



مدارس الظهران الأهلية
Dhahran Ahliyya Schools

مجتمع تعلّم غير ربحي
A not-for-profit learning community

Tawasul

A newsletter issued by the girls' school

Year 37

No. of Issue 5

Sunday,
October 15th, 2023

"Our Mission"

Inspired by the principles of Islam, the mission of Dhahran Ahliyya Schools is to empower each student to be a compassionate, thinking, lifelong bi-lingual learner, who makes a positive difference locally and globally.

"Our Vision"

Our vision is to provide a world class education with an Arab and Islamic identity through a pioneering learning community that is sustainable and socially responsible.

Our school is supervised by the Ministry of Education and accredited by The Commission on Accreditation and School Improvement (NCA CASI)



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Students who Passed Mawhoub Contest 1

An annual scientific competition targeting students from the sixth grade of primary school to the second grade of secondary school, and aims to discover distinguished students in science, mathematics, physics, chemistry, biology, astronomy, and space, with the aim of enrolling them in specialized training programs. To train and qualify them to participate in international competitions and Olympics.

A group of intermediate students at DAS participated in the online exam of Mawhoub 1 (Science) that was held on Friday & Saturday 6-7/10/2023.

Two of them were qualified for Mawhoub Tests

Students	Subject	Grade
Fay Ali Abdulrahman	Biology	8
Fatimah Bazroun	Science	7

Congratulations to our students.

Students Ahmed Behairi & Sulaiman Al Habeeb Won the 2nd and 3rd Places in the Swimming Championship

Ahmed Behairi and Suleiman Al Habib, two talented first-grade students from our school, made us proud by showcasing their swimming skills at the Saudi Arabian Swimming Federation championship. The exciting event took place at the Green Gym in Dammam on September 29-30, 2023. Ahmed Behairy's remarkable performance earned him a well-deserved second place in the highly competitive 50m freestyle swimming event for the 7-8 years age group. Sulaiman Al Habib showcased his talent as well, securing an impressive third place. Their outstanding achievements have qualified them for the upcoming inter-regional championships, scheduled to be held in Riyadh on October 20-21, 2023.



Please check the schools' website regularly for any inquiries and appointments



Dates of the Admission Tests and Interviews

We would like to bring to your attention that the eagerly awaited dates for tests and interviews for registration for the upcoming academic year 2024-2025 have been officially announced on our school's website. To access further details and information, please click on the provided link.

<https://www.das.sch.sa/index.php/ar/dates-for-procedures-of-students-registration-of-das-2>

Furthermore, we are excited to announce that the available vacancies for the academic year 2024-2025 have also been posted on our website. To find out more about the available opportunities, kindly click on the following link.

<https://www.das.sch.sa/index.php/ar/school-uniform-3>

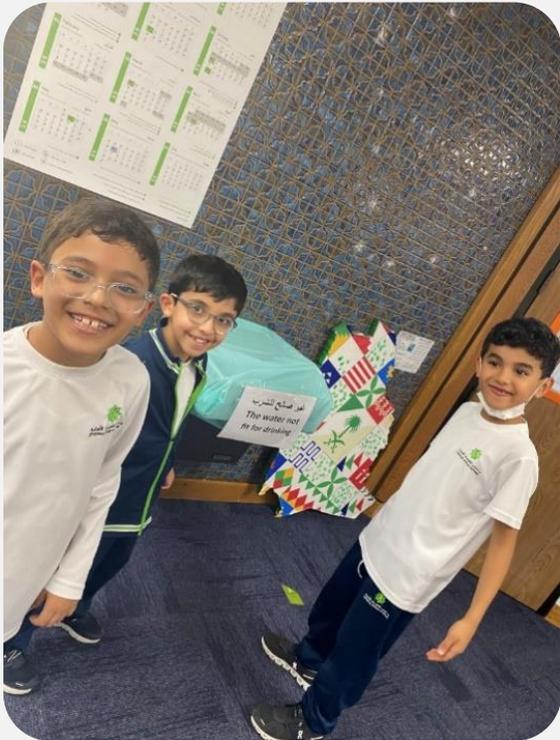
In response to the growing interest of students and families to join the Diploma Program, we have opened a new class for the 10th grade Diploma. Students enrolled in this class will have the opportunity to join the International Baccalaureate Diploma Programs (IBDP/IBCP) in the subsequent academic year 2025-2026.

Consequently, we are delighted to accept applications for enrollment in the 10th grade for the forthcoming academic year, 2024-2025, through our website.

