

# SPOTS



## NEWSLETTER

Vol. 19 Issue 7 / December 3, 2016

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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>NOVEMBER/DECEMBER 2016</b>					
<b>4</b> PS/ES Day 1 MS/HS Day 4	<b>5</b> PS/ES Day 2 MS/HS Day 5	<b>6</b> PS/ES Day 3 MS/HS Day 6	<b>7</b> PS/ES Day 4 MS/HS Day 7	<b>8</b> PS/ES Day 5 MS/HS Day 8	<b>9 10</b>
<b>ES Student Council Candy Cane Gram Sale</b>					
<b>PS Report Cards</b> <b>ES Report Cards</b> DAAPA PS/ES Winter Lobby Decorating Volunteers welcome MS Basketball B/G v ASD (away) MS Soccer B/G v UAS (home) Tennis G Tennis v ASD @ DAA	HS Winter Concert and Art Screening Snow Much Fun 7:30 p.m. DAA Aud. DAAPA HS Annual Christmas Lunch RSVP Required JEAC Grade 4-5-6 online Track and Field Sign-ups MS Basketball B/G v UAS (away) JV Basketball B/G v ASD (away) V Basketball B/G v ACS (away depart at 2.00pm) MS Soccer B/G v ACS (away depart 2.00pm) Tennis B Tennis v ASD @ DAA JV/V Cross Country Hosted by ASD @ Little Barsha Park		PS Choir Performance 3:30 pm MS Swim Team Try-outs Grade 6 3-4pm MS Pool MS Basketball B/G Friendly v GAA Home JV Basketball B/G v ACS (away depart @ 2.00pm) JV Soccer B/G v ACS (away depart 2.00pm) MS Cross Country Hosted by ASD @ Little Barsha Park	ES Choir Performances 8:15 am DAA Auditorium DAAPA Winter Carnival Decorating of Tennis Courts V Basketball B/G v ASD (away) MS Soccer B/G v GWA (away) V Soccer B/G v ACS (away depart 2.00pm)	
<b>DECEMBER 2016</b>					
<b>11</b> PS/ES Day 6 MS/HS Day 1	<b>12</b>	<b>13</b> PS/ES Day 7 MS/HS Day 2	<b>14</b> PS/ES Day 8 MS/HS Day 3	<b>15</b> PS/ES Day 9 MS/HS Day 4	<b>16 17</b>
DAAPA ES Winter Carnival *date subject to change depending on holiday	*Prophet Muhammad's Birthday (PBUH) (school closure only if announced by KHDA) CONTINUED ON NEXT PAGE	DAAPA PS Winter Carnival	DAAPA PS Winter Carnival CONTINUED ON NEXT PAGE		

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# MONTH AT A GLANCE, continued

DECEMBER 2016						
11	12	13	14	15	16	17
PS/ES Day 6 MS/HS Day 1	MS Basketball B/G v ACS (away depart @ 2.00pm) JV Basketball B/G v GWA (away) MS Soccer B/G v ASD (away) JV Soccer B/G v ASD (home) V Soccer B/G v GWA (away) Tennis B Tennis v GWA @ DAA MS Cross Country Hosted by DAA Barsha Park 3.30pm	PS/ES Day 7 MS/HS Day 2	PS/ES Day 8 MS/HS Day 3 MS Swim Team Try-outs Grade 7-8 3-4pm MS Pool MS Basketball B/G v GWA (home) V Basketball B/G v GWA (away) MS Soccer B/G v GAA (away depart 2.00pm) JV Soccer B/G v GWA (away) V Soccer B/G v ASD (home) Tennis G v GWA @ DAA JV/V Cross Country Hosted by DAA @ Barsha Park 3.30pm	PS/ES Day 9 MS/HS Day 4 Winter Break begins at 12:00 noon for all students		
<b>December 18-January 1</b>						
<b>Winter Break</b>						
December 16 – January 1. Classes resume on Monday, January 2 <sup>nd</sup> .						

## ALL SCHOOL NEWS

### FROM THE SUPERINTENDENTS' OFFICE

Dear DAA Families,

I would like to start my message this week with congratulations to the many deserving students who were involved in the HS Drama Department's production of *I am Yusuf* over the past two weeks. It was, simply put, one of the more remarkable productions I have attended in my seven years at DAA. "Hats off" to the cast, which was exceptional, the crew, Mr. Padraig Downey, and his colleagues who gave time and energy to make the production so successful. Thank you for your effort and dedication! Everyone involved with the play should be very proud.

We celebrated UAE National Day last Tuesday, 29 November. UAE National Day celebrates the unification of the seven Emirates, and it was a great opportunity for DAA to show its respect and appreciate for our host country. Divisions organized their celebrations that day and there were cross-divisional activities planned as well. DAA also celebrated Martyrs' Day on Wednesday, 30 November, which was another great opportunity to show our respect for the UAE. On behalf of DAA and its entire staff, I would like to wish the leaders, citizens, and residents of the UAE a happy National Day. We are grateful for the opportunity to live, work, and study in this country!



Primary and Elementary Schools observing a minute of silence and flag raising.

Next week I will be sending information about links to surveys I hope our parents will complete. This year's surveys are supposed to be the most thorough GEMS has ever designed, giving parents an opportunity to provide feedback about the various services DAA provides for your children. There will be a slightly different procedure for completing the survey, and you will be required to log into a website before you can take it. We are preparing specific directions to help parents complete the necessary steps, and I will share a how-to tutorial with you next week.

Following this weekend, we only have two more full weeks of school before our winter holidays begin. (*We are still awaiting an announcement from KHDA regarding school closures for Prophet Muhammad's (pbuh) Birthday.*) Those will be busy days at DAA, to be sure, and I hope to see many of your around at our celebrations, special events, and games!

Kind Regards,

Jim Hardin  
Superintendent

## ALL SCHOOL NEWS, continued

### LOCKDOWN DRILL

Dear Parents,

DAA regularly practices safety drills so that all staff and students will know what to do in the unlikely event of an emergency. For example, we are very skilled, fast, and safe while evacuating the school and accounting for everyone during our regular fire drills.

One of the procedures that DAA also practices is a 'lockdown drill.' This is standard practice across all schools and now that we have our school-wide Public Address system in place, as a result of our U.S. Consulate grant from the U.S. Department of State, we are in a position to more adequately conduct this drill.

