



AJB INSIDER

EDITOR: FAHMIDA ISLAM

BLUEVEMBER

November is the month of Diabetes Awareness. It is a time when communities across the globe start initiatives and bring awareness to diabetes - a disease that 422 million people suffer worldwide and must cope with daily. The UAE ranks among the highest prevalence of diabetes (within its population) worldwide with 16.3% of the population having diabetes and about 40.9% of these people unaware that they even have the condition, making diabetes awareness especially important in the UAE.

Al Ain Juniors' British system's initiative for this special event was a seminar. The seminar consisted of 2 main parts, the presentation where student presented information pertaining to diabetes and an online quiz testing the participants' knowledge.

The presentation started off with an introduction and a video. The video talked about various facts about diabetes such as the difference of Type 1 and Type 2 diabetes. Type 1 is genetic and out of the person's control, while Type 2 diabetes is majorly caused by unhealthy diets that often contain a lot of sugar and salt. Fret not, though! Type 2 diabetes can be prevented by working out regularly and limiting sugar and carbs from your diet.

The video then proceeded to talk about the symptoms that people deal with daily. Chronic symptoms such as dry mouths and itchy skin increased thirst, and blurred vision, just to name a few. In an enlightening part of the video and how people cope with the disease medically and emotionally was discussed, it shed light upon the struggle of having to monitor your sugar blood levels and the financial strain having to buy insulin, an expensive product not covered by insurance in some parts of the world. It is critical to their survival, and the lack of both money and insulin puts tremendous strain on a family or an individual financially.

The presentation moved on to a slide which touched on more symptoms and facts about diabetes.

The final video of the seminar talked about the warning signs that most people miss and discussed the big red flags people should always be aware of such as frequent irritation, unexplained weight loss, fatigue etc.

Finally, the presentation ended with an overview of the world's statistics and the UAE's specific statistics on diabetes. Then we moved on to the 2nd part of AJB's seminar, the quiz which was sent out to the students present in the seminar, and with that, AJB concluded the end of yet another event organized by the Student Council.

-Lina Khalid



November 2020
Diabetes Awareness Month
#AJBBluevember

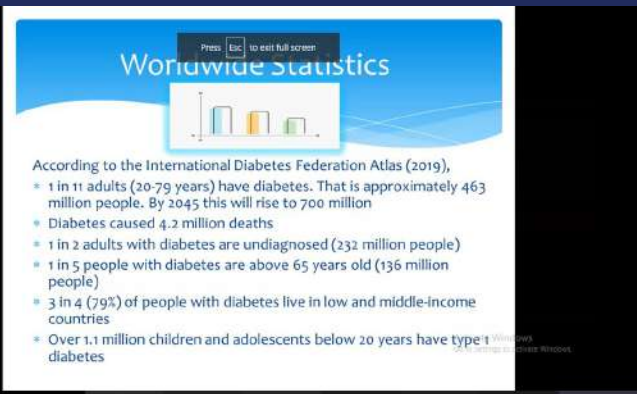
November is Diabetes Awareness Month, a time when communities across the world team up to bring attention to diabetes.

AJB's initiative — #AJBBluevember

Our initiatives this year consisted of:

- 1/ AJB Bluevember Seminar - students presented information pertaining to diabetes awareness
- 2/ An online quiz testing participants' knowledge on diabetes.

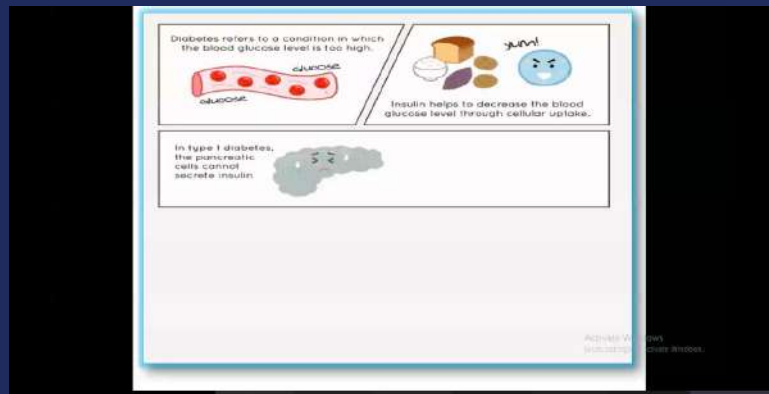
Thank you for your participation!

