



Celebrating 25 Years of Excellence - Since 1995

ASM Warriors' Weekly

2 Nov 2020

Mon 2 Nov	Tue 3 Nov	Wed 4 Nov	Thu 5 Nov	Fri 6 Nov
Day 5	Day 6	Day 7	Day 1	NO CLASSES
9.55am-10.05am GMeet Assembly		Shortened Day (50min lessons; pick-up 1.45pm)		Anniversary of the Green March; 4.00pm AP Exam Registration Deadline

Monday 2nd Nov - return to on-campus learning for F2F learning students

Please remember to adhere to the Community Pledge...



PROTECT OUR ASM COMMUNITY

A PLEDGE TO STOP THE SPREAD OF COVID-19

As Warriors, we keep learning and we keep going.

Always taking the next step... together!

Today, as the effects of the COVID-19 pandemic impact our families, our friends and our world, we must work to protect the health and safety of every member of our campus community.

Being a part of the ASM community means that each of us must take extraordinary steps to stay well and persistently protect each other, on campus and in the community.

PROTECT ASM PLEDGE

We will protect ourselves.

We will protect others.

We will protect our ASM community.

Accountable together, I pledge to take responsibility for my own health, the protection of others and help keep the ASM community safe from the spread of COVID-19 and other infections as identified and instructed by the school.

Name: _____ Grade: ____ Signed: _____
(parent)

1	PROTECT MYSELF	<input type="checkbox"/> Monitor for the symptoms of COVID-19 and report to an ASM staff member and a medical professional if I experience fever of 37.8C or higher, runny nose, cough, difficulty breathing, muscle pain, vomiting, diarrhoea, sore throat, loss of taste or smell <input type="checkbox"/> Wash my hands often with soap and water or use hand sanitizer regularly
2	PROTECT OTHERS	<input type="checkbox"/> Maintain appropriate social distancing (1.5m) at all times <input type="checkbox"/> Stay home if I feel ill or after exposure to someone who presents the symptoms or has tested positive for COVID-19 <input type="checkbox"/> Wear an appropriate face mask and other protective gear as directed by the school <input type="checkbox"/> Look out for others and encourage their faithful commitment to the ASM Community Pledge <input type="checkbox"/> Be mindful of those who are observing the Pledge and staying at home to protect you... do not stigmatize
3	PROTECT OUR ASM COMMUNITY	<input type="checkbox"/> Only enter campus when permitted <input type="checkbox"/> Carefully observe instructional signs and follow directions <input type="checkbox"/> Keep my clothing, belongings, personal spaces and shared common spaces clean <input type="checkbox"/> Participate in testing and any on-campus contact tracing to preserve the wellness of the community

Monday 2nd Nov 9:55am - 10:05am Upper School 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.

Basketball Court - Closed this week

The Basketball Court will be **closed** during recess/lunch this week. It is vital that all students adhere to ASM's Community Pledge - no physical contact with others; min. 1.5 meters distance with a mask; min. 2 meters distance without a mask; no sharing equipment touched with hands. The situation will be reviewed during the week.

4pm Fri 6th Nov - AP Exam Registration Deadline

Grades 10 - 12 Students, please complete the Google Form <https://forms.gle/rHtvS5aYquWwZDHG7> to register for the College Board Advanced Placement (AP) Exams. The electronic order form must be completed and submitted and all fees submitted (\$125 per exam) to Ms Atika by 4pm on Friday 6 November 2020 (this is an extended deadline from that previously published). The 2021 AP Exams will be administered over two weeks: **May 3rd - 7th & May 10th - 14th 2021**. Given this year's unusual circumstances, AP will waive the \$40 cancellation or unused exam fee so all students can register with confidence this fall. A late order fee of \$40 per exam (in addition to base exam fee) will be applied for any orders after 4pm on 6 November 2020 and before March 12, 2021.

Friday 6th Nov - Anniversary of the Green March... NO CLASSES!

The winning Halloween Story will be published next week!

