



# NEWTON INTERNATIONAL ACADEMY

*“An international community of learners striving for excellence and celebrating success”*

ISSUE 1 TERM 1

SECONDARY SCHOOL NEWSLETTER

2020 - 2021

# NIA TODAY

## Principal's Message

*Paul Williamson*



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### Dear Parents,

As usual it is hard to believe that we have reached December 17th. It marks the end of a most extraordinary and challenging term for us as a community. It is fair to say that we all may feel strangely flat as we weren't able to finish with the usual Qatar National Day celebrations.

We now step into a brief time of rest as a school, following months of blended and home learning, sanitiser, PPE, handwashing songs, Do-jo chats, RENWEB bulletins and virtual meetings. Life as a school has taken such a dramatic new direction and demanded a level of flexibility that has certainly kept us on our toes. I wish to applaud the whole school community for coping, adapting and rolling with the constant unfolding changes. We are clearly not 'out of the woods' yet,

but we have grown used to the new normal before us and ahead of us for a while longer.

I wish to take this opportunity to acknowledge the human impact that this pandemic has had on our wider school community. Many of you will have been personally affected by this and I'm aware that people in our community have had some very difficult times dealing with COVID. As a school we have tried to help where possible, and will continue to do so in the future.

As usual, our Term has been full of activities, I hope you enjoy the collation of these in this newsletter.

Enjoy the winter break and children will return to school on Sunday 3rd January 2021.

**Paul Williamson**  
Principal

## Deputy Principal's Message

*Nadia January*



### Dear Parents,

We are very pleased to end Term 1 on a successful note despite the challenges of COVID19. I would like to thank all staff and students for working hard and always striving to give their very best. It is clearly evident in the end of term results. Thank you parents for your ongoing support to your child's education and to the development of the school.

NIA is very proud of the outstanding work students have produced this term across the key stages. This certainly highlights the school's vision 'An international community of learners striving for excellence and celebrating success'. We thank everyone for supporting our students and helping us to continue to shape NIA into the school it is today. We are

always looking to achieve better results and raise the standards to a higher quality of education in Qatar.

Newton have a set Vision and Mission, and School Objectives to achieve the Vision and Mission.

1. To provide a modern, diverse and academically sound education in a safe, supportive environment which encourages self-discipline and confidence.
2. To ensure that teaching and learning is meaningful and provides a challenge for all learners.
3. To promote a sense of community in the school so that students, parents and staff develop a sense of belonging and work in partnership to achieve our vision and mission.

We are looking forward to an exciting Term 2 and further plans to improve our academic results. Parent Meetings are taking place in January. Teachers are eager to share feedback on the developments of your child. We should take the opportunity of this holiday to relax and enjoy with family and friends.

I wish all families and staff a safe journey to their holiday destination and a safe return. For those staying in Qatar, enjoy the lovely Qatar National Day celebrations and continue to implement social distancing. festivities.

Kind regards,

**Nadia January**  
Deputy Principal





## Head of Secondary's Message

*Dr Tereza Woolgar*

**N**IA Secondary reached record numbers this year Newton International Academy (NIA) Secondary school started Term 1 on a positive note. The school community is very proud of our senior students who achieved outstanding results in summer 2020 exams and added to the ongoing academic improvement and success of the school.

**89%** of our students achieved **A\*-C** or 9-4 in 5 iGCSE subjects (Year 11). In AS and A2 (Year 12 and 13), 100% of our students passed at least 2 AS exams. In Year 11, 51% of our students' grades were A\*-A, and 68% of grades were A\*-B. In Year 12, 61% of all grades were A-B and in Year 13, 79% of all grades were A\*-B.

Well done and congratulations to all senior students and their staff!

NIA Secondary has also grown steadily over the summer holiday and welcomed more students to our secondary school than ever before!

students continue to strive for excellence in the classrooms (both actual and virtual) and in a wide variety of extra-curricular activities including Anti-bullying week, Healthy eating week, Student Council virtual meeting room and 80 online ECA clubs which include MUN, Debating, Sport weekly challenges, academic extra support sessions, Science, History and Art club, and more. We also spread awareness about cancer and collected almost QR2000 for Qatar Cancer Research charity.

The term was concluded by the successful Year 7-10 end of Term 1 examinations and Year 11-13 Mocks.

This newsletter demonstrates that we have certainly accepted the challenge this academic year has prepared for us and that NIA Secondary staff have managed to help our students to achieve their targets and meet the highest standards regardless of difficult circumstances. Well done everyone! We are looking forwards to seeing you all back in Term 2.

**Dr Tereza Woolgar**



# PREFECTS AND STUDENT COUNCIL



## Head Girl's message

**G**reetings everyone! I'm Johanna Karen Sarsonas and it is my pleasure to serve as this year's Head Girl for the Academic Year 2020-2021. Together with the Student Body, I am extremely proud of all the minor and major events that occurred throughout the gruelling first term. This term, despite the restrictions imposed by the masks, the Student Body were productive, organising events such as the Breast Cancer and Prostate Cancer

Awareness Week, Environmental Week and the soon-to-be implemented Buddy Programme.

Within this term, the Student Body began their daily duties and has met previously to discuss future events for the school. Just like last year, we split our growing Student Body into three committees: The Environmental Committee, the Press Team and the Events Management Committee. Each committee is tasked to do a certain job, focusing on different aspects

to better the school environment.

With that, I am excited to see what the new year and new term brings, and I cannot wait to organise more exciting events at Newton International Academy.



Johanna

## Head Boy's message



**T**hese last couple of weeks were eventful with NIA raising awareness for breast and prostate cancer, dedicating a whole week to the environment and last but not least achieving great success with our second Online NIA MUN. Each week

was a special one in its own way and we are grateful to have had such events during this difficult time. This was all for Term 1, but surely there's more to come in Term 2 and 3 as we have fun events and activities planned. We can't wait for Term 2 and for things to start going back to normal. I wish everyone good luck in their exams and a happy holiday.

Awni Al Hawamdeh

# PREFECTS AND STUDENT COUNCIL



## Prefects And Senior Students

Name	Class	Position	
Awni Hawamdeh	13BR	Head boy	<b>Heads &amp; deputies</b>
Talha Shahzad	12BB	Deputy head boy	
Mohammed Wasfi	12BB	Deputy head boy	
Johanna Karen Sarsonas	13GR	Head girl	
Maha Chowdury	13GR	Deputy head girl	
Bilqis Khan	13GR	Deputy head girl	
Mariam Essam	11GR	Head of Bell	<b>Heads of houses</b>
Rizwaan	12BB		
Almeira Nadiraputri	12GR	Head of Wright	
Amir Al Kwifi	12BB		
Amir Montazeri	12BR	Head of Curie	
Isha Faris	11GR		
Yassen Teamma	12BB	Head of Edison	
Amel Ali	12GR		
Trevarne Tugaga	13BR	Head of student council (boys)	<b>Student council</b>
James Patrick Lopez	12BR	Deputy student council (boys)	
Payal Sameer	12GR	Head of student council (girls)	
Mishika Verma	13GR	Deputy student council (girls)	

Name	Class	Position	
Marwa Taha	12GB	Math	<b>Subject prefects</b>
John Catapat	11BG	English	
Almeira Nadiraputri	12GR	Biology (joint)	
Rowda Bahnacy	13GR		
Rose Ann Ramirez	12GR	Physics	
Shuaa Al- Faddalah	12GR	Chemistry	
Alanoud Abdulrahman	12GR	Geography	
Noor Afify	11GR	History	
Malak Mostafa	11GB	Environmental Management	
Shahd Osman	11GR	Global Citizenship	
Rameen Adnan	11GB	Travel & Tourism	
Maheen Murad	11GB	Business & economics	
Hannah Ocampo	12GB	Comp. Science	
Maridiana Affendi	11GB	ICT	
Al Jory Ismail	11GB	French	
Layan El-Khafib	11GB	Art	
Hamna Rizwan	11GR	DT	
Muhamma Aqil	13BR	PE	
Nawal Esaid	11GG	Arabic	
Mehrish Fatima	11GR	Library & Citizenship	
Noor Khalid Al- Sulaiti	11GR	Human Biology	

Name	Class	Position	
Amir Al-Kwifi	12BB	<b>General prefect</b>	
Taichiro Santiago	12BR		
Fawaz Asif	11Boys		
Rawan Khalid	11GR		
Abdelrahman Salem	11BB		
Ali Khalil	11BB		
Shayyan Asim	12BB		
Nusrat Khan	12GR		
Muhammed Ahmad	12BB		
Zain Al Tayeb	11GR		
Elysse Francia	12GR		
Afreen Ali	11GR		
Manahil Rao	11GR		
Shaymma Alansari-	11GB		
Soraia Costa	11GG		
Aralyn Lasrado	12GR		
Ragad Adil	11GR		
Hassan Al Haddad	11BG		
Hina Khan	11GR		
Khushi Kudari	11GB		
Josh Ramirez	11BR		
Loujayna	11GR		
Montaha Faiz	11GR		

# PREFECTS AND STUDENT COUNCIL



## What have the student leadership team been up to?



I can happily say the prefect body has started the year with great enthusiasm! This year has seen the student pastoral team having to adapt to our COVID-19 school day. We have not given up on keeping our daily routine! We strive to make our school the best and this means maintaining our daily duties. As a team we felt it was extremely important to keep having meetings to plan events, our break time duties and for the future. We held meetings through Zoom and in the library maintaining our 1.5 metre distance. Students also complete their break duties with teachers. We kept the break duties within our year group bubbles. All prefects sanitised their hands before, during and after duties. This was a great way for the whole school to get to know the prefect body.



### Breast and Prostate Cancer awareness day

The pandemic hasn't stopped any NIA students to raise awareness on certain causes, namely Breast Cancer and Prostate Cancer. This year, since bake sales are prohibited, the Student Body decided to collect donations from classes and were given as a donation to the Qatar Cancer



Institute. On Thursday of that week, students were encouraged to wear either pink or blue in support of Breast Cancer and Prostate Cancer Awareness. Because of our willingness, NIA has garnered over 2,000 QAR of donation.



