachers will then be making links between knowledge, skills, attitudes targeted and the SDG that lends itself best to the unit's concepts and global context. We invite speakers on various issues, including environmental activists in Qatar and other inspirational guests, to motivate

students to act. In addition, teachers plan trips to various places like farms, energy companies, museums, among others.



AIA students look at how inquiry into environmental concerns, inequality, food security and sustainable practices in industry lead to engaging with solution driven problem-solving skills. Students present what they learn and use communication, critical thinking, and creative thinking skills to do so. This involves designing campaigns, inventing products, and engaging in action in the local community through Service as Action in grades 6-10 and Creativity, Activity, and Service for grades 11 and 12.

In the Primary years, this learning culminates in the Grade 5 exhibition where students inquire into, reach conclusions, and present findings on their chosen topics. Every year several groups discuss environmental issues and sustainability. They engage in creating campaigns to raise awareness and join initiatives like the Ministry of Education and Higher Education's plant a million trees initiative.

In the Middle Years Program (grades 6 to 10), students present their learning on chosen SDGs in advisory, during assemblies, or during lessons. One activity led by an MYP science teacher was designing bottles that would

filter water in an environmentally responsible way. Another was launching campaigns to raise awareness of endangered species. One example was involvement in the turtle experience excursion, and another saw a student create a memorable campaign that looked at Qatar's role in conservation and presented results of inquiry regarding whale sharks and their endangered status and what can be done to help them.

The last year of the MYP culminates in the Personal Project, and looking at our student's personal projects and choice of topics over the last few years shows that the message regarding sustainability and the importance of sustainable and clean practice has become ingrained in their thinking and output. Students present projects where they have worked on making zero waste toothpaste, turning old makeup into paint, designing clean waste management systems, designing Eco resorts, and other such projects.

## Bringing the World into the Equation

Beyond the curriculum, we also engage our students in co-curricular activities and enrichment activities that revolve around sustainable practices and engage them in action. Clubs in enrichment over the last two years have included creating outdoor furniture out of used pellets, making jewelry out of recycled materials, recycling objects and reusing them.

Our students engage with global summits and events. For example, during COP 26 and COP 27, students were provided with links to speeches or watched certain panels online.



Subsequently, they were encouraged to delve into the issues discussed and actively engage with the content they encountered through various means. Students created powerful message videos summarizing what they gained, entered a poster competition, created mottos, and prepared speeches on various issues highlighted in the conferences.

One project we are excited about this year is one that includes a school in Vancouver and another in Mexico that centers around the SDGs with students in grades 10 and 11 collaborating to produce short films that raise awareness and call for action around a chosen SDG. The students will be learning about film-making as well as deep diving into the chosen SDG and then write the script, film, and edit their effort to enter the final product in the three-school film festival where winners will be chosen by a jury.



## Green Team and Green Practices

Our commitment to green practices extends to the establishment of a Green Team whose directive is to make the school a green zone. Our Green Team have shared a new goal and will now be working on strengthening our environmental practices and the school's infrastructure in order to become a green school. We are confident that in two years their goal will be met, and the school will gain the Eco Schools Green Flag.

We continue to look at ways to present learning through the lens of sustainability, with the goal of nurturing our students to become future environmental activists, sustainable technology innovators, and advocates for sustainable development.





# AIA, A CULTURE OF CURIOUS LEARNERS



# Mastering Words in the Digital Age

In today's fast-paced world, effective communication skills are more important than ever. One of the cornerstones of effective communication is a rich and varied vocabulary. A strong vocabulary not only allows us to express ourselves more clearly but also helps us understand and engage with the world around us. Fortunately, in the digital age, there are numerous modern methods and tools available to help us improve our vocabulary more efficiently and conveniently than ever before.



## Mobile Apps and Games

Mobile applications have revolutionized the way we learn and interact with language. Various apps and games are designed specifically to enhance vocabulary skills. These apps are often interactive and engaging, making learning enjoyable. Some of the popular vocabulary apps include Duolingo, Quizlet, and Elevate. These apps offer personalized learning experiences, enabling users to practice vocabulary at their own pace and level.

## Podcasts and Audiobooks

Listening to podcasts and audiobooks can be a fun and effective way to improve your vocabulary. Many podcasts and audiobooks cover a wide range of topics, exposing listeners to new words and phrases in context. Whether you are interested in science,



history, literature, or current events, there's likely a podcast or audiobook that can help you broaden your vocabulary while you multitask.

## Online Dictionaries and Thesauruses

Online dictionaries and thesauruses have replaced their physical counterparts for most people. Platforms like Merriam-Webster, Oxford English Dictionary, and Thesaurus.com provide not only word meanings and synonyms but also audio pronunciations, example sentences, and word usage trends. This accessibility allows users to explore and expand their vocabulary with just a few clicks.

## Language Learning Platforms


Language learning platforms such as Babbel, , and Memrise offer vocabulary-building courses for various languages. Even if you're not aiming to become fluent in a new language, these platforms can be valuable resources for expanding your vocabulary in your native language as well. They often incorporate spaced repetition techniques to help you remember and retain new words.



## Word of the Day Apps

Several apps and websites offer a "Word of the Day" feature. Subscribing to these services delivers a new word to your inbox or mobile device daily. This steady stream of fresh vocabulary can keep your learning consistent and introduce you to words you might not encounter in your daily life.





### **Social Media and Online Communities**

Participating in online communities and social media platforms can expose you to a variety of vocabulary from different cultures and backgrounds. Engaging in discussions, reading articles, and following accounts that align with your interests can help you pick up new words and phrases naturally.

### **E-books and E-readers**

E-books and e-readers have made reading more accessible and portable. Many e-readers have built-in dictionaries, allowing you to quickly look up word meanings while reading. This feature encourages readers to explore unfamiliar words in real-time, which can significantly enhance their vocabulary.

In the modern era, improving your vocabulary has never been easier or more convenient. With a plethora of resources and tools available at your fingertips, you can build and refine your vocabulary in a way that suits your learning style and schedule. Whether you prefer mobile apps, podcasts, online dictionaries, or social media, there's a modern method for everyone to enhance their language skills. By taking advantage of these opportunities, you can communicate more effectively, understand the world more deeply, and enrich your overall life experience.



# UNITED SCHOOL INTERNATIONAL

## An outstanding international education with world-class facilities on The Pearl, Doha

**U**nited School International (USI) is the first, and only, school located on The Pearl. Since its opening in August 2022, the school has quickly become a thriving educational and social community for students and their families in Doha.

The USI ethos rests on a set of core principles: excellence, respect, responsibility, integrity and compassion. The school is committed to delivering an ambitious, internationally acclaimed education, where students are supported and encouraged on their journey through an enhanced British curriculum.



This outstanding education is delivered in a campus comprising outstanding facilities, including two swimming pools, a 500-seat auditorium, full size football pitch, STEAM and Robotics studios, specialist Design & Technology and Food Technology rooms, and a multi-purpose sports hall.



### Teaching of the Highest Quality

The teachers at USI are experienced, international educators who are dedicated to delivering the best possible education, whilst also creating a safe, inspiring and engaging learning environment for students. USI's teachers use their extensive experience to deliver an outstanding English language

education, which takes students on their journey through school and prepares them for entry to prestigious international universities.



### A Rigorous Curriculum

The curriculum at USI is well-balanced, providing time for academic work as well as music, drama, art and sports. The curriculum encourages analytical and critical thinking, as well as creativity and innovation. It promotes social cohesion and respect for Qatari society's values and heritage, and builds a truly international community built on tolerance and understanding.



Every student in all areas of the school has personalised targets determined from baseline assessments. There is regular monitoring, assessment and reporting to parents on the academic and pastoral progress of each student.

USI caters for students from 3 years old in FS1, and will eventually extend all the way to Year 13, when students sit their A-Levels and graduate from school. For the current academic year, the school is open up to Year 10, with years 11-13 opening over the coming

3 years. USI's current Year 10 students have just begun their 2-year iGCSE programme, where they have had the opportunity to choose subjects such as Food Technology, Drama, Business Studies, Computer Science and Psychology alongside core subjects.



### An Extensive Extra-Curricular Programme

At USI, the learning doesn't stop at the end of the school day. Students have access to an extensive after-school activity programme, led by USI's own teachers as well as many of Doha's finest external activity providers. Not only does this help busy parents with the school pick-up, it also allows students to try new activities or enhance their participation in subjects and activities that inspire them.



Students also have the opportunity to join the school's sports teams and to compete against other schools in Doha. Sports teams at USI include football, swimming, basketball, netball and athletics.

To register your interest in United School International, visit [unitedschool.qa](https://unitedschool.qa) to submit an online enquiry, or email [admissions@unitedschool.qa](mailto:admissions@unitedschool.qa).





مدرسة المتحدة الدولية  
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# The importance of ‘me time’ for children

In today's fast-paced world, where schedules are often packed with school, extracurricular activities, and playdates, it's easy to overlook the importance of "me time" for children. We often associate "me time" with adults, a precious opportunity for self-reflection and relaxation. However, children also require and benefit from moments of solitude and independence.

## What is "me time" for children?

"Me time" for children can be defined as periods of solitude and independence during which they engage in activities of their choice, without adult supervision or structured plans. It's the time when children can explore their interests, engage in unstructured play, and learn to be self-reliant.

