



*Celebrating 25 Years of Excellence - Since 1995*

# ASM Warriors' Weekly

**15 Feb 2021**

Mon 15 Feb	Tue 16 Feb	Wed 17 Feb	Thu 18Feb	Fri 19 Feb
DAY 4	DAY 5	DAY 6	DAY 7	DAY 1
9.55am-10.05am <b>Upper School GMeet Assembly</b> 10.30am <b>MS GMeet Assembly led by 6B: 'Trustworthiness'</b> 12.30pm (TBC) <b>HS GMeet Assembly led by 11A: 'Respect'</b>	11.35am - 12.25pm (lunch) <b>Student Council Meeting</b> 5:30pm <b>ASM PTO Meeting</b>	<b>Shortened Day</b> (50min lessons; pick-up 1.45pm) <b>Random Acts of Kindness Day</b> 12:15 - 12:45pm <b>Career Connections</b> Topic: Medicine Dr. Amal Fadaili	8:00 - 10:00pm <b>NASA's Mission to Mars</b> <i>(watch LIVE)</i>	



*Happy Valentine's Day!*

*Wishing you all a happy day filled with much love and care... and not just for today, but always!*

## **Monday 15th Feb 9:55am - 10:05am Upper School Assembly led by ASM's Student Council**

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.

## **Monday 15th Feb Assemblies & Advisory**

**10.30am - MS 'Trustworthiness' Assembly led by 6B and Ms Vandagrif**

Google Meet link: <https://meet.google.com/uub-aiij-oiq> then lesson with Advisory teachers

**12.30am - HS 'Respect' Assembly led by 11A and Ms Barrett (To Be Confirmed)**

Google Meet link: *to be confirmed* then lesson with Advisory teachers

## **Tuesday 16th Feb 11:35am - 12:25pm (lunchtime) Student Council Meeting**

DL Student Council Representatives please join with the following link: [Student Council GMeet](#)

## **Tuesday 16th Feb 5:30pm ASM PTO Meeting**

Please join with the following link: [meet.google.com/hvc-efhq-wrz](https://meet.google.com/hvc-efhq-wrz)

## **Wednesday 17th Feb 12:15 - 12:45pm Career Connections**

Topic: Medicine with Dr Amal Fadaili MD. Dr. Fadaili is a Morocco and US trained physician specializing in Anatomical Pathology. Google Meet Link: [meet.google.com/vzf-ngsz-pjn](https://meet.google.com/vzf-ngsz-pjn)

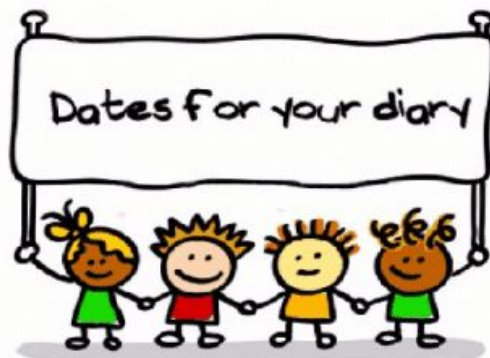
## **Thursday Feb 18th 20:00 - 22:00pm NASA's Mission to Mars**

NASA will attempt to land the Perseverance rover on the surface of Mars. Encourage students to watch LIVE using a link found on the following site:

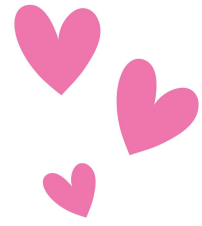
<https://mars.nasa.gov/mars2020/timeline/landing/>

## **Monday 22nd -Friday 26th Feb**

**Spring Break (NO CLASSES)**



- Mon 1st March (9:55 - 10:05am) **Upper School Assembly**
- Mon 8th March (9:55 - 10:05am) **Upper School Assembly**  
Monday/Tuesday 8th/9th March **IBDP Authorization Virtual Visit to ASM**
- Mon 15th March (9:55 - 10:05am) **Upper School Assembly**
- Tues 16th March (Full Day NO CLASSES) & Wed 17 March (Afternoon NO CLASSES Upper School only) - **Parent Teacher Conferences**  
Fri 19th March **Midterm Reports** distributed electronically
- Mon 22nd March (9:55 - 10:05am) **Upper School Assembly**  
March 22nd - 30th **AP Mock Exams**  
Wed 24th March **PSAT10 Exam** for all Grade 10 students
- Mon 29th March (9:55 - 10:05am) **Upper School Assembly**  
Wed 31st March (12:15 - 12:45pm) **Career Connections** Topic: Public Office & Government with Yousra Benchekroun



## Random Acts Of Kindness Week

Article by Diane Soulan (Grade 10)

Kindness is the wonderful quality of being friendly, generous and considerate. Kindness involves the willingness to celebrate and give attention to someone else which requires strength. Kindness betters the lives of others through genuine acts of love, compassion, generosity and service. It allows us to form strong bonds and relationships with others. Kindness gives hope to humanity as life seems brighter.

