



## MICHAEL E. DEBAKEY HIGH SCHOOL FOR HEALTH PROFESSIONS-QATAR

# DEBAKEY NEWS



*Diamonds of DeBakey: 2016 SENIORS*



*Leading the Dream Team*

**Ms. LINDA MABRIE**  
Executive Director

## The DeBakey Dream Comes True

*By Hanife Kocacinar*

By end of the official school year, at least 72 percent of seniors graduating from the Michael E. DeBakey High School will have headed towards a career based on science, medicine or engineering. An extensive survey conducted by our Journalism class on outgoing seniors revealed that a majority are planning to attend a field in medicine, psychology, nutrition, computer science, pediatrics, and different fields of engineering. The remaining 28 percent preferred to pursue different majors, such as political science and business.

The DeBakey curriculum contains mandatory courses such as Health Science, Math, and Sciences that include Advanced Placement (AP) Chemistry, AP Biology, AP Physics, AP Statistics and more, to help students achieve their dream career. Although the curriculum is strict and tenuous, the school seems to be reaching its success plan. Principal of the school, Ms. Linda Mabrie said, "The curriculum is not easy, (it's) very challenging, therefore, extra time and dedication must be spent in studying in order to reach excellence; being the "best" that you can be; reaching your highest potential."

The curriculum may be challenging, but it has proven to be beneficial, for many students. Mishael Sheikh who wants to become a Dietitian, said, "Courses like Health Sciences, and AP Biology helps, as I learn about human body, anatomy, and the importance of nutrients."

The senior year might be highly stressful to many, however they are still not willing to give up on their goals, using all the resources and help they can get. The challenging and advanced curriculum keeps Akash Kelouth on track. He said: "Medicine is my passion. I want to become a doctor and Health Science Technology helps me to learn more about medicine."

The school is planning to provide more resources for the future. According to Ms. Linda, "In five years, DeBakey should have secured a new school building which will include a separate gym for girls and boys, including a swimming pool in each gym; larger computer classrooms; laptops for all students; more parent involvement in the school through a larger PTA participation; larger counseling program to assist students with their particular concerns." ●

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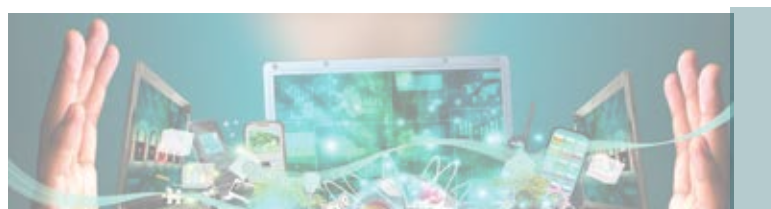
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# EDITORIAL

## Teenagers - New-Gen Promise

By Hanife Kocacinar

Many a time, an undeniable thought echoes through minds – when there are plenty of adults who have PhDs and jobs at well-recognized companies, why should one listen to the inexperienced teenagers?

Societal traditions and a narrow-minded attitude, that most people are oblivious to, force them to ignore teenagers because they feel the younger generation is far too young and inexperienced to give sound opinions – overlooking their ideas and sentiments, lest they deem unwise!

However, there are many reasons to listen to the teenagers. Teenagers are the new generation. They are the future. Their perspectives and opinions are different. They question and debate everything, and therefore are able to see the future from a more objective point – because their youth lets them observe first, and then look for strategy.

Most of the time, when a person is well into adulthood, he/she will have his/her ideologies and strategies set in stone, based on experience or family background. However, for adolescents, physical, psychological and cultural expressions are still forming, permitting them to open their minds and hearts wide.



Some of the most inspiring examples of teenage power are highly observable in the Michael E. DeBakey High School. Student Shaaden Salem, Grade 12, and her Land a Hand Club raised around QR 4,000 through a healthy bake sale to treat diabetic patients in Bangladesh. The group also collected around QR 5,000 to help build water wells in Mali, as well as to build a small medical facility, a small school and a mosque.

Senior President Joanna Qaddoumi and her peers organized the Think Pink Day to create awareness on breast cancer. The event, managed and run by the Senior Student Body, collected about QR 7,000 that was donated to the Qatar Cancer Society.

The Best Buddies-Qatar program is another stellar example of the deep commitment that teenagers offer when the cause is close to their heart. In a show of love and care, the DeBakey students involved in the program reached out to students from Shafallah Center and Step by Step, showing the world that disabilities should not be an impediment when offering kindness.

Even the School Principal Ms. Linda Mabrie believes that it's the students that inspire her most. This certainly goes to show that all of these great accomplishments are the results of wonderful teenage minds that are willing to not just embellish their CVs but also, to make a change! ●

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# EDITORIAL

## Grasping Opportunities

**By: Bandar Al-Abdulla**

Qatar has looked more into the future than the present in its investments. Your average person from across the world would think that the money that Qatar gains from its oil-fueled income must go to gold-plated cars and wasteful spending on luxuries. But instead, Qatar is turning all its black gold into a more precious resource: Education. “The blessing of the oil and gas won’t last forever - so focusing on something sustainable is more important,” says H.E. Sheikh Dr. Abdulla bin Ali Al-Thani, President of Hamad bin Khalifa University (HBKU), and Managing Director and Member of the Board for Qatar Leadership Centre.

Having said that, there is a genuine concern that today’s Qatari students are “straying off” from the path of strong academics. They opt out of hard-core professional careers in medicine, science and engineering, and take up the more comfy and easy



way out by relying solely on family or “connections” to bolster them.

