

Ambassador Times





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

From the Principal

**“By loving them for more than their abilities we show our children that they are much more than the sum of their accomplishments.”
-Eileen Kennedy-Moore**

At the outset, I would like to thank the parent community, the new and the existing members, for entrusting us at Ambassador with the responsibility of nurturing your precious ones!

The first day of the new academic year encapsulates myriad colours – the youngest ones facing separation anxiety for a couple of days, the others buzzing with happiness as they meet their peers, the excitement of making new friends, setting new goals and meeting newer expectations!

And fast forward it to the day of investing student leaders! Listening to their speeches, their thought process, their aspirations, as a principal, I feel proud of my team that helps our scholars exhibit excellence in everything that they do and to lead with integrity. It is not only our goal to help our students graduate, it is also to equip them with the skills that they will need to accomplish their goal and everything that they want to do in their lives.

As a school community, we challenge our excellent human beings-in-the-making to think critically and to express themselves in academics as well. It is along this journey of academic and self -exploration that we compel our students to ask important questions of themselves, their teachers, each other and the content that is being presented to them. We expect our students to do their best to use the academic tools we give them to understand themselves, others, and the world around them. We want them to envision how they see themselves and their place in this world.

Therefore, we take our time to build relationships with our students and their parents. By getting to know them, we learn how best to assist and guide them along the way. This requires a great deal of time, patience, and commitment on our part. It also requires that our students and parents partner with us and help us help them.

We see every student of our community as a compassionate leader and guide each one of them so that they can do everything in excellence and be an amazing person in every area of their lives.

Enjoy reading this edition of the Ambassador Times to see what our leaders in the making have to say!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

INVESTITURE CEREMONY 2023



RAMADAN CHARITY DRIVE



HIGHLIGHTS OF THE MONTH

INVESTITURE CEREMONY 2023

Great leaders harness personal courage, capture the hearts and minds of others and empower new leaders to make the world a better place. – Maxine Driscoll

As the Student Council members got ready to take on the responsibility of leadership at the Investiture Ceremony held on April 28, 2023, the ASD campus took on a ceremonial appearance. The parents and staff members gathered to commemorate this momentous occasion were filled with jubilation and fervour. This year's official 'Election Procedure' involved students nominating themselves using the given website, and voting took place in the classrooms.

The National Anthems, verses from the Holy Quran opened the day's events. Our Principal, Dr. Sheela Menon, Vice-Principal, Mrs. Rosy Bali and members of the Senior Leadership Team invested the office holders with their respective portfolios.



HIGHLIGHTS OF THE MONTH

RAMADAN CHARITY DRIVE

"Happiness doesn't result from what we get, but from what we give."Ben Carson

At ASD children are always taught on their community responsibilities, believing in the happiness of giving that liberates our soul. As always, students and parents of Ambassador all joined in large numbers, pouring in their contributions of dry edibles and essentials for daily requirements during the holy month of Ramadan. Eventually, our students gathered and with much excitement and joy, they distributed the goodie-bags to the school nannies and bus drivers, whom they lovingly called 'Aunties' and 'Bus-Uncles'. It was so heartening to see the trust that our students have on the people who constantly take care of them giving them a safe environment to the place that they know as their second home. To give is a joy, to share is a commitment and there is the exchange of goodness and blessings between the givers and takers, the roles just changed for the day. The ethics and values of a good human thus become a continuous learning for our young learners. Thanks to ASD parent community for the kind gesture!