A lockdown drill is different from a fire drill in that the children are kept inside the school and classrooms when circumstances make it safer to stay in the classroom rather than evacuate. Such events that might cause a lockdown could be a fire at an area building causing an environmental danger, or other unforeseen external events. Just as we prepare our children to properly respond to a fire drill, they also need to be aware of the proper response during a lockdown drill.

During a lockdown drill, classroom doors are secured and the children remain inside the room until instructed by the teacher to resume their activities. All exterior gates and doors are locked and no one is permitted to enter or leave the building or campus for a very brief time.

Please be assured that staff at our school spends time discussing the importance of these procedures during staff meetings, and with students prior to running a drill. We will also take time after the drill to remind them that it was only a practice and there was no danger. We stress, particularly to staff working with younger children, to use words that are reassuring and in no way represent dangerous images. For example, one teacher working with 4 year olds says, "We are going to practice a quiet game in circle for the next few minutes."

If you have additional questions, please contact your child's principal, or me.

Best 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.

### DAAPA in the PRIMARY AND ELEMENTARY SCHOOL

Volunteers Needed we really need your help for our winter celebrations! Please let us know if you can lend a hand by dropping us an email at [Nadia.p.sheikh@gmail.com](mailto:Nadia.p.sheikh@gmail.com) or [elhalabi79@gmail.com](mailto:elhalabi79@gmail.com). We will be happy to give you all the details.

1. **Winter Foyer Decorations:** We will be converting our foyer to a winter wonderland on December 4<sup>th</sup>. Join us for a coffee and help with the festive decorations. It's a great way to meet new people.
2. **Winter Carnival Decorating:** We will be transforming the tennis courts into a winter wonderland on Thursday, December 8<sup>th</sup>. This is a mammoth task and all hands are welcome for any amount of time.
3. **Winter Carnival:** The much anticipated yearly event is coming up in December. The carnival will be held the week of December 11<sup>th</sup>. Specific class timing to be announced shortly and will be dependent upon the confirmation of the Prophet Mohammed's (PBUH) Birthday Holiday.



#### Winter Carnival Photo Booth Order Forms

The Winter Carnival is fast approaching and we are very excited to see all of the students having fun at our winter wonderland. As always, there will be a photo opportunity to capture the spirit of the season. This year the photos will feature the children in an amazing candy house. The cost of photo with card matt is AED 15. If you wish to order a picture of your child and his/her friends, please return the green form sent home in your child's take home folder along with exact change to your classroom teacher by **Wednesday, December 8<sup>th</sup>**.

Your DAAPA Winter Carnival Committee

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### DAAPA in the MIDDLE SCHOOL

We would like to thank all of the volunteers who have helped us with Middle School events so far this year.

**WINTER DECORATIONS** - We will be decorating our MS Hallway on Monday, December 5<sup>th</sup> after drop off. We need your hands to put up our Christmas trees. Your help is appreciated. **Parents who are volunteering, please meet us at the MS Commons on Monday at 8:30 a.m.**

Your MS DAAPA Representatives

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#### THE LEOPARDS' DEN

The Leopards' Den is the school spirit store, operated by DAAPA and located in the High School building. Leopards' Den is open Sunday to Thursday from 7:15 – 8:00 a.m. & in the afternoon from 2:30 to 3:15 p.m., however we're closed on Tuesday afternoons! We sell **ALL the Middle & High School PE Uniforms, MS Color House Shirts, DAA hoodies and athletic wear.** Kindly note that Leopard's Den is a cash only store.

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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,

Imagine hundreds of students lined in the halls, respectfully holding a UAE flag as they waited for the National Anthem to begin playing through the school. When the music played, the students began to sing the lyrics, which most have been learning in Arabic. It was a lovely way to begin our day in honor of the UAE National Day. Throughout the day there were many fun and engaging activities happening in classrooms to educate the students about the UAE as well as to foster a deeper appreciation of the UAE culture.



KG2 learned facts about the UAE.



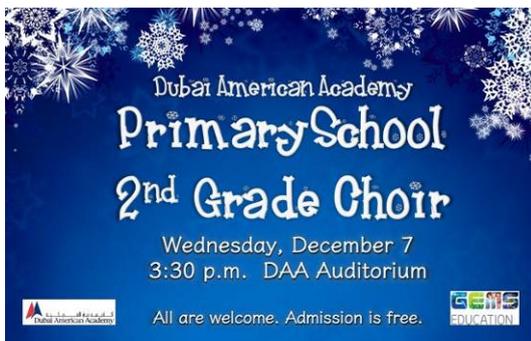
Singing UAE National Anthem



Ayla Sophia Mukkadam and Ms. Larauchelle work on a Dubai landscape.

This year we will be celebrating **SEWA Day** on Thursday, December 8th in recognition of the hard working support staff in the Primary School. Sewa, a Sanskrit word meaning "selfless service", is a universal concept that more schools are embracing in a bid to build better relationships with their local community. The three principle aims for Sewa Day are to alleviate human hardship & poverty, improve the environment and bring a little joy. Each classroom has selected one support staff member to buddy up with. The goal is to have the students understand their buddy's important role and responsibilities in our DAA community, as well as collect a personalized care package to show our appreciation. Please see your child's classroom blog for more information about their support staff Buddy and care package collection details.

### Dubai American Academy 2nd Grade Choir Winter Concert



We are proud to announce that DAA's 2nd Grade Choir will be giving their first Winter Concert! The performance will be held in the DAA Auditorium on Wednesday, December 7th at 3:30 PM. Everyone is invited to come! Please note that all students must be accompanied by a parent. The concert will feature our 2nd Grade Choir students singing a variety of music--we'll also move and play instruments! It should be a lot of fun! Please plan on coming to see our first 2nd Grade Choir Concert!

**School Uniforms** - Is your child going through a growing spurt? If so, the DAA uniform is available from the Al Quoz and Level Kids (City Walk) Threads stores. The DAA hats are available in Level Kids. We highly encourage you to purchase a hat, as students should wear these for outdoor uncovered activities.