Qatar started its educational reforms all the way back in 1949. However, in the 90s, the country adopted a more aggressive approach to reforming its education sector and empowering its citizens. This includes the formation of Qatar Foundation; and the establishment of top-notch campuses such as Carnegie Mellon, Cornell, Texas A&M, and Northwestern universities.

In 2007, Qatar established my school that provides a high-caliber curriculum focusing on developing skilled thinkers and future leaders in the field of science and technology. And, to preserve our cultural identity, the Supreme Education Council also enforced a mandatory rule that Qataris should take up Islamic Studies and Arabic.

In the end, Qatar has taken many efforts to improve the quality of education. My Qatari compatriots need to grasp these opportunities by the neck and use them. The efforts done by this generation will determine the fate of Qatar in the future. ●



# How to Efficiently Cram:

## A High School Student's Guide to Studying The Night Before

By Dima Musa

**Limit all distractions:** Get off Instagram, literally! Turn off your phone or put it on Do Not Disturb mode.

**Stay calm:** This part is the hardest, yet most essential. Take deep breaths and gather your thoughts. Maintain a sense of control – panicking won't help and will cause you to procrastinate!

**Prioritize:** Be efficient with time. Plan out your study material, especially if you're studying for more than one test; details at this point are your last priority. Use the study guide or the test syllabus and create a to-do-list.

**Use the POMODORO technique:** The POMODORO technique is a time management method developed by Francesco Cirillo in the late 1980's. The basic idea is to break up work into 25-minute intervals followed by short breaks. Here's how to do it:

- ✓ Choose a task to complete and set your timer to 25 minutes.
- ✓ Work straight without interruptions for 25 minutes!
- ✓ When the time is up, take a 5 minute break: move around, drink some water, and relax!

- ✓ Every four intervals, take a longer (15-20 minute) break.

**Study efficiently:** Whip out some scratch paper, flashcards, and your favorite pen. It's time to get down and dirty.

- ✓ Recite! Reading out loud will burn facts into your mind.
- ✓ Rewrite! Studies show that writing something down is equivalent to reading it seven times.
- ✓ Practice! Work out examples and tests, especially if it's Math!
- ✓ Use a mnemonic, or memory device: try acronyms.
- ✓ Make flashcards and use them to quiz yourself.

**Sleep:** When you're dead tired, your brain stops absorbing information. Step away from your books and call it a night. Studies show that a goodnight's sleep will boost your ability to recall information. ●

## Prep your way to college!

By Hazem Nayal

A high schooler's last year is always the most important, probably the most stressful. Most students get sucked into the strain of achieving better GPAs. Before they know it, university applications loom. Pressure is on to get into a top university. The biggest question always is: Have I done enough? Do I have everything? For a student, proper, methodical prep always translates to higher rate of achievement. Here are some basic guidelines to systematically approach university applications.

- ✓ Research on universities and pick depending on your choice of career.
- ✓ Take university-required tests such as, SAT, IELTS, TOEFL. High scores enable a better chance at getting into a university of your choice. So, practice and prepare well.
- ✓ Ask teachers and school administrations for recommendation letters. It may be advisable to ask recommendation letters

from teachers with whom you maintain good rapport and score high grades in their classes.

- ✓ Make sure to write a personal statement, as soon as possible, to be able to improve it throughout the university application process.
- ✓ Fill out your university applications meticulously, and with care.
- ✓ The difference between a goal and a dream is a deadline. Getting into a top university is your goal. Hence respect and adhere to application submission deadlines.
- ✓ There is a considerable amount of processing time for university applications. So, don't lose hope. Patience is a virtue that most likely will pay off! ●



Cancer has a major impact on society across the world. It is the third main cause of death in Qatar and the reason behind approximately 12 percent of total deaths in the country as of 2012, according to the Qatar Cancer Society (QCS). The Michael E. DeBaKey High School showed its commitment to fight cancer by hosting a Breast Cancer Awareness Day. The school collected money, which was donated to the QCS, and also acknowledged cancer survivor Mr. John Tychan. In a one-on-one chat, Mr. Tychan opens up about his battle with cancer.

**By Weam Mazen**



**John Tychan,**  
Assistant Director /  
Athletic and After  
School Coordinator

For many, Mr. John Tychan is a tough guy whose coach-like gruff voice demands respect and fear. That is why most find it unbelievable when he opens up about his fight against cancer, a disease that literally brought him to tears. In fact, it was the treatment, and not the disease itself, that he found hard to bear.

**What type of cancer did you have?**

I had tonsil cancer.

**When were you diagnosed, and at what age?**

15 years ago... so I was 38. I didn't know I had it. I went to the doctor for a lump in my throat and they took it out, so when they took it out, they found cancer in it. But they knew that wasn't where it came from. So, they had to go back in and they found it behind my tonsil.

**So, did you have to get your tonsils removed?**

Just the one... because they're not interconnected. They're separate so they're not on the same blood flow. They only took one out; I still have the other one.

**Are there stages for tonsil cancer?**

What he told me was if I hadn't gotten it taken care of within six months; it would have been too late, meaning I would have probably died from it.

**Do you know if you have family history?**

Well, as far as my mother passed away from cancer. It started out with breast cancer and she got that taken care of, but then maybe about eight, ten years later, it went into her lungs so she passed away from that.

**How did the treatment go?**

I had radiation treatment, 33 of them. Twice a week over the course of 17 weeks. So I had to go into the cancer centre and I still have a little tattoo here, where they concentrated the radiation. And then,



from the radiation, I got really sick. My mouth got sores in it so I couldn't eat for a long time and it dried up my saliva glands so I don't have any saliva at all. That's why I'm always drinking something or chewing gum because if I don't, my mouth dries up.

