

*November 2018 Edition*



# AMS JOURNAL



**IN COLLABORATION  
WITH TORCH CLUB**

**EDITED BY**

Reem Hazim 12C and Jana Ahmad 10A

**UNDER THE SUPERVISION OF**

Mrs. Dina Al Atrash



# THIS MONTH'S EVENTS

*For the students of Al Mawakeb, the months of October and November were brimming with exciting activities! We bring you the highlights of this month's events:*



## *Breast Cancer Awareness Month*

Throughout Breast Cancer Awareness month, students realized the importance of regular check-ups and early screening, and sympathized with breast cancer patients. They came to school dressed in pink, and students from grades 9 to 12 organized educational and fun activities that taught everyone about the symptoms and diagnosis of breast cancer. Furthermore, grade 11 students read moving poems and speeches that support and encourage breast cancer patients to keep fighting.

## *Kris Fade Visits Al Mawakeb!*

On Thursday, October 25th, Kris Fade, Priti Malik and Big Rossi, the hosts of the Kris Fade show on Virgin Radio, visited our school as part of their 20 Schools in 20 Days tour. Our talented high school students prepared an amazing show for the trio. Boys and girls from grades 10, 11, and 12 carried out a wide range of performances, including dancing, singing, and playing instruments. Kris Fade came with his own surprises as well, and he gave away precious prizes such as a Dell laptop and tickets to Warner Bros Abu Dhabi.



## *UAE Flag Day*

The United Arab Emirates celebrates flag day each year on the 3rd of November, where the people of the UAE remember the efforts of the founders of the country. Al Mawakeb School did not forget to celebrate this important day too. On Thursday, November 1st, each student from grades 1, 2, and 3 wore the colors of the flag and took part in an event. The 11th and 12th graders also performed a play that showed what HH Sheikh Zayed went through to make this country reach where it is right now. All of the sections later gathered at 11:00 am to raise the flag and sing the national anthem in memory of the country's accomplishments.



# LIBRARY ACTIVITY

“I have always imagined that Paradise will be a kind of library.”

— Jorge Luis Borges

A new activity has been launched in the library! Every month, a particular author will be picked, and his books will be displayed in the library. Students can read the author's books and review them, and their book reviews will be displayed on a board in the library. To participate in the activity, kindly proceed to the library and ask Mrs. Dina Al Atrash, the librarian, for more information.

# HOW TO COPE WITH STRESS

By **Taline Dia**

Stress is most often a byproduct of an overload in work, with the desire to simultaneously maintain a social and happy life. Stress can cause a multitude of physical symptoms, such as headaches, insomnia, a loss of appetite, and chest pain. In balanced amounts, stress can serve as a motivator to be productive; however, in excessive amounts stress can disrupt one's daily life and can be debilitating at times. It is therefore important to cope with stress to achieve that inner peace and happiness that most of us strive for.

## STRESS FROM AN EMOTIONAL PERSPECTIVE:

Stress feels painful. You feel scared and threatened and your senses are much sharper. The world is no longer in your hands. You feel incapable at times. You may blame yourself. You may isolate yourself from your loved ones as thoughts consume and drown your mind so that you're always occupied within yourself. It's like a battle with yourself, attempting to slow down the rate at which stressful thoughts formulate in your mind. The most important thing to acknowledge is that you are never the only one, even within your surroundings. You can cope.

## THE STEPS TO COPING WITH STRESS:

### **1- Move around**

When a stressor, AKA the cause of your stress is detected, your body's stress response system activates a series of biological events that result in the production of adrenaline and cortisol. The purpose of stress is to provide your body with energy when danger is perceived, in order to survive. The stressor that is perceived (in the case of the average person) is most often not physically dangerous. This energy is meant to be released through physically moving away from the stressors, therefore moving around and exercising lets your body know that steps towards

survival are in action, which slows down the production of stress hormones.

### **2- Talk to someone trustworthy.**

Rant about what makes you stressed to someone willing to listen. It really helps knowing that someone is by your side.