Here are some random acts of kindness:

- Be kind to your server; leave a generous tip
- Text someone good morning or good night
- Make an effort to learn something new about others
- Compliment your friends and family
- Ask an elder about their past
- Pick up trash



Make sure to be kind to yourself too:

- Go on a walk
- Learn something new and fun
- Get a massage
- Go on a picnic

This week is random acts of kindness week. Here are things you can do each day of the week to fill your life with kindness.

1. [?j bXbYgg>Uf](#). Everytime you witness an act of kindness, write it down and put it into an empty jar. Collect memories, observations and unexpected surprises of kindness! Reflect whenever you want, and make 2021 a year filled with kindness.
2. [@j YBchY](#). First, write a beautiful letter to someone who has changed your life for the better. Self love is extremely important so write a letter to yourself, describing all your strengths, skills, values, behaviors and actions that make you who you are so that you can read it when you need to hear those words.
3. [6`Yggjbl`6 U\] g](#). Gather items to create a blessing bag for those in need. You may include socks, tissues, chapstick, food cans, toothbrush, etc...
4. [?j bXbYgg`K cf\\_g\ Yyh`](#) Incorporate kindness into your daily routine by using [this worksheet](#). List five day-to-day activities you do and write a way you can do the same activity, but with an added element of kindness.

## 2020 Mission: Perseverance Rover

Article by: Aahd Arnous (Grade 10)

### Perseverance: The ancient search of life on Mars

As you may know, Mars is the closest planet that we can reach to with robotic exploration. The Perseverance rover was launched July 2020 to land on Jezero Crater. The landing is scheduled to happen Thursday February 18th. Jezero Crater is a very interesting place, as it is a crater that once held a lake but there seem to be various other craters that once held lakes. This crater seemed unique because it had an inflow channel and an outflow channel which means that it had water.

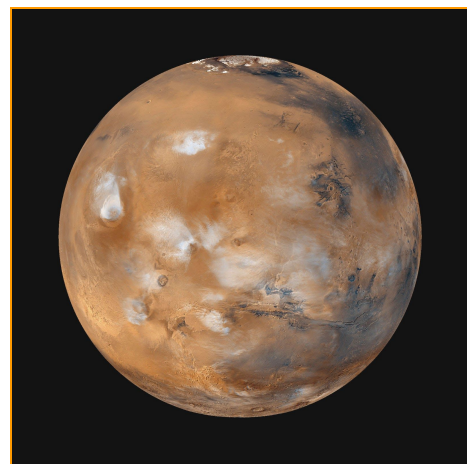
The purpose of the Perseverance mission was to investigate astrobiology on Mars in particular so that we are able to address the question of whether life ever existed on Mars. The Perseverance rover starts with a design that is very similar to the Curiosity rover, the only difference is that a whole new set of science instruments were added to it. This set of instruments were selected in order to help in search of bio signatures. The upgrade that this rover has over the Curiosity rover is that it is able to self drive for a distance of 200 meters per day and as it is driving, it is building the map of the road on Mars.

So essentially what Perseverance rover 2020 is going to do is drill samples, put them in small tubes, seal it in its own individual tube, and then send them hoping they will get to Earth by 2031.

There are several ways that the mission helps pave the way for future human expeditions to Mars and demonstrates technologies that may be used in those endeavors. These include testing a method for producing oxygen from the Martian atmosphere, identifying other resources (such as subsurface water), improving landing techniques, and characterizing weather, dust, and other potential environmental conditions that could affect future astronauts living and working on Mars.

**Thursday Feb 18th 20:00 - 22:00pm** NASA's Mission to Mars NASA will attempt to land the Perseverance rover on the surface of Mars. You can watch LIVE using a link found on the following site...

<https://mars.nasa.gov/mars2020/timeline/landing/>



# School Break

Article by Jessica Abou Zbib (Grade 10)

## Introduction

- Next week (Feb 22nd - Feb 26th) there will be a one week break, have you thought about what you want to do? Did you set goals for yourself? Have you considered what you want to do?
- *“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.” —Pablo Picasso*

## Have you thought about this?

- As an individual, you can accomplish several things in the upcoming break. Some of you may want to work on your APs, you may want to learn a new sport, or even a new language or musical instrument.
  - Write it down: What do I want to accomplish this break?
  - What steps should I take to do that?
  - Make sure you do something that you enjoy. Go out with friends! Watch a movie! Read something you enjoy! Maybe even practice a new skill!
  - *You can do a lot in a week!*

## Importance of Sports

- All ASM students should be thinking about doing something active this break. Some ideas are going out for a walk/run... plan to work out 30 minutes three times a week.
  - *Your actions all depend on your thoughts!*
  - Sports help control diabetes, manage weight, enhance blood circulation, and manage levels of stress.
  - Recommendations to learn more about the importance of sport:
    - Article: <https://www.nordangliaeducation.com/article/2020/5/1/the-importance-of-sports-in-education>
    - Video: <https://www.youtube.com/watch?v=orVIPr25ivo>

# Photo Memories

Valentine's Cookies from ASM's PTO!





