

# Manthena American School

The Official Newsletter of MAS

Happy National Day  
from Manthena  
American School

اليوم الوطني  
للإمارات العربية المتحدة



From Left: Ibrahim Grade 4, Hayat and Alwaleed from grade

# Well Being @ MAS Weekly Value Program

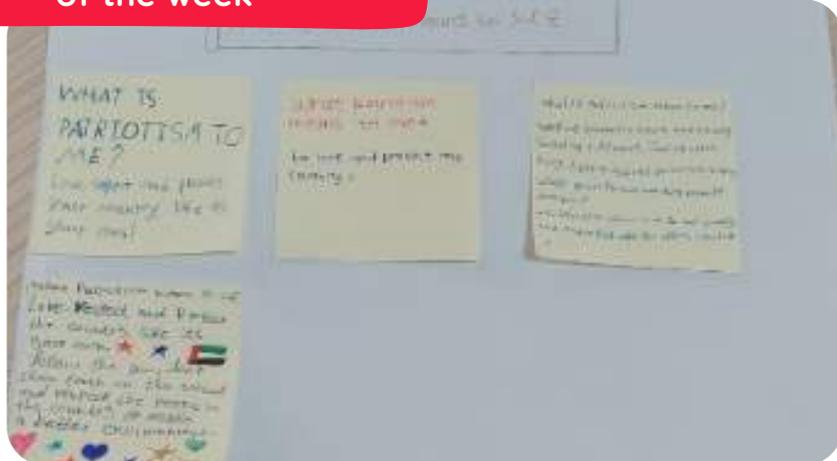


## Enhancing Wellbeing Through Our Weekly Values Program

Exciting news! Our Weekly Values Program is in full swing, promoting social-emotional growth. Assemblies showcase a new value each week, while class teachers dedicate three days to reinforce it in creative ways. The best works will be displayed on the wellbeing board from each section, showcasing our commitment to nurturing the holistic development of our students.



Teachers presenting the value of the week



Students engaged in hands-on activities to learn about values during Circle time.

The Grade 3A students presented, the topic "Citizenship" on Tuesday, 21st of November. The presentation took place during the morning assembly, where Grades 1 to 4 students gathered in the field to start the day on a positive note.

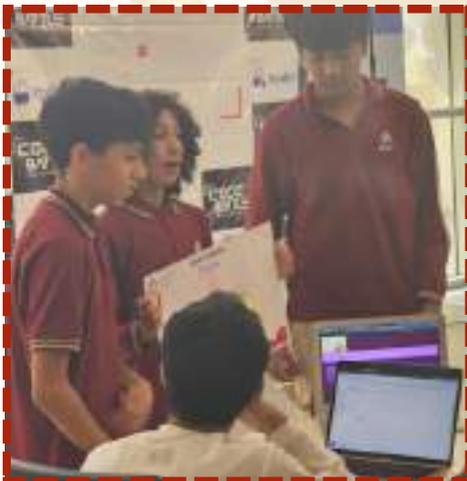


# Interschool Competition



## Code Battle @ American University of Sharjah

We are thrilled to announce that our students from Manthena American School have participated in the prestigious Code Battle - Sharjah & Northern Emirates Chapter 2023 and have made us proud by reaching one of the top teams. Students used online platforms like Thunkable for app development, Javascript website building, scratch etc. to create solutions for real world problems. We would like to congratulate all the participants for their hard work and dedication in preparing for this competition. We are proud of their achievements and the way they represented our school. We would also like to thank the parents and guardians for their support and encouragement throughout this journey.



### Competition Category

### Semi-Finalists Students

#### Animation/ Game Creation

- Ali Muhammad Nahhas Grade 3,
- Qirat Noor Grade 3
- Mohammad Ismail Grade 4

#### Website Creation

- Karim Mohamed Elmetwalli Grade 5
- Saif Asif Nayel Aljundi Grade 7
- Aarav Singh Grade 8

#### Mobile App Creation

- Janna Ahmed Grade 9
- Ruaa Ali Grade 9

# Interschool Competition



## Students Shine in Emirates NBD "Poetry for All" – Semi-Finals



Hadia Kamran and Abdulah Kamran showcased their poetic talents at the Emirates NBD Poetry for All semi-finals on October 18, 2023. The event, hosted by Emirates NBD, united young poets for a celebration of spoken word art. Hadia's eloquent verses explored personal experiences, while Abdulah skillfully delved into human emotions, leaving a lasting impression. Their participation highlights our school's commitment to nurturing creativity. Congratulations to Hadia Kamran and Abdulah Kamran for their remarkable achievements, and we look forward to witnessing their continued success in the realm of poetry and beyond.



