



Celebrating 25 Years of Excellence - Since 1995

ASM Warriors' Weekly

7 Dec 2020

Mon 7 Dec	Tue 8 Dec	Wed 9 Dec	Thu 10 Dec	Fri 11 Dec
Day 7	Day 1	DAY 2	Day 3	Day 4
9.55am-10.10am SPECIAL Francophone Week GMeet Assembly	5:00 - 5:45pm G9 & G10 IB Parent Workshop	Shortened Day (50min lessons; pick-up 1.45pm)	9.30am - 10.00am Parent Coffee Meeting (Futures: Careers & College Counseling) with Ms Smith & Ms Beatty	10.25am - 11.35am MS Advisory Lessons 12.25 - 1.35pm G10 IB Workshop Focus: Learner Profile G11/12 HS Advisory Lessons

Monday 16th Nov 9:55am - 10:10am SPECIAL Francophone Week Assembly led by the French Department

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.

IB Parent Workshop Tuesday 8 Dec (5:00pm - 5:45pm)

Parents of G9 & G10 students are invited to attend a Google Meet to find out more about the International Baccalaureate (IB) Diploma Programme: <https://meet.google.com/joi-xdpb-zgu>

Parent Coffee Meeting Thursday 10 Dec (9:30am - 10:00am)

Parents are invited to join Ms Smith & Ms Beatty, for a focus on the theme of "Futures: Careers & College Counseling" via the Google Meet link: <http://meet.google.com/quq-fuqk-tuo> Find out more about how we help ASM students to prepare for future careers and apply for colleges.

G10 Students IB Workshop Friday 11 Dec (12:25pm - 1:35pm)

Focus: Learner Profile. Google Meet Link: <https://meet.google.com/hss-nzfx-exk>

Basketball Court

No playing Basketball on the Basketball Court during recess/lunch to ensure adherence to ASM's Community Pledge.

ASM Holiday Music Playlist

Please list any songs you would like to be included on the fun, easy-listening music playlists here: [ASM Upper School Spotify Playlist](#)

Clothing and Food Drive

ASM's Food & Clothing Drive

WHEN? NOVEMBER 30TH – DECEMBER 15TH

WHO? STUDENT COUNCIL AND OUTREACH. PLEASE GIVE YOUR ITEMS TO YOUR CLASS REPRESENTATIVES.

WHERE? THE FOOD AND CLOTHING WILL BE DONATED TO A VILLAGE CALLED AIT SOUKA IN IMLIL, THROUGH THE HELPING HANDS INITIATIVE.

HOW? YOUR CLASS WILL BE SCORED BASED ON THE AMOUNT OF ITEMS BROUGHT IN AND DIVERSITY OF THOSE ITEMS. SCORE SHEET BELOW.

THE CLASS THAT BRINGS THE MOST ITEMS

WINS A PIZZA PARTY!

IF YOU ARE PART OF HIGH SCHOOL AND WANT TO HELP OUT BY AIDING US IN THE SANITATION OF THE FOOD THEN EMAIL THE OUTREACH PRESIDENT (UMA JOYSTON-BECHAL) AND WE WILL LET YOU KNOW WHEN TO COME AND HELP.

Email - uma.joyston@asm.ma

POINT SYSTEM

FLOUR PER 1KG = 5 POINTS

DRIED LENTILS AND OTHER DRIED BEANS PER 1KG = 3 POINTS

CORN OR SUNFLOWER OR OLIVE OIL PER 1L = 2 POINTS

RICE PER 1KG = 4 POINTS

SUGAR = 3 POINTS

CANNED FOOD (BEANS, CORN, TOMATO PASTE, VEGETABLE AND FRUITS...) PER CAN = 5 POINTS

PACKAGED YEAST = 3 POINTS

COUSCOUS = 4 POINTS

EL KEF - SOAP = 1 POINT

CLOTHES - ALL ONE POINT (T-SHIRTS HATS PANTS

SOCKS JACKETS OR COATS HOODIES OR ZIP UPS

SHOES SCARFS NEW MASKS (IN PACKAGING))



How to prepare for exams

By Aahd Arnous (G10)

As we all know, we are currently approaching the week of High School exams (**December 14th, 15th and 17th**). At this point in time most of us are asking ourselves several questions such as:

- *How do I start?*
- *When do I start?*
- *What do I need to know?*
- *How do I study?*

These questions could be answered simply by taking a couple of steps. Preparing for an exam can be stressful and very time consuming. By doing a couple of things ahead of time, it'll help make you feel more confident and ready for anything that comes up on the test.

