

Ambassador Times





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

From the Principal

Dear Students,

'To find your voice, you have to explore your inner territory. You have to take a journey into those places in your heart and soul where you bury your treasures, so that you can carefully examine them and eventually bring them out for display.'

- Jim Kouzes

Children, my interactions with many of you time and again confirm your intelligence, sharpness and your agility! Despite all these strengths, how often have you felt that GPS, travel apps and Google Maps do not work in finding the direction to solve those everyday moral quandaries? How often do you feel that available choices seem right? It is in times like these when our life direction is unclear, what we need most is an internal compass—a 'true north' that helps us navigate when the world around us no longer provides sufficient light. When you find that true north, your goals, dreams and plans emerge from deep inside you. Keeping your true north insight prevents you from getting distracted by obstacles and problems that might take you off course. It allows you to set and maintain your direction over the long haul.

But what if you are confused about your true north or do not know how to find it? To discover your true north, you have to look within. Definitely, there are no shortcuts, but you might want to try the following to get started.

Dig deep for your core values. Gain insight by asking yourself probing questions and considering your answers carefully. Reflect on what's truly important to you. What do I care about most deeply and why? What am I most passionate about? What keeps me up day and night and why? If I could contribute anything to the world in my life-time, what would it be? Journal about these important questions over weeks or months before you feel enlightened about finding the answer.

Dear Parents, life has taught us that what matters, are the roots under the soil, not just the leaves fluttering above or the flowers blooming in the breeze. Let's give our children firm roots and continue to provide them the opportunities to find their 'true north' and be exemplary for them in our deeds and actions!

Looking forward to hearing stories about your true north!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

LITFEST -2023



RAIMBOW DAY



HIGHLIGHTS OF THE MONTH

LITFEST -2023

Ambassador school Dubai was happy to welcome a whopping 133 primary students from 7 schools across Dubai and Sharjah for 'LITFEST 2023' an Inter School Literary competition. This event aimed to encourage literary skills among the students and provide a platform to showcase their talents through varied programs like The Puppet Master, Extempore, Rhymes and Tickles, Declamation and Poem Recitation on Sustainability. Team events comprised of Choral Recitation, Read Aloud and our newest addition this year being Poem in a Box



HIGHLIGHTS OF THE MONTH

AL FALAH 2023

“Collaboration is key, it takes innovation and creativity to the next level.”

– Shawn Lukas

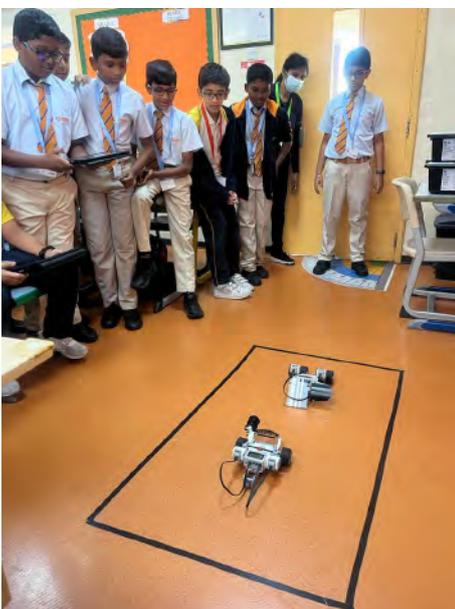
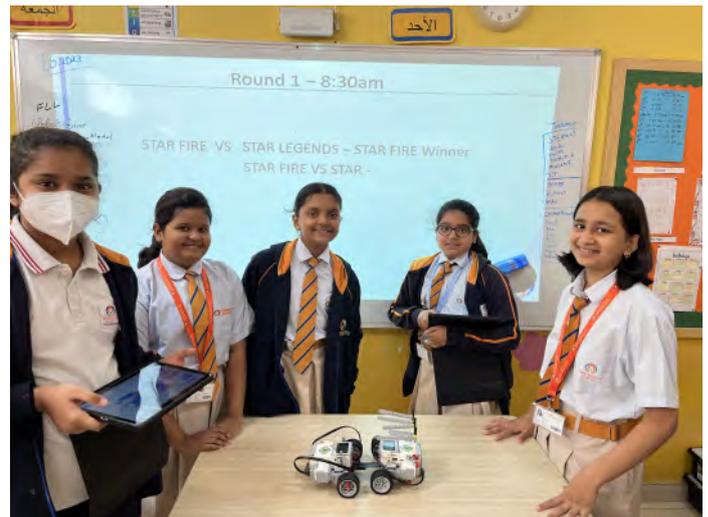
When two or more join hands to work towards a common cause, the results can only be immensely positive and elating. With this thought in mind, Ambassador School Dubai, in collaboration with BITS Pilani, Dubai, hosted a workshop as part of the Al Falah initiative of the school. The workshop was held on 16th of May 2023 at BITS Pilani campus and had a total of 7 schools that participated in the same. The goal of this programme was to provide the Able, Gifted and Talented students with an opportunity to engage their inquisitive minds while expanding their knowledge outside the classroom, and give these young minds a glimpse into their possible future career choices. Through lectures and hands-on activities with the top most professors at BITS Pilani, the students could dive deeper into understand their areas of interest, perceive their learned concepts with more clarity and even spark their own creativity and innovation.