### Making bonds with juniors and seniors

This year, the student leadership team is very keen on bridging the gap between our junior students and our senior ones. We think this is really important in making our juniors feel confident and comfortable in school, especially year 7s. As mentioned, we have created a buddy system which will see our prefects have a 'brother' or 'sister' form class. Our prefects will do virtual PSHE lessons with our students and act as a mentor.

Try to understand  
Rather  
Than Memorising

Practice your presentation skills when you are in the class. You should be able to help the class to understand the topic.

Advice:  
- Study and revise on a daily basis.  
- Don't have anything on your mind.  
- Write down and organise the points.  
- Be confident and believe in yourself!

Students return to school in

# Unprecedented Times

by Fatima AlSharif, Year 13 Girls Red



**W**hether you're joining a different school, teaching a new class or starting a new stage of your school career, one constant remains; the change and adjustment required when starting a new school year. This year, it has only been amplified as a result of COVID-19 which has more or less halted the world to a standstill since its materialisation from late 2019 to the early months of this year. One example of the effect the pandemic has had is the switch from in-person learning to virtual learning, which NIA and various other schools implemented during term 3, including a previously unheard-of online mock examinations..

This year has had many obstacles with learning consisting of physical, online and blended learning by virtue of self-isolation periods as well as the necessity to abide by safeguarding guidelines. Students, the teaching faculty and IT staff have all contributed their utmost efforts to ensure the smooth running of learning in the face of the barriers that have stemmed from the pandemic.



A significant yet intimidating jump is the progression from year 6 to secondary school, which year 7 student Thea Sarsonas recounts to us: "Initially, I was nervous at the thought of going to secondary [school] with everything that is going on in the world, but I faced the struggles and have been trying my best. For example, I felt slightly distracted by my home surroundings when studying online and also missed seeing my friends often. Nevertheless, I've overcome this by focusing solely on my education. My most favourite part of year 7 so far is the feeling of going to different classes, meeting new teachers and overall having fun as a secondary student."

IGCSE's mark a remarkable turning point in a student's life, where they sit up to 25 external exams and complete coursework for anywhere between 5-12 subjects over a one-month period, and are rewarded for the completion of their secondary education. Following these exams, a student may progress to A-levels or even to higher education. For year 12 students this year, they have not experienced the cluster of official exams but have rather been awarded grades predicted by their teachers. As a new AS-level student, Amna Zar portrays her experience; "The adjustment between KS4 and KS5 has been, although could've been better had we experienced external exams for the first time, and if we could've physically met our teachers at the start of the academic year in a sort of embedding period. Blended learning, however, has helped me stay productive because I can relax every other evening, since there's no in-person school the following day."



"What I've enjoyed most about year 12 so far is that I focus solely on a limited number of subjects, which I personally chose because of my interest in them, which is a difference I have noticed from iGCSE's. I have, however, had to carry out further independent research at this level, which I have paired alongside a review of a new topic prior to the lesson."

Aside from lessons, extracurricular activities such as student council, MUN and the prefect body have all shifted to online meetings, and the productivity has been undeterred by the change in setting. In regards to mock examinations, it is business as usual, with the addition of social distancing and students have been knuckling down and working hard to get the best possible results. All-around, learning has continued to thrive which wouldn't be possible without the effort devoted by the entirety of the NIA community.



# STUDENT COUNCIL



Though in the middle of a global pandemic, our Student Council remains active. One of the main ways in which our Class Representatives have been able to cope with the pandemic is by coming together and working as a group.

## Anti-bullying week:

The student council organized a whole secondary competition and the students who took part designed amazing anti bullying face masks! 'Miss this is my mask. So I sewed it myself from my old T-shirt and the design I drew myself digitally and I ironed it on to my face masks' (Mehtar, 7GG)



## Healthy eating week:

The Student Council started a 'FIGHT COVID19 WITH FOOD' campaign. Studies have shown that good immune systems and healthy eating help reduce the likelihood of developing very serious health issues AND reduce Covid symptoms. Our student council students have made ppt presentation and posters to display around school spreading awareness about the importance of healthy eating during a pandemic.

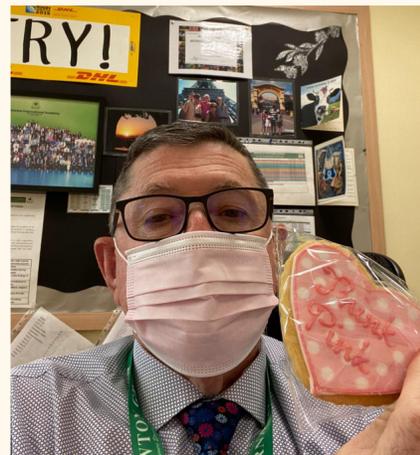
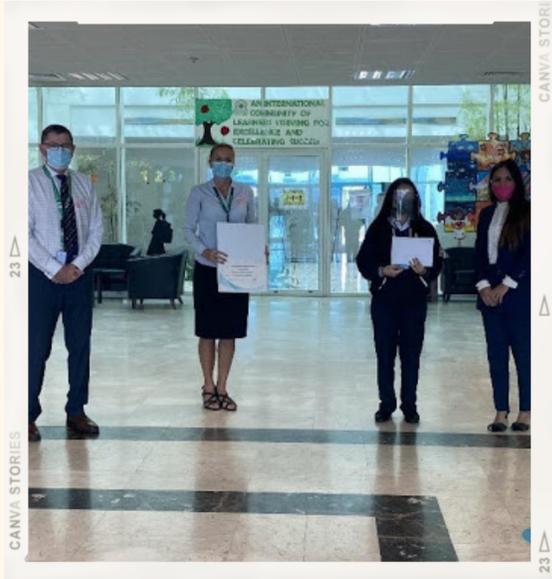


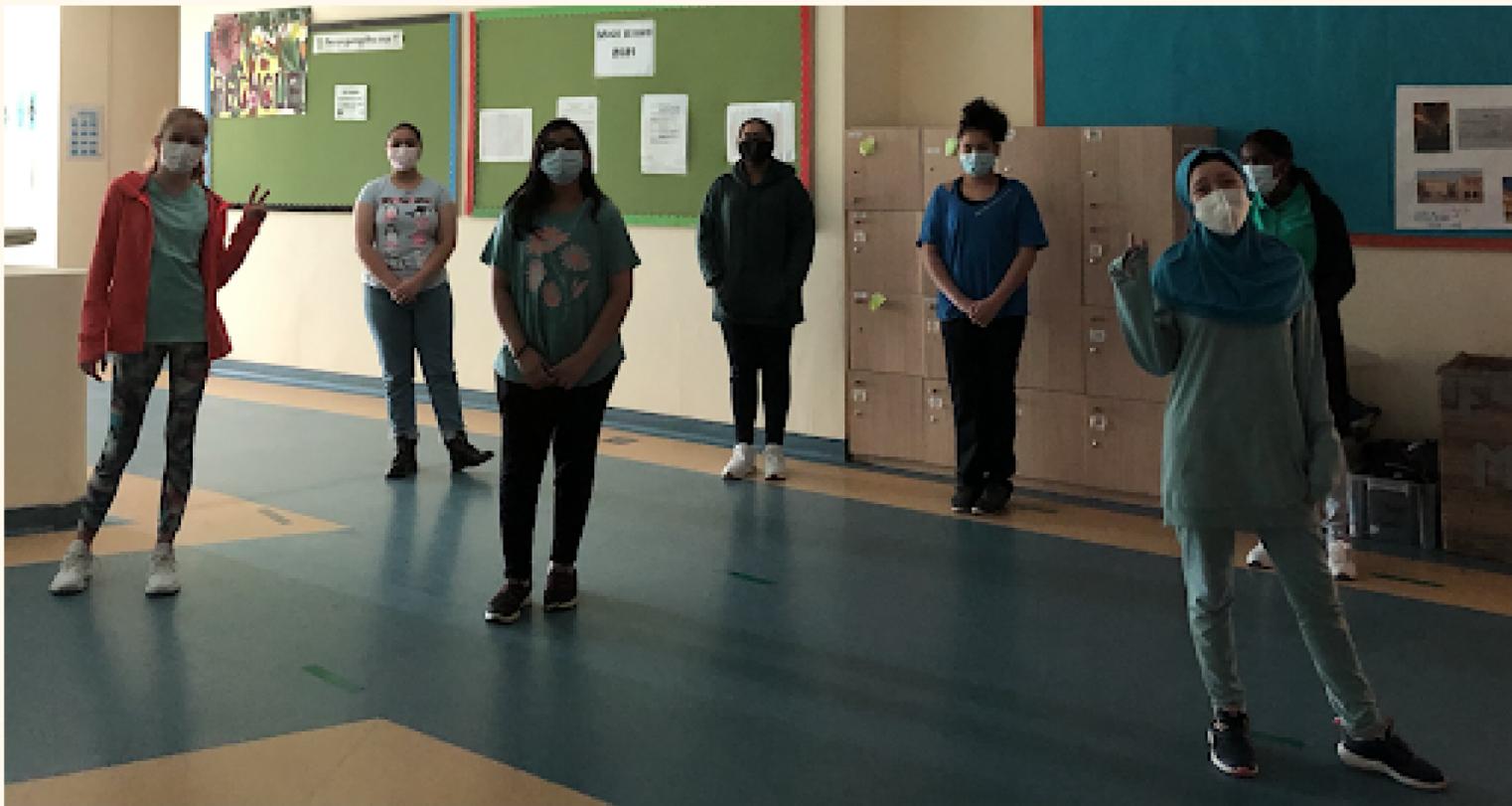
## Languages week:

To raise awareness of the benefits of language and highlight the linguistic diversity in our community, the student council organised a competition. Secondary students were asked to introduce themselves in different languages. The winner Nour karim filmed herself speaking in more than 10 languages!

## Breast cancer awareness:

Qatar Cancer Society works year-round to raise funds for the prevention, treatment, and cure of Breast cancer. Our generous students showed interest in donating money to give hope to women facing breast cancer. As every year, regardless of Covid restrictions, NIA Secondary school supported the campaign to increase the awareness of Breast and Prostate Cancer within the school community. We are proud that our school collected QR1800 for Qatar Cancer Society which was handed over by the Student council representatives, Ms Malak, the Coordinator of the Student Council, and NIA Head girl, Johana Sarsonas.





