

# SPOTS



## NEWSLETTER

Vol. 19 Issue 10 / February 4, 2017

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## MONTH AT A GLANCE

(K-12 All School Event; **PS = Primary School**; **ES = Elementary School**; **MS = Middle School**; **HS = High School**; **DAAPA**; **MESAC/EAC**) We encourage parents to check weekly as occasionally dates or times may change.

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | WEEKEND   |           |
|---|---|--|---|---|---|-----------|
| <b>JANUARY/FEBRUARY 2017</b>  |   |  |   |   |   |           |
| <b>5</b> PS/ES Day 4<br>MS/HS Day 5                                     | <b>6</b> PS/ES Day 5<br>MS/HS Day 6                                       | <b>7</b>   | <b>8</b> PS/ES Day 6<br>MS/HS Day 7                             | <b>9</b> PS/ES Day 7<br>MS/HS Day 8                             | <b>10</b>   | <b>11</b> |
| Kg1 Play and Learn Resumes  | <b>DAA Active Moms Middle Eastern Food Pilgrimage</b><br>RSVP required    | Professional Development Day (No school for students)  |   | MS Track and Field Day  |   |           |
| <b>12</b> PS/ES Day 8<br>MS/HS Day 1                                    | <b>13</b> PS/ES Day 9<br>MS/HS Day 2                                      | <b>14</b> PS/ES Day 10<br>MS/HS Day 3  | <b>15</b> PS/ES Day 1<br>MS/HS Day 4                            | <b>16</b> PS/ES Day 2<br>MS/HS Day 5                            | <b>17</b>   | <b>18</b> |
| PS Language Week / ES Parent Engagement Week/ PS Love Your Library Week |   |  |   |   |   |           |
|   | PS Arabic Coffee Morning<br>8:30 am<br>PSES Conference Rm                 | ES Coffee Morning<br>8:00 am<br>PSES Conference Rm<br>-----<br>PS Valentine's Day Dress Down | ES Grade 5 Overnight Trip                                       |   |   |           |
|   |   |  | MSHS Musical<br><i>The Sound of Music</i><br>3:30pm and 7:00 pm | MSHS Musical<br><i>The Sound of Music</i><br>3:30pm and 7:00 pm |   |           |
| <b>19</b> PS/ES Day 3<br>MS/HS Day 6                                    | <b>20</b> PS/ES Day 4<br>MS/HS Day 7                                      | <b>21</b> PS/ES Day 5<br>MS/HS Day 8   | <b>22</b> PS/ES Day 6<br>MS/HS Day 1                            | <b>23</b> PS/ES Day 7<br>MS/HS Day 2                            | <b>24</b>   | <b>25</b> |
| PS Class Photos / ES Class Photos                                       |   |  |   |   |   |           |
| ES Grade 5 Overnight Trip   |   |  |   |   | DAAAPA PSES Bingo Night<br>5:00 pm<br>PSES Playground |           |
|   | Grade 10 IB Night<br>7 pm<br>DAA Auditorium                               |  |   |   |   |           |
| <b>FEBRUARY/MARCH 2017</b>  |   |  |   |   |   |           |
| <b>26</b> PS/ES Day 8<br>MS/HS Day 6                                    | <b>27</b> PS/ES Day 9<br>MS/HS Day 7                                      | <b>28</b> PS/ES Day 10<br>MS/HS Day 8  | <b>1</b> PS/ES Day 1<br>MS/HS Day 1                             | <b>2</b> PS/ES Day 2<br>MS/HS Day 2                             | <b>3</b>  | <b>4</b>  |
| MS Week Without Walls   |   |  |   |   |   |           |
|   |   |  | Sophomore Career Day  | DAAAPA PSES Pizza Day   |   |           |
| <b>5</b>  | <b>6</b> PS/ES Day 3<br>MS/HS Day 3                                       | <b>7</b> PS/ES Day 4<br>MS/HS Day 4  | <b>8</b> PS/ES Day 5<br>MS/HS Day 5                             | <b>9</b> PS/ES Day 6<br>MS/HS Day 6                             | <b>10</b>   | <b>11</b> |
| Professional Development Day (No school for students)                   |   |  |   |   |   |           |
| <b>12</b> PS/ES Day 7<br>MS/HS Day 7                                    | <b>13</b> PS/ES Day 8<br>MS/HS Day 8                                      | <b>14</b> PS/ES Day 9<br>MS/HS Day 1   | <b>15</b> HS Day 2  | <b>16</b>   | <b>17</b>   | <b>18</b> |
| PS "Wing It" Performances   | PS "Wing It" Performances<br>-----<br>MS Week Without Walls Presentations | PS "Wing It" Performances  | PS ES MS Parent Teacher Conferences                             | All Divisions Parent Teacher Conferences                        | DAAAPA Spring Family Festival<br>4-8pm                |           |

**GEMS - DUBAI AMERICAN ACADEMY**

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GEMS Website: [www.gemseducation.com](http://www.gemseducation.com)



## ALL SCHOOL NEWS

### FROM THE SUPERINTENDENTS' OFFICE

Dear DAA Families,

The last few weeks have been our typically busy and productive times at DAA. We have had so much parent support and involvement around the school that I do want to take a moment to offer thanks for just a few of the events that have stood out to me as I have been out and about across the campus.

This past week saw well over 100 parents join us on the pitch supporting the Elementary School Sports Day. Many of those parents were very actively involved and a big thanks is due for the time and commitment volunteered to our students and staff. Coffee Mornings have been well attended and many Middle School parents have been on campus receiving important information about the upcoming Week Without Walls adventures. Since we last wrote in SPOTS, as always, DAAPA moms have been contributing to numerous events from the Primary/Elementary School Pizza day and staffing The SPOT (especially during this hectic MESAC weekend), to the much appreciated BBQ Lunch for seniors this past week. Despite enjoying Mr. Schaffner and Mr. McMahon in aprons and toques, we know who did the work – thank you DAAPA moms! The High School counselors, who presented an informative and engaging Junior College Night, noted that this was the largest parent turnout they had experienced for this event. Finally, this weekend DAA families have opened their homes and are hosting junior varsity basketball players from near and far. Thank you all for exemplifying the vibrant, caring community that is DAA.

A few months back Dr. Hardin wrote about *The Happiness Advantage*, a recent book about dispositions shown to fuel success. Happy students and people tend to perform better by multiple measures. This week this theme was echoed and expanded on by our High School counselors during the above-mentioned Junior College Night. One visual discussed was of prominent magazine covers, ranging from Time Magazine to the Harvard Business Review, whose articles contained arguments, data and conclusions speaking to the importance of happiness.