HIGHLIGHTS OF THE MONTH

SUMO ROBOT CHALLENGE!

The LEGO Sumo Robot challenge provides students with an engaging and educational experience in robotics, programming, and teamwork. By designing, building, and programming their Sumo robots, students acquired valuable STREAM skills and developed critical thinking abilities. This also fostered collaboration, creativity, and problem-solving skills. The LEGO Sumo Robot Activity proved to be a successful and enjoyable learning endeavor for the students. Following the competition, students engaged in a reflection session to discuss their experiences, challenges faced, and lessons learned. Teachers also evaluated the performance of each team based on predetermined criteria, including robot design, programming, strategy, and teamwork. This has developed a healthy competitive spirit, always in the spirit of successive progression.



AMBASSADOR KG



KG 1 Students had a fun filled trip to Oli Oli. Exploring 4 zones such as incrediballs, water gallery, future park and Toshi's net with their friends and teachers. It was a unique experience of peer interaction and learning with fun.





Little Ambassadors of KG 2 had a fun trip to Little Explorers.

Besides exploring all the exciting fun zones the workshop on 'Go Green' was apt and in sync with the vision of the Green team of the school.



AMBASSADOR KG



Pre KG Students had a fun trip to Dig it. From the bus ride till they got back it was an exciting time all throughout.





Mommies Day out!

Mother's day was celebrated in style. Mom were invited to school to celebrate this special day with their little ones!

Moms were crowned the queen of her child's heart. A photo booth was dedicated to capture memories of the day. The heart felt art and games surely brought in smiles and joys!



AMBASSADOR KG



Pre KG Students participated in show and tell and the topic was 'My Family.' They could express with confidence. Their word and emotions definitely priceless



AMBASSADOR KG



A week of Math related activities, tasks and challenges for students to develop interest for Mathematical fervor and critical analysis. Indoor activities, outdoor games made math week exciting and fun. Their was also an engaging session with parents that made the math week a complete package for all!



AMBASSADOR KG



Rainbow Day was beyond recognizing and identifying colors. It was a day filled with splashes and sprays of excitement, delight and fun. The sponge squeezing, walk on bubble wraps, and colorful shots of water gun, surely brightened up the kindergarten!



PARENTING AND MORAL VALUES

Parenting is a challenging task that comes with a great deal of responsibility. It is a sacred job that requires patience, diligence, and above all, a deep commitment to the welfare of our children. One of the most important things we as parents can do for our children is to instill strong moral values in them. Moral values are principles that help differentiate between right and wrong, good and bad, and enable decisions that align with our beliefs and values.

Lead by Example:

One of the key elements in this process is the need for us to lead by example. Children are like sponges, absorbing everything in their environment. Therefore, it is imperative that we embody the values that we wish to instill in our children. We must be honest, compassionate, and respectful, for these are the values that form the bedrock of a civilized society.

Open Communication:

Furthermore, we must create an environment of open and honest communication where our children feel safe and comfortable in expressing their thoughts and emotions and engage in meaningful dialogue. It is through these conversations that children can develop a deeper understanding of the importance of moral values and how they can be applied in their lives.

