

# Ambassador Times





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

From the Principal

**"If it doesn't challenge you, it doesn't change you."- Fred DeVito**

May 2023 usher in loads of happiness, success and peace for each and every one of you!

A new year brings with it renewed hopes and aspirations. It is a chance for us to start afresh by reflecting on the year that has gone by. While focusing on the opportunities ahead, it is also time to reaffirm what we stand for as an individual. We are all unique and special in our own way. Each and every one of us has the potential to achieve greatness and make a positive impact in the world. Believe in yourself and your abilities, and always strive to be the best you can be. Remember, the only limit is the one we set for ourselves.

Considering the VUCA world that we are all a part of, we can't settle for just good anymore, we must be remarkable, willing to challenge ourselves & take risks, learn from mistakes, be reflective and grow. It's time to instill a mindset of doing whatever it takes to create an environment even at home that sparks wonder, joy and a passion for learning. Our legacy is not what we do, it's what our children do because of us.

Remarkable is neither a destination, nor a moment in time, but it is a journey towards a consistent pattern of excellence that results in constant progress and achievement. As a school, we strive for moments to celebrate students, families and staff as often as possible with intentionality and purpose in order to create an environment where all have a sense of belongingness.

With the new academic year round the corner, there will be a unique feel in the atmosphere. One that feels positive, engaging and fun mixed with high expectations, rigor and structure. We reaffirm our belief of always putting students first in decision-making, keeping all students and staff safe, treating each person with respect and praise, building relationships with students, families and staff, establishing clear expectations and following them consistently as the year progresses, and taking steps to continue the journey of excellence at Ambassador.

I hope this enthusiasm becomes infectious! Let's make an attempt to re-write the script on education and become difference makers.

Warm regards  
Dr. Sheela Menon  
Principal



# Highlights of the Month

## REPUBLIC DAY 2023



## INTER SCHOOL STEAM COMPETITION 2022-23



HIGHLIGHTS OF THE MONTH

## REPUBLIC DAY

" A nation's culture resides in the hearts and in the soul of its people "-  
Mahatma Gandhi

Students of Ambassador School, Dubai were honoured to receive an invite and an unmissable opportunity to perform at the Indian Consulate, Dubai on the gracious occasion of India's 74th Republic Day celebrations. The school choir performed their best mash ups comprising 9 heart-touching patriotic songs like Aye Watan..mere watan, Bharat humko jaan se pyaara and concluding with the soul touching Vande Mataram in the presence of Dr. Aman Puri, Consul General of India, Dubai who congratulated the team for their heart-warming performance. Such an ambience as this one did bring out a sense of true love and patriotism in everyone present. ASD wishes every Indian a very Happy Republic Day.



### Q Khaleej Times

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In Dubai, students from the Ambassador School sang a medley of patriotic songs including *Ae Mere Watan Ke Logo* (Oh people of my country) and *I Love My India*. They ended their performance with a call of "Bharat Mata Ki Jai" (Long live Mother India), which was echoed by the audience in the hall.



"We practised for more than 2 hours every day for almost two weeks," said sports captain Sarah. "We learnt a total of 9 songs, but it wasn't too hard because we were practising regularly."

HIGHLIGHTS OF THE MONTH

## INTER SCHOOL KINDER STEAM COMPETITION 2022-23

Ambassador Kindergarten conducted a STEAM competition on 19th January, 2023. Young learners from different schools around Dubai participated and worked on building a model. Their collaboration and enthusiasm was commendable. It was interesting to see the little engineers investigate and problem solve through skills in Science, Technology, Engineering, Art and Math.



# TRADITIONAL DRESS UP DAY

Indian Republic Day was celebrated with a traditional dress up day. Little Indians proudly dressed in the attires from different parts of India, waved the tricolor participating in the cultural parade. The pride and enthusiasm was a refreshing sight to behold. Our next – gen dynamic citizens in the making start off here with imbibing deep roots of culture and tradition along with respect for one another.



