



مدارس الظهران الأهلية
Dhahran Ahliyya Schools

مجتمع تعلّم غير ربحي
A not-for-profit learning community

Tawasul

A newsletter issued by the boys' school

Year 37

No. of Issue 4

Wednesday,
November 1st, 2023

"Our Mission"

Inspired by the principles of Islam, the mission of Dhahran Ahliyya Schools is to empower each student to be a compassionate, thinking, lifelong bi-lingual learner, who makes a positive difference locally and globally.

"Our Vision"

Our vision is to provide a world class education with an Arab and Islamic identity through a pioneering learning community that is sustainable and socially

Our school is supervised by the Ministry of Education and accredited by The Commission on Accreditation and School Improvement (NCA CASI)



Phone Number:

+966-13-8919444

Fax:

+966-13-8915252

E-Mail:

boys@das.sch.sa

Schools' Website:

www.das.sch.sa

International College Fair

On October 25-26, 2023, our schools organized the twenty-fourth annual college fair with the participation of 34 universities and educational institutions.

The fair was inaugurated by the Director of the Foreign Education Office in the Eastern Region, Mrs. Fatima Al-Nasser and the Director of the Private Education Office. The fair was also attended by Mr. Awad Al-Maliki, and Mr. Abdul Rahman Al-Arfaj, Supervisor of the International and Foreign Education Office.

Representatives of universities and educational institutions exchanged brief presentations with student visitors providing an introduction to the available services, available majors, and application requirements for each major.



Please check the schools' website regularly for any inquiries and appointments



The fair has achieved record numbers with 2320 visitors.

Dhahran Ahliyya Schools extend their thanks and appreciation to the participating sectors and all those who supported the success of this event as well as the organizing committees as the following:

- College Counselling
- Activities Department
- Admin Support
- Business Office
- Academic Support
- Supplies & Services Department
- Volunteer Students





Participating Colleges & Universities

1. IDP
2. King Fahd University of Petroleum and Minerals
3. Score plus Educational Center - Bahrain
4. Arabian Culture & Training
5. Imam Abdulrahman Bin Faisal University
6. ZADK Culinary Academy
7. British Council - Dammam
8. UKUNI
9. EF Education
10. Arab Open University - KSA
11. Alasala Colleges
12. Al Faisal University
13. Prince Mohammed Bin Fahad University
14. Saudi Aramco - Training & Development
15. Al Yamamah University
16. Education USA
17. University College of Bahrain
18. Swansea University
19. University of Wolverhampton
20. Ulster University
21. Cardiff University
22. University of Leeds
23. King's College London
24. Kaplan International Pathways
25. Cambridge Education Group
26. St. George University
27. Manchester Metropolitan University
28. University of Central Lancashire
29. UWE Bristol
30. Newcastle University
31. Brunel University London
32. Lancaster University
33. Navitas UK Pathways
34. Queen Mary University of London



Arab Chemistry Week

Arab Chemistry Week falls on October 22 of each year and continues for a whole week. It is considered one of the important programs that plays a major role in introducing the science of chemistry and raising the level of awareness and culture of science, in addition to clarifying the role of chemistry and its importance in life in general and its impact on many aspects of our lives in general.

The Science and Math Department, in cooperation with the Department of Student Activities and with the participation of 24 students, organized an exhibition on this occasion, including 20 interactive corners containing 14 corners for scientific experiments and 6 corners for scientific projects, during which some scientific experiments were carried out, targeting middle and high school students, and with the presence of Mr. Abdullah Al-Walidi, the scientific supervisor at the Education Office in Al-Khobar. As well as the School Leaders Committee.





Individual Meetings

In order to ensure effective collaboration with our students' families and adhere to the principle of genuine partnership with guardians, DAS has implemented a comprehensive program to facilitate individual meetings between parents and teachers over a two-day period. The initial session, which took place on Tuesday, October 17th, 2023 (conducted online), was designed to ensure the success of the meetings and obtain valuable feedback from the teachers. It also provided an opportunity to address any inquiries related to academic, social, and administrative programs and activities. To ensure a smooth process, online reservations were made in advance, supervised by our schools' IT department. Subsequently, on Tuesday, October 27th, 2023, the second session was held at the school premises with the assistance of our dedicated volunteer students. We received positive feedback from parents who expressed their appreciation for the meticulous arrangements and warm reception. The meeting sessions were scheduled from 7:30 AM until 3 PM, and between 1:15 PM and 3 PM on the following Tuesday.

We are optimistic that these meetings will prove fruitful and result in the desired improvements in our students' learning.





Prevention of Heart Disease (part 1)

Heart disease is the leading cause of mortality. Although certain risk factors such as family history, biological sex, and age are unmodifiable, there are numerous measures individuals can take to mitigate their susceptibility to heart disease. Maintaining a heart-healthy lifestyle is crucial for preventing heart disease.

The following strategies can aid in safeguarding cardiovascular health:

1. Refrain from smoking or using tobacco products.

It is imperative to cease smoking or utilizing smokeless tobacco to maximize heart health. Even non-smokers should avoid exposure to secondhand smoke.

2. Engage in physical activity Strive to engage in at least 30 to 60 minutes of physical activity daily.

Regular exercise not only reduces the risk of heart disease but also assists in weight management. Furthermore, it diminishes the likelihood of developing additional medical conditions that may exert strain on the heart, including hypertension, hypercholesterolemia, and type 2 diabetes.

3. Follow a heart-healthy diet.

Adopting a nutritious dietary regimen is essential for shielding the heart, optimizing blood pressure and cholesterol levels, and minimizing the risk of type 2 diabetes. A heart-healthy eating plan should encompass the consumption of:

- Abundant vegetables and fruits.
- Legumes, such as beans.
- Lean meats and fish.
- Low-fat or skim dairy products.
- Whole grains.
- Healthful fats, such as olive oil and avocado.

4. Maintain a healthy weight.

Elevated weight, particularly around the waist, heightens the risk of heart disease. Excess weight can contribute to various medical conditions that augment the likelihood of heart disease, including hypertension, hypercholesterolemia, and type 2 diabetes.