Practical Application:

Finally, parents must provide their children with opportunities to practice these values in real-life situations. Whether it is through volunteering in the community or helping a neighbour in need, children must be given the chance to demonstrate their empathy and compassion towards others. This not only reinforces the importance of these values but also helps children develop a sense of purpose and meaning in their lives. The task of instilling moral values in our children requires a concerted effort on the part of parents, educators, and society as a whole. But it is a task that is well worth undertaking, for the future of our civilization depends upon the character of our youth. Let us therefore rise to the occasion and do our utmost to nurture and cultivate the moral values that will shape the destiny of our children and our world.

Dharmesh Soni
Father of Kyra Soni Gr. 4C
& Jian Soni Gr. 2C

ROBIN

On the grassland upon the hill, miles above the sea
Stood a majestic, intimidating oak tree.
The humble tree housed anyone that came in
But upon the biggest of its branches stayed a beautiful Blue Robin.
The robin sensed certitude under the oak's protective roof,
They would chat and laugh for hours never seeming aloof.

One evening as she returned from a day's hefty flight
Sensing agony, the trees inquired into her plight.
The robin stood up and came closer to the trunk
Thereafter reciting her story to the old wise monk.
Earlier today I was singing along the tulips with no sense of superiority
When a flock of geese flew in announcing their authority.

They bullied me away saying that in order to sing in that space
I'll have to beat them in an open air race.
They poke the poor flowers all day long
I wish I could beat them but alas! They were so strong!
Sensing her dejection the oak pondered,
And then came the wise words as the Oak rendered.

'Their strength is something that you must assess
And thereafter you must focus on the process.
Of building your strength and the willpower to win the race,
All doubts from your mind, you must erase.
To save those pretty little flowers
My friend eagle will help you to empower.

Advised the wise Oak to the little bird,
The Eagle begins your training, be on guard
Get some rest as a new day begins tomorrow
Embrace your will and relinquish all sorrow.'
Later that night a squirrel came out to say
Why can't the eagle simply sway the geese away?

FACILITATOR'S FRESCO

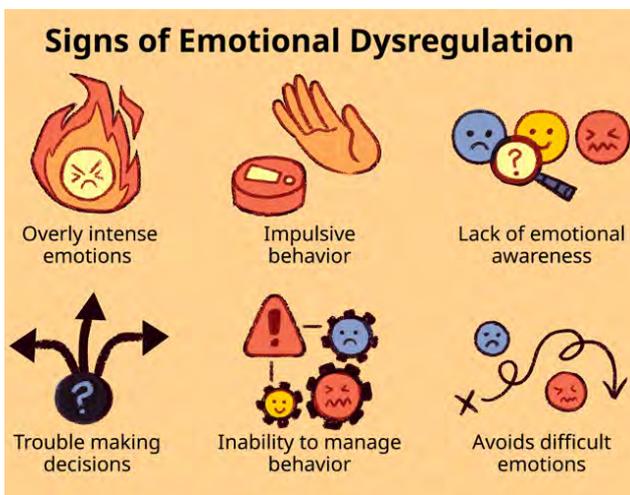
To this the smiling oak replied without much rattle
The Robin must learn to fight her own battle.
With days of training a strategy was seen to form
Building courage and resilience became the norm.
The day of the race soon dawned
The winds under her wings while the sun brightly shone!

As the race began the geese sprinted
But soon to the robin the eagle hinted.
The little bird while flying started to sing,
The breeze did the rest and gave her a zing.
Her song attracted all the butterflies and bees,
Their entry made the sprinting geese freeze.

Their fearful eyes slackened their moves
And now was the time for the robin to prove!
It was then that she gave her wings a big flap
And eventually crossed the finish line with a huge gap!
The delight in her heart came out as a melody no one had previously heard
And this was the making of 'The legend of the pretty little bird'.

DEFICIENT EMOTIONAL SELF-REGULATION (DESR)

