



مدرسة الدوحة البريطانية  
DOHA BRITISH SCHOOL  
AIN KHALED



# Secondary Newsletter

2nd of December 2021

## **Our Purpose**

Is that every young person should gain as much as possible from our school, based on our belief that all learners can, need and want to achieve

---

## **Our Vision**

Is to be a vibrant, welcoming international school that provides a first class education enabling pupils to thrive within a dynamic, global environment

---

## **Our Mission**

Is to prepare all pupils through a relevant, challenging curriculum and well-resourced facilities, to become lifelong learners contributing to a global community



## Ashley Glover

### Subject Leader Physical Education

Hello Everyone. My name is Ashley Glover and I am the subject leader of PE at Doha British School. I have been a teacher for 8 years, predominantly in the UK, and I arrived in Qatar in August this year. I am very happy about the decision I made to come to the school and leading the PE department, in the build up to the World Cup 2022, is very exciting.

My career as a PE teacher has been relatively straight forward. Throughout my youth I played a range of sports and competed at county level in Tennis and Badminton. However, my passion is for football. I was lucky enough to play for a football academy in the UK and when I was 16, I also started coaching younger players. Since then I knew that I wanted a career in sport. I studied Physical Education at Liverpool John Moores University for 4 years and have been a PE teacher ever since.



I have such an enthusiastic and passionate PE department here at DBS, who are all specialists in a range of different sports, which enables our students to experience high level sport on a daily basis. It is a pleasure to have a team who are committed to ensure that our students are physically active both in and out of school. I am excited to share the experiences of the 2022 World Cup with our school community.

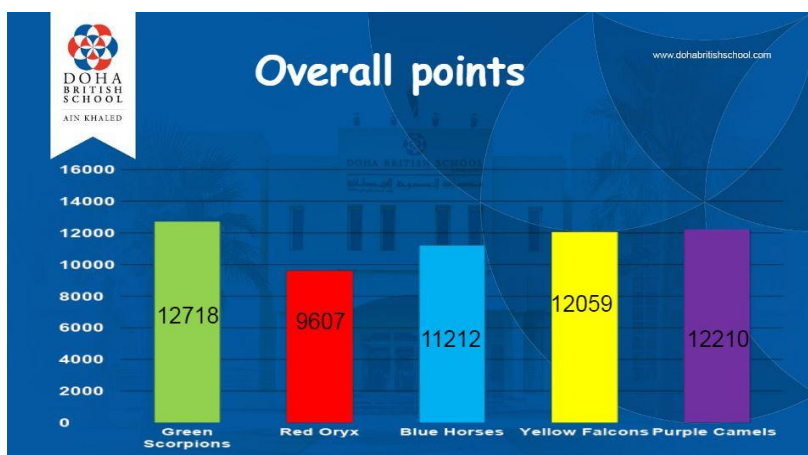
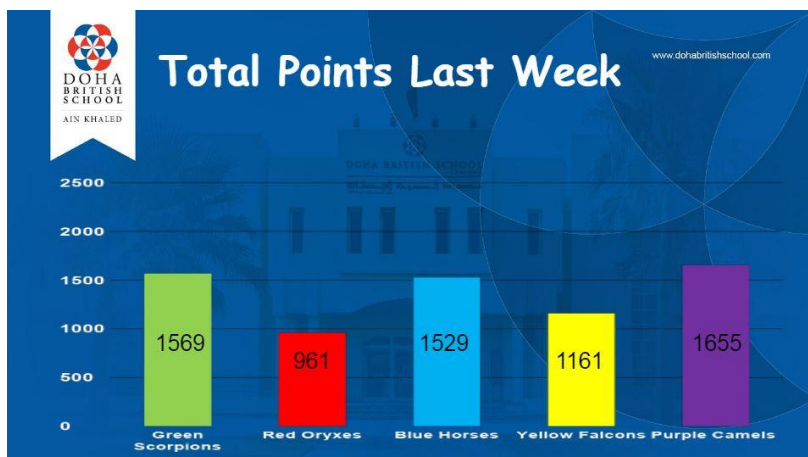
If you ever need to contact me, my email is [ashley.glover@dohabritishschool.com](mailto:ashley.glover@dohabritishschool.com).



