

Newsletter

DEBAKEY Newsletter

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Students Give Back During First Annual DeBakey Day

In honor of the school's founder, Dr. Michael E. DeBakey, students, faculty, and staff participated in the first annual DeBakey Day. Being one of only two schools in the world carrying his name and legacy, Michael E. DeBakey High School - Qatar honors Dr. DeBakey everyday with outstanding teaching and student excellence focusing on health sciences, engineering, business, and technology.

Students celebrated the legacy of Dr. DeBakey with a social distancing event. The first event in the school since it opened its doors after COVID-19. The students, faculty, and staff watched a video message from Dr. Virginia Parras, President and CEO of the school, and learned more about Dr. DeBakey's earlier accomplishments through a video on the big screen.

To give back to his most beloved department of the hospital, the students wrote greeting cards and get well soon cards for heart patients in Qatar's Heart Hospital "Al Amal Hospital." The cards were delivered to patients and nursing staff at the hospital the following week. Some of the patients were overjoyed with the cards they received and thanked the students of DeBakey for their kind words.

Students also helped in creating the DeBakey Tree of Wisdom. Where they wrote on recycled leaf papers and placed them on tree branches to be placed in the reception area of the school.

Almost 70% of Students Choose Blended Learning

After getting the opportunity to choose whether they would come to school to do Blended Learning or continue learning online, most parents preferred allowing their child to continue Blended Learning.

Blended learning allows the students to come to school for two days and then continuing the week online from home. This system breaks the students down into two groups. While one is in school, the other is learning from home live with the class.

The high percentage of students coming to school means that students are hungry for learning and are looking forward to the new year.

My Last First Week of School

by Sana Moodley

As a 12th grader, last week was literally my last first week of school. The truth? It was utterly exhausting and overwhelming. So many things yet to prepare for and it already feels like I am behind. Sitting behind the screen for most of my 11th grade made me lose sense of time. On top of worrying about COVID-19 and the blended learning schedule, I have AP classes which I am already behind in because I signed up late. I have to prepare for college and figure out where to apply, as well as focus on school work so I can finish strong.

Everyone always said that 12th grade is going to be hectic and that you need to work hard. They said that about every year, and it always turned out fine. I was so wrong.

The pressure of university and AP scores hit me on the first day. The teachers tried to warn us about the dangers of failing these AP classes, but to no avail, we still choose to exceed our own limitation.

I believe this year will be my year. I will grab the bull by the horns and charge into this school year. Before I know it, I'll be worried about getting into university or which university I should choose to go to.

I got to see my friends, some of whom were quarantined all summer and I had not seen them since June. I got to meet my teachers and I was lucky enough to get some of my favorite teachers again this year. I also got exactly what I wanted with blended learning. Before coming back to school, I was dreading the announcement that school might be fully online. I did not want to spend every day staring at my computer screen, but I also felt like suddenly coming back to school full time was going to be too much to handle after so long away. I got the best of both worlds this year with Blended Learning.



Tips and Tricks for Test Week

With chapter tests in full swing and MAP tests coming up, every student should learn these 7 basic steps to prepare for any upcoming test. The day of and the night before are NOT meant to be days where you are frantically reviewing your book. You should organize your time and allow yourself to relax beforehand. Here are 7 tips to help you on exam day:

1. Prepare things the night before

No one wants to be flipping and turning in bed the night before trying to remember what you need to take with you, just organize everything in one place (next to the door) and as you leave, you know you have everything you need. Getting enough sleep should be a given but students tend to forget that being rested actually helps you concentrate better. Set your alarm earlier than usual to give yourself time to wake up slowly. Prepare your outfit beforehand so you are not wasting too much time looking for something to wear.

2. Wake up your mind and your body

After waking up, your body needs to also wake up with you. You can do that by listening to music to get you energized, reading duaa or some verses of the Quran to calm your mind. Do some breathing exercises or Yoga to get your muscles moving while maintaining your calmness and reducing anxiety.

3. Wear appropriate attire

The environment of exam rooms is not always in our control, make sure to dress in layers and have an extra jacket in case it is cold. Wear comfortable clothing so you are not fidgeting and feeling anxious.

4. Eat a smart breakfast

Make your meal well-rounded. There is no point in eating sugary snacks or drinking high sugar fruit juices and then crashing from the sugar high after a few hours. You need to have some carbohydrates, calcium, and fiber. A cereal bowl with fruits might just do the trick.

5. Warm up your brain

Just like you need breakfast to warm up your stomach, you need something to help you warm up your brain. The most effective way to do so is to skim some headlines from a newspaper or a magazine. Read part of a book that is not related to the exam but excites you. It will help you sharpen your brain before getting into the test. Avoid cramming information about the test before you enter or in the car, it will make you forget all of what you studied before and you will feel stuck.

6. Bring effective snacks

Stay hydrated! Water is the key to all life, make sure to drink lots of water. As for break snacks, bring something refreshing like oranges or apples or granola bars. Do not ruin your focus with sugary foods and drinks that will make you sleepy. Pro tip: Bring mints with you and chew on them when you finish your test, it will give you surge of refreshment from the first bite.

7. Focus and calm yourself on arrival

Get to the exam room early. Figure out where you need to sit and what you need to take with you inside. Make sure to sit upright and get comfortable in your seat. Stretch out your arms and legs whenever you feel restless. Stretching is just like a refreshing mint; it will readjust your body and warm your muscles to keep you energized.

Good Luck!

