

Newsletter

DEBAKEY Newsletter

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Student Council Election Winners Announced

With great smiles (behind the masks, of course) nine DeBakey students took the stage to accept their new positions in the school student council of 2020/2021.

The winners were announced after two weeks of speeches and campaigns in the school done virtually using the large screen on the stage.

For the position of the President of the student council, three students were nominated: Omar Hamad*, Jamil Daoud, and Almegdad Hasan.

For the Vice-President position, two students were nominated: Laith Al Bozom and Jude Massad*. While Abdullah Adeogun* was nominated and won the secretary position.

For the Treasurer position, there were four students nominated: Ranya Merbet, Saed Qaddoumi, Aseel Alanqar, and Nour Jaouni*.

For the Historian position, there were only two students nominated: Joud Shehadeh*, Omar Maamoun. While the reporter position offered up three nominees: Mayowa Abayomi, Laila Lubbad*, and Zaid Ammari.

Hlla Shehata* won the grade 11 nomination for Parliamentarian. Farah Ibrahim* won the nomination of council member for grade 10, and Hamza Al Halabi* won the council member position for grade 9.

"Congratulations to the winners and the nominees for their great speeches and campaigns. We are very proud of each of you!" said Umair Farooq, Assistant Principle at DeBakey.

*Winners of the positions.

JABSEED collaborates with DeBakey during Qatar Sustainability Week

October 31st - November 5th marked Qatar Sustainability Week 2020. For DeBakey, it was a one day celebration in which students, staff, and faculty received a special gift in collaboration with the award winning sustainable stationary kit from JABSEED.

This collaboration marked JABSEED's first official school wide sale, with the proceeds going towards growing their business. The possibilities are endless for this brilliant group of students.

JABSEED showed the students and staff videos about the plantable pens, pencils, and recycled notebooks that they received and how to make the most use out of them including using them for the upcoming exams, planting the seeds in the school or home garden, or even re-gifting them to others as a way to recycle.

"We are overwhelmed with the response of the students and staff to our product. Some of them have already ordered more for their friends and family," said co-founder of JABSEED Bader Abu Ajeeneh



DeBakey Observes World Diabetes Day 2020

Students of DeBakey band together to pay tribute to front-line health workers in this year's World Diabetes Day with the theme of "The Nurse and Diabetes."

We asked the school nurse what she would recommend to prevent diabetes or rise in blood sugar levels.

"There are a lot of ways that children and adults can develop diabetes or spikes in their blood sugar levels that can put their lives at risk. However, there are also very simple steps to take to prevent it," said the school nurse.

Her suggestions to prevent diseases like diabetes are as follows:

- Make sure to always be active. With COVID-19 restrictions these days, it might be difficult to stay active as before but brisk walking or running can really give your body a good energy boost in just 20-30 minutes.
- Cut back on sugar. If you have a sweet tooth, make sure to replace that candy bar with a healthier alternative like honey or granola.
- Don't snack during the day. Try to limit the amount of food you consume; this will help you manage your weight and cut back on sugary cravings.
- Limit your screen time. The more time you spend on the screen, the more that you feel you need to fill your time with drinks and snacks. Now with COVID-19, try to limit yourself to your online work only, then go and enjoy some outdoor time or family time.
- Eat slowly and chew your food.
- See a dietitian. Being overweight can increase your chances of getting a number of diseases including diabetes and heart problems.

Cycle One Awards Winners Celebrated

Although Covid has changed the way we conduct celebrations, it was an honor to recognize the top students in the school for their excellence in cycle 1. Students receive three awards for their performance in the school.

- The honor roll award is given to students who excel in their academics and achieve a grade of (A) in all their subjects.
- The high achiever award is given to students who achieve mostly (A) grades and one (B) grade in all their subjects.
- The DeBakey citizenship award is given to students with exemplary behavior inside and outside the classroom.

In grade 5, four students attained the honor roll and 2 students received the high achiever award. While in grade 6, only one student was on honor roll and 3 students received the high achiever award.

Grade 7 students evened out with 4 students on honor roll and 4 students received the high achiever award. All in the while, grade 8 had exactly 8 students on honor roll and 8 students receiving the high achiever award.

Fifteen students from grade 9 are on honor roll, and 5 received the high achiever award. As for grade 10 students, 19 of which are on honor roll, while 11 received the high achiever award.

Grade 11 students recorded 12 students on honor roll and 7 students received high achiever awards. While an impressive 29 students are on honor roll from grade 12, and 7 students received high achiever awards.

Congratulations to all the students of DeBakey for their outstanding academic