# House Competitions

With only 2 weeks to go until the end of term, things are starting to get very exciting in the house points competition. This week saw the Purple Camels take 1st place in the weekly totals.

The Green Scorpions are only just managing to hold on to their lead with the Yellow Falcons and Purple Camels hot on their heels!



Green Scorpions	Blue Horses	Red Oryx's	Yellow Falcons	Purple Camels
Abdulaziz Al Ghanim	Rakan Al Marri	Luka Bogdanovic	Anya Alam	Otto Bulow
Manvi Garg	Nora Jayyousi	Aldin Hodzic	Samaira Kazmi	Jumana Hammo
Demiana Isaac	Mikayla Van Loggerenberg	Joseph Ethan Quintos	Michael Nnaji	Mays Huagh



# Weill Cornell High School Medical Conference



On Saturday 20th November 4 of our Year 13 students, Aysha, Zeynep, Faiz and Shinjini presented during the second round of the Weill-Cornell High School Medical Conference. They had to present three times to judges at the University and answer unknown questions on their research. All judges were impressed with the scope of their study and gave excellent feedback. Our students planned, conducted and analysed their data independently and they did an amazing job representing themselves and the school. The team finished 18th out of the 52 teams that reached the second round and everyone at DBS is incredibly proud of their achievements and how hard they have worked. A huge thank you to Mrs Gogin for all of her support with the conference.



**Qatar HIGH SCHOOL MEDICAL CONFERENCE**

## Covid 19: A Mental Health Crises for Gen-Z

Zeynep Ulugmuyan, Shinjini Kazi, Faiz Mahmoud Mohammed, Aysha Hamza  
Cheryl Gogin  
Doha British School  
cheryl.gogin@dohabritishschool.com

### Background

The issue of mental health amongst students between the ages of 14-18 is becoming more prevalent over the past few years. More experiences, stories and information are being shared that people have been too scared to talk about are now coming into light. However, with the emergence of COVID-19, the world has experienced many social restrictions such as lockdown, which has affected the lives of many people, mentally, economically, socially and physically (Jarved et al., 2020).

One of the main motives of the research was to fill the gap in knowledge of the mental well being of students in Qatar, which signified the inability to support students with the problems they faced during the unprecedented COVID-19 pandemic. Our research results aim to provide an insight into the detrimental effects on the current generation of students as a result of the pandemic and even as far as the future generations in terms of education and mental wellbeing. This knowledge can act as a critical aid in developing the understanding of both parents and teachers alike to allow them to be well equipped to help students through these unprecedented times.

Qatar's National Vision (QNV) aims that – by 2030 – Qatar becomes an advanced society capable of sustaining its development and providing a high standard of living for its people. In order to foster a healthy and capable national workforce, the QNV 2030 prioritize human development. Improved education and health care are the cornerstones of the vision's human development strategy (Qatar National Vision 2030) and this coincides with Qatar's stance towards youth development in all fields of life, stating that "A large emphasis is placed on the youth population in this regard" (Qatar Government Communications Office).

Our research links to the points discussed in the QNV 2030, which plans to manage social development. Furthermore it paves a way for successful human development strategies in the country as we go on to assess and pay attention to the wellbeing of children in that age group. Our research we can provide Qatar with necessary evidence and the foundation of plans to make progress in the social and human development sectors.

### Methods

We have conducted two questionnaires that quantified the mental health of students in Qatar by examining several factors ranging from difficulties with sleep, concentration, and decision making and general demeanour. The questionnaire included many statements, and the students were asked to base their opinions on a Likert scale. This helped us gain an insight into how individuals respond to the stressors of isolation and quarantine, and the threat of Covid-19 on their health.

