

# The Durham Paper



## An Interview with Ms J Hayward: Our New Head of Secondary!

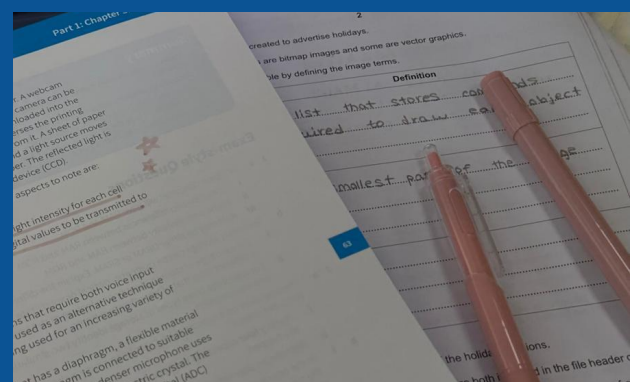
In an exclusive interview, our co-editor Najwa delves into aspirations, academic views and strategies with our new head of secondary. Join us as we uncover the story of Ms J Hayward, her past experiences and her ambitions for our school.

**Najwa: “When and why did you decide to become a teacher?”**

Ms J Hayward: “I wasn’t always going to be a teacher – I did my Geography degree at the University of Cambridge and was supposed to join the Royal Navy – instead, I then became a transport consultant for a few years. I then realised that this was not what I wanted to do and did my teacher training in Leeds in 2003. I have taught at schools all over the UK since then, both co-educational and all-girls, doing roles that include Head of Geography, Head of Sixth Form, Deputy Principal and Principal.”

**Najwa: “What made you want to come to Durham School?”**

Ms J Hayward: “Durham School for Girls is such an amazing school with great pupils and staff. I love the values of the school and what it stands for.”





## **Najwa: “What accomplishment are you most proud of?”**

Ms J Hayward: “In my third year of teaching, I set up the school’s first ever expedition to Namibia. The pupils lived in a rural village for the week, working in a school and improving its facilities. We then toured around Namibia, hiking, going on safari and understanding about the culture. I had been on such a trip when I was 16 and knew the impact that it would have on the girls. That trip now runs every two years at that school and has impacted 100s of pupils.”

## **Najwa: “Tell us about one student in your career that stands out in your mind. Why does this student stand out?”**

Ms J Hayward: “I remember this young lady who was with me when I was the Head of Sixth Form. She needed a lot of help to get her to school and we talked a lot about her life and what was affecting her outside of school. She managed to do well in her A-Levels, but did not feel, at that time, well enough to go to university. I heard, a couple of years later, that she was a lot better and had managed to get into a top university and was doing really well. I was so proud of her.”

## **Najwa: “What is the hardest decision you have had to make in your career?”**

Ms J Hayward: “Being the Principal of a boarding school during COVID was really difficult. I think that the hardest decision I had to make was to send our overseas boarders away from school to live with their guardians. Some of them wanted to stay at school, but it just wasn’t allowed. It was such a sad situation for everyone, but we had no choice.”

## **Najwa: “Are there any specific areas you’ve identified for improvement in this school, and what strategies do you have in mind to address them?”**

Ms J Hayward: “The new behaviour policy is working very well. We will be monitoring its effectiveness over this term and see if any tweaks are needed going forwards.”



**Najwa: “What opportunities do you believe exist for this school’s growth and development?”**

Ms J Hayward: “So many! And across the board in terms of academics, wellbeing, co-curricular and more. As soon as we firm up any thoughts, we will share them with our whole community.”

**Najwa: “Lastly, do you have any words of motivation for the students reading this paper?”**

Ms J Hayward: “We have amazing girls in this school. Believe in yourselves, work hard and you will go out into the world ready to make a real difference.”

