



DOHA  
BRITISH  
SCHOOL

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## Secondary Newsletter

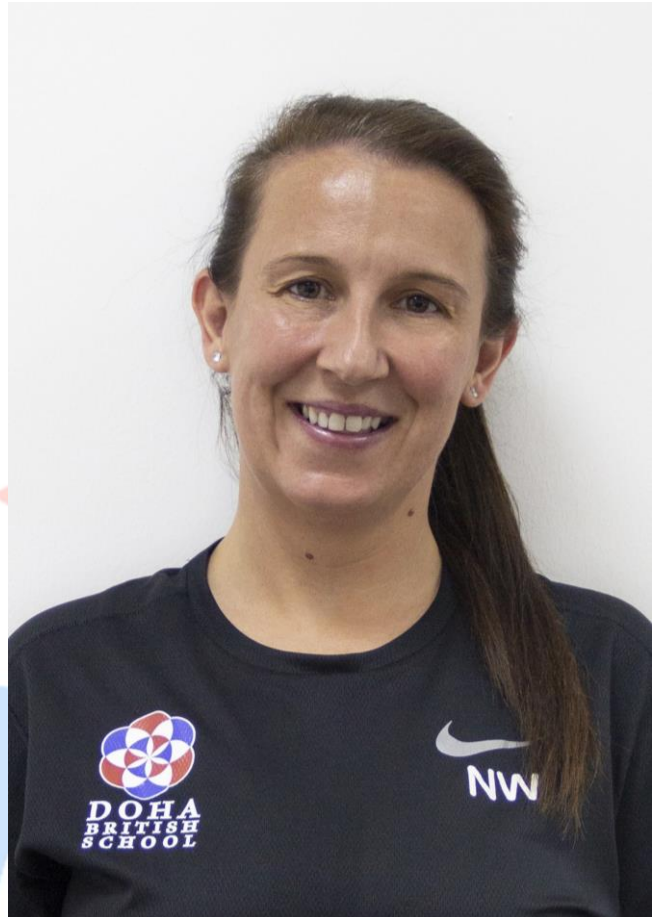
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Week Commencing  
31<sup>st</sup> of January 2021



# Staff Spotlight - Meet our SLT

My name is Nicola Wilkes I am an Assistant Headteacher here at DBS. My main role is to ensure that a varied and comprehensive Extra Curricular Activity (ECA) programme is provided for students across both the primary & secondary schools. I am also responsible for ensuring that all trips and visits are in line with the schools trips and visits policy to allow students the opportunity to learn in a safe environment outside of the classroom.



I am currently in my second year of teaching Physical Education at DBS after 17 years in the UK, and I am thoroughly enjoying teaching such enthusiastic and hardworking students.

I look forward to continuing to contribute to the success of the school and if you need to contact me my email address is:

[nicola.wilkes@dohabritishschool.com](mailto:nicola.wilkes@dohabritishschool.com)

## DBS Virtual Band



Can you sing or play a musical instrument?

Would you like to be part of something new at DBS?

If so why not join our first ever virtual band!

If you are interested please see Mr Jugue in E60



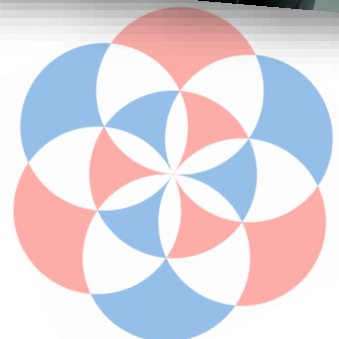
# Design and Technology



## Back to Work!

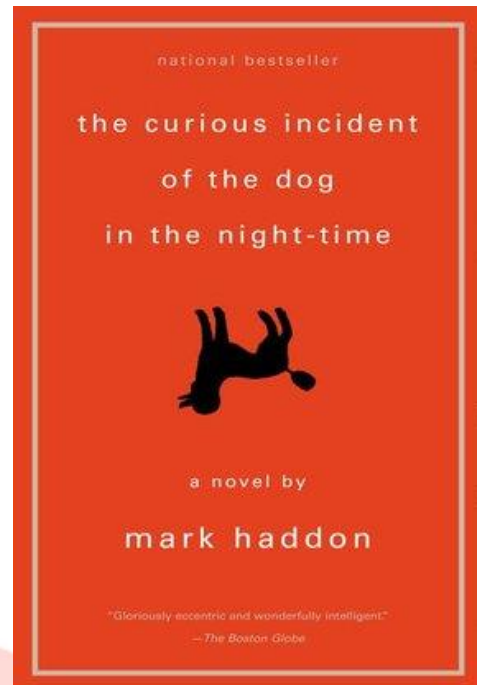
This term we are delighted to get back into the workshop and allow students to get creative. It has nearly been a year since the aprons were hung up and the tools put away.

Speaking with a year 10 class pictured below they said they are happy to get off google classroom and get back to some proper work.