Furthermore, an advantage of this approach was illustrated by Wright (2017, para8) "Internet-Based Populations: Advantages and Disadvantages of Online Survey Research" as they conclude that subjects are more likely to answer personal questions for an online questionnaire, which allowed our participants to answer truthfully, as answering physically may cause them discomfort.

Moreover, it was also a much faster way of collecting data, as we were able to collect around 1,400 participants' answers in the span of a week for our first survey and 160 responses for our second survey. As we theorize, it was a much faster and safer way of collecting data especially in an age where everything is digital.

### Results

**Sleeplessness: A potential threat to motivation**  
Sleep loss and sleep disorders are among the most common yet frequently overlooked and readily treatable health problems. It is seen that an estimated 73.6% (1,004 students) of participants from the first survey and 71.4% in the second survey suffer from a disorder of sleep, with the majority of respondents only receiving >4-6 hours of sleep per night. Which may hinder daily functioning and adversely affect health and longevity (Mazzotti et al, 2014).

On average, how many hours of sleep do you get per night?  
On average, how many hours of sleep do you get per night?

Team22\_Aysha  
Team22\_TL\_Cheryl  
Team22\_MohammadFaiz  
Team22\_Shinjini  
Team22\_Zeynep



# FIFA World Cup 2022

## 1 Year to go! - International Football Shirt Day



Sunday 21st November marked exactly 1 year until the start of the FIFA World Cup 2022. It was lovely to see so many students attending school in their International football shirts to mark the occasion. The excitement is already starting to build and we are counting down the days. #See you in 2022



**FIFA WORLD CUP**  
**Qatar 2022**

Click [here](#) to view a video to mark the occasion.





# FIFA World Cup 2022

## 1 Year to go! - International Football Shirt Day





# FIFA World Cup 2022

## 1 Year to go! - Maths Activities



As part of our celebrations to mark the one year countdown to the start of the FIFA World Cup, Maths students were busy solving mathematical problems all related to the World Cup stadiums. It was a great opportunity for students to see how Maths works in real life situations, as well as gaining an insight into the different World Cup stadiums.