### Upcoming Events:

- Dec 4 Report cards are sent home
- Dec 7 3:30 PS Choir Performance in the Auditorium
- Dec 12 \*Prophet Mohammed's Birthday - No School \*to be confirmed by the Ministry
- Dec 13-14 DAAPA Winter Carnival
- Dec 14 2:30-2:50 PS Choir will be singing in front entry
- Dec 15 12:00 Dismissal - Winter Break begins

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,

It has been a busy couple of weeks in the ES with so many special celebrations and events occurring, and many more on the way! This big event this week was the celebration of UAE Day. Our day started out with the singing of the national anthem in the hallways followed by a special assembly



featuring students from both Grade 5 Native and Non-Native Arabic. During recess, students had the opportunity to participate in a special activities including tower building, face painting, music and dancing. These events were a great way to celebrate the special day and our host nation!



Also on this page you will read about and see pictures of other recent events including Maker Day and Thanksgiving while learning about many new exciting events happening in the ES!

Please note these events coming soon: Hour of Code, DAAPA Winter Carnival, Student Council Candy Cane Grams, ES Choir performances and much more! The ES is an exciting place to be!

## THE HOUR OF CODE-ANYBODY CAN LEARN!

Primary and Elementary School are kicking off the International Hour of Code with a second after school activity on **Wednesday, December 7th, from 3pm to 4pm**. Parents are welcome to come and join the student coders. Please note there is a limit of 25 students total so please make sure to sign up quickly if you are interested. Please sign up with this [Hour of Code](#) form.

Why is coding so important? (Source: [Code](#))

- o **"We live in a world surrounded by technology. And we know that whatever field our students choose to go into as adults, their ability to succeed will increasingly hinge on understanding how technology works.**
- o Every student should have the opportunity to learn computer science. It helps nurture problem-solving skills, logic and creativity. By starting early, students will have a foundation for success in any 21st-century career path."

## NEWS FROM STUDENT COUNCIL: CANDY CANE GRAM DRIVE!

- Who:** Student council will soon begin their annual Candy Cane Gram Drive.
- Why:** Monies collected from the candy canes will be donated to a local charity called Dubai Cares. Find out more about Dubai Cares and the amazing work they do [here](#).
- How much:** Candy canes will be sold for 5 dhs each.
- When:** They will be sold in each homeroom by student council members on Sunday December 4th, Monday December 5th, Tuesday December 6th and Wednesday December 7th.

Students can purchase (up to 5) candy canes for their friends, teachers, or other staff members (please only in elementary school). [Thursday December 8th candy cane grams will be delivered to the appropriate homerooms by Student Council members.](#)

**NEWS from GRADE 3:** Last week, Grade 3 was thrilled to enjoy a morning at the beautiful Madinat Theater to see the play "Mr. Stink," which is based on the chapter book by David Williams. The quality acting, interesting props, and humorous script caused students to be immediately drawn into the story and captivated from start to finish. Perhaps the best part of all, however, were the powerful themes that were woven through the storyline: the value of friendship, looking beyond someone's appearance to their heart, and standing up to bullies. This was definitely a field trip to remember.

**ELEMENTARY ESSENTIALS, continued**

**DAAPA WINTER CARNIVAL NEWS:**

The Winter Carnival is fast approaching and we are very excited to see all of the students having fun at our winter wonderland. As always, there will be a photo opportunity to capture the spirit of the season. This year the photos will feature the children in an amazing candy house. The cost of photo with card matt is AED 15. If you wish to order a picture of your child and his/her friends, please return the green form sent home in your child's take home folder along with exact change to your classroom teacher by **Wednesday, December 8th**.

We would love volunteers to help at the Carnival. If you can spare an hour or two the week of December 11th, please shoot us an email at [Nadia.p.sheikh@gmail.com](mailto:Nadia.p.sheikh@gmail.com) or [n.elahabi79@gmail.com](mailto:n.elahabi79@gmail.com), we will be happy to give you all the details.

Your DAAPA Winter Carnival Committee

**MAKER DAY NEWS from Jilene Murray, DAA's Innovation Coordinator**



Last Tuesday, students participated in a Rube Goldberg Challenge as part of the ES Maker Day and the UAE Week on Innovation. The students had one goal in mind: Create an elaborate contraption, complete with chain reactions, to move the marble into the cup. The ES students displayed an incredible amount of creativity and ingenuity, while planning, testing, and redesigning their machines. Even though the day was a break from the normal class routines, students were able to reinforce and apply many skills they learn on a daily basis, including engineering and design principles. It was an action-packed, fun-filled day. Thank you for supporting Maker Day by sending in the "Beautiful Junk". It was all put to good use! Please click [here](#) to see more! The finished products were displayed in the hallways.



**UPCOMING EVENTS IN THE ES:**

- Sunday, December 4th: Trimester 1 report cards emailed home
- December 4th-8th: ES Candy Cane Gram Drive
- Thursday, December 8th at 8:15am: ES Choir Winter Performance in the auditorium
- Sunday/Monday, December 11/12: DAAPA ES Winter Carnival \*dependent on school holiday
- Tuesday, December 13th at 5:45pm: ES Choir Performance at Mall of the Emirates
- Thursday, December 15th at 12pm: ES Student Council Dress Down Day and Dismissal for winter holidays

## ELEMENTARY ESSENTIALS, continued

### JEAC TRACK AND FIELD SIGN-UPS

Sign-ups for JEAC track and field (Grades 4-5) will start Monday December 5th at 9am and end Tuesday December 6th at 9am. We will only take the first 16 boys and girls that sign up for each grade level. If the numbers are low on the girl's side we will take more boys. Parents will be notified by email that their son/daughter has made the team. Please check the [JEAC website](#) frequently for updates. There you will find all the information about sign-ups and other relevant information.

### FROM THE ELEMENTARY COUNSELLING DEPARTMENT by Dr. Lesley Clark

Thanksgiving is the time of year when many people reflect on everything they have to be grateful for. In the UAE we are privileged to be living in a safe environment that provides us with a high standard of living. However in many parts of the world there are families living in conditions where their basic human rights and needs are not being met. For this reason I believe it is important to use guidance lessons to encourage the students to cultivate an 'attitude of gratitude' and motivate them to think of ways in which they can 'give back' by making a positive difference in the lives of people within and outside our community. Research also shows that the benefits of adopting an attitude of gratitude are significant.