## Environmental week

During environmental week and to raise awareness about the importance of recycling, our student council students brought recycling materials from home and decorated the Tutor boards. What's more, to make our school greener, secondary students were invited to take part in an event organised by the student council: 'Wear green or blue and buy a plant for your class by donating 10 QR'





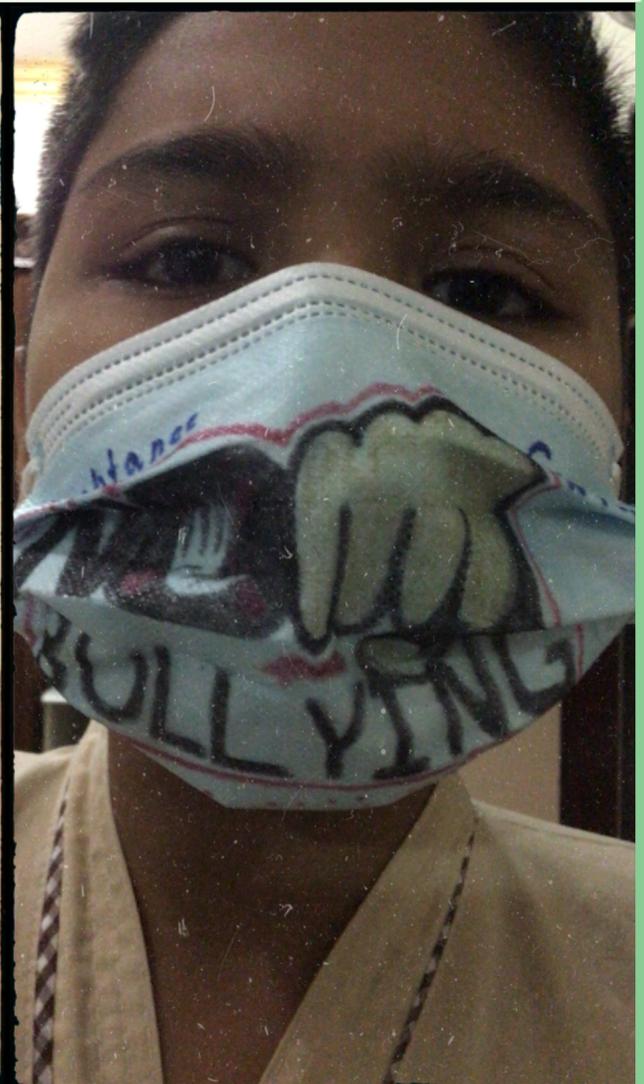
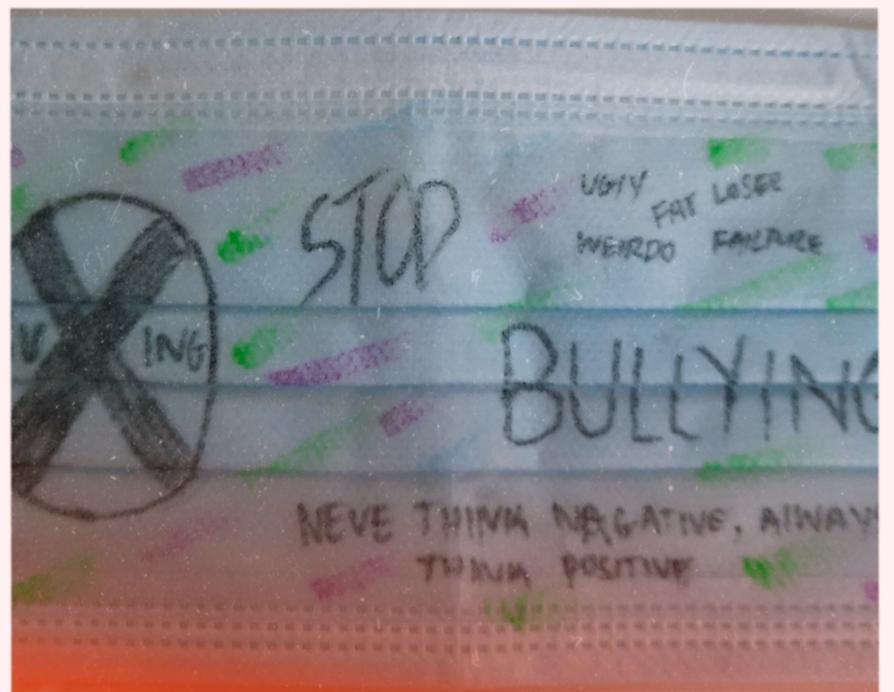
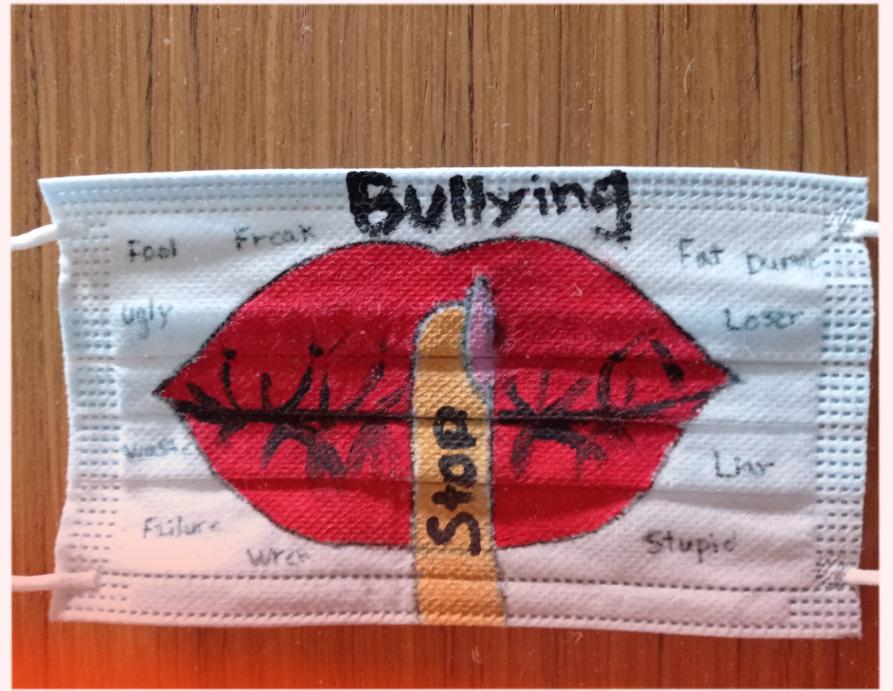
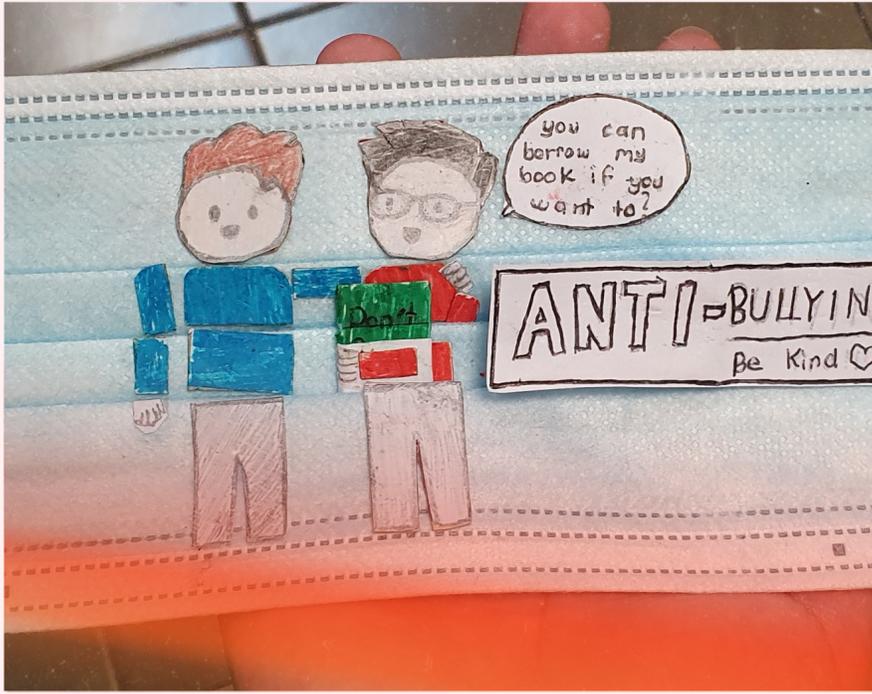
# **BULLY FREE ZONE**

## **The Student Council Presents: Anti-Bullying Week**

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**Anti-Bullying Week took place from 20th - 24th September and it was a great success. Our student Council members have suggested many ideas and helped design amazing posters to advertise for the week. Also, a whole secondary competition has been organised, students were asked to design anti bullying masks and take pictures of themselves wearing them. Winners will be announced soon, they win a Virgin Megastore voucher and House points.**

**NO  
BULLIES  
ARE  
ALLOWED  
HERE**



# BREAST CANCER AWARENESS



In solidarity with cancer patients globally, the NIA community once again participated in cancer awareness week from the 1st to 7th of November. Its primary purpose is to increase attention and support for the awareness, early detection and treatment as well as palliative care of both breast cancer and prostate cancer. There are about 1.38 million new cases and 458 000 deaths from breast cancer each year. Breast cancer is by far the most common cancer in women worldwide, with almost 1 in 6 women diagnosed worldwide. Similarly, about 1 in every 7 men will be diagnosed with prostate cancer during his lifetime, with the disease making up approximately 20% of all cancer cases in males. During form periods, teachers educated their classes on the importance of early detection, risk factors and the impacts brought about on one's day-to-day life. Members of staff and students chose to wear pink clothes or the pink ribbon representative of breast cancer awareness. Alternatively, students could have worn light blue or the associated ribbon to bring attention to prostate cancer patients. This year, students were encouraged to bring in a donation; an impressive 1800QAR was collected by the student council - led by Ms Malak - to the Qatar Cancer Society. Due to the current lack of knowledge on the causes of breast cancer, monetary donations are always highly appreciated as they can be used to advance disease research. *Fatima Alsharif*

# Sporting events at NIA

This academic year started by bringing a new perspective and adding a new dimension to our subject.

