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Director's Message

Dear Parents,
We have had another amazing week here at QAST. Our Grade 10 and Grade 9 students met with Dr Fadi Makki of B4D to continue our one-of-a-kind behavioral science curriculum during CRISP learning time. Meanwhile, our Grade 8 students had a great time in advisory learning some new culinary skills!

We conducted our very first Board of Advisors meeting. The planning for the QAST BOA was started two years ago and to finally have

the board assembled was exhilarating. Students, Director, Principal, Counselor, Curriculum Coordinator and PR/Enrollment Specialists provided reports.

While much of this first meeting focused on learning about each other and the school, we did address our first important issue: enrollment and building up the student body at the school. The Board provided brilliant feedback and we look forward to reporting back to the board in April.

Onward and upward!
Dr Greg Moncada, Director QAST

Our first Board of Advisors meeting



Grade 8 Advisory

During the Advisory class this week, the Grade 8 students made a salad in the school cafeteria and shared it at lunchtime. All students participated in bringing in the essential ingredients, preparing the vegetables and they made a salad with fresh homemade dressing. After the salad was made, the students cleaned up the preparation area and washed and dried the dishes. It was a huge success and I am encouraging the students to share this recipe with their families and perhaps make the salad one day at home. See recipe below.

Ms Lisa, School Counselor



Recipe follows:

Caesar Salad Dressing

- 1/2 cup of olive oil
- 1 tsp of fresh garlic
- 1/2 tsp of salt
- 1/2 tsp of Dijon mustard
- 1 tsp of lemon juice
- 1 tsp of balsamic vinegar
- 3 tsp of parmesan cheese grated
- 2 tsp of mayonnaise (Hellman's is the best)

Directions:

Mix all ingredients until it mixes into a smooth and creamy texture that is light brown in color.

Other ingredients:

- Lettuce/spinach (add additional vegetables if you like).
- Croutons
- Beef bacon fried and crumbled

QFSSA Race

Well done to all QAST Runners in the QFSSA race this week:

Suhaib, Ahmad M, Adham, Aliza, Shahd, Yusuf, Ibrahim, Haiqa

Special mention to the medal winners: Haiqa and Ibrahim!



Principal's Message

Parents,

After school clubs are in full swing. Please encourage your children to participate in clubs.

Kind reminder that on **Tuesday 4 Feb, students will be released from school at 11am** and they need to be gathered by 11:15am.

All QF staff are required to attend a conference starting at 11:30am at the QNCC to celebrate 25 years of QF.

Mr Samuel Abrams
Principal, QAST

CLUB	DAY	STAFF MEMBER
Robotics/Creating	Sunday	Mr Idris
Arabic Gift Talent	Sunday	Mr Zayed
Football	Monday	Mr Zayed, Mr Abdullah
Girls Gym	Monday	Miss Elena
Math	Wednesday	Mr Abdullah
Current Affairs	Wednesday	Miss Ellen
Book Club	Thursday	Miss Jeanetta
French	Thursday	Miss Maha

Counselor's Message

Counselor's Message:

For Grade 9 and 10 students: Texas A & M - Qatar, is providing a workshop during our March break holiday (March 15-19). These programs support college applications and deepen learning so if you plan to be in Qatar, I highly recommend any Grade 9/10 students to apply early if this is a field of interest for you. Please see the flyer at the end of this newsletter for details, and if you have any questions do not hesitate to contact me at any time.

Sincerely,
Ms Lisa

Weill Cornell Open House Student Experience:

Haiqa Masoodi, Grade 10 student of QAST, attended the Open House at Weill Cornell Medical College-Qatar last Thursday. Kindly, read about her experience.



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I had the opportunity to attend the Open House at Weill Cornell Medical College -Qatar last Thursday. The Open House was very informative and I learned more about the medical program. Such details, Weill Cornell Medical College is a 6-year program where the first two years are foundation only for selected students. They accept ACT (31) and SAT I scores, however, the writing is optional for the ACT, but encouraged. If English is not your first language, you either have to take TOEFL or IELTS that has an average score of 8. They also would require a personal statement that asks you why you want to attend WCMC and why medicine is the profession of your choice. They also require your school's transcript, profile and two-letter recommendation one from your principal or school counselor and the other is either a teacher from science or math. They recommend a student who participates in after-school programs and outreach programs that take advance subjects in math, biology, and chemistry. They accept 50 students per year, and they don't transfer students from Weill Medical College in Doha to New York and vice versa. It costs \$57,000 per year to attend. It was great to visit the campus and meet people from Admissions!

Sincerely,
Haiqa Masoodi
Grade 10 Student of QAST

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NewsQAST Extra

We were delighted and grateful this week to receive a beautiful bouquet of flowers from PUE President, Ms Buthaina Al-Nuami, in recognition for our International Award for Teaching and Learning.



