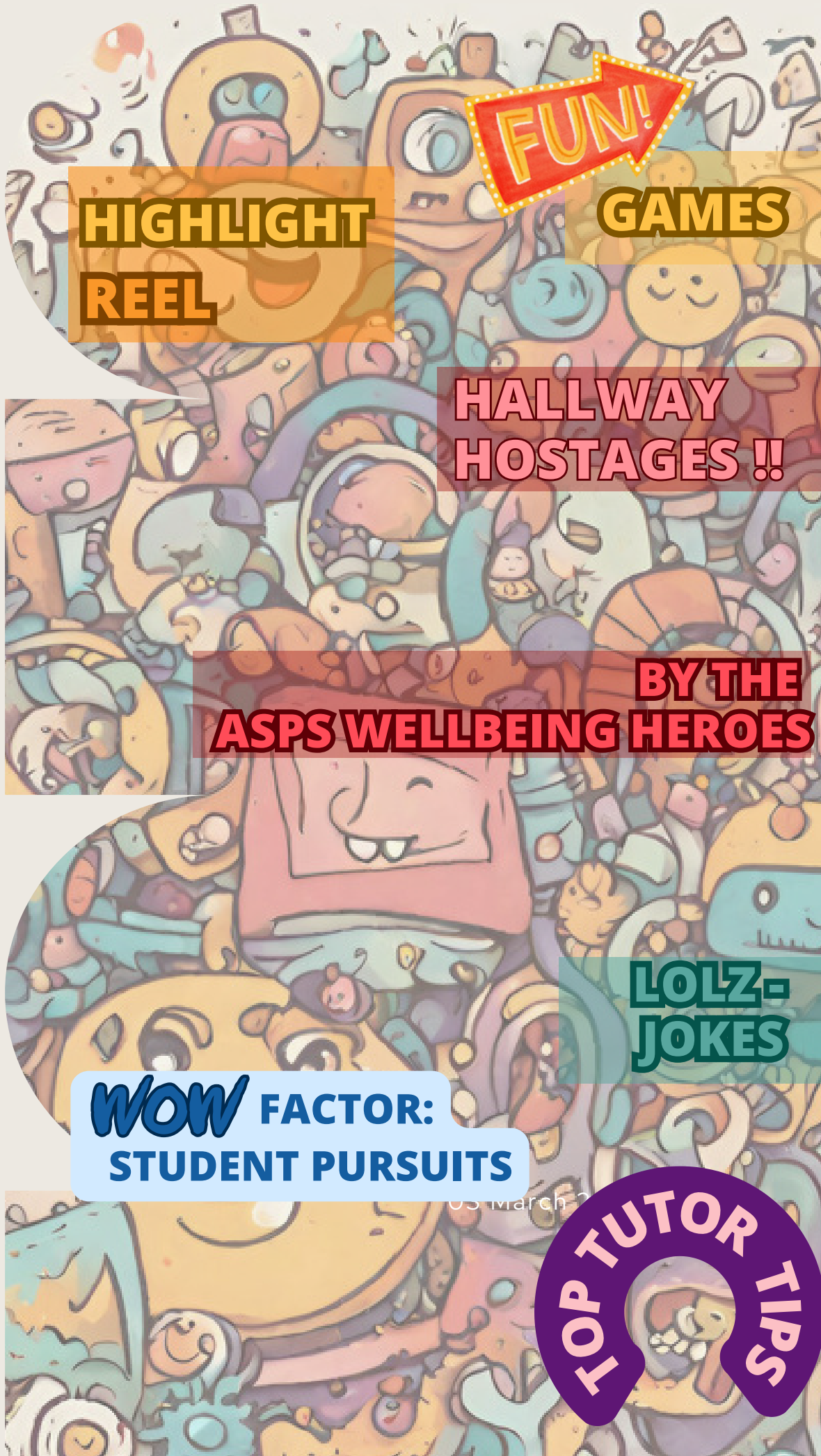
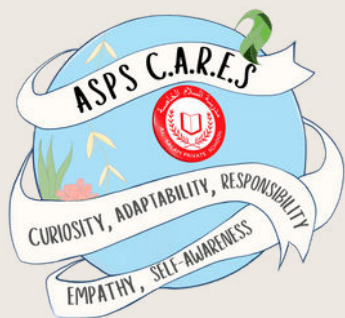