## The benefits

**Developing independence:** Allowing children to have "me time" encourages them to become more self-reliant. When children are given the opportunity to make

choices and decisions independently, they learn to trust their judgment and develop problem-solving skills. These skills are essential for their personal growth and future success.

**Creativity and imagination:** Unstructured play during "me time" allows children to tap into their creativity and imagination. Without the constraints of adult-directed activities, children can create their own worlds, games, and stories, which fosters creativity and helps them think outside the box.

**Emotional regulation:** Solitude can be a time for children to reflect on their emotions and learn to manage them. When children have space to process their feelings and thoughts without external influence, they can develop better emotional regulation skills, which are crucial for their mental well-being.

**Building confidence:** Achieving small goals or solving problems during "me time" can boost a child's self-esteem and confidence. When they realize they can accomplish tasks on their own, they become more self-assured and willing to take on new challenges.





**Reducing stress:** Just like adults, children can also experience stress and anxiety. "Me time" serves as a stress-relief mechanism, allowing children to unwind, relax, and recharge. It provides a buffer against the demands of their daily lives.

**Improved focus and attention:** Constant stimulation and structured activities can overwhelm a child's attention span. "Me time" helps children practice focusing on one task or interest at a time, which can improve their attention span and concentration.

### How to encourage "me time" for children

**Set aside unstructured time:** Ensure that your child has some free, unstructured time each day. This time should be devoid of screens and structured activities, allowing them to explore their interests independently.

**Create a safe space:** Designate a safe and comfortable area where your child can spend "me time." This space should be stocked with age-appropriate materials and toys that spark their interest and creativity.



**Respect their choices:** Encourage your child to choose how they want to spend their "me time." Respect their choices, even if it involves activities that may seem unconventional or messy.

**Limit screen time:** Excessive screen time can impede a child's ability to engage in unstructured play and solitude. Set reasonable screen time limits and encourage other forms of entertainment.

**Model "me time":** Children often learn by example. Show your child the value of "me time" by occasionally engaging in your own solitary activities, such as reading, gardening, or simply relaxing with a cup of tea.

In conclusion, "me time" is not exclusive to adults; children also need and benefit from moments of solitude and independence. It plays a vital role in their development by fostering independence, creativity, emotional regulation, confidence, and reducing stress. As parents and caregivers, it is essential to recognize the significance of "me time" for children and provide opportunities for them to explore their interests and develop important life skills during these moments of independence. By doing so, we can support their overall growth and well-being.





# 10 TIMELESS BOOKS THAT EVERY CHILD WILL CHERISH

In the enchanting world of children's literature, stories serve as windows into imaginations, mentors of empathy, and gateways to understanding the world around us. The magic of a well-crafted children's book lies in its ability to captivate young minds, spark creativity, and instill lifelong lessons, all within the confines of a few pages. In this article, we delve into the timeless realm of literature for children and present a carefully curated list of ten remarkable books.

These literary treasures have transcended generations, enchanting readers of all ages with their compelling narratives, unforgettable characters, and profound messages.

From Maurice Sendak's whimsical exploration of a young boy's imagination in "Where the Wild Things Are" to the philosophical journey of Antoine de Saint-Exupéry's "The Little Prince," each book on our list carries a unique tale to tell. Join us as we embark on a literary adventure through the pages of these classics, where friendship, curiosity, bravery, and imagination await young readers, ready to inspire and shape the hearts and minds of the next generation.

Whether you're a parent, educator, or simply someone who cherishes the joy of reading, these ten books are bound to become cherished companions on your own literary journey with the young ones in your life.

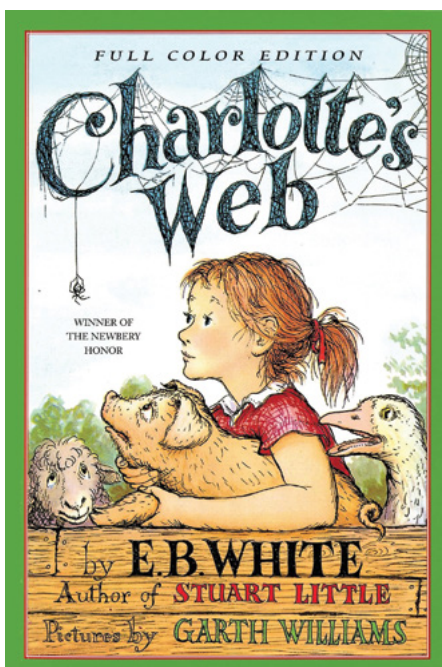


1

**Charlotte's Web**  
by E.B. White

2

**The Cat in the Hat**  
by Dr. Seuss

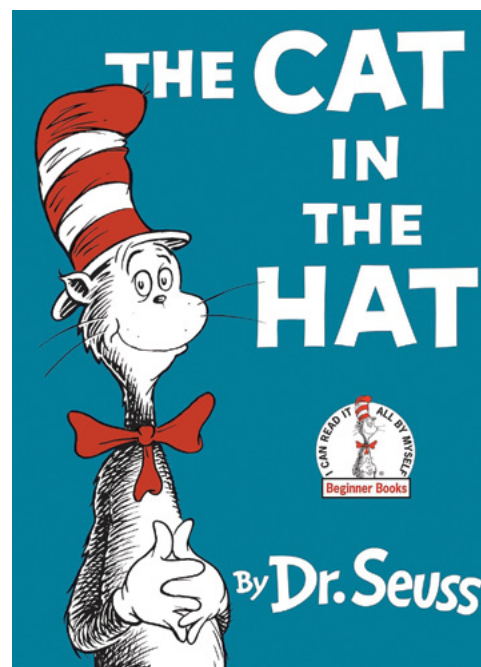


**Charlotte's Web**  
by E.B. White

Charlotte's Web is a touching novel about the friendship between a pig named Wilbur and a spider named Charlotte. Charlotte uses her web-spinning talents to save Wilbur from being slaughtered and teaches him important life lessons.

**Key Themes:** Friendship, compassion, kindness, the cycle of life, and the value of literature.

**Why It's Worth Reading:** This heartwarming story teaches children about the power of friendship, empathy, and the beauty of the natural world.



**The Cat in the Hat**  
by Dr. Seuss

In this iconic rhyming book, the Cat in the Hat wreaks havoc on a rainy day when he visits two bored children, Sally and her brother. The Cat's mischievous antics provide endless entertainment.

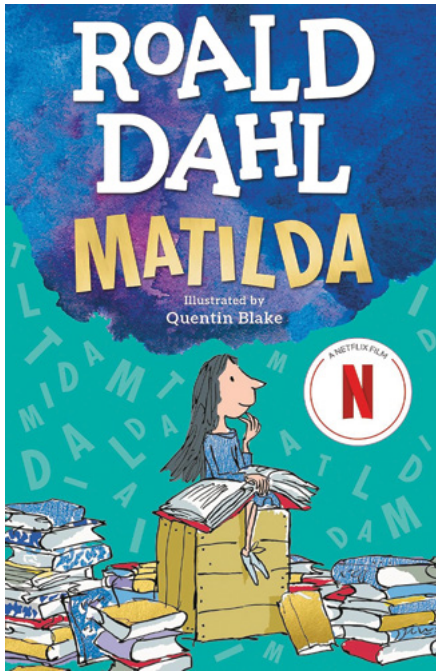
**Key Themes:** Creativity, imagination, consequences, and the joy of play.

**Why It's Worth Reading:** Dr. Seuss's playful language and whimsical illustrations make this book a delightful read for children while imparting valuable lessons about responsibility and the power of creativity.



3

### Matilda by Roald Dahl



#### Matilda by Roald Dahl

Matilda tells the story of a precocious girl with telekinetic powers who uses her intelligence to outsmart her neglectful parents and tyrannical school principal, Miss Trunchbull.

**Key Themes:** Intelligence, resilience, friendship, and standing up against injustice.

**Why It's Worth Reading:** Roald Dahl's witty storytelling and the empowering message of a young girl taking control of her life resonate with young readers, encouraging them to believe in their abilities.

4

### The Tale of Peter Rabbit by Beatrix Potter

#### THE TALE OF PETER RABBIT



BEATRIX POTTER  
*The original and authorized edition*

#### The Tale of Peter Rabbit by Beatrix Potter

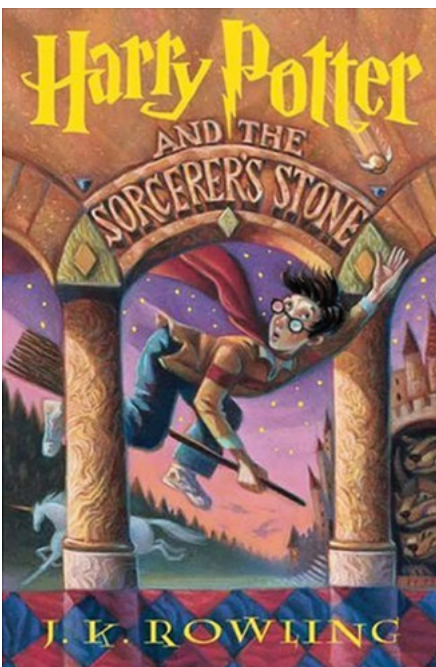
This classic story follows the misadventures of Peter Rabbit, a disobedient bunny who sneaks into Mr. McGregor's garden and faces the consequences.