# MOONSHOT INSPIRATIONAL LABS

We are delighted to share a momentous achievement from our innovative students at Manthena American School. Eight of our brilliant minds took center stage and participated in the "Moonshot Inspirational Labs," an event organized by the Government Accelerator Center in collaboration with the Cyber Security Council and Strategy, on the sidelines of the prestigious COP28 conference.



From Left: Ezideen Grade 8, Sanaa Grade 9, Abdul Wahab Grade 5, Aarav Grade 8, Hamdi Grade 8, Ahmed Grade 8, Alsharief Grade 8

The Moonshot Inspirational Labs attracted a diverse audience of 200 individuals, creating a vibrant atmosphere for collaboration and idea exchange. A total of 15 inspirational ideas emerged from the event, complemented by an impressive 30 ideas submitted through the competition link. Out of the numerous projects presented, 7 outstanding initiatives made it to the final stage. We are immensely proud to announce that all of our participants secured their place as winners in this prestigious competition.

# MOONSHOT INSPIRATIONAL LABS

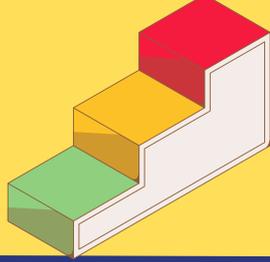


This achievement not only reflects the talent within our school but also highlights the commitment of Manthena American School to foster a culture of innovation and excellence. We extend our heartfelt congratulations to the students who showcased their brilliance at the Moonshot Inspirational Labs.



From Left: 2nd Prize: Hamdi, Ahmed, Aarav and Alsharief, Prize for online submission Sanaa, Kareem, Abdul Wahab and Ezideen.

We are grateful for the support of our teachers, parents, and the entire school community in nurturing the creative spirit of our students. As we continue on this exciting journey, let's celebrate our students' accomplishments and inspire them to reach even greater heights in the future.



# Student Council



Manthena American School is excited to introduce the student councils for grades 4-9 who will be leading our school community. The main purpose of a student council is to provide a platform for students to have a voice in the decision-making processes and activities within the school community. It serves several key functions:

## 1) Representation :

- It represents the interests, concerns, and opinions of the student body to the school administration and faculty.
- It advocates for improvements and changes that benefit students, such as facilities, resources, or policies.



**Saboor 9B**  
**President (Boys)**

## 2) Leadership Development:

- It offers opportunities for students to develop leadership skills, teamwork, and responsibility through organizing events, projects, and initiatives.
- It provides a practical learning experience in governance, organization, and communication, preparing students for future civic engagement.



**Ruaa 9A**  
**President (Girls)**

## 3) Community Building:

- It fosters a sense of community and belonging among students by organizing events, clubs, and activities that promote unity and school spirit.
- Service and Outreach: It initiates and participates in community service projects, promoting a culture of giving back and social responsibility .



**Abraham Lincoln 7B**  
**Vice President**



# Student Council Members



**Yasmeen Yasser 8A**  
**Public Relation**  
**Officer**



**Mohamed Walaa 6B**  
**Events Coordinator**



**Aariz Hassan 5B**  
**Academic affairs**  
**officer**



**Basam Bashar 8B**  
**Sports Captain**



**Maryam Walaa 7A**  
**Art and Culture**  
**Representative**



**Joudy Walid 6A**  
**Innovation and**  
**environmental Officer**



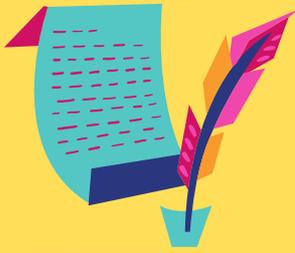
**Fathima Noor 5A**  
**Community Project**  
**Manager**