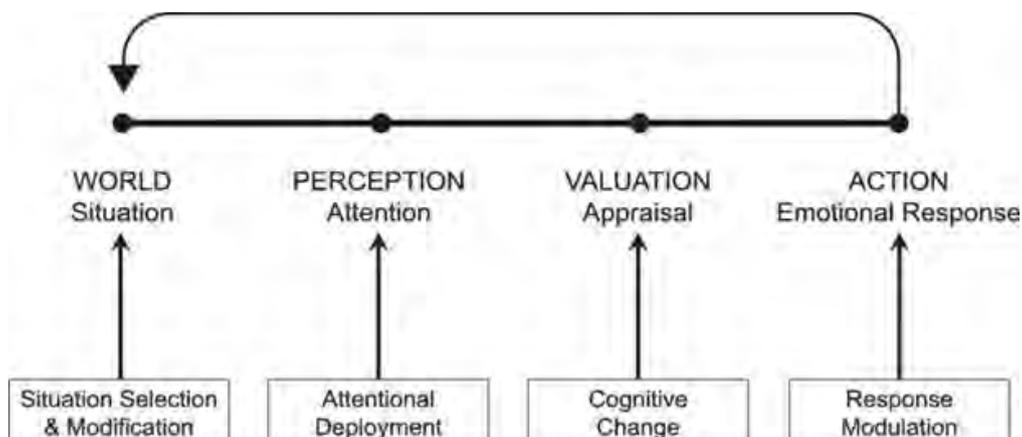
ADHD is a developmental disability in which two psychological traits are not developing in the child on time. These include, failure to develop appropriate inhibition to behavior and restlessness. Restlessness declines with age, and by adulthood becomes completely internalized. The real issue lies with the inhibition. It affects the mind, behaviour, words, thoughts and emotions.



Deficient emotional self-regulation (DESR) is the inability to regulate responses to certain emotions and to avoid over reacting to life situations. Quickness to anger, easily excitable, low tolerance to frustration, displaying emotions much more quickly than other people – these are a few signs.

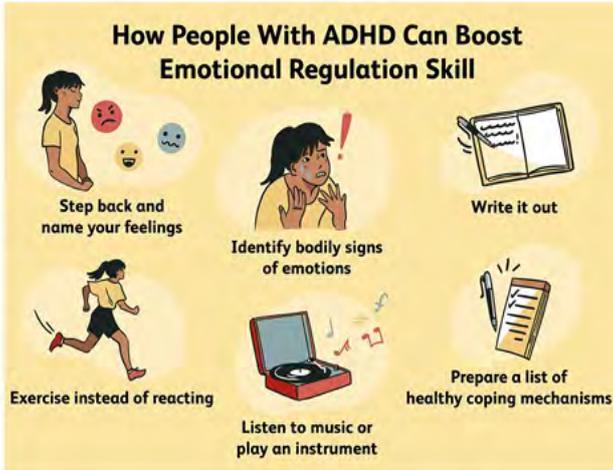
This is NOT a case of generating excessive emotions

Instead, it is a failure to regulate normal emotions to make it more socially acceptable to the context and for what you hope to accomplish. Impulsive emotion is linked to the impulsivity dimension of ADHD and the struggle with the executive control of emotions once they're provoked is part of the larger inattentive executive dimension of ADHD. Understanding emotional dysregulation as a component of ADHD also helps a common misdiagnosis as mood disorders. Mood disorders are cross situational, excessive, irrational and unprovoked and last for a longer duration. Emotional dysregulation on the other hand are situation specific, often provoked, rational and are of shorter duration.



NURTURE OVER NATURE

Children with ADHD are 11 times more likely to develop ODD within 2 years of their diagnosis. ODD is a pattern of hostility, anger, defiance, stubbornness, low frustration tolerance and resistance to authority. ODD has two symptom dimensions, emotional dysregulation – the anger and social conflict – the arguing and the refusal. The emotional component arises biologically from ADHD, while the social component of ODD is learnt.



Non-stimulant drugs help to regulate the executive brain by giving people more self-control of emotion. Emotional regulation training may not work well on children. But CBT programs targeting EF deficits as well as mindfulness-based approaches have proven to help adults while they are on ADHD medications.

Behavioural parent training can help with ODD among children because some of the anger, hostility and defiance comes through parenting. Changing the parenting style can help with the emotional regulation of ODD. Parental ADHD can make things worse for child ADHD as both are emotionally dysregulated. Therefore, if a child is diagnosed with ADHD, parent should be screened as well. And the parent needs to undergo treatment prior to or at least simultaneously with the child for effective results.