In addition to the notion of happiness – and it is difficult to find argument with the promotion of this as a life goal – is the work done on Emotional Intelligence, or EQ. DAA has hosted a number of well attended coffee mornings on this topic, and, as with work on the productivity and achievement gains by those who are personally more satisfied in life, people demonstrating a high emotional intelligence are in demand in the workplace, in school – and in life. Those who exhibit a high EQ are keenly aware of their own emotions and of the emotions of others, and they demonstrate a marked sense of empathy and thoughtfulness. Colleges, as well as employers in all fields, are looking for how to differentiate among talented prospects. All things being equal, many colleges and employers are trying to determine who may be more emotionally intelligent to add to their organizations. There is a growing body of research in this area and if you are interested in learning more I would encourage you to visit the website <http://www.eiconsortium.org/>.

A big thanks goes out to our high school counselors for reminding families heading into the college home stretch about the importance of being a well-rounded student. All at DAA also deserve appreciation, as the philosophy of promoting the whole child is deeply embedded in our ethos. One need merely look at the fifty-plus sports teams and clubs at DAA, the performing arts programs and the myriad ASA's and events in which our students are so actively engaged, to know that DAA values the whole child, and fosters happiness and emotional intelligence, along with our high expectations for academics. It does take a village – a village of diverse experiences – to raise a well-rounded child.

Kind Regards,  
Matthew Wilding  
Deputy Superintendent



## DAAPA NEWS

DAAPA (DAA Parents Association) is an active parent association dedicated to enriching the lives of DAA students and community, promoting cooperation between DAA parents, staff and administration and spreading the "culture of kindness" that is at the core of DAA's values. All parents/guardians of DAA students are *automatically* members of DAAPA.



## Spring Family Festival

Mark your calendars for **Friday 17th March, from 4:00 to 8:00 PM**, for the **all new DAAPA fundraiser** (replacing the annual International Food Festival). Join us for a fun day of games, food, entertainment and activities for the whole family. Watch this space for more info soon.

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### DAAPA IN PRIMARY/ELEMENTARY SCHOOL

**Family Bingo Night:** DAAPA will be hosting our first Bingo night on **Thursday, 23<sup>rd</sup> February at 5:00 pm** on the PSES playground. Come along and enjoy an evening of fun, prizes and food! Admission is free! Food items and refreshments will be available for purchase.

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### DAA ACTIVE MOMS

DAA Active Moms will go on the 6<sup>th</sup> of February to do the Middle Eastern Food Pilgrimage conducted by Frying Pan [www.fryingpanadventures.com](http://www.fryingpanadventures.com)

Timings are from 9am to 1.15am. The cost is 415.00 AED per person.

Please click the link to book and pay:

<https://book.fryingpanadventures.com/privateevent/8d856cdc90526210399aafe995683839>

For more info you can contact Vanesa Pérez Garvi [vanesa.mafalda@gmail.com](mailto:vanesa.mafalda@gmail.com)

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## PRIMARY POINTS (Kindergarten 1 - Grade 2)

Make sure to read the corresponding DAAPA NEWS section of this issue of SPOTS for all the latest Primary School parent sponsored events!

### FROM THE PS PRINCIPAL'S DESK

Dear PS Parents,



Announcing the Primary School Musical,  
**"Wing It"**  
 March 12th, 13th & 14th

We would like to announce that this year's Primary School Musical is "Wing It", a short but fun mini-musical written by John Jacobson and John Higgins for young performers. The musical features wonderfully catchy music and lyrics about birds and focuses on growing up and taking risks. Each classroom will be performing in one of the 4 performances of "Wing It". You will love the music, acting and simple, but meaningful choreography featured in this well written and beautiful musical. Performance dates will be March 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> in the morning. Further information about the concerts and which performance your child will take part in will be released soon, via the music blog at: <http://psmusicdaa.blogspot.ae/>. Practice videos, songs, and scripts are also all available on the blog, so go check it out!

We are looking forward to seeing you at the concerts! You all will leave singing and moving as the music and words play in your mind. "Wing It", a family musical to remember!

*Paul Fowler and Julia Fabrizio*  
 DAA Primary School Music Teachers

#### A Note from the Library

The library will be hosting its second annual, *Love My Library Week*, from February 12th-16th. Please join us after school from 2:40-3:20 to take part in our activities. No sign-up is required, just come to the library after school.

Sunday - Read aloud  
 Monday - Board games and puzzles  
 Tuesday - No activities (early release)  
 Wednesday - Library treasure hunt  
 Thursday - Library trivia contest

*If you have any questions, please email Mandy Gintaut @ [a.gintaut\\_daa@gemsedu.com](mailto:a.gintaut_daa@gemsedu.com)*

#### Lost and Found

Please note that all lost and found items will be on display in the PSES foyer the 5th to the 12th February. Items remaining after this date will be donated to charity.

#### Upcoming Events:

|           |  |
|-----------|--|
| Feb 5     | KG1 Learn and Play Resumes   |
| Feb 7     | Professional Learning Day - No School for students                     |
| Feb 12-16 | Language Week  |
| Feb 13    | 8:00 Arabic Coffee Morning   |
| Feb 14    | Valentine's Day Dress Down Day<br>Students may wear Pink, Red or White |
| Feb 19-23 | Class Photos (Refer to class Blog for schedule)                        |

Best Regards,  
 Laura King and Nathalie Salameh  
 PS Administrative Team

**ELEMENTARY ESSENTIALS Grades 3-5** *Make sure to read the corresponding DAAPA NEWS section of this issue of SPOTS for all the latest Elementary School parent sponsored events!*

**FROM THE ES PRINCIPAL'S DESK**

Dear Parents,

What a busy week! We had Field Day and Spirit Week all in one! Tuesday's Field Day was a great success - our students demonstrated their track and field skills, had fun and showed off their great sportsmanship! A special thank you to our PE teachers, Mr. Luke Fuglie and Mr. James Anaya, for all their hard work over the last several weeks to put this event together. Thank you also to all of our teachers and volunteers who helped to make the day run so smoothly, and to DAAPA for providing an energising snack. Special thanks to Barakat, Kelloggs and Chiquita for their kind snack donations. Thank you, as well, to the parents who turned out to cheer the students on!