### **3- Take a step back.**

Slow it down. Be alone. Use breathing techniques to calm yourself down. Let every thought pass. Listen to music. Stop time for a minute, and live in the present moment.

### **4- Eat properly and healthily.**

It may be hard to eat when you're stressed, but your attempts to eat better during these times, along with ways that you can calm

yourself down, repels the negative effects stress has on the body in excessive amounts.

Always remember that you are never the only one experiencing a lot of stress. You can always manage with the help of your loved ones but most importantly with your own will to find and achieve inner peace and success.



## INTERVIEW WITH MR. DYLAN FLEMING

*With the coming of each new school year, students are thrilled to meet their new teachers.*

*This year, Mr. Dylan Fleming is our new history and social studies teacher. We have sent our skilled interviewer, Salma El Etreby, to ask Mr. Dylan all the students' burning questions about his life, his past, and his interests. Read on to find out more about Mr. Dylan.*

**Interview conducted by Salma El Etreby**

**S:** Tell us, in your own words, who IS Mr. Dylan?

**D:** Well, my name is Dylan, I'm from Ireland, and I teach history as an elective class. I also teach social studies for the upper grades. I studied history in college and... well, history has always been an interest of mine so I guess

I'm really excited about this. I also just moved to Dubai like, a couple months ago so this is new.

**S:** What was it like growing up in Ireland?

**D:** I grew up in a really small town, so everyone knew everyone. The school was

right across the road. My elementary school- well, the schools are different. So you go to a different town for secondary school. I got to know a lot of new people; it was really inclusive. I had some problems with meeting people here but I got to know them better, played sports with a couple of Irish guys.

**S:** How did you feel when you moved to Dubai?

**D:** It's a lot more different than Ireland, of course. I was sort of homesick at the start. My brother lives here as well so I have some family here, too. It wasn't so bad.

**S:** So, why did you move to Dubai? Were you a teacher in Ireland, too?

Not many job opportunities in Ireland. Teaching in Ireland was just a part of my

Ireland was just a part of my college course.

**D:** How's Dubai treating you so far? How do you like the school?

Yeah, it's nice. It's nice, I like it a lot to far. The students and everything, they're all very nice. At first they were a little rowdy but they've adjusted now so... yeah, they're fine.

**S:** As everyone's favorite history teacher, do you actually like teaching history?

**D:** Yes! Like I've said before, I've always been interested in history. I've always wanted to do history; I like history, I like the world wars and stuff. I actually majored in history in college. And psychology. I'm mostly interesting in modern stuff. World war is good and all, but... I prefer Irish history.

**S:** What was it like first stepping into our classes?

**D:** There's always a feeling of nervousness for the first time, but all the students were very welcoming and that helped a lot... they made it easier on me.

**S:** Alright, if you could go back in time, would you change anything? Path? Career?

**D:** Well, see... I've tried other things before, like... I was going to become a cop in Ireland. I got through but I just quit it. I did want to be a cop for a while but it just wasn't going to work out. Too many hours, bad pay. Then, I tried psychology. If anything, I'd go back and do more sports. I quit sports when I was younger because of college and I just had no time.

**S:** Speaking of sports, are there any in particular you enjoy partaking in? Like, sort of as a hobby?

**D:** I play a lot of football and hurling. Hurling's an Irish sport. There's a club in

Dubai, so... yeah.

**S:** Is there anyone you look up to?

**D:** In terms of, like, life? There's a few people, like, locally... I look up to my parents. Apart from that, there's a few sports people I look up to for inspiration. Just a few Irish people I look up to; Michael Collins... he fought for Irish independence. If it weren't for him then we'd still be under Britain.

**S:** Alright, well it seems like we're out of time. Once again, thank you very much for letting us interview you and we look forward to having you as our teacher. Is there anything you look forward to in particular in teaching us? Anything you'd like to say?

**D:** Thank you very much for having me here. I look forward to the next semester and teaching everyone about history, it's really interesting. Can't wait.