**Key Themes:** Responsibility, consequences, and the importance of listening to adults.

**Why It's Worth Reading:** Beatrix Potter's charming illustrations and the relatable story of a mischievous rabbit teach children about the importance of making responsible choices.

5

### Harry Potter and the Sorcerer's Stone by J.K. Rowling



#### Harry Potter and the Sorcerer's Stone by J.K. Rowling

The first book in the "Harry Potter" series introduces readers to Harry, an orphaned boy who discovers he's a wizard and is invited to attend Hogwarts School of Witchcraft and Wizardry. Harry's adventures in the magical world begin as he learns about his past and his destiny.

**Key Themes:** Friendship, bravery, the battle between good and evil, and the magic of imagination.

**Why It's Worth Reading:** J.K. Rowling's imaginative world-building and relatable characters make this series a captivating read that explores themes of friendship, bravery, and the power of choice.

6

### Winnie-the-Pooh by A.A. Milne



#### Winnie-the-Pooh by A.A. Milne

Join the adventures of Winnie-the-Pooh, Piglet, Tigger, Eeyore, and other beloved characters in the Hundred Acre Wood as they embark on heartwarming escapades.

**Key Themes:** Friendship, kindness, imagination, and the joy of simple pleasures.

**Why It's Worth Reading:** A.A. Milne's stories celebrate the beauty of friendship, the power of imagination, and the importance of appreciating life's simple joys.



7

### Alice's Adventures in Wonderland by Lewis Carroll



#### Alice's Adventures in Wonderland by Lewis Carroll

Follow the curious Alice as she falls down a rabbit hole into a whimsical and nonsensical world filled with peculiar characters and surreal adventures.

**Key Themes:** Curiosity, imagination, absurdity, and the fluidity of reality.

**Why It's Worth Reading:** Lewis Carroll's imaginative storytelling challenges readers to think creatively, question the rules of reality, and embrace the wonders of imagination.

8

### The Little Prince by Antoine de Saint-Exupéry



#### The Little Prince by Antoine de Saint-Exupéry

The Little Prince is a philosophical novella that tells the story of a young prince from another planet who travels through the universe, meeting various characters and learning important life lessons.

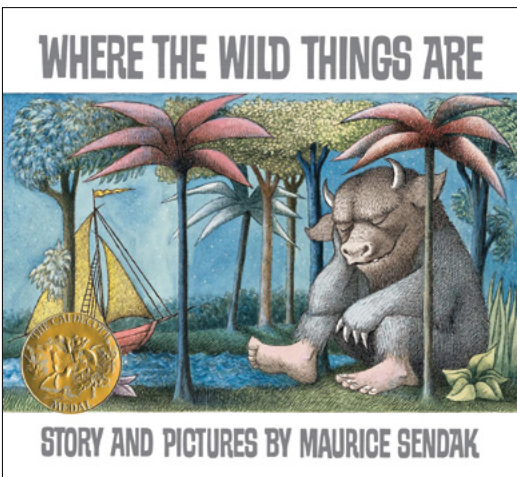
**Key Themes:** Friendship, love, the importance of seeing with the heart, and the complexities of adulthood.

**Why It's Worth Reading:** This book encourages children to look beyond the surface and discover the deeper meaning of life, love, and human connections.

Each of these books offers unique lessons and experiences for young readers, making them not only enjoyable but also valuable for their personal and intellectual development.

9

### Where the Wild Things Are by Maurice Sendak



#### Where the Wild Things Are by Maurice Sendak

Where the Wild Things Are is a classic children's picture book that tells the story of Max, a young boy who wears a wolf costume and sails to a magical island inhabited by wild creatures. Max becomes the king of the Wild Things and enjoys a wild rumpus with them before realizing the comfort of home.

**Key Themes:** Imagination, adventure, the comfort of home, and the power of love and imagination.

**Why It's Worth Reading:** This book encourages children to embrace their imagination and teaches them about the importance of returning to the safety and love of their home.

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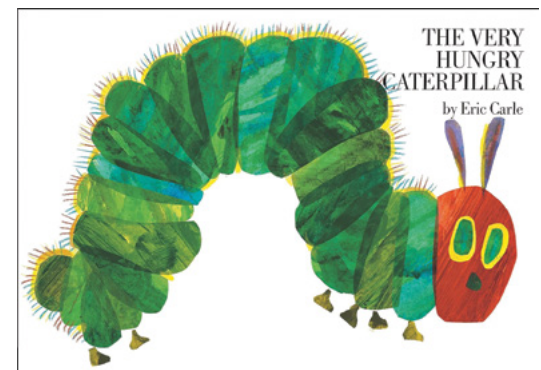
### The Very Hungry Caterpillar by Eric Carle

#### The Very Hungry Caterpillar by Eric Carle

This beautifully illustrated picture book tells the story of a hungry caterpillar who eats his way through various foods before transforming into a butterfly.

**Key Themes:** Metamorphosis, counting, days of the week, and the beauty of nature.

**Why It's Worth Reading:** Eric Carle's vibrant artwork and simple storytelling teach children about metamorphosis while reinforcing basic concepts like counting and the days of the week.







# The impact of social media on a student's life

## pros, cons, and responsibilities

In the modern digital age, social media has become an integral part of the lives of students. It has transformed the way they communicate, learn, and interact with the world around them. While social media offers numerous benefits, it also presents certain challenges and responsibilities that students must navigate. This article explores the role of social media in a student's life, examining both its positive and negative aspects and highlighting the importance of responsible usage.

### The positive impact

**Communication and connectivity:** Social media platforms provide students with an efficient and convenient means of staying in touch with friends, family, and peers, regardless of geographical distances. It fosters connectivity and allows them to build and maintain relationships.

**Information and learning:** Social media platforms offer a wealth of educational resources, including articles, videos, and tutorials. Students can follow academic pages, join study groups, and access a wide range of educational content, enhancing their learning experience.

**Networking opportunities:** Social media is a powerful tool for networking. Students can connect with professionals, alumni, and experts in their field of interest, creating opportunities for internships, mentorships, and future career prospects.

**Personal development:** Expressing thoughts and opinions on social media encourages self-expression

and can help students develop critical thinking, communication, and debating skills. It can also boost their confidence in articulating their ideas.

### The negative impact

**Distraction and time management:** Social media can be a major distraction, leading to decreased productivity and poor time management. Students often find themselves spending excessive amounts of time scrolling through their feeds, impacting their study routines.

**Mental health concerns:** Excessive use of social media has been linked to mental health issues such as anxiety, depression, and loneliness. The constant comparison to others' seemingly perfect lives can lead to feelings of inadequacy and low self-esteem.

**Privacy and cybersecurity:** Students may inadvertently share personal information online, making them vulnerable to cyberbullying, identity theft, or online harassment. Privacy concerns are a significant issue associated with social media usage.

**Fake news and misinformation:** Social media is often a breeding ground for the spread of fake news and misinformation. Students, like the general public, can be easily influenced by inaccurate information, affecting their worldview and decision-making.

### Responsibilities of students

**Time management:** It's essential for students to set boundaries and allocate specific times for social

media use to avoid distractions and maintain a healthy balance between online and offline activities.

**Privacy settings:** Students should be diligent in configuring their privacy settings to protect their personal information and minimize exposure to potential risks.

**Critical thinking:** Encourage students to critically evaluate the information they encounter online. They should be aware of the possibility of misinformation and fact-check before accepting any information as truth.

**Online etiquette:** Students should practice good online etiquette, treating others with respect and kindness, and avoiding engaging in cyberbullying or offensive behaviour.

**Digital footprint:** Students should be aware that their online activities leave a digital footprint that can impact their future. They should think before they post and consider the potential consequences of their online actions.

In short, social media plays a significant role in the lives of students, offering both advantages and disadvantages. To harness the benefits and minimize the negative impact, students must use social media responsibly. By practicing time management, protecting their privacy, and being critical thinkers, students can make the most of the digital world while safeguarding their well-being and future prospects. Social media can be a valuable tool for students, but it is essential to approach it with awareness and responsibility.





# How to deal with a hyperactive child at home

Dealing with a hyperactive child at home can be challenging, but with patience, understanding, and the right strategies, you can create a supportive environment that helps your child thrive

**P**arenting is a challenging yet rewarding journey, and when you have a hyperactive child, it can sometimes feel even more demanding. Hyperactivity in children is characterized by excessive energy, impulsiveness, and difficulty in focusing. It's important to remember that hyperactivity can be a part of a child's natural temperament, but there are strategies parents can employ to manage and support their child effectively at home.





## Healthy diet

A balanced diet can play a significant role in managing hyperactivity. Limit sugary snacks and beverages as they can lead to energy spikes and crashes. Focus on providing nutritious meals with a good balance of carbohydrates, proteins, and fruits and vegetables. Omega-3 fatty acids found in fish, flaxseed, and walnuts may also help with attention and concentration.

## Create a calm environment

Hyperactive children may become overstimulated easily. Create a calm and clutter-free environment at home. Reduce noise, limit screen time, and keep distractions to a minimum, especially during homework or quiet activities.