Worldwide Statistics

According to the International Diabetes Federation Atlas (2019),

- 1 in 11 adults (20-79 years) have diabetes. That is approximately 463 million people. By 2045 this will rise to 700 million
- Diabetes caused 4.2 million deaths
- 1 in 2 adults with diabetes are undiagnosed (232 million people)
- 1 in 5 people with diabetes are above 65 years old (136 million people)
- 3 in 4 (79%) of people with diabetes live in low and middle-income countries
- Over 1.1 million children and adolescents below 20 years have type 1 diabetes



Diabetes refers to a condition in which the blood glucose level is too high.

Insulin helps to decrease the blood glucose level through cellular uptake.

In type 1 diabetes, the pancreatic cells cannot secrete insulin.



MEN'S HEALTH AWARENESS WEEK

When we think about the struggles that transcend gender, we think about issues like mental health, human rights, and climate change.

In November, it is Men's Health Awareness Week. This usually is met with scepticism, since it is a widespread belief that men always need to be tough and that they are not affected by as many things as women are. This obviously is not true. Many men grapple with mental health issues like depression and anxiety, as well as increased risks of heart diseases and prostate cancer.

With references to mental health, both men and women have been overlooked. However, men have higher suicide rates and issues with substance abuse. This has links with the fact that, in many societies, men have been told to 'man up' and completely disregard their feelings, because being vulnerable is undesirable. (Again, this is not true! Vulnerability helps us deal with the issues we have in the long run and can make us better people.)

Our school has resources available to everyone, especially young men. Counsellors and teachers are more than willing to listen to and assist a person who is struggling. We can always improve, though. There should be better resources available to struggling students, like access to a psychiatrist at a public hospital and how to reach one and educating young people about navigating situations that are all too common. There should be no stigma or shame in speaking about mental health, since at least 1 in 4 people suffer from some form of mental illness.

One of the initiatives the Student Council did was a social media campaign. The male members of the Council all sent in what goes unnoticed, in terms of men's health. Issues touched upon were mental health, unreported instances of sexual assault and physical illnesses, like heart disease, among other things.

To close this article, I would like to talk about professional help and why getting it is not a bad thing or a sign of weakness. I know for a fact that going to therapy can be the most daunting thing imaginable, but it does not make you weak. (The whole concept of being weak is completely bogus; you are a human being and deserve to have emotions.) SEHA has an amazing team and will refer you to a psychiatrist at a public hospital. (Call 80050 to talk to a receptionist, and then ask for a psychiatry appointment.) They will treat you with the utmost respect and dignity. There is no shame in asking for help when you need it; it is a sign of strength, not weakness.

If you or someone you know needs help, please contact SEHA or one of our school's counsellors.

-Hannah Padia and Marwan Jamal



ANXIETY AND DEPRESSION ARE NOT JUST WOMEN'S ISSUES!

ENCOURAGE MORE MEN TO SEEK TREATMENT AND DESTIGMATIZE THERAPY!



THERE IS NO RIGHT WAY TO BE A MAN!

ENCOURAGE POSITIVE BEHAVIOR INSTEAD OF PROMOTING TOXIC MACHISMO!



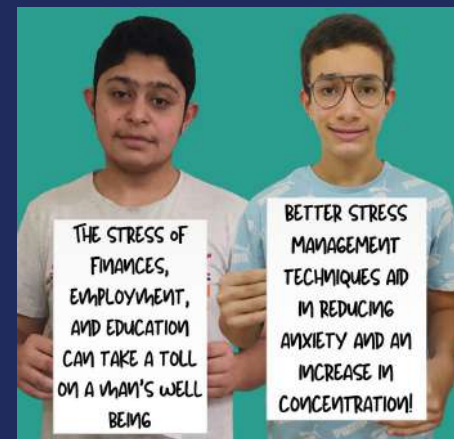
REACTIVE ANGER / HOSTILE AGGRESSION IS COUNTER-PRODUCTIVE!

