

مـدارس الظهـران الآهليـة Dhahran Ahliyya Schools

مجتمع تعلُمب غير ربحب A not-for-profit learning community

Year 37 **No. of Issue 5** Wednesday, December 13th , 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

Tawasul

A newsletter issued by the boys' school

International Day of Disabled Persons

International Day of Persons with Disabilities (December 3) is an international observance promoted by the United Nations since 1992. It has been observed with varying degrees of success around the planet. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

The activities department collaborated with the sports teachers to initiate a charity event, which included hosting the Eifaa charity association. During this event, a sport match was organized between our students and a group of 17 disabled students. Our heartfelt appreciation goes out to our colleagues in the activities department for their diligent organization of this occasion.











DAS Successive Achievements

Within waicy competition for the applications of Artificial Intelligence, which was hosted by KAUST, our students have accomplished 8 remarkable international and local achievements as the following:

Main Field/ AI Showcase

The **CoralGuard AI** Team has secured the 1st place in Saudi Arabia and 2nd place worldwide. The team has been awarded with two special prizes locally.

Project title: Using AI image detection to identify coral diseases and provide treatment plans. Team members are: Hatim Alkaka, Saud Alzaraj and Ibrahim Alsaqaf

Syntacto team has won the 2nd place in Saudi Arabia and the 4th place worldwide.

Project title: Gamified Grammar Education

Team members are Yousef Talabah, Rabah Alharbi and Ameer Aljahdali

In the field of Large Language Model (LLM)

The AIXL team has won the 1st place in Saudi Arabia and worldwide.

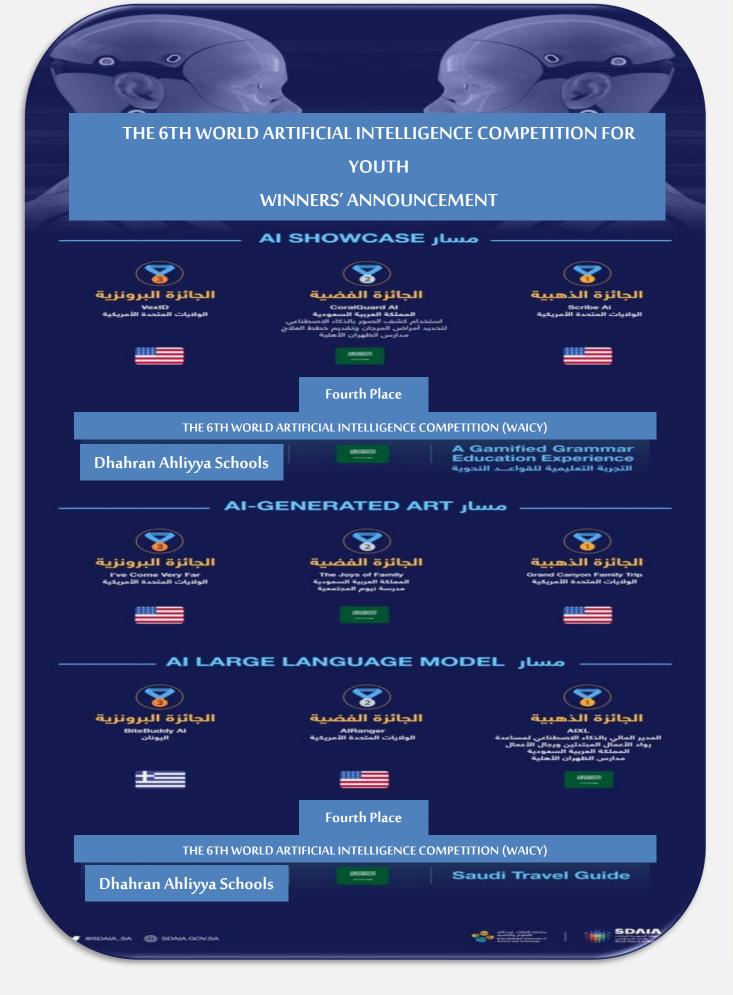
Project title: AI financial manager to assist startups & serial entrepreneurs.

Team members are Khalid Laban, Yaser Alseef, Abdulelah Alhamam and Raid Talabah We express gratitude to our students and their families for this local and international success, as well as thank the DAS faculty and staff for their dedicated work with our students.

Special notes of appreciation are extended to Mr. Ali Al Eid for his tireless efforts in preparing the students and training them, as well as coordinating with KAUST Academy. Thanks to Mr. Ameen Altaweel, the Science & Math Academic Coach.

Lastly, I wish to express gratitude to Mr. Bilal for consistently supporting and encouraging our students' participation in this competition, which brought together 18,000 students from local and international backgrounds for a competitive event.







The 5th Mid-point Personal Projects Exhibition

On December 5th, 2023, the Mid-point Personal Projects Exhibition took place, involving 52 students and 55 teachers from the 10th grade (diploma). The exhibition provided an opportunity for students to showcase their work to the school's community and receive feedback and guidance for the remaining duration of their projects.

The event was attended by members of the school's leadership team, who were keen on observing the students' projects. It is important to note that Personal Projects is a subject within the Middle Years Program (MYP), which is taught by the school as an IB accredited institution. This subject specifically emphasizes research and inquiry on various topics of interest and importance to the students, contributing to their development as lifelong learners.

We would like to express our gratitude to the DAS faculty and staff, as well as the Personal Projects students, for their invaluable participation in making this event a success.











Heart Disease Prevention (Part 2)

5. Get quality sleep

People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression.

Most adults need at least seven hours of sleep each night. Children usually need more. So make sure you get enough rest. Set a sleep schedule and stick to it. To do that, go to bed and wake up at the same times each day. Keep your bedroom dark and quiet too, so it's easier to sleep.

6. Manage stress

Ongoing stress can play a role in higher blood pressure and other risk factors for heart disease. Some people also cope with stress in unhealthy ways. For example, they may overeat, drink or smoke. You can boost your health by finding other ways to manage stress. Healthy tactics include physical activity, relaxation exercises, mindfulness, yoga and meditation.

7. Get regular health screening tests

High blood pressure and high cholesterol can damage the heart and blood vessels. But if you don't get checked for these conditions, you likely won't know whether you have them. Regular screening tests can tell you what your numbers are and whether you need to take action.

8. Take steps to prevent infections

Certain infections may lead to heart problems. For instance, gum disease may be a risk factor for heart and blood vessel diseases. So, brush and floss daily. Get regular dental checkups too.

Mayo Foundation for Medical Education and Research, USA