

**ATIS! A'Takamul is
the Best!!**

ATIS NEWS

Volume 2, Issue 5

December 2019

INSIDE THIS ISSUE:

Boomerang Actors	2
Poetry Quilts	2
Students of the Month	2
History Department Excitement	3
Teachers of the Month	3
Heart Dissection	3
Ultimate Guide to Being Your Best Self	4

The End... of 2019

It is December everyone! We are almost at the half way mark of the school year. We all know it is the last month of the year and it is also a month of reflection for 2019. I don't know about you, but for me 2019 has been very challenging. So many changes regarding so many aspects of life, but I always tell myself to trust the process.

As we close out 2019 and move into 2020, I want you all to challenge yourselves. Challenge yourself to be more; more honest, more caring, more assertive, more kind, more open-minded than you were the last twelve months. We have all made some mistakes, mistakes with our class lessons, our interactions with others, and even how we treat ourselves, but we do not have to dwell on it. Tomorrow is a new day, so make that change necessary and make it stick.

To close out December, we

held several events. The social studies department held their Social Studies week. Students made jumbo posters of their topic and explained in detail what it was about, our high honor students were awarded in a ceremony that parents attended, seniors had a bake sale, an Energy Awareness Assembly took place, and even had a non uniform day and the theme was "twin day." Several of our students participated, which is always a good thing.

Unfortunately, as we close out the first part of the school year, some changes were made. Some people are no longer working with us. The connections we made will not be forgotten and I am sure we all wish them well. For those of you who are trying to decide on your next steps, just know to trust the process. Do what is best for you and if you have family with you, do what is best for your

family. I am a firm believer that it will all come together. No matter the difficulties that may come.

I want to wish everyone a safe winter break and may it be a refreshing break to replenish anything you may have lost. Let's all make it a goal to work on our mind, body, and spirit as we bring in a new year. Use the new year as a new outlook, not necessarily making resolutions, but just being reflective on how far you've come and how far you can go. You can do it! Just se your mind to it!



Special Dates:

- Dec. 1st-MS/HS Picture Day, Honor Roll Ceremony-6pm
- Dec. 2nd-MS,HS Boys Picture Day
- Dec. 1-5th- Social Studies Week
- Dec. 4th— Bake Sale
- Dec. 8th— Energy Awareness Assembly, Gr. 11/12
- Dec. 10th— MS/HS Non Uniform Day
- Dec. 15th-19th ICT Week
- Dec. 22nd— Jan. 2nd— Mid-Semester Break
- Upcoming: MS/HS Mid Year Exams, Jan. 5 -12 and Winter Holiday, Jan. 17-23

No Luck; It's All Good!

Ok everyone, here is an update on the mysterious spoon that landed in my office. No one claimed it! Yikes! I guess it is safe to say, it is a special gift for me from a secret pal. Although it is technically mine now, if someone still comes by to claim it, it is theirs to have. I have some ideas about how I will use it! Maybe I can use it in

my huge cauldron to stir up my soup, use it as a one stick drum, or use it as a nice accent to my office. Either way, I will definitely put it into good use. It is a beautiful, wooden spoon. I like to think of it as a special gift that just dropped into my



office. May I will even paint it; that's an idea! I would just eat me alive if I knew someone claimed it, but I already put my touches on it. Although, I think if they do claim the spoon, it would be sad, but necessary. Again, if you or someone you know the whereabouts of the owner of the spoon, contact me, Ms. Rebecca.

Our Boys are the Best!

On November 17th, we started our Boomerang workshops for selected male students in middle and high school. The boys participated in many activities that sometimes challenged their comfort zone, but they were able to use what they learned and applied it to the Boomerang play. The workshops consisted of 9 days of exercises and these exercises helped students realize what compassion is and how to tap into their "inner being" as well as to loosen up. On day 10, the students performed their play. The purpose of the play was to show students that "what goes around, comes around." When you bully others, it becomes like a chain reaction. That person bullies another person and so forth and so on. Until a person realizes that being kind is much more powerful, they will continue to live in a negative way. Kindness is key. Treat people as you want to be

treated. From the bottom of my heart, I thank each and every one of the boys who participated in the Boomerang program: Shaheen Kanderi, Ali Alkhabbaz, Abdullah Almunyes, Abdullah Al-ghani, Yousef Almutawah, Mahdi Al Salman, Abdullah Alshammari, Meshari Al-Hafiz, Mohammad Al-Ajmi, Mubarak Boresli, Yousef Al-Khayyat, Bader Al-Yaseen, Ahmed Alyaseen, Nasser Al-Alazmy, and Nayef Al-Otaibi. I am so happy to have worked with you all. Your personalities, your thought processes, and your

perseverance made it so easy to get to know you and work with you. I see something in each of you that makes you so unique. I see a great future ahead of you all. Just remember to stay the course, stay the path of being a good person. We all are not perfect, but we can strive to be the best person we can be. Lead by being a good example for others to follow. Regardless of how you were in the past, do not let it stop you from being even better now. I cannot wait to see what the future holds for you all. I won't forget you and hope to see you the hallways or classrooms making a positive impact on your peers! You rock!