Here are a couple of tips:

<https://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips>

1. Give yourself more than enough time to review the material that was covered in class. You might want to gauge how soon to start studying by how much material you need to review. For instance, if you have to review material for an entire semester, you might want to start studying a few weeks prior.
2. Read through the entirety of your notes that will be on the exam. It will refresh your memory of the material and help you remember what you learned. It will also help to make you aware of all the information in your notes, where it is located in your notes so that you know where to find them, and what might be missing from your notes. Decide if you think your notes are sufficient enough to study from. Did you miss any classes? Are some of your notes missing? If so, you might need to borrow someone else's notes.
3. One of the easiest ways to begin your studying process is to find out what is on the test directly from your teacher. Many teachers will provide some guidance on what will and will not be covered on the test. Knowing which material the test will cover will help you focus on the main material.
4. The syllabus is an outline of everything that you should have learned over the course of the class. It's a good place to start to understand major ideas and topics that you should be learning from the class. Review it and highlight the titles and subheadings. These are the sections that you'll need to at least review to make sure you understand the big ideas behind the topics.
5. Make flash cards. After you have taken notes from studying all of your materials including the book and your notes, use that information to make flash cards. (Grab an index card, or cut paper into squares to use as a flashcard.) Turn statements into questions. Once everything is written down on flashcards, quiz yourself with the cards. Keep reviewing the questions that you get wrong until you get them right. You can carry flashcards around with you and quiz yourself when you're on your way to school or on the way back home. You might quiz yourself for a half hour or so, then take a break. Definitely continue to quiz yourself until you get them all right.
6. Reviewing past tests can help you understand the format of the test and whether it will be multiple choice, short answer or essay. It also gives you more ideas about how to study. Does it ask for specific information like dates and times that events occurred? Or is it testing big ideas with explanations in an essay format?

COVID-19 and Vaccine UPDATE

By Diane Soulan

In Morocco, the total number of COVID-19 cases is 341,000 while 290,000 have recovered. There have unfortunately been 5,619 deaths. The pandemic can cause a lot of anxiety and stress so here are some coping methods you should try; connect with others electronically, keep a healthy routine and be kind to yourself and others.

Morocco will receive a first batch of 10 million doses of the COVID-19 vaccine from China within the next month, according to Azeddine Ibrahimi (the director of the biotechnology laboratory of the Faculty of Medicine and Pharmacy in Rabat). The first step in Morocco's vaccination campaign will prioritize frontline workers (medical staff, education staff, public authorities, elders and those who suffer from chronic conditions.)

Saad Eddine El Othmani, Head of Government, assured the public that Morocco chose a safe and effective vaccine for the vaccination campaign. Moroccans will be among the first in the world to receive vaccines for COVID-19.

Morocco has agreements with Chinese, Russian, and British-Swedish laboratories regarding the vaccines. Morocco signed two partnership agreements with the Chinese laboratory **Sinopharm** (CNBG) concerning clinical trials for the vaccine. Sinopharm is still awaiting regulatory approval for its COVID-19 vaccine but has "promising results" in China.

On a global scale, researchers around the world are working to develop a vaccine. Currently, there are 57 candidate vaccines on trial in 37 countries.

- Scientists in the Netherlands are hoping to deliberately transmit SARS-CoV-2 to participants to test vaccine efficacy.
- The experimental COVID-19 vaccine developed by **AstraZeneca** and **Oxford University** prevents just over 70% of people from developing COVID-19.
- Pfizer and **BioNTech** announced that the experimental vaccine is 95% effective build on preliminary results
- The vaccine designed in China, called **CoronaVac**, appears to be safe and elicit an immune response.
- **Moderna** released the latest findings on an experimental vaccine known as **mRNA-1273** in which the "phase 3 study met statistical criteria with a vaccine efficacy of 94.5%."

Phases of vaccine development

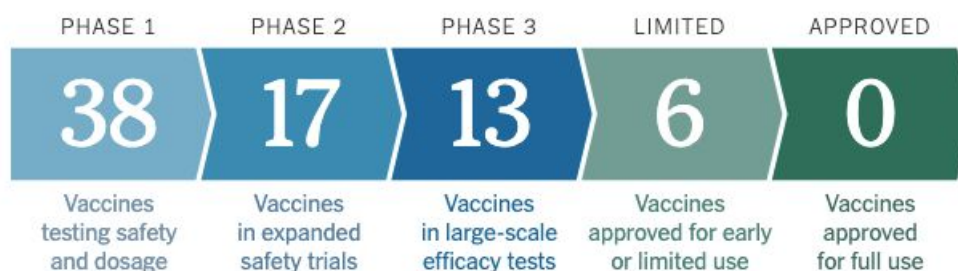


Photo Memories (Week 13)

The Giving Tree!





Grade 6 PE