<https://admission.das.sch.sa/en-us/>

Best regards,

Launching the (We Share the Planet) Unit for 2nd Graders.



The unit (We Share the Planet) explores Sun and Water as Vital Resources for Life among all living beings. The research focuses on natural resources, the impact of the sun and water on plants, and our responses to limited resources. Throughout this unit, students will delve into key concepts such as form, correlation, and causation. Additionally, the development of the learner's profile, including being reflective, balanced, and communicative, will also be emphasized. To kick off the unit, our 2nd graders were engaged in an activity that sparked their curiosity. Their teacher hid their water bottles after recess, sparking a discussion among the students about the problem, its reasons, and possible solutions. They reached the conclusion that emphasizes the importance of water as a natural resource shared by all living beings.



Launching the classes' Libraries for grades 1-2

Students in first and second grades, both boys and girls, celebrated the inauguration of their classroom libraries through engaging activities that aroused their interest and eagerness towards reading and acquiring knowledge. These class libraries consist of a diverse range of books in Arabic and English, encompassing various literary genres. Students actively participated by committing to follow the library regulations and acquiring knowledge of strategies, such as the five-finger strategy, to aid them in selecting suitable books.





Launching the (We Share the Planet) Unit – First Grade

In this unit, we explore how living organisms, including animals and plants, can be considered as natural resources. We use simulations of animals and plants to investigate how humans have addressed various issues. Our main focus is to understand the functions of different parts in animals and plants, which can help us solve problems.

The research will cover the structure and function of living organisms, our responsibility towards limited resources, and different approaches to problem-solving. Students' learning will revolve around the key concepts of function, responsibility, and perspective. Our aim is to develop the learner's profile characteristics (balanced – thinkers).

To achieve this goal, we kicked off with an activity: organizing a fair showcasing various living organisms, both fauna and flora. Each living being was paired with a tool that mimics its parts. Students toured the fair, taking notes using the "I see, I think, I wonder" method. They enjoyed the fair, jotting down their observations, expectations, and making connections between animals and tools. This helped them grasp the central idea of our new research and inquiry unit.

We want to express our gratitude for the support given in bringing different animals for our students to see. Their involvement contributed to the success of the exhibition.





The National Program for Gifted Identification in its 14th Edition

The Kingdom of Saudi Arabia has long supported the field of giftedness to aid the transformation of the Kingdom into a society where sustainable development is achieved.

In an effort to identify gifted innovators an idea was born to form a national joint project implemented by expert national authorities with qualified personnel in this field.

The beginning of which was in a strategic partnership was in 2011 with “Mawhiba”, “the Ministry of Education” and “the National Center for Measurement” to establish and implement a “The National Program for Gifted Identification” through standardized tools and standards.

registration requirements:

- He/she must be one of the target groups (grades 3 to 10).
- Adhere to program guidelines and policies.
- Register for the Mawhiba test to evaluate Multiple Mental Abilities through the Qiyas website.
- Confirming the attendance for the test and pay the fees (self-nomination).
- The student has the right to enter the evaluation test once at each level:

Levels:

first: grades 3-4-5

second: grades 6-7-8

third: 9-10

Targets:

Students of public, private, and foreign schools and students in Saudi schools abroad.

For further details please click on the following link:

<https://www.mawhiba.org/Ar/programs/selection/Pages/Process.aspx>

Timetable of the National Program for Gifted Identification

Event	Date
Registration starts	October 16 th 2023
Registration ends	January 15 th 2024
Evaluation of the Multiple Mental Abilities	December 3 rd , 2023 January 18 th 2024
Announcing results	March 13 th 2024



