

QAW NEWSLETTER

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JANUARY, 2013

From the Principal

Dear Parents,

Welcome back, I hope you had a restful and enjoyable winter break.

I'd like to draw your attention to a new program that we are currently establishing at Qatar Academy Al Wakra. **PBIS or Positive Behavior Intervention and Support** is an evidence/research based program that provides a framework for developing a positive school culture that focuses on prevention of misbehavior, increasing positive interactions and promoting a Safe, Respectful and Responsible learning environment. We have invited a consultant from the United States who is working with our teachers this week to train them on PBIS. Studies have shown that a positive school environment with good behavior management procedures is directly linked with student achievement.

I am pleased to announce the start of our **2nd annual charity fundraiser**. This year the funds received will benefit the Sheikh Thani Bin Abdullah Foundation for Humanitarian Services (RAF)-**Fresh Drops Project**. The Fresh Drops Project provides water wells in regions of the world where fresh drinking water is non-existent or polluted. Qatar Academy Al-Wakra aims to raise 45,000 QAR to provide water wells to the countries of Mali, Kenya, and Sudan. More information about fundraising events and The Fresh Drops Project will be provided next week. The charity drive will begin January 20th and end on January 31st, 2013.

Regards

Bedriyah Itani

Principal

Qatar Academy Al-Wakra

السادة أولياء الأمور الكرام،

أهلاً بكم من جديد، نأمل أن تكونوا قد استمتعتم بالعطلة الشتوية.

أود أن ألفت انتباهكم إلى أن هناك برنامجاً "جديداً" قد تم تثبيته حالياً في أكاديمية قطر الوكرة ، هذا البرنامج يسمى **(PBIS) لدعم السلوك الإيجابي** وهو برنامج يوفر إطاراً لتطوير الثقافة المدرسية الإيجابية لتجنب السلوكيات الغير مقبولة، وزيادة التفاعل الإيجابي و تعزيز بيئة تعلم آمنة للطلاب. وقد دعونا إستشارية من الولايات المتحدة وهي تعمل مع مدرسينا هذا الأسبوع لتدريبهم على برنامج PBIS. وقد أظهرت الدراسات أن البيئة المدرسية الإيجابية بالإضافة إلى الإجراءات الإدارية ذات السلوك الجيد مرتبطة مباشرة مع التحصيل العلمي للطلاب.

ستقوم أكاديمية قطر الوكرة بحملة **لجمع التبرعات السنوية** لصالح جمعية الشيخ ثاني بن عبدالله للخدمات الانسانية (راف) **لمشروع القطرات العذبة**. ستبدأ الحملة الخيرية من يوم 20 يناير حتى 31 يناير 2013. مشروع القطرات العذبة يعمل على توفير آبار المياه في مناطق من العالم حيث المياه العذبة الصالحة للشرب غير متوفرة أو ملوثة.

وهدفنا لهذا العام جمع تبرعات بمبلغ 45000 ريال قطري لتوفير مياه الآبار للبلدان مالي وكينيا والسودان.

سيتم تزويدكم بالمعلومات حول جمع التبرعات لمشروع القطرات العذبة الأسبوع المقبل.

نشكر لكم مقدماً مساهماتكم السخية.

وتفضلوا خالص التقدير

بدرية عيتاني

المديرة

أكاديمية قطر الوكرة

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Nurse's Corner

Getting your kids off to a Healthy School Start

Need some more basic tips on keeping kids healthy? You may want to consider these guidelines:

HEALTHY FOODS FOR KIDS

- **Primary colors** . Encourage your kids some colorful mix of fruits and vegetables to keep them energized and ready to learn. Apples, pears, berries, dried fruit, baby carrots, cauliflower are fun to eat!



- **Fluid Motion**. Drinking plenty of fluids helps active children stay hydrated. According to the American Academy of Pediatrics, kids who drink one can of soda a day increase their obesity risk by 60%. **Offer water and limit soft drinks.**



- **The whole truth**. Whole grains are an important part of a healthy diet for kids. Offer whole grain, low sugar cereals at breakfast and low sodium whole grain snack bars or crackers. Try making sandwiches with whole grain bread.