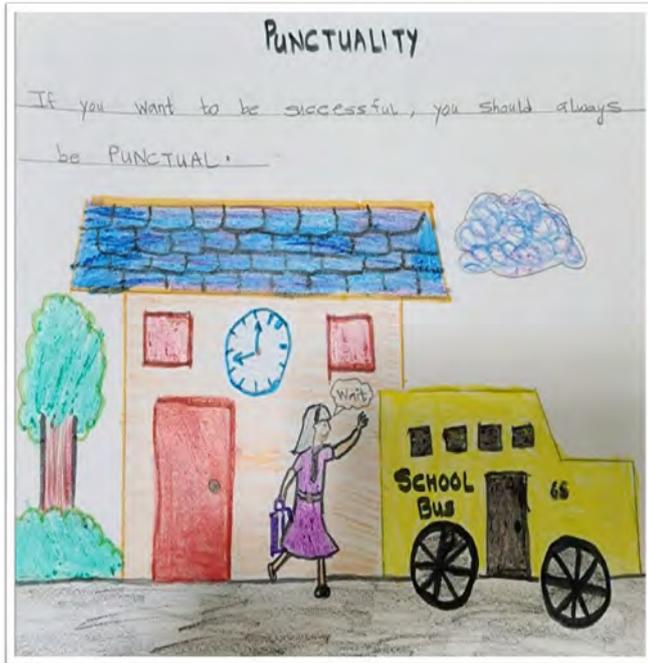
Resources

Mindfulness for Adult ADHD: A Clinician's Guide - Lidia Zylowska and John Mitchell

CBT programs on stress management and emotional regulation - Mary Solanto, J.Russell Ramsay, Steven Safren