# FIFA World Cup 2022

## 1 Year to go! - Maths Activities



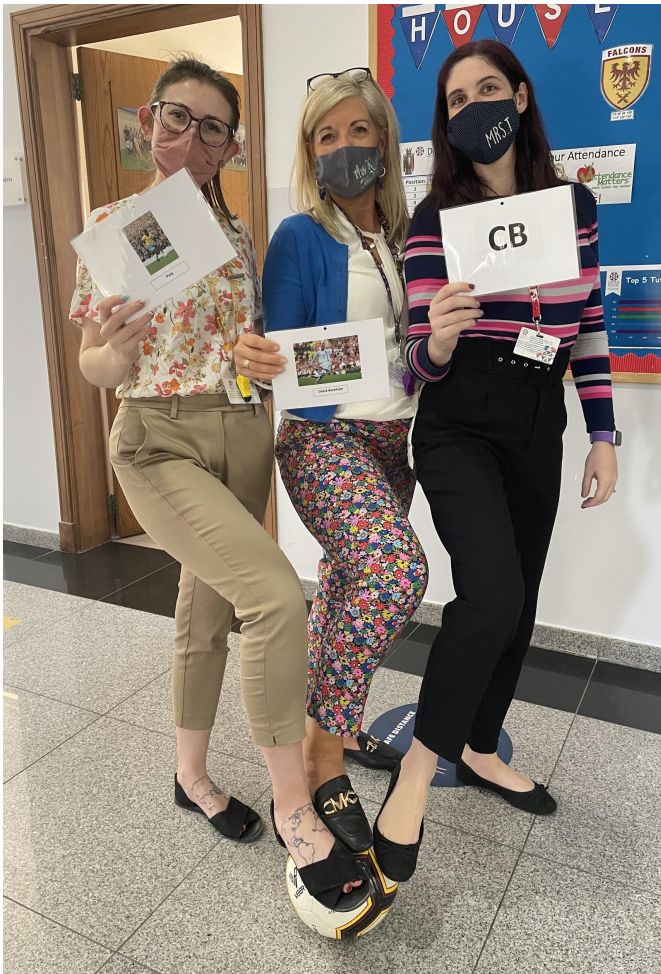
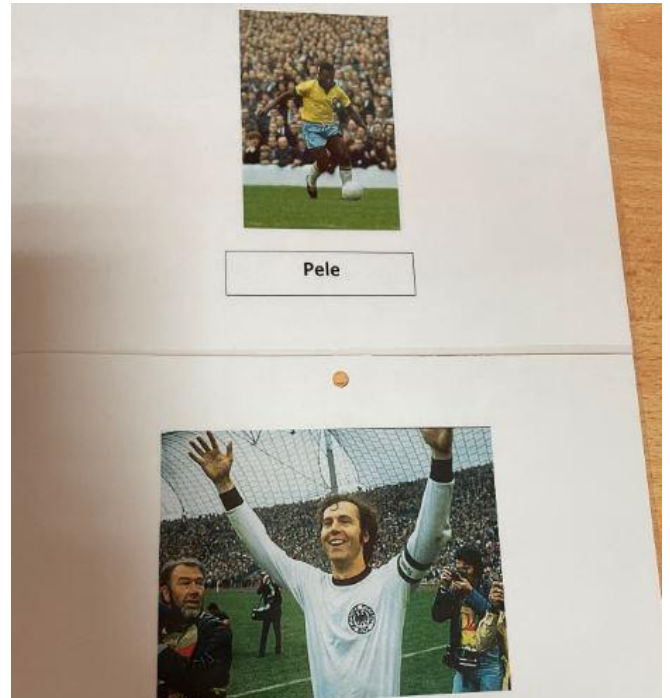


# FIFA World Cup 2022

## 1 Year to go! - PE Challenge



The PE department involved all staff and students in their countdown to the World Cup challenge. Teachers were given a famous International footballer and the position in which they play/played. Students had to find teachers and find out who their player was to complete their booklet. From the players found, students task was to then create a winning team of famous players past and present. They also had the task of naming all 8 World Cup stadiums. It was great to see so many members of the school community getting involved in the challenge. Well done to everyone who took part.

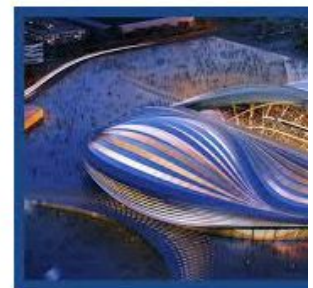
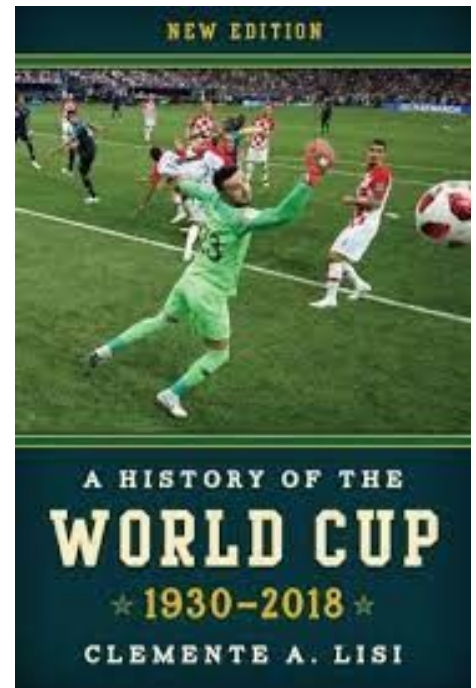






Humanities marked 1 year until Qatar 2022 with some exciting lessons throughout the day. History led with a quiz on the History of the World Cup, followed by looking into why England performed the Nazi Salute before a game against Germany in 1935.