**Sofia Isabelle 4A**  
**Health and Wellness**  
**Ambassador**



**Zeinalabdin**  
**Mahmoud 4B**  
**Diversity and**  
**Inclusion Advocate**



# MAS Author of the Month – Sanaa S. Patel



## Is Survival selfish? – Essay by Sanaa S. Patel

**“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.” (Audre Lorde). Survival is defined as the inherent instinct and capability of human beings to endure and persist in challenging situations. Many people see survival as an act of selfishness; however, a few major ideas oppose this reasoning.**

To begin with, survival is completely instinctive for human beings and is used as a defense mechanism against risk factors that may harm them. Many centuries ago, humans developed survival skills to protect themselves from predators and threats that prevented them from gaining the necessary resources to survive. “This response set is triggered when we (and all animals) perceive a situation as a threat to our existence; our sympathetic nervous system activates rapid emotional, psychological, and physical changes.” (Taylor, 2012). This is a great example as to why survival is now a reflex and is the first response to a fight-or-flight situation.

Another major reason why survival is not selfish is its importance of contributing towards increasing the chances of survivability of your future progeny. By surviving, individuals can build a future for themselves, as well as their family and loved ones. Some examples can be pursuing a career, building a home for one’s family, engaging in commercial and social activities that benefit people close to you as well as contributing towards the welfare of the world, and so on. All these listed opportunities are considered selfless acts, and not being selfish.

Many perceive survival as selfish based on two reasons, with the first being the thought of saving oneself before another. In a situation of life and death, where your survivability is of utmost importance for you to be alert and able to then help the next person survive, is not considered a selfish act. Rather, it’s the most rational and logical thing to do to be selfless and help others in need. The second reason why survival is perceived as selfish is that your own life is more important than that of someone else. All lives matter, but if you jeopardize your chances of survival, you may be putting multiple lives in danger. Take into consideration an accident scenario. If you are severely injured, and try to save someone else, without knowing the severity of their injury, assisting them may further lower their chances of survival.

The act of survival can lay out an entire journey known as life ahead of someone, leaving them with multiple opportunities to pursue further. Survival is such a thing that positively affects not only oneself but humanity as a whole. In my opinion, based on several reasons that have been discussed, survival is not an act of selfishness.

### REFERENCES

**Is Our Survival Instinct Failing Us? (2012, June 12). Psychology Today. Retrieved November 5, 2023, from <https://www.psychologytoday.com/us/blog/the-power-prime/201206/is-our-survival-instinct-failing-us>**

# Scientific Investigation in the Classroom



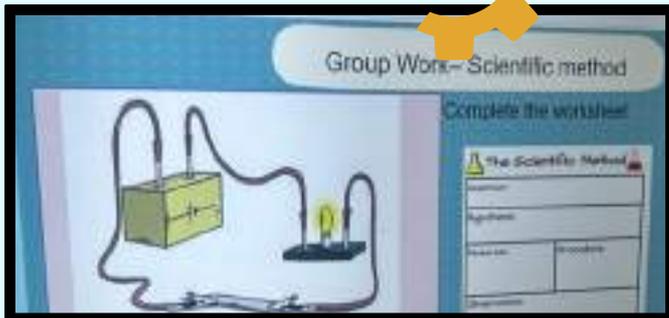
Exploring 21st-century skills in our school lessons through:

## CREATIVITY

## COLLABORATION



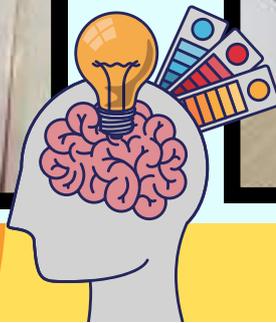
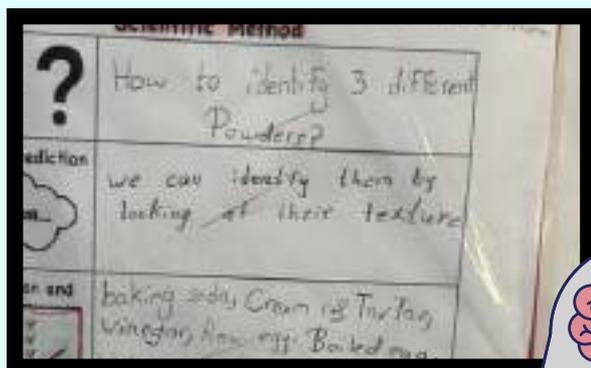
### Hands on Project