## PARENTING

To quote Dr Louise Hart, "The Golden Rule of Parenting is do unto your children as you wish your parents had done unto you!"

Parenting styles and temperament have a direct influence with success at school and it lays the foundation for the child to be able to self-manage as they grow. Positive disciplining at home helps children to adhere to following rules and their ability to deal with change when it comes to adapting to a school environment and the practice of learning at large.

Coercive parenting to enforce compliance has a negative impact on the child's effectiveness at school and the ability to inculcate a positive outlook towards adverse situations, since it delivers the results based on fear and consequence versus understanding and encouragement. The great Greek philosopher Aristotle once said, "Give me a child until he is 7 and I will show you the man". It has been observed that by the time a child reaches 7 they are more vocal in expressing their desires and feelings and it lays the foundation for their ability to communicate and interact. This ability is based on how they process them being responded to.

With the Pandemic rearing its head every now and then, the anxiety and stress we as parents have to deal with, has a direct impact on the child, resulting in increased occurrences of harsh parenting and frequent negative interactions with children.

Being supportive, empathetic, and creating situational awareness amongst children goes a long way in laying the foundation for a better future when these children grow up to be a part of the society, we exist in.

In these demanding times we need to reflect upon the fact that No parent is perfect, having said that, for children to believe in themselves, we need to believe in our ability to deal with our own mistakes first.

**Nikhil Menon**

Father of Sayuri Menon Grade-1F



## SOLVING ENERGY CRISIS WITH NUCLEAR FUSION

Energy conservation has been a necessity for us humans for so long. All of us have heard people say, switch off the lights when you leave or keep the AC above 24°C every time.

The sole reason for such an issue is our energy source. We use fossil fuels which take thousands of years to form- and are not quick enough to keep up with the demands of the world. So what if we had an energy source that is renewable and eco-friendly?

If you have that question in mind, there are two words to summarize the answer- Nuclear Fusion. Nuclear fusion is the process of hydrogen atoms fusing to form helium. It is renewable as hydrogen, can be taken from water bodies, leaves no radioactive waste, and produces a million times more energy than fossil fuels. It is used by stars too!

Then why isn't nuclear fusion used as a source of energy? The sole reason is the excessive heat and pressure required to perform the fusion. The temperature needed is a whopping 3 Billion° K. So, how can we reduce the energy for nuclear fusion?

To answer this question- we must understand how the Sun performs nuclear fusion. Its core is not nearly hot enough to meet the required temperature for nuclear fusion. So how does it perform nuclear fusion?

The Sun can perform nuclear fusion despite not meeting the required temperature due to 2 main reasons:

The extreme pressure caused by the Sun's gravity brings the atoms close together and increases the chances of fusion. Though the temperature required for an average particle to fuse is 3 Billion° K, some particles tend to have more energy and can fuse at a lower temperature.

The Sun uses the method of quantum tunneling to fuse its particles. Imagine seeing a person phase through a wall. You would not believe your eyes, but trust me, it can happen. The chance of it happening to us humans is negligible, but as things go smaller, quantum tunneling becomes more common. At the subatomic level, it becomes a regular occurrence.

Quantum tunneling allows nuclear fusion to occur at a lower cost. Fusion which occurs at any temperature primarily due to quantum tunneling is called cold fusion. It offers us a way to get lots of energy in a feasible way.

## HOW CAN I HELP MY KIDS DEVELOP GOOD MEDIA HABITS?

When it comes to media and technology, kids really learn what they live. According to a Common Sense Media poll, most parents want to cut down their mobile device use, and over one-third of teens do, too. (Learn more about the screen time habits of families with kids under 8 in Common Sense Media's most recent research.) Here are some strategies for helping your whole family develop healthy media habits.

**Set limits.** Establish media-free zones and weekly screen-time amounts. Aim for a balance of activities throughout the week: reading, playing, exploring, and so on.

Choose age-appropriate, high-quality media. Not everything has to be PBS, but take the time to find stuff that's nourishing.