Geography looked into the stadiums being used in the tournament - all 8 have the top sustainability certificate in the Gulf region, but they miscounted! Students had to create and design the 9th stadium in a sustainable way, looking at preserving Qatari culture and the environment.





# FIFA World Cup 2022

## 1 Year to go! - English Posters



Meanwhile in Key Stage 3 English, students were busy creating posters to inform people about the upcoming World Cup.

They included information about the stadiums, logos and the fact that this World Cup will actually be held in Winter.

Great work Key Stage 3!

### FIFA WORLD CUP Qatar 2022

by prediction



Winners



Runners up



Third



The FIFA World Cup, often simply called the World Cup is an international football association competition contested by the senior national teams around the world. It was founded in 1930 by Jules Rimet. On July 15 2018 France won the world cup 2018. Today there is one year to go till the ffa World Cup Qatar

It will be the first time the finals have been held in a Muslim country in the Gulf, and there will also be a change of schedule. Usually, the event takes place in the summer but because of extreme heat at that time of year, it has been moved to a November-December 'winter' slot, though temperatures will still reach about 25C. There will be eight stadiums across five cities at the 2022 World Cup, all close to each other, with no need for internal flights. And in terms of ensuring fans have somewhere to stay, organisers believe they have been creative in the range of accommodation they are offering. Organisers estimate that about 1.5 million fans will attend the tournament, which takes place over 28 days. There are, however, only around 175,000 rooms for visitors travelling to the country. The total is made up of traditional two- to five-star hotels and serviced apartments and villas that will be managed by 50,000 staff.

Hosted by Qatar

FIFA 2022 IS HERE



From 21 November to 18 December 2022  
Held in 8 unique stadiums

For more info visit [www.fifa.com](http://www.fifa.com)

By Sarah Badran 8S

## WORLD CUP IS DRIVING THROUGH!

WORLD CUP WILL BE HOSTED IN THE WINTER TIMES DUE TO THE HEAT IN QATAR, SO IT WOULD BE A GREAT WEATHER TO HAVE THEIR FOOTBALL GAMES!

GOOD LUCK TO WHO WINS! TO REMEMBER WHO WON LAST TIME, IT WAS FRANCE AND CROATIA GAME SECOND! WELL DONE TO BOTH TEAMS, HOPE TO SEE A NEW TEAM TO SLITHER TO THE WIN!

ABOUT 8.03 MILLION PEOPLE COME TO SEE THE WORLD CUP EVERY TIME IT HAPPENS, GOO! RIGHT?

HEY YOU! DID YOU HEAR? QATAR IS HOSTING THE WORLD CUP 2022 FIFA! WOULD YOU LIKE TO COME?

QATAR IS HOSTING THE NEXT UPCOMING YEAR FIFA WORLD CUP. IT STARTS ON MONDAY THE 21ST OF NOVEMBER OF 2022 AND ENDS ON 18 DECEMBER OF 2022. 32 TEAMS FROM ALL OVER THE WORLD WILL BE PARTICIPATING IN THIS BIG EVENT. THE FIRST KICKOFF WILL BE AT THE ALBAYT STADIUM IN ALKHOR SO DON'T MISS IT!

2022

I YEAR TO GO

FIFA WORLD CUP Qatar 2022

PIC•COLLAGE





### Why should YOU come to spectate the Qatar FIFA World Cup 2022?

Welcome to the 2022 World Cup, hosted by Qatar! This magnificent, stunning event is waiting for YOU, so don't miss the chance! We are proudly inviting YOU to attend this special occasion with us! If YOU are looking for beauty or leisure, then what are YOU waiting for?! The 2022 Qatar FIFA World Cup is the destination to go! YOU will be able to see all your favourite players and teams, streaming LIVE, right in front of your very own eyes! Why watch the Qatar FIFA 2022 World Cup on television when YOU can watch it at the alluring Al Bayt Stadium! YOUR leisure and enjoyment is in our hands! We promise YOU that YOU will have an amazing, enjoyable, magical experience!



