

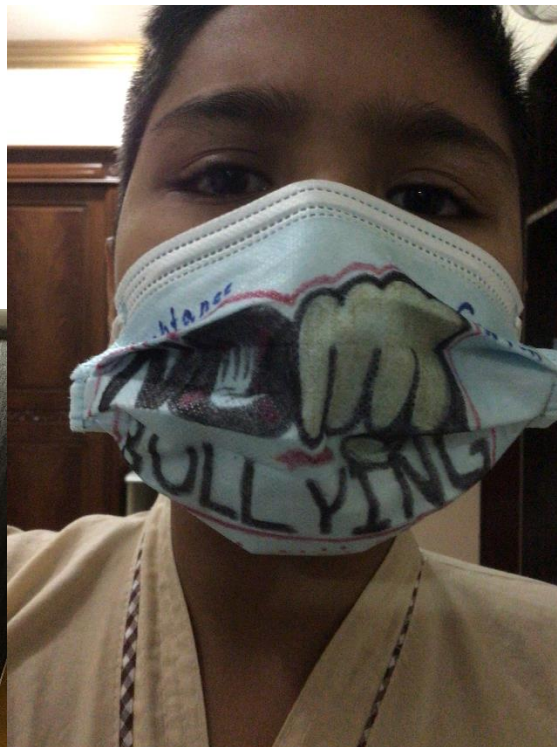
Student Council contributions

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.

Fight Covid with food!

Covid 19 is a Crazy outbreak! it has affected many people in a very serious way. Eating healthy is a very important part of a human beings lifestyle! You can stay safe from the virus by eating healthy, even healing you from the virus if you have it!

what are the foods that you should eat?
When cooking and preparing food, limit the amount of salt and high-sodium condiments. Avoid foods that are high in salt, and Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. instead of eating out Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19, or if you do have the virus make sure you dont go out to eat so you dont make others sick.

What are the foods you should eat?
Eat fresh and unprocessed foods every day, like fruits, vegetables, legumes nuts and whole grains. Make sure you balance all the types of foods so you get enough nutrition from all of them. Drink enough water, Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

By: Nour Karim/TGR

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.



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'