Under Covid 19 conditions, which is effecting people worldwide, we unanimously accepted the challenge within the PE Department and set out to develop our E-learning programme at NIA.

And here we are!

Even if this is not quite specific to our subject, we prepared for our students interesting and useful theory lessons, topics which included: Healthy Lifestyle, Values in Sport, Components of Fitness, Training Methods, motivational sessions to name a few.

These topics have widened their knowledge and understanding of physical education.

Our students were more than interested in the science behind the sports and they participated incredibly well in all activities we designed for them. With all the inter-schools competitions cancelled for the moment, we challenged the students with a practical ECA – Weekly Challenge - where they had the opportunity to compete online against each other and improve their level in different sports and fitness skills.

One of the important topics was Healthy Active Lifestyle, our students accepted the challenge during

the Healthy Eating Week and produced some wonderful and very interesting pieces of work, proving that they are more aware now with regard to the importance of a leading a balanced lifestyle.

We can only hope that in Term 2 that we resume our physical activities - PE lessons, practical ECAs, our regular sporting events across Qatar so our students will be able to take part in different NIA teams doing their best in achieving their goals with great results.

Until then, the PE Department wishes you a restful and happy winter holiday.

## PHYSICAL EDUCATION

**Daily Workout Plan For A Perfect Body**  
DietDigest.org

**Monday**  
100 jumping jacks  
50 crunches  
20 triceps dips  
15 squats  
20 lunges (each leg)  
20 Russian twists  
20 standing calf raises  
5 push ups  
10 second plank  
10 lunge split jumps

**Tuesday**  
80 jumping jacks  
50 vertical leg crunches  
20 sit ups  
15 triceps dips  
20 squats  
20 side lunges (each leg)  
15 leg lifts (each leg)  
50 bicycles  
15 wall push ups  
40 Russian twists

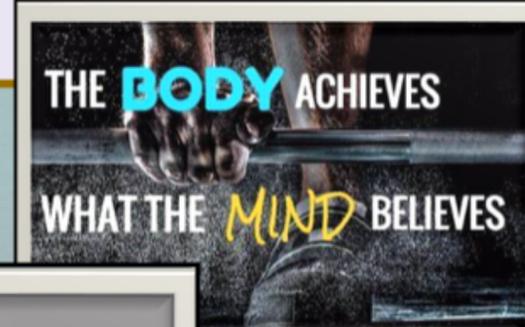
**Wednesday**  
90 jumping jacks  
20 triceps dips  
10 sit ups  
10 bird dogs  
30 seconds plank  
30 squats  
15 incline push ups  
40 crunches  
10 oblique crunches (each side)  
20 standing calf raises

**Thursday**  
100 jumping jacks  
25 vertical leg crunches  
20 crunches  
20 squats  
20 wall push ups  
40 Russian twists  
15 seconds side plank (each side)  
10 lunge split jumps  
5 jump squats  
40 high knees

**Friday**  
60 jumping jacks  
40 crunches  
10 sit ups  
10 triceps dips  
20 side lunges (each side)  
15 incline push ups  
10 oblique crunches (each side)  
30 butt kickers  
5 jump squats  
15 jack knife sit ups

**Saturday**  
50 jumping jacks  
20 squats  
100 Russian twists  
5 kneeling push ups  
1 minute downward dog  
15 jack knife sit ups  
10 lunges (each leg)  
10 side lunges (each leg)  
20 bird dogs  
20 inner thigh lifts (each leg)

**Sunday**  
45 jumping jacks  
15 squats  
5 jump squats  
50 Russian twists  
30 seconds plank  
10 standing calf raises  
5 kneeling push ups  
10 seconds Superman  
10 lunges (each leg)  
40 crunches



## HEALTHY EATING WEEK

BY: SARVESH ELAMPARUTHI 10BG  
MR. JOHN AND MR. CLAUDIU

# To maintain a healthy body

LOUJAYN HAGGAG

## FOODS GOOD FOR:-

### THE LUNGS:

- Broccoli
- Lettuce
- Squash
- flax seeds

### THE LIVER:

- Garlic
- Cauliflower
- Turmeric
- Green tea

### THE KIDNEY:

- Blueberries
- Strawberries
- Cherries
- Raspberries

### THE INTESTINES:

- Coconut
- Papaya
- Apple Cider
- Watermelons

### THE BRAIN:

- Fatty fishes
- Walnuts

- Eggs
- Avocados

### THE HEART:

- Tomatoes
- Potatoes
- Almonds

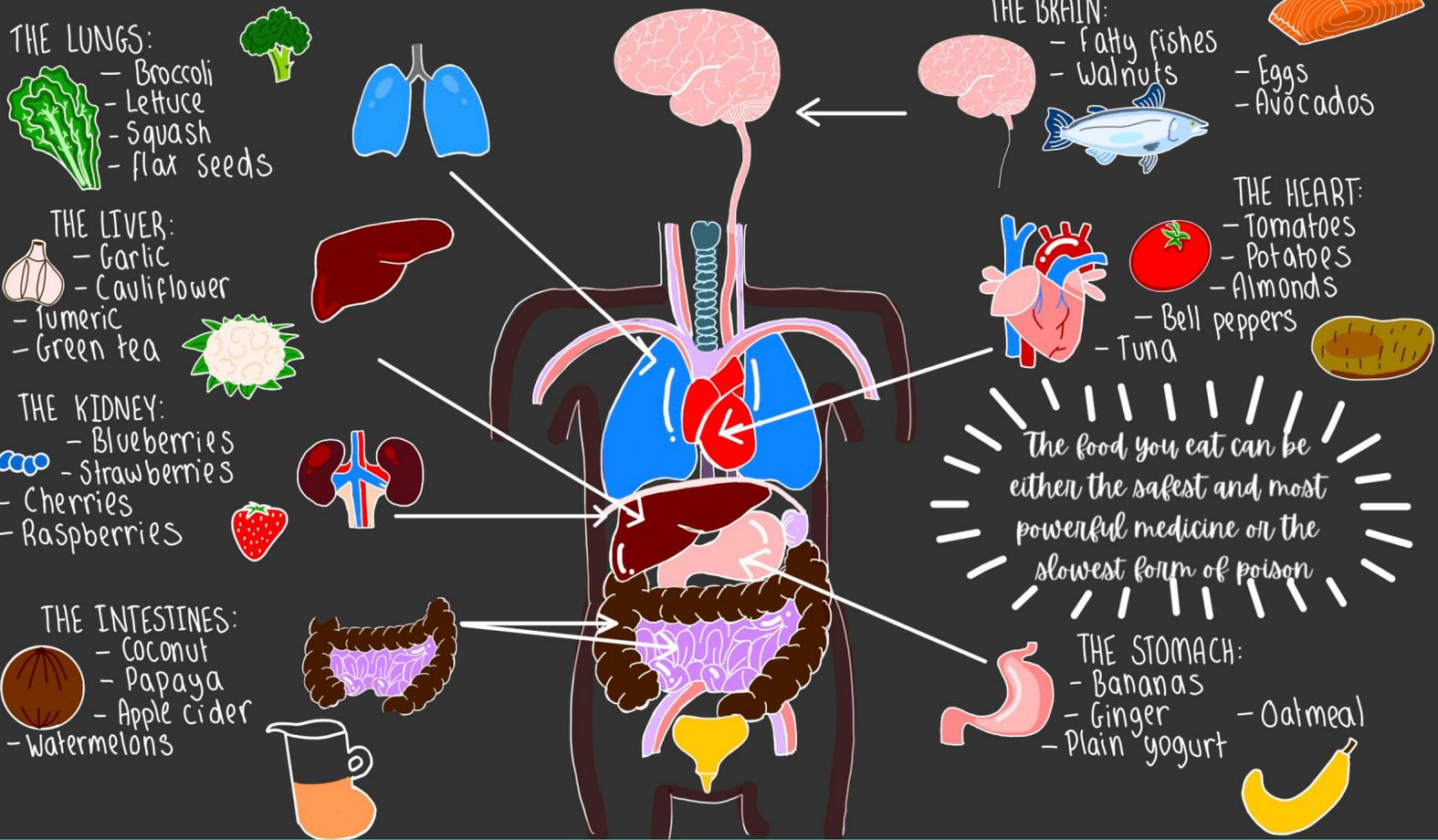
- Bell peppers
- Tuna

### THE STOMACH:

- Bananas
- Ginger
- Plain yogurt

- Oatmeal

The food you eat can be either the safest and most powerful medicine or the slowest form of poison



## Healthy eating improves

# HEALTH

A healthy diet that has lots of fruits, vegetables, whole grains, low-fat dairy can help prevent heart disease because it can maintain blood pressure and it can maintain cholesterol levels. If you eat too much salt and unhealthy fats, your chances of obtaining heart disease is higher.

### Healthy eating reduces risk of:

- Chronic medical diseases
- Heart disease
- High blood pressure
- Osteoporosis
- Certain types of cancers.



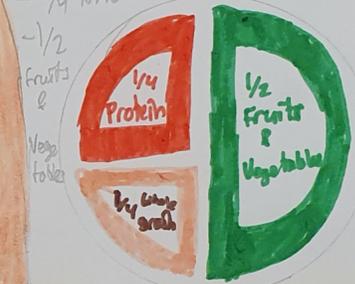
### Benefits of

# Healthy Eating



### How a healthy plate should look like

- 8 cups water
- 1/4 Protein
- 1/4 Whole grains
- 1/2 Fruits & Veggies



## Healthy Eating improves

# Fitness

Healthy eating improves your fitness by allowing people to lose a few pounds to be able to do longer stretches of fitness, and improve your muscle's growth through protein.



+ Healthy Eating

X10 the strength

78R | Davis Drazanta

# Dining Healthy

read along so you can know what it takes to live a healthy lifestyle

## BENEFITS

Health eating is crucially important and it carries many benefits with it as well. Some of these benefits:

- Living a longer & healthier life.
- Helps reduce your risk of cancer by up to 20%.
- Healthy heart and stroke prevention.
- Strong bones and teeth.
- Getting a good night's sleep.