## Why Qatar?



Qatar has 8 super stadiums with a combined capacity of 300,000!

Are you coming to watch the 2022 world cup? We would greatly appreciate it!

Qatar is ranked 10th on having the biggest football stadium ever, with Lusail stadium having a capacity of 86,000!

Personally, we think that Qatar is the best option right now to host a world cup.

We can't wait to see you in 2022!





In Business Studies and Computing lessons students were given activities to start to the lesson linking the subjects with the World Cup.

Students were using spreadsheets and data to find out information about players from around the world.



### Spark



[https://docs.google.com/spreadsheets/d/1A7YS2NFUFRE2NhiXkFZmc4C-X\\_8qd8yd4rdHzQIm6nY/edit#gid=1888941271&fvid=295529821](https://docs.google.com/spreadsheets/d/1A7YS2NFUFRE2NhiXkFZmc4C-X_8qd8yd4rdHzQIm6nY/edit#gid=1888941271&fvid=295529821)

You have a budget of 100m. You need to make a team of 11 players. You need to pick the best fantasy team as possible but you must follow the rules below.

You can only have 2 players from the same nationality. Try to get the highest rated team with your allocated budget.

Player rated over 92 - 15m

Player rated over 90 - 12m

Player rated over 87 - 10m

Player rated over 84 - 8m

Player rated over 81 - 6m

Player rated over 77 - 4m

Players below 77 - 2m



They also had an activity to use a budget of 100 million to create the best football team possible. It was a great way to build excitement for the World Cup while developing their Business skills.



### Spark



[https://docs.google.com/spreadsheets/d/1A7YS2NFUFRE2NhiXkFZmc4C-X\\_8qd8yd4rdHzQIm6nY/edit#gid=1888941271&fvid=295529821](https://docs.google.com/spreadsheets/d/1A7YS2NFUFRE2NhiXkFZmc4C-X_8qd8yd4rdHzQIm6nY/edit#gid=1888941271&fvid=295529821)

Using this data I want you to find out.

1. All the players rated 90 or above.
2. The 10 best players with over 90 potential.
3. The 5 best players who are above 32 years old.
4. The 5 best left footed players.
5. The 5 most physical players.



The Design Technology department have extended their deadline for students to enter their World Cup sticker competition. The winning design will be made into an actual sticker. Submit your designs through your DT Google Classrooms. Good Luck!

**Deadline Thursday 9th December**

### What is the task?

- 1 Research**  
What needs to be included on your Panini sticker?
- 2 Design**  
Draw your sticker (use pencils, pens or on the computer)
- 3 Submit your design**  
Give your design to your Design and Technology teacher.  
**The winning design will be turned into a real sticker**

### What to include?

- Logo**: Qatar World Cup Logo should be included in the design plus your country flag
- Photo**: Your picture or drawing of you as a football player
- Statistics**: Include your statistics. This could be your height, weight and birthday

Example Sticker: IRL, MR N QUINN, Room S11, m 1.80, kg 79



# Storytelling in the Library

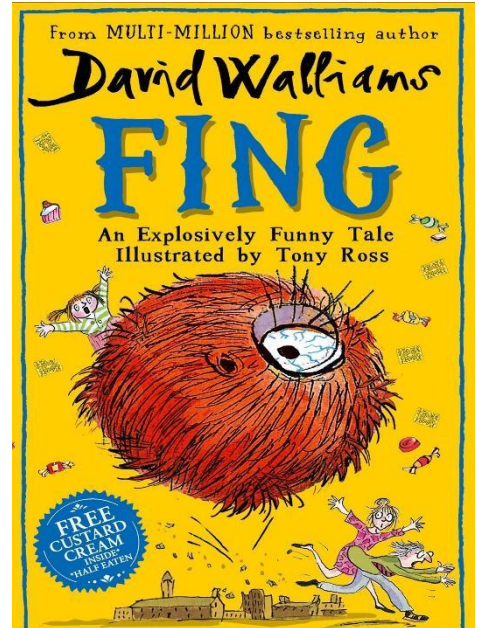


This week in the Library, Year 7s listened to the hilarious story of Mr and Mrs Meek and their very spoiled and darling daughter Myrtle.