WELLBEING

Newsletter



**HIGHLIGHT
REEL**



GAMES

**HALLWAY
HOSTAGES !!**

**BY THE
ASPS WELLBEING HEROES**

**LOLZ-
JOKES**

**WOW FACTOR:
STUDENT PURSUITS**

05 March 2024



Contents

Of the Wellbeing Newsletter

- **Wow Factor**
- **Highlight Reel**
- **Podcast**
- **Top-Tutor Tips**

Editor's Letter:

Welcome to the first edition of the Wellbeing Newsletter! I cannot put into words how thrilled I am that the Wellbeing Heroes were able to execute a plan in just under 2 months. The following is a collection of activities, initiatives and fun compilations relating to and promoting wellbeing at ASPS. I want to especially point out that every project that took place this term was a team effort not only from the Wellbeing Heroes - who went an extra mile in many ways - but from our fellow classmates as well, who actively participated in everything. This literally wouldn't be possible without them so on behalf of the Wellbeing Heroes, thank you. Now, without further ado, let's delve into the Wellbeing Newsletter! Enjoy!

Yours truly,
Areesha Soban



Wow Factors: Student Pursuits



Mariam - FS2D

Participated in the UAE Open Karate Championship. 1st place 🏆 in Kata



Mayar - 6C

Participated in UAE Open Karate Championship - Kata & Kumite. Won 1st place in both categories



Lamar - 7D

Participated in Karate 1 Youth League Fujairah 2024. Won 3rd place in Kumite



Ariet - 1E

Playing chess since the age of 4 . Won many competitions, and earned 1st place recently



Hafsa - 6B

Taken up coding. Learning html and css and has learnt python, ML and many more languages.

YT:

<http://Inkiy.in/hafsawasif>



Shahad - 7B

Taken up volunteering at a local animal shelter and assists with adoption events and fundraising efforts

Wow Factors: Student Pursuits

Layan - 6A



"I have a small bracelet buisness with my best friend." Check out Layan' amazing entruprenurial skills by checking out her online shop.

Naba - 1B



Hello! My name is Naba and I am in class 1B. Today, I want to share with you something I love to do outside of school. Vlogging! Naba Vlog is my official channel, whenever we go to some fun place I record it to share with my family and friends! Make sure to check out my channel!



Naba Vlog

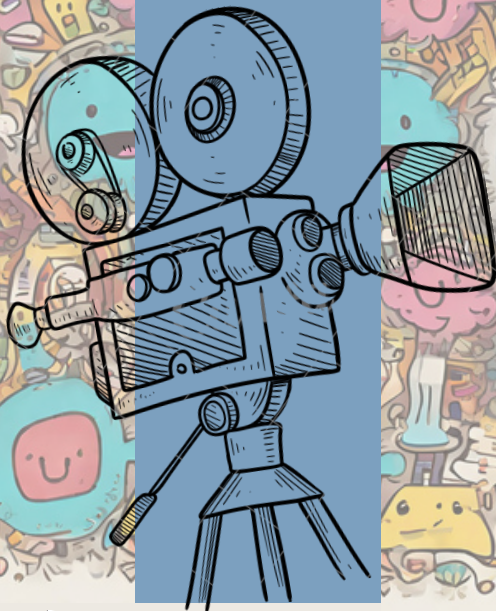
Toy Reviews Media Influencer Discover Destinations
- World Tour Guide and Trips Birthday Celebrations



Click here!