## Teach relaxation techniques

Teaching relaxation techniques can help your child learn how to manage their hyperactivity. Simple exercises like deep breathing, mindfulness, or yoga can be beneficial. Practicing these techniques together can also strengthen your bond with your child.

## Positive reinforcement

Use positive reinforcement to motivate your child. Praise and reward them when they exhibit good behaviour or complete tasks successfully. This encourages them to make better choices and builds their self-esteem.

## Set clear expectations

Communicate your expectations clearly and consistently. Use simple, direct language to explain rules and consequences for their actions. This helps your child understand boundaries and the importance of self-control.

## Break tasks into smaller steps

Children with hyperactivity may find it challenging to focus on a task for an extended period. Break tasks into smaller, manageable steps and provide frequent breaks. This approach can make tasks less overwhelming and more achievable.



## Seek professional help

If your child's hyperactivity significantly interferes with their daily life, it may be beneficial to consult with a pediatrician or a child psychologist. They can assess your child's condition and recommend appropriate interventions, which may include therapy or medication in severe cases.

## Understand hyperactivity

Before implementing strategies to manage hyperactivity, it's crucial to understand what it entails. Hyperactivity is not just about physical restlessness; it also includes difficulty in controlling impulses and maintaining attention. Recognizing the underlying causes of your child's hyperactivity can help you tailor your approach.

## Establish a consistent routine

Children, especially those with hyperactivity, thrive

on routine and structure. Create a daily schedule that includes set times for meals, play, homework, and bedtime. Consistency provides a sense of security for your child and helps them know what to expect.

## Encourage physical activity

Hyperactive children often have a surplus of energy to burn. Encourage regular physical activity to help them release excess energy. Activities like swimming, biking, or playing in the park can be effective ways to channel their energy in a positive manner.



# 10 Reasons to Involve Children in Household Chores

In today's fast-paced world, the idea of involving children in household chores might seem unconventional to some parents. However, encouraging kids to participate in household tasks has numerous benefits that extend beyond just lightening the load for parents. In fact, involving children in chores can be a valuable life lesson that teaches responsibility, teamwork, and essential life skills. Here are ten compelling reasons why you should consider involving your children in household chores.

1. **Teaches Responsibility:** Assigning age-appropriate chores to children helps instill a sense of responsibility from an early age. When kids understand that they have tasks to complete, they learn the importance of accountability and commitment.
2. **Promotes Independence:** Children who are actively involved in household chores develop a sense of independence. They become capable of handling basic tasks like making their bed, folding

laundry, and tidying up their rooms, which are essential life skills.

3. **Boosts Self-Esteem:** Successfully completing chores gives children a sense of accomplishment. Praise and recognition for their efforts boost their self-esteem and confidence, fostering a positive self-image.
4. **Teaches Time Management:** Household chores require planning and time management skills. By participating in these tasks, children learn how to prioritize and organize their time effectively.
5. **Encourages Teamwork:** Chores often involve cooperation and collaboration within the family. When children work together with siblings or parents, they develop important teamwork and communication skills.
6. **Fosters a Sense of Ownership:** Children who help maintain their living spaces are more likely to take pride in their surroundings. They develop a sense of ownership and responsibility for their

home environment.

7. **Reduces Entitlement:** Involving children in chores helps combat entitlement. When kids contribute to the household, they understand that privileges and rewards are earned, not given automatically.
8. **Prepares for Adulthood:** One of the primary goals of parenting is to prepare children for adulthood. Teaching them how to do household chores equips them with practical life skills they will need when they eventually live on their own.
9. **Promotes Work Ethic:** Chores teach the value of hard work and diligence. Children learn that tasks need to be completed, even if they aren't always enjoyable, which sets the foundation for a strong work ethic in the future.
10. **Strengthens Family Bonds:** Completing chores together can be a bonding experience for families. It offers opportunities for quality time and conversations while working side by side, strengthening the family unit.





# Celebrating 35 Years of Community

## The American School of Doha Marks a Milestone Anniversary

**T**he American School of Doha (ASD) proudly announces the celebration of its 35th anniversary, a remarkable milestone that underscores its unwavering commitment to providing exceptional education and fostering a multicultural community of learners.



Founded in 1988, the American School of Doha has cemented its position as the premier educational leader in the dynamic and tradition-rich country of Qatar. ASD has consistently strived to uphold its mission of nurturing students into lifelong learners who are prepared to take on the challenges of the global landscape.



"The education I received at ASD wasn't just about books and tests; it was about understanding the world, fostering a sense of curiosity, and embracing the values of respect, diversity, and empathy," shared Abdulla Al Darwish - Class of 2015.

"These principles have become the bedrock of my existence, guiding me through both personal and professional challenges. So, as we celebrate 35 years since the inception of my beloved school, I'm reminded not only of the institution itself but of the enduring impact it had on my life. It's a reminder that



some things, like true friendships and the values that shape us, are timeless and continue to shine brightly, even as the years pass by."

In addition to its academic achievements, the American School of Doha has garnered a reputation for fostering a sense of unity and diversity within its walls. The school's commitment to multiculturalism and belonging is evident in its vibrant community, where students, families, and educators from around the world come together to celebrate their unique backgrounds and share their varied experiences.

With a steadfast dedication to academic rigor and holistic growth, ASD offers a comprehensive

curriculum that combines the best of American educational standards with an internationally enriched approach. Through research-based pedagogical practices and a broad range of extracurricular activities, ASD empowers its learners to find their passions, develop talents, and cultivate a global perspective.



"We extend our heartfelt thanks to the entire ASD community – past and present – for being a part of this incredible journey. Together, we have built a legacy of educational excellence and empowered generations of learners to reach their fullest potential," shared Steve Razidlo, Director of the American school of Doha. "As we celebrate our 35th anniversary, let us continue to inspire, innovate, and make a lasting difference in the lives of our students and the world around us."



As the American School of Doha enters this new chapter, it remains dedicated to its core values of Honesty, Respect, Responsibility, and Kindness. The school's 35th anniversary is a reminder of its remarkable journey and a promise of an even brighter future, where it will continue to shape the next generation of leaders and thinkers.

The American School of Doha is the premier educational leader in the dynamic and tradition-rich country of Qatar. They provide a rigorous standards-based, internationally enriched American curriculum in a non-profit, U.S. accredited, PreK – 12 college preparatory school. ASD is the hub of a multicultural community where they celebrate the whole Learner through diverse experiences. The school's mission is to nurture each Learner's unique academic and personal identity; challenged and enriched through Communication, Collaboration, Creativity, Critical Thinking and active Character and Citizenship development.



# How to help teens put less pressure on themselves?

**W**e hear kids say negative things about themselves all the time: "I'm so stupid!" "Nobody likes me." And, of course, "I'm fat." Or "I'm ugly." Sometimes these things are throwaway lines, or fishing for reassurance. They may be harmless. But what experts call negative self-talk can also reflect an unhealthy tendency in kids to think the worst of themselves, and that can lead to—or be a sign of—something more serious.

## What is self-talk?

Self-talk is essentially our inner monologue, explains Rachel Busman, PsyD, a clinical psychologist. It can be a way of narrating what is happening around you, practicing language, and guiding yourself through a task.

While self-talk is often constructive, it can also go the other way. We all engage in self-critical behavior from time to time, and it isn't an immediate cause for concern. But it's useful to think about why your

child might be talking themselves down, and when it might reflect a problem.

## Globalized thinking

Kids often make statements about themselves that reflect "all or none thinking," explains Lisa Brown, PsyD, a private practitioner and psychologist. For example, when a child doesn't do well in one soccer game and exclaims, "I stink at soccer!" When this kind of globalized thinking persists, she says, it "can affect how children think and feel about themselves in general."

## Perfectionism

"Children who set impossibly high standards for themselves," says Dr. Brown, "are prone to engage in negative self-talk." These perfectionists can be so hard on themselves that they run themselves down trying to reach their goals.

## Too cool for school

Sometimes the self-deprecating "I'm so going to fail that test!" or "I'm so fat!" can be a form of social protection. For older kids in particular, "the social sphere becomes really important," says Dr. Busman. In certain social circles it may not be cool to be smart, and obsessing over appearances may be a way to fit in with the popular kids. Or maybe the child is trying to beat others to the punch by making negative statements first.

## Attention-seeking

"Sometimes," says Dr. Brown, "children may engage in negative self-talk, verbalized out loud, in an attempt to manipulate others or in an effort to get attention." For example, a child may try to guilt parents by talking about what a horrible child they are and how they deserve to be punished.





## Lack of resilience

In some cases, self-critical thought can be an indication of lack of resilience or “grit,” as some psychologists refer to it. “If children regularly respond to disappointments with negative self-talk that is out of proportion to the particular disappointments,” says Dr. Brown, “this can lead to avoiding certain experiences as well as a lack of motivation to persevere in the face of difficulties.”



## Bullying

If a child is being picked on, it can be easy for them to internalize the insults aimed at them. Shawna Palomo, mom to a 17-year-old daughter, says her daughter’s negative self-talk emerged when she was 13. “They made fun of her,” recalls Palomo. “After a while, she would believe all the bad stuff her classmates were saying about her. She would always say how ugly she was.” Her daughter complained that her lips and nose were too big, her hair too curly. “It’s hard watching your child battle these demons,” laments Palomo.