**Co-view and co-play** when you can. You won't be able to stop what you're doing every time your kid plays Minecraft, but make an effort to understand -- and even appreciate -- what your kids are doing. Ask questions, get them to explain stuff, and listen with an open mind.

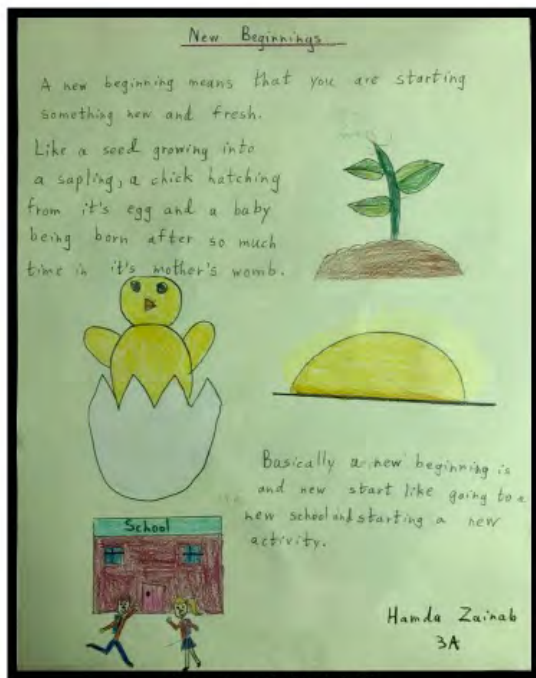
**Treat tech as a tool, not a treat.** Kids who use tablets or smartphones only to play games see only the entertainment side of technology. Demonstrate the utility of devices, such as how you send an email, use a map, and look up facts.

**Be a family of media critics.** Media-literacy skills help kids think critically about what they watch, play, and interact with. Encourage young kids to think more deeply about their shows, books, and games. Ask "Who made this?", "Who is it for?", and "What is it telling you?"