## BALANCED MEAL



## EXAMPLES

Now that you have identified the benefits of healthy food and how a balanced meal looks like, here are examples of healthy foods.

- Vegetables, beans, fruit, lean meat, poultry, fish, eggs, tofu, nuts, seeds, beans grain (cereal) foods, wholegrain/high cereal fibre, milk, yoghurt, cheese.



By: Rahma Eissa, 9GB



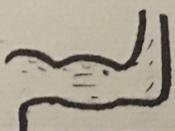
by raffan  
IGCSE  
PE

# CHAMPION'S DIET

## Protein intake

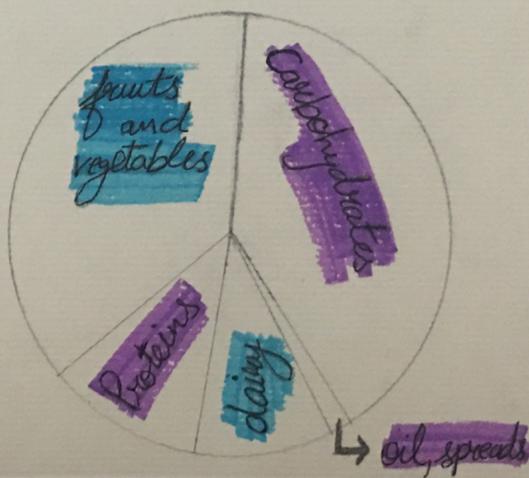
top performers plan their exact diet including when they eat it in order to get the most advantage from the food

Some athletes take in protein as soon as possible after exercise to increase protein synthesis and therefore muscle growth and repair



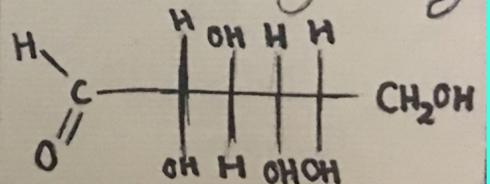
A diet means what we eat on a day to day basis.

## Balanced diet:



## Carbohydrate loading

this form of dietary manipulation increases the amount of carbohydrate stored as glycogen for later use by the body, it means more energy is ready for performers during activity



# Benefits of Healthy Eating!!!

Healthy eating is important for proper growth and development, and to prevent various health conditions.

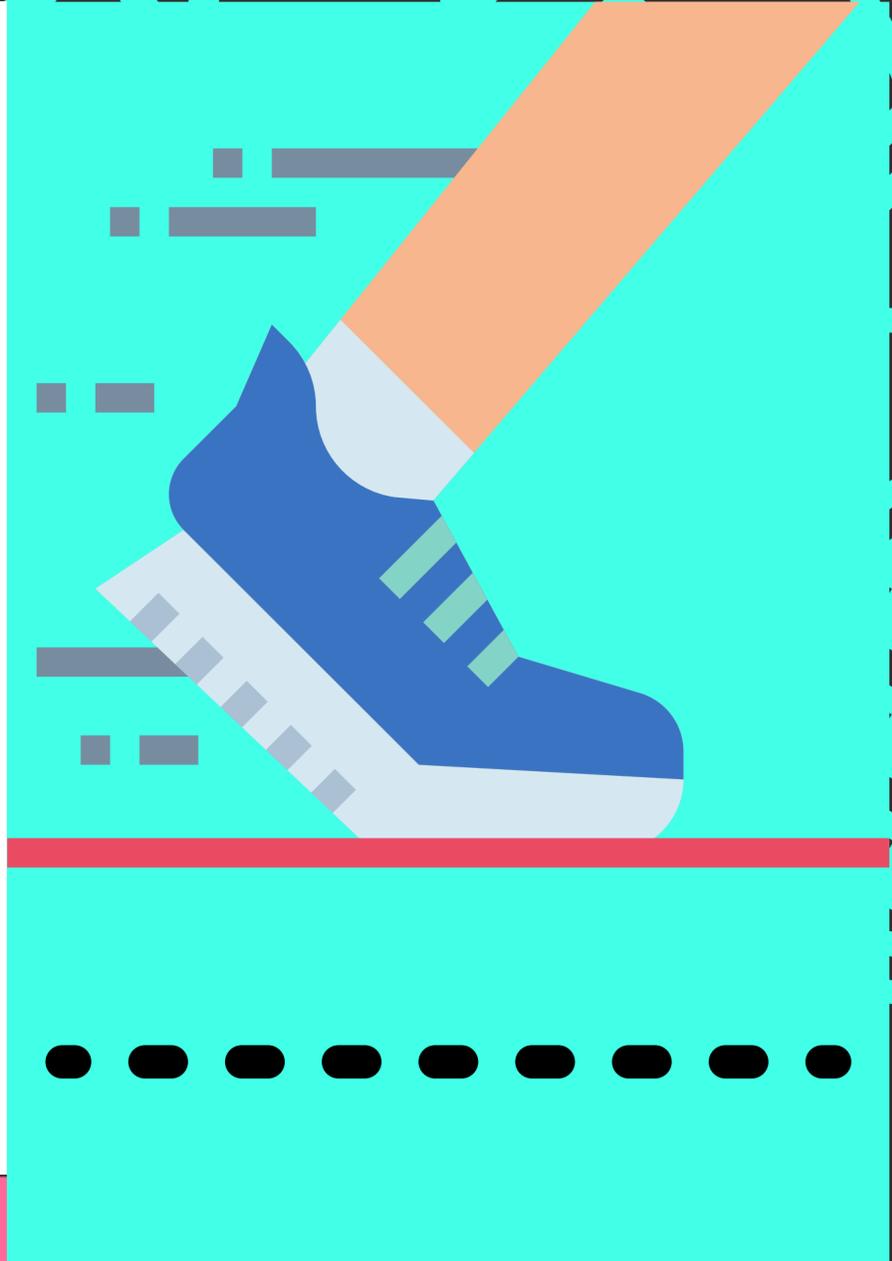
The main food types for healthy eating are:

- Carbohydrates
- Dairy
- Protein
- Fruits and vegetables
- Fats

You should only eat a very small amount of fats, because they provide your body with energy and storage for that energy.



As above shown, there is a healthy eating plate that contains everything you will need for a healthy meal.



Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions such as:

- High blood pressure
- Heart disease
- Diabetes
- Cancer
- Osteoporosis
- Iron deficiency
- Dental caries (cavities)

Khaled Abdalla 10BR

## Who do I think made the biggest impact on Olympic basketball?



Which team?

There are many teams that have changed the game such as Spain in 2012, but in my opinion the team that most changed the game was the dream team in 1992. This team had but not limited to Michael Jordan (the greatest to ever touch a basketball), Larry bird (a top 2 Small Forward of all time), Magic Johnson (the greatest point guard of all time), John Stockton, Charles Barkley, Scottie pippin, Duncan Robinson, Clyde Drexler and other superstar.

How good was the team?

In my opinion, this is the best basketball team ever created as there is so much talent, skill and athleticism in one team its incredible. This team won gold with ease blowing the competition out by a unusual amount of points. They were insanely good not just on the USA team, but also when they would play against each other in the NBA.

How did they change the Olympic game?

After the dream team a lot of players wanted to recreate such a super team like the 2016 redeem team. The 2016 redeem team consisted of LeBron James, Kobe Bryant, Kevin Durant, Carmelo Anthony, Chris Paul, Dwayne Wade, Chris Bosh, Demarcus Cousins, Demar Derozen and many other great talents of basketball. But the 1992 dream team was so good that I don't think anyone will ever beat how good they were. The dream team encouraged all the world class athletes to represent their country and to try and make a super team. It wasn't just USA trying to recreate it. Countries such as Brazil, Australia, New Zealand and Spain all tried and are still trying to recreate it. But so far no one has come close to the dream team other than the 2016 redeem team.





# PREFECTS AND STUDENT COUNCIL

## Environmental week

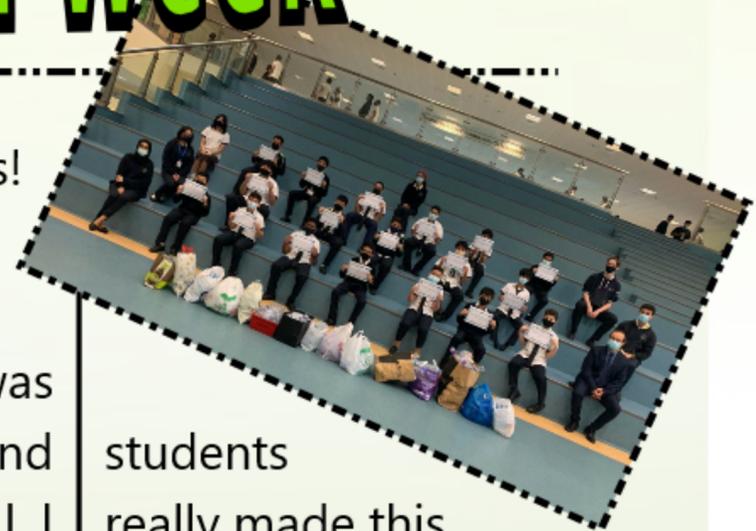
This term we celebrated Environmental Week as Covid-19 friendly as we could, holding two competitions; a class competition where each class collected as many water bottles as they could, and an individual competition where students used their creativity to create a bracelet out of recycled materials. The class of 7BG won the class

surpassed +1800 bottles! The class who collected the most water bottles was 7BG. Each student was given a goodie bag and house points! We did one 7BG!!

As

for our Brac e l e t s Competition, Year 7GB's Sudanez Cesur won herself 250 house points coming in at first place! Our

students really made this year's Environmental Week a great success and we so proud of everyone who participated; our prefects, our students and our teachers, they all helped make it a success. The Environmental Committee is so excited to introduce more competitions and projects next term so stay tuned!