## When to worry

In isolation, negative self-talk is natural and not cause for concern. But it can also be evidence of low self-esteem, a learning disability, anxiety, or depression. Dr. Busman offers these signs to look out for:

### The negative self-talk is persistent and pervasive.

It is not based in reality. For example, your son gets invited to play dates but still frets that no one likes him, or he always aces spelling tests but remains anxious that he will fail.

It is impacting a child’s relationships or schoolwork.

### Your child’s eating and/or sleeping patterns have changed.

They’re making persistent, vague “I don’t feel well” statements in the absence of physical symptoms.

Palomo noticed many of these signs in her daughter as the negative self-talk led to depression. “She would not care about her appearance, then it went to the extreme where her appearance was all she cared about.” She didn’t do her homework, lost weight, and wanted to stay in bed all day.

## What parents can do to help

Here are some ways to free children from negative thinking and steer them away from destructive self-talk:

**Listen and validate.** It can be tempting to ignore it when a kid first expresses negative feelings, but Dr. Busman says she “would recommend never just brushing off those kinds of comments, even if they’re kind of silly or not based in any reality.” Instead, offer a safe place for your child to come with concerns and try to find out what is going on.

**Offer a realistic approach.** Both Dr. Busman and Dr. Brown advise against battling critical self-talk with overly optimistic “positive thinking,” and recommend a more realistic approach. So if a child says they’re sure no one will talk to them on their first day at a new school, you don’t want to say, “The first day of school is going to be great and you’re going to make a million friends.” Instead, you might offer: “The first day of school might be a bit scary, but as you settle in you will likely make friends and grow to love it.”

Put it in context. Dr. Brown notes that adults can help by talking with kids in a way that “contextualizes their experience” and offers a “broader perspective.” Help them identify specifically what upset them, she explains, or made them make such a self-critical statement, and acknowledge that one bad experience doesn’t equate being the worst at something.

Adults can help by talking with kids in a way that “contextualizes their experience” and offers a “broader perspective.” Help them identify specifically what upset them.

**Correct the record.** Dr. Brown also notes catching yourself in the midst of making a negative statement can create a valuable teachable moment. Say you burn something and yell in frustration, “I’m a terrible cook!” Continue the conversation in front of your child with something like “actually, I’m a pretty good cook most of the time, I just messed up this dish but I’m not going to let that stop me from cooking in the future.”

**Touch base with school.** If your child is in school, check in with their teachers about what you’re hearing. Getting their perspective can help you see a more complete picture. Dr. Busman notes that this kind of information can also be useful later should you end up having a professional evaluation.



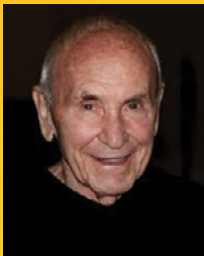
**Model realistic and positive self-talk.** Try to stop saying self-critical things about yourself, too. Don’t fixate on mistakes you’ve made, or worry out loud about your weight. We want to model positive self-esteem for our children. Dr. Busman also suggests offering stories from your own life to relate to your child. “Whether it’s an embellished example or entirely factual,” she says, “you’re modeling non-anxious coping and more realistic self-talk.”

**Seek professional help.** If the behavior is persistent and negatively impacting your child’s life, or if it’s linked to other troubling shifts in mood and behavior it might be time to obtain a diagnostic evaluation to help determine what is causing the problem. Dr. Busman calls this a “mental health check-up,” and it can help pinpoint what is going on and how it can be treated.



# Understanding Transformative Learning Theory

Transformative Learning Theory (TLT) is a framework that has significantly influenced the field of adult education and has profound implications for personal development and societal change. Developed by Jack Mezirow in the late 20th century, TLT posits that learning is not merely about acquiring new information but is a process that can fundamentally alter an individual's perspective, beliefs, and identity. In this article, we will explore the key concepts, principles, and applications of Transformative Learning Theory, shedding light on its relevance in various educational and personal growth contexts.



Jack Mezirow

### The Lifelong Learning Perspective

Transformative Learning Theory acknowledges the idea that learning is an ongoing, lifelong process. It is not confined to formal educational settings but extends to all facets of life. Mezirow believed that adults continuously engage in learning experiences that have the potential to transform their worldview.

### Perspective Transformation

At the core of TLT is the concept of perspective transformation. It suggests that individuals possess a set of beliefs, assumptions, and perspectives that shape their understanding of the world. When faced with a disorienting dilemma or a critical incident, a person may experience a shift in these beliefs, leading to a transformation of their perspective. This



process can be gradual or sudden, but it is always profound.

### Key Elements of Transformative Learning

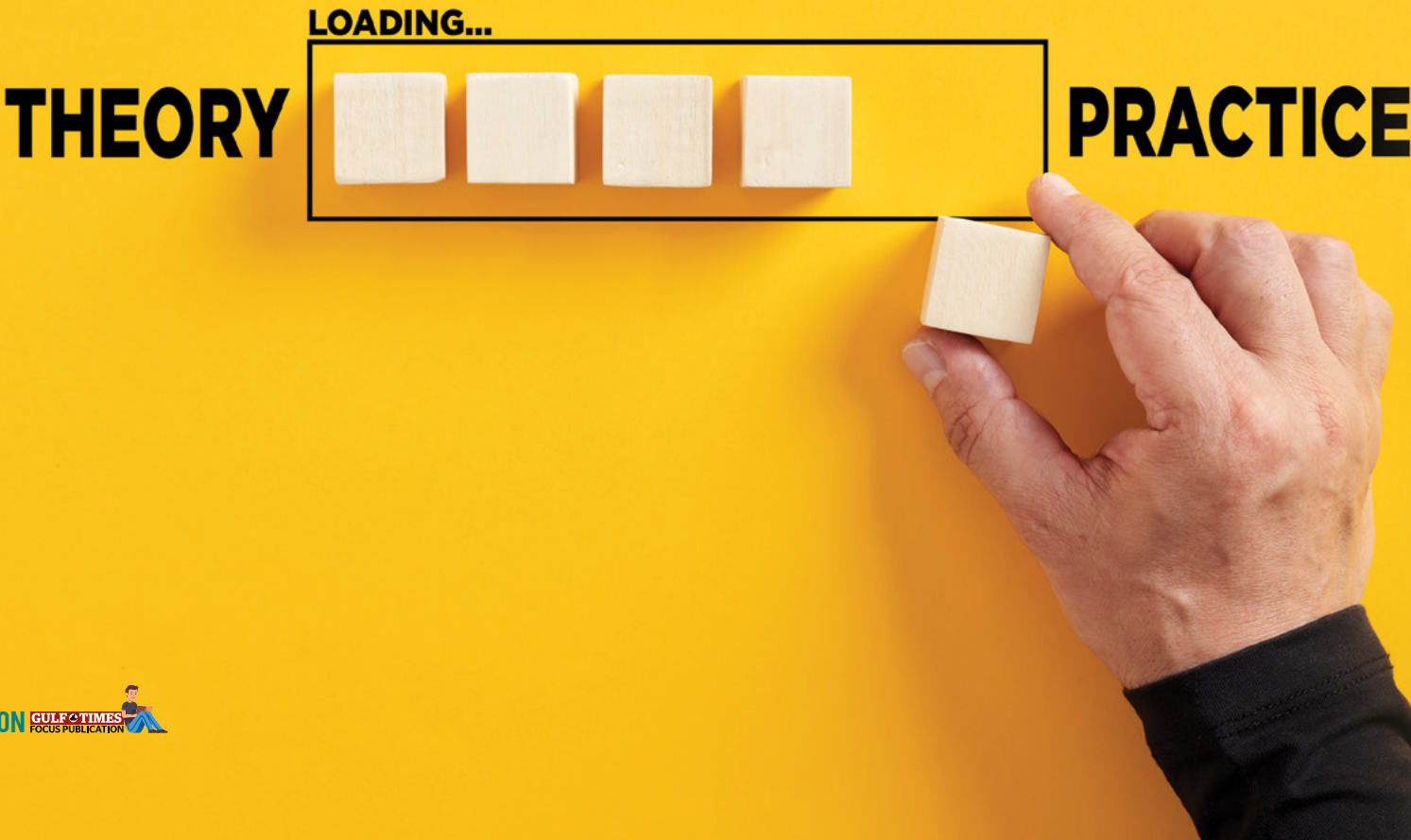
#### Critical Reflection

Critical reflection is a crucial element of TLT. It involves examining one's own beliefs, assumptions,

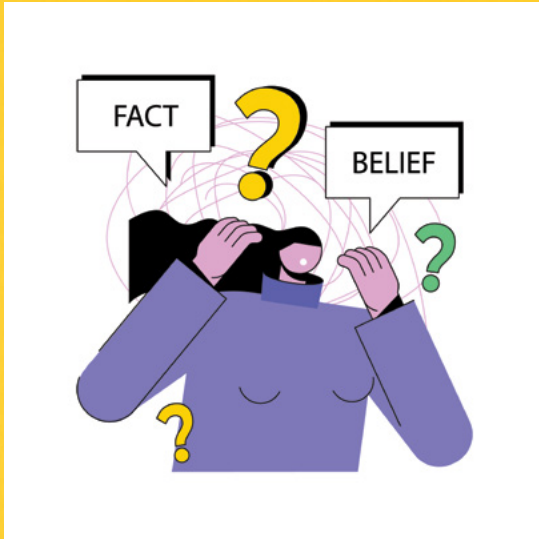
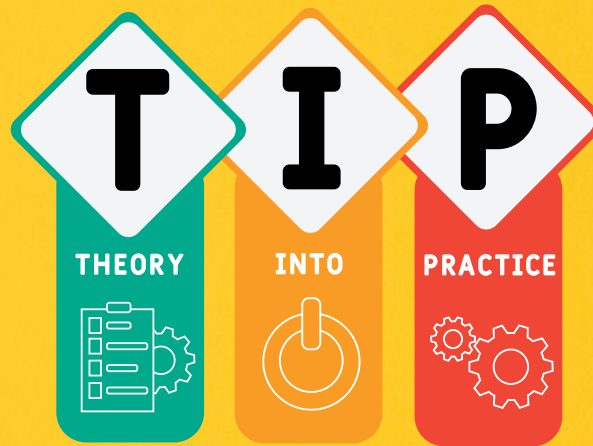
and experiences in a deep and meaningful way. This self-examination often occurs when individuals encounter challenging situations or conflicting information that challenges their existing worldview.