## CRITICAL THINKING



## Worksheets

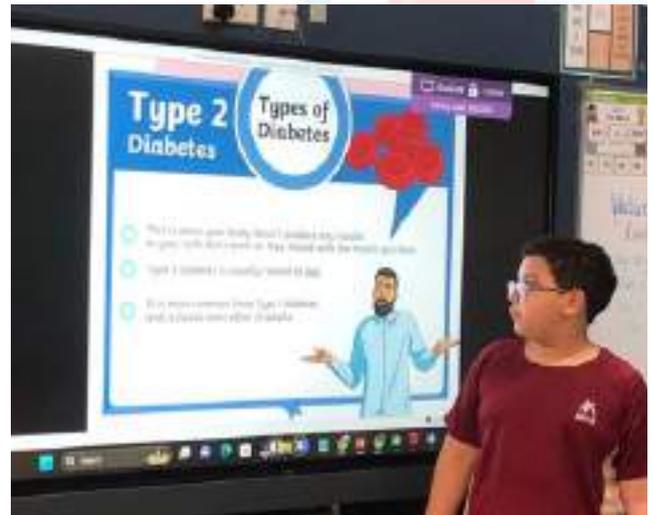


# World Diabetes Awareness Day



Today, in honor of World Diabetes Awareness Day, Students learnt how to stay healthy and strong! We talked about the importance of running, playing, and eating healthy foods to keep our bodies happy. First the students shared their favorite ways to be active. Some of them love running and jumping, while others enjoy dancing or playing soccer! We learned that moving our bodies helps us grow strong muscles and keeps us from getting sick. Then, after discussion, Students cheered as they ran around the playground together. It was amazing to see how much fun exercising can be! After the run, we talked about the yummy foods that help our bodies stay healthy. We love crunchy fruits like apples and juicy vegetables like carrots. We learned that eating these foods helps our bodies stay strong and fights off sickness.

Today was an exciting day when we learnt that being healthy is so much fun! We can't wait to run, play, and eat more delicious and healthy foods to keep our bodies happy and strong!



Clockwise: Grade 1A after their healthy run and Grade 5 B presenting about causes and effect of Diabetes and completed related activity.



# Anti Bullying and kindness day



Antibullying Day, an initiative aimed at fostering a safe and inclusive environment within our school community, was observed with great enthusiasm on Nov 16th , 2023. The day was marked by various activities and events designed to raise awareness about the importance of kindness, empathy, and the prevention of bullying.



Student Led assembly



Class Activities



Kindness Starts with me Artwork





# Anti Bullying and kindness day



Circle time was dedicated to anti-bullying activities, with KG-2A hosting an assembly for awareness. The week featured activities like poster making and designing T-shirts, culminating in an anti-bullying walk with students and teachers in blue dress code. The assembly included enactments of bullying scenarios and discussions on the meaning of bullying.





# Educational Excursion



On November 6h, 8th and 9th, 2023 grade 3-9 went for a trip to Sharjah EXPO Book Fair. The students were excited and engaged throughout the trip. They were eager to explore the wide variety of books available and took an active interest in browsing and purchasing books. The atmosphere at the book fair was vibrant and welcoming, providing a great environment for the students to learn about new book releases and interact with authors and publishers. The trip helped to cultivate a love for reading and literature among the students. Many of them expressed their enthusiasm for finding new books to read and expand their knowledge. The school book fair trip was a valuable and enjoyable experience for the students.



Students purchasing books



# Green and Yellow Days KG

## Green Day

In a vibrant celebration of Green Day on October 19th, students and staff adorned green attire, fostering awareness of plant importance. Engaging activities included student-teacher discussions, crafting flower crowns, planting seeds, and an insightful assembly presentation by KG-2A students. 🌱🌻 #GreenDayCelebration



KG students involved in green day activities

## Picnic/Yellow day

On November 2, 2023, students immersed in a vibrant Picnic Yellow Day. The objective was to classify and share insights on Healthy and Unhealthy foods through engaging activities, including sorting, a spoon and lemon game, and a lemonade shop. All participants embraced the theme, donning yellow attire and sunflower crowns. 🌻🍌 #HealthyEating #PicnicYellowDay



KG students enjoying a healthy picnic

# MAS ECO CLUB

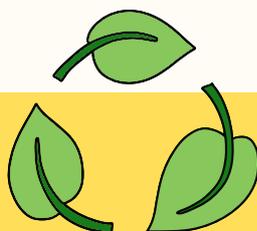
Join the MAS Eco Club and become an environmental pioneer!

