

Ambassador Times





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

From the Principal

"Life is what happens when you're busy making other plans."

- John Lennon

In his 1926 classic, "Winnie the Pooh," A. A. Milne wrote, "Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude." Our little pink friend was grateful for the abundance he had in his life; great friends, a warm place to sleep, and a few tasty "hay corns" to eat.

The season of merriment, joy and being grateful is officially upon us with beautifully adorned Christmas trees and starry lights all around us. As we bid farewell to 2022, I want to take a moment to express my heartfelt gratitude to all who help make Ambassador School, Dubai, an amazing place to be. We are a community with many gifts and talents, which we share daily with one another and most importantly, our students. From the school campus, to the living room and all points in-between, our collective efforts to raise a happy and healthy child are filled with passion, commitment and a willingness to make decisions that will have a positive and lasting influence in the future. Parents, of course, are such a critical part of all we hope to accomplish on behalf of our students. I am grateful to you for masterfully doing what I know firsthand is the hardest yet most rewarding and joyous job of all. Thank you for entrusting us with your most precious gift. I am grateful to our wonderful, talented, creative, inquisitive, optimistic, resourceful and resilient students. Often, they make us laugh, sometimes they make us worry, but always they make us think. Most of all, they make us better.

Let's not forget that the festive season is also the time to reflect on the values we, as adults, would want to inculcate in our children more than ever before because in the sea of sales and rampant commercialization of festivals, the essence of festivity gets lost. We are so busy trying to make the most of '70 per cent sales and discounts', it is easy to lose track of what is more important—family, traditions, values, the art of giving and most importantly, the art of living.

In the maddening pace of today's world, people often crave to spend a little more time with their family and friends. Winter break is the perfect opportunity to try to instill love and gratitude in our children by making them write thank-you notes and cards for extended family and friends. It is also the time to encourage our children to disconnect from excessive use of technology and to find ways to strengthen their relationships with you, their family and with nature. Above all else, let's teach them to be kind to themselves, and take the time needed to appreciate the small joys, as well as the big ones in their lives.

As we enjoy the upcoming holidays, it is my fervent wish that each of you receives and returns the seasonal bounty of blessings and good tidings that make these days and the coming year truly special. Of course, I believe the faces of our students best express the true meaning of this holiday season. They radiate a sense of unbridled enthusiasm, untainted hope and unabashed joy for life and the opportunities that await them.

Merry Christmas and a Happy New Year to all of you!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

ASD FITNESS CHALLENGE 2022



INTER SCHOOL ART AND CRAFT COMPETITION 2022



HIGHLIGHTS OF THE MONTH

ASD FITNESS CHALLENGE

“I believe that positive energy and optimism help us to take up any challenge in life and to succeed in even the most difficult tasks. I also believe that positive energy is contagious: we can transmit it to others.” By H.H. SHEIKH MOHAMMED BIN RASHID

It's time for our students to flourish with fitness by taking an active participation in ASD Fitness Challenge which helps create a fitness-focused mindset and inspires us all to seek healthy, active lifestyles.

It offers our students an opportunity for self-discovery, social interaction and enjoyments, as well as to experiment with new and exciting ways to improve their fitness levels and experience a wide range of sports and exercise programs.



HIGHLIGHTS OF THE MONTH

INTER SCHOOL ART AND CRAFT COMPETITION 2022

'Art is a way of recognizing oneself'. – Louise Bourgeois

This morning was indeed a happy one at the Ambassador campus as the aspiring artists from eight schools across UAE, gathered to display their creative acumen in the Inter-School Art and Craft Competition aptly titled 'Spectrum'.



CHILDREN'S DAY

It was a movie treat planned for little kindergarten students to celebrate their big day. Dressed in pajamas and munching popcorn, the students had a fascinating day spent in the company of cozy friends and watched an animated movie.



ARABIAN NIGHT

In order to create deep bonding between students and to de stress from the routine of academics, a UAE National Day theme based fun filled gala carnival was organized by teachers for little Ambassadors on 24th and 25th November in the Kindergarten campus. Students were offered enchanting activities and camping experience under the starry night.



ARABIAN CARNIVAL - A VISIT BY AN EMIRATI SCHOOL

A special fun filled carnival based on the Arabian theme to celebrate 51st UAE National Day was organized at Kindergarten inviting an Emirati school Hind al Makhtoum, to mingle with our students and join with us in the revelry of games, animal safari, treasure hunt and spectacular drama. It provided a great opportunity for our students to grasp the Arabic understanding and gaining a culturally diverse openness.



POSITIVE PARENTING

To give in or not to the crying? To sleep in or sacrifice that extra hour of sleep to go to the park? To buy yet another toy that your child wants even though there are tons at home or say a firm "Not this time".