As I mentioned, it was also ES Spirit Week last week. Throughout the week, our students participated in a variety of DAA spirit activities including a DAA quiz, a student door decorating challenge and a dress-down day! We are proud DAA Leopards! Rrrroar! Thank you, Ms. Connors, Ms. Rhonda and all of the student council for a fantastic spirit week!



**Field Day Reflections (Mr. Luke Fuglie):** "Good game! Great effort! That was fun!" were a few of the phrases uttered by the ES students during their Field Day, which was held on Tuesday, January 31st. With an emphasis on sportsmanship, students engaged in events such as: a three-legged race, sack hop, and 50 meter hurdles. Some notable highlights were the excellent music selection curated by Mr. Sandeep, the tug-of-war versus different classrooms (teachers and educational assistants included), and the tasty

snack provided by DAAPA. Thank you to the facilities crew, parents, staff, and DAAPA who helped make the 2017 ES Field Day a success!



**ES Spirit Week Reflections (Ms. Connors):** Our annual Spirit Week has come to an end. This week was a huge success and was a reminder that our ES has some major school spirit! A huge thank you to our student council members who organized spirit activities for each day this week. Students tested their DAA knowledge in a trivia quiz, they participated in recess activities, were rewarded for their PAWsitive sportsmanship with spirit bracelets during track and field, and created a new sidekick for our school mascot Diego. To end our spirit week students participated in Twin

Day, showing that we're all friends here at DAA. Stayed tuned for upcoming Student Council activities in the next few weeks.



**ELEMENTARY ESSENTIALS, continued**

**Grade 5 SHS Beach Cleanup (Ms. Lesley and Ms. Crawford):** Last week the Grade 5 Student Environmental Group went to the beach to do a beach clean up. They were amazed at how much trash gathers on the beach! Stay tuned in the upcoming weeks to hear more about the work of the SHS.

**Swim Team Update (Ms. Beth Swartz):** It was another great week of practice for the ES/PS swim team and we continue to be amazed at their dedication and hard work! Our swimmers continue to sharpen their strokes and turns through drills from Coach Voja, Coach Martin, Coach Pia and Coach Beth. We are gearing up for our first meet of the year on February 19th at UAS. We look forward to seeing our swimmers making a splash!



**Jr. EAC: EAC Track and Field Jamboree (Mr. James Anaya):**



Last Saturday we held our first ever track and field Jamboree at DAA for JEAC. We had four schools attend this Saturday and we had some friendly competition. Some events included the long jump, 50m sprints ,

50m hurdles, frisbee, and baseball throw. We had a great turn out with parents in attendance. Our kids had fun and our parents enjoyed it. The coaches were very happy that we hosted this event this year. We had a break out session at the end and I congratulated the student-athletes for the great character and sportsmanship they exuded at this meet. What an exciting event! We look forward to seeing you again next year!

**From our ES Counselor, Ms. Lesley:**

**GOOD NIGHT AND SLEEP TIGHT**

Our children lead extremely active lives. They are up early in the mornings, have a busy day at school, are involved in after school activities, spend time with friends and have to complete homework and assignments. It is important therefore that they get enough restorative sleep each night. But how much sleep is enough?

**Recommended Amount of Sleep for Pediatric Populations\***

| Age                           | Recommended Sleep Hours per 24 Hour Period |
|-------------------------------|--|
| Infants: 4 to 12 months       | 12 to 16 hours (including naps)            |
| Toddlers: 1 to 2 years        | 11 to 14 hours (including naps)            |
| Preschoolers: 3 to 5 years    | 10 to 13 hours (including naps)            |
| Gradeschoolers: 6 to 12 years | 9 to 12 hours                              |
| Teens: 13 to 18 years         | 8 to 10 hours                              |

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).  
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med.* 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

Although every child's needs vary, The American Academy of Sleep Medicine (AASM) provides some helpful guidelines regarding just how much sleep children need at different stages in their development.

## ELEMENTARY ESSENTIALS, continued

It is clear that many of our children are not getting anywhere near the 9 - 12 hours recommended by the AASM. This is concerning as research shows that insufficient sleep can have an extremely detrimental effect upon a developing child's physical, mental and emotional health.

**Effects of insufficient sleep:** Research shows that sleep deprived children may have difficulty getting along with others because they become irritable, impulsive and prone to mood swings. They may also have problems paying attention in class, have difficulty problem solving, and as a result get lower grades at school. Sleep deprivation has been linked to an increase in the risk of obesity and may negatively impact normal healthy growth and development. Ongoing sleep deficiency can lower a child's immune system so that it is unable to defend the body against viruses and common infections.

**Benefits of sufficient sleep:** Regular and restful sleep plays an important role in good health as it restores energy levels, strengthens a child's immune system and helps support growth and development. Sleep promotes learning as it strengthens memory, improves concentration and enhances problem solving skills. Sufficient sleep is essential for a child's mental health as it leads to a greater sense of well being thereby making it easier for a child to deal with change, control emotions and behavior and cope with the stresses and challenges of everyday life.

### Tips to encourage healthy sleep habits in your child

- Ensure that you make sufficient sleep a family priority. Understand the importance of getting enough sleep and how sleep affects the overall health of your children. Remember that [you are a role model](#) to your child; set a good example.
- Try to avoid [over-scheduling](#). In addition to homework, many children today have scheduled evening activities (i.e., sports games, lessons, appointments, etc.) that pose challenges to getting a good night's sleep
- Keep to a regular daily routine as this will help your child feel secure and comfortable, and help with a smooth bedtime.
- Stick to a bedtime routine and give your child a 30 minute reminder prior to lights out.
- Include a winding down period of relaxation or reading as this may help your child to fall asleep more easily.
- The AAP recommends that you keep all screens—TVs, computers, tablets—out of kids' bedrooms and that you stop your child from using all technology 30 minutes before bedtime. The light from screens blocks melatonin which can help a child to fall asleep.
- Mobile devices should be removed from the bedroom when it is bedtime. It is too tempting for a child to check on their phone if they hear their friends messaging after lights out.
- No caffeine after 3 PM.

