

January 2025



MONTHLY NEWSLETTER

# Ambassador Times





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

From the Principal

*“To read is to fly: it is to soar to a point of vantage which gives a view over wide terrains of history, human variety, ideas, shared experience and the fruits of many inquiries.”*

—A.C. Grayling

As we come closer to the end of the academic year at ASD, I want to shine a spotlight on something truly transformative: the power of reading. In a world brimming with distractions, it's easy to overlook the simple magic held within the pages of a book. It is not just this month or a specific month in the calendar year marked for reading, as educators and parents, our primary responsibility is to develop the habit and inculcate the love for reading in our children, irrespective of their age or the grade they belong to. I encourage everyone in our community to rediscover, or perhaps discover for the first time, the joy and profound benefits that reading brings.

Reading isn't just about decoding words; it is about unlocking worlds. It is a journey to far-off lands, an encounter with fascinating characters, and an exploration of new ideas. Whether it is a classic novel, a captivating biography, a thrilling graphic novel or the valuable lessons shared by experts in the non-fiction categories, each book offers a unique opportunity for growth and enrichment. decisions, helping us to navigate life with integrity and purpose.

For our students, reading is fundamental to academic success. It strengthens vocabulary, improves comprehension, and hones critical thinking skills – all essential tools for learning across every subject. Beyond the academic realm,

reading cultivates empathy, expands perspectives, and fosters a lifelong love of learning. It allows us to step into someone else's shoes, understand different viewpoints, and connect with humanity on a deeper level. The power of reading extends beyond the classroom. It provides a sanctuary, a quiet space for reflection and escape. In the pages of a book, we can find solace, inspiration, and entertainment. It is a chance to unwind, recharge, and reconnect with ourselves.

A recent study shows that nearly half of teenagers globally lack reading comprehension skills. We must help and guide our students towards reading as a pursuit and passion, exploring new genres, sharing their reading experience with classmates and teachers. Our school library is well equipped with a good collection of books for all age groups and we have dedicated librarians to help our students in their search. We also encourage parents to join us in fostering a reading culture at home. Set aside some quiet time each day to read with your children, discuss the books you're reading, and make reading a shared family activity.

Let us all make a conscious effort to wean our students off their over indulgence in digital activities and lead them to discover the magical prowess of reading! Let the power of reading empower the imaginative and creative minds of our learners, as they navigate various phases of learning, explore the world in their palm, become more reflective towards various authors and their creation. May the magic unfold in every page and our learners grow mightier in mind as they read!

Happy Reading!

Warm regards  
Dr. Sheela Menon  
Principal



# Highlights of the Month

## SPORTS DAY 2025



## SPERANZA 2025: GRADUATION CEREMONY



HIGHLIGHTS OF THE MONTH

## SPORTS DAY 2025

Ambassador School, Dubai marked a significant milestone with 'Speranza', the ninth edition of the Grade 12 Graduation Ceremony, held on Saturday, January 18th, 2025. The prestigious event took place at Ambassador International Academy, Al Khail, as the Class of 2025 stepped into the limelight and commemorated their academic achievements and future aspirations. The ceremony was graced by the Vice Chairperson of Ambassador Group of Schools, Mr.Kamal Kalwani, Principal Dr. Sheela Menon, members of the Senior Leadership team, PSG members, parents, faculty and students. The theme of this year's graduation was 'Movie Magic.'

We extend our warmest wishes to our distinguished graduates for their upcoming board examinations and beyond - may your future endeavors be filled with remarkable achievements and boundless success!



HIGHLIGHTS OF THE MONTH

## SPERANZA 2025: GRADUATION CEREMONY

Ambassador School, Dubai marked a significant milestone with 'Speranza', the ninth edition of the Grade 12 Graduation Ceremony, held on Saturday, January 18th, 2025. The prestigious event took place at Ambassador International Academy, Al Khail, as the Class of 2025 stepped into the limelight and commemorated their academic achievements and future aspirations. The ceremony was graced by the Vice Chairperson of Ambassador Group of Schools, Mr. Kamal Kalwani, Principal Dr. Sheela Menon, members of the Senior Leadership team, PSG members, parents, faculty and students. The theme of this year's graduation was 'Movie Magic.'

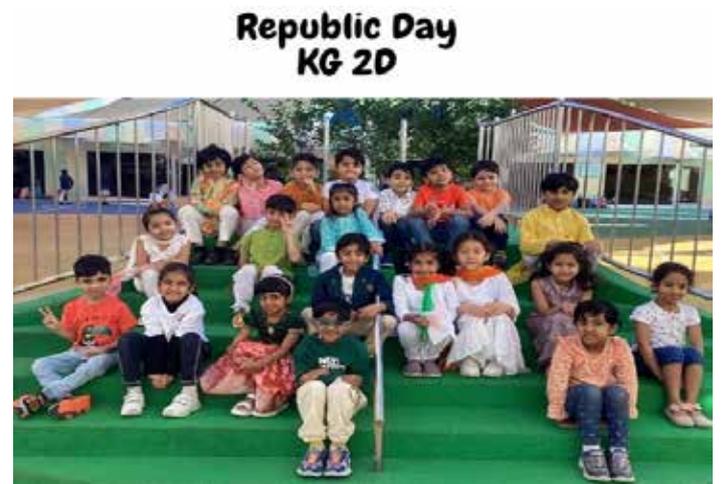
We extend our warmest wishes to our distinguished graduates for their upcoming board examinations and beyond - may your future endeavors be filled with remarkable achievements and boundless success!