Every parent is faced with numerous decisions concerning their children on a daily basis. Do you wonder if you are doing the right thing for them or not? Sometimes guilt takes over, sometimes fatigue. But one has to always remember that one's children are more precious than anything in this world. They deserve the best of you. We learn to be parents "on the job". Influences from our past determine the kind of parents we end up as. You are your child's first role model and it will stay that way until other people enter their lives. So, you can see how important your role is especially in the formative years of your child's growth.

A few points which may be helpful as you nurture your children:

1. Keep to your word - If you have said that you will play a game with your child or read a bedtime story, be consistent and do as you have said. This will build trust and it will help as they forge relationships with others.

2. Balance is the key - Give them time to relax after they have finished their homework and studies. Encourage them to eat healthy food and reward them with the occasional treat. Help them learn how to become moderate individuals so that as they grow, discipline comes easily to them.

3. Love goes a LONG way - Make sure they understand that no matter what they do and even if you have to correct them sometimes, your love for them is constant and unceasing. They will grow up into secure adults passing on love to everyone they meet. Most of all enjoy your children! Before you know it, they will have children of their own.

Twisha Noronha

Mother of Kristen Noronha - 1E

LAUDABLE LEADERS

IMPORTANCE OF SPORTS IN A STUDENT'S LIFE

Sports and games are very important to us. They keep us fit and healthy. Sports offers us a change from the monotony of everyday life. It is a useful means of entertainment and physical activity. Not only do sports and games help build character but also give us energy and strength. Sports and games are tools for mental and physical development. We learn a lot from sports. Sports helps us to learn how to maintain mental balance in the midst of hope and despair. It teaches one to overcome difficult situations. Sports fosters familiarity and cultivates team spirit. They help develop mental and physical resilience. They shape our body and make it strong and active. They give us energy and strength. They eliminate fatigue and lethargy. They improve blood circulation and physical health.

Sports and games improve our performance. They improve our efficiency. Studying or working alone exhausts us. But sports removes our mental fatigue. Sport is an integral part of education. Education without sports is incomplete.

Sports are especially important for young people. They help physical and mental growth. They help build character. They instil good values in them. Sports competitions are therefore held at school and university level. Students who perform well in these competitions are promoted to play at the national and international level. Sports can also help you advance your career.

Sports and play give us the opportunity to grow. Fame, prestige, and fortune rain down on athletes who excel in sports. They become heroes overnight. Sports have great potential to offer career opportunities. Therefore, we should take them very seriously from an early age.

Moezz Gulamally
House Captian Oryx
Grade 11 A

DISCIPLINE STRATEGIES FOR PRE-TEENS AND TEENAGERS

When it comes to discipline it's always a challenge to discipline a pre-teen or a teenager. Discipline isn't about punishment. It's about guiding children towards appropriate ways to behave. For pre-teens and teenagers, discipline is about agreeing on and setting appropriate limits and helping them behave within those limits.

When your child was younger, you probably used a range of discipline strategies to teach them the basics of good behaviour. Now your child is moving into the teenage years, you can use limits and boundaries to help them learn independence, take responsibility for their behaviour and its outcomes, and solve problems.

Your child needs these skills to become a young adult with their own standards for appropriate behaviour and respect for others. An important part of this is learning to stick to some clear rules, agreed on in advance, and with agreed consequences.

Teenagers don't yet have all the skills they need to make all their own decisions, so your agreed limits for behaviour help your child make good choices about how to behave.

Teenage discipline is most effective when you:

- communicate openly with your child – this allows you to talk about how the limits and rules are working, and guide your child towards good choices
- build and maintain a warm and loving family environment – this helps your child feel safe to make mistakes as they learn to manage their own behaviour.

Negotiation is a key part of communicating with pre-teens and teenagers and can help avoid problems. Negotiating with your child shows that you respect their ideas. It also helps your child learn to compromise as part of decision-making.

Agreeing on clear limits with pre-teens and teenagers

Clear limits and expectations can discourage problem behavior from happening in the first place. Limits also help your child develop positive social behavior, including showing concern for others.

Here are some tips for setting clear limits:

- Involve your child in working out limits and rules. When your child feels that you listen to them and they can contribute, they'll be more likely to see you as fair and stick to the agreed rules.