# FACT VS. FICTION

Join the Great Costa Coffee

*It's the question that gets the heart of what makes a good read-which is best, Fact or Fiction. Tell us your view, in not more than 300 words, and see if you can craft the winning argument.*

## **Prize:**

- An AED10,000 dnata travel voucher valid for 1 year from the official claim date
- A year's supply of free coffee, restricted to one cup per day
- The four runners-up will receive A month's supply of free coffee, restricted to one cup per day.

## **Closing Date:**

February 2, 2019

## **Contestants:**

- Contestant must be a UAE resident.
- Ages 14 and over.
- The submission can be in Arabic or English.
- To be submitted online.

*For more in formation, check their website in the link below::*

*<https://www.emirateslitfest.com/competitions/costa-debate/>*



# WISE WORDS: ADVICE FROM SENIORS

Collected by Mouj Al Shekh

*"Do not worry about your difficulties in Mathematics. I can assure you mine are still greater"- Albert Einstein*

Starting a new academic year may be overwhelming and nerve-wrecking; you never know what to expect, so you are left anxious and worried about what's to come. Fortunately, I have interviewed a group of seniors who will enrich your minds with advice they wish they once knew and words of wisdom that helped them get to where they are now.

*"Do not PROCRASTINATE. It may seem silly, but in actual fact it is something I wish I knew because it would have saved me a lot time, and I wouldn't have been as stressed out as a student."* – **Noor Al Bahrani**

*"Do not do anything because of others; in the end it is never a valid reason."* – **Pamela Al Hallak**

*"Believe in yourself and your insights. Everything you do is for you and up to you."* – **Marina Markarian**

*"Do not let yourself be caught up in thinking too much. Always be present in your surroundings."* – **Sheila Kazvini**

*"Focus on yourself and avoid things that could get you in trouble; it may not seem like a huge deal now, but you will regret it later on."* – **Ebtisam Yateem**

*"Don't wait till the last moment to do your external exams, and always review the material you took to avoid the stress."* – **Romane**

*"Let no day ever pass without you being happy."* – **Sama Khatib**

*"Throughout my life, I learnt that no one could make you happy except you, so dream bigger, do whatever makes you happy even if the entire world stands against you and fight for your goals, BUT remember: one step at a time..."* – **Aseel Abuhejleh**

*"Do not ignore your homework assignments. Everything counts... you need to study and work hard or else you will regret it in the end."* – **Asya Janahi**

*"Invest in yourself, it pays the best interest."* – **Sahel B.**

*"In the future, it will not matter what shoes you wear, or how your hair looked, or where you bought your jeans. What will matter is what you learned and how you used it."* – **Salama Fikree**

*"There's more to you than just grades, so do not stress yourself with school load."* – **Raphealla**

*"Enjoy your year as much as possible, but get things DONE before you get to senior year,*

*because it is a struggle to keep up with internal and external school exams. Befriend the lower grades because it is amazing to have a great junior-senior relationship. Keep the connection strong!"* – **Manuela**

*"When I was young, I decided to work hard in high school, not to benefit anyone but myself, because nothing is more important than your studies. Having fun and hanging out with your friends can be a huge delay, but studying and working hard is not. It's your choice to make between HAVING FUN OR STUDYING; choose wisely or else you will regret it."* – **Dana Bastaki**