#### The Benefits of Gratitude

1. **Gratitude improves social relationships.** People who help out, say thank you and acknowledge other people's contributions are more likely to attract ongoing relationships with those around them. As a result they tend to have a wider network of friends who can provide a valuable source of social support.
2. **Gratitude improves psychological health.** Gratitude helps to develop mental toughness by reducing toxic emotions such as anger, resentment, envy and frustration. Gratitude allows us to experience good feelings thereby increasing happiness and reducing the possibility of depression.
3. **Gratitude improves physical health.** Research shows that people who are grateful experience fewer aches and pains, they enjoy a better quality of sleep, are more likely to exercise and as a result experience higher levels of energy and vitality.
4. **Gratitude increases empathy and compassion and reduces aggression.** In a study conducted by the University of Kentucky (2012) participants who were ranked higher on gratitude scales showed more sensitivity and compassion towards other people, and were less likely to retaliate in a negative manner when experiencing negative input from others.
5. **Gratitude increases mental strength.** research shows that gratitude not only reduces stress but helps people overcome trauma. Focusing upon what you have to be grateful for, even during difficult times, fosters resilience.
6. **Gratitude improves self-esteem.** Being grateful for what one has reduces social comparisons and allows one to appreciate other peoples accomplishments without feeling envy or resentment.
7. **Gratitude makes us less self-centered.** Gratitude increases helpfulness and empathy and motivates people to express sensitivity and concern for others.
8. **Gratitude increases life-satisfaction.** " It's not happiness that brings us gratitude. It's gratitude that brings us happiness" - this quote shows that cultivating an attitude of gratitude is the easiest way to improve one's quality of life.

Encouraging children to adopt an 'attitude of gratitude' will help them become optimistic, resilient and responsible global citizens who will help bring about the positive change that is needed in our world today.

#### References

Emmons RA, et al "Count Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life," *Journal of Personality and Social Psychology* (Feb 2003): Vol. 84, No. 2, pp. 377-89.

Grant AM, et al. "A Little Thanks Goes a Long Way: Explaining Why Gratitude Expressions Motivate Prosocial Behavior," *Journal of Personality and Social Psychology* (June 2010): Vol. 98, No. 6, pp. 946-55.

Useful Links - How to help your child develop an 'attitude of gratitude'

[www.huffingtonpost.com](http://www.huffingtonpost.com); [www.parent.com](http://www.parent.com); [www.parents.com](http://www.parents.com); [www.todayparent.com](http://www.todayparent.com)  
[www.pinterest.com](http://www.pinterest.com)

Roberta Wiens and Kit Wilding  
 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**



**U.A.E. Celebrations** - We want to send out a HUGE thank you to all those parents, students and teachers who helped support our UAE National Day celebrations. It was a fantastic afternoon! Our Arabic team along with our band/choir students helped us celebrate the day with a festival full of activities. Our students enjoyed the Arabic food, photobooth, arts and crafts station, henna station, facepaint station and enjoyed a video station which had short U.A.E advertisements made by our very own middle school students!



**Support Staff Gift Bags** - As is the tradition here in the middle, we are working on putting together gift bags for each of our support staff members. We strive to reinforce the importance of community service right here on campus by having students bring in various items that come together to make up the gift bags. The success of this initiative is reliant on the timeliness of our students bringing in items as assigned by Life Skills teachers. We plan on handing these out to the staff on December 11 but need to have all bags complete by December 5th so we are ready.



**World Record Attempt** - Five of our DAA middle school students, Francesca, Yasmin, Alec, Aleen and Kevin went to GEMS Modern this past Monday to help break a world record. 2223 GEMS students created an open hand and then marched into the three-finger salute introduced by His Highness Sheikh Mohammed bin Rashid Al Maktoum. They were successful in breaking the largest transforming human image. Congratulations to all of our participants!

**MAP Results** were issued to students via English classes this past Tuesday and Wednesday - please look out for this documentation if your child has not passed this onto you. MAP data is used in tandem with internal grade data to better support student learning. Should you have any questions regarding your child's results, please feel free to schedule an appointment with one of our counselors: Mrs. Grant (last names beginning with K-Z) or Mrs. Mogel (last names beginning with A - K).

**Communication** - As we have now completed three months of school, we wanted to remind parents of the different ways to stay connected. We are fortunate this year to have our Innovate 8 class put together a weekly news announcement for the students. We post this News Nation weekly on Edmodo for all students and parents to see. Here is a direct link to the [news channel](#) so you can hear about the amazing things happening in the middle school. Please feel free to subscribe to the Youtube channel! We also want to let parents know that you can get android and iphone apps for Google Classroom, Edmodo and Engrade Pro. All of these apps may help you stay in touch with your child's academic lives here at DAA. We also encourage you to go to the [gemsdaa.com](#) middle school [blog page](#) which is updated weekly with information, important calendar reminders and we attach links to important documents.

## MIDDLE SCHOOL MESSAGES, continued

**Theatre Sports** - We want to congratulate our middle school students that competed in the Theatre Sports competition at the Courtyard Playhouse last weekend. They brought back trophies for 3rd and 5th place. Well done!



### MIDDLE SCHOOL SWIM TEAM

It is time to get back into the swim of things! DAA will be holding **tryouts for our Middle School swim team**. This year our swim squad will be selected and will run differently from previous years. 6 boys and 6 girls will be selected from each grade (6 - 8) giving us a total of 36 swimmers that will form our DAA squad. This is to ensure that we have reserves during times that students fall ill and also to ensure that DAA has their strongest team possible for each competition that we enter.

Please note that this is a competitive squad. Students must have the correct technique and be able to swim 100m independently, without stopping or holding onto the wall. Students must be proficient in diving, backstroke, breaststroke and freestyle. If you are looking to have your child have extra practice outside of their regular swim classes DAA offers a variety of after school activities in conjunction with Absolute Swimming, please contact them directly for sign-up information: 04 295 9524

If you are interested in having your child try-out for swim squad please sign up via the attached google form <https://goo.gl/AFXtnO> to secure your child's spot at the tryouts. Please complete this form before coming to swimming trials. We need to have all swimmers, registered in advance. Coaches will select approximately 12 swimmers for each age group. There are two teams, a developmental team and a competitive team. Coaches will have the final decision on where swimmers belong. This is not a 'learn' to swim program, but a swim squad that will represent DAA. Swimmers who are selected in the final squads will be required to attend their two allocated training sessions at DAA. There will be no exceptions for swimmers who currently swim in an outside club. Swimmers will also be required to purchase a DAA swim cap (from the Leopards Den) and a DAA Competitive swimsuit (from Threads).