NURTURE OVER NATURE

- Be clear about the behavior you expect. It can help to check that your child has understood your expectations. For example, you could say, 'Please come home after the movie'. But it might be clearer to say, 'Come straight home after the movie ends and don't go anywhere else'.
- Discuss responsibilities with your child. For example, 'I'm responsible for providing for you. You have responsibilities too, like tidying your room'.
- Agree in advance with your child on what the consequences will be if they don't stick to the rules you've agreed on.
- Use descriptive praise when your child follows through on agreed limits. For example, 'Thanks for coming straight home from the movie'.
- Be willing to discuss and adjust rules as your child shows responsibility or gets older – for example, by extending your child's curfew.

To check whether your family rules are realistic and reasonable, Talk to your school Counsellor. Using consequences as part of teenage discipline Sometimes your child might behave in ways that test your limits or break the rules you've agreed on. One way to deal with this is by using consequences.

Make the consequence fit If you can make the consequence fit the misbehavior, it gets your child to think about the issue. It can also feel fairer to your child. For example, if your child is home later than the agreed time, a fitting consequence might be having to come home early next time.

Withdraw cooperation This strategy aims to help your child understand your perspective and learn that they need to give and take. It also helps your child understand that every action has a consequence. By doing the right thing, your child can get a positive consequence. But doing the wrong thing means they get a negative consequence.

Let your child know beforehand that you might withdraw your cooperation as a consequence for misbehavior. For example, 'If you want me to iron your shirt for tonight, you need to speak respectfully to me'. Saying that you're prepared to follow through with a consequence is sometimes enough to influence behavior.

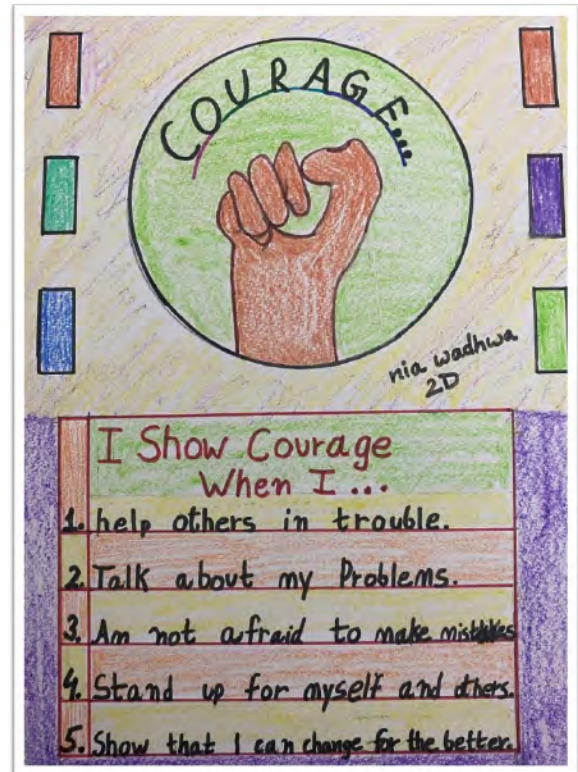
Withdraw privileges This consequence should be used sparingly. If you use it too much, it won't work as well. Don't withdraw privileges for a long time for this consequence to be effective. Aim for a short withdrawal that occurs within the few days following the misbehavior. child or give positive attention more often than you correct or criticize.