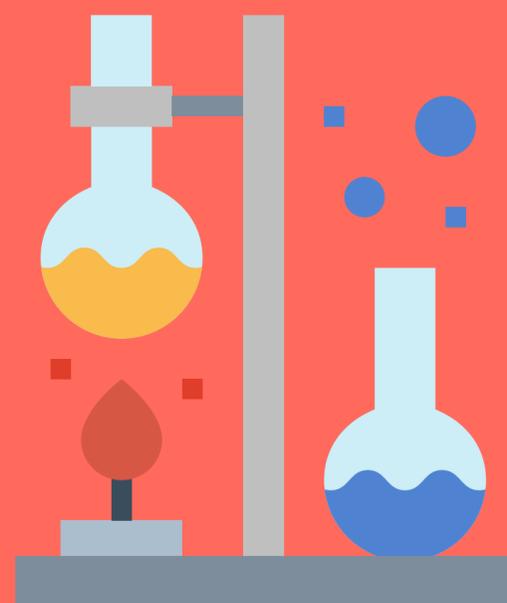


competition collecting an incredible 227 plastic water bottles, while both Secondary and Primary

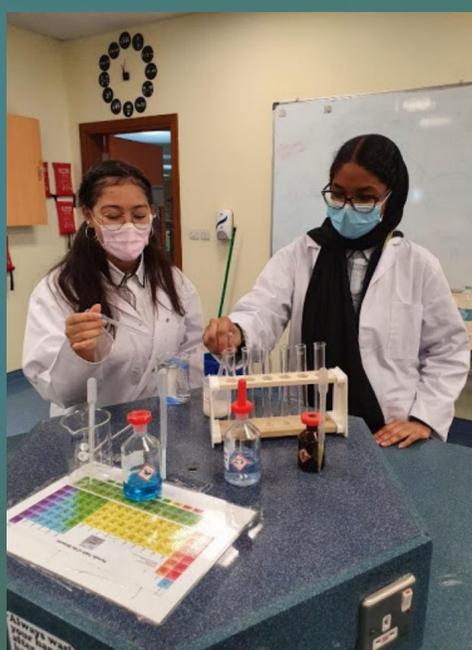


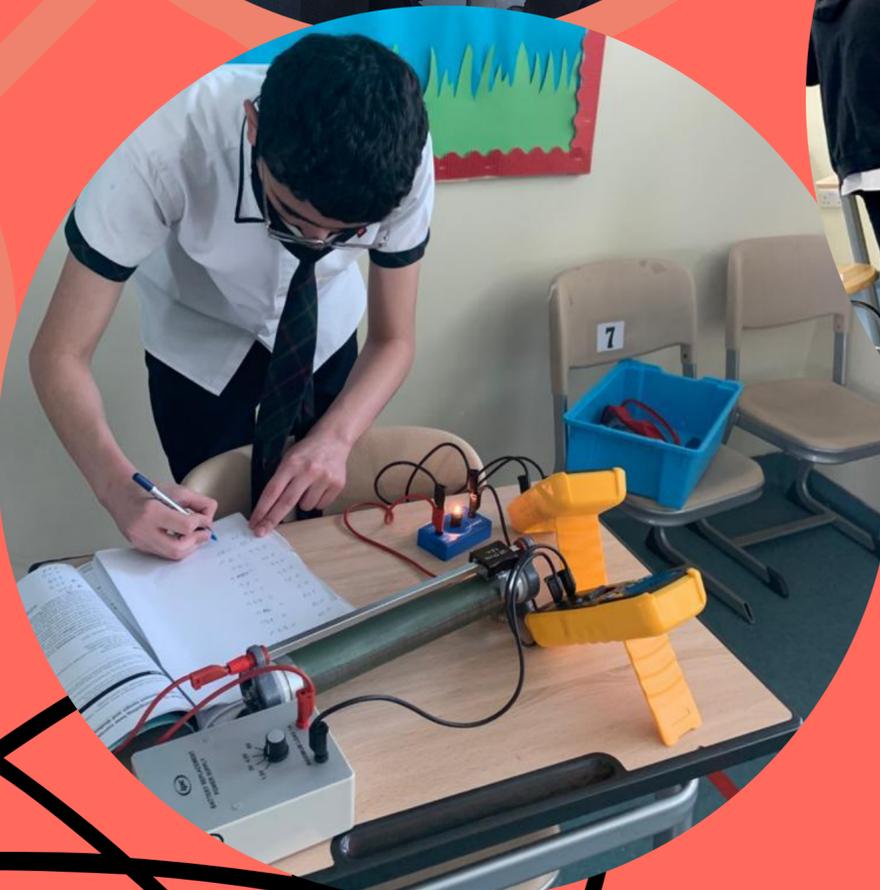
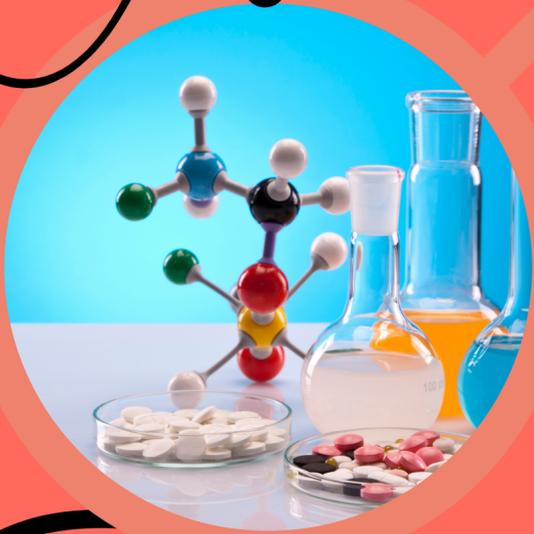
PRACTICAL WORK AT NIA

# SCIENCE CORNER



Practical work is a core part of Science in KS4/5 at NIA. By carrying out practicals, students develop their experimental skills and a knowledge and understanding of experimental techniques. They learn to work safely, produce valid results and present data in the most appropriate format.







## THE MATHS DEPARTMENT CELEBRATES

# Healthy Eating Week

In Maths, students were studying ratio and proportion. They looked at recipes for healthy meals and adapted these using proportion calculations. They worked out how much ingredients would be needed to make the recipe for a given number of people. Students discussed healthy meals in lessons and even shared some of their own

**FLAPJACKS (SERVES 10)** LOUJANN HAGGAG

- 120g butter
- 100g dark brown soft sugar
- 4 tablespoons golden syrup
- 250g rolled oats
- 40g sultanas or raisins

**SERVES 5:**

- $120g / 2 = 60g$  butter
- $100g / 2 = 50g$  dark brown soft sugar
- $4tbs / 2 = 2$  tablespoons golden syrup
- $250g / 2 = 125g$  rolled oats
- $40g / 2 = 20g$  sultanas or raisins

**SERVES 20:**

- $120g \times 2 = 240g$  butter
- $100g \times 2 = 200g$  dark brown soft sugar
- $4tbs \times 2 = 8$  tablespoons golden syrup
- $250g \times 2 = 500g$  rolled oats
- $40g \times 2 = 80g$  sultanas or raisins

**TOMATO SOUP (SERVES 6)**

- 30g butter
- 1 onion, chopped
- 2 tablespoons plain flour
- 1.2 litres tomato juice
- 480ml milk

**SERVES 3:**

- $30g / 2 = 15g$  butter
- $1/2 = 1/2$  onion, chopped
- $2 / 2 = 1$  tablespoons plain flour
- $1.2 / 2 = 0.6$  litres tomato juice

**SERVES 12:**

- $30g \times 2 = 60g$  butter
- $1 \times 2 = 2$  onion, chopped
- $2 \times 2 = 4$  tablespoons plain flour
- $1.2 \times 2 = 2.4$  litres tomato juice



**Nigella Lawson**




For 5 people I need...	For 8 people I need
250g lettuce	400g lett
55g tomatoes	88g toma
70g green beans	560g green

**TOMATO SOUP**

- 120g butter
- 100g dark brown soft sugar
- 4 tablespoons golden syrup
- 250g rolled oats
- 40g sultanas or raisins

**Serves: 6**

- 30g butter
- 1 onion, chopped
- 2 tablespoons plain flour
- 1.2 litres tomato juice
- 480ml milk

**Serves: 3**

- 15g butter
- 1/2 onion
- 1 tablespoon flour
- 0.6 litres tomato juice
- 240ml milk

**Serves: 12**

- 60g butter
- 2 onions
- 4 tablespoon flour
- 2.4 litres tomato juice
- 960ml milk

**Serves: 20**

- 240g butter
- 200g dark brown soft sugar
- 8 tablespoons golden syrup
- 500g rolled oats
- 80g sultanas or raisins

**Serves: 5**

- 60g butter
- 50g dark brown soft sugar
- 2 tablespoons golden syrup
- 20g sultanas or raisins