### References

<http://kidshealth.org/en/kids/not-tired.html>  
[www.nytimes.com/2011/05/24/health/24brody.html](http://www.nytimes.com/2011/05/24/health/24brody.html)  
[www.sleepforkids.org/html/sheet.html](http://www.sleepforkids.org/html/sheet.html)  
[kidshealth.org/en/teens/how-much-sleep.html](http://kidshealth.org/en/teens/how-much-sleep.html)  
[kidshealth.org/en/kids/not-tired.html](http://kidshealth.org/en/kids/not-tired.html)  
[wsbt.com/news/local/how-much-sleep-do-elementary-school-kids-need](http://wsbt.com/news/local/how-much-sleep-do-elementary-school-kids-need)

### Useful links

[http://kidshealth.org/teen/your\\_body/take\\_care/how\\_much\\_sleep.html#](http://kidshealth.org/teen/your_body/take_care/how_much_sleep.html#).  
[http://www.emedicinehealth.com/sleep\\_understanding\\_the\\_basics/page2\\_em.htm](http://www.emedicinehealth.com/sleep_understanding_the_basics/page2_em.htm).  
[http://helpguide.org/life/sleep\\_tips.htm](http://helpguide.org/life/sleep_tips.htm).

## ELEMENTARY ESSENTIALS, continued

### THIS WEEK IN THE ES:

1. Professional Learning Day – Tuesday, February 7. No students at school.  
**Wednesday, February 8, will be cycle day 6**
2. **LOST AND FOUND ITEMS ON DISPLAY:** *Please note lost and found items will be on display in the foyer from February 5-16th, after that unclaimed items will be donated to charity. In order to assist us with getting your child's lost items returned, please ensure that any item your child brings from home is clearly marked with their name.*

### UPCOMING EVENTS:

1. **ES Parent Engagement Week: February 12 – 16** *Parent Engagement Week in the Elementary School. The purpose of this event is to provide parents an opportunity to experience the learning taking place while giving parents ideas and activities to use at home to support their child's learning. We look forward to seeing all of you! For more specific details regarding session descriptions, times and locations, please see the flyer attached to this week's SPOTS email.*
2. **ES Coffee Morning, Wednesday, February 14<sup>th</sup> in the ES Conference Room**
3. **GR5 Desert Safari at the Dibba Camp**
  - Wednesday & Thursday, February 15 -16. Classrooms of Sarah De Fonseka (5SD), Elisabeth Swarz (5ES), Lama Rawdah (5LR), and Huda Makia (5HM)
  - Sunday & Monday, February 19 – 20. Classrooms of Nicole Crawford (5NC), Lexi Davidson (5LD), and Julie Lemoine (5JL)
4. Class photos from February 19-23. See class blog for specific dates.

Looking forward to seeing you during parent engagement,  
Roberta & Kit Wilding  
Your ES Admin Team





**MIDDLE SCHOOL MESSAGES (Grades 6-8)** *Make sure to read the corresponding DAAPA NEWS section of this issue of SPOTS for all the latest Middle School parent sponsored events!*

### FROM THE MIDDLE SCHOOL OFFICE

#### The UAE's KenKen Representative right here at DAA:



After the initial launch of the International Kenken Competition in the MS assembly towards the end of the 2015-2016 school year, Paarth Gupta, now in Grade 8, entered the first round of the competition, held here at DAA.

After qualifying as one of the fastest and most accurate puzzle-solvers, he then went on to compete against other students in Dubai. He secured his place to then go on and compete for a place to represent all of the UAE against students from the other Emirates. These competitions took place on the weekends and Paarth succeeded every step of the way! This resulted

in him being the number 1 student in all of the UAE in his age group - which is an amazing achievement!

Paarth was flown by the Kenken team to New York in December. He competed against students from around the world, and just missed out of a final position.

Congratulations to Paarth on his international success! We are very proud of him!

#### MS Tech Leadership Team:

We were elated to see all the parents who came to our Parent Coffee Morning on Wednesday, January 25th to hear our MS Tech Leadership Team discuss the use of social media and what they wish parents would know about it. Our Tech Leadership Team worked hard for 3 weeks preparing an informative presentation about the pros and cons of many social media apps, and they gave tidbits on how to safeguard your child. The audience did a great job at sharing many of the techniques they utilize to help their child navigate cyberspace. It's important to give your child some responsibility when it comes to social media but a parent should have the final say over phone usage and have access to all social media content that your child may be on.



#### Middle School Annual Food Drive:

The 2017 Food Drive has officially begun. Every year before WWW we collect food for our 'UAE Living' group to deliver to a labor camp in Al Quoz. The final day to bring in food is February 8th. Students are responsible for bringing the food in themselves. Any food dropped off in the office will be kept in the office count! Please take a look at the [FOOD DRIVE](#) presentation to learn all about it.

- Grade 6 = Lentils (dal)
- Grade 7 = Dried beans/peas
- Grade 8 = Rice.

The 3 top Life Skills groups for each grade level that brings in the most food will be awarded a prize. Bring in as much food as you can!

#### Professional Learning Day:

We want to remind all middle school parents and students that on February 7th, the teachers will have a professional learning day and therefore the students will not be in school. Enjoy the day!

## MIDDLE SCHOOL MESSAGES, continued

### DAA Hoodies:

We appreciate our students at DAA and how the middle schoolers do so well at adhering to the school uniform expectations. Starting in the second semester, we will only be allowing DAA hoodies to be worn during the school day. This would include hoodies sold by the Leopard's Den this year, the athletics travel jackets, and the 2016 and 2017 WWW hoodies. If a student has ordered a WWW hoodie for this year, then they may wear their old hoodie until new ones arrive.