PROMOTE POSITIVE ANGER EXPRESSION THROUGH PROPER COMMUNICATION!



MEN CAN BE VICTIMS OF SEXUAL ASSAULT TOO!

AT LEAST 1 IN 6 MEN HAVE BEEN SEXUALLY ABUSED OR ASSAULTED. LISTEN AND PROVIDE A SAFE SPACE FOR MALE SURVIVORS!



THE STRESS OF FINANCES, EMPLOYMENT, AND EDUCATION CAN TAKE A TOLL ON A MAN'S WELL BEING

BETTER STRESS MANAGEMENT TECHNIQUES AID IN REDUCING ANXIETY AND AN INCREASE IN CONCENTRATION!



THE CAREER FAIR

Students can often feel lost when it comes to choosing a university or a major, and unsure of their future beyond high school. Therefore, it is important to make sure that the students know their options, and where they might end up pursuing higher education.

For this purpose, a virtual career fair was conducted from the 12th of November 2020, in collaboration with a multitude of universities, including the University of Bolton and the University of Sharjah. These were held mostly through live shows on Microsoft Teams. They lasted for a week and were attended by students from all grades, mostly from grades 10 to 12.

Most of the representatives spoke about the majors in their respective universities, as well as their grade requirements. Some others also showed the students how their college letters should be written and what to include in them, giving them a basic idea of what they look for in students, and encouraging them to showcase their strong points.

The students' questions were answered patiently by the representatives, and interviews were held to share experiences. The students seemed to have really benefited from these orientations, and some have shared their opinions on the events.

Lojain Mahmoud, the assistant Flames captain, said that she felt the career fair was educational and helpful. "Getting to attend these orientations gave me an idea of how college is going to be, and that I need to work hard to achieve my goals and ambitions," she said.

It is important to understand the needs of the students and cater to them, to guide them through the overwhelming process of choosing a path, and this collaboration did just that wonderfully.

-Nawal Khalid, Hurriyah Akbar and Mohammed Moghis

FLAG DAY

Short and sweet was the motto for our school's Flag Day event, which took place on the 3rd of November, 2020. The whole event was 4 minutes long, so students missed virtually no class. Mr Gaffar, the principal, raised the flag at around 11 AM. There was a slight issue, as the flag got stuck halfway up the pole, but the support staff came to the rescue. After the flag was raised, (the National Anthem was playing at the same time) the live event ended, and everything went back to normal.

-Hannah Padia

REPORT – AJB FLAG DAY 2020

The UAE flag represents courage, the strength of mind, peace, and hope. It is this theme of unity and working together forms the very foundation of our own ambitions, and the ambitions of the UAE. A PowerPoint presentation was shown to grade 7 to grade 12, to remind them about the importance of Flag Day emphasizing on how we can all unite under the UAE flag, and how the flag can act as a symbol of our shared ideals and values. As the Flag was proudly raised and saluted in our school, the primary students along with those who were in school sang the national anthem to renew our commitment to these values. As our students were studying from home, they attended live session and witnesses this event. Students later celebrated Flag Day by participating in the online quiz and making some videos and PowerPoint presentations. With the spirit - Raise it high, Raise it proud, students changed their profile picture to UAE flag for a day and portrayed the spirit of solidarity and unity that represent the UAE.