- **Dairy queen**. Strengthen their bones and brains with non-fat or low fat dairy foods, including yogurt and flavored milk (choose products with no more than 30 grams of sugar).



EXERCISE FOR CHILDREN

- **Power hour**. Make sure your kids run around at least an hour each day. Don't have a full hour for exercise? Try short 15-minutes of running, jumping, or games that encourage these activities to keep them interested and active.



- **Family affair**. Make time to get along with your kids and improve the whole family's health by planning family bike rides, walks, or other exercise you can all do together.



- **Hands on**. Practicing good hand-washing habits is the best way to avoid illness. Teach your child to rub her hands for at least 20 seconds with soap and warm water before eating and after using the restroom and playing outside.



- **Cover up**. Teach your child to sneeze and cough into a tissue or the inside of her elbow to keep infectious droplets from spraying into the air and making other kids sick.



- **Home works**. Most kids catch colds or flu these days. Give your child the rest she needs by keeping her home when she really doesn't feel well.



- **Lighten up**. Carrying a back pack shouldn't be a work out for your child. Pack the bag as lightly as possible, with heavier items in the center compartment. The load should never be more than 10% to 20% of their body weight.

YOU DRINK JUICES?

GIVE IT ANOTHER THOUGHT!

Some blame convenience for choosing fruit juices over whole fruits. Buying a bulk of juice packs seems easier than buying fresh fruits and vegetables on a weekly basis. But have you ever thought about their health benefits, and which is healthier: the whole fruit, or its squeezed juicy version?

It is important to note that juices are not as healthy as the whole fruit or vegetable because when they get squeezed to juices, some of the nutrients including fiber are lost during the process. While fresh juices are not completely deprived of nutrients, they actually have fewer nutrients than the whole fruits from where they got extracted from.



Benefits of replacing juice with whole fruit/vegetable:

1. Fewer calories consumed:

Juices usually contain more calories than fresh whole products. For instance, when you drink one cup of fresh orange juice, you get about 120 calories, on the other hand, eating one whole orange adds approximately 60 calories to your total calorie intake, this is explained by the fact that you need a considerable amount of fruit/vegetable for juicing.

2. Fiber intake increases:

Whole fruits/vegetables contain fiber, mostly in the skin. Unfortunately, when they are juiced we don't always get to enjoy the skin. That is because many juicing processes remove the skin, and do not allow its full benefits to get into juice.

3. Whole fruits/vegetables are more nutrient dense:

The edible skins and pulps of whole fruits/vegetables are considered an important source of nutrients such as flavonoids, and carotenoids. Therefore, if those parts are removed during the process of juicing, a lot of nutrients may get lost.

STILL WANT TO HAVE JUICES?

Practical tips:

Try to include whole fruits/vegetables in your diet as much as possible. However, if you feel that fruit juice is a must in your diet, then try some of the following tips:

For fresh juices:

- 1) Squeeze fruits along with vegetables to increase the pulp content.
- 2) Retain the pulp.
- 3) Leave the skin on.
- 4) Pulse instead of puree.

Packaged juices:

- 1) Read food labels carefully, and try to choose 100% fruit juice with the lowest added sugar.
- 2) Choose fruit and vegetable juices that have the maximum retention of pulp and fiber.

