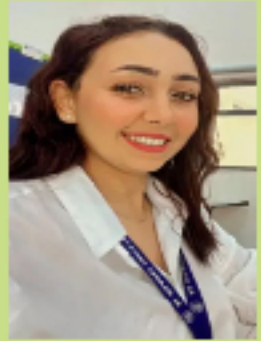


AMPS NEWSLETTER

"Bringing school stories at your fingertips"



A chat with our PE teacher, Ms. Alaa
Brought to you by:
Khadija Alshamsi

Dubai Fitness Challenge

What is the Dubai fitness challenge?

The Dubai Fitness Challenge is an annual program in the UAE, encouraging people to engage in 30 minutes of daily physical activity for 30 days every November.

What are some activities or events that students can participate in?

We have organized a variety of activities for students everyday. This includes Zumba, Yoga, and Just Dance. Students can also participate in daily friendly volleyball and badminton games.

Does the school have any plans for fun activities during this month?

We have planned trips to visit Kite Beach for high school students to play a variety of sports games.

Where will the activities take place?

The activities will take place on the school's playground during break times.

How can teachers get involved?

Teachers can get involved by participating in our teachers VS students.

How can parents get involved?

There will be day for parents to come into school and participate in Zumba.

In November's issue

Dubai Fitness Challenge

Value of the month: Tolerance

Monthly Buzz

Breast Cancer Awareness Campaign

AMPSMUN Tales

Exploring Your Career

Value of the month: Tolerance Day

Tolerance Day is held on the 16th of November 2023. Tolerance is about respecting the right of others to have an opinion, to celebrate diversity, and to remember making space for each other's opinions. Some methods to maintain tolerance:

1. Educate Yourself:

Learn about different cultures, beliefs, and perspectives to gain a better understanding of others.

2. Practice Empathy:

Put yourself in others' shoes to understand their experiences and feelings.

3. Engage in Dialogue:

Have respectful conversations with people who hold different views to foster understanding.





Youth Leaders at GITEX MUN: Students Drive Change with Innovative Ideas

Students representing the AMPSMUN team at the GITEX MUN Youth Leaders Round Table showcased their passion for global change through succinct presentations about climate change, global health, digital literacy, and sustainable urban development. In the Action Plan proposal, AMPS students collaborated to present their inventive solutions and strategies, encouraging collaboration and innovation. The enthusiasm and dedication exhibited by these young leaders promise a bright future for addressing present global challenges.



First Chairs Collaboration for AMPSMUN: Unity and Innovation



The AMPSMUN team, alongside students from various schools, recently gathered to set the agenda for the upcoming Model United Nations conference and foster collaboration.

During the meeting, participants engaged in productive discussions on selecting key topics and preparing innovative strategies for the conference. The blend of experience from the AMPSMUN team and fresh insights from new participants promised a dynamic agenda that tackles pressing global issues.

JOIN OUR AMPS MUN!
use the following links for delegate registration

Internal Registration Link: <https://forms.gle/MmBao55NDSnZChYig>

External Registration Link: <https://forms.gle/mqZBiURKjoSZJdKSA>

"REMEMBER WHEN?" PODCAST

"Remember When?" is an intriguing podcast that explores the nostalgia of high school experiences, featuring a wide cast of hosts: Lia Kanafani, an 11th grader, offers her experiences of being a junior in high school; Karam Kanafani, an 8th grader, brings a unique perspective as a younger sibling about to enter high school; Alaa and Nada, a dynamic duo of 10th graders, share their sophomore year adventures with their close friendship; and Nadiem Mahmoud, another 10th grader, serves as the podcast's host, ensuring lively discussions and the sharing of high school memories. With this varied team, "Remember When?" guarantees an entertaining and relatable journey through the tapestry of high school life.



Follow us on our

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AMPS MUN

MONTHLY BUZZ

AMPS BOYS EMERGE AS CHAMPIONS AT EMIRATES AMERICAN SCHOOL

AMPS boys excelled by joining 8 different school teams, clinching victory in the Al-Batayeh Cultural & Sports Club Volleyball Championship at the Emirates American School. Coach Ahmad Shaer's unwavering support and encouragement kept their spirits high throughout the tournament.

Although AMPS initially had an advantage in the final game, SAIS took the lead unexpectedly. Coach Ahmad's timeout and guidance helped AMPS regain their spirit and performance, leading them to win and hoist the cup. Team captain Eyad Omar expressed his joy, saying, "Winning felt great, but raising the cup with all eyes on us felt even better."



Congratulations to the following students for their proud representation:

WELLNESS PULSE

~ Tips to Be a GOOD LEADER ~

Most people attribute having a good personality to being a good leader, but that isn't the case, then... what makes a good leader?

We can't get into the details of such a vast topic, so, let's focus on what matters; Personal leadership, it's a responsible person, with high self-esteem, possessing character, self-motivated, taking a stand for what they believe is right. You might ask, why is this type of leader the most important? That's because having these characteristics makes you seem more reliable to others.

A good leader must have a vision of where to go, how to get there, and what success looks like. Lead by example, demonstrate Integrity, communicate effectively, make hard decisions, recognize success, motivate, and inspire.