#### The Role of Disorienting Dilemmas

Disorienting dilemmas are events or situations that disrupt an individual's established beliefs and create cognitive dissonance. These dilemmas serve as







catalysts for transformative learning by prompting individuals to reevaluate their perspectives and seek new ways of understanding.

### Discourse Communities

Mezirow emphasized the importance of engaging in rational discourse with others who may have different perspectives. This discourse can occur within “discourse communities” where individuals exchange ideas and engage in critical dialogue. Through such interactions, learners can gain new insights and develop a more nuanced understanding of complex issues.

### Stages of Transformative Learning

Mezirow identified a series of stages that individuals typically go through during the process of transformative learning:

#### A Triggering Event

The process often begins with a triggering event, such as a personal crisis, a significant life change, or exposure to new information that challenges one’s beliefs.

#### Self-Examination:

In response to the triggering event, individuals engage in critical self-examination. They question their existing beliefs and assumptions, seeking to understand why they hold these views.

#### Exploration:

This stage involves exploring alternative perspectives and viewpoints. Learners actively seek out

information, engage in dialogue with others, and consider different ways of thinking.

#### Integration:

In the final stage, individuals work to integrate their new perspectives into their existing worldview. This may involve modifying their beliefs, values, and behaviors to align with their transformed understanding.

### Applications of Transformative Learning Theory

#### Adult Education:

TLT has been widely applied in adult education settings, where it encourages learners to challenge their preconceptions, engage in critical reflection, and embrace personal growth. It is particularly valuable for helping adults adapt to changing life circumstances and career transitions.

#### Social Change:

Transformative learning has the potential to drive social change. When individuals undergo perspective transformation, they are more likely to become advocates for positive societal shifts, such as environmental sustainability, social justice, and equality.

#### Leadership Development:

Many leadership development programs incorporate TLT principles to foster self-awareness and promote adaptive leadership. Leaders who undergo transformative learning are better equipped to navigate complex challenges and lead with empathy.

### Challenges and Critiques

Despite its many strengths, Transformative Learning Theory has faced some criticism. Critics argue that it can be difficult to measure and assess transformative learning objectively. Additionally, some individuals may resist changing their perspectives, even in the face of disorienting dilemmas.

In short, Transformative Learning Theory offers a powerful framework for understanding how individuals can undergo profound personal and intellectual growth. It emphasizes the importance of critical reflection, rational discourse, and perspective transformation. By embracing the principles of TLT, individuals, educators, and society as a whole can better adapt to a rapidly changing world and work toward positive personal and societal transformations. Whether in the context of adult education, leadership development, or social change efforts, TLT remains a valuable tool for promoting deep learning and personal growth.





# Qatar's key role in educating marginalised children

**T**he UN Educational, Scientific, and Cultural Organisation (Unesco) has commended Qatar's significant and vital role in advancing the education agenda for the world's most marginalised children, emphasising Qatar's dedicated efforts to provide quality education opportunities for children and youth in need, especially those affected by emergencies and conflicts.

In an interview with the Qatar News Agency (QNA) on the occasion of the International Day to Protect Education from Attack, Unesco Representative for the Gulf States and Yemen and Director of the Unesco Office in Doha Salah El Din Zaki Khaled lauded the long-standing collaboration between Unesco and Qatar, stressing that Qatar, since joining the organisation in 1972, has contributed significantly to Unesco's vision, strategy and specialised fields of focus, which encompass education, culture, sciences, communication and information.

He explained that over five decades, Unesco and Qatar have built a robust partnership, with Qatar consistently at the forefront of the organisation's work. Since 1976, Qatar has also hosted the Unesco Regional Office for the Gulf States and Yemen, a clear testament to Qatar's commitment to supporting Unesco's strategies and programmes at the national, regional and global levels, he pointed out.

He said that the Qatar-Unesco partnership covers a wide range of programmes and focuses on education, culture and sustainable development. He pointed out that in education, Unesco collaborates with the Education Above All (EAA) Foundation to provide educational opportunities for children and youth in countries such as Lebanon, Iraq, Pakistan, Afghanistan, and others. He underscored that Qatar's generous support contributes to the global agenda for transforming education.

He added that at the national level, Qatar joined the Unesco Associated Schools Network (ASPNet) in 1983, with the number of ASPNet schools in Qatar currently exceeding 100. Additionally, Qatar hosts six member municipalities of Unesco's Global Network of Learning Cities and four Unesco Chairs in various fields, further advancing Unesco's work in areas such as science, technical, vocational training and education.

Khaled emphasised the fundamental right to education. He stated that during times of conflict, education provides a safe space for children and youth, protecting them from physical harm while equipping them with knowledge and skills to overcome complex challenges and rebuild their communities when conflicts subside.

He pointed out that despite efforts and progress in this field, many countries have faced numerous attacks on educational facilities, students, and teachers in recent years. The "Education Under Attack 2022" report highlighted that in 2020 and 2021, more than 5,000 attacks were reported in 28 countries, targeting education and involving military use of schools and universities.

He revealed that during the aforementioned period, more than 9,000 students and teachers were kidnapped, arrested, injured or killed. The report also found that attacks worldwide increased by a third in 2020 and that they continued at this high rate in 2021.

He highlighted that Qatar has played a significant role in promoting the education agenda for marginalised children worldwide, praising its efforts to provide quality education to children and youth in need, especially those whose education has been disrupted by emergencies and conflicts.

Furthermore, he explained that Qatar proposed and sponsored the UN General Assembly Resolution 74/275 on May 28, 2020, designating September 9

as the International Day to Protect Education from Attack. He pointed out that Qatar submitted the resolution proposal and 62 countries participated in its sponsorship.

He added that Qatar had also proposed Resolution 64/290 ten years ago, which calls on member states to ensure the right to education for affected populations during emergencies.

He said that recognising the importance of raising awareness about the need to protect schools and universities as safe havens during times of conflict and ensuring the continuous provision of quality education, the resolution appoints Unesco and the UN Children's Fund (Unicef) as joint facilitators for the annual celebration of this International Day, calling on stakeholders to keep the protection of education at the top of the international agenda.

The Unesco representative emphasised Qatar's central role in promoting educational opportunities for vulnerable children and youth worldwide, particularly those facing challenges related to poverty, discrimination, conflict or climate change.

He highlighted the Education Above All Foundation, founded by Her Highness Sheikha Moza bint Nasser in 2012, as one of Qatar's key initiatives in this regard. Since its establishment, the foundation has provided educational opportunities to about 12mn out-of-school children. Unesco collaborates with the foundation to ensure educational opportunities for children and youth globally, and to generate more attention and funding for these agendas.

Khaled said that Unesco is also collaborating with the Education Above All Foundation in two primary areas to enhance access to higher education for the most marginalised youth, through the Unesco Qualifications Passport (UQP) and with efforts to improve legal and policy mechanisms, as well as data monitoring to protect education from attacks.



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# Protecting education from attacks

“Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed”, the founding charter of the United Nations Educational, Scientific and Cultural Organisation (UNESCO) states.

Established in 1945, the UNESCO places the issue of education and conflicts within its framework, delivering a message that concerns the entire world. The essence of the message is that the promotion of peace, and consequently the achievement of stability and development, can only be attained through education.

This underscores education's utmost importance at all times – at peace times, and before, during and after conflicts and wars – to enhance international awareness and understanding, and to spread tolerance, action and recognition of human rights, including the right to education.

Through education, it is possible to recover and overcome all the risks, destruction and threats that occur in its absence, especially since many countries and regions of the world are currently experiencing instability, conflicts, and challenges. Therefore, it is important to recognise the necessity of protecting education from attacks that result in the closure of schools, suspension of classes, attacks on students and teachers and their displacement, and even the destruction of educational institutions, turning them into shelters for those fleeing conflicts. Unfortunately, parts of our Arab region witness these circumstances.