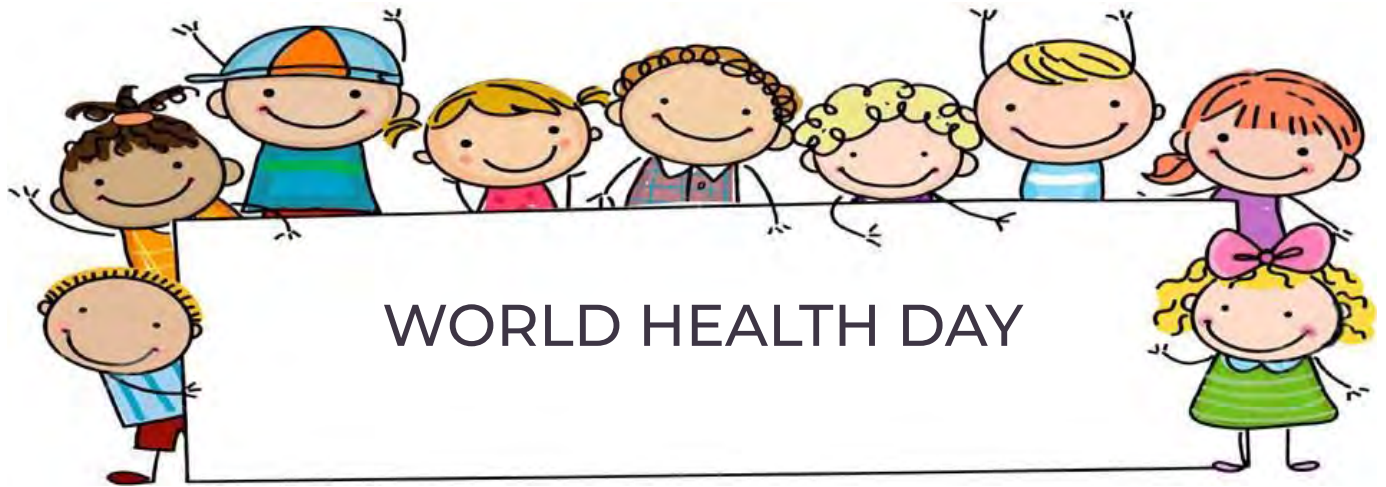




World Autism Awareness Day was observed at Ambassador School to spread kindness, autism awareness, foster worldwide support, and inspire people. Dressed in blue, we stand in solidarity with inclusive learning and emphasizing that it is ok to be different and embrace the positive qualities that makes one unique.. A special pamphlet creating awareness was placed in the reception for the parents.



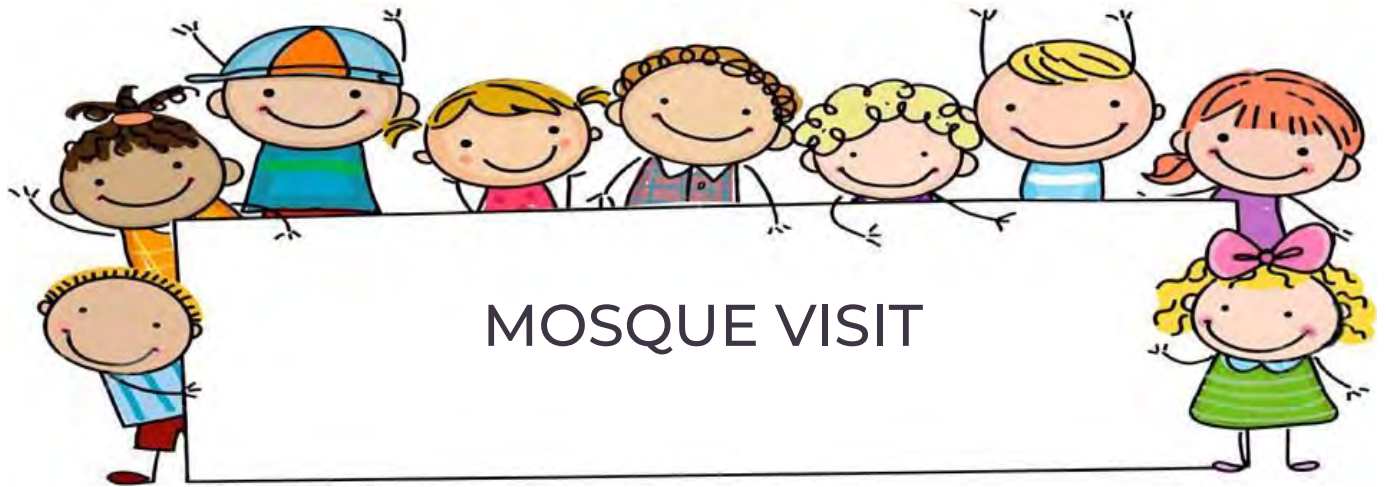
AMBASSADOR KG



Inauguration of the Health Club comprising of students from KG1 and KG2 students to promote healthy diet and the need for exercise to stay fit! Fun outdoor activities and Yoga was planned for Pre KG