**SHORTBREAD**

**Serves: 6**

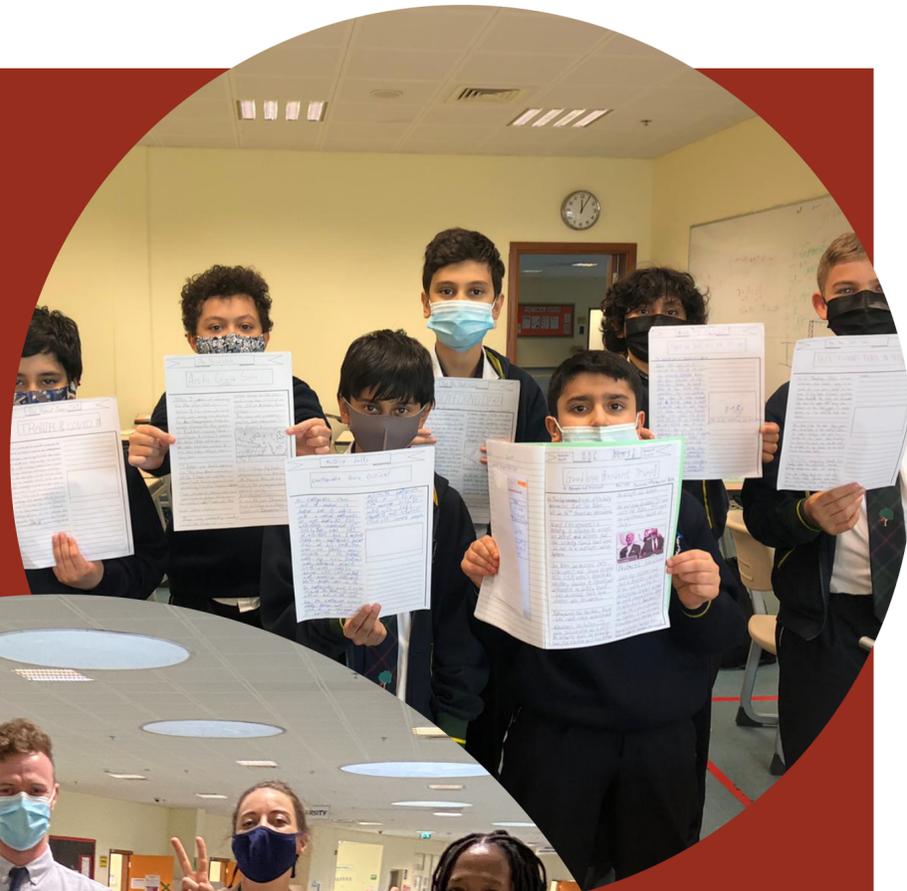
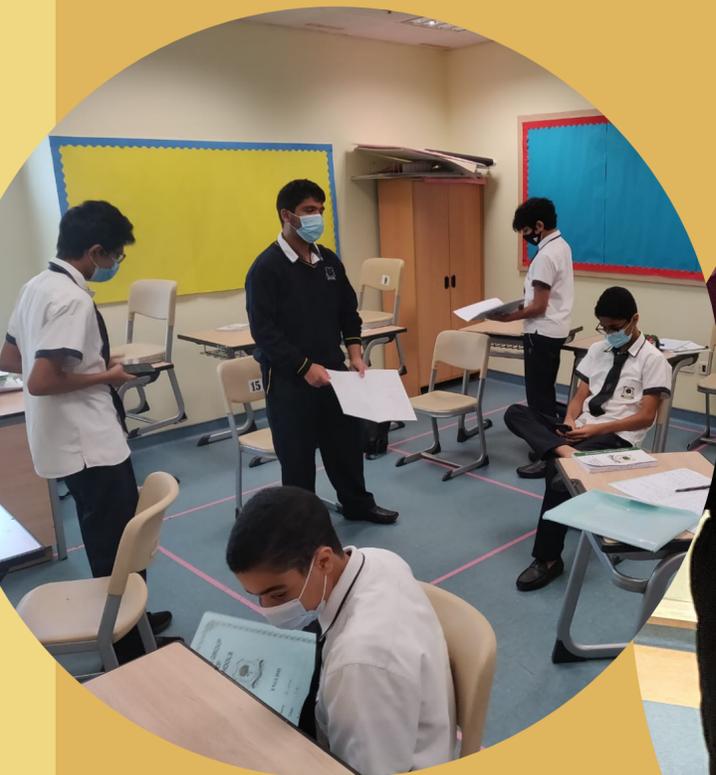
- 90g caster sugar
- 2 teaspoons ground cinnamon
- 3/4 teaspoon ground allspice
- 1/2 teaspoon salt
- 420g plain flour
- 240g butter, softened

**Serves: 5**

- 75g
- 5/3 teaspoon
- 5/8 teaspoon
- 5/12 teaspoon
- 350g
- 200g



# ENGLISH DEPARTMENT



Writing about this year is challenging. On the one hand it is true that the current pandemic has put a temporary hold on some of the activities we might usually do with the students – the group work, discussion and drama for example – which I feel is part of what makes English so enjoyable a subject to study. On the other hand we have grappled with and mastered new technology that adds an extra dimension to what we do. If you had told me last year I would be teaching online and marking work uploaded to a virtual classroom, I would not have believed it. So, one very positive thing to come from the crisis, I feel, is that parents, teachers and students have very quickly learned new, valuable skills.

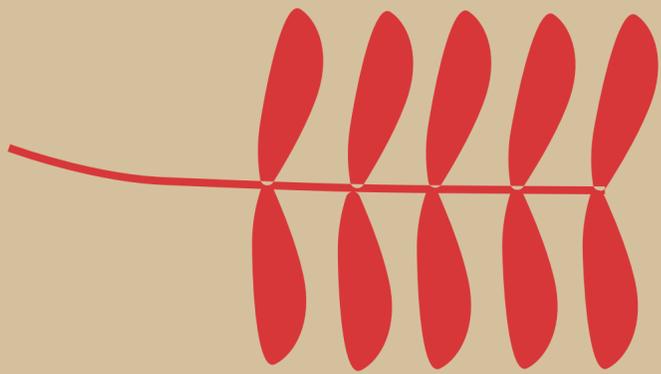
In fact, at their best, the blended learning sessions have been very stimulating. My student in Year 7, Akshara, told me that she loved English lessons, they were just like a game show! Another nice bit of news is that we have some bright new faces in the team this year. They have risen to the challenge and worked incredibly hard to meet our very high standards here at N I A. May I remind there is a writing competition which has been organized by IMMERSE EDUCATION and details are available from the English Department. Thank you for your support this term, let's hope that next year things will return to normal and we can enjoy Book Week and Shakespeare Day.



# LA SEMAINE DES LANGUES

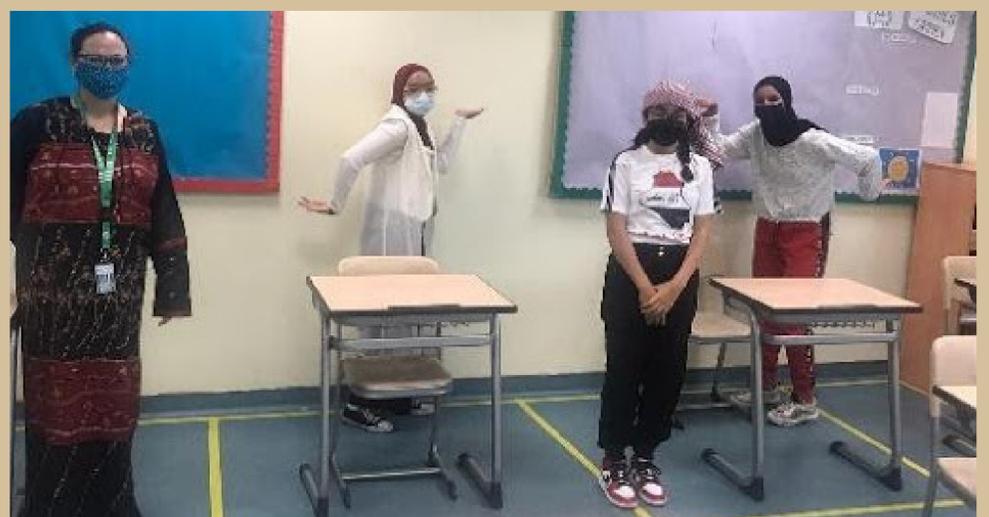
**T**out d'abord, ce fut un grand plaisir d'avoir eu l'opportunité de fêter cette semaine spéciale qui nous a permis de découvrir et de connaître d'autres cultures et langues. Non seulement nous avons appris sur différentes langues, mais nous avons également étendu nos connaissances sur les traditions d'autres pays que je pense que c'est une richesse importante, puisque nous sommes une Académie qui accueille tous des étudiants de partout, et nous sommes fiers une école multiculturelle!





Bonjour! I am Aditi and learning French has been an amazing experience until now and I hope it continues to be one. So, for the Language Week, me and my friends - Priscilla, Azwa, Rokia, Amayum, Amna and Hania - made a video to showcase the beauty of the French language and to teach a few French words and phrases, so that it can be a bit easier for the people struggling to learn French or who are learning it for the first time. All of us had a wonderful time making the video and it was a great opportunity for all of us to be able to help to make French more interesting and a bit easier for everyone to learn it. Merci et au revoir!!!

Pendant cette semaine, notre classe a participé dans plein d'activités telles qu'interviewer un invité extraordinaire, Monsieur Khalid Al-Jumaily, qui était interviewé par moi-même. Il était aussi heureux que nous surtout de connaître notre école et il était surpris du haut niveau scolaire de notre établissement. De surcroît, j'étais extrêmement contente de bien représenter notre école et de démontrer qu'on est sûrement les meilleurs. Bien évidemment, Newton International Académie se concentre sur la langue anglaise, cependant nous ne négligeons pas le français. Personnellement, je me trouve un produit magnifique de cette Académie incroyable, je suis absolument fière de ce succès