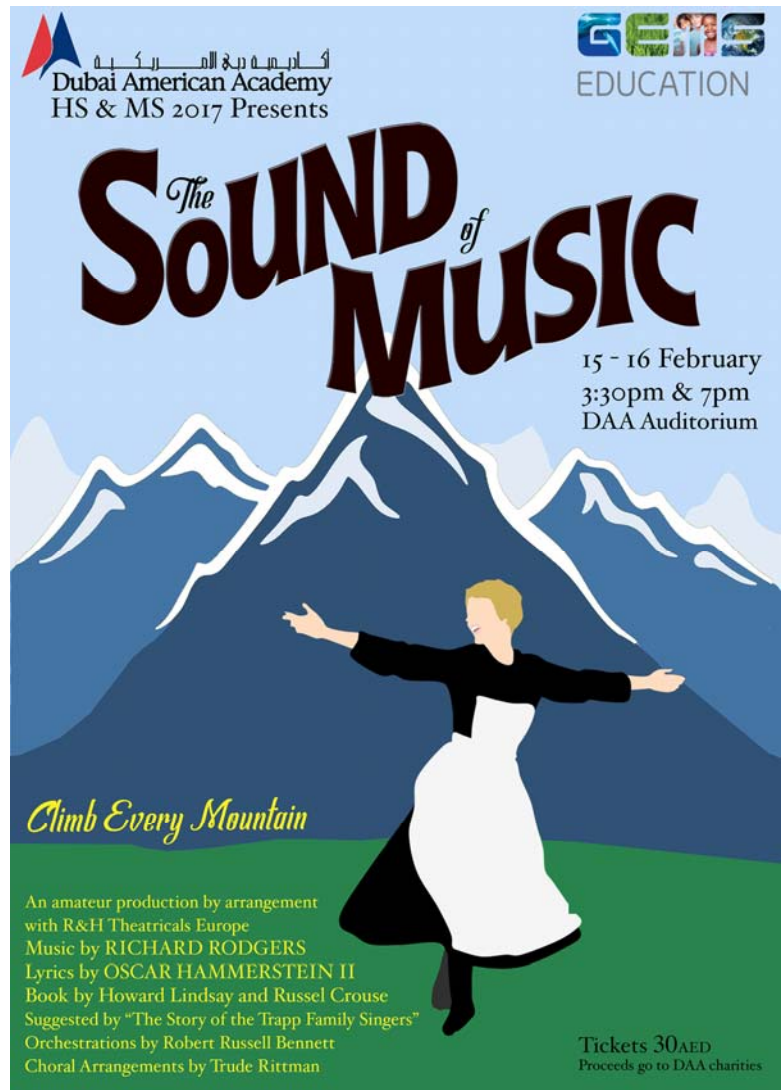
### Track & Field Day:

Middle School will host our annual Track & Field day on Thursday, February 9th. Students should wear their color house shirt along with their PE shorts, proper running shoes and bring a refillable water bottle for the day. We want to thank our parent volunteers who are attending to run some of the events and engage with our middle schoolers!

### MS/HS Musical:

We are proud to present our talented fine arts students who will be putting on the production, *The Sound of Music*. There will be four shows, 2 on February 15th and two on February 16th. Watch Spots and our middle school bulletin for further information about tickets and show timings.

Warmest regards,  
MS Admin  
Joan Wiens and Luke Spencer



## HIGH SCHOOL HIGHLIGHTS (Grades 9-12)

Make sure to read the corresponding DAAPA NEWS section of this issue of SPOTS for all the latest High School parent sponsored events!

### FROM THE HIGH SCHOOL OFFICE

What just happened.....?



#### SCHOOL ART

Over the winter break the high school was painted in some lovely fresh colors, leaving the school look a lot more vibrant and full of life. This minimal color scheme provided the Art department with a great clean cut background on which to display our students wonderful work.

Here you can see the students' self-portraits, where the content mimicked that of Old Masters work but with a modern twist. This was a very successful project for the students. Feel free to come and take a closer look.



#### Game on...MESAC Tournament !

This weekend another MESAC tournament rolled into Dubai and many matches were held at DAA and ASD. DAA had teams compete in **Junior Varsity Soccer @ ASD** and **Junior Varsity Basketball @ DAA**. The **SENIOR FINE ARTS** competition took place in Qatar.

A big thank you to all the coaches and sponsors: Omar Ghosn, Kate Acheson, and Sebastian Seidel (HS), Nicole Bonner, Teresa Cantu, Kersten Grant, Jeff Quinto, Angela Walker (MS), Kyle Cloete (PS) and Angela Oyesiku (ES)



JV Court Action!

Mr. Ghosn's Junior Varsity Basketball team

## HIGH SCHOOL HIGHLIGHTS, continued

- **Senior BBQ – Flippin’ great**

The DAAPA moms along with Mr. Schaffner (a.k.a. chef) and Mr. McMahon (a.k.a sous-chef) held the second annual Senior BBQ last Thursday. During both lunches, chefs Schaffner and McMahon flipped burgers before serving them up to the hungry Class of 2017!



- **Frantic Assembly Theatre Performance Reflection by Grade 11 Theatre Student: Jay Nagjee**

*Frantic Assembly's* theatre performance on January 30 was one of the most unique experiences I have had. Our Grade 11 IB Theatre Class along with Mr. Downey were incredibly lucky to be invited to the original piece of theatre. *Frantic Assembly* are an Olivier Award winning company from the UK. It wasn't like a conventional play, it didn't consist of a concrete story or plot. It was more of an expression of an idea than a story in my opinion. We are learning how to devise theatre in IB Theatre Class now so this was a perfect opportunity to view a devised piece.

The theme was "*countdown*", and *Frantic Assembly* performed a piece to show the various types of countdowns people have, or give themselves. Ultimately, everyone and everything has a countdown, essentially, nothing goes on forever. Frantic expressed their idea through showing short stories of several people who had some sort of countdown.

What amazed me the most was that Frantic showed over 10 characters with only 3 people to act. To do this, they gave all the characters different traits, background stories and body language. To direct the attention towards the unique characters even more, Frantic used handheld, wireless lights that filled very minimal areas to help gaze the focus on the character that was being talked about. Along with a couple other led lights and a projection that displayed the character's names and backgrounds, Frantic relied on their physical movement and facial expressions to guide the audience through their performance.

*Frantic's* performance was extremely unique and interesting. Their choice of a theme that was new and not cliché really helped make it as gripping as it was. Through their performance, we learn that the ultimate countdown is life itself leading us to question our mortality. Every piece of theatre should consider the impact on audience as we learn in IB Theatre. This really made me think of the power we have as creators and collaborators in theatre.

Apart from the amount of characters shown, the minimal performance amazed me. It opened my eyes to how so much can be performed with so little. *Frantic* performed their piece just by using handheld lights, a projector and a screen, 2 chairs, body language, facial expressions and the most powerful element of theatre; Imagination.



## HIGH SCHOOL HIGHLIGHTS, continued

### ▪ CAS CORNER

High School students were given progress grades on their CAS experiences on their report cards this semester. Below is the list of possible comments they may have received. Another progress report will be sent out in June.

- You are EXCEEDING THE EXPECTATIONS of fulfilling the CAS requirements by the end of the 2016-17 school year.
- You are MEETING THE EXPECTATIONS of fulfilling the CAS requirements by the end of the 2016-17 school year.
- You are APPROACHING THE EXPECTATIONS of fulfilling the CAS requirements by the 2016-17 school year.
- You are BELOW THE EXPECTATIONS of fulfilling the CAS requirements by the end of the 2016-17 school year.
- You are currently FAILING CAS. You are in danger of not receiving your IB Diploma.