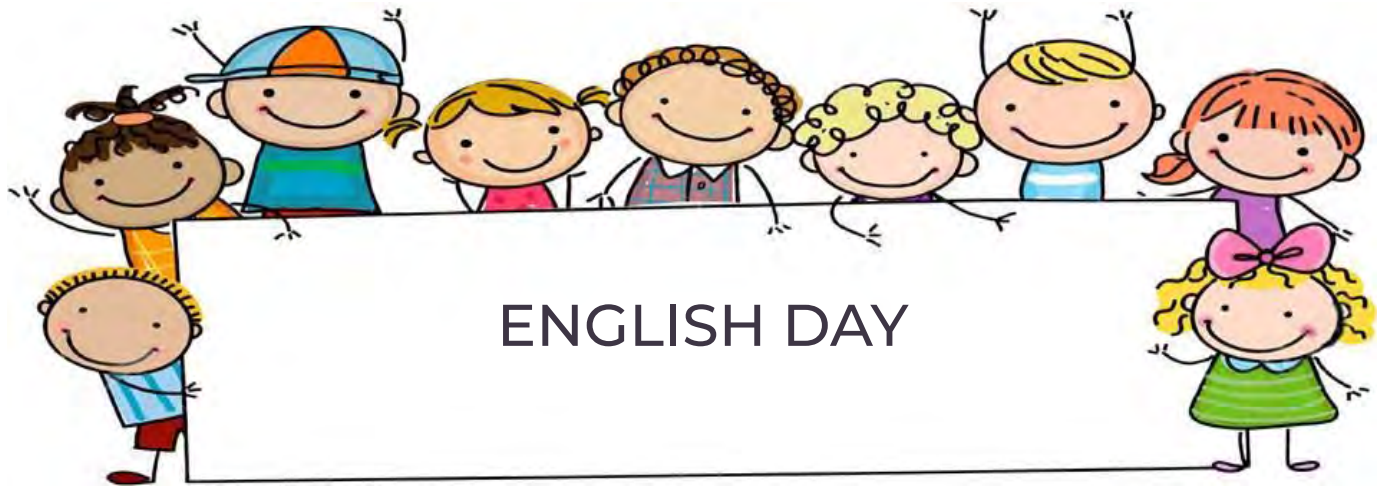


AMBASSADOR KG



KG1 and KG2 students on a Mosque Visit to gain knowledge of the holy place of prayer and take a tour and observe the remarkable points of significance in a Mosque.





Earth Day is observed annually on 22nd April while English Day is celebrated every year on 23rd April. Our little kindergarteners celebrated 'English Day' along with Earth Day on Monday, 24th April, 2023 to develop and widen their literacy skills and to connect with the ongoing Earth Day conversation through a read aloud session during regular school hours. The aim of this celebration for our little learners was not only to improve their literacy skills, but also to provide them with a positive learning experience considering ways to save the planet Earth.





Commencement of ECO Club's 'Green Team' with 'ECO warriors' from KG1 and KG2 being conferred with badges undertaking a pledge to partake in ecofriendly activities to save Mother Earth and educate friends and family to do the same and protect our planet Earth!

Through a skit they showed us how with simple steps, we can make the Earth a better place to live. In the classroom through a presentation it was reiterated how we can invest in our planet and go green. The students made a poster to reflect their thoughts and ideas.



AMBASSADOR KG



Prekindergarten celebrated by indulging in a 'Messy Play' using different materials to ignite their creativity.



THE SPIRIT OF RAMADAN

Ramadan is a month when our cities come alive with lights and festivities. A month of lavish iftar parties and big brands luring the customers with massive discounts. But Ramadan is not only about iftar deals and shopping. It is much more than this. When I first sat down to write this post, I remembered the story "Idgah" by Munshi Premchand.

"Idgah" is the story of a little boy called Hamid. Hamid is an orphan, being brought up by his poor grandmother. On the day of Eid, Hamid goes to the village fair with his friends. While his friends are affluent and have been given generous eidi's to spend, Hamid has only three paise as eidi. While the other children enjoy the fair, spending their money on food, rides and toys, Hamid doesn't spend any money. Ultimately, he finds what he is searching for, and buys a pair of iron tongs. His friends make fun of his purchase, but Hamid ignores them. On reaching home, he hands over the tongs to his grandmother, for he had purchased them as a gift for her. His grandmother is bewildered. "Why didn't you enjoy yourself at the fair? What use are these tongs?" She scolds. "I purchased them for you because, every day, while making rotis you burn your hands!" replies Hamid.

You might be wondering why I am writing about Hamid's story about buying a pair of tongs for an article about Ramadan. This is because Hamid's story portrays a virtue that Ramadan teaches us.

The virtue of "sabr" or patience.

If Hamid had wanted, he could have spent the money on himself, like his friends. But he chose to be patient. Hamid waited until he found the perfect gift for his grandmother. Hamid's pleasure in alleviating the daily pain that his grandmother endured while making rotis was more than the momentary pleasure he would have received if he had spent the money on himself in the fair. Through his actions, Hamid shows that love is more valuable than money. The story asks us to look beyond our happiness and to try to feel the pain of others. And to try and lessen the pain, if in our power.

And isn't that the true spirit of Ramadan? To focus on our relationship with God. To try and help others as much as you can. To have control over thoughts and actions. And most of all, to have the patience to fast for hours. To know that this patience will be rewarded by detoxing our hearts and souls of unnecessary desires. Filling our hearts with peace, contentment and gratitude.

BY HARSHITA NANDA
PARENT OF KUSH AGARWAL

LEADERSHIP

(Head Boy's Speech presented during the Investiture Ceremony on 28th April, 2023)

Esteemed members of the audience,

Before I begin my speech, I want to take this opportunity to express my gratitude to my parents. From the early years of my childhood to the current phase of my life, you have always been there to lend a helping hand, a shoulder to cry on, and a word of encouragement. Thank you for everything that you have done for me.

I have been a part of Ambassador School for over 11 years. Every classroom or common area brings back fond memories that I will cherish for life. Standing here at the podium, I can see my younger self looking down from the corridor, dreaming about living in this moment and being a leader today.

I am truly grateful to our Respected Principal, Sheela Ma'am and the entire Senior Leadership Team of Ambassador School for considering me worthy of this position. I hope to live up to your expectations and make you all proud.

I have been a part of our school's rich inclusive culture and along with the Head girl Tansi, and the Student Council members aspire to help the school fulfil its vision and preserve its long standing legacy. I believe that by working together, we can create an environment where everyone feels valued and respected.