**Be a media role model.** Lead by example by putting your own devices away during family time.

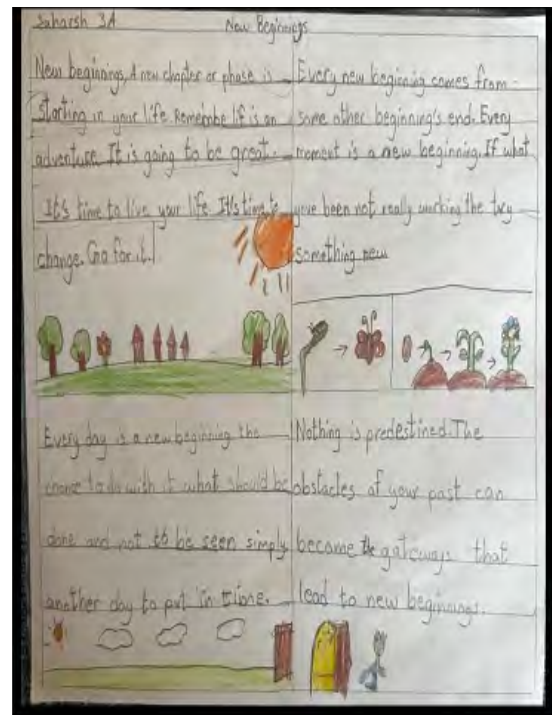
By SEN Department

MY SPACE



Hamda Zainab-3A

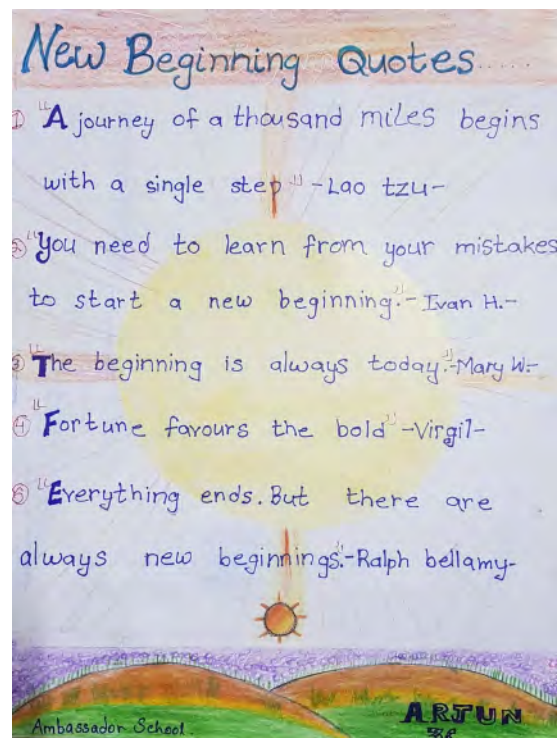
By Hamda  
Grade - 3A



By Saharsh  
Grade - 3A



By Arnav Malav  
Grade - 3D



By Arjun  
Grade - 3C

MY SPACE

Never regret moments that you made in life  
Expect great things has its own perfect time  
Whatever mistakes you did, learn and inspire

Breath it's not yet the end, it's just the beginning  
Every step you make for good is a wonderful thing  
Go travel the world, search for your happiness  
Think your life's new journey with gladness  
Nothing you can do about what other people think  
Never give up on your dreams, never let it shrink  
It's time to prioritize what's important for you  
New beginning is an opportunity to make it through  
God listens! Your wish will come true

**By Prateek**  
Grade - 5C

**Failure is the opportunity to begin again more intelligently.”  
– Henry Ford**

**What is a new beginning?**

**A new beginning is a chance to turn over a new leaf.**

**It is a chance to try something new or work on what you are already good at.**

**A new beginning does not necessarily have to be about turning failure into success it could also be about turning success into an even bigger success.**

**A new beginning is not always a new year, even every new hour is a new start.**

**As the saying goes “What would life be if we had no courage to attempt anything?” ...**

**By Avni**  
Grade - 5C

**KIARA**

**A new beginnings means that you are allowing yourself to accept changes that might bring good things to you.**

Here are some *examples* on how to start a new beginning:

- Try new things
- Don't be afraid to fail
- Try to make new friends
- Be willing to change
- Don't confuse having an opinion with having a thought
- Don't get hung up on perfect

**Kiara-5D**



**By Kiara**  
Grade - 5D



**By RAVYA**  
Grade -1B

## Poème d'espoir

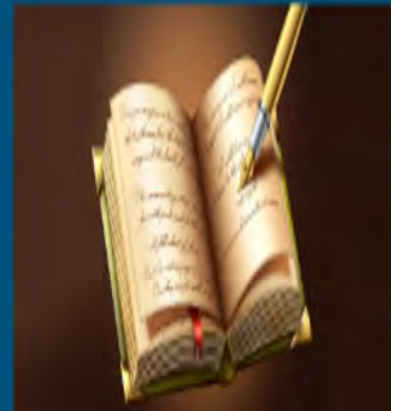
Chaque jour de votre vie est un nouveau départ, pas seulement le premier jour de l'année. Vous pouvez prendre des résolutions quotidiennes, pas seulement des résolutions du Nouvel An. Tous les jours conviennent pour les fabriquer. Considérez chaque jour comme le début de votre nouvelle vie, meilleure et plus heureuse. Cependant, un nouveau départ peut également signifier au revoir à quelqu'un, à une carrière ou à une maison que vous ne voulez pas quitter. Parfois, nous ne pouvons pas décider quand notre vie change de vitesse; tout ce que nous pouvons faire, c'est tenir bon pour le trajet. La magie des nouveaux départs est vraiment la plus puissante de tou

By **TWEESHA SHAH**

Grade -8A

# My new beginning

The saying listed above is applicable in life everywhere so I have decided new year, new me. Other than focusing on studies to maintain my grades I will be writing a new fantasy book. I have started on it already and am done with the first chapter but of course still needs some edits. I am hoping to finish it by the end of this year and hopefully get some readers interested in reading it. So anyways to those reading this have a wonderful year ahead!