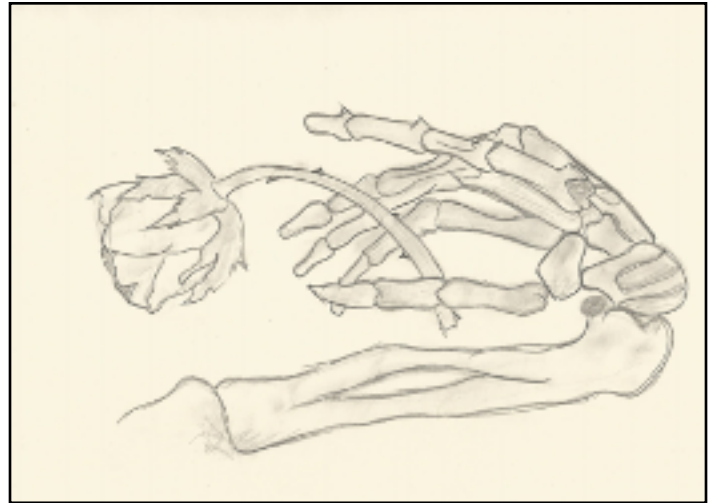
*"Spend time in knowing what your passion is and discovering yourself and your interests and start working and preparing for your future because in senior year you will have a heavy load [on your back] such as SAT, IELTS, and EMSAT besides your studies, so the earlier [you start preparing], the better."* – **Malaz Abdelgadir**

# Art Gallery

*Here, we showcase our talented students' amazing artwork*



By Maryam Samir



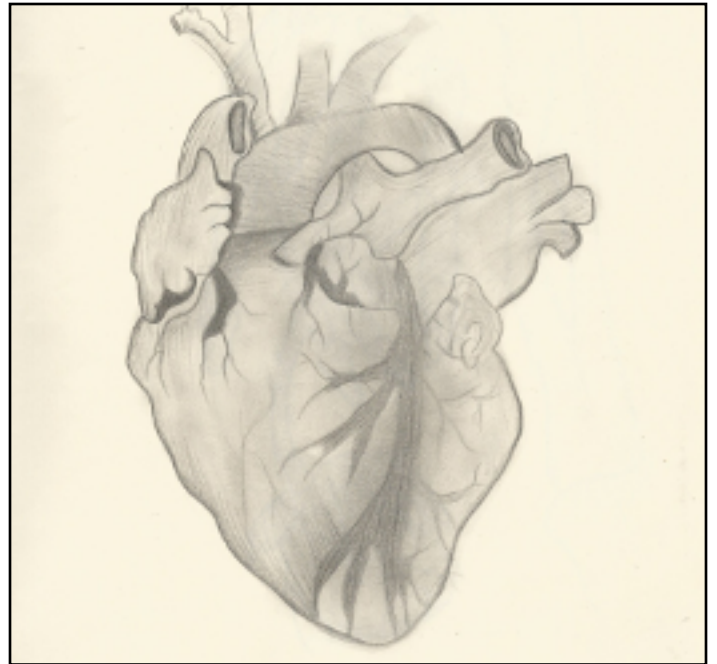
By Nadia Al Shaibani



By Roudha Bu Abdulla



By Maryam Samir



By Nadia Al Shaibani



By Roudha Bu Abdulla



# A LIBRARY WITHOUT STAFF

*It's possible you've spotted these book stalls dotted around Dubai, so here's the concept.*

Book Hero runs entirely on public trust. No staff, no tills and its open 24 hours a day, every day.

See a book you like? Simply drop your cash in the 'Trust Box' to make your payment. Books will be marked with the price (usually between AED10 and AED 20).

Book Hero is a bookstore that recently opened in Dubai Sports City. It stocks around 20,000 titles from a variety of genres and languages. But this shop is not your average bookstore. The store is open all day, every day and is manned by a grand total of zero employees.

All books have colored stickers denoting price. Rather than handing over money to a person, customers are expected to drop the appropriate amount in the "Trust Box" at the store's exit. Yes, you read that correctly...the entire store is run on trust.



## مسابقة زايد... القائد العظيم

مع اقتراب احتفالات العيد الوطني لدولة الإمارات العربية المتحدة ال غالية على قلوبنا جميع، وتخليداً لذكرى المغفور له الشيخ زايد بن سلطان آل نهيان رحمه الله تعلن مكتبة مدرسة المواكب البرشاء وبالتنسيق مع قسم اللغة العربية، عن طرح مسابقة جديدة بعنوان : زايد..القائد العظيم.

### موضوع المسابقة:

كتابة مقالات نصية أو شعرية عن الشيخ زايد رحمه الله صفاته و مآثره وانجازاته.