-Ms Nasim

Have a sneak peek into the activities of the day:



NATIONAL DAY

Al Ain Juniors had a collective event for National Day, in the same way, that this country came together as one. Both the Indian and British systems collaborated to create an amazing event that spanned both primary and secondary sections in each system. Children of every age group participated in the National Day event, and we started with a prayer then a talented group of AJI pupils took the metaphorical stage to sing the National Anthem. What followed was an address by Ms Humera Sherief, the Vice Principal of Al Ain Juniors' Indian System. She spoke rather eloquently about the struggles the UAE has overcome and expressed her gratitude for the safety and quality of life that we experience here and the government's handling of the COVID-19 pandemic. Then, it was time for the little ones to shine! The pupils of Grade 1 (AJI) danced and waved their flags to a song about the Emirates. They all wore traditional clothing as well as patriotic symbols. (The flag, amongst other things.) After that rousing address, it was time to flex our academic muscles, so to speak. Aliya Nusrat (AJI) took us on a virtual tour of the Etihad Museum. It consists of the Union House, Guest Palace, and Museum. The tallest flagpole stands at the Etihad Museum, at a huge 123 metres tall. The Union House is where the 7 Founding Fathers signed the agreement to become the UAE. No one is allowed in the room itself, as everything is exactly as it was in 1971, except for the curtains, chairs, and A.C units. The Grade 1s made another dancing appearance with their traditional clothing. It served as a lovely interlude between the last segment and the next one. The next segment was about the UAE during the pandemic and was done by the students of Grade 7-10. It started with the pandemic report. They talked about the progressive and effective programs implemented by the government of the UAE. They were ranked among the Top 20 countries in terms of COVID-19 responses. The reason for this is because of their unified approach to lockdowns and testing. The entire country was on a simultaneous lockdown, so the virus could not spread as easily as it had in some places. Another reason is their conversion of certain hospitals, like Al Ain Hospital, into specific COVID-19 hospitals. This enabled the staff who worked there to get the resources they needed, and for the patients to receive the medical care they deserved. Testing was and still is, available in drive-through testing stations, pop-up stations as well as clinics and hospitals. The UAE did an excellent job in protecting not only its economy but its people too. (They even tested more people than its population.) Then we all went over the coronavirus' impact on the economy, and the measures we must take to stop it from spreading. (Quarantines, lockdowns, testing, etc.) Then it was time for another address, by Ms Cecily, the Principal of the primary section of the British curriculum. She spoke about the inspirational way that the UAE has been able to unify and provide for a country of such diverse people. She spoke of the safety we have, and of how grateful we all are, during the 49th National Day. A young man from the Philippines told us how proud he was to be a Filipino, and that he spoke Tagalog at home. (He wore his traditional clothing.) A pair of siblings named Mohammed and Hamda Osman represented Pakistan. Mohammed spoke Arabic fluently and said that they had been in the UAE for 8 years and were safe and happy. Maria was next, and she is from Palestine. She told us of the 7 Emirates, the capital (Abu Dhabi) and the tradition of National Day. Finally, it was time for Arun, from Grade 4B. He is from Pakistan, and he talked about Sheikh Zayed and the magnificent way he united the Emirates. Arun specified the most common festivities, which are fireworks and band shows. People often dress in national colours and decorate their houses with flags and portraits of the Sheikhs. We ended with a very genuine, informative speech by... about what fascinated her about the UAE, which was its culture, dances, clothing and more. (She is from the Philippines.) The Grade 6s of the British system did a segment on the timeline of the UAE. Bilal Adel, the primary school's Head Boy, told us of how the Trucial States came to be in the 1800s. In 1820, Great Britain and the native rulers (Emirs) signed an agreement to combat piracy along the Gulf coast. The region became known as the Trucial Coast. In 1892, the Trucial States gave Great Britain control over its Foreign Affairs, whilst each Emirate had control over its internal affairs. In 1948, oil was discovered off the coast of Abu Dhabi. By the 2nd of December 1971, each Emirate's ruler came to a summit in Abu Dhabi to sign an accord that formally created the United Arab Emirates. Last, but certainly not least, we had a video that was edited and compiled by Meera Morales. Riham Abdul (Grade 7), Noreen Munir (Grade 9), John Magdy (Grade 11), me (Grade 11) and Muntaha Nadeem (Grade 12) all participated in the video. We were asked about our favourite places, our most meaningful experiences, what we get here that we cannot in our native countries and the things that we are grateful for. Here is the video! <https://youtu.be/kZZ4mn25RkI>. The National Day event was cool, all in all, and the best thing was, everyone was safe. Until next year!