Highlight Reel

Let's shine some light on the major wellbeing highs of this term, achieved through the hard work of our very own Wellbeing Heroes! These memorable days and positively influential initiatives were definitely the cherry on top for this memorable term.



Anything but a Bag Day

A unique & interesting activity related to 'Adaptability' which is the "A" in ASPS's ongoing wellbeing initiative, "CARES"



Ramadan BookMarks

A gesture of gratitude and giving from the students to staff during the holy month of Ramadan. Ramadan Kareem!



Happy Womens' Day

ASPS celebrates Women's Day the right (and fun) way!



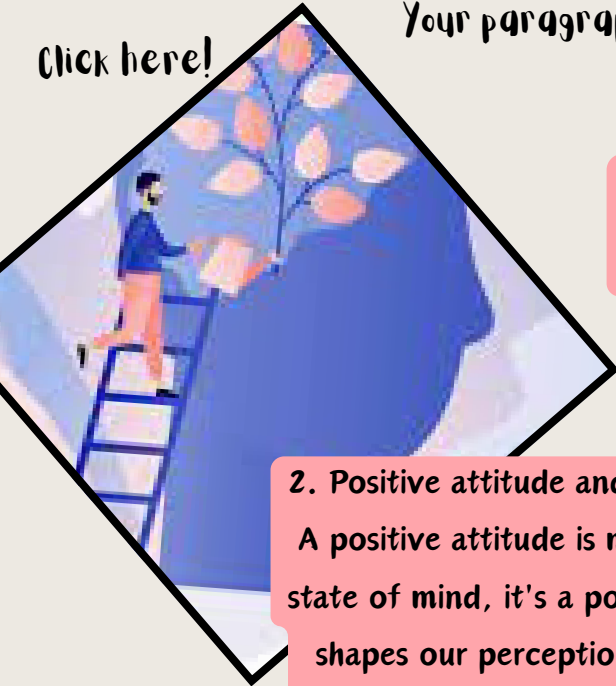
Click here!



PODCAST

“Stay well, be swell and rock your schoolbell” is the motto of this intriguing project created to educate young minds about the vital things that will become useful as these minds grow. A new week means a new topic with a new pair of podcast presenters, you do not want to miss this!

Click here!



Your paragraph text

1. Stress Busters:

During this time exams were right around the corner so timing was on point! This podcast talks about stress and different ways to deal with it.

Click here!



2. Positive attitude and independence:

A positive attitude is more than just a state of mind, it's a powerful tool that shapes our perception of the world around us. Learn all about how it can effect your daily life and learn ways to implement it.

Parent Wellbeing Talk

A parent workshop on fostering independence in children was held by the counsellors and the GAB parents.

Click here!



Click here!

HALLWAY HOSTAGES!

Watch how hostages talk their way out of sticky questions!



Wordsearch

Test your skills through this one of a kind Wellbeing puzzle!

FUN!
GAMES

I	N	A	S	P	S	C	A	R	E	S	E	T	A
C	A	C	S	F	S	I	C	T	I	S	I	M	R
C	D	L	A	I	E	N	U	C	T	E	S	E	E
D	A	E	L	T	F	O	R	T	W	N	P	N	S
U	P	L	S	O	Y	I	I	A	P	E	H	T	I
L	T	I	Y	I	C	T	O	E	G	R	A	A	L
I	A	P	E	L	E	A	S	I	N	A	L	L	I
Y	B	A	R	P	E	T	I	E	E	W	A	H	E
G	I	L	R	N	N	I	T	L	E	A	N	E	N
O	L	I	L	E	M	D	Y	N	R	F	A	A	C
E	I	R	H	I	P	E	R	H	G	L	T	L	E
N	T	E	T	L	I	M	A	I	R	E	N	T	M
T	Y	O	I	I	N	L	I	A	P	S	T	H	N
A	A	A	I	Y	H	T	A	P	M	E	L	G	N

LOLZ MOMENT!