### الشروط والأحكام :

#### المقال :

- كلمة كحد أقصى 100المرحلة الاعدادية :
- كلمة كحد أقصى 200المرحلة الثانوية :

#### التكريم:

سيتم تكريم الفائزين بالمراكز الثلاثة الأولى بجوائز قيمة  
تسلم الأعمال المشاركة في المسابقة إلى الأستاذ أنس الخطيب

### الشعر :

- يجب أن لا تتعدى الأبيات الشعرية المشاركة عن 10 أبيات
- أن يكون من تأليف الطالب أو الطالبة و ليس منقولاً
- الفئة المستهدفة: طلاب و طالبات المرحلة الاعدادية والثانوية

يسلم المقال او الشعر مطبوعاً بغلاف خارجي مناسب وذلك في موعد أقصاه 20/11/2018



# HOW TO AVOID PROCRASTINATING

By Lujaine Abu Bajeh

Time management is the process of using one's time wisely in order to complete an activity or a set of activities in a productive and effective manner. Time management's biggest enemy is procrastination, and, unfortunately, we students tend to procrastinate all the time. Many students underestimate the power of time management, often causing them to struggle later on in life. Here are some ways you can use your time wisely rather than procrastinate.

First and foremost, the most crucial step in using your time effectively is planning what you will be doing. Studies show that creating a to-do list helps individuals perform better. In fact, 10-12 minutes of planning can save you a minimum of 2 hours of wasted time and effort throughout the day. You can increase your productivity by 25% from the first day you start to work consistently with a list.

The second most important step is to prioritizing your tasks. A major reason for procrastination is not

focusing on the most important tasks, but rather finishing the tasks of least value. Knowing your "musts" from your "shoulds" can save you tons of time! Focus on what you should do and set a certain amount of time during which you should be done with your task, and you will be good to go. The third most important step is to take rests and sleep well. It is scientifically proven that studying for long periods of time is much less effective than studying for shorter periods of time while taking short rests.

Cramping all the information in your brain for a long time can only cause you to be more tired. The most effective way to study is to study for 30-45 minutes while taking 10 minutes breaks. Eating well and drinking plenty of water are also important factors you must not forget. Make sure to stay focused, healthy, and hydrated.

Finally, you must develop a positive attitude. Having a positive mindset is a vital element in mastering the art of

time management. By being optimistic, you can reduce stress and increase your ability to focus on your task. Optimistic individuals are often much more effective in approximately every aspect of their studies or work. Your mentality is often the key component of your efficiency, and by being positive, you are much less likely to procrastinate or deviate from your main focus.

In conclusion, to achieve your goals, you must work smart and

not work hard. In order to work much more productively, these tiny changes in your lifestyle will have the most significant positive effects on your studies or your work. By following these steps, I can guarantee you success in achieving much more than you could ever achieve before!



# بين الحقيقة والخيال

## مناظرة كوستا 2019

ما الذي يشري تجربة القراءة، الحقيقة أم الخيال؟ دعونا نتعرف على وجهات نظركم وحججكم الدامغة فيما لا يتجاوز 300 كلمة. انضموا إلى مناظرة كوستا لهذا العام باللغتين العربية والإنجليزية.

### الجائزة

سيحصل الفائز بالجائزة الكبرى على :

- قسيمة سفر من دناتا بقيمة 10 آلاف درهم، صالحة لمدة سنة من تاريخ الاستلام.
- قسائم صالحة لمدة سنة لكوب واحد من القهوة في اليوم الواحد، مجاناً.
- يحصل كل من الفائزين بالمراكز الأربعة الأخرى على: قسائم صالحة لمدة شهر لكوب واحد من القهوة في اليوم الواحد، مجاناً.