**KINDERGARTEN CAMPUS**



Republic Day celebration, our students came dressed in the flag colors of India – saffron, white and green – symbolizing strength, peace, and growth. Our little ambassadors of kindergarten had learning along with some fun activities in their classrooms such as coloring the Indian National flag to writing few lines about the country. Such activities contribute not only to the students' understanding of the significance of events but also help instill a sense of national pride that extends beyond the school environment.



**KINDERGARTEN CAMPUS**



**ART FIESTA 2025: WHERE  
 CREATIVITY COMES ALIVE!  
 27TH - 31ST JANUARY 2025**

Our talented **KG2 artists** unleashed their imaginations during the fun-filled **Art Fiesta** — an exciting inter-house art event. The young artists poured their hearts into every brushstroke, showing us how art is a powerful way for children to express their thoughts, emotions, and limitless imagination.



**KINDERGARTEN CAMPUS**



Our enthusiastic Pre KG students had a fun-filled day at Zabeel Park ! This field trip nurtured their curiosity, creativity, and love for the environment. It was a joyful journey filled with giggles, learning moments, and beautiful memories. From enjoying nature's beauty to discovering lush greenery, the young explorers embraced the wonders of the outdoors.



**KINDERGARTEN CAMPUS**



**KINDER STREAM DAY – KG2  
 29TH JANUARY 2025**

Ambassador School Dubai proudly hosted the **Kinder STREAM Fest**, an exciting event designed to give parents a firsthand experience of how **Science, Technology, Reading, Engineering, Arts, and Mathematics (STREAM)** are seamlessly integrated into our curriculum.



**KG2 E**

PIC-COLLA GE

**KINDERGARTEN CAMPUS**



**FIELD TRIP - KG 1  
 (ZABEEL PARK)  
 29TH JANUARY 2025**

Our curious and energetic **KG1 explorers** had a delightful day discovering the wonders of nature at **Zabeel Park**, all under the spell of **lovely weather** — **just perfect for a picnic!** Field trips like these spark curiosity, promote hands-on learning, and foster a deep connection with nature, building a foundation for lifelong learning.



**KINDERGARTEN CAMPUS**



The students of **KG2** had an unforgettable adventure during their field trip to **Mushrif Park**. From joyful moments on the swings and slides to spotting playful squirrels darting through the trees, every moment was filled with excitement. A highlight of the trip was exploring the beautifully crafted traditional houses from around the globe.