Omar Bagosher (12B)
Majd Saed Albotma. (12A)
Mohamad Sadallah (12A)
Nabil Sahranavard (12A)
Pratik Nakarmi (10A)

Sultan Rashid (11 B)
Abdullah Kusay (11B)
Eyad Omar Badwe (12B)
Ali Al Shehhi (12 B)
Omar Bagosher (12B)

English Fun Day

The English fun-day is an event where one grade level organizes an event for another, in this case, 10th graders organized an event for 8th graders. It included activities relating to English, such as debate, word-hunt and Pictionary. By the end of the event, everyone had learned something new about English and strengthened their prior knowledge. The event was not just about English, it's also a chance to connect with lower grade levels through games and activities.



Burjeel Holdings Oxford Said

CLIMATE CHANGE CHALLENGE



We're excited to share that our students have secured a spot in the final stage of the Climate Change Competition

organized by Burjeel Holdings and Saïd Business School at the University of Oxford! Their creative approaches to addressing climate change have led them to this impressive achievement. As they progress to the next phase, we extend our warmest wishes for a stellar performance. We look forward to the possibility of seeing them present their solutions at the COP28 Conference in December .

MONTHLY BUZZ

Breast Cancer Awareness Month

In acknowledgment of October being globally designated as Breast Cancer Awareness Month, our students and faculty united to promote awareness of this illness and express solidarity with those impacted by it by donning the color pink. The color pink symbolizes both the disease itself and our unwavering support for those affected.



Bake Sale 🍰 🍰

Last week, on October 26 our amazing seniors organized a pink bake sale to raise money for breast cancer research and awareness. They worked hard to bake delicious pink cookies, pink pasta, and prepare refreshing pink drinks. The result of their hard work was a substantial sum of money that they intend to donate to a breast cancer foundation in the UAE.

Girl Empowerment Workshop

The "Girl Powered Event" was a super cool event organized by AlMaaref Private School and VEX Robotics. It was all about inspiring girls aged 8 to 16 to explore the exciting world of STEM and robotics. The event had interactive sessions, hands-on activities, and Q&A with tech leaders. The main aim was to empower girls and ignite their passion for STEM subjects. It was an awesome opportunity for girls to learn and discover new interests.

samples of artwork during breast cancer month:



Monthly Buzz

AMPS Football Match held for students under 10

An invitation was sent from the School of Scientific Innovation to Al Maaref Private School in Dubai to hold a football league for elementary students under 10 years old on Tuesday, October 17th, 2023. The match was held at the School of Scientific Innovation.

The results were 2-1, for the other team. This match taught the students that sports emphasize the importance of working together towards a common goal, the players learned how to collaborate, support each other, and communicate effectively as part of a team. An invitation was sent from the School of Scientific Innovation to Al Maaref Private School in Dubai to hold a futsal league for elementary students under 10 years old on Tuesday, October 17th, 2023. The match was held at the School of Scientific Innovation. The results were 2-1, for the other team. This match taught the students that sports emphasize the importance of working together towards a common goal, the players learned how to collaborate, support each other, and communicate effectively as part of a team.



The Flag Day marks the anniversary of Sheikh Khalifa Bin Zayed Al Nahyan becoming the president in 2004. Every year on the 3rd of November people in the Emirates celebrate this national occasion, in which they reaffirm their allegiance to the UAE flag, which is a symbol of the country's unity is an opportunity to remember the efforts of the founding fathers – Sheikh Zayed, Sheikh Rashid and their brothers from five other emirates.

Flag Day



MASE Competition - Gulf Medical University Annual Inter-School Exhibition



AMPS students are participating in MASE Competition with 7 project groups and 3 students in the painting category with a total of 27 students participating in this event.

The Emirati Young Scientist Competition will take place in Dubai in February 2024. It would be a great opportunity for our students and teachers to come together and explore their passion for science, technology, innovation, and entrepreneurship.

Social Studies: Narcotics Awareness



Students this month has worked on a project in Social Studies related to the harmful affects of drugs, as well as the efforts of the UAE on getting rid of narcotics. In addition, a person from the Dubai Police also came to present to Middle School students about drugs and their deadly, lethal effects. Here are some examples of the project that students made in 8th grade.

Guidance Gazette: Your Path to Success



Marwan Haned
School Counselor

"As you progress through your studies, it is important to think about your future career. To assist you in this process, we have made a list of major steps to do when choosing a career"



Self-Reflection & Research

You have to take the time to reflect on your interests, core values, strengths and weaknesses. After that, you have to explore many careers that match your interest. Use the Internet to gather information about different careers.

Seek Help & Gain Experience



To pick a career, you have to reach out to career counsellors, teachers, etc. They can offer you a bunch of help by guiding you based on their interests. Getting part-time jobs, internships and more can also help you have experience in your desired field.



Networking & Setting Goals

You have to build connections within industries of interest by attending events related to your interests, as well as joining professional organisations, and you have to create short-term and long-term goals related to your chosen career path.

Choosing a career path can be both exciting and challenging; however, with careful consideration of these steps, we believe that you will be able to make informed decisions about your future career.

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AMPS UPCOMING EVENTS

03.11 FLAG DAY

09.11 FIRST FOCUS GROUP MEETING
Mohammed Bin Rashid Space Centre (MBRSC)

15.11 SPELLING BEE COMPETITION
Gr.6- Gr.11

28.11 CAREER FAIR