Dates for Your Diary

Date	Time	Activity
4 Feb	11am EARLY FINISH	Early release for students as all QF staff attend the I AM QF celebrations at QNCC.

Read all about it!

Dr Greg, QAST Director comments on the recent WISE survey about how young people view their education.

<https://m.gulf-times.com/story/654447/WISE-survey-reveals-how-young-people-view-their-ed>



Clubs

After School Clubs from 2pm to 2:50pm

CLUB	DAY	STAFF MEMBER
Robotics/Creating	Sunday	Mr Idris
Arabic Gift Talent	Sunday	Mr Zayed
Football	Monday	Mr Zayed, Mr Abdullah
Girls Gym	Monday	Miss Elena
Math	Wednesday	Mr Abdullah
Current Affairs	Wednesday	Miss Ellen
Book Club	Thursday	Miss Jeanetta
French	Thursday	Miss Maha

QAST Online



www.instagram.com/qast_qf/



www.facebook.com/QASTQF/



www.QAST.qa

Contact Details

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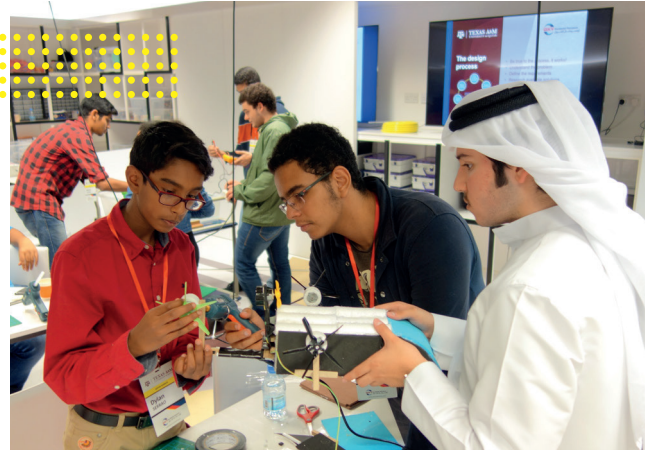
Reception: qast@qf.org.qa +974 4454 6426

ENGINEERING HEROES

Ocean Scouts

15–19 March 2020
8:30 a.m. – 3 p.m.

Apply online at www.stem.qa.
Applications due by 27 February 2020.



What is Engineering Heroes?

Engineering Heroes is an exciting, hands-on program in which students in grades 9–12 spend one week creating a focused engineering project that demonstrates that engineering is a patriotic profession in Qatar. The program is designed to increase students' passion for science, technology, engineering and mathematics (STEM).

This year, the theme has been selected from one of the fast-growing engineering technologies: ROV (remotely operated vehicle or underwater robotics). Throughout this program, students will learn about underwater robotics, threats to oceans, mechanical design, structural systems, programming, control systems, underwater engineering and experimental measurements.

How can I participate?

Engineering Heroes is open to students who are in grades 9–12 at any school in Qatar. Participants

will be selected on a competitive basis according to their applications and essays. This is an exclusive program with competitive selection, so only the best applications will be accepted. Applications must be submitted by 27 Feb. 2020.

How much does it cost?

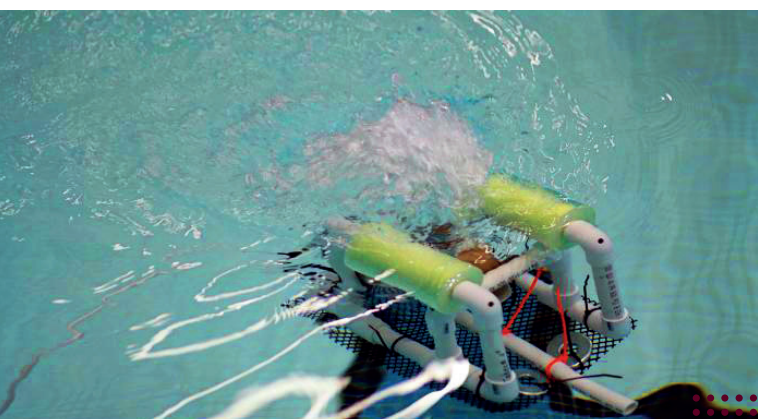
Participants only need to pay a registration fee of QAR 100. This fee is paid after acceptance, but it is nonrefundable, even if a participant later decides not to participate in the program.

What should I expect?

The Engineering Heroes program inspires students to learn and creatively apply STEM skills to solve real-world problems and improve their critical thinking, teamwork and creativity. The participants learn about ocean cleanup, the fundamentals of ROV, 3D CAD design and underwater navigation.