# CLASS MAGAZINE PRIMARY



**MY SPACE**



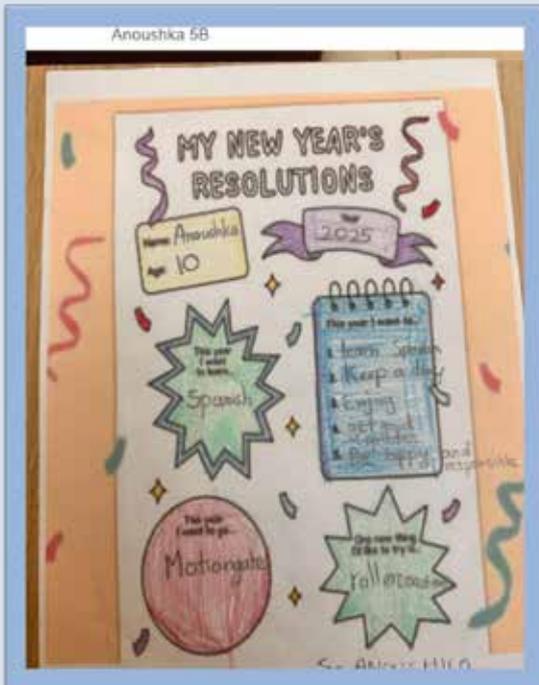
**RIDIT**  
 Grade - 2E

**Goal Recipe for the New Year**

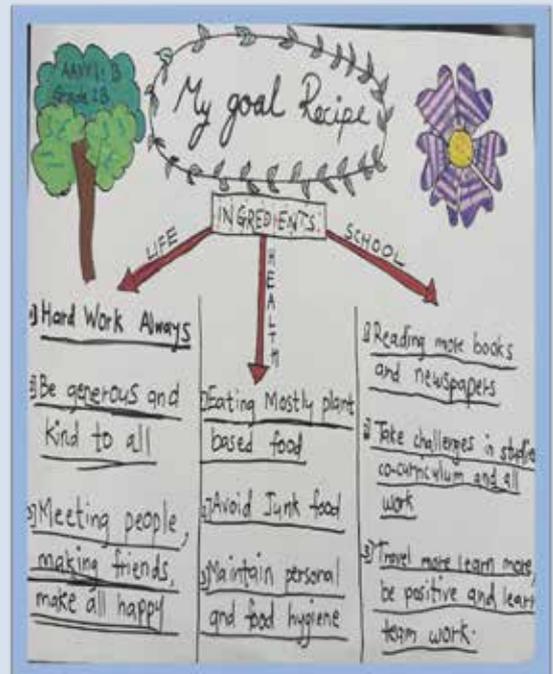
Let's mix up a recipe, just right,  
 To make this year happy and bright!  
 Start with a cup of big dreams to chase,  
 And add kindness to put a smile on your face.  
 Sprinkle in some reading and learning each day,  
 And stir in exercise to keep troubles away.  
 A dash of helping others, as sweet as can be,  
 And a spoonful of fun with friends and family.  
 Bake it all with hard work and care,  
 And share it with love everywhere!  
 This is the recipe, oh so fine,  
 To make your year the best of all time!!!!



**KATELYN**  
 Grade - 5B



**ANOUSHKA**  
 Grade - 5B



**AARVI**  
 Grade - 2B

MY SPACE



**Goal/Recipe for : Learning badminton**

**INGREDIENTS:**

- 2 cups of daily practice
- 2-3 teaspoons of determination and focus
- 1 cup of balance
- A handful of stamina
- A sprinkle of competitive spirit
- A dash of help from a coach

**INSTRUCTIONS:**

Add 2 cups of daily practice in a bowl and sieve it till your basic strokes are perfect.  
Blend in the determination and focus with balance so your studies don't suffer.  
Slowly fold in stamina and add help from a coach according to taste.  
Feel free to add unlimited passion to make the recipe even better.  
Spice it up with competitive spirit and enjoy!

**In no time you will have the skills of a pro badminton player!**

Himaanshi Vastawat

**HIMAANSHI**  
Grade - 5C

**My Goal Recipe- Kaajjal Peddi**

**Ingredients:**

1. Time Management
2. Good Vocabulary
3. Right Focus
4. Consistency
5. Daily Yoga
6. Some Kindness



**Steps:**

- First add a tablespoon of time management.
- Then add some focus and mix it well with time management.
- Next blend in a dash of some vocabulary.
- After that a scoop of yoga and mix it well with the other ingredients
- Lastly add a pinch of kindness and stir it with a ladle.

**KAJJAL**  
Grade - 5C

**Goal Recipe for the New Year**

Let's mix up a recipe, just right,  
To make this year happy and bright!  
Start with a cup of big dreams to chase,  
And add kindness to put a smile on your face.

Sprinkle in some reading and learning each day,  
And stir in exercise to keep troubles away.  
A dash of helping others, as sweet as can be,  
And a spoonful of fun with friends and family.

Bake it all with hard work and care,  
And share it with love everywhere!  
This is the recipe, oh so fine,  
To make your year the best of all time!!!!