By SEN Department

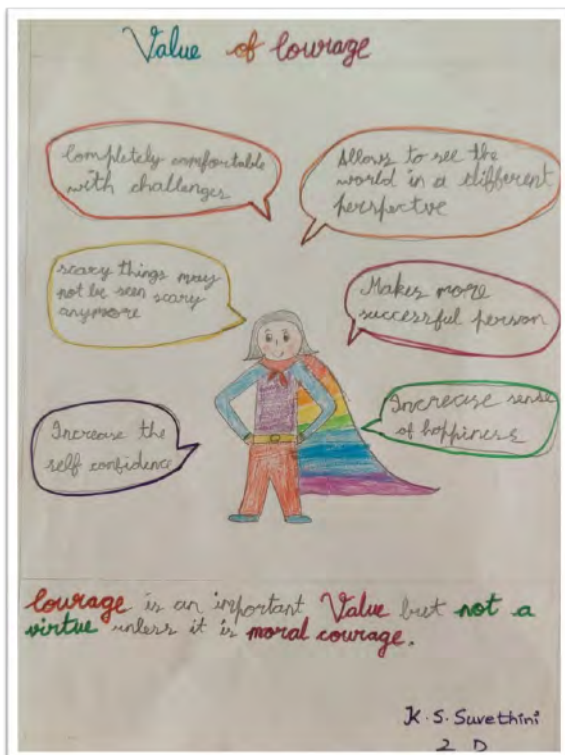
MY SPACE



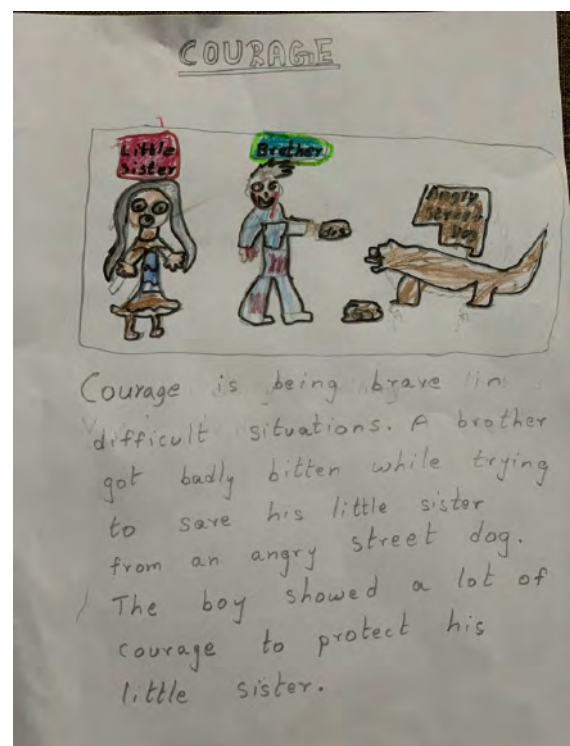
By Priyansh Goyal-
 Grade - 2D



By Nia Wadhwa
 Grade - 2D

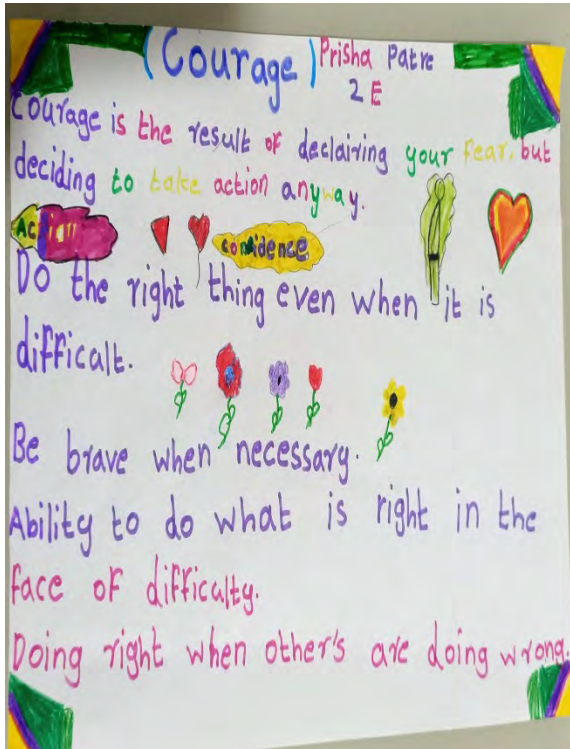


By Suvethini
 Grade - 2D

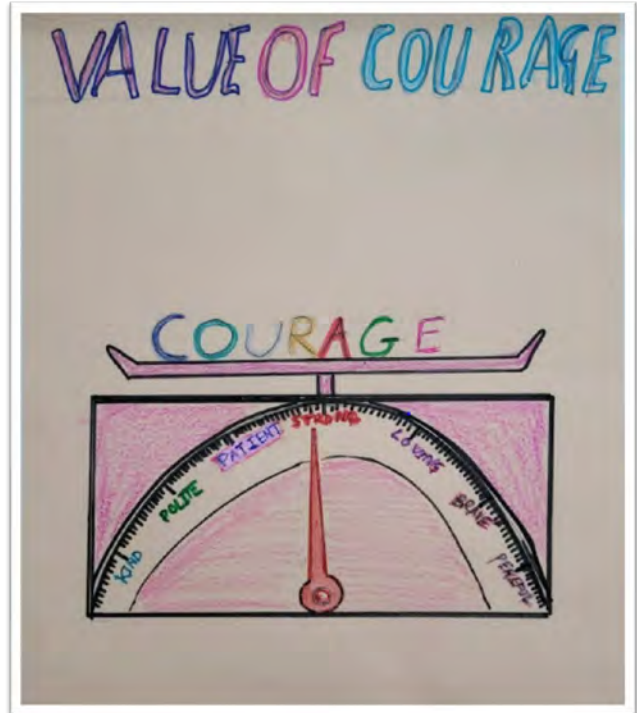


By Mahin Mani
 Grade - 2E

MY SPACE



By Prisha Patre
 Grade - 2E



By Shaun Stephen Mathew
 Grade - 2B



By RIDDHI MOHTA
 Grade - 3A



By M. ABDULLAH-
 Grade -3A

MY SPACE

WHY I LOVE TO READ
 -S. Anoushka
 3C

"THE WORLD IS A BOOK AND THOSE WHO DO NOT TRAVEL READ ONLY ONE PAGE" - St Augustine
 I love reading books because:

- 1) They teach me new vocabularies
- 2) Reading gives pleasure to our mind
- 3) Reading is great entertainment
- 4) Reading expands our imagination

imagination

- 1) Reading expands our knowledge and calms our mind
- 2) It takes us to different dimensions without having our place.