**By : Najwa Al Hemaiddi**

## Surviving iGCSEs: Advice To My Younger Self

IGCSEs are an extremely stressful time and preparing for them can be even more nerve-wracking. If I could go back in time to my exams, this is the advice I would give my younger self: 1. Be consistent in your revision and don't push it to the last moment; that will only cause you to be more stressed than you already are. 2. Get enough sleep, it'll help you focus especially on the day of your exam (so don't stay up studying last minute). It's best to start revision right now. 3. To manage your time efficiently, you should be revising older topics or topics that are harder for you. Make sure to continue to revise until you're sure that you're ready for your exam. Revising a couple months before helps you a lot during your actual exams. A huge heads up I would give myself is that revising during the study leave gets extremely challenging with the amount of pressure and stress that you're on. With all the revising, always remember to still give yourself breaks and days off and to not burn yourself out too much. Keeping a healthy mindset and being optimistic is always important for a time like this. And always remember that if it doesn't go well there's always another chance to try again so do not worry too much. Lastly, have fun, even if it's a stressful time. Exams were such a memorable time from counting down the days to the last exam to studying with friends all day, so enjoy it while it lasts. Good luck with your exams, Year 11!

By: Shaikha Al Maadhadi



# Qatar Unleashed: Thing To Do This Year



Prepare to become totally immersed in the wide range of events taking place in Qatar! This dynamic nation is a hive of activity, with a variety of exciting events scheduled to suit every interest. Whether you're a tourist, a sports enthusiast, or just someone who enjoys culture, Qatar has something unique to offer.

Take in the captivating world of dance, music, and art at the prestigious Qatar International Music Festival, which takes place from March 15 to March 22. Admire the harmonious fusion of several cultures as you are fascinated by the captivating performances of elite musicians.

For those who enjoy sports, Qatar is a centre for exciting events. There's no shortage of heart-pounding action, from the thrilling Qatar Open Tennis Tournament, which takes place from February 5 to February 12 and showcases the skills of top-ranked players, to the intense Qatar MotoGP race, which takes place on March 31 and will have your heart racing. But that's not all! On February 23, don't miss "The Heart of Hope" Charity Match, featuring the best football players raising funds for humanitarian causes. It's a chance to enjoy world-class sports while making a positive impact.

Get ready to have your taste buds tantalised if you're a food enthusiast at the Qatar International Food Festival, which takes place from April 10 to April 14. Savour delicious delicacies from around the globe and discover the rich flavours that Qatar has to offer as you embark on a gastronomic adventure.

However, it goes beyond the major occasions. Numerous regional celebrations and festivals honouring the nation's rich customs and heritage are held throughout Qatar. You will have the chance to fully immerse yourself in the unique culture and customs of Qatar, from the boisterous Souq Waqif Spring Festival in March to the vibrant celebrations of Qatar National Day on December 18.

So, make sure to put these events on your calendars and get ready to be enchanted by Qatar's future offerings. Qatar has all you may want for a pleasant vacation with loved ones, entertainment, or cultural immersion. Come along with me as we set out on an adventure that will leave us with magical memories and lots of excitement.

- Asmaa Almarzoogi and Aldana Al Hajri

# Strategies for Success: How to Prepare for Your Exam Like a Pro

As students prepare for upcoming exams, the search for effective study strategies intensifies. Many students find themselves overwhelmed by stress and last-minute cramming. However, with a well-crafted study routine and a focus on maintaining balance, achieving academic excellence becomes more attainable.

Organisation is paramount. Create a detailed schedule outlining study sessions, breaks, and commitments. Prioritise subjects based on exam dates and difficulty, allocating more time to challenging topics. This structured approach avoids last-minute chaos and promotes efficient use of study time.

Ensure your study space fosters concentration. Minimise distractions, keep the environment tidy, and have necessary materials at hand for enhanced focus and productivity.

Researchers have explored studying techniques beyond the conventional. The "spacing effect" involves distributing study time across multiple sessions over days or weeks, enhancing long-term retention. Break study sessions into manageable chunks. The Pomodoro Technique, with 25 minutes of focused study followed by a 5-minute break, maintains concentration and prevents burnout. Active recall, quizzing yourself on the material, strengthens memory retrieval pathways. Flashcards, self-quizzing, and teaching concepts to others are powerful tools leveraging active recall principles.