**Katelyn**  
**Rodrigues 5B**

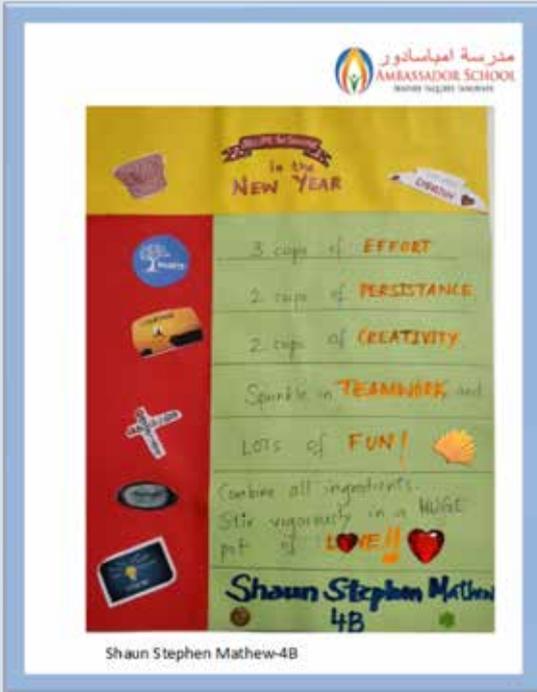
**KATELYN**  
Grade - 5B



Kairah Kaur-4B

**KAIRAH**  
Grade - 4B

**MY SPACE**



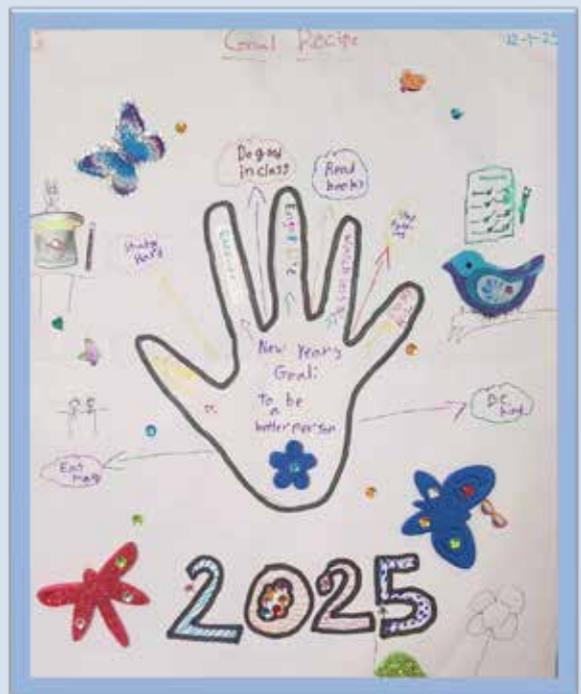
**SHAUN**  
 Grade - 4B



**NIA WADHWA**  
 Grade - 4D



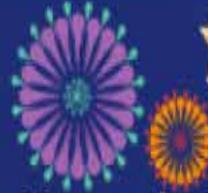
**AVIPSHA**  
 Grade - 4C



**NITARA**  
 Grade - 2A



## THE LUNAR NEW YEAR

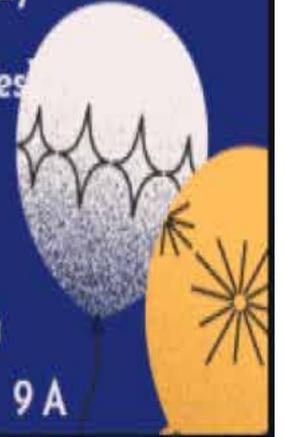


The Lunar New Year, also known as Chinese New Year or the Spring Festival, is one of the most significant celebrations in many East and Southeast Asian cultures. It marks the beginning of a new year on the lunar calendar, which is based on the cycles of the moon rather than the solar calendar commonly used in the West.

Unique ways in which Lunar New Year is celebrated:

- China: Red envelopes (hongbao) filled with money are gifted for luck. Cities light up with dazzling fireworks and dragon dances to chase away bad spirits.
- Vietnam: Known as Tết, families prepare "bánh chưng" (sticky rice cakes) and decorate with peach blossoms and kumquat trees. Children greet elders with well wishes for red envelopes.
- South Korea: Called Seollal, families wear hanbok (traditional attire), perform ancestral rituals, and play folk games like "yutnori."
- Singapore & Malaysia: Extravagant lion dances and the tossing of "yu sheng" (prosperity salad) bring good fortune.

- Patrina Steffy 9 A



WORDSMITHS' WALL

New Year

T I O Z F J G E V X I X P D M I G B  
 C P C I R U U S Y L C I P O R S V M  
 H Q F Y Y Z S P B L E E Y S E C W I  
 A K I Q Z L D X D D W Z L I N O S D  
 M F R E S H S T A R T Y E R E U B N  
 P H E V U O U J O G T W L I W N Y I  
 A D W E E J G T L N D L S C A T T G  
 G R O Q J M Z P U K S L N D L D Y H  
 N X R S T P A R T Y Z H X M U O M T  
 E H K I U D R I C N G O A L S W O K  
 X A S C E L E B R A T I O N E N Q F  
 R E S O L U T I O N Y V K O W Q N E

Find the following words in the puzzle.  
 Words are hidden → ↓ and ↘ .

CELEBRATION  
 RESOLUTION  
 FRESH-START  
 COUNTDOWN

FIREWORKS  
 CHAMPAGNE  
 MIDNIGHT  
 RENEWAL

PARTY  
 GOALS

AVIGHNA BORA 9A

## HUMAN LANGUAGE AND NLP - [NATURAL LANGUAGE PROCESSING ]

### What is HUMAN LANGUAGE ? -

Human language is distinct from all other known animal forms of communication in being compositional. Human language allows speakers to express thoughts in sentences comprising subjects, verbs and objects—such as 'I kicked the ball'—and recognizing past, present and future tenses.

### Some characteristics of HUMAN LANGUAGE ? -

- Duality of patterning: associates sounds with meaning.
- Productivity: Symbols and rules can be combined for infinite messages.
- Interchangeability: Speakers are able to send and receive messages.
- Arbitrariness: No association with words, and its meaning except for the sounds.

**YADHUNANDAN KRISHNA - 7B**

YADHUNANDAN KRISHNA - 7B

## What is NLP ? -

Natural language processing (NLP) is the ability of a computer program to understand human language as it's spoken and written -- referred to as natural language. It's a component of artificial intelligence (AI).

## Some characteristics of NLP ? -

They are governed by a set of interrelated systems that include phonology, graphics (usually), morphology, syntax, lexicon, and semantics. All natural languages are conventional and arbitrary. They obey rules, such as assigning a particular word to a particular thing or concept.



VS

## Applications of Natural Language Processing



## New Year, Same Me... But Maybe a Little Better?



The clock strikes midnight, fireworks colour the sky, and suddenly, a blank page opens up before us. A new year is not just a change of date, it is a reset button wrapped in hope and a little pressure. Some of our people enter the resolution and the planned heads are ready to re-integrate. Others take it slowly and rush their fingers in January, but do not know what is included in this chapter. And that's okay.

New beginnings don't have to be grand.