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By ANOUSHKA
 Grade - 3C

EATING HEALTHY

Eating Healthy

arnav malav 3D

By Arnav Malav
 Grade - 3D

Healthy Mind And Healthy Body
 Mind Map By - Vivaan V. gohil
 4B

Having a healthy mind is just as important as a healthy body.

Love, Fresh Air, Environment, Stop smoking, Sport, Sleep well, Genes, Food, Water, No Alcohol, Family & Friends, Meditation, Yoga, Hobby

By Vivaan V
 Grade - 4B

HEALTHY LIFESTYLE
 - INESH 3D

The heart is a healthy heart

- Keep active
- Don't take too much stress
- Don't smoke
- Don't drink alcohol
- Don't eat too much fat
- Don't eat too much sugar
- Don't eat too much salt

Healthy Eating: Eat a little, Eat light in fat, Eat a healthy amount, Sugar, alcohol, food & drinks, Don't eat too much.

Exercise: Don't sit for long, Don't sit for long, Don't sit for long, Don't sit for long.

Sleep: Sleep well, Don't stay up late, Don't stay up late.

Meditation: Meditation, Meditation, Meditation, Meditation.

Nutrition: Nutrition, Nutrition, Nutrition, Nutrition.

Anti-oxidant: Anti-oxidant, Anti-oxidant, Anti-oxidant, Anti-oxidant.

Sedentary: Sedentary, Sedentary, Sedentary, Sedentary.

Active: Active, Active, Active, Active.

By Inesh Sachin
 Grade -3D

HOPE - ITS DIFFERENT SHADES

It is most often noticed that words with the simplest meaning have several implications as a result of the circumstances that surround them, and it is human nature to spin webs of definition around the concept which can either cause amplification of meaning or deviation. 'Hope' is a concept whose meaning is suffering the latter lately, and even if nature keeps giving the current fast moving generation channels to see its true meaning, the course of our development is an open breeding ground for complication.

For the ease of understanding the above problem, the idea of hope should be evaluated chronologically ever since its recognition as the universally present entity. Every organism with a cognitive and emotional capacity has used hope as a driving factor for survival since the beginning and initially never found the need to identify it as a concept. It has been a primarily present instinct, an unexplainable strength and a visceral component of the growth of every civilisation that has ever existed. This shows hope as an internalized element for survival.

Over the years, every human civilization has witnessed its own set of natural, anthropological and unprecedented calamities. The one constant that has shown through the face of all devastation is our ability to remain hopeful. While large-scale recovery is dependent on several important factors like severity of loss, resources available, administrative strength and reliability of the leadership, hope is the primary light that has seen us through the struggles and given direction for the actions that have saved us from certain destruction. This way, hope is the God we should bow to in the time of adversity.

In today's times, our mindset as a collectively global one is majorly futuristic. Every little advancement that the world produces is a step closer to our ideal vision of the future, which in itself is a very politically divided topic of discussion. The main goal of all education today is to create citizens who will fuel the future and every day we are taught to plan for it. What we, as such a rapidly advancing network, are failing to realize is that we have wired ourselves to pre plan for tomorrow so intensely that there is every chance we would forget the relevance of hope in our lives. This thought could sound controversial as even the recent pandemic has proven our need for it as an ecosystem but our industrially driven thought process subtly hints at a sort of philosophical deterioration. The age of tomorrow is forgetting the importance of hope today.

To conclude, the most basic and omnipresent forces of nature, as simple as driving the circadian rhythms of our brains to expect a sunrise the next morning, can fall prey to the pitfalls of an increasingly robotic and aspiringly utopian civilization. "Hope" is slowly becoming something we are striving to eliminate the need for rather than keeping it alive in our societies for the generations to come. A rather hopeful irony, don't you think?

Smritti
Grade 12 B

HOPE - ITS DIFFERENT SHADES

The world is a collection of opposites- day and night, good and bad, desperation and hope. With every negative facet comes a positive to counterbalance the equilibrium. Hope is such a strong opposite.