**How did you feel when you first received the news?**

I was a little shocked, but I was optimistic, I guess because I'm always optimistic about stuff. I mean, I didn't think I was going to die. So, I had a positive outlook. I mean, I was sad because I have kids and my wife and I was concerned about them but in the meantime, I felt I would be able to survive it.

**How did your friends and family help?**

They were very supportive. They were, of course, sad, but they were very helpful. They always came around to check on me and called to see how I was. They would say that they loved me and that they were there for me. They were praying for me. So, some good support.

**So, you'd say that they kept you fighting?**

Yes, definitely. Because it was tough, because I was trying to think if I should write letters to my kids and my wife that they could open if something happened.

**10. You said that you were really optimistic, but was there ever a time where you thought you might lose?**

No, the hardest part was when I was doing the radiation and I was sick. I couldn't sleep, I couldn't eat, and I couldn't even drink water. So, it was very difficult. It would hurt really badly and I don't feel pain a lot, it doesn't affect me, but I found it really painful. Almost-in tears kind of pain. It wasn't the cancer; it was the treatment that was the worst part. I couldn't feel the radiations but the effects of it, from drying up my mouth to the sores; it was like a yeast infection in my mouth.

**How did you feel when you found out you had been cured?**

I felt great but being cancer-free doesn't mean I can't get it again or get another type. It's still there somewhere. But, I'm just thankful and glad I'm still here. I've changed how I look at my family and friends. I'm just more positive and I don't hold grudges or get mad because it's not worth it. I could be gone tomorrow, whether it's cancer or anything else. It's better to forgive and forget.

**If there was something you'd like to say to people who are currently battling cancer, what would it be?**

Just to be positive. To take the support and help because a lot of people think they can manage alone and feel like a burden. Just to be optimistic, and whether or not they survive the cancer, at least spend time being happy and joyful with your friends and family, instead of being sad and moping around. Make your last days good by being positive. ●

# We are the Admin!

## **LINDA MABRIE**

**POSITION:** Director/Principal

**SPECIALTY:** Master of Arts in Guidance & Counseling Education, Licensed Professional Counselor, Bachelor of Science in Special Education, School Management Leadership Certification.

**WHAT DO YOU DO?** My job is to make DeBakey a safe and secure environment for teaching and learning.

**WHAT DO YOU LOVE ABOUT YOUR JOB?** I love the daily interaction from parents, students and teachers in making DeBakey the best school.

**NOBODY KNOWS...** My maiden name is Broussard.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE?** Be taller.



## **RIM KABBARA**

**POSITION:** Director, Student Affairs

**SPECIALTY:** Computer Science and Management.

**WHAT DO YOU DO?** I seek to develop, promote and support the student experience at the School.

**WHAT DO YOU LOVE ABOUT YOUR JOB?** I love being able to assist and support the students everyday while they are in school in order to be better prepared and ready for college (academically and emotionally).

**NOBODY KNOWS...** I am a professional basketball, volleyball, and beach volleyball player. I also won a national gymnastics tournament when I was 12.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF WHAT WOULD IT BE?** Be less emotional when it comes to critical situation or family issues.



## **JUSTIN MABRIE**

**POSITION:** Director of Admissions and Communications.

**SPECIALTY:** Master of Business Administration, Bachelor of Science in Marketing.

**WHAT DO YOU DO?** My job is to introduce new families to our wonderful school, communicate with parents, coordinate volunteer efforts for students, and much more!

**WHAT DO YOU LOVE ABOUT YOUR JOB?** I love inspiring students to care about social responsibilities and to see new students excited once they join the DeBakey High School.

**NOBODY KNOWS...** I am a DeBakey Houston graduate and that I'm a relationship columnist.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF WHAT WOULD IT BE?** I would like to be even more appreciative of every moment.



## **NOHA IBRAHIM**

**POSITION:** Receptionist.

**SPECIALTY:** Bachelor of Science in Zoology.

**WHAT DO YOU DO?** I communicate and help students, parents, and the administration.

**WHAT DO YOU LOVE ABOUT YOUR JOB?** Communicating with parents and students.

**NOBODY KNOWS...** I am a fan of collecting erasers, I have about 200 erasers.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF WHAT WOULD IT BE?** It would be my self-esteem.



**HANAN HINDI**

**POSITION:** Coordinator of Professional Development and Instructions.

**SPECIALTY:** Masters in Education (principalship), Bachelor of Arts in Integrated Language Arts & English.

**WHAT DO YOU DO?** My job involves teachers, testing and giving instructions to new students; planning AP courses, and now I'm starting professional development for teachers.

**WHAT DO YOU LOVE ABOUT YOUR JOB?** I love people I work with.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF WHAT WOULD IT BE?** It would be my stubbornness.



**CAROLINE MICHEL**

**POSITION:** Register and Health Science teacher

**SPECIALTY:** Pharmacist

**WHAT DO YOU LIKE ABOUT YOUR JOB:** I love to teach students.

**NOBODY KNOWS...** I love the study of Egyptology and listening to classical music.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE?** Being patient.



**JONATHAN WELDON**

**POSITION:** Curriculum Director, deals with anything to do with academics

**SPECIALTY:** Certification in English and Art.

**WHAT DO YOU LIKE ABOUT YOUR JOB:** I love teaching English and like working with teachers. I love to see students and teachers engaged.

**NOBODY KNOWS...** I had the state record for 1 mile and 2 miles, when I was in high school.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE?** To be more like Mr. Wayne.