### آخر موعد لتسليم المشاركات:

2 فبراير 2019

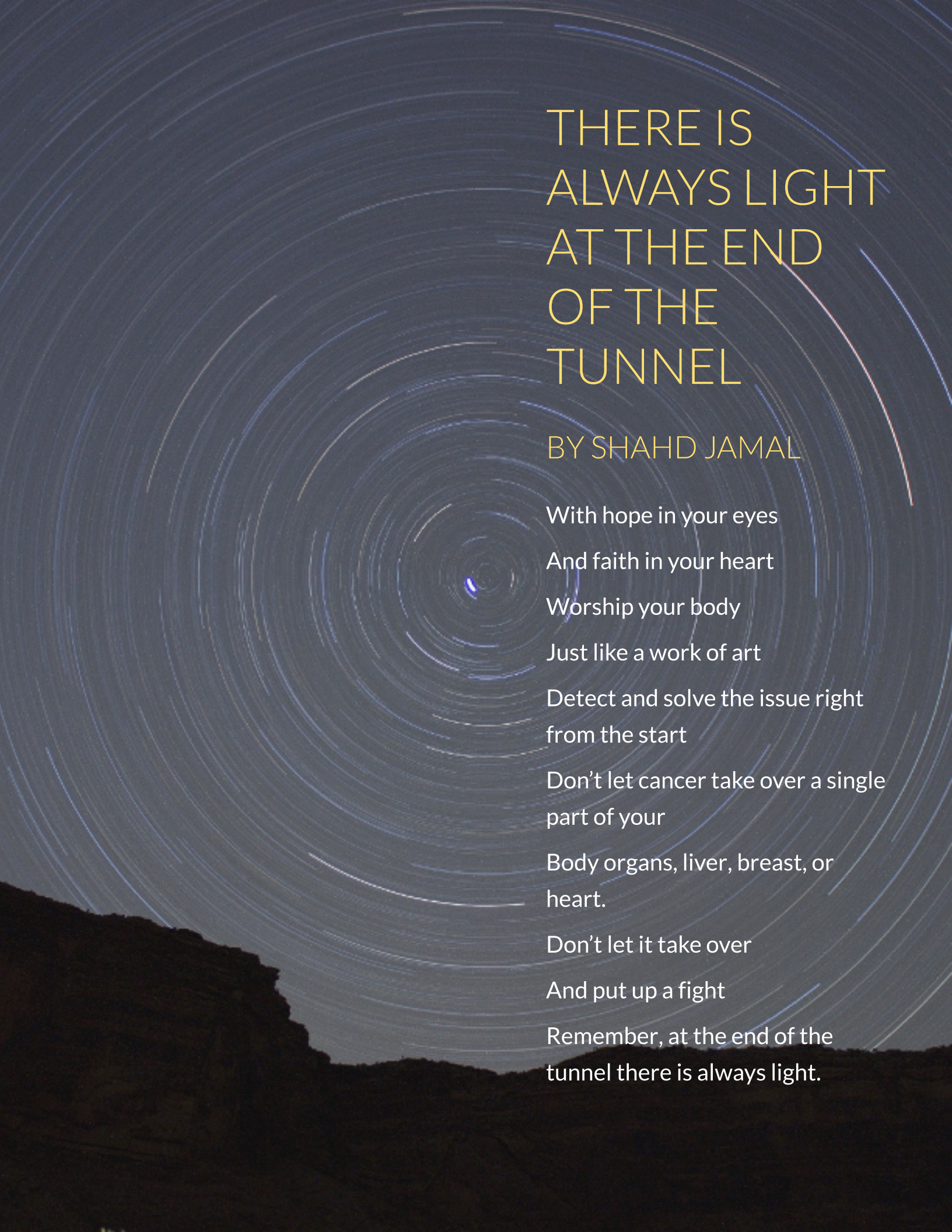
### المشاركون

- مسابقة مفتوحة للمشاركين من كافة الجنسيات لمن هم فوق 14 عاماً، ويقيمون في دولة الإمارات العربية المتحدة
- يمكنكم المشاركة باللغة العربية أو الإنجليزية
- ترسل المشاركات من خلال الموقع الإلكتروني

لمعرفة المزيد عن شروط المسابقة والتسجيل فيها، بإمكانكم زيارة هذا الموقع:

<https://www.emirateslitfest.com/competitions/costa-debate/>





THERE IS  
ALWAYS LIGHT  
AT THE END  
OF THE  
TUNNEL

BY SHAHD JAMAL

With hope in your eyes  
And faith in your heart  
Worship your body  
Just like a work of art  
Detect and solve the issue right  
from the start  
Don't let cancer take over a single  
part of your  
Body organs, liver, breast, or  
heart.  
Don't let it take over  
And put up a fight  
Remember, at the end of the  
tunnel there is always light.