The trials will take place in the MS Pool from 3:00pm – 4:00pm as follows:

- Grade 6: Wednesday, December 7<sup>th</sup>
- Grade 7 & 8: Wednesday, December 14<sup>th</sup>

Please note the following:

- Team selection will be posted on the Sports notice board outside the gym MS on December 15<sup>th</sup>
- If your child is selected for the team they must attend Wednesday practices, this is compulsory. There will be an optional weekly morning training session once the squad has been formed.
- MS Squad Training: Wednesday's 3:00pm - 4:00pm from January 4<sup>th</sup> through to the middle of May.
- Students will compete in galas hosted by other schools. These events are great fun and are compulsory for all swimmers.
- Parents are not allowed to attend the swim trial event. You are more than welcome to pick your child up at the pool at 4:00pm.

We wish all swimmers participating in the try-out the best of luck and look forward to welcoming those selected on board.

### JEAC TRACK AND FIELD SIGN-UPS

Sign-ups for JEAC track and field (Grades 6) will start Monday December 5<sup>th</sup> at 9am and end Tuesday December 6<sup>th</sup> at 9am. We will only take the first 16 boys and girls that sign up for each grade level. If the numbers are low on the girl's side we will take more boys. Parents will be notified by email that their son/daughter has made the team. Please check the [JEAC website](#) frequently for updates. There you will find all the information about sign-ups and other relevant information.

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.....?

- DAA student receive Theatre performance honors



Congratulations to the DAA Theatre-sports Team who came Runner Up in the Inter-school Theatre-sports Championships held at The Courtyard Theatre Playhouse in Al Quoz on November 25.

DAA was the highest ranked school on the day as the resident players from The Courtyard who train all year round won the championship this time. DAA have won the tournament twice and have been runner up on two occasions.

Team: Jay Nagjee (Grade 11), Sasha Malhotra (Grade 11) Yamini Jain (Grade 10). Derin Ozkan (Grade 9), Paul Klimashev (Grade 9), Mayurakshi Ghosal (Grade 9).

- The High Production continues to WOW audiences!

Congratulations to the cast of **I AM YUSUF AND THIS IS MY BROTHER** who performed 4 showings of the play to the DAA community as well as the whole High School (Nov. 30). The play was both powerful and poignant, the first Arab play by an Arab playwright and proved to be a sensation (greeted with standing ovations). We are extremely proud of all students involved in both the cast and crew (Tech and arts students for set).

- Check out filmed highlights of the play here
- See the program notes and list of students involved here
- See bios of all involved here
- See photos from the live shows here



- HS Students traveled to Abu Dhabi art week



They experienced a wonderful range of artwork and had a private guided tour of some specific pieces including a room full of bananas. This artwork represented the fragility of life and how everyone has a lifespan. Students were able to eat the bananas and dispose of the skin the bin shaped like a headstone of a grave. There were also other more traditional works but many that explored mixed media often with a strong concept.



All students found the trip a very rewarding experience, and are looking forward to bringing their experience back into the classroom.

## HIGH SCHOOL HIGHLIGHTS, continued

- This week was a week of thanks and celebration.



On Wednesday, November 24 we had our annual Thanksgiving lunch in honor of the Support staff at DAA who work tirelessly to keep the school running. The meal was organized primarily by Student Senate and supported by our Senate sponsor Mr. Kevin Brucks.

Then on Tuesday, November 29 we held UAE Day celebration on the field outside the HS offices. It was organized by the Arabic departments of the HS and MS and was generously supported by DAA parents.



### ○ IMPORTANT ANNOUNCEMENTS

At this week's all school assembly, Mr. Paul McMahon explained to the entire student body that we would be strictly enforcing the school's dress code starting on Wednesday November 30. This was the fourth time this year that Mr. McMahon has warned the student body that the school's dress code must be observed. Please note that "regulation", as you already know, means clothes purchased from Threads.

As per school rules, all student uniforms (including pants) must be purchased through Threads, a clothing company whose information is found below. We appreciate your assistance in ensuring that all DAA students follow school rules. Our attendance secretary, Nashmia, spoke to Threads on Wednesday. Threads has assured us that all clothing sizes are available, including tailor made clothing. They look forward to seeing DAA families as necessary.

Map and directions to Threads can be found on the Threads website below. Please contact the Threads' customer service team for any queries/concerns. Threads Contact details 800-Threads (8473237) / [www.threadsme.com](http://www.threadsme.com)

- Let's recycle old/used PCs for Learning!

Our HS ITGS (tech) class is learning about the inner workings of computers and as we know, hands on experience is priceless. We are looking to collect some old/used PCs that you may no longer have use for that may or may not be functioning.

We do not need monitors or other hardware as we will only be opening the computers up and diagnosing any issues to repair the PC with parts from other donated PCs and we can use the monitors we have in class. Repaired PCs will then be used in the computer lab to create a network so students can learn again, hands on.

If you are willing to donate a PC, you can drop it off at the HS office. Thank you in advance.

## HIGH SCHOOL HIGHLIGHTS, continued

What's coming up.....?

- Winter Concert - Snow Much Fun

**Concert and Screening:**

**Mon Dec 5, 7.30 pm DAA Auditorium**

The DAA HS Art and Music Departments present a showcase of artwork and live music.

Introducing a new way of looking at art and listening to music, DAA students will sing, play, recite and improvise music while still images of artworks created at DAA are projected. Breaking with traditions of performance practice, "snow much fun" invites the audience to be touched and provoked, inspired and irritated.

- Artworks by DAA HS students
- Music by W.A. Mozart, Elton John, Billy Joel and others
- Performed by the HS Concert Choir and Concert Band with solo singers and instrumentalists
- Free admission

- Exclusive Theatre Workshops on offer

On Friday, December 9, a Kathakali expert (Fenella Kelly) is coming to do workshops at the school. Kathakali is a form of theatre from Kerala in India and is terrific fun. It takes years of training to master this theatre art form. Our workshops will center on the hand gestures (mudras) and face gestures (navarasam).

These workshops can help you focus on eye contact and using your hands to emphasize a key point. See example of Kathakali here . Dec. 9 is a Friday so it is not interfering with school. We will meet in the drama room. The workshops are open to theatre and non-theatre students (compulsory for IB students as they are part of the IB curriculum).

