



Celebrating 25 Years of Excellence - Since 1995

ASM Warriors' Weekly

23 Nov 2020

Mon 23 Nov	Tue 24 Nov	Wed 25 Nov	Thu 26 Nov	Fri 27 Nov
Day 4	Day 5	Day 6	Day 7	Day 1
9.55am-10.05am GMeet Assembly 10.25am - 11.35am MS Advisory inc. Assembly 12.25 - 1.35pm HS Advisory inc. G12 Graduation planning meeting	5:00pm - 5:45pm IB Parent Workshop	Shortened Day (50min lessons; pick-up 1.45pm) 12:15 - 12:45am ASM Career Connections	5.30pm - 6.30pm PTO Meeting	Thanksgiving Early Departure Day (45min lessons; pick-up 12.35pm)

Clothing and Food Drive

ASM's Student Council and Outreach Committee will be announcing details soon about a clothing and food drive to support villagers in the Atlas Mountains. Please make any donations that you can to help people who are in need. Information will be shared shortly about what is needed and how you can donate.

Monday 16th Nov 9:55am - 10:05am Upper School GMeet Assembly

Google Meet link: <https://meet.google.com/tsd-amom-nit> DL students enter the Assembly at the designated time (not before) - microphone off, sound on. Teachers will project the assembly for F2F students in their classrooms.

Middle School Assembly

During Monday's Block 2 MS Advisory lesson there will be an assembly on the theme of 'Caring' led by 7A and Mrs Orense at the beginning of the lesson - Google Meet link:

<https://meet.google.com/dgk-cmqb-tki>

Grade 12 Graduation Planning Meeting

During Monday's Block 3 HS Advisory lesson Grade 12 students will be meeting with Dr Asato & Ms Smith to plan for their graduation - Google Meet link: <https://meet.google.com/euv-spyx-vpd>

IB Parent Workshop

On Tuesday 5.00 - 5.45pm, parents of G9 & G10 students will have the opportunity to meet with Mr Tijani to find out more about the IB (International Baccalaureate) Google Meet link:
<https://meet.google.com/joi-xdpb-zgu>

Career Connections

On Wednesday (12.15 - 12.45pm), students will have the valuable opportunity to connect virtually with our first Career Connections guest speaker...

Mr. Hamza Aboufirass, 2012 ASM graduate, 2014 Full Sail University graduate in film.

Topic: Entertainment Production Google Meet link: <https://meet.google.com/btu-vzxo-afu>

PTO Meeting

On Thursday 5.30 - 6.30pm, parents are invited to attend the PTO Meeting. Join with Google Meet:
<https://meet.google.com/eem-hvcp-zbs>

Friday... Early Departure for Thanksgiving

The following schedule will be applied on Friday (45min lessons)...

BLOCK	TIME
BLOCK 1	8:45AM - 9:30AM
TRANSITION	9:30AM - 9:45AM
BLOCK 2	9:45AM - 10:30AM
RECESS	10:30AM - 10:50AM
BLOCK 3	10:50AM - 11:35AM
TRANSITION	11:35AM - 11:50AM
BLOCK 4	11:50AM - 12:35PM
STUDENT DISMISSAL	12:35PM - 12:50PM

Basketball Court - Closed this week

The Basketball Court will be **closed** during recess/lunch to ensure health and safety.

Feature Articles...



Article by Diane Soulan (Grade 10)

Thanksgiving is a national holiday celebrated in the United States, Canada, Brazil, Grenada, Saint Lucia, and Liberia, and the sub-national entities. It originated as a day of giving thanks and sacrifice for the blessing of the harvest of the preceding year. In the United States, it is celebrated on the fourth Thursday of November. Despite the fact that Thanksgiving has some roots in religious and cultural traditions, it has been celebrated as a secular holiday as well.

In the United States, people celebrate Thanksgiving with an enormous Thanksgiving dinner consisting of foods and dishes indigenous to the Americas. The 'First Thanksgiving' was celebrated by the Pilgrims of Plymouth and the Wampanoag people after their harvest in the New World.

The feast lasted three days and was attended by 90 Native Americans and 53 Pilgrims. The New England colonists regularly celebrated Thanksgiving as days of prayer to thank God for blessings such as military victory or the ending of a drought.

Thanksgiving has traditional celebrations including charity, foods of the season, giving thanks, parades, sports and much more. It is an important time of gathering since it allows us to reflect on what we are grateful for.



How to **BREAK** a habit



Article by Jessica Abou Zbib (Grade 10)

As ASM students, I am sure that you all have habits that you wish to get rid of. Have you ever thought about ways to do so? What steps can you take to accomplish what you want? Breaking those habits can be extremely difficult, especially if you've been engaging in them for a long time. I would definitely say that one of my bad habits this year has been not getting to class on time (although I've been working on that) and managing my time poorly, causing a lot of stress due to the homework provided.

There are three ways that can cause a bad habit:

Reminder: this is known as a conscious behavior, trigger or cue such as nervousness.

Routine: doing something over and over can allow you to have it as a regular habit.

Reward: being awarded for certain behavior can also allow a habit to stick. The release of dopamine in your brain will make you want to do it again.

In order to get rid of your habit, identify your trigger! Follow your habit to see whether it follows any patterns.

Think about the following:

- Where does this behavior happen?
- What time of day?
- How do you feel when you do it?
- Are others involved?
- Does it happen due to something else?

An example could be, the habit of staying up too late at night and after tracking your behavior, you realize that you tend to stay up late at night when you start chatting with friends or watching a TV show. When you go for a walk or you listen to music, you fall asleep earlier. Removing your phone which is the trigger would allow you to get rid of your habit.

Practice Mindfulness:

“Practicing mindfulness can also help you notice ways your habit affects your daily life. As you start to recognize these effects, you may feel more driven to work on changing the habit.”

Replace the habit with a different one:

“Replacing harmful habits, such as substance misuse, with more positive ones can have a lot of benefit. But it’s important to remember “good” habits, such as exercise, can still become excessive. Even “healthy” eating can have negative effects when taken to extremes.”

Prepare for slip ups:

“Try to mentally prepare for slip ups so you won’t feel guilty or discouraged if you do. Maybe you commit to jotting down three bullet points about how you felt as you were doing the habit, or do a quick breathing exercise.”

I recommend looking at the following source for more information:

<https://www.healthline.com/health/how-to-break-a-habit#prepare-for-slipups>

It’s important to always try being the best version of yourself and trying to achieve and accomplish everything that you hope to succeed in. I have been working on getting rid of my bad habits and hopefully soon I’ll get rid of them!! Let’s go ASM Warriors! You can do it!

Photo Memories (Week 10)

Celebrating Moroccan Appreciation Week



Upper School Displays...



