

ATIS! A'Takamul is the Best!!

ATIS NEWS

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It is Going to be a Great Year!

Welcome back everyone! It has been one long summer and we hope everyone has enjoyed it. As you may have noticed, there has been construction at our school. We are currently in the process of finishing our third floor equipped with all the needs for educating our students. Inshallah, by the end of November, it will be completed.

This is Year 2 of the ATIS News newsletter and we are excited to publish the great things you all will be doing as teachers, students, leaders, and staff.

Every year offers various opportunities for growth and we hope that you utilize the possibilities through interacting and collaborating with other teachers outside of your departments, finding activities to get involve with as you live and work in Kuwait, and finding time for yourself after a busy work day.

Whatever decision you make, let it be one that benefits you as a person to live a happy, productive life! We encourage everyone to tell themselves enthusiastically, "it's going to be a great year!" When you say this (internally or externally) it can become a reality.

We know for sure it is going to be a great year. We know this because we are going to manifest it by speaking it into existence. One thing for sure, if you keep on keeping on, you will make it.

There are several school-wide activities planned for the school year and we hope you all get involved and enjoy yourselves. One thing that is for sure, mean and grumpy people is definitely a repellent. So keep in mind to find something (a thought, an activity, etc.) that helps put a smile on your face. When people see you smile, you become

approachable and likely a friendship can take place. If you are a person who cannot help being grumpy or mean, try to find out why. You find out why through reading and talking to those that you are closest to, because they can add insight. We only state this because we want everyone to come to work with a purpose. A purpose to grow as a professional and as a person. Just speak positive things into existence and it will happen. We got this! You got this! It is going to be a great year!



Special Dates:

- September 23-HS Girls Assembly
- September 25-"Back 2 School" Bake Sale
- September 29-October 3-Islamic Week



New Staff 2019-2020!

A special welcome goes out to all of the new faculty and staff for the 2019-2020 school year. We hope that this will be an exciting and rewarding school year for you. If it is your first time working abroad or first time in the Middle East, we support you. Just know that you are not alone. The counselors have an open door,

confidential policy to help you in this new transition. We know it helps to talk, but in confidence.

Every month the newsletter team will attempt to feature a new staff member as well as any teacher or student of the month. It gives people and opportunity to get to know

our staff and students.

Everyone's experience is unique and is equally valuable; just know that, we (ATIS News staff) value you and want you to feel as welcomed as possible. If you, or someone you know, would like to join the team, please email Ms. Rebecca at rstallworth@atakamul.edu.kw.

Boomerang is Back!

Do you all remember the Boomerang Program from last year? Well, guess what? It's happening again and it is bigger and better! Six of our very own attended an intensive 3-day workshop on applied theatre and how to combat bullying through kindness. Mr. Adnan (Grade 7 Coordinator/Math teacher), Ms. Andi (Grade 12 Coordinator/English teacher), Ms. Fatmah (High School English teacher), Ms. Kelsey, Mr. Mahmoud (Elementary Music teacher), and Ms. Rebecca (Middle and High Girls Counselor) collaborated and bonded throughout the workshop.

12 schools were chosen throughout Kuwait to be the first cohort established by Alnowair and their partners to spread kindness throughout Kuwait. Some of the topics ranged from "Ten Things You Love About Yourself" and Compassion Circle, just to name a few. The team is very excited to share with

the teachers the various techniques that can be used in the classroom with students. Also, a total of 10 students will participate in our Boomerang play. Students will devote 10 days to learning what the Boomerang Team learned in 3 days and will be able to present a skit that will be interactive with the audience and thought-provoking.

Being able to meet other teachers from other schools was one of many highlights of the workshop. Everyone who participated stepped out of their comfort zones and learned

something about each other. We know that from participating and coming back to our school to share what we learned will make a positive difference in the lives of those who will have a chance to see how the Boomerang program works. Kindness is so important in a

world where people are constantly fighting internal battles, but at the same time are taking it out externally on others. Just like a boomerang, what goes around, comes around. We hope that this program will once again help students find positive things to say and do for others, because surely it will come back to them in more ways than one.

Nov. 28 is coming soon.



Boomerang team for ATIS were given certificates for their training.

Meet Ms. Sarah, Middle School Boys Counselor!

From: Sydney, Australia

Years at ATIS: New staff

A little Bit About Me: This is my eighteenth year in education, in Australia and abroad. I have an International School Counseling Certificate and I hold a Bachelor's degree in Education. I enjoy spending my free time running, swimming and traveling whenever



I have the opportunity. This is my first time in Kuwait, prior to this I was living in Egypt.

Hopes and goals for this Year...My hope and goal this year is to get to know all the middle school boys, connect with them and work together in finding solutions to issues that may arise throughout the year.

Come to me for...support regarding any matter that you would like assistance in solving. It is my responsibility to ensure you are happy at school and thriving in all your classes. If you have any issues that are affecting your wellbeing or ability to focus on your studies – may they be with friends, family, fellow classmates or personal, feel free to speak to me about them.

Art is Amazing!



We cannot get enough of all the artwork displayed throughout the school. Our students are so talented! Thank you to our art staff for helping our students unleash their creative side. Art is powerful. It can be abstract or realistic, 3-D or 2-D, just about anything you make it. Stippling, charcoal drawings, pastels, black and white, etc., are just a few ways in which artists convey their art-

work. It is always mesmerizing to see how art imitates life.

Students have the opportunity to showcase the work they complete in class through display boards, also known as bulletin boards.