Students will compete in teams to design, build, program and test an underwater robot designed to clear the ocean of pollutants and monitor Qatar's natural coastlines. Using state-of-the-art components and engineering materials, participants will build the ROV to complete the assigned mission.

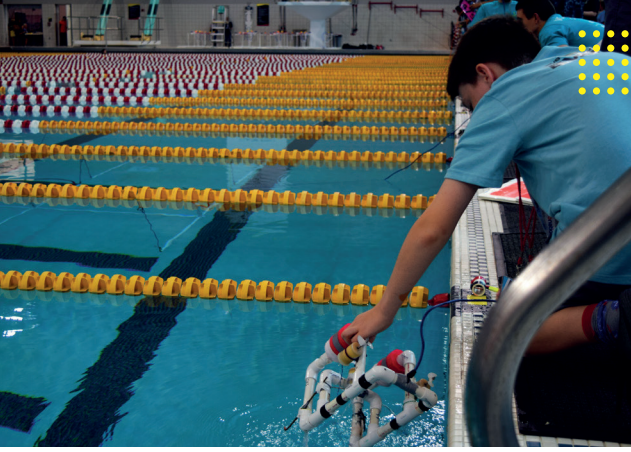
Expect lots of hands-on work — and lots of fun! Participants will design and build their ROVs and the necessary sensors to tackle the real-world problems of plastics in our ocean. They will also present and defend their designs to a panel of robotics experts.



أبطال الهندسة استكشاف المحيط



TEXAS A&M
UNIVERSITY at QATAR



٢٠٢٠ مارس ١٩-١٥
٨:٣ ص - ٣:٠٠ م

أكمل الطلب على www.stem.qa
باب التسجيل مفتوح لغاية ٢٧ فبراير

كم يكلف؟

يحتاج المشاركون لدفع رسوم تسجيل بقيمة 100 ريال قطري فقط. يتم دفع هذه الرسوم بعد القبول، وهي غير قابلة للاسترداد.

ماذا يجب أن أتوقع؟

يهدف برنامج «أبطال الهندسة» إلى إلهام الطلاب على تطبيق المهارات المتعلقة بالعلوم والتكنولوجيا والهندسة والرياضيات بشكل خلاق لحل مشاكل العالم الحقيقي وتحسين تفكيرهم النقدي والعمل الجماعي والإبداع. سيقوم المشاركون بتعلم مقدمة حول تنظيف المحيطات، وأساسيات المركبات الغاطسة التي تدار عن بعد، وأساسيات التصميم ثلاثي الأبعاد، والتنقل تحت الماء.

سوف يتنافس الطلاب في فرق لتصميم وبناء وبرمجة واختبار روبوت غاطس يقوم بمراقبة السواحل وتخليص المحيط من الملوثات. وسيقوم المشاركون بإنشاء روبوت لإكمال المهمة المحددة باستخدام مكونات ومواد هندسية متقدمة.

توقع الكثير من العمل والتجارب العملية - والكثير من المرح! سيقوم المشاركون بإنشاء المركبات الغاطسة التي تدار عن بعد الخاصة بهم واستخدام أجهزة الاستشعار اللازمة لمعالجة مشاكل العالم الحقيقي وهي وجود البلاستيك في محيطنا. كما سيقدمون عرضاً عن تصاميمهم أمام لجنة من خبراء الروبوتات والهندسة للدفاع عن روبوتاتهم التي قاموا ببنائها.

ما هو برنامج أبطال الهندسة؟

«أبطال الهندسة» هو برنامج شيق وعملي حيث يقضي الطلاب في الصفوف ٩-١٢ أسبوع في تصميم وبناء مشروع هندسي مركز يهدف لإثبات أن الهندسة مهنة وطنية. تم تصميم هذا البرنامج لتشجيع الطلبة والطالبات وزيادة شغفهم بالعلوم والتكنولوجيا والهندسة والرياضيات (STEM). وسوف يدرّس البرنامج باللغة الإنجليزية.

تم اختيار مشروع هذا العام من بين التقنيات الهندسية الأسرع نمواً: المركبات الغاطسة التي تدار عن بعد. خلال هذا البرنامج سيتعرف الطلاب على المركبات الغاطسة، التهديدات التي تواجه محيطاتنا، التصميم الميكانيكي، الأنظمة الهيكلية، البرمجة، الهندسة تحت الماء، والقياسات التجريبية.

كيف يمكنني المشاركة؟

أكمل الطلب على الرابط التالي www.stem.qa. إن برنامج «أبطال الهندسة» برنامج حصري، لذلك سيتم قبول أفضل الطلبات فقط.