# FLAG DAY

By Sarah Abdallah

The United Arab Emirates celebrates Flag Day each year on the 3rd of November, where people of the UAE remember the efforts of the founders of their State, Sheikh Zayed and Sheikh Rashid, and their brothers who sacrificed everything for the sake of their nation.

The Flag Day marks the anniversary of Sheikh Khalifa Bin Zayed Al Nahyan becoming the president in 2004. The UAE flag is a symbol of the country's unity and greatness and represents their ambitions for a better future.

The colors of the flag

stand for the unification of the seven emirates. Each color is a representative for the Arab world. Both the locals and non-locals unite together to present the amount of affection and gratitude the country deserve.

Al Mawakeb School did not forget to celebrate this important date too. On Thursday, November 1 each student in the younger grades wore different colors of the flag and held an event. There was a play that showed what HH Sheikh Zayed went through to make this country reach where it is right now. All of the sections later gathered at 11:00 am to raise the flag and sing

the national anthem in memory of the country's accomplishments. "We raise the flag today to show our great love and appreciation for the UAE President for his national efforts and his continuous initiatives to keep the nation high and cherished," were the words of the Crown Prince of Abu Dhabi. May the country continuously flourish and have an even more successful future.





# CANCER

By Hanan Al Hammal 11A

*In honor of breast cancer awareness month, I dedicate this essay to anyone who has ever had to deal with cancer, or knew someone who did .*

Imagine how terrifying it would be to wake up to the thought of whether today is the last day you'll be able to watch the sunrise at dawn, or whether it is the last day you'll be able to make your morning cup of coffee. Picture yourself sitting down with your friend and having one of the greatest laughs you two have ever had, and yet right after you're done laughing, a dark, gloomy cloud of grief and agony imprisons your mind and you start feeling like your heart is crumbling into a million little pieces, but you have to keep a smile on your face so you can be strong; not just for yourself, but for your friend. It all starts with cancer. A word so damaging, not just physically, but also emotionally.

Cancer is ranked among the top 10 deadliest diseases worldwide. Each year an average of 8.5 million people die from cancer. In other words, each day, second and minute there is a child who is

losing his mother, a father who is forced to say his final goodbye to his son, and a friend, who simply couldn't make it to his graduation, all due to cancer.

This fight is never easy. It is a tough battle between the body and the brain, and often it leaves scars; emotional scars that are way too difficult to heal. But Cancer is not the end. Give yourself a chance. Be your own hero. Be this empowering story you read to your future children. Fight this battle and clench onto each and every piece of hope and strength you can possibly find in your body and soul, because someday, when you heal, you are going to be a voice. A voice that with each echo behind it, we will hear your complex past, pain, fears, and scars. We will hear echoes of your exhausting battle. We will listen to each and every tear that has ever fallen down your cheek, and learn. Learn to never give up. And learn to keep going and growing.

Keep on fighting. Not just for your own sake, but for the sake of those who adore you a little too much, and would do anything to see you truly happy again, and to listen to this beautiful melody of your laughter. And if you are someone who knows a person that has cancer, all I can tell you is to be strong. No matter how much fear you hold, show courage. Even at your darkest times, where you just want to cry and throw yourself onto your beloved ones chest; do not. Because this amount of grief you hold is not even close to what the patient in front of you has. Their body is fatigue, and their mind is traveling in a million different directions.