I am a firm believer in the motto of my alma mater which reads "Inspire, Inquire and Innovate". I hope to set a precedent for the aspiring Ambassadors of tomorrow. Let us make this year one of the greatest in the history of Ambassador.

Thanking you,
Sanskar Hemant Khadse
Head boy

PARENTING CHALLENGES IN A NEURO-DIVERGENT WORLD

The word “neuro-typical” refers to people who have brains that function in a manner similar to most of their peers. Individuals who are neuro-typical develop skills, such as social or organizational skills, at around the same rate as others their age. On the other hand, A “neuro-divergent” person refers to a person on the autism spectrum or, more generally, to someone whose brain processes information in a way that is not typical of most individuals.

Raising a neuro-divergent child in a neuro-typical environment is always a challenge, but not impossible. A majority of these challenges arise because of a lack of awareness and acceptance. Every parent expects the best for their children. However, in that journey they often neglect their own well-being. They need to take care of themselves so that they can be loving and accepting of their children. Given below are a few challenges faced by parents of neuro-divergent children.

Denial about the Diagnosis :

Often when a parent is given a diagnosis, or they even start to recognize that their child is neurodivergent there is some sadness there. This does not mean that they resent or dislike their child. It is because of the inability to accept what is different from their expectation. Often, once the parent gets to the other side of the initial grief, they are able to accept their child and their differences completely. On the road ahead, parents may still face situations that arise from how the differences impact the way the world interacts with their child.

2. Facing Their Own Possible Neurodivergence

In the initial stages of the diagnosis, we often start to look at their behaviors with reference to what was stated in the assessment. And sometimes we begin to reflect on the uncanny similarities between us and our children. It may even sow the seeds of doubts about our own neuro-divergent behaviours. This can be very overwhelming because at times it puts certain parts of our lives into perspective and makes us wonder what things would have been like if we had been diagnosed earlier. Often the hardest part of recognizing your own neurodivergence is realizing how much you have hidden through your life in order to get by. There may be some sadness or anger aimed at a world that you’ve never felt you fit into.

NURTURE OVER NATURE

3. Never Feeling Good Enough

Parents face a lot of judgment in our culture. When your child doesn't act the way that others expect them to, or when they have invisible struggles that other people don't understand, the judgment can be even more extreme. This judgment can be from close family, neighbors or even total strangers. One very typical comment parents hear is that the child is just spoiled and needs better boundaries set. This is of course blaming the parent for something that neither the parent nor the child can control. Along with the external judgments and comments, they also often tend to be highly critical of self. Even when you know that your child thinks and acts differently it's hard not to blame what's going on with your child on you. As a parent, you often compare your present self to what you expected to be like as a parent. This leads a parent to a place where they are often questioning themselves.

4. Constant and Consistent Feeling of Being Overwhelmed, in a Practical Sense

A neurodivergent child may require a lot of support. And this can become overwhelming for the parents. Multiple appointments for therapies, navigate the scheduling pressures, juggling a busy work schedule and making time for family can often take a toll. There is also a struggle to maintain basic self-care for the parent and child. Lack of sleep is consistent and there is often worry about whether or not the child is getting enough of the right nutrients. With a lot of kids, there is also a constant worry about safety. Some kids run into the street if they are not kept close by or maybe self-injurious and this can put a lot of extra pressure on the parent and the family as a whole. It is normal to feel completely overwhelmed and to have multiple health issues come up because of this chronic stress.

5. Lack of True Support

We talk a lot about how it takes a village to raise a child and this is definitely true. Often extra support can be really important when you are the parent of a neurodivergent child just so the parent can take a deep breath here and there. Unfortunately, the opposite is what happens. Instead of getting the extra support when your are struggling, the people around you may not even realize that you could use some time off for self. Sometimes because they feel ill-equipped to handle situations, and sometimes because of a clear lack of empathy. When you are in survival mode all the time it can be hard to maintain typical friendships. The people who understand what you are going through may be just as busy and stressed as you are so it can be hard to really find the time to connect.

NURTURE OVER NATURE

6. Not Feeling Heard

If you have a child who is neurodivergent, I want you to know that you are seen and heard. That there are people out there who know that this is a hard experience. I also know that you love your child more than anything in the world and that you do everything you can to help them have a happy life.