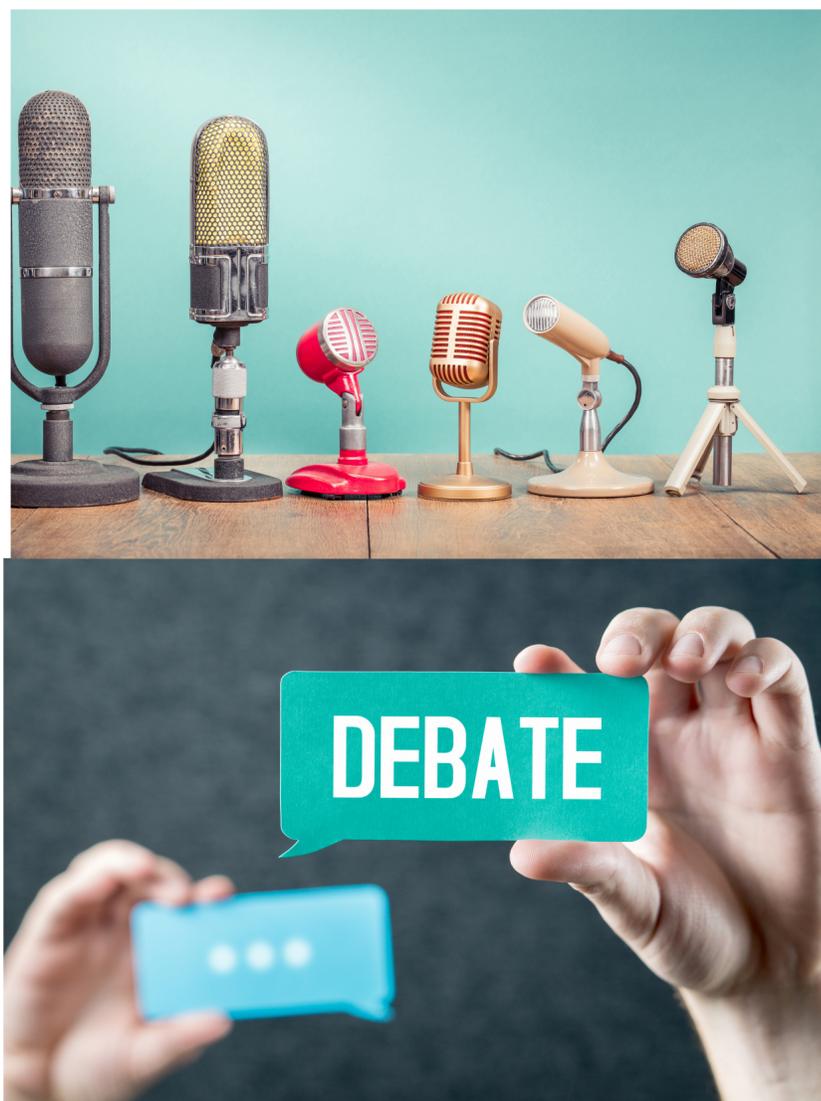
# HUMANITIES

The humanities department have been looking at a variety of different topics within the three subjects. History of Qatar in Year 7 have started to look at Qatar's fascinating line of Sheikh's for the last 200 years and celebrating their achievements. They have also looked at how Qatar has developed into the modern country it is today, overcoming its challenges through the outstanding leadership of Sheikh Tamim. Year 8 looked at ancient civilisations within the Arabian Gulf. They then went on to look at history in the Islamic era as well as the importance of tribes, people, health and family. Year 9 studied the different stages of colonial conflict and made some amazing presentations to show to the class. History in Year 7 have looked at timelines, sources, artefacts and the importance of 1066 for Britain. They completed the term by looking at different types of castles and compared some to different buildings we see here in Doha. The Year 8s looked at Industrial Britain, rural life, the changes in farming and the move to industrialisation. They also looked at public health and crime prevention. The Year 9s studied the colonisation of Africa, the Great War, WWI, Russia, USA and the Treaty of Versailles. Year 10 studied WWI and the Alliance system as well control of the Balkans and tension in Europe. Year 11 looked at the Cold War, the Berlin Crisis and the Cuban. Missile Crisis in preparation for their Mock exams. Geography in Year 7 have been looking at maps and to see if there are any budding cartographers out there, Year 8 have looked at weather and climate with some amazing weather reports just before the exams, Year 9 looked at development and how countries become rich or poor. Many students were compassionate towards others less fortunate than themselves and some said they would like to help this worthy cause in the future. Year 10 looked at hazardous environments including earthquakes, volcanoes and tropical cyclones. Year 11 completed their urban environments work and some said they would like to go on to become urban planners. You may end up living in a town or city designed by one of our students! The Year 12s and 13s looked at Globalisation and Sustainability in an ever-changing world.



# DEBATE SOCIETY

This year, the commencement of the debate season was marred by the unfortunate presence of the Covid 19 epidemic and Qatar Debate decided to host all competitions on an online platform using Discord. The first debate, Girls' Senior, on 31 October, exposed many glitches but everything turned out well in the end. Our numbers had diminished severely because of the epidemic and we could, unfortunately, enter only one team. Priscilla, Umaima and Loujain (a shining new member to our team) were exceptional, and even though they won only one debate of three, their performance was commendable and they deserve our praise for their commitment. The Senior Boys, likewise, only achieved success in one debate on the 7th November but were no less remarkable.



Angad, Sarvesh and Gaurish (who was promoted from the junior squad) were truly committed and practised really hard. We could not register a Preparatory Girls' team since there was no one available. The presence of the virus had stymied our efforts to recruit new members or retain any of our previous participants. The Boys' Preparatory team prepared well for their competition on the 28th November but were unfortunate in also achieving success in only one encounter. The third debate was a very close affair and they lost by only one point! Sinan, Saad and Timothy (a newcomer to the squad) were truly excellent and were dedicated to do their best. In spite of all the difficulties, we can hold our heads high and be proud of our achievements. We have been competing against the best Qatar has to offer and have managed to retain our confidence and are resolved to grow in strength and, hopefully, in numbers. Here's to the next round!





# ONLINE MUN@ NIA II

Online MUN@NIA II was an amazing opportunity for me and the team. Being able to lead a group of teenagers once again who are willing to change the world has given me that motivation to do better. Online MUN@NIA II has delivered its purpose; to educate the Youth and encourage them to speak up against so many pressing issues in the world, including violence against women and climate change and many more. This year we decided to have 11 committees each based on an SDG. Although we had our own fair share of struggles during the process, which is inevitable. Online MUN@NIA II became one of the most heartfelt and most important conferences to me. I got to work with so many people who I did not initially work with in the past before, such as Priscilla Yousef and Payal, who were all incredible during the whole process. Once again, thank you to Ms. Sara for giving me this opportunity. I cannot wait to do more.

Johanna Karen Sarsonas, Y13GHead of MUN@NIA



## General Assembly 3



## Economic and Social Council



## Security Council



## Special Committee



# EXECUTIVE TEAM



HEAD OF MIAMUN

JOHANNA KAREN SARSONAS

# EXECUTIVE TEAM



MARKETING

MISHIKA VERMA

# EXECUTIVE TEAM



HEAD OF IT

ELISABETH HUTASOIT

# EXECUTIVE TEAM



PRESIDENT

YOUSEF KARAM MOHAMED  
RIAD MOHAMED

# EXECUTIVE TEAM



HEAD OF ADMIN

JANA ABOU ZAGHLA

# EXECUTIVE TEAM



HEAD OF MARKETING

KRITSADA KAEWINTA

# EXECUTIVE TEAM



SECRETARY-GENERAL

PAYAL SAMEER GORULE

# EXECUTIVE TEAM



DEPUTY SECRETARY

PRISCILLA AGBOZO

# Guest Speaker



PRINCESS AGBOZO

# Guest Speaker

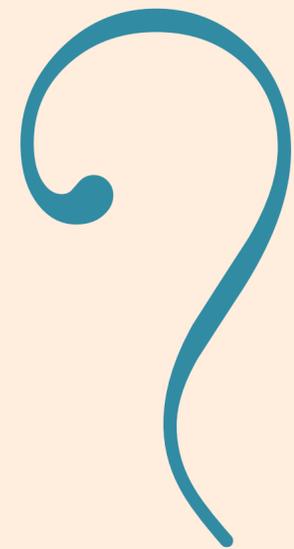


MR. EVAN WESLEY

# Guest Speaker



DR TEREZA WOOLGAR



# QLC 2020



**T**he Qatar Leadership Conference (QLC) is designed around the concept of developing student leadership within schools specifically in MUN, service and activism, and media studies. Students and teachers participate together in workshops and conference activities. The QLC has also become an important annual meeting place for globally connected young people and MUN thought leaders to exchange ideas and develop partnerships."

Qatar Leadership Conference (QLC) is very sentimental to me. Through Qatar Leadership Conference, I was able to get to know so many of my schoolmates and meet new people. Although there was no human contact, The topics that were presented at QLC were incredibly important and vital to this day and age; resiliency, being able to stand up against sexual assault, or even Hitler's mistakes as a leader. QLC was a whirlwind of an experience – I was able to get to bond with new people as well and just have a lot of fun. Thank you to Ms. Sara for this opportunity again because I would not have been able to diversify my knowledge on different topics if it were not for her.

Johanna Karen Sarsonas, Y13GHead of MUN@NIA



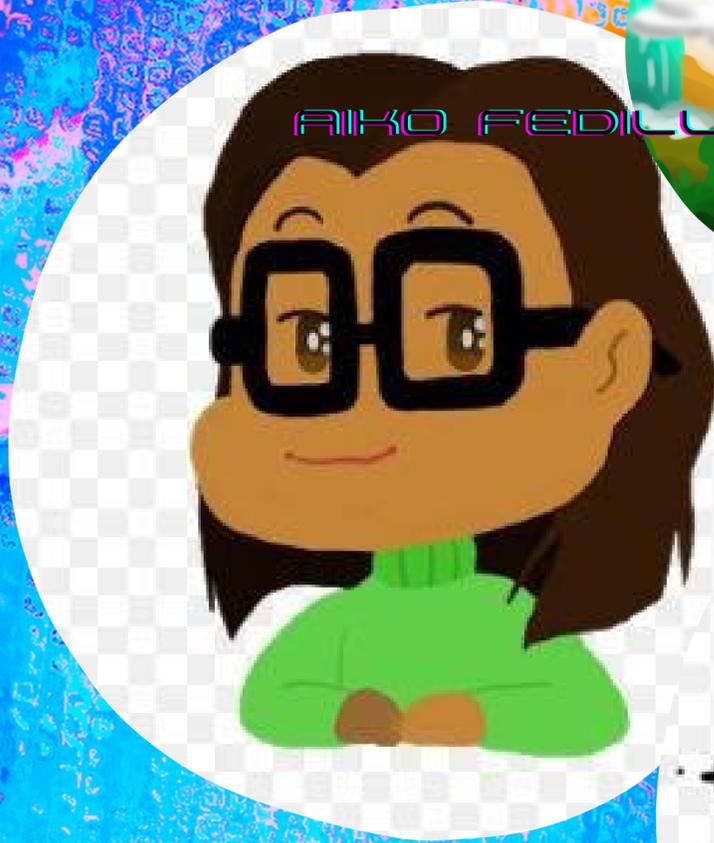
# DIGITAL DRAWING ECA

First of it's kind!

IN ECA DIGITAL DRAWING, THE STUDENTS HAVE USED THEIR CREATIVITY AND IT SKILLS TO CREATE VARIOUS DESIGNS SUCH AS LOGOS, CHARACTERS AND LANDSCAPES. EACH WEEK, THE STUDENTS HAD THE OPPORTUNITY TO PRACTISE DIFFERENT GRAPHIC DESIGN TECHNIQUES AND BECOME MORE FAMILIAR WITH THE SOFTWARE THEY HAVE CHOSEN TO USE.



AIKO FEDILLAGA 10GR



ANAS TIMERIDJINE 7B



ALIA RAMY 7GR



RISHI ACHARYA



TIA ELFADALY 7GR