We are excited to introduce you to the MAS Eco Club, a platform for students to develop their environmental knowledge and skills, and to take innovative action towards creating a sustainable school and community. Our club's vision is to inspire and empower students to become innovative environmental leaders who actively contribute to creating a sustainable future for all. Our mission is to achieve this by engaging in projects and activities that promote environmental awareness, conservation, and sustainability, while also encouraging students to think creatively and develop innovative solutions to pressing environmental issues. By doing so, we hope to inspire a new generation of environmental leaders who are committed to creating a better world for all. Our club's activities include:

1. **Environmental Awareness through Hands-on Experience:** We organize field trips and hands-on activities to help students of our school learn about environmental issues and their impact on our community.
2. **Interschool STEM Competition:** We participate in STEM competitions to showcase our innovative solutions to environmental problems.
3. **MAS Eco Leaders Selection:** We select and train students to become eco-leaders who can inspire and lead others to take action towards creating a sustainable future. Join us in our journey towards creating a sustainable future for all.



Grade 7-9 students attend regular meetings with their Eco Club advisors to decide on activities and collaborate with their juniors to spread awareness about our environment and perform engaging innovative activities.



# America Recycles Day



In celebration of America Recycles Day on November 15th, our Grade 7-9 ECO Club members led a collection drive. Inspired by environmental stewardship, students are actively contributing to recycling efforts, fostering a sustainable ethos within our school community. Homeroom teachers reminded students of grade 1-9 to get recyclables like old papers, bottles, boxes etc. Grade 7-9 collected the same and planned recycled craft activities for school wide Upcycling workshop to be held on National Day. Let's join hands and make a positive impact together! #RecycleWithPurpose.



## Upcycling Workshop

On National Day celebration held on 29th November, an inspiring upcycling workshop unfolded, transforming discarded items into creative treasures led by students of grade 7-9. Students engaged in innovative practices, showcasing their commitment to sustainability. #UpcyclingWorkshop



Students made sustainable city with bottles and Dubai frame with Tissue box

Students made bookmarks, paper phone stands and pen stand from old tins.

Grade 7-9 leaders guide juniors.





## Students showcase their talents in celebration of UAE National Day 2023

Manthena American School celebrated UAE National Day on November 29, 2023, with a variety of performances and activities. Students from different grades participated in the event, including a choir, fashion show, and Army Show. The celebration ended with a closing ceremony led by the Student Council.



# Commemoration Day



On November 30th, at 11:20, MAS School staff and students solemnly gathered for Commemoration Day. At 11:30, a minute of silence was observed, followed by prayers, flag-raising, and the national anthem. Students answered a short quiz on commemoration day and engaged in class activities.



# Teacher's Appreciation Day



The day commenced with a white theme, as all students and staff donned white dresses. KG-1A held an assembly, celebrating Teacher's Appreciation Day. Students engaged in Show and Tell with white-themed items, followed by whole-class and individual crafts like flower making and butterfly crafts. Students gave hand made cards to teachers and assistants. The day concluded with a march across the school for a collective Walk.



BEST  
TEACHER  
EVER!

# After School Activities



We are pleased to share that 45 students actively participated in our after-school sports program. The engaging sessions, encompassing football, basketball, and gymnastics, were conducted on Mondays and Wednesdays, from 3 to 4 pm. We enlisted specialized trainers from outside the school to ensure a comprehensive and enriching experience for our students.



Trainers developing core skills of the students





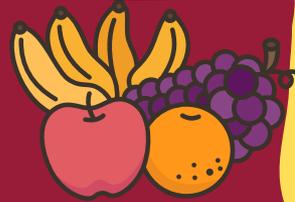
# Healthy food challenge



The School Healthy Eating Challenge Competition was a great initiative to promote healthy eating habits among students. The competition took place over a period of one month, and students were encouraged to make healthier food choices and incorporate more fruits and vegetables into their meals.