Variety is essential. Mix study methods with flashcards, summarization, and self-quizzing to prevent monotony. Engage with information in different ways, like teaching concepts to classmates, reinforcing understanding.

Physical and mental well-being is crucial. Ensure adequate sleep each night for cognitive function and memory retention. Regular exercise, even a short walk, reduces stress and improves overall mental health.

Balance nutrition with brain-boosting foods like nuts, fruits, and whole grains, staying hydrated. A well-nourished body supports a well-functioning mind. Quality sleep is pivotal for memory consolidation, maximising the brain's ability to retain and recall information.

Maintain a healthy study schedule by prioritising tasks based on importance and deadlines. Break down large tasks into smaller, manageable chunks to reduce stress.

Lastly, don't underestimate self-care. Taking time for relaxation and enjoyable activities recharges mental batteries. A healthy mind is better equipped to tackle academic challenges. In conclusion, a well-rounded approach to exam preparation involves strategic organisation, effective study techniques, and prioritising personal well-being. Implementing these strategies helps navigate the exam period with confidence, leading to improved academic performance and a more balanced student experience.

# A Guide to Avoiding Bad Habits and Cultivating a Positive Lifestyle

In a world filled with distractions and temptations, steering clear of bad habits has become a crucial aspect of maintaining a healthy and fulfilling life. Whether it's procrastination, unhealthy eating, or excessive screen time, breaking free from these detrimental patterns is not only possible but essential for personal growth. Here's a comprehensive guide on how to avoid bad habits and embrace positive changes.

## 1. Self awareness:

Pinpoint the situations or emotions that lead to the onset of your bad habits. Understanding the triggers allows you to develop strategies to navigate those moments successfully.

## 5. Mindful Awareness:

Cultivate mindfulness to stay present in the moment. Mindful awareness helps you recognize the impulses associated with bad habits, allowing you to make conscious choices in response.

## 6. Reward Yourself:

Celebrate your victories, no matter how small. Establish a reward system that reinforces positive behavior, making it more likely for you to continue on the path of breaking bad habits.

## 7. Create a Routine:

Establishing a consistent daily routine can help create structure and reduce the likelihood of falling back into old habits. A well-structured day provides fewer opportunities for undesirable behaviors to resurface.

## 8. Educate Yourself:

Understand the psychological and physiological aspects of your habits. Knowledge empowers you to make informed decisions and better navigate the challenges of behavior change.

## 2. Set Clear Goals:

Establishing specific, measurable goals helps create a roadmap for behavior change. Break down larger objectives into smaller, achievable steps to maintain motivation.

## 3. Replace, Don't Eliminate:

Instead of trying to eliminate a bad habit altogether, consider replacing it with a healthier alternative. For instance, swap sugary snacks for nutritious ones or trade excessive social media scrolling for a mindful activity.

## 4. Build a Support System:

Share your goals with friends or family who can provide encouragement and hold you accountable. Having a support system can make the journey towards breaking bad habits less daunting.

## 9. Maintaining consistency:

It can be extremely tempting to go back to your old routine and what you used to rather than maintaining a newer and healthier lifestyle. It is important to remind yourself why you are working to better yourself and your habits in the first place.

## 10. Practice Patience:

Breaking bad habits is a process that requires time and persistence. Be patient with yourself, celebrate progress, and view setbacks as opportunities to learn and grow.

By incorporating these strategies into your daily life, you can gradually distance yourself from bad habits, fostering a positive and healthy lifestyle. Remember, change is a journey, not a destination, and every step forward is a victory worth celebrating.

**By: Maryam Al Hitmi**



**Artwork by: Najwa Al Hemaiddi**

# Notes to Success: The Ultimate Note Taking Guide

Effective note-taking is essential for effective studying since it improves understanding, memory, and overall academic achievement. Regardless of whether you're a student or a professional, attaining the art of note-taking can significantly boost your efficiency and learning outcomes.

