

أكاديمية قطر  
للعلوم والتكنولوجيا  
QATAR ACADEMY FOR  
SCIENCE & TECHNOLOGY

عضو في مؤسسة قطر  
Member of Qatar Foundation



# NEWSQAST

16 April 2020

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## Director's Message

Dear Parents,

Research on e-learning has indicated that there are phases in the transition to virtual school. The first phase was necessarily focused on learning how to use our new technical channels of communications. Our second phase is concerned with how we evaluate and maintain authentic and engaged learning. However, as we move forward into our third phase, we will focus more and more on our community's wellbeing. As one researcher stated: "Maslow before Bloom." That's, Maslow's hierarchy of needs (physiological, safety, belonging, esteem, self-actualization) vs. Bloom's (remembering, understanding, applying, analyzing and creating).

This week we sent out a survey on our daily time table in advance of Ramadan. Rather than make an isolated administrative decision, we realized that it would be best for all of you to take part in

this decision. In our minds, we felt this was a community-based approach where we can all engage and by doing so we gave voice to all — this builds community and improves our collective wellbeing. Principal Sam will share the results of the survey and relate our Ramadan schedule below.

Please do follow along with our wonderful counselor Elizabeth Abidaoud as she helps us revisit and redefine our new realities through self-reflection and mindfulness. These practices are life-long skills that build resilience and focus.

### QF Parent Survey:

Parents, this is so very important. Please complete the QF-wide Parent Survey that will be sent to you in a separate email on Sunday 19 April. It is due in by 30 April. The data from this survey is highly valued.

Onward and Upward!

Dr. Greg Moncada, Director QAST



QAST's Weekly Engineering Challenge

#EmpoweringInnovation

### Weekly Engineering Challenge

In engineering, Mr. Peter has challenged students with a weekly engineering project to do at home using every day equipment. These include: Marble Run; Bridge Building and Balloon Car Challenge. We have seen some brilliant and very thoughtful responses.

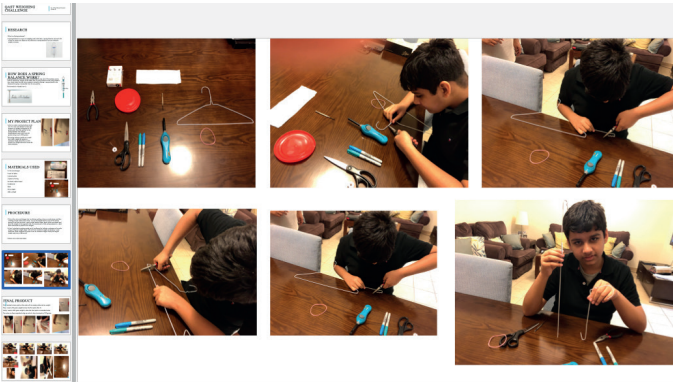
All the challenges are being posted on our website for the community to join in if they wish: [Weekly Engineering Challenge](#)

# QAST without walls #LearningNeverStops

## QAST's Weekly Engineering Challenge Continued

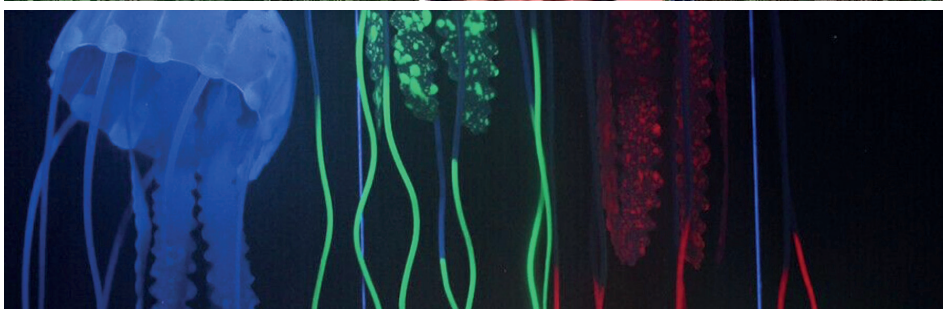
Some images from our challenges so far below. Great work QAST students!

Share our link with your friends and encourage them to take part! [www.qast.qa/en/News/Weekly-Engineering-Challenge](http://www.qast.qa/en/News/Weekly-Engineering-Challenge).



## COVID-19 CRISP Project Update

Students at QAST across all our grades were challenged with a global issue affecting us all. This project gave students a real insight into "what QAST does best" and that is "answering the call to challenges facing Qatar and the world". Our CRISP Project, COVID-19 asked students to work together to identify the most likely place that infections could be contracted whilst in lockdown. The supermarket was highlighted as the most likely place, which raised the following question: "How can we reduce the chance of infections during our grocery trips?". Students have been working on their solutions to find how they can help. The results will be released next week.



# Principal's Message

QAST Parents,

Please see below two key points for the learning of your child. We are expecting to be doing distance education for the remainder of the year. No decision has been made, but we are approaching this situation as if we will finish the 2020 school year like we are now.