BY INCLUSION DEPARTMENT

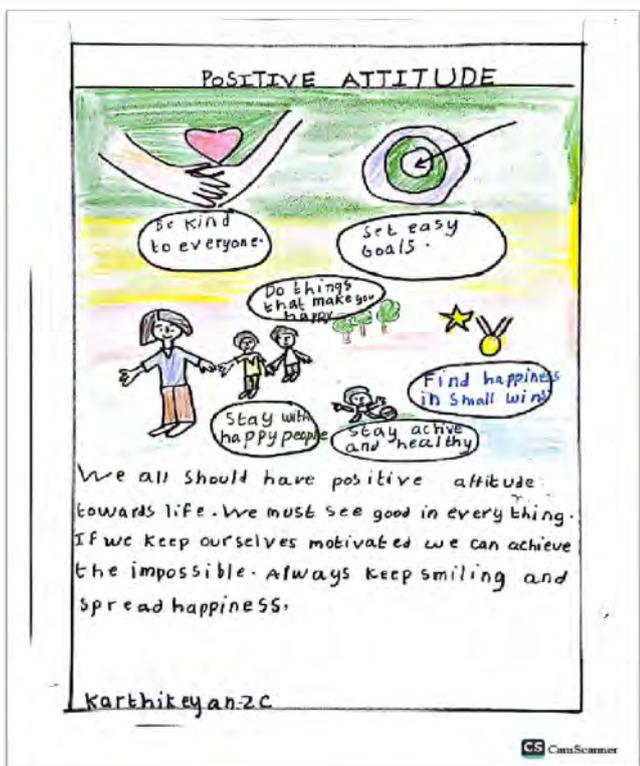
MY SPACE



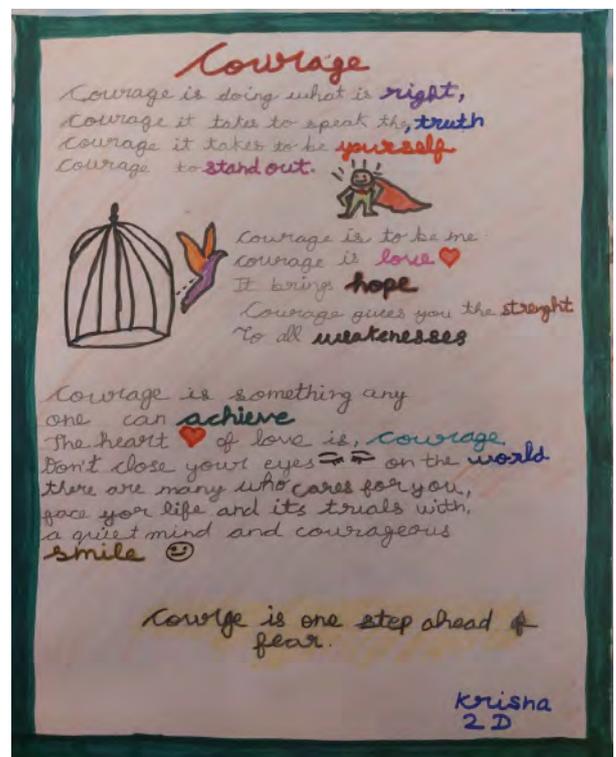
By HUSAINA M
 Grade - 2A



By SYED ZAYAN
 Grade - 2B



By KARTHIKEYAN SUBRAMANIAN
 Grade - 2C

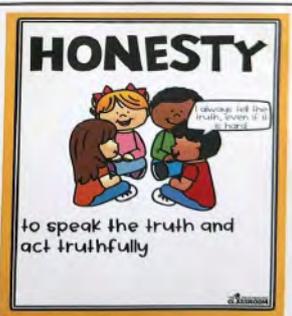
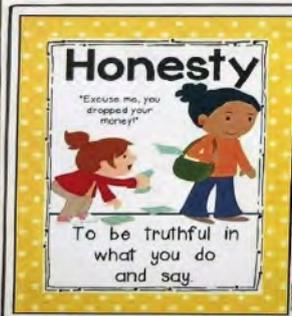


By KRISNA MALHOTRA
 Grade - 2D

MY SPACE

Honesty is the best Policy activity

- H- Help others to trust you!
- O- Owning up to your actions!
- N- No stealing or lying!
- E- Everybody, Everyday!
- S- Shows Respect!
- T- Telling the truth!
- Y- You can do it!



By REIYANSH DESHMUKH
Grade - 2E

My most memorable trip

My most memorable trip was my trip to Abu Dhabi with my family last Eid holidays. I was unwell during our journey from Dubai to Abu Dhabi, but that did not stop me from having fun. Our first stop in Abu Dhabi was Warner Bros theme park. The Warner Bros theme park was enormous, explorable and vibrant. I liked the bedrock river adventure the most. The next day we went to Yas water world. I was eager to explore the attractions in the water park. Me and my family enjoyed playing in the water slides and water play areas. My favourite ride in the water park was the falcon falaj. This trip was my first visit to theme parks and I will cherish these memories forever.



By KRISH KARTHIKEYAN
Grade - 3A

Memorable Trip

Rima Sancheti
3C

Trips are enjoyed the best when accompanied by our dear ones. As famous quote goes, "A family that travels together stays together", so our family also went on a memorable trip to Gulmohar resort in Ahmedabad. My maternal uncles, aunts & my cousins accompanied us in this trip. When we reached Ahmedabad by train, we all were very relaxed yet excited. Reaching there, we rushed to our rooms and took a bath. After that we enjoyed playing tennis and badminton. By then, everybody got so tired that we went for a rest. Then we took our dinner & went to sleep. Next morning was a total bliss as we enjoyed in the swimming pool. It was a great time by then followed by a carnival, we played & enjoyed a lot making this trip the most memorable one for me.



By RIVA SANCHETI
Grade - 3C

+ Friendship +

. Inesh 4A .

Yehud toh bahut unchi hai teri
Lekin fir

WHERE THERE ARE Friends

Cartoon Network

deh ke hum chah lete hu.

THERE IS Wealth

The sake of Friendship

Pretend the oven of love with plenty of secrets & hugs mix in giggles & laughs that make your sides split in half. Bake with the love & care & all things you both should share. Decorate with the frosting of trust. This is really a must. Enjoy the cake, do not eat it fast just like your new friendship, make it last.

By INESH SACHIN
Grade - 4A

ANTI-BULLYING POEM

In a world where kindness reigns supreme,
Where compassion and respect are the theme,
We stand together, hand in hand,
To prevent bullying, take a firm stand.

In the real world, we'll spread our wings,
And protect those who suffer, hear their heartstrings.
No more taunts, no more pain,
We'll create a haven where love will reign.

In the classroom, a sanctuary we'll create,
Where every student feels safe, no room for hate.
We'll build bridges of understanding and trust,
And watch bullying crumble to dust.

With empathy as our guiding light,
We'll teach compassion, shining bright.
In each child's heart, seeds we'll sow,
To foster kindness, let it bloom and grow.

We'll teach the power of a helping hand,
To lift each other up, together we'll stand.
No one should face fear or despair,
For we'll foster a climate where all hearts repair.

WORDSMITHS' WALL

Through open conversations, we'll erase the divide,
By listening, validating, and standing by each side.

No one shall suffer in silence's shroud,
For together, we'll be a compassionate crowd.