I have sent all Grade 11 & 12 Full diploma students a CAS CHECKLIST that will clearly explain their expectations. You can download it at [tschumperlin.net](http://tschumperlin.net) and it will be under the 'DAA Requirements' section.

CAS Opportunities have been posted on a weekly basis. It is up to the students to take the initiative to get involved. Remember, CAS can include activities outside of school too. Do not hesitate to contact Mr. Tschumperlin if you have any questions.

### What is about to happen.....?

#### ▪ Career Day

DAA will be hosting our annual **Career Conference on Wednesday, March 1, 2017**, which is run specifically for our Sophomore Students. While students are in the thick of course registration and deciding what IB classes are best for them, we are happy to provide these same students an opportunity to learn about different careers and job paths.

This is a closed event to just grade 10 students. We ask that you please click on the following link to complete the short survey to let us know if you can contribute to this Career Conference. This year's conference theme is *Energize Your Dreams*. You can either volunteer yourself as a speaker or share contact information of someone you know who would be willing to speak at the Career Conference.

#### [Career Conference Volunteer Form](#)

Thank you very much for your continued support of your students and DAA. Please see last year's website [here](#) to learn more about the DAA Career Conference. Contact Counselling Office for more information also.



On a related note, Grade 11 students had their first class meeting with our High School Counselors this week to begin the process of college applications and career options. Our counseling office shared their own stories from High School to Counseling which were appreciated by the students.

## HIGH SCHOOL HIGHLIGHTS, continued

- Professional Learning DAY Tuesday February 7

Teachers will again come together to examine their practice, learn from each other and work collaboratively to improve teaching and learning at the school. A wide variety of topics are being explored including; Instructional Rounds, Assessment, Differentiation, Developing a Growth Mindset, Intrinsic Motivation and Gaming in Teaching.

- Remember your ID Cards: Message from Deputy Superintendent's Office. Please read:**

Dear High School Students,

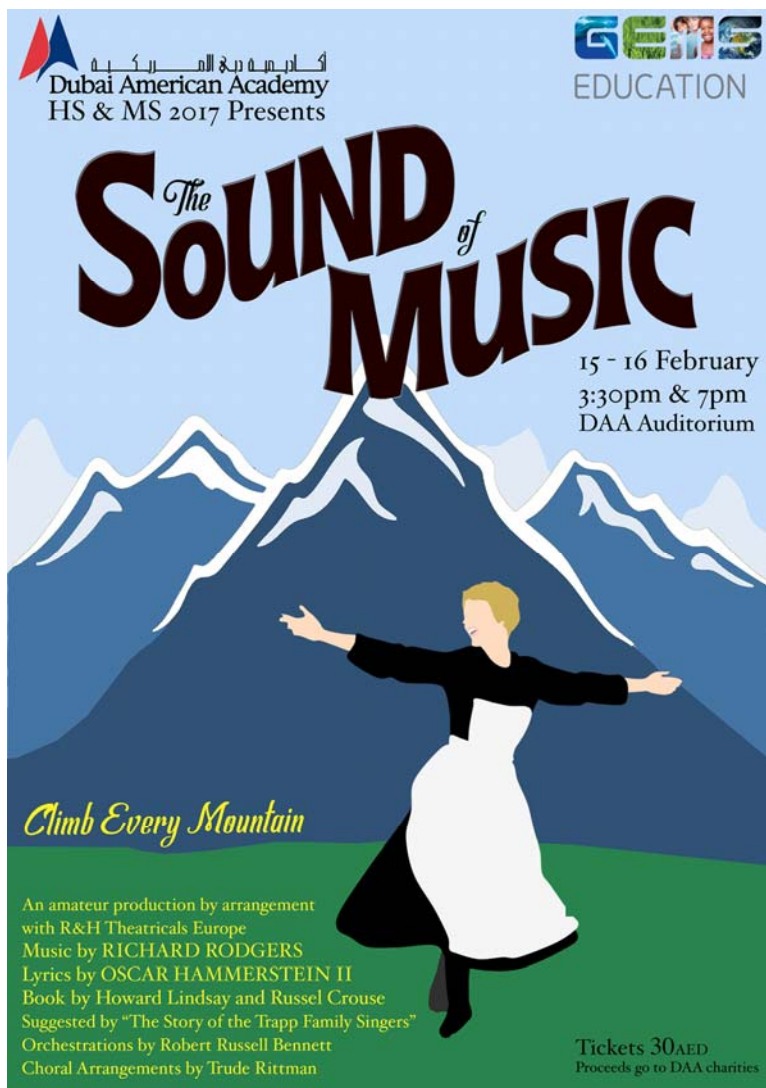
All HS students must carry their ID cards to school everyday. The new turnstiles are working & you will need your ID to enter the gate.

Grade 9 & new students should have received their IDs by now. All other DAA students were given ID cards last year.

If you have lost your ID card, then you need to pay 50 AED to the HS cashier and fill out this form to get a new one:

<https://docs.google.com/a/gemsdaa.net/forms/d/e/1FAIpQLScsdDU0ZW2WDTfTlrpOB-uTHZ9MpXO5pKY2CZdh2LEHNtELXw/viewform>

The link is also found under the request tab on the homepage of our Community Portal: [gemsdaa.com](http://gemsdaa.com)



- The Hills are Alive!**  
**HIGH / MIDDLE SCHOOL PRODUCTION:**  
**The Sound of Music**  
**live on the DAA stage!**  
Tickets now available from both Reception Desks.

- STAY INFORMED – WEBSITE IS A ONE-STOP-SHOP

Check out our DAA Community website, where you can find High School information at <http://www.gemsdaa.com/?q=hs>.

The **HS Handbook, Program of Studies and the College Handbook** can all be found [here](#) at the bottom of the page with all the information you need.

This site has important upcoming events, useful links and other information. Also follow the High School on Twitter: @LeopardPrideDAA.