-Hannah Padia



REPORT - AJB NATIONAL DAY CELEBRATION 2020

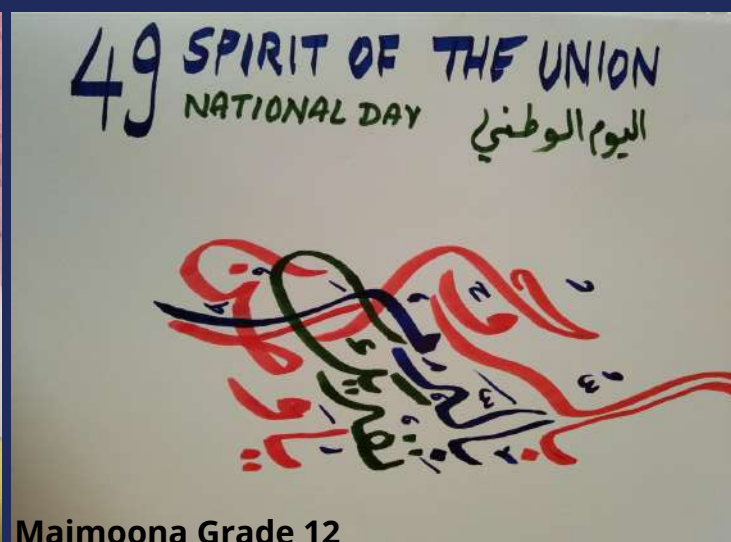
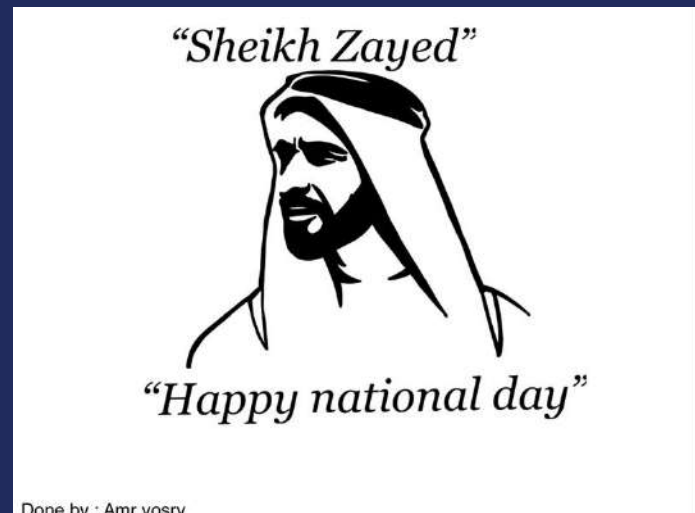
The UAE National Day is celebrated on the 2nd of December and is a special day where lots of activities and colourful events happen throughout the UAE. It was on this day that the seven Emirates united, forming the United Arab Emirates.

Every year our students enthusiastically participate in the UAE National Day celebrations. This year we celebrated the 49th UAE National Day on 30th Dec. 2020.

The day started with class teachers and students first changing their profile picture to the UAE national flag to portray the spirit of solidarity and respect for this beautiful nation. exchanging greetings on the occasion of National day. A link was shared with class teachers which they were asked to share with their students and make them join the virtual celebration at 1 p.m. in which the student's videos, messages were presented. Students from grade 7 to 12 prepared PowerPoint presentations, video messages, podcasts, and posters. They also participated in a quiz on National day.

-Ms Nasim

Glimpses of some of the activities by students:



Maimoona Grade 12

THE INVESTITURE CEREMONY

As students and young people alike, we always believe that our involvement in things that matter is limited. We believe that we cannot make the world a better place, just because we do not often see spaces that are dedicated just to us. However, as the world progresses, and we grow up, we are beginning to understand the scope of the challenges that await us. (Spoiler alert: they ain't small.) Our school and the people that inhabit it are trying to educate us about the world at large and give us the experience we need to lead and make a difference.