# Virtual Book Club ECA

This week's session of Book Club ECA saw a reading of a few pages of 'The Curious Incident of the Dog in the Night-time', a mystery novel/investigation narrated from the perspective of a fifteen year old autistic boy. Discussions were around Autism, and how Asperger's syndrome affects people's behaviours and how this could possibly play into the events of the text. Further interesting discussions included predictions about what could possibly happen next to Christopher, our protagonist, but this would be a lot more engaging if even more readers joined the club. Join us every Wednesday at 1.30pm. Speak to Alissar in Year 12 or Mrs Khan in the English department if you would like to join.



**Google Classroom Code:**  
bw6pjur

## Hilton Salwa Beach Resort Triathlon

A huge congratulations to Anvitha who has had more success in the Qatar Triathlon Series.

The event held at Hilton Salwa Beach Resort, near Bu Samra it was a challenging race with cold weather and windy race. Anvitha claimed 2nd Prize in the Junior Women's Category ( 650 m swim , 27 km bike ride and 4.4 km run) with an overall time 1 hour 54 min.

Well Done Anvitha.





# IB VISUAL ART



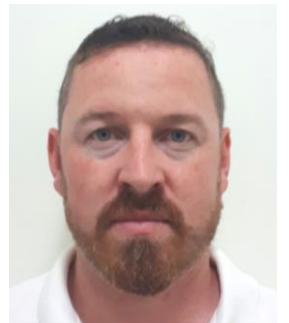
# EXHIBITION PREPARATION



OUR IB ART STUDENTS ARE CURRENTLY WORKING EXTREMELY HARD PUTTING UP THEIR EXHIBITION. THE ARTWORK HAS BEEN CREATED OVER THE LAST 18 MONTHS AND WE ARE ALL SUPER EXCITED TO SEE IT ALL COME TOGETHER. THE EXHIBITION IS WORTH 40% OF THE STUDENTS FINAL GRADE SO IT IS A REALLY IMPORTANT PART OF THE COURSE.

THANK YOU  
MRS. DEARDEN

WE WOULD ALSO LIKE TO  
THANK MR. MURPHY FOR ALL  
HIS HELP, WITHOUT HIM THIS  
WOULD NOT BE POSSIBLE!!



# Mental Health Awareness Week

This week we have been discussing mental health and ways in which we can support each other when we're going through difficult times. All week we have received support from everyone in the school, from Mrs McClelland on mindfulness to class teachers who shared songs which mean something to them. Students also had the opportunity to participate in yoga and to make aromatherapy stress balls. We all walked away from this week with self care ideas and strategies to help us overcome our mental health difficulties.

A huge thank you and well done to the Sixth Form students for organising a great week and raising awareness of mental health.



# Mental Health Awareness Week in the Library

## The theme for 2021: Nature and the Environment



During the week the library lessons focused on activities relating to mental health

A number of books addressing different mental health issues were selected and presented to students to choose from. The reading time was limited as the whole idea of the reading was to gain new knowledge and develop existing knowledge. The students wrote down what they have learnt.

“What I learnt from this book is, always feel good about yourself and that everyone makes mistakes even the most confident person. Year 8”

“I recommend this book because it inspires you to fight through the tough time. Year 8”

“The book showed me techniques on how to control anger and slow down you temper. Year 7”

“I learnt from this book, enough sleep is very important. Year 7”

“My book gave me ideas on how to make the best out of tough and depressing situation. Year 7”

“What I learnt from this book is to never be afraid to take risks and also to make sure not to let others put you down. Year 9”

“I learnt from the book that life is like a story with characters, scenes and events and how it’s up to you what kind of role you play in it. Year 9”

The reading was then followed by healthy discussions amongst students lead by librarians and prompted by a video about one of the main causes of physical and mental health issues in a learning environment – bullying. It was great to see how the students engaged in the discussions and challenged each other’s ideas.

The reading and discussions encouraged us to create a section in the library under the title “Wellbeing”. More titles to support and develop the collection further have also been ordered.

A huge thank you to everyone who was involved.

# Sixth Form Alumni Event

The Career guidance department enjoyed a successful alumni gathering for DBS students. We invited our alumni students from different fields and international universities to speak about their pathways, choices they have made, and their experiences in different countries. This event took place over a period of 2 days. Our current students were happily involved and had some great questions about university life and the transition from being a student in Qatar to moving to a university environment abroad. With this enriching experience, the students will hopefully be able to prepare a little better for their move and make better decisions when selecting their final university choices. We wish them all the best.



## Stars of the Week

A huge congratulations to all of this week's stars! keep up the great work everyone.

**Year 7** – Aisling Murphy

**Year 11** – Tanaka Ernest Seremwe

**Year 8** – Noan Abdelkarim Mohamed  
Angelica Monthera

**Year 12** – Hamad Al Marri

**Year 9** – Jamie Amisi  
Muhammad Khan

**Year 13** – Nagham Ali  
Kenz Ibrahim

**Year 10** – Alaa Aly  
Jamie Ruth Navarro



## Upcoming Events

**Wednesday 3rd & Thursday 4th February** - Sports Days

**Thursday 4th February** - School finishes for half term break

**Sunday 14th February** - School re-opens

