



Monthly Newsletter

Dar El Tarbiah American School, Zamalek

Highlights

Hello again, everybody!

The school year is almost over. The weather is getting warmer and we are all getting ready for our finals. Time to wrap it up, isn't it? Aiming for the best grades again, well, if you believe you can do it, then you can!



Great quotes for you to remember!

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
~World Health Organization, 1948

A good laugh and a long sleep are the best cures in the doctor's book.
~Irish Proverb

If by gaining knowledge we destroy our health, we labour for a thing that will be useless in our hands.
~John Locke

From the bitterness of disease man learns the sweetness of health.
~Catalan Proverb

To avoid sickness eat less; to prolong life worry less.
~Chu Hui Weng

Fresh air impoverishes the doctor.
~Danish Proverb

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Seniors' Formal Dinner at the Semiramis Inter Continental

Seniors 2015 arranged a formal dinner for all Dar El Tarbiah's teachers and students. The party was a farewell to them and a great chance to gather with their teachers before their graduation. The Seniors' Graduation Party will be held at MSA University on June 17th. Don't miss it!!!



Microsoft Visit to Dar El Tarbiah- American Section: The Senior Director Business Development Manager worldwide Education Sector is currently visiting Cairo, and Dar El Tarbiah American School has been chosen as an example of Egyptian Schools. The visit intended to discover how wide and what variety of technology is used in schools in Egypt. Professor Noha Labib, Education Lead Microsoft Egypt, accompanied him, together with Professor Rasha El Ashry, Academic Programs Manager Participation Department in the National Education Sector, Microsoft, Egypt and Professor Ahmed Moussa, Private Education Sector Lead, Microsoft, Egypt.

Dar El Tarbiah- American section's session about drugs



Dar El Tarbiah hosted Mr. Malek Yassin, Counselor at PSYCHEALTH THE Psychological Health Center for Services and Training, as a guest speaker to talk to seniors about the use of drugs, their negative effect, biological, psychological effects. He also advised our students about how to avoid the use of drugs.



The Community Service Team are awaiting your donations for the Ramadan goodies bags that are prepared by the team at school for the underprivileged. The bags will contain enough food for a small family that could last for up to one week or more. Some of the items will be: cooking oil, batter, rice, lentils, and beans. Everyone at school is chipping in, don't be left out. Hurry up!!!

Ramadan is the name of the ninth month in the Islamic lunar calendar. It is an important month in the Islamic calendar and culture. Each day during the month of Ramadan, Muslims around the world observe the sacred month by fasting during day light hours (from dawn to sunset), performing nightly prayers in addition to the daily obligatory prayers, and concluding each day's fast over food with family and friends. At the end of the month is a three-day holiday that celebrates the conclusion of the month with Eid al-Fitr and prepares individuals to return to their regular daily routine.

The main objective of fasting is to achieve piety and righteousness. This implies becoming conscious of our Creator, increasing our awareness of His Majesty, exalting and glorifying His names and attributes, appreciating His greatness, recalling His blessings upon us, and being grateful and thankful for His guidance. "O you who believe! Fasting is prescribed to you as it was prescribed to those before you, so you may remain conscious of God" (al-Qur'an, 2 : 183).

From InterFaith Leadership Council of Metropolitan Detroit by Imam Elturk

Preparing for exams? Give yourself the best chance with these top ten study tips.

1. Give yourself enough time to study

Don't leave it until the last minute. While some students do seem to thrive on last-minute 'cramming', it's widely accepted that for most of us, this is not the best way to approach an exam. Set out a timetable for your study. Write down how many exams you have and the days on which you have to sit them. Then organize your study accordingly. You may want to give some exams more study time than others, so find a balance that you feel comfortable with.

2. Organize your study space

Make sure you have enough space to spread your textbooks and notes out. Have you got enough light? Is your chair comfortable? Are your computer games out of sight?

Try and get rid of all distractions, and make sure you feel as comfortable and able to focus as possible. For some people, this may mean almost complete silence; for others, background music helps. Some of us need everything completely tidy and organized in order to concentrate, while others thrive in a

more cluttered environment. Think about what works for you, and take the time to get it right.