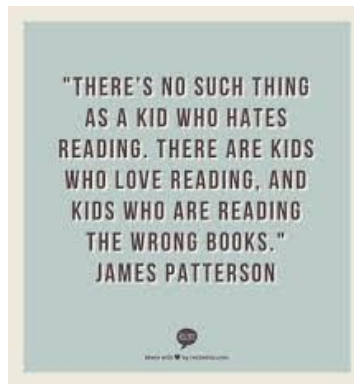
Winners of all Halloween Competitions will be announced during Monday's assembly.

Continue reading overleaf...

The Importance of Reading

By Aahd Arnous

Wherever we go, around all nations we find one of the most important things of all time - books. Although certain people find reading boring and others find it simply fun, reading has the ability to help your body and mind without you even realising it. In this case, books don't just help you gain more knowledge and those who read a lot seem to appreciate the different places to find books. For those who don't like reading, you might just change your mind after hearing its benefits.



How can something as simple as reading be so helpful in life?

1. Cognitive mental stimulation and brain exercising:

Reading has many benefits for your mental health in the form of thinking and understanding. By focusing on the words, you are stimulating your brain and cognitive functions. This particular stimulation can help develop the part of your brain that is responsible for concentration and critical thinking.

2. Vocabulary and knowledge expansion:

When you're reading, you usually come across certain words you don't understand which leads to a confusion that would be solved if you look up the word's definition. The act of researching the word to find its definition helps you remember its meaning. This is beneficial because after reading for a long time and constantly looking up the meanings you will begin to expand your vocabulary.

3. Stress and Tension Relief:

It's hard to believe, but the act of reading and focusing on written words can help relieve your stress levels, anxiety and pressures of the day. While reading, your brain leaves all its worries and moves on to a new world, allowing the person some 'fresh air' to think about something new. The book basically allows you to relax and transports you to another world that is led by the written words of the story.

4. Memory Improvement and Better Focus:

It was mentioned earlier that reading can help your mental health, as it helps you focus more, but it also helps improve your memory. Just like a workout, reading is a memory exercise that helps push your memory and focus to its limits. When you're reading, your mind is constantly trying to remember information about the story.

5. Strengthens your writing skills:

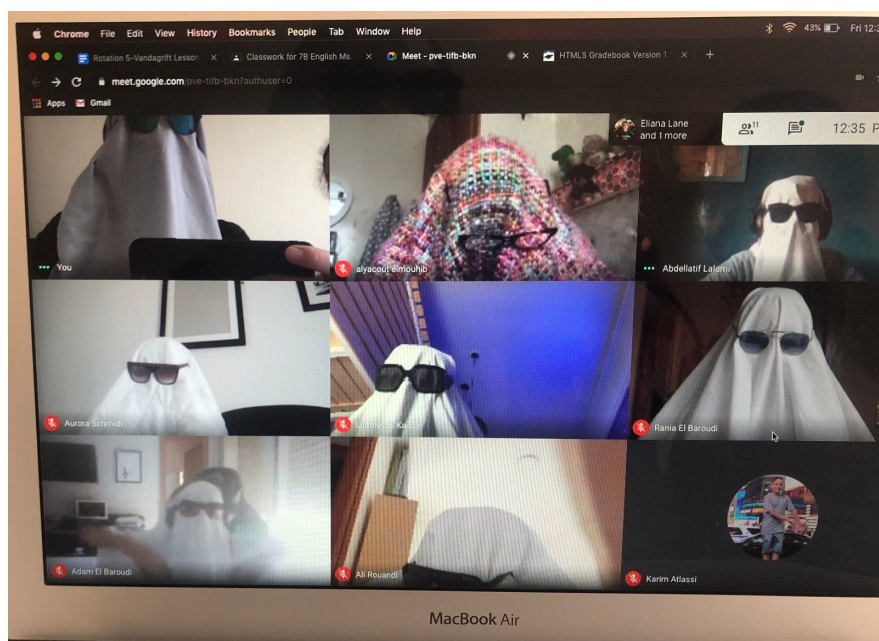
Reading doesn't only have benefits for your health, but also in other aspects of your life. People who write (whether it's a school assignment or not) know the importance of reading when you want to write anything. Writers focus on the different styles of writing in order to mimic them in their own pieces.

Photo Memories (Week 7)

Halloween Costumes...



Best Costume



Best Group



Best Makeup



Most Original



Best Teachers' Costume



Commendation



Commendation