**By Ibrahim**  
Grade -7B

# New Year Poem

A new year,  
A new start,  
Another chance to play our part.  
It's time,  
To make a resolution,  
And find out even more solutions.  
From the start till the end,  
Enjoy the year with family and friends!

**By Prisha Agarwal**

Grade -6B

## WELLBEING AT ASD

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of wellbeing.” -Greg Anderson

Taking Staff’s wellbeing into consideration, Ambassador School, Dubai organized a session as an amalgamate of mental, physical and emotional welfare in the school premises on 25th January 2023. The session was conducted by the artistic group of AGT students of Ambassador School.

The well-being session included dance, chess, fine arts and yoga. The teachers enthusiastically participated in it and enhanced their happiness and wellness. The AGT group of students should be sincerely appreciated for successfully executing the wellbeing session.





## WELLBEING AT ASD

“Let our good deeds be like rain Drop a little everywhere!” That little drop was like an ocean of support and care for the humble homeless dogs that are voluntarily sheltered at K9 Friends! We thank our determined staff, dear students and supportive parent fraternity for their endearing and overwhelming response towards this cause!

The initiative has aimed at instilling in our students the skills of:

- ★ Hard work and creativity ( designing own cloth bags)
- ★ Principles of being environment friendly and recycling (Say No to plastic)
- ★ Value of love and kindness( donation for dogs)
- ★ Handling money/ Computation skills ( Math learning )

Indeed a lovely beginning to the New Year 2023!



**Sponsor a Kennel Certificate**

**K9 Friends Recognizes**

**Ambassador School**

For the generous contribution that will allow us to keep two dogs in comfort for an entire year and to ensure that maintenance and upkeep of the kennels are consistently being done.

This year you are sponsoring kennel no. 40 and at present Mary and Nigit are living in this kennel.  
Below is the sign that will go outside your kennel.

Best Regards  
K9 Friends



**Kennel No. 40**  
is sponsored this year by:  
**Ambassador School**

Thank you from K9 Friends and all of the dogs!



Valid Till 13<sup>th</sup> January 2024



## REPUBLIC DAY CELEBRATION

A special assembly was conducted by the students of Grade 9B to commemorate the occasion of 74th Republic Day of India. The assembly began with the National Anthem of U.A.E followed by the Quran recitation, along with its translation. The melodious choir presented a medley of patriotic song 'Saare jahan se accha.....'. Students also presented a patriotic poem and eloquent shayari penned by a teacher which was appreciated by the audience. A quiz on the significance of Republic Day and how it came into effect was conducted by the students. The rich culture and diversity of India was showcased through a dance performance by the students which left the audience spellbound. The students took pride in glorifying and celebrating the spirit of unity.



## FRENCH FOOD FESTIVAL

The French Department @ ASD organized the French food festival on 13th January 2023. Students from Grades 5 to 9, prepared typical French foods like the Croque monsieur, croque – madame, pastries, quiches, crepes, croissants, bon bons for the entire school with gusto. A huge shout out to our young chefs who displayed their culinary talent while preparing the dishes for the rest of the students and to their parents for encouraging them to do so. The school playground was transformed into a French promenade with French music being played in the background. Needless to say all food was sold out in a frisk and the students were able to collect a sizeable amount which will then be sent to a charitable organization. It definitely was a moment that left us wanting for more.



## NATIONAL YOUTH DAY 2023

“A brave, frank, clean- hearted, courageous and aspiring youth is the only foundation on which the future nation can be built.”

The power of the youth was well understood by India’s first youth icon in the early 20th Century, Swami Vivekananda. Celebrating the National Youth Day, dedicated to Swami Vivekananda’s birth anniversary today, our youth in Ambassador School, Dubai had the freedom to express their mind, freely and fearlessly in the many activities that they participated in commemorating India’s earliest youth icon.

JAM sessions held for the students of Grade 8 and 11 revealed much about our young members’ aspirations, hopes, and thoughts of the world that they dream to be part of or that which they wish to lead and inspire. Grade 9 students, through their personalized tagline showed their clarity of thoughts, celebrating the very essence of youth.