Hence, education, its continuity, and its protection during conflicts are among the most critical goals and agendas of the global Sustainable Development 2030, especially since about half of all out-of-school children live in armed conflict-affected areas.

التعليم  
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above  
all



## Pioneering role

For all these reasons, the protection of education from attacks is of paramount importance for the State of Qatar under the wise leadership of His Highness the Amir Sheikh Tamim bin Hamad al-Thani. Qatar serves as a neutral and trusted mediator in various conflicts. Furthermore, Qatar has consistently prioritised investment in quality education, both nationally and internationally.

Because the protection of education from attacks in conflict areas is of significant importance to the State of Qatar, it has been a top priority and a matter of great concern since early times. In 2010, with the support and guidance of His Highness the Father Amir Sheikh Hamad bin Khalifa al-Thani and Her Highness Sheikha Moza bint Nasser, Chairperson of the Education Above All (EAA) Foundation, the State of Qatar introduced a resolution on "The Right to Education in Emergency Situations" at the UN General Assembly. Thus, Qatar led the efforts to issue a pioneering United Nations resolution on the right to education in emergencies, as a large proportion of the world's children who are not enrolled in schools live in conflict-affected areas.

The resolution, which the General Assembly unanimously adopted, affirms the human right to education and access to it during crisis and conflict and urges states to support this right as an integral element of humanitarian assistance and response. It further urges states to fulfil their obligations under international law to respect civilians and civilian objects and to not attack teachers, students, and education facilities.

The world celebrates Sept 9 as the International Day to Protect Education from Attack, based on a draft resolution presented by the State of Qatar to the United Nations General Assembly during its 74th



World renowned artist and Sustainable Development Goals Advocate Forest Whitaker addressing the PEIC anniversary event in Doha.

session. This resolution was adopted unanimously in May 2020. It calls on the international community to alleviate the plight of students affected by armed conflicts. The world continues to remember with pride and appreciation His Highness the Amir Sheikh Tamim bin Hamad al-Thani's announcement in September 2018 of the State of Qatar's pledge to provide quality education to 1mn girls by 2021. This pledge represents a significant milestone in the history of UN development initiatives aimed at

delivering quality education to girls and women in developing countries

Her Highness Sheikha Moza bint Nasser, Chairperson of the Education Above All (EAA) Foundation, played a prominent and pioneering role in the UN General Assembly's adoption of the "International Day to Protect Education from Attack." This demonstrates the State of Qatar's commitment to affirming the right to quality education for all, ensuring the well-being of millions of children and placing education



among the top priorities by ensuring safety, protecting educational institutions, and ensuring access to quality education in conflict-affected areas.

The adoption of Qatar's draft resolution, celebrated worldwide for the fourth consecutive year, signifies the importance of ensuring quality education at all levels and providing safe learning environments during emergencies and armed conflicts.

In his statement to Qatar News Agency (QNA), HE Undersecretary of the Ministry of Education and Higher Education Dr Ibrahim bin Saleh al-Nuaimi had emphasised the State of Qatar's commitment to quality education, not only at the national level but also on the international level. He pointed out that Qatar's numerous initiatives in this regard, particularly those related to protecting education from attacks and in conflict-affected areas, have garnered widespread acceptance and acclaim worldwide.

HE al-Nuaimi praised His Highness the Amir's efforts and initiatives, as well as those of His Highness the Father Amir and Her Highness Sheikha Moza bint Nasser, in the field of education and its protection worldwide, especially in conflict-affected areas. These efforts have received widespread international acclaim as they respond to the educational needs and aspirations of millions of children and youths who have been deprived of education due to armed conflicts. This, in turn, contributes to the achievement of the Sustainable Development Goals set by the United Nations.

He also noted that the EAA, along with its various programmes, such as Educate A Child (EAC), serves as a model for international emulation. The foundation is renowned for its role in spreading learning and knowledge, reaching marginalised and deprived groups affected by conflicts, which is also considered an investment in the human capital and increasing awareness, which in turn leads to avoiding conflicts, tensions and poverty and contributing to development.

Dr al-Nuaimi commended the collaboration between Qatar and Unesco in these areas and their partnership in supporting education and all aspects of the organisation's work. Among the Qatari educational initiatives that are consistent with the goals of sustainable development, there are international institutions, led by the Education Above All (EAA) Foundation, which was founded by Her Highness Sheikha Moza bint Nasser in 2012 to serve as an umbrella for many programmes specialised in providing quality education to communities suffering from poverty or marginalisation, such as Educate A Child (EAC), Al Fakhoora, Protect Education in Insecurity and Conflict (PEIC) and Reach Out To Asia (ROTA).

These programmes work to ensure that all children in the developing world benefit from their right to education – especially those who are not enrolled in school, and address education issues with a special commitment to the most disadvantaged groups in the world, through capacity building, resource mobilisation, and the establishment of multi-sectoral alliances and partnerships.

In a related context, it must be noted that Her Highness Sheikha Moza signed in February 2018 in Paris an agreement with the United Nations Educational, Scientific and Cultural Organisation, to provide education to more than 150,000 out-of-school children in the Middle East and Asia,

thus expanding Qatar's partnership with Unesco to cover many countries, in addition to many vital and strategic initiatives and partnerships launched by the State of Qatar in the same context.

EAA has exceeded the goal of educating 10mn children in 2018, by educating 15mn children to date, in addition to the continuous emphasis on the need to respond to develop innovative solutions to confront the crisis of attacks on education.

EAA co-operates with its partners to achieve its goals, with 67mn children out of school, which means that one-sixth of children of primary school age around the world are deprived of their right to education, due to poverty, conflict, displacement, discrimination, disability and other obstacles. People around the globe are aware of EAA's pioneering role in the global movement to stop attacks on education and protect it in times of conflict as a human right, with a focus on conflict-affected and marginalised communities.

Education Above All Foundation also works with about 100 partners, through the four programmes that have been mentioned, in addition to managing the Global Innovation Program and the 'Together' project in Qatar, while developing an emergency curriculum designed specifically for children whose lives have been disrupted by conflict and displacement, and supporting them, as well as ensuring quality, equitable and inclusive education for all, especially for societies experiencing armed conflicts and insecurity.

The foundation does so through advocacy to ensure accountability and an end to the culture of impunity against attacks on education, and to empower rights holders with the knowledge and skills necessary to defend their right to education, which contributes to building more peaceful, fair and prosperous societies, in addition to the psychological and social reading skills.

In regard to the Educate A Child programme, it represents a model of success and distinguished partnership between the foundation and the United Nations, as it was established in 2012 to reduce the number of children who lack basic education around the globe. After 10 years of efforts, the programme supports more than 15mn children globally, contributing to real and significant transformations that contribute to strengthening societies and building a more sustainable world for children who were prevented from attending primary education.

### Strategic partnerships

The programme's strategy is to develop strategic partnerships and create innovative solutions to remove obstacles that prevent them from accessing quality education, in addition to providing students with basic needs, such as integrated vaccination programmes and the provision of meals and water, in co-operation with the Global Vaccine Alliance (GAVI) and the Food Security Program.

These successful initiatives achieved by EAA through EAC have encouraged the launch of the new Zero Out of School Children Strategy, which aims to zero the percentage of children out of school in several countries, and the programme is currently working with a number of governments to achieve this goal.

Education itself is a fundamental human right and should be enjoyed by all people at all times, especially in emergencies, as it should be seen as a lifeline for

**EAA has exceeded the goal of educating 10mn children in 2018, by educating 15mn children to date, in addition to the continuous emphasis on the need to respond to develop innovative solutions to confront the crisis of attacks on education.**

those stuck in conflict zones or displaced in remote displacement and refugee camps.

Emphasising this fundamental principle, Qatar has been and remains one of the main supporters and proponents of the Safe Schools Declaration (SSD) since its launch in 2015, knowing that optimal protection of education from attack will only be achieved by putting an end to armed conflicts.

To achieve this goal, everyone must take concrete steps towards securing the safety of students and teachers and provide all support for the transformation of education in a changing and unstable world in many parts of it, as well as adopting a multidimensional approach that places education at the top of priorities, in terms of policymaking, financing, allocation, and provision of assistance, protecting schools, universities and all educational facilities from attacks and recognising their civilian nature, to ensure that they always remain safe havens to promote peace, development and stability.

In this context, Qatar has established partnerships with regional organisations and many international partners to enhance the protection of conflict-affected children and prevent any violations against them, and other related initiative.

This reflects Qatar's commitment, along with the international community, to recognising that armed conflicts create numerous destructive obstacles to education, as prolonged conflicts, especially today, have a negative impact on the future of entire generations, particularly children and the most vulnerable groups. Therefore, it is essential for everyone to respect, support and enjoy the right to education, especially in situations of armed conflict and insecurity.

For all of this, it is evident the extreme importance of the International Day to Protect Education from Attack on Sept 9 of every year, which is the result of Qatari efforts to raise awareness of the suffering of millions of affected children in conflict zones and their urgent need for support in the field of education, and to affirm at the same time the commitment towards protecting the right to education in times of conflict, as well as the protection of education from the continuous and deliberate attacks and widespread armed violence suffered by children in different parts of the world, which also requires strengthening joint action for a more sustainable and just future, for generations armed with science and knowledge without discrimination in times of peace and conflict.