**ISSA SAIDI**

**POSITION:** Director of Finance and Operations

**SPECIALTY:** Masters in Finance Engineering and Masters in Audit and Risk Management

**WHAT DO YOU LIKE ABOUT YOUR JOB?** I love to audit and perform financial diagnostics.

**NOBODY KNOWS...** My favorite hobbies are football and traveling.

**IF YOU COULD CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE?** Being true to everything.



# SHOULD TECHNOLOGY BE INTEGRATED INTO CLASSROOMS?

By Jan Golcher

Classrooms have evolved from traditional blackboards to smartboards and overhead projectors. Students and teachers no longer rely only on textbooks. Lesson plans are carefully crafted to add more visual oomph and interest by integrating technology through usage of audio-visual aids – and thus, encourage more active learning.

The best teaching practices used by the teachers of the Michael E. DeBakey High School show that integrating technology

improves student involvement and also empowers them technically with 21st-century work skills. Students have shown to respond well to use of collaborative tools such as Edmodo, and Plickers, as well as, using computers to research and support their academics.

To get more feedback, the Journalism class interviewed two teachers, Ms. Michelle Wenlock, Head of Technology, and Mr. Iqbal Sikandar, Physics teacher, on how they incorporate technology in their classes. ●

## WHAT DEVICES DO YOU USE IN YOUR CLASSROOM?

**Michelle Wenlock:**  
USB, PC, laptop and tablet.

**Muhammad Sikandar:**  
Ipad.

## WHAT TECHNOLOGIES DO YOU INCORPORATE INTO YOUR CLASSROOM?

**Michelle Wenlock:**  
Wifi, Overhead Projector  
to give screen image,  
Edmodo.

**Muhammad Sikandar:**  
Ipad, projector, Apple TV.

## HOW CAN WE IMPROVE TEACHING BY USING TECHNOLOGY?

**Michelle Wenlock:**  
It provides a stimulae  
for our senses, enabling  
understanding.  
It improves memory.

**Muhammad Sikandar:**  
Technology is tool for learning.  
The more we involve students in  
using and integrating tech tools,  
the more we will be able to learn.

**Michelle Wenlock:**  
Very well, however,  
they need to take part...  
interactivity is best.

## HOW DO STUDENTS RESPOND TO VISUAL AIDS?

**Muhammad Sikandar:**  
Most of the students are visual  
learners. They can learn more if  
they use it by themselves.

# A Glimpse into Senior Year

By **Montaha Allaghi**

It is said that students echo the sentiments, the progress and the camaraderie of the school. And in a true reflection of that spirit, the Journalism

class handpicked a few seniors to talk upon their goals and greatest memories they have here at the Michael E. DeBakey High School. ●

*What do you think of senior year?*

*Has senior year fit all your expectations? Explain why.*

*What are you looking forward to most?*



**Dana Al Bozom**

This year isn't that bad. Hopefully, it gets better and we have more activities

No, I thought we'd have more fun and less stressful work.

To graduating and starting a new chapter in my life.



**Monaza Adeeb**

I think that senior year is really chill. People interact more with each other this year, which is great.

Yes, so far we had many events and based on those future events will also be fun.

I am looking forward to future senior events, such as the banquet, graduation.



**Halimah Adam**

To be honest, I thought it would be great. But so far it isn't. Mainly because I don't get to spend time with my friends.

Yes, I do. All I ever wanted was to have a light schedule.

Into getting into a good university and increasing my GPA.



**Aethar Faraj**

I enjoy senior year because it gives me a chance to look at how far I've come since I began my schooling. It also keeps me optimistic for the future because I can achieve so much more.

Yes, and no. There are many things that have fit my expectations, such as the senior council providing us with activities and events and senior jackets. But we could do more as a senior class such as a trip.

The thing I'm looking forward to is probably just graduating and being finished with high school. I look forward to starting university.