# BOOK RECOMMENDATIONS

*Books that will warm your heart throughout the colder seasons*

**By Adrianna Sabbagh**

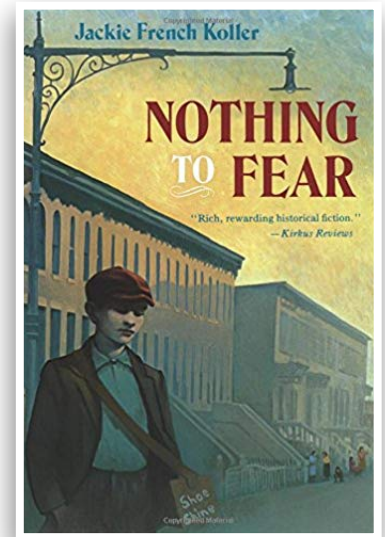
## **Nothing to Fear by Jackie French Koller**

Suitable for young adults.

It entails the coming-of age journey of Danny Garvey, the eldest son of an Irish immigrant family struggling through the Great Depression. It is a tale of endurance and courage, love and growth. The experiences of every character will surely resonate and linger in readers' minds and hearts.

“Like 'A Tree Grows Brooklyn', is evokes the sounds and sights of a poor neighborhood in hard times, conjuring an entire era from the heartaches and troubles of one struggling family.”

– Kirkus Reviews

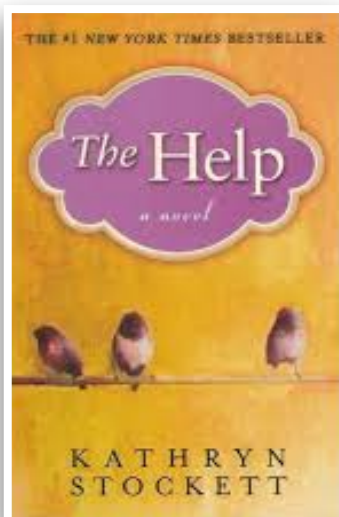


## **The Help by Kathryn Stockett**

Suitable for young adults between the ages of 13 and 18

The Help is an original and timeless tale that takes place during the racial segregation of the 1960s when African American women were hired as maids to raise white children. These women come together to write a tell-all book about their true experiences in white homes, a book that will shake and enrage the small town in which they live. Both humorous and heart-breaking, the Help is a book worthy of a special place in every avid reader's library.

“If you read only one book...let this be it.”- NPR.org

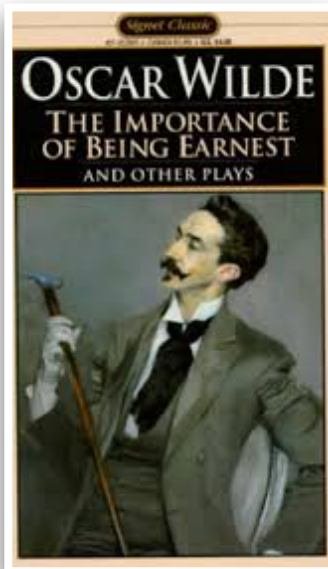


## **The Book Thief by Markus Zusak**

Suitable for young adults.

It is a morbid tale narrated by death as he accompanies the Book Thief, Liesel Meminger through the trials and tribulations of Nazi Germany. It is a treat for history fanatics and lovers of books in all their glory.

“Extraordinary, resonant, beautiful and angry”-  
Sunday Telegraph



## **The Importance of Being Earnest by Oscar Wilde**

Suitable for young adults.

A comedic classic, the 'trivial comedy for serious people' surrounds the mischievous scheme of the protagonist who maintains a fictitious persona in order to escape responsibilities while pursuing pleasures. This book is sure to amuse all sarcastic readers while also driving them to think of society's most humorous flaws.

## **The Thief Lord by Cornelia Funke**

Suitable for children ages 9 to 12

An exciting plot from the renowned storyteller, The Thief Lord portrays the adventures of the mysterious thief lord and his gang of orphans as they live independently in the shadows of Venice and raid its richest homes. The treasure they later seek is one that will illuminate young readers' imaginations.