Sometimes it's simply about choosing kindness over cynicism, trying to pick up a hobby you've been putting off, or simply forgiving yourself for not achieving your goals from last year. Maybe this year isn't about becoming a "new you" but about embracing the "real you"—flaws, quirks,



365 new days,  
365 new chances.

and all  
And you know what? That's totally fine. New beginnings don't have to be life-changing events. Maybe it's just texting an old friend, trying a different coffee order, or finally using that fancy candle you've been "saving." Small wins count too.

Advika Todkar 9A

## Quiz Time: What's your exam personality?

Find out how you handle exam season by picking the answers that sound most like you. Add up your points to reveal your personality!

### 1. How do you prepare for exams?

- a) I've been reviewing for weeks; I even color-code my notes. (3 points)
- b) I study a day or two before—it's all about efficiency. (2 points)
- c) I start an hour before. Pressure makes diamonds. (1 point)

### 2. What's your go-to study vibe?

- a) Lo-fi beats, snacks, and a neat study desk. (3 points)
- b) Music blasting, late-night coffee, and messy notes. (2 points)
- c) Scrolling through my phone while flipping through my book. (1 point)

### 3. How do you feel the night before the exam?

- a) Calm and confident—I've got this. (3 points)
- b) A bit anxious, but I'll manage. (2 points)
- c) Panic mode activated. Sleep? What's that? (1 point)

4. During the exam, what's your strategy?

- a) I stick to my plan and finish early enough to review. (3 points)
- b) I start with what I know and wing the rest. (2 points)
- c) I pray the answers come to me magically. (1 point)

5. How do you feel after the exam?

- a) Relieved and ready for the next one. (3 points)
- b) Already overthinking my answers. (2 points)
- c) Avoiding anyone who wants to discuss the paper. (1 point)

Results:

5–8 points: The Last-Minute Genius

You thrive under pressure and rely on quick fixes to pass exams. Your style is bold but risky—maybe try starting earlier next time!

9–12 points: The Balanced Hustler

You strike a balance between work and play. You know how to prepare without overdoing it and trust yourself to perform.

13–15 points: The Perfectionist Planner

You are super organized, always ahead of schedule, and leave no room for error. Your results show your dedication, but don't forget to relax!

# Mental Health: A Priority, Not a Luxury

Mental health is an essential part of overall well-being, encompassing emotional, psychological, and social aspects of life. It affects how we think, feel, and act, influencing how we handle stress, make decisions, and connect with others. Despite its importance, mental health is often overlooked or misunderstood, with stigma preventing many from seeking the help they need.

In today's fast-paced world, mental health issues are increasingly common. Students face immense academic pressure, professionals struggle with work-life balance, and social media adds a layer of comparison and self-doubt. However, societal stigma surrounding mental health often forces individuals to suffer in silence. This not only worsens their struggles but also fosters feelings of isolation.

To address this, mental health awareness must be a priority. Schools, workplaces, and communities should promote open conversations and provide support systems for those in need. Education is key to breaking the stigma, as it helps foster empathy and understanding. Normalizing the idea of seeking professional help can encourage more people to access the resources they require.

Self-care also plays a vital role in maintaining mental health. Practices like mindfulness, regular exercise, and connecting with loved ones can significantly improve emotional well-being. Additionally, recognizing when professional intervention is necessary is crucial for long-term health. Ultimately, mental health is not a luxury but a fundamental part of a healthy and fulfilling life. By prioritizing awareness, empathy, and support, we can build a society where everyone feels empowered to care for their mental well-being.

**Svenia Dabre 11A**

## A Light in the Dark

In the quiet of the night,  
When the world feels far away,  
A whisper calls out softly,  
Saying, "You'll be okay."

The shadows may seem endless,  
But hope will lead the way,  
A gentle hand will guide you,  
And brighten up your day.

Through every tear and struggle,  
Through each uphill fight,  
Remember, there's always a way  
To find your way back to the light.

**Rachel Ann Ipe 11A**



## THE IMPACT OF AI ON STUDENTS: FRIEND OR FOE?

Artificial Intelligence (AI) is one of the most talked-about technologies of our time. It's used in everything from smartphones and social media to self-driving cars and healthcare. But what exactly is AI, and why is everyone so excited about it? AI refers to computer systems that can perform tasks normally requiring human intelligence, such as understanding language, recognizing images, solving problems, and even learning from experience. The hype around AI is due to its potential to transform various industries, make our lives easier, and even tackle complex global issues. With advancements in AI, we are witnessing technologies that can think, create, and make decisions – sparking excitement as well as concern.

But what does this mean for students, especially those in K-12 schools? How can students use AI to improve their learning, and what are the ethical considerations? Let's dive into the pros, cons, and responsible ways to incorporate AI into student life.

### How Can K-12 Students Use AI?

AI can serve as a powerful tool to support students in a range of activities, from academics to creative pursuits. Here are some practical use cases for **K-12 students**:

**Homework Assistance:** AI-powered platforms can help students with tough assignments by explaining concepts, offering practice problems, and even suggesting solutions. This is particularly useful in subjects like math, science, and languages.