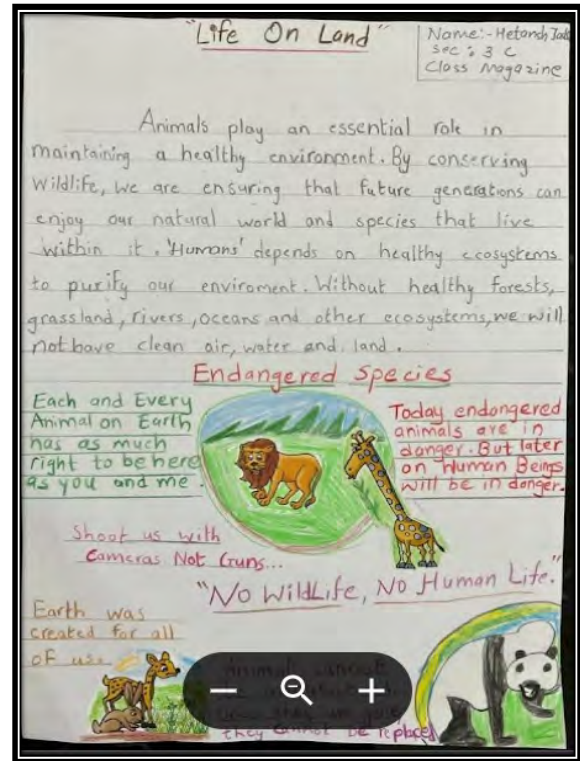
If you are reading this to learn about a friend or family member's experience, I hope that this helped you to know ways that you can be a support to them and how you can be present in their lives so that everyone can be happier and healthier.