Ms. Ambreen (Art HOD), Ms. Yasmin, Ms. Marian, Ms. Rania, and the art committee, thank you for what you



Middle school art teachers collaborating to display student work.

do. We know that art is important and allows student to tap into a talent they may not know they have. We can't wait to see what art will do this year for the school, but we know it is going to be wonderful. We also can't wait to collaborate on upcoming programs and put to good use the great talents of you ladies! Art Rocks!

Islamic Week! 29 Sept. to 3 Oct.

Students and Islamic teachers have worked hard preparing for Islamic Week. The purpose of Islamic week is to learn more about There are 5 Pillars in Islam:

- Shahadah: sincerely reciting the Muslim profession of faith.
- Salat: performing ritual prayers in the proper way five times each day.
- Zakat: paying an alms (or charity) tax to benefit the poor and the needy.
- Sawm: fasting during the month of Ramadan.
- Hajj: pilgrimage to Mecca

Students shared their projects with their classes. Projects came in the form of 3-D models of mosques and well-known structures in Islamic culture. Also, students presented oversized banners with important information. Students wrote about raising your children in the Islamic faith, women's rights in Islam, and many other topics. Thank you to the wonderful Islamic staff for



organizing Islamic Week. Also, thank you to the students for your hard work and dedication.



Meet Ms. Aileen, High School Boys Counselor!

From: Scotland, United Kingdom

Years at ATIS: New staff

A little Bit About Me: This is my eighteenth year in education, my fourth working in Kuwait. I studied Careers Guidance & Development at Postgraduate level and I also hold a Bachelor's degree in Social Work. I enjoy spending my



free time with my family (particularly my cats!), learning Spanish, since I lived in Spain for four years prior to moving to Kuwait.

Hopes and goals for this Year: One of my mains goals for this academic year is to establish a connection with all students. I aim to help students reach their full potential and become confident young adults.

Furthermore, I am eager to get to know my new colleagues and the community at A'Ta-kamul International School.

Come to me for...guidance and support to ensure you are happy at school and thriving in all your classes. If you have any issues may they be with friends, family, fellow classmates or personal, feel free to speak to me about them.

First Bake Sale of the School Year!

The senior committee for the 2019-2020 school year held their first fundraiser for the school year, a bake sale. McDonald's chicken nuggets, cheeseburgers, chicken burgers, and Krispy Kreme doughnuts were sold.

It was a huge success for the students. The senior committee has planned several activities for the school year to make the school year fun for everyone. The money the senior committee raises goes toward graduation and future

events. The students worked hard with making signs and flyers to spread the word about the bake sale. They did an excellent job. It was a professional atmosphere and the seniors had a great time selling to the students. At one point, the supply was less than the demand, but it all worked out. We all are looking forward to the next activity the senior committee



Senior boys pose for the camera. These young men helped with set up.

has planned for us. Their hard work does not go unnoticed. Thank you seniors and senior committee members for working during break time to make the bake sale a success. Again, we are very much looking forward to more events organized by you all.



Do You Know the Answers to the Riddles?

1. What type of cheese is made backwards?
2. What do you call a fairy that hasn't taken a bath?
3. What did the beach say when the tide came in?
4. What did the baseball glove say to the ball?
5. You will buy me to eat but never eat me. What am I?
6. Why do bees hum?
7. Why are ghosts bad liars?
8. If you throw a blue stone into the Red Sea, what will it become?

5 Tips For Living a Well Balanced Life By: Z. Hereford

A well balanced life is essential for personal effectiveness, peace of mind and living well. Whether we work, go to school or are retired, we all have responsibilities. There is always someone, or something, to answer to. There are things we want to do and things we must. The challenge is to balance what we must do with what we enjoy and choose to do. This is not always easy. If, however, we are unable to reduce stress and manage a well balanced life there can be physical and/or emotional health consequences. Here are some tips for living a well balanced life.

Take care of and nurture yourself. You cannot accomplish anything if you're unhealthy. Get plenty of rest, exercise and eat properly. Ideally, set aside time each day for an activity that you enjoy, such as walking, working out or listening to music. Or, allow yourself to unwind after a hectic day by reading, meditating or taking a nice hot bath.

Know what your priorities are. Balance does not entail cramming in every activity possible. Examine your values and decide what's important to you; then set your boundaries. Avoid becoming overwhelmed by juggling too many big

projects in your life at once. As the saying goes, "do not bite off more than you can chew."

Create an efficient mindset. Be organized and plan ahead. Take time at the beginning of each week to assess what needs to be done. Make a to-do list in a planner or calendar for upcoming appointments, impending exam, or meetings to attend. Be sure to also allow for recreation and quality time for you and your family. Taking the time to connect with family and friends will recharge your batteries and make you more efficient in the long run.

Expect the unexpected. Rather than get stressed and upset, learn to roll with the punches when something over which you have no control happens. You could get stuck in traffic, your computer could crash, you could have a family crisis. Stuff happens. We've all experienced the unexpected. If you accept that anything can happen at any time, it's less likely to throw you off your stride when it does.

Maintain a positive mental attitude. Begin each day with the intention of making the best and most of it. It may not always go as planned, but it can go more smoothly if you put it in perspec-

ive. Part of living a well balanced life is learning how to deal with adversity, unforeseen events and uncertainty. If you practice not letting things get to you, you will not learn to live a well balanced and less stressful life, you will learn to live in and savor the moment. Once you've done everything you can within your control, let your life unfold. Be prepared for the future, but don't worry about it.

While we can't anticipate and plan for everything in our lives, we can decide how, where and when to concentrate our energies. This may require some critical thinking and problem solving, but in the end it will lead to much less stress and a well balanced life.

To read the full article, access: <https://www.essentiallifefskills.net/wellbalancedlife.html>