# ARKANSAS STATE UNIVERSITY QATAR

## Empowering Qatar's Future

In the heart of the Arabian Gulf, Qatar is on the cusp of a technological renaissance, and education is at the forefront of this monumental shift. As the nation pours its resources into technology and innovation, Arkansas State University (AState) in partnership with Global Studies Institute Qatar (GSI), stands as a beacon of opportunity, ready to equip the next generation with the skills to lead Qatar's tech transformation.



### A Visionary Tech Landscape

Qatar's vision to diversify its economy and create a knowledge-based society is rapidly becoming a reality. The cornerstone of this vision is National Vision 2030, a strategic roadmap that propels the nation towards a future defined by digitalization and technological excellence. Fueled by significant investments in technology

and innovation, the tech industry is shining bright as one of Qatar's most promising sectors for future employment.

The government's unwavering commitment to this technological drive is evident through initiatives such as the Qatar National Research Fund (QNRF) and the Qatar Science & Technology Park (QSTP). These initiatives have sown the seeds of a dynamic tech ecosystem, where industry giants, innovative startups, and forward-thinking educational institutions converge to drive technological progress.

### A State's Pioneering Role

In collaboration with the Global Studies Institute, Arkansas State University has positioned itself as a catalyst for Qatar's tech revolution. AState's Digital Technology and Design degree program is tailor-made for Qatar's dynamic tech landscape, offering students the tools and expertise they need to excel in high-demand sectors. The program provides students with the unique opportunity to complete a bachelor's degree in digital technology and design with concentrations in AI, Cybersecurity, Cloud Computing, and Software Development, all finely tuned

to the needs of the Qatari job market.

What sets AState apart is its unwavering commitment to quality education. Students joining the program benefit from classes taught by Arkansas State professors in cutting-edge classrooms equipped with the latest visual and auditory technology, ensuring optimal learning conditions. The program's diverse concentrations, including Mobile App Development and Game Design, provide students with a well-rounded skill set, priming them for future jobs and careers in Qatar's tech sector.



### Unleashing AI Potential

Artificial Intelligence (AI) is the cornerstone of the tech revolution, and AState is preparing Qatar's future leaders to harness its power. Graduates with an AI concentration are well-prepared to explore the depths of this field, taking on roles in AI research,

data analysis, and AI-driven software development. Qatar's investments in the Qatar Center for Artificial Intelligence (QCAI) and the publication of the National Artificial Intelligence Strategy are clear indicators of the nation's commitment to AI research and development, further solidifying the demand for AI professionals.



### A Bright Future for Qatar

AState's Digital Technology and Design program, with its specialized concentrations, aligns perfectly with Qatar's tech-driven future. Graduates are not just job seekers; they are the architects of Qatar's digital transformation. With a booming demand for tech professionals, competitive salaries, and opportunities to contribute to Qatar's vision, AState graduates are destined for success.

In a world where technology is the catalyst for progress, AState, GSI and Qatar are writing a compelling narrative of innovation, opportunity, and growth. Join them in shaping Qatar's tech landscape, and let education be your gateway to a future defined by technological excellence.

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# Northwestern Qatar launches 2023-24 Executive Education Program

**N**orthwestern University in Qatar has introduced three new masterclasses in social media strategy and analytics, reputation management, and stakeholders communication as part of its Executive Education Program for fall 2023.

The Executive Education Program at Northwestern Qatar is designed for professionals across the region who are looking to advance their skills in the changing landscape of digital media and communication. This year's courses will offer communication professionals and entrepreneurs the knowledge needed and achieve their professional goals and grow their expertise in social media management and the organization's brand identity, as well as their strategic communication capabilities.

The first course, Social Media Strategy and Analytics, provides professionals with a comprehensive understanding of social media platforms and tools, enabling them to develop effective strategies to enhance brand presence, engage with target audiences, and leverage data analytics to measure



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JANUARY 2024

**Strategic Communication with Stakeholders**  **5 SESSIONS**

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social media campaign success. Participants will learn from course instructor Matthias Krug, researcher and specialist in social media strategy and digital transformations, ways to harness the power of social media for business growth and develop insights-driven decision-making skills.

The second course, Building the Corporate Reputation, is taught by Ilhem Allagui, professor of strategic communication and director of the Journalism and Strategic Communication Program at Northwestern Qatar. The course equips executives with the knowledge and techniques required to craft an integrated branding strategy, manage brand reputation, and create unique value propositions that resonate with stakeholders. Participants will gain insights into brand management best practices and explore case studies from renowned global brands.

Taught by Northwestern Qatar Professor George Anghelcev, the Strategic Communication with Stakeholders course will provide professionals with the essential skills to develop and execute strategic communication plans that effectively engage internal and external stakeholders. Participants will learn how to craft authentic messages, build strong relationships, manage crisis communication, and navigate the complexities of stakeholder engagement in contemporary organizations.

"In an era where digital presence and effective communication are paramount, the Executive Education Program aims to provide professionals in the region with the knowledge and skills necessary to navigate the evolving landscape of social media, build a resilient corporate reputation, and engage with stakeholders strategically," said Gregory Ferrell Lowe, professor in residence and director of the Executive Education Program at Northwestern Qatar.

"With the new course offered this academic year, we will support leaders with the tools they need to drive meaningful impact, foster authentic connections, and stay ahead in an ever-changing business environment."

Highlighting the impact of the new Executive Education Program at Northwestern Qatar, Marwan M. Kraidy, dean and CEO of Northwestern Qatar, said it signifies the university's commitment to empowering leaders who will shape the future of this rapidly evolving field. He added, "In today's fast-changing world, the best learners are lifelong learners. I am proud of the efforts our Executive Education Program is making towards facilitating that objective while, at the same time, contributing to Qatar's vision to build a knowledge-based society."



The Executive Education Program offers intensive, short masterclasses for strategic communication professionals in Qatar and the region to help develop their skills in media, strategic communication, and marketing. These courses are developed and delivered by Northwestern Qatar faculty and industry experts who bring real-world experience, ensuring a practical and relevant learning experience.

Enrollment for the executive education courses is now open. Interested participants are encouraged to visit Northwestern University in Qatar's website for more information and registration.

**2024 Executive Education Program Preview event will be held at Northwestern Qatar on November 2nd, 2023.**

**To RSVP: please contact Amadou Jallow, administrative assistant at the Executive Education Program: [Amadou@northwestern.edu](mailto:Amadou@northwestern.edu)**

# 2024 Executive Education Program Preview

## November 2, 2023

**For more info and reservations**  
**[amadou@northwestern.edu](mailto:amadou@northwestern.edu)**



# Embarking on a Journey at Swiss International School: Fulfilled, Inspired and Prepared

**E**stablished in 2017, the Swiss International School (SISQ) is dedicated to delivering exceptional education to the expatriate and Qatari communities in Doha. As a private, coeducational institution spanning PreK to Grade 12, SISQ is one of Qatar's fastest-growing schools. With an enrollment of over 800 students from more than 60 countries, their dynamic community reflects the core of international learning and cultural diversity.

In an ever-evolving world, education shapes the leaders of tomorrow. They wholeheartedly embrace this role at Swiss International School, moving beyond conventional teaching.

Their vision is clear: to empower students who emerge from their halls, fulfilled, inspired, and prepared to conquer the challenges and seize the opportunities of the 21st century.



## A Vibrant Learning Environment for Global Citizens

SISQ fosters more than just academic excellence – they cultivate global citizens with an understanding of intercultural dynamics and a commitment to positive global impact. Their active learning setting transcends borders, cultivating a sense of unity where diversity is embraced and intercultural understanding thrives.

## A Pathway to Excellence: Academic Achievement, Personal Growth, and Global Citizenship

For those valuing academic achievement and personal growth, SISQ stands as an unrivalled choice. Accredited by the International Baccalaureate (IB), their curriculum sets the stage for students to thrive academically while honing critical thinking, communication, and collaboration skills which are essential for navigating the complexities of the modern world.

## Empowering Through Inspiration

SISQ recognizes that education encompasses holistic development. Their extracurricular activities fuel creativity, nurture emotional intelligence and bolster

physical well-being. This approach empowers every SISQ student to excel academically and embrace a purpose-driven life.

## Uniting Nations, Fostering Understanding

SISQ mirrors the global community – a diverse team, students, and multicultural setting that cultivates a global outlook. This intercultural awareness is pivotal to their education approach, equipping students for effective collaboration in our interconnected world.

## Unlocking Multilingual Proficiency

In a world bridged by communication, multilingualism is invaluable. SISQ recognizes this, instructing in English with opportunities to master French, Arabic, or German. This multilingual approach equips students to communicate seamlessly and appreciate diverse cultures.

## IB Education, Lasting Relationships

As advocates of an IB education, SISQ guides their students through a curriculum emphasising concepts and skills crucial for the future. Their commitment extends beyond academics as they foster relationships within our diverse community. By embracing and celebrating our multicultural environment, they enable students to develop a global perspective and appreciation for diverse perspectives.

As you embark on the journey of selecting the school for your child, remember SISQ's promise that is



simple yet profound: to nurture fulfilled, inspired, and prepared individuals who will make a difference in our ever-changing world.

Join SISQ in creating a brighter future for your child – a future where they are prepared for success and inspired to lead with purpose.







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