When one thinks of the word “Hope”, we are immediately inclined to think of the concept of optimism. Hope acts as a symbol of hope and joy. It represents positivity and excitement. According to me, one always hopes for “something” in gleeful manner. When a child “hopes” to become a superhero and its mother caringly listens, when a dog hopes to get a treat for good behaviour and the loving owner obliges, hope surrounds our every move. The presence of hope is what drives us. Ambitious hope is another quality we all must possess. A dream to achieve, can also be deduced to the word “Hope”. Hope stands for development, innovation, and creativity. It’s invisible forces acting on us like wind on a field of paddy. It is because of hope that humans evolve, it is with it that we have goals and aspirations for an unknown future. When uncertainty usually elicits doubt and fear, it is hope that guides us like sunshine on a cloudy day.

Over the centuries, as humans developed so did art. Creativity flows through all mankind but only a few put pen to paper or brush to canvas to truly express themselves. Expression also arises from hope. The “hope” of an individual can instigate change in this world, the “hope” that an artist’s art can be enjoyed in different cultures. An instance of how hope is entangled with our lives is when poets and authors alike utilise it as a literary symbol. Regardless of what language or who the piece of prose addresses, hope is understood to be universal.

On the other hand, it is the absence of hope that causes chaos. Where once hope represented an invisible, inconspicuous force that motivated life, it’s lack evokes a sense of danger and fear, anxiety, and stress. Faith owes its existence to hope, therefore, without its faith, similarly, ceases to exist. It is evident through these examples that it is the presence or lack thereof of hope – the unnoticeable and intangible force that has the most adverse effects on life. In conclusion, we as humans are driven by hope. Survival, ambition, motivation, and faith all depend on hope to quite literally exist. Hope acts as a link between all our actions, regardless of who, what, when and how’s of our individual lives. Hope unites us all.

Varshini Seshan
Grade 12 B

STRONGER THAN FEAR

The newest addition to the bedside table in Alex's new room is the orange bottle of antidepressants.

If he's being completely honest, Alex doesn't really know what to do with them. Taking them would mean acknowledging the past that led him to that new room, while not taking them leaves him wracked with nightmares, waking up covered in sweat, his throat hoarse from screaming. Alex has hence resorted to just staying awake all night, sipping on coffee long gone cold, and trying not to think.

The police had told Alex that his father was going to jail a month ago. That the old man had been driving, drunk out of his senses, and had killed a woman, a pregnant woman. The therapist his sister makes him see, the same one who had prescribed the untouched medicines, said Alex was abused.

He's saying it again now, on their third session, perched on the chair with his horrid little notebook in hand, while Alex reclines on the couch, somewhat zoned out. It's his sister's name that eventually snaps him out of his trance.

"When June went to college," the therapist is saying, when Alex cuts in.

"She did not go to college, she left. There's a difference. She left knowing I would be alone with that—that monster, and now that he's all gone and out of the way, she swoops in and takes me into her house, all nice and loving, playing at being a hero when she's nothing but a coward," spits Alex, and he isn't entirely sure as to why the words blurted out the way they did. Despite the sharpness in what he said, the doctor seems to be happy to have gotten a reaction out of him.

"Has she ever tried to explain herself to you?"

Alex scowls and looks away. The therapist sighs. "Look, Alex, we just found out that you've been dealing with severe depression and anxiety for the better part of the last three years. You have PTSD, you were in a really bad place, and yet you never told anyone anything. Maybe she had her reasons as well."

A small part of Alex hates it when people are being logical.

"At least I didn't leave like a coward."

The doctor's eyes soften, and when he speaks, his voice is gentle. "She was 18, Alex, you're still 16. You couldn't leave. Escaping a bad situation does not make you a coward. It does not make her a bad person for doing what was best for herself, and it would not make you a bad person if you felt a bit of relief on your father's arrest."

MY SPACE

When Alex doesn't respond, the therapist shuts his book and stands, smoothening the wool of his old sweater. "Your homework for today is to just ask June about it. If you don't talk to her, you'll never see her side of the story. I'll see you next week, and Alex—" he looks up when Alex stands, towering over him, "—I really hope you try. It would help you and her to have someone to talk to."

As if the medicines weren't enough. Maybe, Alex thinks, he should be angry at June for making him go to therapy in the first place. He drives back to his sister's house—she bought him a car, new clothes, a new phone, and yet she can't even look him in the eye. When he gets home, her car is in the driveway and the smell of baked goods fills the air, even outside.

He's about to storm off to his room when he hesitates by the kitchen door.

"June?"

There's a clatter, as if she's dropped something, and Alex knows it's because of the surprise of his voice, when he's spent the last two weeks avoiding her. He still can't stop his flinch at the sound.