**Research:** AI search tools can quickly sift through vast amounts of information, making it easier for students to find reliable sources and learn about any topic in depth. AI can also help in organizing notes and summarizing large texts.

**Language Learning:** AI language-learning apps can help students practice pronunciation, build vocabulary, and improve grammar. By adapting to a student's level, these tools provide personalized support in learning new languages.

**Writing and Editing:** AI can help students draft essays, check grammar, and suggest better vocabulary. With tools that offer feedback on writing style, students can develop stronger communication skills.

**Studying and Test Preparation:** AI-powered flashcards and personalized study plans can make studying more efficient. Some AI tools analyze a student's strengths and weaknesses, tailoring study materials to their needs.

**Creativity and Coding:** AI is also a great ally for creative students, helping them design graphics, compose music, or even learn to code by suggesting improvements and showing examples.

AI Tools for K-12 Students

Many AI tools are tailored to assist students in these tasks. Here are a few popular and accessible AI tools for K-12 students:

**Homework and Tutoring:** Tools like Socratic by Google and Photomath help students solve math problems step-by-step and understand concepts better.

**Research:** Google Scholar and ChatGPT are great for finding information, summarizing articles, and generating ideas.

**Language Learning:** Apps like Duolingo and Babbel use AI to personalize language lessons based on progress and skill level.

**Writing and Editing:** Grammarly and Hemingway Editor provide grammar checks, stylistic suggestions, and vocabulary improvement, which are invaluable for students' writing.

**Studying and Test Prep:** Quizlet uses AI to create adaptive learning paths, making study sessions more effective.

**Creativity and Coding:** Scratch and Code.org introduce young students to coding concepts, while tools like DALL-E allow students to experiment with creating art through AI.

## Is Using AI Ethical for Students?

While AI is a powerful tool, its use raises ethical questions. When students rely on AI to complete assignments, it's important to consider how much is "too much." Here are some key ethical considerations:

**Academic Integrity:** AI should be used as a learning tool, not a shortcut. When students let AI do their work, they miss out on the learning process. Using AI in a way that misrepresents one's work, such as submitting AI-generated essays as original work, raises concerns about honesty and academic integrity.

**Data Privacy:** Many AI tools collect data to improve their algorithms. Students and parents should be aware of what data is being collected, how it's used, and whether it's shared with third parties.

PARENTS' PANORAMA

**Dependency:** If students become overly reliant on AI for answers, they may struggle to develop critical thinking and problem-solving skills. Schools should encourage students to use AI as a supplementary tool rather than a crutch.

## Pros and Cons of AI for Students

### Pros:

**Enhanced Learning:** AI provides personalized support, catering to a student's individual needs.

**Access to Information:** AI makes research and information gathering faster and more comprehensive.

**Improved Efficiency:** AI can speed up tasks like writing, studying, and problem-solving.

**Creativity and Innovation:** AI tools allow students to explore new ways of expressing themselves, such as through digital art and music.

### Cons:

**Dependency:** Over-reliance on AI might prevent students from developing essential skills.

**Privacy Risks:** Many AI tools collect data, which could pose risks to students' privacy if not properly protected.

**Ethical Concerns:** Using AI for assignments without proper credit could be seen as dishonest or even as a form of plagiarism.

**Loss of Critical Thinking:** If students lean too much on AI, they may miss the opportunity to think critically and creatively.

**Conclusion: Finding a Balance**

AI can greatly benefit students by making learning more accessible, personalized, and enjoyable. However, it's essential to strike a balance. Students should use AI to support their learning, but not as a substitute for hard work, creativity, and independent thinking. Likewise, schools and educators should adopt a balanced approach, recognizing AI's value while fostering students' ethical and critical use of technology.

As technology rapidly advances, schools may need to update their curriculums to reflect modern tools and prepare students for a tech-driven future. By embracing AI responsibly, both students and schools can harness its potential for a positive impact on education.

**By Ashish Agarwal**

**Parent of Rishabh Agarwal 10 A**

# NATURE OVER NURTURE

## Nature

Genes and Hereditary Factors  
physical appearance  
personality characteristics

## Nurture

Environmental Variables  
childhood experiences  
how we were raised  
social relationships  
surrounding culture



## COPING WITH STRESS AND ANXIETY

How can you remain calm in the event of an unpleasant situation? How to protect your mind from negative emotions? Are there techniques that can help you deal with stress?

A disturbed mind affects many of us today in our often busy and stressful lives. Unfortunately, many people don't even acknowledge that they are stressed. Neither at school nor at home, are we taught how to handle negative emotions and how to be calm. We teach dental hygiene but forget to teach mental hygiene. Stress does not go away by just talking, advising, or resolving. You may remind yourself a hundred times that you shouldn't get angry, but when the emotion comes, you are unable to control it. It comes like a thunderstorm and you lose your calm.

We need to learn some techniques and tools to get rid of them and calm the mind. In this article, we will know about some useful tips and techniques.