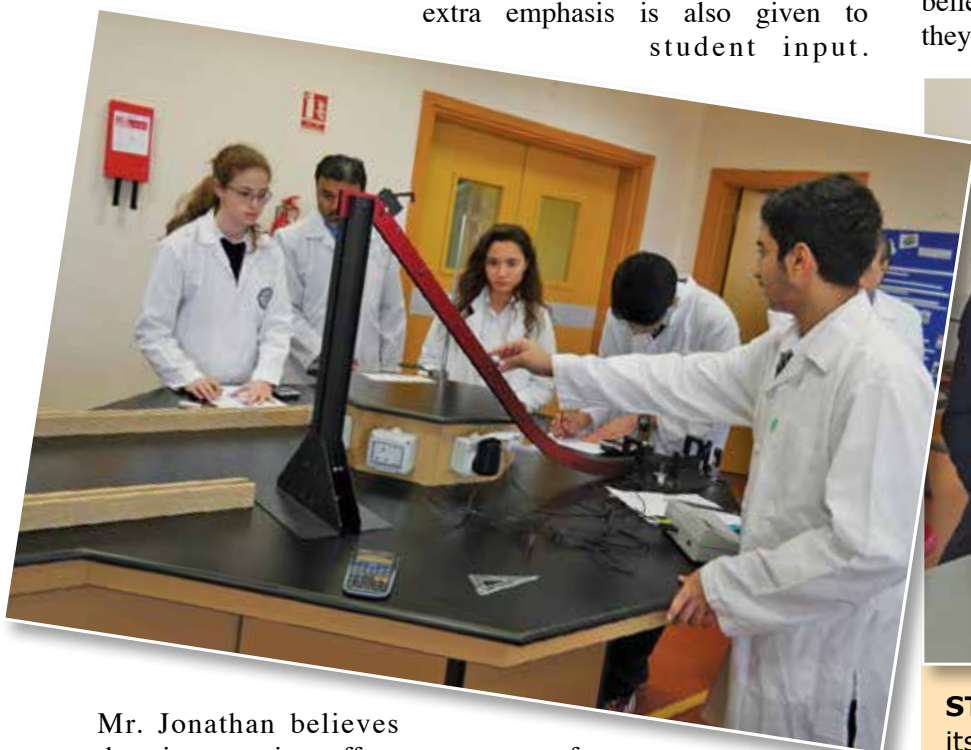
# Learning: an evolution of sorts

**“Let us remember:  
One book, one pen, one child,  
and one teacher can change the world.”**

**– Malala Yousafzai**

*When one talks about education, a popular allegory pops to mind: Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime. Of course, how you teach him to fish becomes an integral part of his learning, and ultimately, his survival.*

Jonathan Weldon, Curriculum Director at the Michael E. DeBakey High School, believes in a similar concept. To him, equipping students with 21st century work skills and providing them numerous opportunities to shine is of utmost importance. In a candid conversation with the Journalism class, Mr. Jonathan opened up about how he envisions DeBakey’s challenging curriculum to empower its students. “We equip our students with academic skills – both foundation and content. We encourage them to apply what they have learned through tests and projects.” When it comes to assessing and measuring the success of the curriculum, extra emphasis is also given to student input.



Mr. Jonathan believes there is a conscious effort to move away from the traditional style of teaching: “sit and get” – where students are Sitting And Getting the information.

“Sitting And Getting is just an expansion of the acronym “SAG”. Offer in the US we have issues with students who’s pants SAG , similarity we don’t want our teaching to SAG. That’s not good. So, we want students to take more ownership of the learning in the classroom, with the teacher acting more like a guide or a facilitator.”

Assessments may be an integral part of a student’s life – away to measure learning. But to Mr. Jonathan, the true measure of student learning is determined in a classroom – through the teacher. And, learning is an evolving process; teaching an integral part of that evolution.

**“Times are changing; the world is changing faster than before. I think Qatar is a good representation of that. A road that you might see today may not be there tomorrow.”**

“A building today might be gone tomorrow. We have to adapt to keep up to these changes. That means focusing more on giving 21st century skills to our students in their classrooms – creativity, adaptability and cooperation.”

This level of adapting also requires a conscious change in methods of teaching, which should be “engaging, relevant and based on a real world context”. It should be connected to the students’ lives. It’s a fairly simple ideology – one that Mr. Jonathan passionately believes in: “They should know why they are learning what they are learning, and it should be a reflection of what they can



**STUDENT ENGAGEMENT:** DeBakey strives to better its teaching methods. One way Mr. Jonathan aims to achieve this is by actively engaging students in conversation to understand their expectations.

do outside the classroom, too. Teaching should make a connection between the two.”

Ultimately, as the Director of the school Ms. Linda Mabrie lucidly puts it, “Student’s success is our aim”. And, by providing a top-notch curriculum, Mr. Jonathan intends to achieve just that. ●



## Bullying – the story of a victim

By Isra Hassan



**Lavanya Pathak**

“Don’t break the floor when you walk on it... here comes the fatty... bulldozer... why are you here...loser...Indian\*\*\*... don’t create a hole in ground...” These aren’t any random words pulled out of an offensive movie. These were some of the many taunts hurled at Lavanya Pathak, as she walked down the hallways of a local Bahrain school, on her first day. She was eight.

Before the bullying started, Lavanya was a carefree, happy and full-of-life type child, who viewed the world as a place where everyone was equal, and had a place where they’d fit. Unfortunately, Lavanya’s utopian dream soon spiraled down into a dystopian reality, when the very people she was excited to meet rejected her with horrific amusement. Her world of equality was crushed by the hurtful comments and labels made by her classmates. As she sat down alone, people would pass by and say, “you don’t deserve to have friends”. Taunts changed to abuses. And for over eight long years, bullying became a constant and tearful reality for Lavanya.

They say ignorance is bliss. But for Lavanya, it didn’t help to ignore. The struggle continued. With the advent of high school, the abusers seized all the opportunities they could, to mentally abuse her. She would often come home in tears, feeling depressed and isolated. Consumed by hurt, Lavanya withdrew further. At night, while crying she would ask herself, “What have I done to deserve this?”

Lavanya’s struggle to fit in not only hurt her, but hit her parents very hard, who couldn’t bear to see their daughter in pain. Her parents tried to lessen the pain, by telling her that there was a light at the end of each dark tunnel. It didn’t help.

Says Lavanya, “Halfway through high school, I tried again to make friends. However, my bullies couldn’t stand me being happy for even a second. And as a result, they tried to make matters worse. They started to insult my body image by calling me ‘fat’.” They said her existence was a waste of space.

Lavanya took this to heart and started to believe it was true, pushing her into depression. She felt like running away.

Had Lavanya spoken up, she would have realized that she isn’t alone in her struggle. Over 3.2 million students are victims of bullying each year. According to the National Education Association, today, more than 160,000 kids choose to stay home rather than going to school to avoid being bullied, being picked on, taunted and beaten up. The Yale School of Medicine conducted

Interview with  
**Mr. Wayne Van Sitters,**  
Pastoral/Head of Security  
and Safety – Michael E.  
DeBaKey High School



### What are the different types of bullying?

The most common types of bullying are – Verbal, Social, Physical, and Cyberbullying. Each of these types of bullying is serious but it is handled in a different ways.