Alex has never been one for beating around the bush, and so he just pushes into the room—watching June's eyes widen—and blurts, "why did you leave me there?" His voice cracks at the end, and her face melts.

She sits him on the couch and talks, and not once does she hesitate. He realizes that she'd been waiting for him to ask her about it. She tells him about their mother's death to cancer five years ago, and how their father found comfort in alcohol. She tells him about getting accepted into her dream college, only to find her out that her father had blown through her college fund. She left anyway, working three jobs to pay off her debt. She tells him that she had always planned to come back for him, and she had, once, but their father wouldn't let them meet. She talks about the gun their father had brandished in her face and how the next time she had returned, they had moved away.

She tells him that she hates herself for being so happy, now that he's gone, and she hates him for keeping Alex from her.

They're both crying when she stops talking. Alex doesn't forgive her yet, because an hour doesn't reverse three years, but he understands her better now. He says as much, and she smiles and wipes away his tears with her sleeve. He doesn't mind the babying, not when he's been deprived of affection for so long.

MY SPACE

“I don’t believe in the uncertainty of ‘maybe,’” says June, hugging him close. “There is no doubt in my mind when I say that you and me? We’re forever. The sun can die, and the stars can fall, and the earth can shatter into a thousand pieces, but my hand will always be in yours. I will never leave you again. I’m so sorry.”

When Alex turns off the lights that night, he picks up the pill bottle. It rattles in his hand when he turns it over, considering it. He wouldn’t have, last night, or even that morning when he woke up, but now there’s something tugging at his heart, a feeling worth four letters on paper but the promise of life for some. Not love, because that would be a bit of a cliché, and Alex doesn’t do clichés.

Hope.

He swallows the pill, and that night, for the first time in years, he has no nightmares. He just sees himself in a meadow, glowing in the rays of the rising sun.

Someone once told him that hope was the only thing stronger than fear, and Alex wishes, rather, he hopes, that it’s true.

Dimira Tanna

Grade 12 B

WELLBEING AT ASD

Staff Wellbeing@ ASD

Mental health has become an important topic in our daily lives: not just for the students but also for the teachers as well as the support staff. A supportive, inclusive workplace can help to prevent new mental health problems and support people struggling with their mental health to stay at work and thrive.

The teachers of Ambassador School, Dubai participated in the Staff wellbeing session which was held at their campus on 30th November 2022, but this time around, it was ably organized by our Talented Students of the AGT group of Ambassador school. We take immense pride in conveying that the young ambassadors ensured that their sessions were conducted methodically enticing teachers to join in their Chess, Dance and Art programs.



WELLBEING AT ASD

"Mental health is not a destination, but a process. It's about how you drive, not where you're going." — Noam Shpancer

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Pandemic has sparked or amplified the importance of mental health and wellbeing.

Ambassador School, Dubai hosted a session on "Mental Health for All" on November 15, 2022. Dr.C.B.Binu, a specialist Child and Adult Psychiatrist along with his team member Arthy Jayavel, Clinical Psychologist took the session with great dedication. The session provided an insight on importance of mental health and identify and manage the stressors healthy ways. Identifying red flags for self and other, especially in classroom and getting the professional support was discussed in detail. Dr. Sheela Menon, the Principal of Ambassador School, Dubai, addressed the important of self-care and how crucial is it for the entire family and people around us. We concluded the session with a wonderful mindfulness activity conducted by Ms. Arthy.



CHILDREN'S DAY CELEBRATION

Every child is a different kind of flower, and altogether make this world a beautiful garden' – by Anonymous

14th November is celebrated as Children's day in remembrance of India's first Prime Minister Jawaharlal Nehru, born on 14th November, 1889 a popular figure amongst children for his love, and to make this event a memorable one, the teachers of the school at ASD set the stage of fire with a host of performances through a special assembly. The day started with the singing of the UAE and Indian national anthem followed by the Qur'an recitation. The first performance was an exclusive ramp walk by all Class teachers along with their buddies followed by an Arabic song by the Arabic department and mash up dance performances on their favourite numbers that livened up everyone's mood. The finale couldn't have gotten better with our very own principal walking the ramp one last time. The day commemorated with immense joy, enthusiasm and magnificence. On behalf on Ambassador School, Dubai, we wish each and every child a very HAPPY CHILDREN'S DAY! May the Almighty bless you with good health and happiness always.

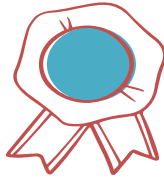


UAE NATIONAL DAY CELEBRATION

UAE National Day Celebration at ASD

As UAE celebrates its 51st National Day on 2nd December 2022, Ambassador School, Dubai staff and students joined the nation enthusiastically to celebrate it in the campus today on 29th November 2022. The entire campus was beautifully decorated with colors of UAE flag.