Boomerang Student Actors for Middle and High take a group photo.

Poetry Quilts in English Class

Walking by Ms. Sara's Grade 8 Girls English class, something colorful caught my eye. I went into the classroom and asked what exciting information students were learning and creating. Ms. Sara told me the students were making poetry quilts. Some students wrote their own poem and some



used poems that were already authored but made sure designing of the quilt was creative. Students worked in groups and it worked well. As you can see in the photos provided, their creative juices were following and their finished prod-

ucts were amazing. Great job Grade 8 boys and girls! It was great to see students working together. We can't wait to see what else is happening with the English department. Keep up the exciting work.



Students of the Month- Congratulations!

Girls

Nour Ameer 6G3
Yaffa Khatib 7G3
Fatima Al Rayyes 8G1
Fai Al Elaimi 9G2
Dana Al Aryan 10G1
Hajer Ramadan 11G2
Juwana Essa 12G2

Boys

Hassan Ghaleb 6B5
Yousef Al Mutawah 7B2
Hussain Al Kankouni 8B1
Bader Al Yaseen 9B4
Turki Al Shatti 10B1
Khaleefa Sharhan 11B3
Mohammed Rezaqalla 12B1



Social Studies Reenactment !

In Grade 10, students learn about world history. I don't know about you, but I loved learning about history; I still love it. Well, several exciting things took place with the social studies department, especially with learning about World War I. In Ms. Antoinette's Grade 10 girls class, the students reenacted the Paris Peace Conference (also known as the Versailles Peace Conference), which was a meeting with several nations to discuss how Germany should be punished for starting World War I. France, Great Britain, United States, Japan, and Italy were the major forces in deciding what will happen to Germany. The students who participated in the peace conference were given a role as a representative from each country and their job was to put themselves in the mindset of how their country's representative would react

or what their country's representative would suggest regarding reparations.



The discussions got intense understandably, because each country felt passionately about how Germany should be handled. Not everyone agreed, but if you know history, you know that this conference was the beginning of something even more horrific unfortunately. The students did a

great job getting into character. They even had guards to guard the doors. If you are interested in learning what was the outcome of the Paris Peace Conference, please read up on it on the web or grab books about it. It is very interesting. I know that the students who participated either through being the representatives or in the audience, realized how critical this conference was during this time and how it will play a role in World War II. Thank you ladies for presenting your mock conference to the class!

Also, students learned about trench warfare and made great models of the trench designs using various materials to convey. They also presented to students in other grades on the information they researched. Great job everyone! Keep the learning opportunities going!

Teachers of the Month! Thank you!

Mr. Muhannad Ahmad (ICT)



Congratulations to Mr. Muhannad and Mr. James for being our teachers of the month for middle school and high school, respectively. Both are new to our school, but have made positive connections with our students. They both are cool, calm, and collected. We thank you for what you do and looking forward to working with you both as the school year progresses.



Mr. James Sheridan (Social Studies)



It is Heart Dissection Time!

Whew! I didn't realize what Ms. Winsome was asking me to do until I came into her classroom. At first she said something so fast and all I heard was "Come Miss and take a picture of our board" or something similar. I walked in her classroom and looked closely at the board and was shocked! Our students dissected the hearts of a cow and sheep! My stomach churned, but it was exciting to see students working together to dissect a heart. They were able to locate the different parts of the

heart and the function of each. I remember my days of dissecting a frog and worm, but I don't recall a heart. It is good to expose students in biology through hands-on experiences. These experiences helps our students to not be afraid of blood, guts, and hearts to name a few. It also helps students prepare



for careers in the medical field, for those who may be interested. I know that being able to cut something and explore the cavity helps in indentifying any diseases or other concerns and also find ways that can cure it. I wonder what is next in Ms. Winsome's biology class. I might be too scared to check it out! :-)

Think bigger

We get stuck in the status quo because over time we come to accept certain things about ourselves. We make decisions about what we can do (and what we can't). We decide what we deserve, what's achievable, and what will fit in with the lifestyle we currently lead. Think about something in your life then imagine how that would look when you 10x it. Think about your finances, your health, your happiness, your relationships.