Have a great week.  
HS Admin team

## ATHLETICS AND ACTIVITIES



# EAC

Emirates Athletics Conference

### EAC TENNIS RESULTS

Tennis has always been one of our strongest sports at DAA. Thank you to our dedicated players and coaches (Ms Olson and Ms Ev) who represent DAA with pride! Congratulations to the following players:

#### Boys results:

|             |        |                                     |
|-------------|--------|-------------------------------------|
| Singles #1  | Silver | Michel Katrib                       |
| Singles #2  | Gold   | Dagi Gebreyes                       |
| Singles # 3 | Gold   | Nick Sartoretti                     |
| Double # 1  | Silver | Pranav Sathyamoorthi & Eshaan Lumba |
| Doubles #2  | Bronze | Ansh Jain & Aki Sinha               |

#### Girls results:

|             |        |   |
|-------------|--------|---|
| Singles #1  | Silver | Tanya Nanda                             |
| Singles #2  | Gold   | Claudia Garcia-Villalon                 |
| Singles # 3 | Silver | Yasmin Jaber                            |
| Double # 1  | Gold   | Mekdi Gebreyes & Ayra Thanveer          |
| Doubles #2  | Gold   | Yasshna Punia, Karina Samji, Leya Gupta |

### SEASON 2 MESAC (Middle East South Asia Conference)

Junior Varsity Basketball and Soccer are half way through their MESAC tournaments. Hold onto your hats as it's a windy one!!! We wish them all the best and hope that they achieve personal and team goals that they have set.

A big heartfelt thanks to all of the parents who hosted for JV Basketball. I am thankful for our wonderful community and all that you do for our program. A special thanks to all of the parent volunteers who assisted in the SPOT this weekend as well and assisted Beverley and Elena!

Varsity teams (Tennis, Cross Country, Basketball and Soccer) are all on the move next week. We wish them safe travels and all the best for their tournaments.

#### Locations & flight details of MESAC tournaments for Season 2:

- **Varsity Basketball American Embassy School, India**
  - Depart Dubai 9th Feb EK516 @ 10.05am. Arrive New Delhi 14.45pm
  - Depart New Delhi 13th Feb EK 511 @ 10.35am Arrive Dubai @ 1.00pm
- **Tennis American British IB World School, Oman**
  - Depart Dubai 8th Feb WY606 @ 12.25pm. Arrive Muscat 13.40pm
  - Depart Muscat 12th Feb WY605 @ 10.20am. Arrive Dubai @ 11.35am

## ATHLETICS AND ACTIVITIES, continued

### SEASON 2 MESAC, continued

- **Varsity Soccer American Community School, UAE**
  - Depart DAA 8th Feb at 3.30pm
  - Depart ACS 11th Feb at 8.00pm. Arrive back to DAA approx. 10.00pm
- **Cross Country (JV & V) American British IB World School, Oman**
  - Depart Dubai 9th Feb WY606 @ 12.25pm. Arrive Muscat 13.40pm
  - Depart Muscat 11th Feb WY623 @ 18.35pm. Arrive Dubai @ 19.50pm

### SEASON 3 MESAC (Middle East South Asia Conference)

Middle School - Track and Field

Junior Varsity and Varsity - Track and Field, Badminton, Softball, Baseball and Forensics

TRY OUTS happen from the 15th - 24th February. Sign ups information to be sent out in next week's MINI SPOTS.

**STAY IN TOUCH - DAA LEOPARDS!**



Twitter Follow us @DAALeopards



Instagram Follow us @DAALeopards

Please continue to check our [DAA Athletics Website @ www.gemsdaa.com](http://www.gemsdaa.com) for up to date information, match schedules and upcoming tournaments. Go to the home page and click on 'Athletics'

There are links to all calendars with [Matches and MESAC Tournaments](#) for the year!

I encourage all parents, students and teachers to come and support our Leopards both on and off the sporting field!

**Emily Rentsch**

Proud Athletic Director | Dubai American Academy





WEEKLY MENUS

Primary/Elementary School Menu

| 2017 WEEK 3 MENU       |   |   |  |  |  |
|------------------------|---|---|--|--|--|
|                        | Sun   | Mon   | Tue  | Wed  | Thu  |
| <b>Soup</b>            | Minestrone Soup<br>Tomato, macaroni pasta, white pepper, leeks, salt, carrot, celery, garlic, onion, basil, olive oil | Mushroom Soup<br>Mushroom, milk, fresh cream, salt, white pepper, butter, white onion, garlic, flour  | Lentil Soup<br>Lentils, onions, garlic, cumin, oil, salt, white pepper   | Cream of Corn Soup<br>Corn, onion, garlic, flour, butter, vegetable stock, fresh cream   | Cream of Broccoli Soup<br>Broccoli, onion, garlic, flour, butter, vegetable stock, fresh cream   |
| <b>Main</b>            | Chicken Jalfrezi<br>Chicken, onion, garlic, tomatoes, salt, cumin, turmeric, coriander                                | Sweet & Sour Chicken<br>Chicken breast, ketchup, capsicum, marrow, carrots, onion, oil, soya sauce, corn flour, white pepper, salt, flour, eggs | Sloppy Joes<br>Beef, breadcrumbs, mixed capsicum, ketchup, tomato, onion, salt, white pepper, hamburger bread buns | Oven-baked Chicken Tenders<br>Chicken breast, breadcrumbs, flour, eggs, oil, salt  | Chicken Supreme<br>Chicken breast, garlic, tomato, onion, oil, capsicum  |
| <b>Vegetarian Main</b> | Vegetable Jalfrezi<br>Carrots, beans, capsicum, onion, cauliflower, tomato, pumpkin, salt, cumin, turmeric, coriander | Lebanese Green Beans<br>Green cut beans, tomato sauce, onion, garlic, cumin, salt, pepper, tomato   | Mixed Vegetable Korma<br>Carrots, French beans, peas, potato, onion, tomato, turmeric powder, oil, salt            | Aloo Capsicum<br>Potato, capsicum, oil, onions, garlic, ginger, cinnamon, cumin, coriander, salt, cayenne white pepper, turmeric | Vegetable Lasagne<br>Pasta sheet, mixed vegetables, onion, garlic, tomato, white pepper, oregano, cream, oil, salt, white flour, butter, milk, mozzarella cheese |
| <b>Side Vegetable</b>  | Steamed Sweet Corn<br>Corn, salt  | Mixed Vegetables<br>Mixed vegetables, salt, white pepper  | Grilled Marrow Cubes<br>Marrow, salt, white pepper   | Broccoli Forest<br>Broccoli, salt, white pepper  | Garden Peas<br>Peas, salt, white pepper  |
| <b>Starch</b>          | White Rice<br>Basmati rice, salt, oil   | Vegetable Fried Rice<br>Basmati rice, mix vegetable, ketchup, oil, salt, soy sauce  | Potato Cubes<br>Potato, salt, white pepper   | White Rice<br>Basmati rice, saffron, turmeric, salt  | Corn Rice<br>Basmati rice, corn, salt, oil   |
| <b>Pasta</b>           | Creamy Pasta Bake<br>Penne Pasta, milk, cauliflower, cheese, flour, butter, salt, white pepper, oil                   | Penne Arabiatta<br>Penne pasta, oil, salt, tomato, sugar, onion, basil, white pepper  | Rainbow Fusilli<br>Fusilli pasta, oil, salt, tomato, sugar, onion, oregano, white pepper                           | Mushroom Fettuccini<br>Pasta fettuccini, milk, mushroom, cream, butter, flour, white pepper, salt, oil                           | Spaghetti with Vegetable Sauce<br>Pasta spaghetti, olive oil, salt, tomato sauce, mixed vegetables   |