3. Use flow charts and diagrams

Visual aids can be really helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic - and then highlight where the gaps lie. Closer to the exam, condense your revision notes into one-page diagrams. Getting your ideas down in this brief format can then help you to quickly recall everything you need to know during the exam.

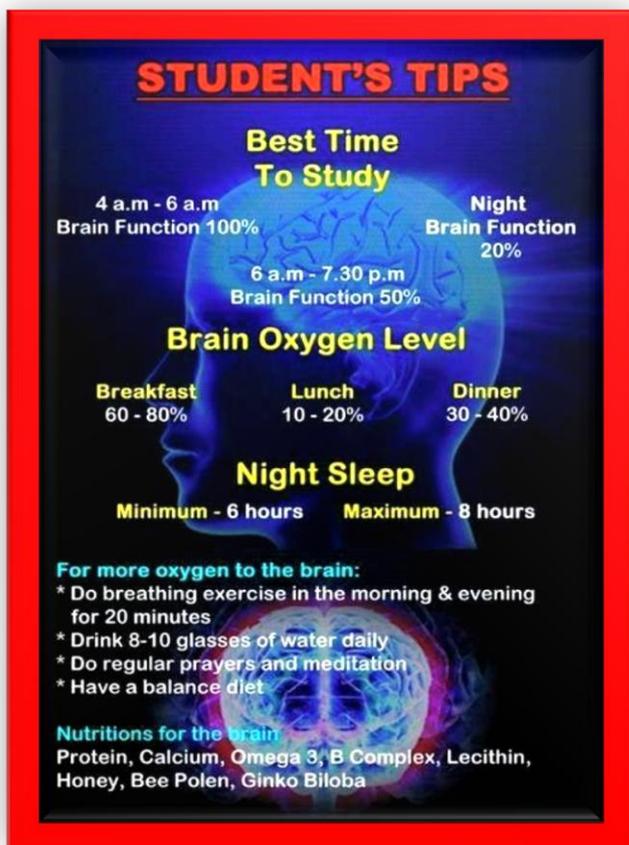
4. Practice on old exams

One of the most effective ways to prepare for exams is to practice taking past versions. This helps you get used to the format of the questions, and - if you time yourself - can also be good practice for

making sure you spend the right amount of time on each section.

5. Explain your answers to others

Parents and little brothers and sisters don't have to be annoying around exam time! Use them to your advantage. Explain an answer to a question to them. That



will help you to get it clear in your head, and also to highlight any areas where you need more work.

6. Organize study groups with friends

Get together with friends for a study session. You may have questions that they have the answers to and vice versa. As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself.

7. Take regular breaks

While you may think it's best to study for as many hours as possible, this can actually be counterproductive. If you were training for a marathon, you wouldn't try and run 24 hours a day! Likewise studies have shown that for long-term retention of knowledge, taking regular breaks really helps. Everyone's different, so develop a study routine that works for you. If you study better in the morning, start early before taking a break at lunchtime. Or if you're more productive at nighttime, take a larger break earlier on so you're ready to settle down come evening.

Try not to feel guilty about being out enjoying the sunshine instead of hunched over your textbooks. Remember Vitamin D is important for a healthy brain!

8. Snack on 'brain food'

Keep away from junk food! You may feel like you deserve a treat, or that you don't have time to cook, but what you eat can really have an impact on energy levels and focus. Keep your body and brain well-fuelled by choosing nutritious foods that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries. The same applies on exam day - eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but it won't help when your energy levels crash an hour or so later.

9. Plan your exam day

Make sure you get everything ready well in advance of the exam - don't leave it to the day before to suddenly realize you don't know the way, or what you're supposed to bring. Check all the rules and requirements, and plan your route and journey time. If possible, do a test run of the trip; if not, write down clear directions.

Work out how long it will take to get there - then add on some extra time. You really don't want to arrive having had to run halfway or feeling frazzled from losing your way. You could also make plans to travel to the exam with friends or classmates, as long as you know they're likely to be punctual!

10. Drink plenty of water

As a final tip, remember that being well hydrated is essential for your brain to work at its best. Make sure you keep drinking plenty of water throughout your revision, and also on the exam day.