You receive CAS hours for the workshop. You need ONLY do ONE workshop. **There are only 16 places per workshop. First come first serve.**

Workshops are provided FREE of charge thanks to DAA (Students in EFG DRAMA Electives will have the workshops on Thursday, Dec. 8. You are welcome to do the workshops on Dec. 9 if you wish as Dec. 9 workshops are more substantial).

Please wear comfortable clothing as we will be starting with yoga as a warm up

Workshop 1: 9:30-12:00 - Sign up here

Workshop 2: 12:45-3:15 - Sign up here

See you on campus!  
Scott Schaffner and Paul McMahon,  
Your HS Admin Team



## ATHLETICS AND ACTIVITIES



# EAC

Emirates Athletics Conference

Congratulations to our Season 1 Awards recipients for Athletics and Activities. These Junior Varsity and Varsity athletes were recognized in assembly on Monday for their contribution and commitment to our program:

Sport	Most Improved Player	Most Valuable Player	Coaches Award
JV Academic Games		Badis Khiari	Sunkweon (Chris) Im & Minseung Ku
Var Academic Games		Kshitij Seth Felipe Cuellar	Ashwati Nair &
JV Swimming	Jada Chalouhi	Victoria Bergeli	Tamara Tesfai
JV Swimming	Abhi Sharma	Tommaso Cervini	Mert Saygi
Varsity Swimming	Houda El-Tabbal	Cean Oh	Lidia Errico
Varsity Swimming	Simon Thorp	Francois Geertsema	Francois Rioux
JV Volleyball	Giulio Errico	Kareem Hamze & Mohamed Abdel Salam	Quentin Van Unen
JV Volleyball	Zayna Dembinski & Sofia Ventricelli	Amber Susee	Nicole Applin & Azza Thanveer
Varsity Volleyball	Pablo Gomez-Bestue	Mikail Rahman & Andre Wyss	Moustafa Manialawy
Varsity Volleyball	Julia Adamczyk	Hannah Madani	Alexis Gates
Varsity Golf	Parth Gautam	Kim Chiang	Mahika Duseja

### SEASON 2 SPORTS & ACTIVITIES:

SEASON 2 ACTIVITIES - Basketball, Tennis, Cross Country, Football and Senior Fine Arts  
Thank you to all students who have trained to make Season 2 teams. Squads have now been selected and are posted on notice boards. Please ensure that your child communicates with their coach regarding trainings and matches. All athletes have been checked for any failing grades, please note that in order to support your child's organization and work load, if you child currently has an 'F' they can train but not take part in matches. It is important to maintain at least a C average to take part in Athletics.

#### Upcoming Matches for December:

##### Middle School Basketball Boys and Girls

- December: Sunday 4th v ASD (away)
- December: Monday 5th v UAS (away)
- December: Wednesday 7th Friendly v GAA (home)
- December: Monday 12th v ACS (away depart @ 2.00pm)
- December: Wednesday 14th v GWA (home)

##### Junior Varsity Basketball Boys and Girls

- December: Monday 5th v ASD (away)
- December: Wednesday 7th v ACS (away depart @ 2.00pm)
- December: Monday 12th v GWA (away)

##### Varsity Basketball Boys and Girls

- December: Monday 5th v ACS (away depart at 2.00pm)
- December: Thursday 8th v ASD (away)
- December: Wednesday 14th v GWA (away)

## ATHLETICS AND ACTIVITIES, continued

### Middle School Soccer Boys and Girls

December, Sunday 4th v UAS (home)  
 December, Monday 5th v ACS (away depart 2.00pm)  
 December, Thursday 8th v GWA (away)  
 December, Monday 12th v ASD (away)  
 December, Wednesday 14th v GAA (away depart 2.00pm)

### Junior Varsity Soccer Boys and Girls

December, Wednesday 7th v ACS (away depart 2.00pm)  
 December, Monday 12th v ASD (home)  
 December, Wednesday 14th v GWA (away)

### Varsity Soccer Boys and Girls

December, Thursday 8th v ACS (away depart 2.00pm)  
 December, Monday 12th v GWA (away)  
 December, Wednesday 14th v ASD (home)

### Tennis Team Boys and Girls

November Monday 28th v ACS (away depart 2.00pm)  
 December Sun 4th Girls Tennis v ASD @ ASD (changed to ASD - more courts)  
 December Mon 5th Boys Tennis v ASD @ ASD (changed to ASD - more courts)  
 December Mon 12th Boys Tennis v GWA @ DAA  
 December Wed 14th Girls Tennis v GWA @ DAA

### Cross Country Team Boys and Girls

December Mon, 5th JV/V Cross Country Hosted by ASD @ Little Barsha Park  
 December Wed, 7th MS Cross Country Hosted by ASD @ Little Barsha Park  
 December Mon, 12th MS Cross Country Hosted by DAA Big Barsha Park 3.30pm  
 December Wed, 14th JV/V Cross Country Hosted by DAA @ Big Barsha Park 3.30pm

Congratulations to the following DAA Season 2 athletes:

### GIRLS MIDDLE SCHOOL BASKETBALL - Coach Fugile

Rita Dahi	Zaina Bazzari	Nil Altinordu
Sophie Cherif	Hyoryeong Choi	Mia Safar
Dana Elobaid	Aisha Sabry	Maria Adamczyk
Jude Abu Issa	Celia Gomez-Bestue	Deniz Mohajeri
Keila Reque Cruz	Nicole Dietrich	Maya Al Kozbari

### BOYS MIDDLE SCHOOL BASKETBALL - Coach Grant

Jonathan, Chalouhi	Armaan Mody	Daniel Mohseni
Fares Al Jamil	Omar Al Jamil	Will Wilding
Taekyu Park	Filip Culibrk	Ameer Amdani
Youssef Elkady	Akash Shetty	Ataberk Yildiz
Rayan Siddiqi	Parth Gautam	Ioannis Peitsinis

### BOYS JUNIOR VARSITY BASKETBALL - Coach Ghosn

Abhi Sharma	Ruishi Li (Nathan)	Mert Saygi
Zayne Seibert	Sharma Rishi	David Monehin
Adam Sadek	Anastasios Karoussos	Ege Murat Suer
Joey Katrib	Giulio Carlo Errico	Dowon Kim
Kevin Miller	Maximilian Ries	

### GIRLS JUNIOR VARSITY BASKETBALL - Coach Bonner

Makeda Melkie	Alia Elraey	Nour Soliman
Jude Elobaid	Yasmin Hammoudeh	Hana Shehadi
Charlotte Vitalo	Pareesa Husain	Tamara Lawand
Romy Dahi	Fidan Mirzayeva	Dimitra Valtetsioti
Janna Soueidan	Emilia Slette	May Al Saleh