Myrtle gets everything she could possibly want, but when Myrtle demands a “FING” There is just one problem.....what is a FING?

Mr and Mrs Meek’s journey to find a FING was full of actions and fun.....But will they ever find a FING?

We were all ears and relaxed listening to the journey of finding a FING, showing you are never too old to enjoy a story!







This week our Arabic Department participated in the National Arabic school's championship for boys and girls organized by #QatarDebate.

We are extremely proud of all of our students who took part in the competition and we are pleased to announce that Ala' Ayman Mohammad Mustafa 8C achieved second place as the best speaker in Qatar's Debate championship. and Sara Hany Metwally finished in fifth place. Well Done girls!

We are also proud to announce that Doha British School was the only International school at the competition. A huge thank you to our Arabic Department and its students.

**Ali Ahmad Hiba** - Year 9 O  
**Ahmed Adel Zahran** - Year 8 O  
**Rayan Esbaiss** - Year 8 C  
**Youssef Mokhtar** - Year 8 F  
**Abdulla Rasheed** - Year 8 C  
**Idriss Jaber** - Year 7 O

**Ala' Ayman Mohammad Mustafa** Year 8 C  
**Sara Hany Metwally** Year 8 H  
**Noor Elsangary** Year 8 C  
**Rawan Musa** Year 8 O  
**Sarah Badran** Year 8 S  
**Dana Zeitun** Year 7 C  
**Lara El Tantawy** Year 7 S



# The Korean Ambassador's Cup Taekwondo Championships



A huge congratulations to Red Bartimus Gerella Year 9 and his sister Martha Therese Year 10 who both won gold medals in the Pomsei competition in the recent Korean Ambassador's Cup, Taekwondo Championships held at the Iconic Stadium in Lusail. This is a fantastic achievement and everyone at DBS is incredibly proud. Keep up the great work. We look forward to hearing more about your successes in the future.





# Commercial Bank Junior Golf Open



Another huge congratulations to Otto Year 11 and Yu Tong Year 9 who recently competed in the Commercial Bank Junior Golf Open at Education City Golf Club. Otto finished 2nd and Yu Tong finished 3rd. This is a fantastic achievement and everyone at DBS is incredibly proud of their achievements. Both students have been part of Mr Kenwrights Golf ECA held at Education City Golf Club. We wish them well with their golfing futures.





# Triathlon Series



It has been a busy few months for Year 13 student Anvitha, who has competed in a number of triathlons including:

1. Indian Triathlon at Chennai
2. Katara Triathlon at Doha
3. Asia Cup Triathlon in Lusail

Anvitha trains extremely hard and has had a number of podium finishes. Congratulations Anvitha, keep up the great work!





# Qatar Women's Rugby Dubai 7s International Tournament



## GOOD LUCK AOIBHE!



A huge good luck from everyone at DBS to our Year 12 student Aoibhe who is off to Dubai this weekend to represent Qatar in the Dubai 7's International Women's Rugby tournament. Aoibhe who is originally from Ireland has been playing Rugby for the past 3 and a half years. This is an amazing achievement to be called up to play for the National team and a fantastic opportunity in her Rugby career. We look forward to hearing all about the tournament.

Good luck Aoibhe!



The image features a solid blue background with several overlapping, semi-transparent circles of varying shades of blue. In the center, the text "Thank You" is written in a white, sans-serif font. To the right of the text, there is a white, stylized graphic element resembling a leaf or a speech bubble tail, pointing towards the text.

Thank You