\*Each value meal includes a water cup and cut vegetables

Some menu changes may occur based on availability

Middle/High School Menu

| 2017 WEEK 3 MENU       |   |   |   |  |  |
|------------------------|---|---|---|--|--|
|                        | Sun   | Mon   | Tue   | Wed  | Thu  |
| <b>Chef Salad</b>      | Green Salad<br>Cucumber, tomato, lettuce, mint, salt, lemon juice, olive oil  | Green Salad<br>Cucumber, tomato, lettuce, mint, salt, lemon juice, olive oil  | Green Salad<br>Cucumber, tomato, lettuce, mint, salt, lemon juice, olive oil  | Green Salad<br>Cucumber, tomato, lettuce, mint, salt, lemon juice, olive oil   | Green Salad<br>Cucumber, tomato, lettuce, mint, salt, lemon juice, olive oil   |
|                        | Potato Salad<br>Potato, pickle dill cucumber, light mayonnaise, salt, pepper, mustard paste, mixed peppers            | Lentil Salad<br>Lentil, red capsicum, tomato, lettuce, onion, lemon juice, coriander, olive oil, salt   | Corn Salad<br>Sweet corn, mixed capsicum, lemon juice, olive oil, salt  | Pasta Salad<br>Pasta, capsicum, onion, ketchup   | Cabbage Salad<br>Green cabbage, cucumber, tomato, lemon juice, olive oil, dry mint, salt   |
| <b>Soup</b>            | Minestrone Soup<br>Tomato, macaroni pasta, white pepper, leeks, salt, carrot, celery, garlic, onion, basil, olive oil | Mushroom Soup<br>Mushroom, milk, fresh cream, salt, white pepper, butter, white onion, garlic, flour  | Lentil Soup<br>Lentils, onions, garlic, cumin, oil, salt, white pepper  | Cream of Corn Soup<br>Corn, onion, garlic, flour, butter, vegetable stock, fresh cream   | Cream of Broccoli Soup<br>Broccoli, onion, garlic, flour, butter, vegetable stock, fresh cream   |
| <b>Main 1</b>          | Chicken Jalfrezi<br>Chicken, onion, garlic, tomatoes, salt, cumin, turmeric, coriander                                | Chicken Maharani<br>Chicken, onion, tomato, cashew nuts, oil, chicken masala, whole masala, green coriander, salt, butter, egg, ginger/garlic paste | Chicken Biryani<br>Chicken breast, curry paste, chicken stock, coriander, curry powder, basmati rice, onion, bay leaves, cardamom, cinnamon, turmeric | Chicken Masala<br>Chicken, onion, tomato, dry chilli, oil, chicken masala, whole masala, green coriander, salt, ginger/garlic paste, cream | Fish Tandoori<br>Fish, yogurt, lemon juice, ginger paste, garlic paste, chili powder, tandoori masala, salt, garam masala  |
| <b>Main 2</b>          | Fish Fingers<br>White fish, breadcrumbs, olive oil, garlic, mustard, eggs, salt                                       | Sweet & Sour Chicken<br>Chicken breast, ketchup, capsicum, marrow, carrots, onion, oil, soya sauce, corn flour, white pepper, salt, flour, eggs     | Sloppy Joes<br>Beef, breadcrumbs, mixed capsicum, ketchup, tomato, onion, salt, white pepper, hamburger bread buns                                    | Oven-baked Chicken Tenders<br>Chicken breast, breadcrumbs, flour, eggs, oil, salt  | Chicken Supreme<br>Chicken breast, garlic, tomato, onion, oil, capsicum  |
| <b>Vegetarian Main</b> | Vegetable Jalfrezi<br>Carrots, beans, capsicum, onion, cauliflower, tomato, pumpkin, salt, cumin, turmeric, coriander | Lebanese Green Beans<br>Green cut beans, tomato sauce, onion, garlic, cumin, salt, pepper, tomato   | Mixed Vegetable Korma<br>Carrots, French beans, peas, potato, onion, tomato, turmeric powder, oil, salt   | Aloo Capsicum<br>Potato, capsicum, oil, onions, garlic, ginger, cinnamon, cumin, coriander, salt, cayenne white pepper, turmeric           | Vegetable Lasagne<br>Pasta sheet, mixed vegetables, onion, garlic, tomato, white pepper, oregano, cream, oil, salt, white flour, butter, milk, mozzarella cheese |
| <b>Side Vegetable</b>  | Steamed Sweet Corn<br>Corn, salt  | Mixed Vegetables<br>Mixed vegetables, salt, white pepper  | Grilled Marrow Cubes<br>Marrow, salt, white pepper  | Broccoli Forest<br>Broccoli, salt, white pepper  | Garden Peas<br>Peas, salt, white pepper  |
| <b>Starch</b>          | White Rice<br>Basmati rice, salt, oil   | Vegetable Fried Rice<br>Basmati rice, mix vegetable, ketchup, oil, salt, soy sauce  | Potato Cubes<br>Potato, salt, white pepper  | White Rice<br>Basmati rice, saffron, turmeric, salt  | Corn Rice<br>Basmati rice, corn, salt, oil   |
| <b>Pasta</b>           | Creamy Pasta Bake<br>Penne Pasta, milk, cauliflower, cheese, flour, butter, salt, white pepper, oil                   | Penne Arabiatta<br>Penne pasta, oil, salt, tomato, sugar, onion, basil, white pepper  | Rainbow Fusilli<br>Fusilli pasta, oil, salt, tomato, sugar, onion, oregano, white pepper  | Mushroom Fettuccini<br>Pasta fettuccini, milk, mushroom, cream, butter, flour, white pepper, salt, oil                                     | Spaghetti with Vegetable Sauce<br>Pasta spaghetti, olive oil, salt, tomato sauce, mixed vegetables   |

Some menu changes may occur based on availability

CAFETERIA MENUS