### Breathing Techniques

Breath is the connection between the body and mind. Learning about the breath is very important. For every rhythm in the mind, there is a corresponding rhythm in the breath, and for every rhythm in the breath, there is a corresponding emotion. When we are angry, our breath is short. When we are happy, our breath is long and calm. The opposite is also true. When we change our breathing pattern, our state of mind also changes. While you cannot handle your emotions directly, you can handle them through the breath. Breathing techniques reduce stress, anxiety, and depression significantly. Breathing purifies the body and allows the influx of fresh energy, eliminating stress and improving endocrine function.

### Meditation

Meditation is accepting the moment and living every moment totally. If you observe, the mind vacillates between the past and the future. We are either angry about the past or anxious about the future. Meditation helps bring the mind to the present. When that happens, the mind naturally calms down. When the mind is calm, we are able to perceive things better. On the other hand, when the mind is disturbed, our perception is also disturbed.

PARENTS' PANORAMA

In our daily lives, we come across many challenging situations. These situations often influence the state of our minds so much that we cannot make effective decisions. Neither the events in life nor the states of our mind, happen with our permission. In fact, the events and states of mind often occur in direct defiance of our wishes.

Meditation can bring about a balance between the different states of the mind. You can learn to switch from the tough aspect to the gentler aspect within you. You can be firm when appropriate and at the same time let go when needed. Meditation enables you to switch between these states effortlessly. With a few minutes of daily meditation, our thoughts become calm and powerful, and our tasks are accomplished more effectively. We can cleanse our minds of negative emotions, allowing us to be in a state of serenity.

### Spirit of Enquiry

Often, you are not aware that you are connected with the whole universe, and you think you are just some small person wanting small little things. How do we get out of this small mind? We must look to enquire into the core of our existence. What is life? Who am I? What do I want? This spirit of self-inquiry can awaken something inside you, bringing a sense of calmness.

Know that you are being taken care of.

When you feel you're getting carried away by anxiety, remember there is a power much bigger than you and everyone else, that is in charge. There is a great power in the universe that has maintained this universe for billions of years. Have faith in that power. It will take care of you. The faith in a greater power can relieve you of your anxiety and bring calmness.

Now, that does not mean you become inactive and do nothing, saying, "Oh everything is done by a greater power, why should I do anything at all?" That type of irresponsibility is also not good. We need to take a middle path.

Your anxiety is because you're not in control. If you're in control, you won't be anxious. And you can't control everything. That's why you must remember there's a higher power taking care of things.

○

PARENTS' PANORAMA

### Have patience

Waiting is something that irritates us. It makes us restless. But if we shake hands with waiting, frustration can go away from our life, and the process of waiting can become meditation. Waiting is a junction. On one side, it can lead us to anger, frustration, and other negative emotions. On the other side, it creates quietness and brings up creativity.

### Other Ways

A few other simple ways, like listening to music, having a cold shower, being with nature, and exercising can also shift our focus, helping us calm down quickly.

**By: Ms. Rachna Singh**

**M/O Jaidev Singh ( Gr 7) And Jia Singh (Gr 4)**

CELEBRATIONS GALORE

## SLUMBER PARTY @ ASD

“Some memories are unforgettable, remaining ever vivid and heartwarming!”

This was the underlying spirit reigning the hearts of the sixth graders as they assembled for a much awaited ‘Slumber Party’ on the evening of 10th January, 2025.

The registration time followed by energetic rounds of the bouncy castle, interspersed with football and team building games led the young battalion to the delectable ‘Chaat’ counter.

Showtime with ‘Vignettes’, which unraveled a surprise pool of talent, continued into a laughter ridden ‘Riddle Time’. Thereafter ‘Lucky Draw’ accompanied by rejoicing around the bonfire added a special flavor to the perfect winter evening!! Movie time and popcorn created the VOX experience till the students called it a day!

The chilled morning witnessed eager students engaged in meditation, followed by scrumptious breakfast and exciting take-away gifts. The Party wrapped up with warm goodbyes and creating lasting memories!!



**CELEBRATIONS GALORE**

# REPUBLIC DAY CELEBRATION

Honoring Indian Republic Day

KG2 E students hosted a special Republic Day assembly, where they taught their friends in simple words why this day is so special for all Indians. Adding to the joy was a vibrant and heartfelt dance performance by the students, leaving everyone in awe of their talent and spirit.

Our little kindergarteners came dressed in the tri colours—saffron, white, and green—showing their love for the nation. They also brought delicious tri-colored snacks, adding a flavorful touch to this patriotic occasion!

A big round of applause to our young ambassadors for their energy and enthusiasm in celebrating the essence of Republic Day!



## OVERALL CHAMPION

ASD students bag the 'Overall Champion's' Trophy at Inter School Hindi Competition

On 9th January 2025, JSS International School, Dubai, hosted an Inter-School Hindi Language Competition, bringing together students from various schools to celebrate the beauty of a vernacular language. This grand event aimed to foster cultural exchange, showcase talent, and promote linguistic pride among young minds. Our students participated with enthusiasm and confidence, demonstrating exceptional talent in every category. Their performances were lauded by both judges and the audience. ASD team secured the Second Prize, captivating the audience with a heart-touching portrayal of the lives of Non-Resident Indians. An ASDian also bagged the Third Prize in the Writing Competition for a beautifully written piece that impressed the judges for its depth and creativity. Thus it was not any man's wonder that ASD would bring back the Overall Champion's Trophy for exemplary performance across all categories, thereby earning the top honour. We congratulate JSS International School for a commendable program organized that celebrated the Hindi language and gave the students an opportunity to explore the richness of the language.