Empowered youth with the right skills and mindset is the greatest human resource that a nation can have and boast. Our world is in great need of skilled, empathetic, sensible youth to take on the onus of the wellbeing of the planet and every life that thrives here, as stated by our own Ambassadors.

Cheers to our youth and to their many aspirations of a stronger society and a unified and harmonious world to live in. .





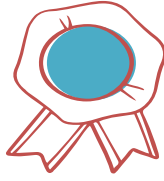
## HALL OF FAME

**Ambassador Chess Stars win Chess Championship!**

**“Every chess master was once a beginner”- Irving Chernev**  
Our chess team was at an all-time high when the legendary Indian boxer Mary Kom herself handed the title of Chess Championship 2022 to the Chess Stars of our school at the BITS PILANI Inter School Championship held on 25th November, 2022.

Our chess team is battling out all their grit and gumption to achieve top spots at various tournaments! Check out our chess stalwarts beaming from ear to ear in the pictures! The Ambassador School, Dubai Chess Team is going places! Fantastic achievements chess team! Congratulations!





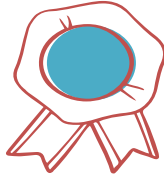
# HALL OF FAME

## Congratulations ASD Chess Team!

The heavens opened up on UAE on 28th January, 2023 but this did not deter the Ambassador Chess Team from participating and earning 23 points in the Gems Modern Academy Inter School Chess Tournament. A total of 25 schools took part in the exciting chess competition. After a tough competition, Advait Vijayvergiya of Grade 9 and Divya Gowri Shankar of Grade 3, bagged the coveted gold medals, and the team took over all third place. Throughout the breaks and during the bus ride, the team members were busy reading Capablanca's book on 'Chess Fundamentals' with the coach. Hats off to the Ambassador Chess Team for rising to the competition once again and making us proud!

Hearty Congratulations to Advait and Divya and kudos to the entire Chess Team!!





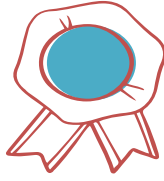
# HALL OF FAME

Ambassador School, Dubai won the Second position for the presentation in the **STREAM CONTRAPTION CHALLENGE** held at GMA on 21st January 2023.

Science and technology have played a pivotal role in transforming our educational landscape and have forward education pedagogical practices to challenge the 21st century learners. In endeavour to embed a culture of critical thinking and experiential learning and to provide students with the tools and experience needed to become future change makers ASD students were given an opportunity to participate in the competition.

A team of 9 students across grades 5 to 9 was part of the team. Shlok Bhatt, Saishrenik, Tanishq Sarkar, Omm Deshmukh, Gwynyth Palecho, Aarav Bobade, Avighna Bora, Dev Sivakumar and Veer Hotwani was accompanied by their coach Ms Anitha Muralidharan. Congratulations Team ASD! Well done!





# HALL OF FAME

## Inter School Swimming Competition

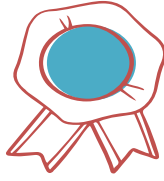
On January 11th Ambassador School, Dubai boys swimming team participated in the 6th JSSIS Interschool swimming competition.

The day began with Shlok Hulji from Grade 7 taking home the "Silver Medal" in the U14 50-meter breaststroke, and Nishant Nireshbabu from Grade 7 won "the Gold Medal" in the U14 50-meter backstroke! Brilliant performance!

All of the ASD team members made good progress and left their imprint. Well done students & Coach!







# HALL OF FAME

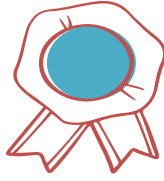
Eshan Jagdish of Grade 3C has created 2 separate world records in 2 books.  
**OMG Book of Records**

**International Talent Book of Records**

The talented youngster set a World Record of memorizing 181 acronyms related to information technology in the record time of 12 minutes and 34 seconds. He is awarded a certificate and a trophy by the International Talent Book of Records and by OMG Book of records.