### What is the bullying policy at DeBaKey?

DeBaKey has a strict no-bullying policy. Each case will be investigated in detail and if any student or staff member is deemed to be in danger, the danger element will be removed from school. We consider all bullying as a serious issue and will deal each bullying case on merit.

### Even under this policy, do you still get any cases?

Yes, we do have cases of bullying in our school in different forms.

### How do you think bullying affects students?

Student’s self-confidence, self-worth and their human right to be treated fairly is taken away. It could lead to an academic drop, change in behavior, suicide and physical injury.

### What can a student do when they are being bullied? How about if they are uncomfortable to speak up?

Write a journal or letter and address it to someone they can trust on the staff. Leave a note on the counselor’s desk. They need to talk to someone. They need to understand that everyone has been created equal and should be treated in such a manner. Things might happen in your life, but you are created for a time like this. There is a reason for the season you are in. Believe in yourself and become more than a survivor – BECOME A OVERCOMER. YOU ARE WHAT YOU BELIEVE.

### Why do bullies bully?

They mostly bully because they were bullied. Some bully because of their own insecurities and jealous nature. Some people have never experienced respect not even from parents and family.

studies in 13 countries and found signs of an apparent connection between bullying, being bullied, and suicide.

It was not until when Lavanya moved to the Michael E. DeBaKey High School, did she have some semblance of a normal life. The DeBaKey School’s intolerance towards bullying had a positive impact on Lavanya, who adapted slowly. Her scars slowly began to heal and Lavanya was able to find peace and a crowd where she fit in. As professional Life Coach Tony A. Gaskins once said, “Embrace the struggle and let it make you stronger. It won’t last forever.” Lavanya Pathak is a living example of this quote. ●

# Fitness and health – a marriage made in heaven



**Dynamite Duo**

**Ms. Faten Hamza &  
Mr. Mohammed Kamal**

**“To keep the body  
in good health is a  
duty... otherwise  
we shall not be able  
to keep our mind  
strong and clear.”**

**– Buddha**

*It's a no brainer that health and fitness go hand in hand. So, it should come as no surprise that at the Michael E. DeBakey High School, an institution that focusses heavily on health sciences, physical education is the most preferred elective among students. And, why not? After all, active bodies breed active minds!*

Ms. Faten Hamzeh, the physical education (PE) teacher and head of the Electives department, believes passionately that physical fitness is a lifestyle. “Active participation in sports contributes directly to better academics, because when you are healthy you are able to give more to life itself. When you engage in active sports, you release the endorphin hormone, which makes you feel happier and this helps you to achieve better in life. It a great balance.”

The dynamite duo of Ms. Faten and her fellow teacher, coach and spouse, Mr. Mohammed Kamal, ensure that everything they do translates directly into student wellbeing. She says: “Our goal is to work towards achieving a wholesome rounded experience. Students need to fit in – physically and mentally. And, sports offer that balanced fitness.”

Every year, Qatar hosts the prestigious School Olympic Program. Over 90 schools from across the country participated in the event of 2014, and the DeBakey School won the silver medal in basketball, for both girls and boys. “We were third in gymnastics and second in taekwondo,” adds Ms. Faten, pride echoing in her voice. But more than the medals, for Ms. Faten, the true sense of accomplishment

comes from the fact that the teams were built from scratch. And, that's no easy feat, given that when she started on this mission, the department had just about an entire student population of 250 to work with.

“The school was small; so to build up entire varsity teams was a challenge. However, we have done really well for ourselves and I am proud of what we have achieved so far.” Most of the team sports that are popular in Qatar such as basketball, football and handball are represented in the school. The department also provides intense training for individual sports such as gymnastics, athletics, tennis and badminton.

Elaborating further, she says: “I teach sports two ways: theory and practical. When you want to indulge in a sport, it's very good to know about the game and its rules, to know interesting facts. We also speak so much about sportsmanship, cooperation, teamwork – all the qualities shown on the field. Additionally, we speak about health, nutrition, and biomechanics. We talk about the science of sports.”

And, therein, the PE department directly contributes to the vision of DeBakey – Enabling students to pick a career within the sports field that focusses on health and nutrition. “When we coach, we teach good qualities, in addition to good skills. Students should be strong, bonded, and working as a team. They would know how to communicate and work with and help each other, thereby inculcating good sportsmanship, discipline and proper technique.” ●

# Say Hello to the Captains

By: Yousef Al-Jailey

Behind every winning team is a spirited captain that helps guide and lead the way to victory. Journalism student Yousef Al-Gailey got down with DeBaKey team captains

Faisal Al-Hitmi (Football), Taha Kubbar (Basketball – boys), and Ghaya Al Suwaidi and Jawaher Alaji (Basketball – girls) to discuss the business of captaincy. ●

## What is your role as the captain?

**Faisal:** My role as a team captain is to help organize the team in the match, keeping them focused and motivated during the game and to make sure my teammates are following the game plan.

**Taha:** To keep my team in line, to help coach the younger children one-on-one, and to prepare plays and drills. When we're on the court, I'm the only one allowed to talk to the referee. All issues and complaints have to go through me.

**Ghaya & Jawaher:** Our roles as captains are to ensure that all team members are communicating together; we will also remind our team members their respective roles in the team. Our role is to also enforce positive thinking. We, as a team, intend to utilize our abilities in the court. We are able to communicate and socialize with our teammates as well else.



**In conversation:** Journalism student Yousef (extreme left) quizzing team captains (from left) Jawaher, Ghaya, Faisal and Taha on their captaincy techniques.