We'll teach the beauty of diverse souls,
Celebrating differences, reaching shared goals.

No judgment or prejudice shall prevail,
As understanding and acceptance will prevail.

And if ever bullying rears its head,
We'll be strong, united, and well-led.
For we are warriors of love and peace,
Bullying's grip on our world shall cease.

In the real world and within these walls,
We'll create a haven where compassion calls.

Together we'll rise, together we'll soar,
Bullying will exist no more.

So let us join hands, hearts intertwined,
And create a world where love's defined.
Where kindness conquers, where compassion thrives,
For preventing bullying, in our hands it lies.

By Mehak Nambiar

Grade - 11-B

WHAT IS AMBASSADOR SCHOOL DOING TO COMBAT BULLYING?

The Anti-Bullying Squad (ABS) is a student-led organization at the Ambassador School in Dubai that is dedicated to creating a safe and respectful environment for all students. The ABS works to prevent bullying by educating students about the issue, providing support to victims of bullying, and advocating for policies that protect students from bullying.

The ABS has been a valuable asset to the Ambassador School. Since its founding, the ABS has helped to reduce bullying incidents by 50%. The ABS has also provided support to dozens of students who have been victims of bullying. In addition, the ABS has advocated for policies that protect students from bullying, such as a zero-tolerance policy for bullying and a requirement for all students to take an anti-bullying class.

Anirudha Ramanujam is the esteemed leader of the ABS. Anirudha is a 15-year-old student who is passionate about creating a world where everyone feels safe and respected. Anirudha joined the ABS when he was 13 years old after witnessing a six-year-old girl, Jay Mehta, being bullied. Anirudha was inspired by Jay's courage and determination, and he decided to dedicate himself to fighting bullying.

Anirudha has been a leading contributor to the ABS. He has helped to develop and implement the ABS's anti-bullying curriculum, he has trained other students on how to prevent and respond to bullying, and he has spoken out against bullying at school assemblies and in the community. Anirudha's leadership has helped to make the Ambassador School a safer and more respectful place for all students.



CELEBRATIONS GALORE

MOTHERS DAY CELEBRATION

Mother's Day is a special occasion to acknowledge and appreciate the tireless efforts of mothers. This year, Ambassador School Dubai celebrated Mother's Day with a unique twist, focusing on the theme of Self-Care and "Me Time." The event aimed to encourage mothers to prioritize their well-being and recognize the importance of taking care of themselves.

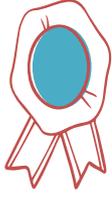


CELEBRATIONS GALORE

INTER-SCHOOL ENGLISH AND ARTS CREATIVE CHALLENGE, 'THE PERFORMING LINGUIST'

The event was organized to promote language proficiency among school students and to provide a platform for them to showcase their talents in various activities. The competition was divided into two broad categories, 'The Language Lounge' including poetry composition and illustration for the middle school and 'Articulate and Act', an adaptation of text into performing and fine arts.





HALL OF FAME

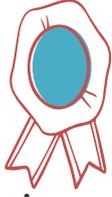
Kudos Team Ambassador!

In the words of Jonas Salk – The reward for work well done is the opportunity to do more.

Bagging the acclaimed award for being one of the top 20 Best Performing Schools in the UAE for ASSET Results consecutively for the last two years is the testament that at Ambassador School, Dubai, students are the pivot around whom everything revolves!

Congratulations to our students, teachers and parents for this achievement! It's the coming together of all these stakeholders that makes a big difference and sets the tone for the success on the journey to excellence.





HALL OF FAME

Congratulations students, staff, governors & parents of Ambassador Family!
13 years of excellence and many more to come!

"We are the good news that we have been looking for, demonstrating that every dusk holds a dawn disguised within it. Today we don't burst into a new world; we begin it." — Amanda Gorman

It is the month of good news for Ambassador School, Dubai. It just feels as if the heavens have opened their doors, showering us with abundance of happiness and reasons to celebrate. Our Grade 10 and 12 results, published recently were exemplary. And now we have another reason to be elated, being shortlisted for the Top Schools Award for Best Indian School in the United Arab Emirates 2023-2024 and in the category 'Best School in the UAE for Post 16 Education'