BY INCLUSION DEPARTMENT

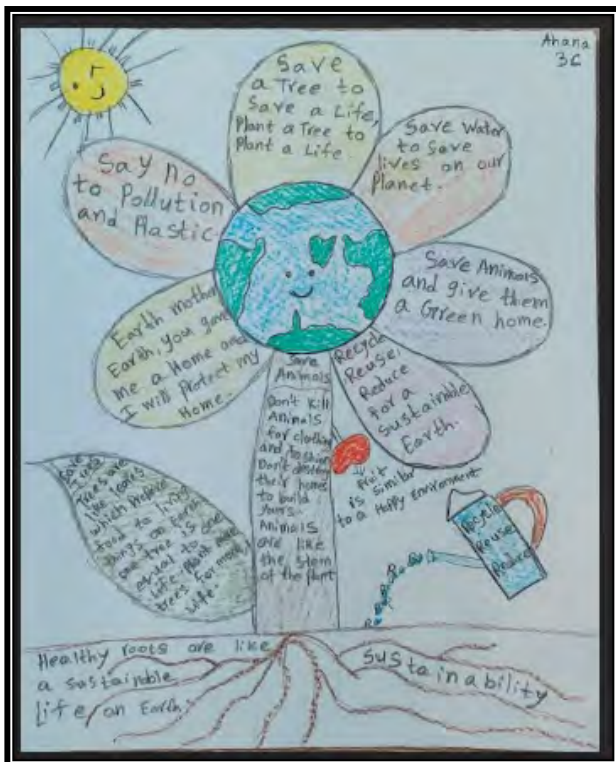
MY SPACE



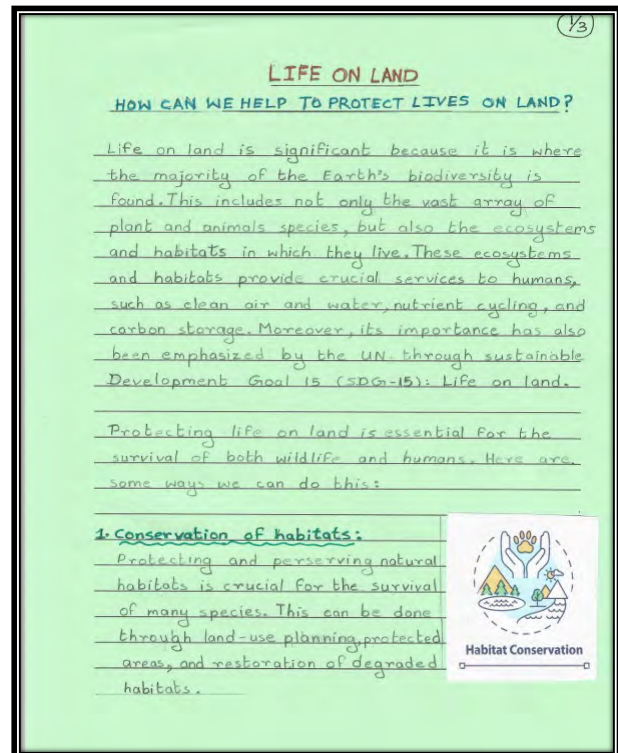
By AVANTHIKA NAIR
Grade - 3A



By HETANSH JOSHI
Grade - 3C

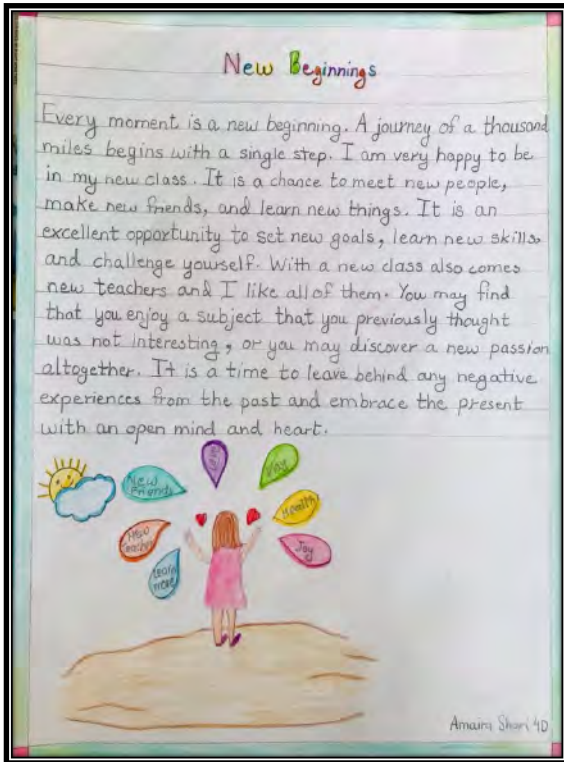


By AHANA REDDY
Grade - 3C

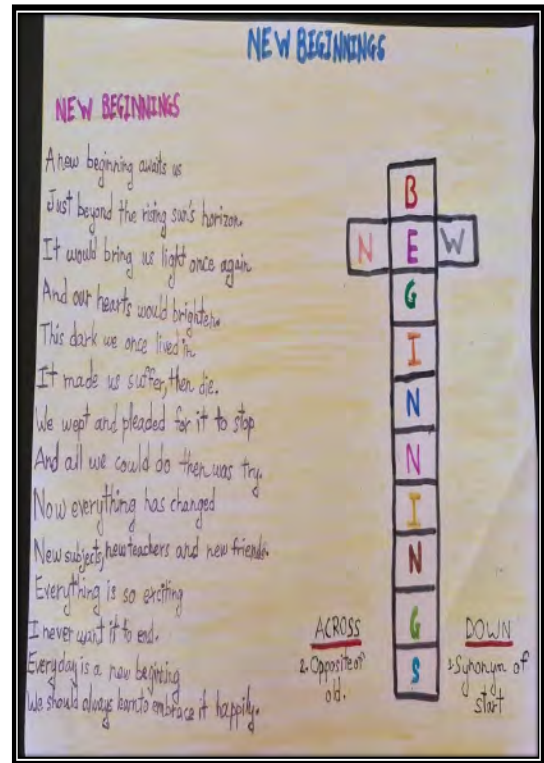


By AANYA SUKUMARAN
Grade - 3E

MY SPACE



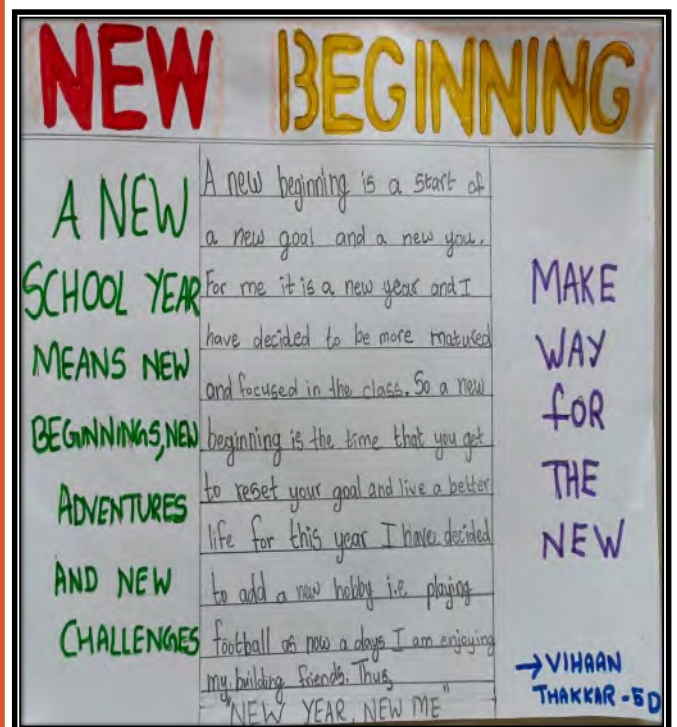
By AMAIRA SHORI
 Grade - 4D



By RIA
 Grade - 4D



By VIVAAN GOHIL
 Grade - 5C



By VIHAAN THAKKAR
 Grade - 5D

"3 WAYS TO OVERCOME STAGE FRIGHT"

Relax your mind and body- Eat your favourite food, stretch a few muscles, take deep breaths, listen to your favourite songs, talk to your best friend or even try winking at random people. In short, do anything which will entertain you and take your mind off the unnecessary anxiety.

Practice, Practice and Practice- Practice in front of your family, friends, in front of a mirror and even in empty auditoriums, so that you get used to the idea of performing in front of your audience. Practice till you almost memorise it. This will give you confidence and also help you to improve your speech.

Don't try to fight your fears- Don't fight it. Just breathe, accept it, and you will relax even more. If you fight your anxiety, chances are that it will get worse.

Watch and learn- Initially, even speaking in front of family and friends may trigger public speaking anxiety. To overcome this reaction, watch some public speaking lessons online.