## How can you improve as a team?

**Faisal:** The number one rule for improving in anything is always practicing. We will keep practicing until we reach our goal.

**Taha:** All we need is practice, practice, practice, because practice makes us perfect. We need more practice games, to get challenged more often. Challenges help us improve our strategies and skills.

**Ghaya & Jawaher:** There is no perfect team, we are trying to improve ourselves by learning new skills, and we're going hard to reach high. We also are improving together as a team outside the court, by helping each other and motivating each other.

## How are you ready as a team?

**Faisal:** I truly think that we are ready to face any team, my teammates, our coach and I have been practicing a lot, weekdays and weekends, I believe our hard work will pay off on the field.

**Taha:** I feel confident that we can win this year. We're the best team that DeBaKey has had in awhile. We have players that can perform well both individually and as a team.

**Ghaya & Jawaher:** We know each other's skills we are able to communicate as a team inside/outside the court; we know what we are supposed to do to succeed. We train three times a week, giving it all our best; we help each other in everything even outside the court. We are ready for what's coming ahead.

## What do you have in mind about your upcoming games?

**Faisal:** As soon as we step on the field and before the referees whistle, we should all be focused on the game. We should apply the strategies that we were doing in our practices and give a 110 percent of power; and focus on the game the whole 90 minutes that we are playing.

**Taha:** We just want to win the clock, to play it smart. As long as we don't give away too many easy turnovers, the game is in our hands.

**Ghaya & Jawaher:** We are positive that our team will reach high, and every team player gets to be involved. Our hard work and dedication will pay off on the upcoming games. It will be easy at first to win but it gets a bit challenging later on.

## What makes you different than the past years' captains?

**Faisal:** I have played in an official team and I was once a part of the Qatar national team. I know the sport well enough to guide the team to success.

**Taha:** Last year was a very unstable year for the basketball team, as there were two different captains. This year there is only one captain, and this way I can be there for the team on and off the court.

**Ghaya & Jawaher:** We have been team captains in our past schools for a couple of straight years, we know how to control the team, and guide them in the court. We never play independently. We're dedicated to the team, we believe we all are one; no one is better than the other. We don't take this position in an authoritative way, we all play together and we succeed together.

# *Talented, witty and funny: a total package!*

**By Sarah Abdussalam**

**Ms. Danielle Carriveau is a new member of the faculty this year at the Michael E. DeBakey High School, teaching English to 9th and 11th graders. This talented, multi-faceted American is known for her glamorous red hair, spunk and loads of niceness. In a one-on-one chat, Ms. Danielle opens up about her herself, her aspirations and her love for teaching.**

## **Tell us something about yourself!**

I used to be national slam poet, and music performer.

## **Why did you come to Qatar?**

I wanted to work at a different school because my previous job worked with national students, and I wanted a higher level of academic performance for my students.

## **What's your teaching philosophy?**

I believe in open communication with students, and I also think that they should have achievable goals and not be overburdened. I am really into interactive experiences with the students, with me and each other. I try to do hands on projects as much as possible. I also try to have student directed learning in a lot of instances.

## **How do you see your role on campus, outside of teaching?**

[laughs] I didn't know I had one. To be a model citizen of Qatar. Go for my dreams.

## **What are some of your favorite things to do when you're not teaching?**

I like to... what do I like to do? I like to go out dancing, and performing music with friends, and socializing (with friends). Going swimming, going to the ocean.

## **What do you love most about your job at school, and your work through your particular department?**

I love the students, my school, I mostly like the students and in my department, I love literature and especially poetry.

## **What are your goals for your classes and DeBakey as a whole? How do you plan to achieve those goals?**

My goals for my classes are to be successful, and for DeBakey as a whole, to provide good academic opportunities that are achievable for their students. [And] I plan to achieve these goals by giving input to the school, and by trying to make the classroom experience as enjoyable as possible for the students. ●



# A FORCE TO RECKON WITH!

**By Yarah El-Zeini**

**Dr. Leona Nasser has taught at the Michael E. DeBakey High School for many years in the Health Sciences Technology (HST) department. With a PhD in pharmacy in hand, Dr. Leona is a perfect combination of beauty and brains, imparting her knowledge on Health Science to grades 11 and 12, and heading the HST department with sound experience that's hard to find.**

## **Tell us something about yourself.**

I like reading...writing, I write poetry sometimes. I do like to listen to music, watch movies, relax sitting by a sea view or a beach view, anything that's natural.

## **Why did you come to Qatar?**

I was searching for a teaching job, and I had been contacted by DeBakey High School. I knew that it was dedicated to the medical field and the idea attracted me since I knew that Dr. DeBakey was a cardiologist. So, I decided to join and contribute to this [highly reputable] institution.

## **What's your teaching philosophy?**

For me, I do not like to teach students only abstract ideas. I like to teach them [the students] a combination of concepts and at the same time, teach them how to apply these concepts in the real world.

## **How do you see your role on campus, outside of teaching?**

My role on campus has increased over time. I started as a teacher and now I'm head of the health science department. I see myself growing here [at DeBakey] and at the same time contributing to the success of DeBakey. Outside of the school, to tell you the truth, you do not have much time. If you are a DeBakey teacher,

you are always doing something— whether you are in DeBakey or outside of DeBakey, you're preparing for students, preparing for professional development and other activities.

## **What do you love most about your job at school, and your work through your particular department?**

The best thing I like is the interaction with students, like you [laughs], and other students who are respectful. They're here to learn, they want to improve and develop themselves. They want to become someone who is contributing to society, or to the community. In the health science department we have great teachers; they all work collaboratively, together. They all have a positive attitude toward teaching, they want their students to succeed...and do their best.