## Active Listening:

Active listening is the first step in taking notes that work. Pay attention to the important ideas, essential points, and supporting details to keep yourself interested during readings, lectures, and debates. Develop the ability to recognise vital information and swiftly preserve it.

## Organisational Tools:

To properly arrange your notes, make use of organisational tools like mind maps, outlines, or even Cornell notes. These frameworks facilitate more effective information categorization, relationships, and material evaluation.





## **Symbols & Acronyms:**

Create a system of symbols and acronyms to help you take notes more quickly. To save time and space, use shorthand for words or phrases that are frequently used. To prevent confusion during review, make sure your acronyms are understandable and consistent.

## **Active Engagement:**

While taking notes, actively interact with the content. Make links to previously learned material, pose questions, and rephrase ideas in your own words. This method encourages critical thinking abilities while also helping you understand things more deeply.

## **Selected Recording:**

Refrain from exact transcription of all words. Rather, concentrate on writing down the most important details, like definitions, examples, and important concepts. To keep your attention and avoid information overload, keep track of only what you need to.

## **Graphic Tools:**

To enhance your notes, include graphical tools such as charts, graphs, or images. Graphic tools offer an alternative viewpoint on intricate subjects, which can improve understanding and aid with memory retention.

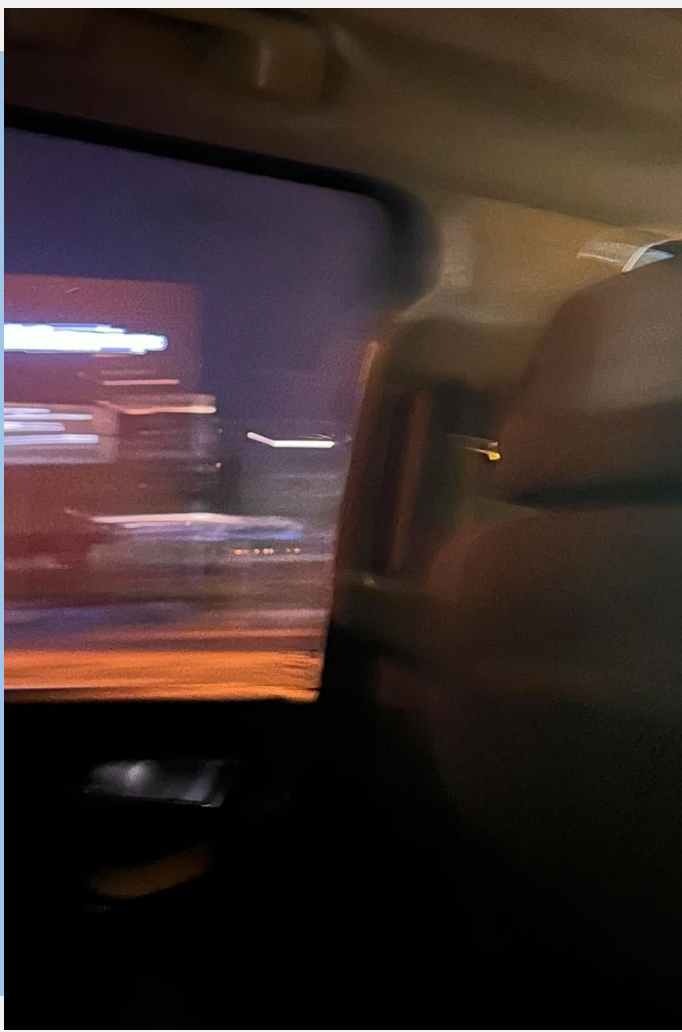
## **Colour coding:**

Make use of colour coding to organise and rank the information in your system. In your notes, give distinct colours to varying themes, ideas, or significance levels. Quick reference and retention are facilitated by this visual organisation.

## **Review and Revision:**

To ensure comprehension and strengthen learning, go back and review the material on a regular basis. Combine data, close any gaps, and revise your notes with new information or clarifications from different sources.