By Vihaan Nair
Grade - 7A

“THE START OF THE SCHOOL YEAR IS A FASHION SHOW, THE REST OF THE SCHOOL YEAR IS A PYJAMA PARTY!!”

The day we enter school after a well deserved break, we want to Make sure everything is perfect, we wear our school uniform, tie in a straight not a crooked line in sight, our shirts and skirts Ironed and ready to go, not wrinkle in sight.

We focus on getting good grades, trying to ace our exams. but , as months turn into terms we loosen up, next thing you know , our tie has gone missing, our shirts untucked, the teacher is telling us to straightned our uniform. We also have to worry about our exams , here are some tips:

Create a daily time table.

Find a friend who you can study with.

Take a break every few hours .

Wish you all a very good year ahead!!

By Kritika Mehta
Grade - 7A

CELEBRATIONS GALORE

INTER SCHOOL SCIENCE YOUNG INNOVATOR 2023

*“Champions aren’t made in the library or playground,
Champions are made from something they have
Deep inside them..... a desire, a dream, a vision.”*

Ambassador School, Dubai was the proud host to the Inter School ‘Science Young Innovator’ competition, on the 26th of April in which 160 students across 12 schools in the UAE participated. The vision underlying the competition was to bring out the scientific temperament of young innovators on the theme ‘Sustainability Science: Innovations for a Resilient Future’.



CELEBRATIONS GALORE

LITERARY WEEK

“The fire of Literacy is created by the sparks between a child, a book and the person reading” –Mem Fox

The corridors of the primary wing at Ambassador School, Dubai buzzed with flourishing vocabularies, poems and speeches as students echoed their love for reading and the need to highlight the importance of Literacy. In line with this achievable goal, the English department of the primary wing conducted literary week from 24th to 28th April with a range of activities designed for all age groups.



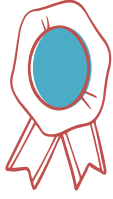
CELEBRATIONS GALORE

EARTH DAY CELEBRATION

'Earth Day should encourage us to reflect on what we are doing to make our planet a more sustainable and livable place'. – Scott Peters

The theme for this year for Earth Day 2023 is 'Invest in Our Planet.' Students of the Ambassador School, Dubai celebrated the day with different activities to spread the awareness of sustainable lifestyle.





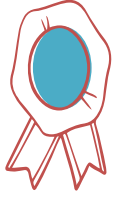
HALL OF FAME

ECO ART AWARD

Sai Ganesh of Grade 4 spoke his mind with colours and strokes as he presented his art work on the theme of Recycling and Sustainability for the Eco Art Competition. The organizers BIC Middle East thus awarded the Second Prize to our budding artist and was moved by his art and the message that he portrayed on a very pertinent theme of Sustainability, which is the most talked about topic world across, while it is the theme of UAE for the year 2023. Sai Ganesh is one excited boy to see his work imprinted on T-Shirts.

We congratulate Sai and encourage all our young artists to come forward and be courageous to express your thoughts through the beautiful medium of Art that brings out their creativity and critical thinking.





HALL OF FAME



SPOT ASSESSMENT

Congratulations Kushal, Pranjal, Neelesh! 🥳 ⭐ 🏆

Vikram Sarabhai Science Foundation (VSSF) conducts SPOT assessment (Science Promotion Orient Test) annually for students with aptitude to determine their conceptual knowledge and skills of Science. It serves as an important benchmark to evaluate the performance and progress of students. Ambassador School Dubai is immensely proud to share the remarkable success of our students in the SPOT test, demonstrating their dedication and hard work in achieving exceptional results.



NATIONAL SPOT100 (FINAL) 2022-2023 RESULTS



CONGRATULATIONS KUSHAL J MANKAD

You have successfully qualified as one of the Top 100 Science Talents, shortlisted through the National Science Promotion Orient Test (SPOT 2022-2023).

CLICK HERE to DOWNLOAD your SPOT PRELIMS 2022-23 Qualifiers Certificate. SPOT100 Badge & Certificate will be handed over in person during the Internship program.

(Further course of action will be sent to your registered email by 30th Apr 2023.)



NATIONAL SPOT100 (FINAL) 2022-2023 RESULTS



CONGRATULATIONS Pranjal chhangani



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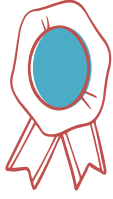


CONGRATULATIONS Neelesh Anil Kartha

You have successfully qualified as one of the Top 100 Science Talents, shortlisted through the National Science Promotion Orient Test (SPOT 2022-2023).

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HALL OF FAME

ALEF INTERNATIONAL CHESS CHAMPIONSHIP

Congratulations Divya!

Divya Gowrisankar (Grade 4 C) secured first place as the best player in the Under-10 Girls Category in Alef International Chess Championship – Group A held on 7th & 8th April in Sharjah. Divya has won a gold medal and a cash prize of AED 200 in the Alef International Chess Championship.