## **What are your goals for your classes and DeBakey as a whole? How do you plan to achieve those goals?**

There are short term goals and long term goals, and your short term goals can determine whether you will be successful in the long term. So, for the time being, [my] short term goals are for my students to choose classes and courses that [are going to] support their careers in the future. Helping them succeed in health science and other courses, short term goals, will help them succeed in the long term, especially in the health professions, or any profession. ●

*The Michael E. DeBakey High School recently elected the student body, and with it a dynamic young girl to lead it as its president. How many of you really know what she wants to do?*

**By Shahd Jaouni**



She stands tall and proud, poised and confident behind the podium, looking quite taller than her five-foot one frame. Her vivacious voice rings clear and strong through the crowd showing all those listening what she believes in and what she is willing to do for it. The crowd itself is transfixed, unable to tear their gaze while hanging onto her every word. Several days later, when the verdict was announced, few could say they

were surprised with the outcome. Ladies and gentlemen, this is our student body president: Reem Hamad (in pic).

Reem has already been very active in the school and has made a name for herself as last year's vice president of Project Sunshade, the school's charity program. "We helped raise over QR 10,000 for labor workers as well as two plasma screen TVs and sports equipment." As a result of her hard work, this year she is the vice president of Lend-a-Hand. "I love charity and giving back to people," says Reem about her active involvement in charity.

## The Secure Bank of DeBakey Seniors

**By Mohammed Adam**



**Treasurer (n): Definition - a person appointed to administer or manage the financial assets and liabilities of a society, company, local authority, or other body. Also, an intelligent acronym for T- talented; R-respected; E-exuberant; A-ambitious; S-special; U-unique; R-reasonable; E-elegant;**

**R-responsible. Put the definition and acronym together and you get the position and qualities that DeBakey High School senior Halimah Adam ( in pic) represents and exudes.**

"I possess all the qualities needed as a treasurer," Halimah voices her confidence about holding the position of senior office treasurer, adding "I have run for presidency a lot of times, I know how stressful it could be..."

Halimah's a leader no doubt. But perhaps, the greatest inspiration she offers is her ability to persevere even in the face of the worst. Throughout her high school, Halimah has been struggling with a chronic autoimmune disease, Systemic Lupus Erythematosus, or more commonly known as, Lupus – an illness that causes the body's immune system to mistakenly attack healthy tissue.

Even though Halimah's illness is severe, she is never lacking in

A normal feeling that we all experience is to want the best for your home, and the people in your home. When asked about DeBakey, Reem echoes this sentiment. "I wanted a school with more diversity and culture. Here at DeBakey, I feel at home." This is also the very same logic she uses when trying her best to get everyone involved in the school and its many celebrations and activities. Reem's speech embodies her commitment – "I am here for you, I am one of you, and I know what you want and need." Post elections, she believes in leaving a lasting impression, and wanting "to do something useful and make a change". This is perhaps why she had, and will continue to have support from her friends from all groups when they all echo one sentiment – "Reem is a great thing for the school." ●



energy, strength or spirit, when it comes to school. Since being at DeBakey, she has actively been involved in school events such as, Open House, Parent-Teacher Meetings, debate competitions, robotics, International Day, bake sales, Sports Day, Pink Day, thereby helping the school bolster its image and student participation.

Halimah's aim as a treasurer is "to collect the most money any senior class has ever collected." She has certainly stuck to her words – in two months, Halimah, with the help of the senior office, has managed to raise QR 5,000 for charity. And, she plans to raise more money with the senior office hosting at least two events per month.

To Halimah, DeBakey is part of her life and a family to her. And, her peers as well as the school administration seem to reciprocate the sentiment. According to Ms. Rim Kabbara, Student Affairs Director, "I have known Halima for the past four years. The very first memory I have of her was while playing in the gym where you can feel her energy and enthusiasm being projected to her peers. Then, she matured to become a strongly independent teenager with an eagerness to learn and be involved in all aspects of the academic life. Despite the health challenges she has had last year and the year before, she was able to overcome all and prove one more time how self-motivated and persistent she is! And this year, Halima serves on the senior office as treasurer." ●

# GOING GREEN

**By Julia Qaddoumi**

*The Michael E. DeBakey High School has established many clubs. One of them is the Recycling Club, whose main aim is to create awareness on eco-friendliness. Eager to know about their initiatives, we quizzed some of the student club members. We asked: Is DeBakey really eco-friendly? What plans does the Recycling Club have hidden up its sleeves?!*

According to student member Mohammad Hamad, the club plans to hold a 'Green Day'. "We are going to celebrate Earth Day on April 22nd," he added. By paying a small fee of QR10, students could enjoy a non-uniform day and wear something in green or blue.

Recently, DeBakey acquired recycling bins and have installed them in various places around the school. Mohammad intends to encourage students to use the bins by "rewarding them". "We can

set up challenges in each grade or class, and whoever wins gets rewarded."

However, this isn't the only initiative DeBakey is taking; it's using tardies in means of recycling! According to School Registrar, Caroline Michel, "We use scrap paper to make tardy slips. We also don't waste much paper, since we depend on emails to send information and communicate with students and their parents." She also added that by ensuring campus cleanliness at all times and creating strong awareness on protecting school property, DeBakey is contributing to the cause of eco-friendliness and recycling.

In the end, DeBakey intends to become more eco-friendly; and with the contribution of the students, teachers and other members of staff, we can achieve this humane goal. ●





**Students' Success Is Our Aim**

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