An Educational Exhibition in Celebration of World Space Week

On Tuesday, 25th March 1445, the Activity Department organized an educational exhibition in celebration of World Space Week. The exhibition, held at the third Intermediate school in Dhahran, aimed to highlight the growing importance of the space industry and the opportunities it presents for entrepreneurship and scientific advancement. Under the theme "Space and Entrepreneurship 2023," the exhibition provided students with a unique opportunity to learn about the world of space, acquire new skills, and gather invaluable information to support space programs in the country. The event aligned with the ambitious goals set forth in the Kingdom's Vision 2030. Prominent figures graced the occasion, including the director of the educational office and the assistant of educational affairs. Their presence aimed to encourage students, both boys and girls, to engage in scientific research in preparation for a promising future that merges the space industry with entrepreneurship. The exhibition featured a multitude of engaging activities designed to captivate young minds. One of the highlights was a visual presentation of Hashim Al-Alawi's space trip, which left students awestruck and filled with inspiration. Additionally, a space-themed song added a musical dimension to the event, while several students shared their experiences participating in the astronaut competition. The exhibition also showcased the achievements and contributions of various schools in Al-Khobar and Dhahran. Delightful art and crafts work, as well as space projects, were displayed by students from DAS, shedding light on the importance of space initiatives within the framework of the Kingdom's 2023 vision. Notably, the creative endeavors of Alghaliah Alosaimi and Taleen Qadamani impressed the attendees. As part of their commitment, DAS activated the World Space Week through an exclusive corner dedicated to students' works and projects. The corner featured a captivating video clip, posters, models, dividers, and illuminated acrylic panels, all of which aimed to educate students in diverse aspects of space and uncover its captivating mysteries. The World Space Week, celebrated internationally from October 4th to 10th each year, served as the perfect backdrop for this informative display. Students from various levels enthusiastically participated in the exhibition, showcasing their dedication to the world of space. Noteworthy participants from the elementary level included Maria Al-Laith, Muhammad Al-Laith, Abdullah Al-Khalawi, Ella Al-Shadawi, and many more. Meanwhile, students like Sarah Alsarraf, Lulu Althmairi, and Hala Alotaibi exemplified the talent and commitment of secondary level participants. The exhibition's success would not have been possible without the remarkable efforts of Teacher Hajar Sameh Sabri, who played a pivotal role in activating the space week. The exhibition served as a reminder of our present achievements and an inspiration to look forward to an exciting space era. The organizers extend their appreciation to all the students and educators who contributed to the exhibition, fostering a passion for space exploration and entrepreneurship among the younger generation.







Seasonal Changes

These seasonal changes not just impact our everyday life, and style of clothes but also affects our health majorly. Multiple infections accompany us with seasonal changes. The chances of getting bacterial infections also increase, with this, temperature changes may trigger acute or chronic conditions in the Not only this, seasonal vulnerable population, especially the elderly and children. Changes are responsible for hormonal changes as well. Extra attention needs to be paid as the season changes. People need to be aware of changes that occur in their bodies due to temperature changes, as could lead to sickness in no time. This way you can help maintain your health throughout the year.

Few ways in which seasonal changes affect health.

Increase in flu.

There is a sudden rise in the cases of flu and cold as the season changes from spring to winter. This is because people stay indoors a lot during winter and live in an enclosed space that increases the chances of getting viral infections as a result of a lack of washing is done that puts you at risk of breeding infections at home. The body's immune system also weakens during seasonal changes due to a change in the diet pattern and also because of the temperature change.

Differentiation in the burning of fat

The human body consists of two types of fat, white and brown fats. Excessive white fats weaken the body's health whereas brown fats have certain advantages to it. Brown fats become more active during winter, it is also responsible for burning calories and is made up of mitochondria that help break carbohydrates and fatty acids. Cool temperatures help fasten the metabolism process.

Metabolism

Metabolism is likely to decrease during summer to conserve energy whereas metabolism is slightly likely to increase with exposure to cold. Metabolism may increase during winter as people munch on comfort foods, leading to weight gain. Therefore, one needs to focus on food habits and add more greens to their diet even though it may not seem so appealing, it is great for your health.

Tips to help health not get affected by seasonal changes.

Change in diet.

Consuming a high protein and vitamin-rich diet during the change of season, and adopting habits like maintaining proper hygiene, and drinking filtered water could help improve immunity. Choosing healthy dietary options, opting for more plant-based options, and regulating sugar intake can go a long way in maintaining good health. Another important factor is to stay hydrated during winter, even if you don't feel thirsty frequently.

Exercising regularly

Staying active or exercising regularly is the key to staying fit at any age. Moving your body to go for a run, do yoga, or play a sport can give you benefits to reap for a lifetime. It also produces endorphins, the feel-good hormones that promote the feeling of contentment and satisfaction.

Strengthening the immune system

It is of great significance to strengthen your immune system during seasonal changes as the temperature changes, your bodies are more likely to get infected due to enclosed spaces. Therefore, boosting your immune system should be a necessary step forward by taking probiotic supplements and other nutritional products. Multiple changes take place in our body during seasonal changes both nutritional and hormonal. It is essential to prevent and curb seasonal allergies and an increase in flu and cold. The only way forward to keeping your body healthy and going is by maintaining a healthy diet and staying active. However, if you experience some health issues as a result of seasonal changes, speak to your healthcare provider. When you catch a flu or cold you should wear a face mask to prevent the transmission of germ.