## ATHLETICS AND ACTIVITIES, continued

### BOYS VARSITY BASKETBALL - Coach Bruan

Felipe Cuellar	Tarek Adaoui	Jamil Feraiha
Tareq Shakhshir	Michael Madi	Junior Freiha
Faisal Al Ghriwati	Peter Atallah	Johnny Kisanara
Samir Moghrabi	Stephen Grim	Tamer Madi
Ali Ascioглу	Mohamadou Bella Bah	Walt Knuppel
Justin Salem		

### GIRLS VARSITY BASKETBALL - Coach Rodgers

Paula La Rubia	Emilie Courtot	Yara Mersi
Hana Churay	Thuraya Abdul Hamid	Valentina Ventricelli
Sabrina Areosa	Lorrena Areosa	Raiya Thomure
Lidia Errico	Amanda Barden	Cassidy Hardin

### BOYS MIDDLE SCHOOL FOOTBALL - Coach Mike Russell

Sherief Omran	Ali Shaker	Tarek Najjar
Farouk Najjar	Hugo Garcia	Karim Maass
Ushaan Mody	Tamer Saleh	Felipe Dana
Felipe Rohner	Ammar Ezzeldin	Asaad Alharthy
Emir Yucedag	Demir Yucedag	Roberto Ventricelli
Duncan Leddy	Daoud Sumrein	Nikolai Nikitenko
Pranu Prakash	Hannes Ottosson	

### GIRLS MIDDLE SCHOOL FOOTBALL - Coach Lapalme

Estelle Nour Gardner	Isabel Cuellar	Farida El Nahrawy
Sofia Ventricelli	Hanna Maouche	Fatmata Bah
Noor Matalaka	Adamantia Lagousakou	Mira Elborno
Noor Darwish	Julia De Wit	Bianca Vukovic
Falak Khalil	Priscille de Mascarel	Gaelle Dagher
Klara Andersson	Sofia Sumon	Aysha Nouredin

### BOYS JUNIOR VARSITY FOOTBALL - Coach Cloete

Daniel Omar Hamze	Mohamed Abdel Salam	Samin Zaman
Mateo Castro	Jad Kamel	Roopak Mallick
Hazem Al Hammouri	Quentin van Unen	Lucas van Unen
Yoon-Jae Hong	Akbar Namazi	Kuba Henriksen
Mathias Bogsted	Basem Sousou	Adham Bayoumi
Iñaki Ibarguren	Merlijn Broekers	Omar Al Saifi
Max Helin	Sunkweon Im	Kareem Wasim Hamwi
Mahmoud Ghanem	Omar Gasser	Mikail Rawji
Rufat Mirzayev	Giulio Patriarchi	Omar Shaker
Aryaman Dhingra	Zeyad Irsheid	

### GIRLS JUNIOR VARSITY FOOTBALL - Coach Grant

Mieke Schoeman	Selma El Hajj Ali	Malin Ludvigson
Diya Kuamr	Tamara Schoeib	Leila Gina Bagnulo
Charlotte Ege	Sara Al Jandal	Maya Hamade
Kalia Tsimaratos	Cean Oh	Joy Riad
Tala Alothman	Zoë Gouws	Nicole Applin
Circe Roulit	Jiwon Park	Yumna Sultan
Kristen Jabbour	Vania Constantinou	Keely Perkin

### BOYS VARSITY FOOTBALL - Coach Murray

Pablo Gomez-Bestue Nadal	Adam Mezqueldi	Alex Kubbinga
Aaryaman Carira	Tarek Fakhoury	Mahmoud Hekal
Kevin Jabbour	Mikail Rahman	Paul Park
Zach Wiens	Andrew Assi	Karan Sil
Francois Rioux	Henri Larmuseau	Andre Wyss
Moustafa Manialawy	Ayo Ladak	Karim El Aawar
Edoardo Arminante	Grigorios Lagousakos	Gamal Elzahed

## ATHLETICS AND ACTIVITIES, continued

### GIRLS VARSITY FOOTBALL - Coach Willett

Lia Ghanem	Aya Sayegh	Maria Ludvigson
Selma Mezqueldi	Mina Song	Alina Sophia Ali
Isabelle Sicre	Valeria Chevarria Carrillo	Reem Hagealii
Diala Talaat	Seejin Lee	Zeena Qadumi
Kim Chiang	Faye Smits	Victoria Langenbach
Farida Eldeftar	Isabelle Murray	Laya Sumerein

### GIRLS TENNIS - Coach Olson

Damla Gundogdu	Yasmin Jaber	Leya Gupta
Mekdi Gebreyes	Claudia Villalon	Karina Samji
Ayra Thanveer	Tanya Nanda	Vedhika Sathya Moorthi
Yaashna Punia		

### BOYS TENNIS - Coach Eversteyn

Akhilesh Sinha	Tedd Strazimiri	Nicolas Sartoretti
Dagmawi Gebreyes	Pranav Sathyamoorthi	Eshaan Lumba
Abdalah Foudeh	Ario Sohrobi	Nakul Shankar
Ansh Jain	Michel Katrib	

### CROSS COUNTRY - Coach Tschumperlin, Gardner and Keesling

#### BOYS

Benan Nagshabandi	Aakar Chatha	Jeremy Karunakar
Shrey Thapar	Dani Rogmans	Youssef El Nahrawy
Glaukus Kola	Filippo Rindi	Ari Gardner
Liam Tschumperlin	Alexandre Maouche	Zain Ahmed
Ian Joe	Andras Repas	Miguel Coelho
Hashem Bkayrat	Kareem Habayeb	Kaan Durmus
Bilal Kazi	Rashed Khoory	Razzaq Abdulai Bah

#### GIRLS

Lara Smits	Yasmina Al Hussein	Sarah Zaman
Ella Ruuska	Anzhela Kashkimbayeva	Luca Marie Kastner
Hiba Abdullah	Mariam Bibi	Doyeong Yoo
Victoria Deona Bergeli	Sofia Sahdala	Evy Hwangbo
Alexae Phillips	Hania Lakhani	Noora Jatan
Mathilde Jensen	Paulina Haddad	

### **MESAC (Middle East South Asia Conference)**

Junior Varsity / Varsity athletes and Fine Arts participants - Locations and dates of MESAC tournaments for Season 2:

- Varsity Basketball American Embassy School, India, Feb 9th - 13th
- JV Basketball HOSTING! Dubai American Academy Feb 1st - 5th
- Tennis Boys & Girls American British IB World School, Oman Feb 8th - 12th
- Varsity Football American Community School, Abu Dhabi Feb 8th - 12th
- JV Football American School of Dubai, UAE, Feb 1st - 5th
- Cross Country American British IB World School, Oman Feb 9th-12th
- Senior Fine Arts American School of Doha, Qatar, Feb 2nd - 5th

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**

Athletic Director | Dubai American Academy

## COMMUNITY NOTES

### ESM WINTER CAMP

Dear Parents,

Come & join us for a multi-activity sports camp with ESM this winter break. Register now and keep your kids busy during the holiday with a wide range of sports and activities!