The recognition of our efforts, our students' achievements and the faith and support that we receive from parent community all speak for and about ASD and we thus continue on our path of educating and enlightening generations. Ambassador family is united in all its goals and ambitions, be they are students or teachers or our staff, all working tirelessly in the journey of excellence



Well-being Calendar - June



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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>Every day is beautiful, if you choose to see it-</p> <p>Decide to look for what's good everyday this month</p> | <p>2</p> <p>A positive mindset brings positive things-</p> <p>Say positive things in your conversations with others</p> | <p>3</p> <p>Worrying doesn't empty tomorrow of its sorrow, it empties today of its strengths-</p> <p>Reframe a worry and try to find a helpful way to think about it</p> | <p>4</p> <p>Make time for whatever brings you joy-</p> <p>Take a photo of something that brings you joy and share it</p> | <p>5</p> <p>Think of three things you're grateful for and write them down-</p> <p>Keep a gratitude journal. Write down at least three things a day you are either thankful for; made you smile or genuinely inspired you</p> | <p>6</p> <p>Green is the prime color of the world, and from which it's loveliness arises-</p> <p>Get out into a green space and feel the joy that nature brings</p> | <p>7</p> <p>Do something healthy which makes you feel good-</p> <p>Do one thing today to make you feel proud of your self</p> |
| <p>8</p> <p>When your soul is singing in joy then you know you are doing it right-</p> <p>Find joy in music, sing, play, dance, listen or share</p> | <p>9</p> <p>Ask a friend what made them happy recently-</p> <p>Friends are those rare people who ask how you are and wait for the answer</p> | <p>10</p> <p>Bring joy to others by doing something kind for them-</p> <p>A part of kindness consists in loving people more than they deserve</p> | <p>11</p> <p>Eat good food that makes you happy and really savour it-</p> <p>A recipe has no soul. You as the cook must bring soul to the recipe</p> | <p>12</p> <p>Write a gratitude letter to thank someone-</p> <p>Words are powerless to express my gratitude</p> | <p>13</p> <p>Take a light hearted approach. Choose to see the funny side-</p> <p>Because of your smile, you make life more beautiful</p> | <p>14</p> <p>Share a happy memory to someone who means a lot to you-</p> <p>We don't remember days, we remember moments</p> |
| <p>15</p> <p>Look for something to be thankful for where you least expect it-</p> <p>Some of the best things in life appear when you least expect them</p> | <p>16</p> <p>Speak to others in a warm and friendly way-</p> <p>Treat people the way you want to be treated. Respect is earned, not given</p> | <p>17</p> <p>Take time to notice things you find beautiful-</p> <p>Beautiful things happen in your life when you distance yourself from all the negative things</p> | <p>18</p> <p>Look for something good in a difficult situation-</p> <p>You've got to stay strong to be strong in tough times</p> | <p>19</p> <p>Get outside and find the joy in being active-</p> <p>Live in sunshine, swim in the sea, drink the wild air</p> | <p>20</p> <p>Rediscover and enjoy a fun childhood activity-</p> <p>Children have a full time occupation. It's called play</p> | <p>21</p> <p>Send a positive note to friend who needs encouragement-</p> <p>Your ability to make the ordinary beautiful is a true gift</p> |
| <p>22</p> <p>Show your appreciation to people who are helping others-</p> <p>Appreciation can make a day, even change a life. Your willingness to put it all into words is all that is necessary</p> | <p>23</p> <p>Notice how positive emotions are contagious between people-</p> <p>We don't see things as they are, we see them as we are</p> | <p>24</p> <p>Take some time to really appreciate nature-</p> <p>Look deep into nature, and then you will understand everything better</p> | <p>25</p> <p>Remember an event in your life that was really meaningful-</p> <p>The best memories of our life can never be captured in picture, they are always captured by heart</p> | <p>26</p> <p>Plant some flower-</p> <p>Where flowers bloom so does your hope</p> | <p>27</p> <p>Drink a gallon of water-</p> <p>Keep yourself hydrated as it's summer season started</p> | <p>28</p> <p>Stop comparing yourself to others-</p> <p>Comparison is the thief of joy</p> |
| <p>29</p> <p>Take a long drive-</p> <p>Sometimes the best therapy is a long drive and good music</p> | <p>30</p> <p>Spend 30 minutes in meditation over your struggles from June-</p> <p>Half an hour meditation each day is essential, except when you are busy. Then a full hour is needed</p> | | | | | |