This is the largest Tournament in the Arab and Middle East organized by the Alef Group in cooperation with Sharjah Cultural Chess Club with more than 1000 participants of different nationalities held in Sharjah, UAE with Group A being rated players and Group B being non- rated players.

The Group A tournament was played by more than 400 chess players from 40 countries including Grand Masters and International Masters.

This is incredible recognition Divya! We are super proud of your achievement!



Well-being Calendar - May



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| <p>1</p> <p>Set an intention to live with awareness and kindness-</p> <p>Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around</p> | <p>2</p> <p>Start today by appreciating your body and that you're alive-</p> <p>Appreciate every day that you're alive because being alive is a luxury that many don't get to experience for long</p> | <p>3</p> <p>Bring to mind people you care about and send love to them-</p> <p>Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.</p> | <p>4</p> <p>Write a list of things you feel grateful for in life and why-</p> <p>Be grateful today and never take anything for granted. Life is a blessing.</p> | <p>5</p> <p>Notice how you to speak to yourself. Try to use kind words-</p> <p>Of all the people on the planet, you talk to yourself more than anyone. Make sure you are saying the right things</p> | <p>6</p> <p>Take a full breath in and out before you reply to others-</p> <p>Take deep breath before reacting and you will instead respond</p> | <p>7</p> <p>Find ways to enjoy any chores or tasks that need doing-</p> <p>It can be a much more positive experience when families do all chores especially domestic work together.</p> |
| <p>8</p> <p>Think about the ways you've been lucky in life-</p> <p>If you are lucky enough to find a way of life you love, you have to find the courage to live it.</p> | <p>9</p> <p>Share your troubles with a friend-</p> <p>Maybe sometime they cannot solve it, but they gives you best suggestion to solve the problem.</p> | <p>10</p> <p>Look around and spot 3 things you find unusual or pleasant-</p> <p>Find beauty in unusual things, like hanging your head out the window or sitting on a fire escape.</p> | <p>11</p> <p>How well do you bridge differences?</p> <p>Differences and similarities are equal as easy to see. It mostly depends on which ones you are seeking to find.</p> | <p>12</p> <p>Buy an extra item and donate it to a local food bank-</p> <p>Giving is not just about making donation. It is about making a difference</p> | <p>13</p> <p>Go out of your way to give someone a hug-</p> <p>Sometimes all you need is a hug from the right person and all your stress will melt away</p> | <p>14</p> <p>Take one step toward a more sustainable lifestyle-</p> <p>Sustainability is no longer about doing less harm. It's about doing more good</p> |
| <p>15</p> <p>Cut down on sugar to see if it improves your mood-</p> <p>When you cut out sugar, you'll be cutting out a boatload of empty, useless calories, which should help with weight loss</p> | <p>16</p> <p>Get in some exercise today. Your brain will thank you-</p> <p>A good workout is a great way to clear your mind</p> | <p>17</p> <p>Figure out what your strengths are and how to apply them in your daily life-</p> <p>Everything you need is within you, the strength, courage and confidence to change your life. You just need to look within yourself and find it</p> | <p>18</p> <p>If you find yourself rushing, make an effort to slow down-</p> <p>Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life.</p> | <p>19</p> <p>When you want to relax, turn out on a soothing song-</p> <p>Music has healing power. It has the ability to take people out of themselves for a few hours.</p> | <p>20</p> <p>You are the glue to keep people together.</p> <p>Express your love and respect towards your family/ colleagues/ organization</p> | <p>21</p> <p>What are your most important values? Use them today</p> <p>Core values are the framework on which we evaluate our choices</p> |
| <p>22</p> <p>Look at the world through the eyes of a child-</p> <p>It is the purest joy that anyone can experience</p> | <p>23</p> <p>Strive to provide a sense of safety and security for your loved ones-</p> <p>Safety is not something that can happen on its own by accident. You need to work towards it with the right measures, tools and mindset</p> | <p>24</p> <p>Remind yourself what motivates you to do the work you do-</p> <p>It is never too late to be what you might have been</p> | <p>25</p> <p>Find out about the values or traditions of another culture-</p> <p>Once you understand and appreciate other people's cultural background, then you can also connect with them</p> | <p>26</p> <p>Turn off digital devices and really listen to people-</p> <p>Listening is often the only thing needed to help someone</p> | <p>27</p> <p>Let someone know how much you appreciate them and why-</p> <p>One of the simplest powerful things you can do is to tell someone that you appreciate them</p> | <p>28</p> <p>Plan some new acts of kindness to do today-</p> <p>No act of kindness, no matter how small, is never wasted</p> |
| <p>29</p> <p>Contact an older neighbor and brighten up their day-</p> <p>Pay your neighbor a visit that is friendly and useful for him or her, by offering to do things around yard or the house</p> | <p>30</p> <p>Find three reasons to be hopeful about the future-</p> <p>Fear never builds the future, but hope does</p> | <p>31</p> <p>Try playing a game with others. It could strengthen your relationship-</p> <p>Spend sometimes with people who really cares for you, it make your relationship stronger.</p> | | | | |



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AMBASSADOR SCHOOL
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