## Active Review:

During review sessions, actively interact with your notes. By creating questions, teaching a peer, or summarising the main ideas, you can assess your grasp of the subject. Retrieval practice and long-term retention are encouraged by active review.

## Frequent Practice:

To improve your note-taking abilities over time, make it a habit to practise on a frequent basis. Try out a variety of methods, approaches, and structures to see what suits you the best. Regular practice improves note-taking proficiency and efficiency.

## Feedback and Reflection:

Seek input on your note-taking techniques from professors or fellow students. Regular reflection can help you assess the usefulness of your notes and pinpoint areas for development. To maximise your study habits, modify your strategy in response to criticism and insight.

In conclusion, taking notes effectively is a complex skill that calls for practice, organisation, and active participation. Using techniques like selected recording, active listening, and frequent reviews, you can improve your note-taking skills and reach your full learning potential. Always keep in mind that taking notes is not a one-size-fits-all task; instead, modify strategies to accommodate your own preferences and learning preferences. It is possible to become an expert note-taker and achieve improved academic performance with commitment and persistence.

By: Roudha Al Fakhroo

### Look for Blue Pins!

The key members of The Durham Paper team now proudly wear blue pins. If you have any inquiries or ideas, don't hesitate to approach a team member sporting a blue pin. Our Editors, Sara Al Malki and Najwa Al Hemaiddi, are here to assist you. You can find them in the Durham Wing at 12B!

ابحث عن الدبابيس الزرقاء! يرتدي الأعضاء الرئيسيون في فريق جريدة درم دبابيس زرقاء بكل فخر. إذا كانت لديكم أي استفسارات أو أفكار، فلا تترددوا في التواصل مع أحد أعضاء الفريق الذي يرتدي دبوسًا أزرق. محرراتنا سارة المالكي ونجوى الحميدي متواجدتين لمساعدتكم. يمكنك تحديد موقعهم في جناح درم في الصف 12B!

# The Durham Word Search

G	S	B	K	H	N	R	H	V	M	X	R	N	Q	A
Z	C	L	P	V	Q	D	O	X	Q	K	Q	A	U	L
M	A	I	O	Z	J	X	N	H	A	X	U	Y	G	R
B	E	B	E	R	K	D	L	I	K	Z	Z	Y	M	U
A	Y	S	U	P	O	M	S	O	L	L	O	A	X	W
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L	U	L	H	A	Y	I	L	Y	A	M	U	J	L	A
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Abu Hamour

Ain Khalid

Al Gharafa

Al Jumayliyah

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Al Shammal

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My Score:    /14

# ابحث عن الكلمات!

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الغرافة الريان الدوحة عين خالد  
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# جريدة درم