Create a vision for your life

In your head, fast-forward to your final days on this planet. Who do you want to have been? What do you want to have achieved? What would you have wanted your life to stand for? What were your core values, your purpose, and your mission? Creating this big picture vision for your life gives you the context you need to plan your everyday. You'll have an inner compass that makes it easier for you to make the right decisions and set the right goals. When everything you do is in alignment, it's so much easier to become your best self.

Set goals

Goals give your life meaning and direction. Without goals, you'll be rudderless and risk living life on an autopilot that takes you further away from where you want to go. Set goals for all areas of your life and ensure they align with the bigger vision of what you want to do. Then make things happen by setting a 13-week goal. This time period is long enough to achieve something significant and short enough to keep you focused and implementing. Put your finish line too far out in the future and you'll be more likely to procrastinate because there's no urgency to take action now.

Practice gratitude

Your best self knows that life isn't all going to be plain sailing! You're going to hit your fair share of highs along with failures and lows. If you want to be successful, you need to nurture a positive mindset. You have to be willing to

The Ultimate Guide to Becoming Your Best Self

Blog by: Georgina [https://](https://blog.bestself.co/best-self/personal-development/the-ultimate-guide-to-becoming-your-best-self/)

blog.bestself.co/best-self/personal-development/the-ultimate-guide-to-becoming-your-best-self/

Kids don't see any limits. They see the world through the lens of opportunity and believe that anything is possible. Unfortunately, this open-minded, brave-hearted, fearless approach to life doesn't stick around. We get told there are things we can't do. We're taught to settle. We get trapped in the status quo until we reach a point where we stop dreaming in the same way. I like to think that there are two versions of you. There's the YOU that's living your life right now. And there's another YOU that's holding the torch for your best self. Exactly who your best self is will be different for everyone. My definition is to become fully expressed, continually explore how far you can go, and to stand in your full potential. The beautiful thing about chasing your best self is there's no fixed destination. You can't know for sure where you want to end up because at each stage of growth a whole new door flies open. That said, there are things you can do that make the journey easier and more fulfilling. So get excited and keep reading to discover the specific mindsets, behaviors, and commitments that will empower you to become the person you always knew you could be.

*See below the first 9 of 17 mindsets, behaviors, and commitments that will empower you. The next issue will review 9-17.

believe that you can do it, that you are worthy, and that life isn't always against you! It's why gratitude is a critical practice to nurture. Bookend your day with a gratitude practice and you'll train your mind to focus on and appreciate the positives. Start the day by writing down three things you're grateful to have (or have experienced) in your life, and end the day writing out your gratitude for the day. It takes minutes to do, but once you get in the habit of practicing this daily you'll notice a big difference in the way you feel about yourself and your life.

Reflect on your progress

Reflection is the greatest of teachers because it enables you to see the patterns and consolidate what experiences have taught you about yourself, your goals, and your next steps. So make reflection a regular practice. Reflect on your day, your week, your month, your quarter, and your year. Use this practice to build your self-awareness and learn more about who you really are so you can plan your next steps more powerfully and intentionally.

Learn to thrive in discomfort

Your best self is not going to be an easy life! If you want to create and achieve things you haven't got, you're going to have to do things you've never done before. You will need to push yourself out of your comfort zone – and thrive there. If you don't, you won't be able to move beyond where you are now – you'll keep hitting that ceiling. Plus you'll never know what you were truly capable of. Pressure can make you incredibly resourceful. You can ALWAYS do more than you imagine. So go with it. Let the fear guide you and as you proactively seek out experiences and situations that are going to force you to grow, watch your potential unravel.

Take absolute ownership

When things aren't going the way you want them to, it's easy to point the finger elsewhere. When it's not your fault, you don't have to take

responsibility and you can feel better about yourself by placing the blame elsewhere. The trouble is this attitude is disempowering. If it's not your fault, then you're powerless to change the situation. That's why you have to take absolute ownership for EVERYTHING that happens in your life – even the stuff that doesn't at first seem to be your fault. When you own it, you control it. When you own it, you can take proactive steps to change the circumstances and shift your life in the direction you want to go. It's one of the most powerful attitudes for a successful life.

Default to action

It's true that everything starts as a thought in your head. But if that's where it remains, you'll never feel the full value of that idea in your life. It's why you must train yourself to take action. Make implementation a non-negotiable. Commit to doing something practical every single day that takes you closer to the person you want to be – no matter how small. That way, you won't find yourself a few years down the line in the same place tackling the same issues. When you default to action, you force yourself to make decisions. You don't sit on the fence and you therefore don't waste time. You show initiative and you find a way to fix problems.

Enjoy today

You only get one life. So don't waste it wishing your time away to some point in the future where you think you'll find 'success'. Instead, enjoy the journey now. Your goals may have a defined finish line, but they're not the destination. Who you become as a result of achieving your goals is far more important than achieving the goal itself.