## CONGRATULATIONS NIVEDH PARKHI!!

Nivedh Parkhi, ASD student of Grade 3 stunned everyone as he achieved this impossible feat of reciting the name of 195 United Nations listed countries, their capitals and saying so as per their covered area in an ascending order. He has received the India Book of Record "IBR Achiever" Award for his unusual talent. Nivedh has not achieved this recognition just being 'gifted' but his perseverance in learning and interest in knowing more about these nations.

ASD family congratulates Nivedh for doing us proud. We wish him many more achievements in times ahead and would want to see him continuing with his spirit of learning, honing his finer skills and expanding his horizons in quest for knowledge.

Well done Nivedh!



## GEMS LEGACY CUP RUNNER-UP TROPHY FOR ASD GIRLS' FOOTBALL TEAM

Our ASD Under-15 Girls' Football Team is leaving no stone unturned to show their prowess and power in field of sports. The team has recently achieved an incredible milestone by securing the runner-up place in the GEMS Legacy Cup. This marks the first-ever trophy for Ambassador School in a girls' football competition—a truly marvelous achievement! The team showed immense determination and gave their best effort in the final. Congratulations to our power-packed girls on their hard work and resilience, making a mark in territories less ventured. We are proud of you all! Keep striving for excellence!



## GEMS LEGACY CUP INTER-SCHOOL BADMINTON DOUBLES TOURNAMENT

At ASD, our girls are truly an embodiment of growing 'girl' power and enjoy the choices that they are free to make, be their choice in academic pursuits in higher education or in the field of sports and in the pursuits of other hobbies or passion. Our girls are stepping out of the school and leaving their footprints in multiple platforms. The recently organized GEMS Legacy Cup Inter-School Badminton Doubles Tournament, had our ASD players: Aarna Kerkar and Jiya Singh making a mark with their talent and skills in the said sport. They were selected as the Most Valuable Players of the tournament. They exhibited great understanding, maturity and teamwork in the doubles and made ASD extremely proud with their recognition. Congratulations to the girls and here's wishing them continued success ahead.



## ILT SCHOOL-LEVEL CRICKET TOURNAMENT

“No cricket team in the world depends on one or two players. The team always plays to win.” Virat Kohli

Four teams of ardent cricketers from ASD took the challenge against Delhi Private School, Dubai in the exhibition match at Dubai Cricket Stadium during the International League Tournament on 20th January, 2025. It was a joyous occasion for the students and their coach when they won all the four matches against their opponent. What was even more captivating, was the fact that our girls' team too came out glorious, winning against their competitors. ASD Sports teams are going places, bringing so many laurels to their alma mater. It was just not a player or couple of them. Our ASDians stood out as proud teams of fearless players, all working towards a single goal. Yes, they played together as a team and had a single point mission: to fight it out jointly and so they won!

Congratulations to ASD's Cricket Comets. They are bright and brilliant!



# Well-being Calendar February 2025



1

**Tell a loved one about the strengths that you see in them-**

The right people will know all your weaknesses and will never use them against you

2

**Give sincere compliments to people you talk today-**

Sometimes just a little compliment can make someone's entire day

3

**Be gentle with someone who you feel inclined to criticize-**

If someone criticizes you, you give them compliment

4

**Show an active interest by asking questions when talking to others-**

Asking questions is the first way to begin change

5

**Really listen what people say, without judging them-**

Sometimes, all we need is someone to just listen without criticism or judgement

6

**Do anything but let it produce joy-**

Plan a fun or exciting activity to look forward to.

7

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

Practice active listening in your conversations to understand people better.

8

**Share something you find inspiring, helpful or amusing-**

Life is all about sharing, if we are good at something, pass it on

9

**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

10

**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

11

**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

12

**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.

13

**Trust your crazy idea-**

Discover your artistic side. Design your own greeting cards.

14

**Make a plan to connect with others and do something fun-**

Everyday do something that will inch you closer to a better tomorrow

15

**Respond kindly to everyone you talk today, including yourself-**

It is only when you have mastered the art of loving yourself that you can truly love others

16

**Appreciate the good qualities of someone in your life-**

Appreciation can make a day, even change a life. Your willingness to put it all into words as all that is necessary.

17

**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

18

**Ask a friend how they have been feeling recently-**

Call a friend to catch up and really listen to them

19

**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

20

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

Find a new perspective on a problem you face.

21

**Difficulties allow us to change for the better-**

Remember that things can change for the better.

22

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

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

23

**May people with pure intension find people with pure intension-**

Look for the good intension in people around you today.

24

**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.

25

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

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

26

**Being taken for granted can be a compliment-**

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

27

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

Try seeing goodness in other people.

28

**Do an act of kindness to make life easier for someone-**

A simple act of kindness can make a tremendous impact on a person's life