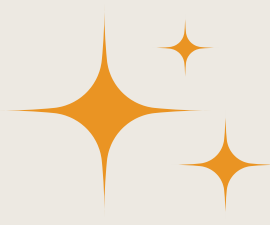
Why did Adele cross the road?
To say 'Hello from the other side!! - Salma 8C

Why do scientists not trust atoms?
'Cause they make everything up!! - Zaid Haris 4E

What kind of tea is hard to swallow?
Reali-tea - Mohamed Elbably 6C

What do you call two monkeys who share an amazon account?
Prime mates - Mohamed Elbably 6C

- Word Search Words:
- ASPS CARES
 - Curiosity
 - Adaptability
 - Resilience
 - Empathy
 - Self-Awareness
 - Mental Health
 - Green
 - Meditation



TOP TUTOR TIPS!

Hey there! We totally get it - saying goodbye to exams and then immediately diving into new topics for the next term can be a real bummer. It's like the stress never really goes away, right? But hey, we've got your back! Some awesome students who've been through it all have shared their study suggestions and top tutor tips to help you handle those test tensions. We hope these tips come in handy and make your journey through the new term a lot smoother. Hang in there!

1.



AYA ALMESELMANI YR8B



- Taking notes is important for school and future use in tests and exams.
- To enhance memorization, repeat information 12 times while looking at it, then repeat it 12 times without looking. If needed, repeat the process.
- Consider listening to something you enjoy, like a podcast, music, or Quran, while studying.



INAYA FAISAL 7D

2.

- Prioritize wellbeing and avoid overworking
- Take breaks and engage in energizing activities
- Remember that one achievement or setback doesn't define you
- Pursue learning for its own sake, not just to pass tests
- Apply knowledge in real-life situations for deeper understanding
- Effective application of knowledge is crucial




3.

ZAINAH RIYAZ 8C

- A good thing to do when preparing for exams is creating a schedule for when and what you are studying.
- Also start early at least 2 weeks before so you don't have last minute stress.
- Create an environment specific to YOU for studying so you can easily slip into focus even pick a piece of clothing you only wear when you study, like a Study Hat!
- Listening to music is not for everyone find your zone before studying.
- Don't study on the bed!!



MARYAM YEHA 6D

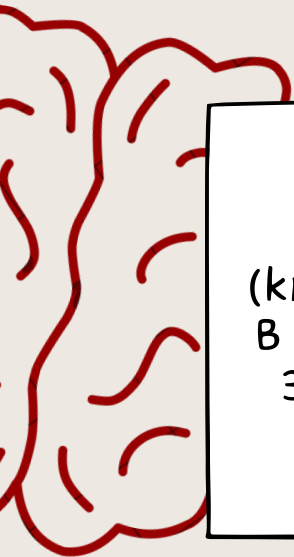


I use a website called nesto.cc which helps you to study giving you 25 min of studying then a 5 min break. You won't even feel the timer and you can keep repeating the timer many times without taking a break.

4.



HAYRAH MINHAJ 6D




Create flashcards of your notes to study effectively. On day 1, thoroughly study the flashcards and categorize them into piles A (known) and B (challenging). On day 2, review pile B and categorize it into pile C (difficult). On day 3, study pile B once and pile C twice. On day 4, combine all the piles for review. This method organizes learning effectively.

5.



EMAAN SYED 9C



To combat procrastination during exams, consider deleting social media accounts temporarily and minimizing distractions. Establish a study schedule with allocated time slots for different subjects to enhance productivity and workload management. By prioritizing focused study sessions and eliminating distractions, you can optimize your preparation and achieve better academic results.

6.

Meet the Editorial Team

A huge thank you to the Wellbeing Heroes Editorial Team for making this tiny miracle possible.

-Ms. Hareem (Head of Wellbeing)

Areeshah
Soban

Muzqinah
Shahrykh

Zainah
Riyaz

Fathima
Hayaa

Emaan
Saeed

Malik
Haytham