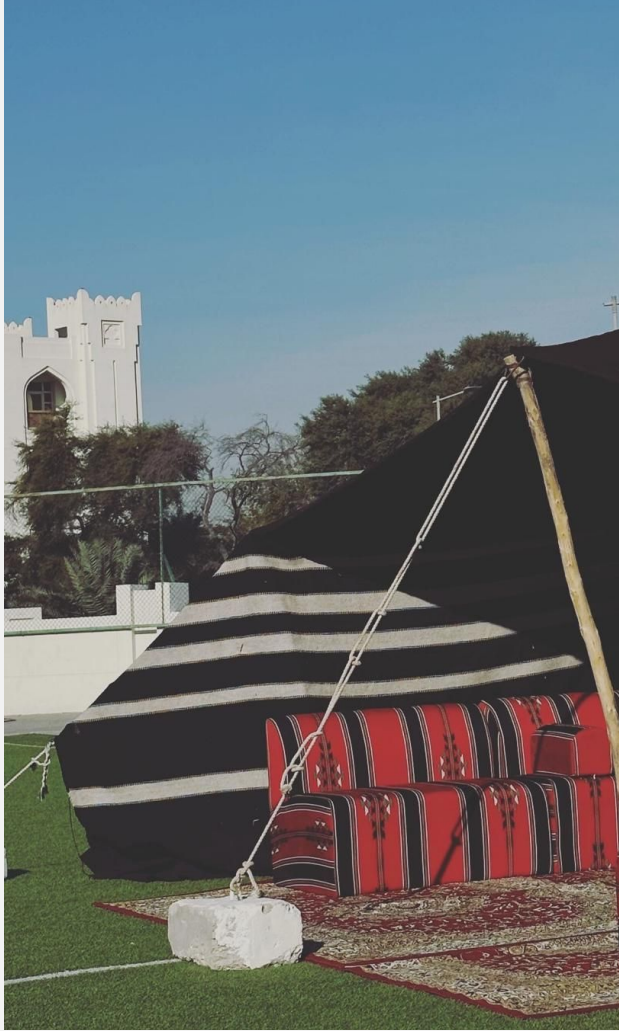
## القراءة: بوابة الفهم والنماء الشخصي

القراءة هي شيء أساسي في حياتنا وهي عملية نستطيع من خلالها أن نبني ونقوي مفرداتنا. تعتبر القراءة من أهم وسائل الفهم والإدراك. ففي وقتنا الحالي نرى أن الأطفال يتعلمون القراءة من عمر مبكر ويكوّنون أكثر نضجا من الأعوام التي مضت.

لا ننكر بأن القراءة يمكن أن تكون صعبة وتأخذ وقت لإتقانها مثل قراءة القرآن الكريم. يعرف القرآن الكريم بأنه صعب القراءة بسبب كثرة الحركات والتجويد التي فيه. وإن أخطئنا بكلمة يتغير معنى الجملة تمامًا. من أهم الشيوخ الذين أتقنوا قراءة القرآن الكريم هو الشيخ عبد الباسط عبد الصمد. حيث يعتبر من أهم المجيدين قراءة للقرآن الكريم في العالم الإسلامي ولذلك كان يلقب بالحنجرة الذهبية وصوت مكه.

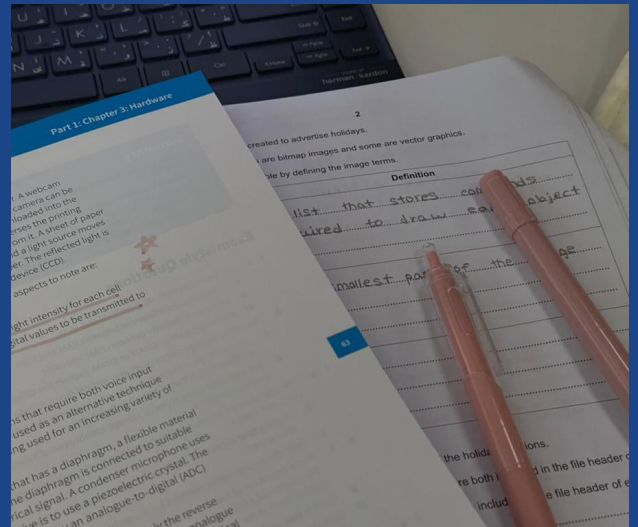
ومن أهم أسباب للقراءة:

- يحمي عقول الشباب
- يحرر الإنسان من قيود الجهل
- تطور مستواه العلمي والثقافي
- تقوي الذاكرة للحفظ



لا شك بأن مجتمعنا الحالي لا يفضل القراءة. والعديد من الأشخاص لا يحبون القراءة في الأماكن العامة لأسباب اجتماعية. ولكن معظم الأشخاص لا يقرؤون لأن ليس لديهم الوقت للقراءة. ولذلك يرون أن القراءة ليست مهمة لحياتنا مما يسبب ابتعادهم عنها. لكن مع تطور التكنولوجيا وتغير الوقت فقد انتشرت الكثير من الروايات والكتب التي بإمكاننا أن نحملها على هواتفنا المحمولة مما أدى إلى كثرة القراءة في مجتمعنا الحالي خصوصًا لدى الشباب.

القراءة علم والعلم لا يفنى. فعندما تزداد قراءتنا يزداد علمنا.



إعداد: نور المحميد