Lunch boxes was checked for carbs, protien, fruits and vegetable



The competition successfully increased awareness about the importance of healthy eating among students. Many students reported that they were more conscious of their food choices and made efforts to include more nutritious options in their diet.



# Healthy food challenge



From Left Jjenaa Dania Guebailia- KG1B 2nd position, Elyazia Mohamed Yasser-pre-KG Second position, Taleen Al mobayed- pre-KG 2nd position, Ayham Al mobayed-KG2B 2nd position.



From Left: Sara Awaidah-3B, First position, Ali Nahhas -3B 2nd Position, Bia Kiatkoski Lisboa and Glorious Nayzak Grimaud -2A First position

Students who made an effort to opt for healthy lunchbox everyday were awarded special prizes and certificates from Ms. Jennifer (Physical Education Teacher) and Ms. Walaa (Vice Principal)



# Healthy food challenge



From Left: Mariam walaa -7A, Second position Iris Ferar Mohamed Osman-7A First position. Murtaza Khan Zahir Ur Rahim-1A First position Laila Ammar Alaa Aldeen-1A Second position



From Left: Fatima Noor , Right: Rahaf Muhannad Omar Khalil-5A- First position , 2nd Left, Alia Ibrahim Ali Eisa Alsaabri and Julie Emad Hawarneh-5A Second position. 2nd picture on the right: Youssef Bassam Kaddoura-9B First position



# Big Draw Day



An initiative for our creative minds by our Outstanding Art Teacher Mr. Pe

The world's largest drawing festival, The Big Draw, takes place every October 24th, sparking creativity and artistic expression among our students. Each artist presented a piece of art to be considered for the competition. Four students were recognized for their exceptional work: (Clockwise)

1. Vlada from Grade 5A won the Most Inspirational Piece Award.
2. Rahaf from Grade 5A received the Outstanding Creativity Award.
3. Adam Sherif Ali from Grade 2A was honored with the Technical Proficiency Award.
4. Arsh from Grade 4B was awarded for the Most Aesthetically Appealing Artwork.



## From the Principal's Desk



Dear Parents,

As a Team, we are dedicated to continuous improvements to meet the needs of all MAS students. The team has made some great changes in student centered activities, Next Steps, and SIR Feedback to guide all students toward independence & growth. We will continue with more Project Based Learning, Inquiry, Critical Thinking, & Challenge.

We are grateful for your continued support.

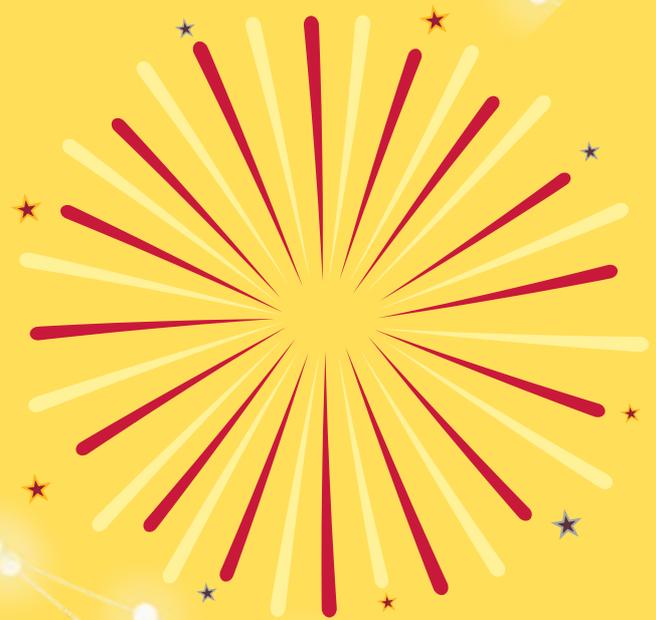


From Left: Mr. G, Principal of Manthena American School with Arsh Aleem, Grade 4B ,Finalist of Big Draw Day and Mr. Ferdinand Borja, Art Teacher.

# HAPPY HOLIDAYS



From Lujain Grade 3 and  
entire MAS Family



See You Soon