January, 2013 Food Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<p>6 Snack: Low Fat Milk, Fruit, Chees Mankouche.</p> <p>Lunch: 4 cut vegies, Green Salad, Mutabal, Tomato Soup, Lamb Mogalgal, Ckicken Teriyaki, Cauliflower w Coriander Sauce, Steamed Green Peas & Carrots, Rice, Spaghetti w Tomato Sauce, Fruit Salad.</p>	<p>7 Snack: Low Fat laban, Fruit, Labneh & Zaatar Sandwich.</p> <p>Lunch: 4 cut vegies, Cabbage & Carrot Salad, Red Beans Salad, Veg. Cream Soup, Asian Fish, Meat Balls in Tomato Sauce, Artichoke Stew, Oven Baked Eggplant w Cheese, Rice, Fruit Salad.</p>	<p>8 Snack: Low-Fat Milk, Fruit, Halloum Sandwich.</p> <p>Lunch: 4 cut vegies, Greek Salad, Baba Ghanouj, Cilantro & Carrot Soup, Lamb Goulash, Oriental Chicken, Spinach Stew, Glazed Veggies, Bean Masala, Rice, Tagliatelle W Tomato & Basil, Fruit Salad.</p>	<p>9 Snack: Low-Fat Laban, Fruit, Toast w Gouda & Strawberry Jam.</p> <p>Lunch: 4 cut vegies, Oriental Salad, Pasta Salad, Lentil Soup, Chicken, Fish Fillet w Oyster Sauce, Loubieh, Sautéed Zucchini w Carrots, Cauliflower Provencal, Rice, Mashed Potato, Fruit Salad.</p>	<p>10 Snack: Flavored Milk, Crackers w Cheddar Cheese.</p> <p>Lunch: 4 cut vegies, Fattouch, Red Cabbage Salad, Vermicelli Soup, Baked Fish w Basil Cream Sauce, Arabic Chicken Yakhne, Rajma Masala , Braised Cabbage, Steamed Pumpkin, Rice, vegetable Lasagna, Fruit Salad.</p>	11	12
<p>13 Snack: Low-Fat Milk, Fruit, Zaatar Croissant.</p> <p>Lunch: 4 cut vegies, Cabbage & Tomato Salad, Hummus, Pumpkin Soup, Grilled Kabab , Coconut Chicken, White Bean Stew, Steamed Vegetables, Rice, Potato Wedges, Fruit Salad.</p>	<p>14 Snack: Low-Fat Laban, Fruit, Jam Sandwich.</p> <p>Lunch: 4 cut vegies, Green Salad, Baba Ghanouj, Minestrone Soup, Fish Tandouri, Chicken kabsa, Oven Roasted Seasonal Vegetables, Chana Masala, Rice, Mac & Cheese, Fruit Salad.</p>	<p>15 Snack: Low-Fat Milk, Fruit, Mozzarella Sandwich.</p> <p>Lunch: 4 cut vegies, Oriental Salad, Green Salad, Cream of Chicken Soup, Fish Siyadiyeh, Chicken Parmesan, Zucchini Gratin, Veg. , Steamed Green Beans & Carrots, Rice, Paprika Potato, Fruit Salad.</p>	<p>16 Snack: Low-Fat Laban, Fruit, Labneh Sandwich.</p> <p>Lunch: 4 cut vegies, Beets & Apple Salad, Greek Salad, Zucchini Soup, Kafta, Asian Sweet & Sour Fish, Aloo Gobi, Baked Eggplant w Tomato & Basil, Broccoli w Herbs & Olive Oil, Rice, Vegetarian Pasta Al Forno, Fruit Salad.</p>	<p>17 Snack: Flavored Milk, Crackers w Triangle Cheese.</p> <p>Lunch: 4 cut vegies, Fattouch, Red Cabbage Salad, Mexican Red Bean Soup, Yogurt & Beef, Chicken Biryani, Creamed Corn & Spinach, Sautéed Cauliflower, Seasonal Vegetables w Olive Oil & Herbs, Rice, Potato Gratin,</p>	18	19
<p>20 Snack: Low-Fat Milk, Fruit, Cocktail Mankouche.</p> <p>Lunch: 4 Cut vegies, Green Salad, Mutabal, Broccoli Soup, Chicken Curry, Meat Balls, Vegetable Salona, Steamed Cauliflower, Glazed Carrots, Rice, Eggplant Lasagna, Fruit Salad.</p>	<p>21 Snack: Low-Fat Laban, Fruit, Triangle Cheese Sandwich.</p> <p>Lunch: 4 Cut vegies, Corn Salad, Red Cabbage Salad, Spinach Soup, Orange Chicken, Fish Veronique, Green Beans Masala, Steamed Broccoli, Vegetables, Rice, Potato Wedges, Fruit Salad.</p>	<p>22 Snack: Low-Fat Milk, Fruit, Halloum Sandwich.</p> <p>Lunch: 4 Cut vegies, Oriental Salad, Baba Ghanouj, Leek Soup, Lamb Tajine, Cinnamon Chicken w Apple Sauce, Spinach & Potato Stew, Oven Prepared Zucchini & Tomatoes, Rice, Pepper & Mushroom Spaghetti. Fruit Salad.</p>	<p>23 Snack: Low-Fat Laban, Fruit, Labneh Sandwich.</p> <p>Lunch: 4 Cut vegies, Fattouch, Hummus, Vegetable Noodle Soup, Fish Fillet w Leek Sauce, Eggplant & Meat, Bhindi Curry, Cabbage w Apple, Sautéed Vegetables, Rice, Pasta Alfredo, Fruit Salad.</p>	<p>24 Snack: Flavored Milk, Crackers w Cheddar Cheese.</p> <p>Lunch: 4 Cut vegies, Cabbage & Tomato Salad, Red Beans Salad, Sweet Corn Soup, Vietnamese Beef, Grilled Fish, Vegetables, Steamed Pumpkin, Rice, Boiled Rosemary Potatoes, Fruit Salad.</p>	25	26
<p>27 Snack: Low-Fat Milk, Fruit, Plain Croissant.</p> <p>Lunch: 4 Cut vegies, Fattouch, Hummus, Cream of Mushroom Soup, Roast Oriental Lamb, Mexican Chicken, Mushroom w Olive Oil & Garlic & Herbs, Sautéed Seasonal Vegetables, Rice, Baked Potato Wedges, Fruit Salad.</p>	<p>28 Snack: Low Fat Laban, Fruit, Mozzarella Sandwich.</p> <p>Lunch: 4 cut Vegies, Sweet Corn Salad, Baba Ghanouj, Vegetable Cream Soup, Chicken Korma, Spicy Fish, Zucchini w Onion & Garlic, Grilled Vegetables , Rice, Spaghetti Bolognaise, Fruit Salad.</p>	<p>29 Snack: Low-Fat Milk, Fruit, Feta Roll.</p> <p>Lunch: 4 cut vegies, Cabbage & Tomato Salad, Greek Salad, Potato Soup, Chicken Musakhan, Steamed Fish Fillet in Portuguese Sauce, Green Peas Stew, Grilled Zucchini & Mixed Peppers, Sautéed Broccoli, Potato, Rice, Fruit Salad.</p>	<p>30 Snack: Low-fat Laban, Fruit, Crackers w Triangle Cheese.</p> <p>Lunch: 4 cut vegies, Beets & Apple Salad, Mutabal, Zucchini Soup, Roast Chicken, Veggie Gratin, Beans w Meat, Glazed Carrots, Vegetable Provencal, Rice, Paprika Potato, Fruit salad.</p>	<p>31 Snack: Flavored Milk, Labneh Sandwich.</p> <p>Lunch: 4 cut vegies, Green Salad, Red Cabbage Salad, French Onion Soup, Chicken Biryani, Beef stroganoff, Vegetable Yakhne, Sautéed Cauliflower, Bamieh, Rice, Penne Arabiata, Fruit Salad.</p>		



January, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Early Dismissal at 12:00	9	10	11	12
13	14	15 Early Dismissal at 12:00	16	17	18	19
20	21	22 Early Dismissal at 12:00	23	24	25	26
← Charity Week →						
27	28 Nursery & KG1 Awards Ceremony 9:00– 10:30am	29 - Parent Tea Time 7:30– 8:30 am. - Early Dismissal at 12:00	30 - KG2-/Grade 1 Awards Ceremony 10:00– 11:00 am. - Moodle Training For Parents 2:00– 3:00pm	31 - Grade2-3 Awards Ceremony 10:00– 11:00 am. - Charity Drive Fund Raiser Bake Sale 11:00- 1:00pm		
← Charity Week →						

- Thank you to the Students who are in full uniform daily. شكرًا للطلاب الذين يرتدون الزي المدرسي يوميًا.
- Any Students not in uniform will wait in the office until a uniform is sent for them. يجب على الطلاب الذين لا يرتدون الزي المدرسي الانتظار في مكتب الإدارة حتى يتم إرسال الزي لهم.
- Students will not be admitted to class without proper uniform. لن يتم دخول الطلاب للصف بدون الزي المدرسي.

Your prompt attention to this matter is much appreciated, thank you.

نقدر اهتمامكم وتعاونكم معنا وشكرًا.