## Attendance:

A student has a daily timetable of classes they are expected to finish. Students are requested to do one of two things each day to show they are attending school.

1. Attending a live video conference with teachers.
2. Finish a task on Google classroom within the class period if a video conference is not needed. This will allow teachers to see if students are participating in discussions and finishing their work.

Regardless of video conferencing, the expectation is for students to be learning during the designated class times as per the schedule.

**Ramadan Schedule:** Attached with this newsletter

We will be starting School on 26 April at 9:00 am and students will finish at 13:40 pm. It was a clear choice, from the survey, to make this decision. Teachers will be available during the hours of 9:00 am until 14:00 pm.

Please see the Ramadan schedule attached. I am available by phone and email at any time.

**Mr. Samuel Abrams**  
Principal, QAST

# Curriculum Message

To help you understand our curriculum in more detail, we are launching a curriculum mapping website today. The mini-site will let you search by subject and grade level, allowing you to see the units, standards and content we are teaching and assessing. The site will be continually updated as the curriculum is adapted and improved. Please take a look!

**View our curriculum online:**

<https://qast-public.rubiconatlas.org/Atlas/Public>

**Mr. Vaughan Lewis**  
Curriculum Coordinator, QAST

# Counselor's Message

Dearest Students and Parents,

I hope that this message finds you well and the below information is helpful at this time.

Science shows that learning how to breathe correctly can help you find peace and a sense of calmness. Simple breathing exercises relieve, stress, anxiety and depression, only to name a few. During these stressful times we are in, it is very important to take care of yourself and loved ones. Try and take a moment to pause by taking breaks and incorporating breathing techniques into your daily routine. They prove to be effective and only take minutes of your day.

## TRIANGLE BREATHING

1. Start at the bottom left of the triangle. Breathe in for three counts as you trace the first side of the triangle.
2. Hold your breath for three counts as you trace the second side of the triangle.
3. Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.
4. Repeat for 1 minute.

## Grade 8 Advisory Class

In advisory this week, the Grade 8 class paused and reflected about showing gratitude towards others. Collectively, they want to share their gratitude towards the healthcare workers of Qatar who are on the front-line every day. Below are their responses.

I hope that you are staying safe and healthy,

Sincerely  
Mrs. Lisa

**Triangle Breathing**  
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



## Grade 8 class paused and reflected about showing gratitude towards others

### Ahmad

I am grateful that families are going through this together and how our healthcare workers are caring every day for the people in Qatar's hospitals.

### Noor Al-M

I am grateful to parents and the healthcare workers in Qatar. Parents, put their health at risk when they go to grocery stores to buy food for their families, and healthcare workers put their health at risk by providing medical attention to those who are affected by COVID-19.

### Shaikha

Thank you for all your hard work to keep us safe by providing excellent healthcare to the residents of Qatar.

### Suhib

I'm grateful for everyone involved in stopping this global pandemic, especially healthcare workers, and for the teachers who take time to teach us. You all make a difference in our lives by making it easier and safer.

### Bissan

I am grateful for the healthcare workers in Qatar that risk their lives for the people in need by taking care of them. A healthcare worker has a significant impact on our country and is very unappreciated at times, so thank you for your hard work!

### Mubarak

I like the amount of focus on those in need and what hospitals are doing to meet the medical needs of Qatar's people.

### Mahi

I thank all the people risking their lives every day facing this virus headfirst by risking their lives for the benefit of the country

### Aditya

I am very grateful for the healthcare workers who have to work overtime so they can prevent the virus from spreading in Qatar.

### Ward

I am grateful for the health workers that put their lives at risk every day.

### Nour Al-Q

I am grateful for all the doctors and nurses putting their lives at risk every day to help us. It's honorable and selfless seeing how much they're willing to sacrifice for the sake of the others.

### Mrs. Lisa

I am very grateful for all of the healthcare workers and QAST parents who are out on the frontlines keeping Qatar safe and caring for those affected by the COVID-19. You leave your families every day and put your health at risk to save the lives of others. Thank you for your kindness, compassion, and dedication to the healthcare profession.

## Dr Greg speaks at the virtual WISE event

Dr. Gregory J Moncada played a key role on the panel discussion on Wednesday about the role of education leaders in times of crisis with over 250 attendees.

This live virtual conference was attended by over 2,000 people globally and hosted by WISE and Salzburg global seminar. [www.wise-qatar.com](http://www.wise-qatar.com)

Look out for the story appearing in QF's daily online magazine 'What's Up'. Dr Greg described the event as "An Amazing Experience!".

## Working on home cookery skills in advisory

We have another wonderful recipe to share with you this week, this time it's vegetarian pasta from Grade 8 student Mahi.

You can see Mahi's [recipe at home!](#)



# Let's connect!

## QAST Online



[www.instagram.com/qast\\_qf/](https://www.instagram.com/qast_qf/)



[www.facebook.com/QASTQF/](https://www.facebook.com/QASTQF/)



[www.QAST.qa](http://www.QAST.qa)

## We miss you!! Tag us in your day to day

Facebook: @QASTQF

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