We have various venues across Dubai for children aged between 4 - 12 years old which are all available on our website.

- Premium School Venues
- Professional Coaches
- 100% Health & Safety Record
- Group Ratios of 15:2 Adults
- Aqua Fun Sessions
- Siblings Discount for weekly bookings

Camp will run from the **18<sup>th</sup> - 22<sup>nd</sup> December 2016** and **26<sup>th</sup> - 29<sup>th</sup> December 2016**

For more information and to register and pay online, please visit [www.holidaycamp.ae](http://www.holidaycamp.ae) or email us on [holidaycamp@esm.ae](mailto:holidaycamp@esm.ae) or call on **+971 (0) 4 3697817** **+971 (0) 4 4434188**

See you all soon!  
ESM Holiday Camp Team.

**WINTER CAMP** HOLIDAY CAMP

**18<sup>TH</sup> - 29<sup>TH</sup> DECEMBER**  
REGISTRATION NOW OPEN

- 100% HEALTH & SAFETY RECORD
- CHILD TO COACH RATIO OF 15:2
- PROFESSIONAL SPORTS COACHES
- VENUES ACROSS DUBAI
- PREMIUM SCHOOL FACILITIES
- AQUA FUN SESSIONS

\*ONLINE PRE REGISTRATION & PAYMENT REQUIRED

20% SIBLINGS DISCOUNT FOR WEEKLY BOOKINGS ONLY

FOR REGISTRATION & ENQUIRIES:  
T: 04 369 7817  
E: [holidaycamp@esm.ae](mailto:holidaycamp@esm.ae)  
W: [holidaycamp.ae](http://holidaycamp.ae)

esm |

esm.ae

**LEVEL 3 COACHING CLINIC & ASHWIN MASTERCLASS**

**ESM Cricket Academy**

**4 DAY COACHING CLINIC**

JUNIORS (10-13 YRS)      SENIORS (14-17 YRS)  
DATE: 17<sup>TH</sup> - 19<sup>TH</sup> DECEMBER      DATE: 20<sup>TH</sup> - 22<sup>ND</sup> DECEMBER  
GEMS WELLINGTON ACADEMY, R. VYAS

COACHING TEAM:  
ANDREW KURSTEN      LEVEL 3, EX KENYA HEAD COACH  
KIRILL DAVYDOV      LEVEL 3, EX NETHERLANDS NATIONAL YOUTH COACH  
FRANK BECKLES      LEVEL 3, EX NETHERLANDS U15'S WORLD CUP COACH

**MASTERCLASS WITH ASHWIN**

JUNIORS (10-13 YRS)      SENIORS (14-17 YRS)  
DATE: 23<sup>RD</sup> DECEMBER      DATE: 24<sup>TH</sup> DECEMBER  
GEMS WELLINGTON ACADEMY, R. VYAS      GEMS MODERN ACADEMY, MAD AL SHEIKH

TIME: 9.00am - 11.30am  
FEE: 1100 AED

FOR MORE INFO:  
T: 04 369 7817  
M: 052 977 2811  
E: [cricket@esm.ae](mailto:cricket@esm.ae)

**esm | East Sports Management**

esm.ae

### ESM CRICKET ACADEMY

East Sports Management is pleased to announce the launch of our new Cricket Academy. ESM Cricket Academy will officially open its doors in January 2017. To support the launch of this academy, we have engaged with the current World Number 1 Test Bowler and All-Rounder Ravichandran Ashwin! *Ravichandran Ashwin is an Indian international cricketer. He is a right-handed batsman and right-arm off break bowler. He plays for Tamil Nadu in domestic cricket and the Rising Pune Supergiants in the IPL.*

In advance of our opening in January, Ravichandran Ashwin will be joining us in Dubai in December offering a **4-day Coaching Clinic and Masterclass!** There are only spaces for 80 children available, first come, first served.

If you are interested in participating in this exciting clinic, contact East Sport Management on 04-3697817 / 052 977 2811 or email [cricket@esm.ae](mailto:cricket@esm.ae).

Menu

Week 2: December 4-8, 2016-12-03

WEEK 2

SUNDAY CHINESE

Sweet & Sour Veg			
Sweet & Sour Fish		PASTA	Penne with Vegetable Sauce
Green Gut beans		SOUP	Minestrone
Vegetable Fried Rice		SALADS	Lentil  Potato

MONDAY MEXICAN

Mexican 3 Beans			
Chicken Fajita		PASTA	Pomodoro Fusilli
Grilled Marrow Cubes		SOUP	Mushroom
Tomato Rice		SALADS	Russian  Pasta

TUESDAY AMERICAN

Veg Burger			
Beef Burger		PASTA	Creamy Corn & Carrot Fettuccine
Green Peas		SOUP	Lentil
Potato Cubes		SALADS	Red Slaw  Waldorf

WEDNESDAY EMIRATI

Arabian Bean Stew			
Breaded Chicken Tenders		PASTA	Mac 'n' Cheese
Broccoli Forest		SOUP	Cream of Broccoli
Potato Wedges / Biryani Rice		SALADS	Coleslaw  Oriental

THURSDAY ARABIC

Lebanese Vegetarian Stew			
Shish Tawook with Grilled Veg		PASTA	Spaghetti Arabiatta
Cauliflower		SOUP	Vegetable
Peas Rice		SALADS	Chickpea  Sweet Corn



Gluten



Dairy



Egg



Tree Nuts



Peanuts



Soya



Shellfish



Fish