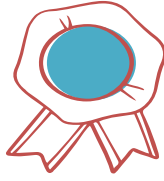


HALL OF FAME

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!

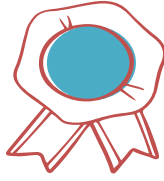




HALL OF FAME

On 15th October, 2022 Ambassador School, Dubai students participated in the 2nd Gems Millennium Gulf Level Interschool Online Chess tournament. Around 60 schools participated in the competition. Ambassador students, Siddhi Salvi won the 3rd position U7 girls category and Divya Gowrisankar won the 2nd position in the U9 category
Congratulations! Well-done Siddhi & Divya!





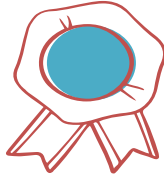
HALL OF FAME

Congratulations Advait!

On 26th November, 2022 Advait Vijayvergiya accomplished wonders when he emerged winner and won a Gold Medal in U15 Boys Chess at Dubai School Games!

Brilliant feat, Advait! Wishing you many more!





HALL OF FAME

International Asteroid Discovery Program (IADP) Project of October-November 2022.

This prestigious program, conducted by STEM & Space in collaboration with International Astronomy Search Collaboration (IASC), enabled students of grade 9 Asiyah.S.Hitawala and Anika Kamath to explore accurate astronomy data and look for asteroids. NASA and Jet Propulsion Laboratory (JPL) work with programs such as IASC to identify and track asteroids to circumvent calamities. Students used Astrometrica to conduct a manual search and make vital measurements of near-Earth objects to detect significant asteroid belts. They have also distinguished between an actual and false signature of moving objects, displayed great enthusiasm in astronomy, demonstrated resourcefulness, and worked with diligence and hard work under the guidance of Dr. Mila Mitra from STEM & Space experts on this very technical project for a month.

Congratulations Asiyah & Anika!

Keep up the good work!



Well-being Calendar - December



1

Part of being a person is about helping others-

Give a gift to someone who is homeless or feeling lonely.

2

Look forward with hope-

Think about something you are looking forward to.

3

If you like it, wear it-

Wear your favourite dress today.

4

Ask for help and let someone else discover the joy of giving-

Everyone can experience the joy and blessing of generosity, because everyone has something to give.

5

Show your gratitude-

Plan a way to say thank you to someone.

6

Leave a positive message for someone else to find-

Some people look for a beautiful place. Others make a place beautiful.

7

The earth has music for those who listen-

Listen for sounds made by nature.

8

Forgiveness does not change the past, but it does enlarge the future-

If there's tension in one of your relationships, take steps to repair it.

9

Have in-depth conversation today-

Instead of texting, call a friend today.

10

Jump on opportunities to do small acts of kindness-

Plan a random act of kindness.

11

Listen wholeheartedly to others without judging them-

There are times that all you need is someone who will listen to you without judging you.

12

Go somewhere new-

Visit a new place.

13

Share a happy memory or inspiring thought with a loved one-

The more often you share what you've learned, the stronger that information will become in your memory.

14

You are somebody's reason to smile-

Think about 3 things that make you smile.

15

Make time for yourself-

Plan a treat for yourself.

16

Get outside. Pick up litter or do something kind for nature-

To leave the world better than you found it, sometimes you have to pick up other people's trash.

17

Be a good listener-

Listen to sounds of Nature.

18

When you're good at something, make that everything-

Work on what you are good at today.

19

Spend a quality time with friend-

Plan a treat for a friend.

20

Memory is the treasure and guardian of all things-

Think about a favourite memory.

21

Beauty comes in all shapes and size-

Look for beautiful square shapes around you.

22

Let someone know how much you appreciate them and why-

One of the simplest yet most powerful things you can do is to tell someone that you appreciate them.

23

The greatest remedy for anger is delay-

Count 10 before you speak when you are angry.

24

The best way to persuade people is with your ears- by listening to them-

If you want to persuade someone, be wary of using polarizing language.

25

Stand for what is right, even if it means standing alone-

Be a moral rebel and stand up for what you believe in.

26

Be connected virtually with loved ones-

Zoom call your family member who is staying in other country.

27

Peace and goodwill to all-

Spread goodwill and kindness this holiday season.

28

Live life to the fullest because it only happens once-

Create a time capsule of your life right now.

29

Gratitude turns what we have into enough-

Think for 3 things you are grateful in 2022.

30

Learn new things in your life-

Think for 3 things you are looking forward in 2023.

31

New year, new me. Same dreams, fresh start-

Make a list of New Year's resolutions.



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