Incredible achievement Eshan! Well done! We all are so proud of this recognition!



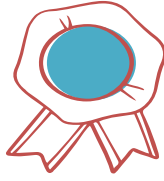


# HALL OF FAME

**Congratulations Parv!**

The Sri Ram College of Commerce, University of Delhi organized the National Economics Olympiad 2022 in which over 7000 students from over 9 countries across the world participated and competed for the top prize. Parv Wadhwa from grade 11 Ambassador School, Dubai emerged as the International Zone Topper in the Olympiad. What an achievement! Keep it up Parv!





# HALL OF FAME

**Vivaan does it again!**

**Vivaan Vaibhav Gohil 4B, who is quickly establishing himself as a pro in karate, competed in the JKS 18th National Karate Competition on January 8, 2023. In the 9–12 age group, Vivaan finished second in both the Black Belt category of Kata and Kumite. Given that Vivaan accomplished this among more than 500 contestants, it was no mean feat.**

**Congratulations, Vivaan! We are watching your amazing moves!**



# Well-being Calendar - February



1

Whatever the mind of man can conceive and believe, it can achieve-

Take time to reflect on what you have achieved this week.

2

May people with pure intension find people with pure intension-

Look for the good intension in people around you today.

3

The day you stop blaming others is the day you begin to discover who you truly are-

Avoid blaming yourself or others. Just find the best way forward.

4

You don't always need a plan, just go-

Put down your to-do list and let yourself be spontaneous.

5

Being taken for granted can be a compliment-

Thank yourself for achieving the things you often take for granted.

6

The sign of a beautiful person is that they always see beauty in others-

Try seeing goodness in other people.

7

Solve the problem or leave the problem but do not live with the problem-

Find a new perspective on a problem you face.

8

Do anything but let it produce joy-

Plan a fun or exciting activity to look forward to.

9

These things are good things-

Write down 3 specific things that have gone well recently.

10

There is a difference between listening and waiting for your turn to speak-

Practice active listening in your conversations to understand people better.

11

You must trust and believe in people, or life becomes impossible-

Share your most important goals with people you trust.

12

It's going to be a wonderful day-

Look out for the good news and reasons to be cheerful today.

13

In a gentle way, you can shake the world-

Focus on a positive change that you want to see in society.

14

Difficulties allow us to change for the better-

Remember that things can change for the better.

15

If you can find a path with no obstacles. It probably doesn't lead anywhere-

Do something to overcome an obstacle you are facing.

16

Ask a friend how they have been feeling recently-

Make sure your friends are well and okay. Sometimes they are going through things that are really heavy. They may not say but they are. Please love them and take care of them.

17

Start today by appreciating your body and that you're alive-

Appreciate every day that you're alive because being alive is a luxury that many don't get to experience for long

18

Bring to mind people you care about and send love to them-

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

19

Difficult roads often lead to beautiful destination-

Practice mindful breathing when you're facing a painful situation.

20

No pressure, no diamonds-

Respond to a difficult situation in a different way.

21

You will never change your life until you change something you do daily-

Change your normal routine today and notice how you feel.

22

Creativity is contagious, pass it on-

Be creative, cook, draw, write, paint, make or inspire.

23

Being happy is the greatest form of success-

Do something you love doing today. Be sure to give yourself time to feel the experience.

24

Trust your crazy idea-

Discover your artistic side. Design your own greeting cards.

25

Send an encouraging note to someone who needs a boost-

Today will never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal, and not wound.

26

Focus on being kind rather than being right-

If you have a choice between being right and being kind, choose being kind and you will always be right.

27

Smile at the people you see and brighten their day-

Let us always meet each other with smile, for the smile is the beginning of love.

28

Check in on someone who may be struggling and offer to help-

Be someone's strength. Be someone's inspiration. Be someone's reason. To never give up.



مدرسة امباسادور

AMBASSADOR SCHOOL

INSPIRE INQUIRE INNOVATE