The Investiture Ceremony was held on the 7th of December 2020. We began with an introduction by Eman and Fahmida, who gave everyone a warm welcome and segued into the introduction of the Student Council.

Mr Gaffar, our Principal, gave a rousing speech about our duty to the students who elected us, and the responsibilities that await. He reminded us of the fact that we can change the world if we do it right. We began by introducing our President, Shaika Alam. Her mother gracefully pinned her badge to her sash. (Each Student Council member wrote their own part of the introduction address, so each one is unique.)



Shaika told us about her academic excellence, interests, and ambitions for her future. (I have no doubt that she will achieve them, as does the rest of our school.) Next, it was Mohammed Hayid and, my, turns, as we are the Vice Presidents. Mr Hayid beamed at his son, and my mother was incredibly happy. We each wrote about our interests and ambitions, as well as the things we stand for. (Eman and Fahmida read all of this out loud; they did an awesome job.)

Next up was the Secretaries, Faryal Khan and Muhammed Ali. They understand their responsibilities and are dedicated to serving the students, as was evident by their addresses.

Then it was the Treasurers' turn: Mahenou Malik and Mansoor Ahmed. They oversee managing the budget for our Student Council and are capable young people.

The Student Ambassadors, Farhana Yesmin and John Magdy are your voices. They will relay the views and decisions of the Student Council and will assist any student who has any issues. (That signalled the end of the administrative section of the Council.)

The Sports/P. E team was next. Each student had their badges and sashes put upon them by their parents.

For Rapids (Captains first, then Assistant Captains) they were: Zakaria Akbar, Noor Fatima, and Fahad Ahmad as well as Rida Faisal. Each team member emphasized the importance of their duty and the fact that they were grateful for being elected.

The Flames House was next, with their Captains being Malik Mobeen and Fatima Mohammed, and their Assistant Captains being Mohammed Johaifa and Lojain. Each member had excelled at sports prior to being elected and was excited to begin.

The Rockies have had their introductions afterwards, with their Captains being Mohammed Haroon and Kainat Saleem, and the Assistant Captains are Suhaib Ahmed and Sabiha Mohammed. They want to play sports and activities more accessible for students, so they can have a wider range of experiences.

Finally, the Tornadoes presented their elected officials. The Captains are Ahmed Mohammed and Hafsa Yasmin, and the Assistant Captains are Arslan Masood and Ishaq Najiba. They all love interacting with the Student Body and are passionate about their positions.

The Sports Captains are Abdelrahman Elsabbah, as well as Denise Rayan. They are seniors and have a lot to teach younger students about leadership and sports itself.

The Assistant Sports Captains are Hasan Ali and They have been part of the Student Body for over 10 years and have excelled at sports.

Then, we all took a pledge, with Mr Gaffar leading us. Shaika said the pledge for us after we all said our names. We promised to serve the students that elected us, always be honourable and honest, and ethical in our decision-making, whilst keeping the student's best interests at heart.

After this, the Chairman of our school, Mr Tanveer Arshad, gave a speech about unity and the responsibilities we hold. He went on about the fact that our school cares about its students and wants us to succeed.

Our class teachers then recorded a sweet message of them saying hello and writing positive messages on the board. (I really missed our school at this point.) We closed out with an address by the Student Council, with each member saying a part of a cohesive script. We outlined the Council's plan to be inclusive, to execute our ideas properly and to be completely transparent when it comes to the Student Body. (Telling the Student Body of every decision we make.)

We closed out with a Note of Thanks that was delivered by me. I thanked the teachers for guiding us and teaching us to the best of their ability. I am so grateful for my fellow Student Council members for their endless support and aptitude; the support staff for helping the school run smoothly, and finally, the Student Body. There would not be an us without you. You have elected us to these positions, and we cannot wait for you to see what we have in store for you.

-Hannah Padia

