

# BRIDGES

# جسور

Bridges is the first-ever QFI School newspaper lead by students. It aims to create a channel that harmonizes students', parents', and teachers' perspectives. Bridges is a community where everyone is welcomed and appreciated. This will create a community with high hopes and potential to hopefully one day create change at school and even globally.



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## More about us

Never look down to test the ground before taking your next step; only he who keeps his eyes fixed on the far horizon will find the right road.

Each bridges published will be representing a theme, this first publishing will be talking about "New Beginnings".

As of now, bridges is a small group of students and teachers that are willing to contribute to writing articles/poetry, art/design, and photography. Thus meaning that bridges is openhandedly accepting new participants, if you would like to join bridges or nominate anyone then please contact [bridgesqfi@gmail.com](mailto:bridgesqfi@gmail.com)

# New Beginnings

For many years Aspire Academy has only had opportunities for male athletes, and primarily still do. This should not be the case since there are thousands of talented athletic women that deserve the chance to prosper and to reach their full potential. **Women are seen but not heard.** This created a huge injustice and an obstacle to all the talented athletic women in Qatar.

Some might not know but Aspire Academy develops well-educated sport champions. They help foster a healthy, active lifestyle amongst the country's population of boys. The opportunity to study at Aspire Academy is truly amazing since Aspire Academy is aiming to become one of the best sports schools in the world and Aspire Academy could benefit an athlete if given the chance. Girls deserve this chance too, and I believe one of the most important tools of success is inclusion.

The photo on the right represents hope as slowly I as a woman have seen aspire contribute a little each day towards women in sport. It is my belief that more contribution is needed from Aspire towards athletic women and that will truly make aspire one of the best sports schools in the world. Hopefully, this is a new beginning for women in sports!

**Without inclusion, there is no success.**



**Sara Diab**

Wake up to the smell of coffee  
Golden spreads on freshly baked breads  
Stretch.

See a friend, reach out and smile  
We have missed those hugs so  
Laugh.

Stop and look up at the sky  
Feel the Sun's warmth, gaze at the Stars  
Wonder.

Do not fear tomorrow  
Live today, feel all the Love  
Be grateful...  
It's a new beginning

**Anonymous**

# New Country

About 5 or 6 years ago, I had to leave my old school, friends and life behind, because my mom and I were had to move to Qatar. Now, this was all very shocking to me, and I was just entering my teens, so I had a batch of strong emotions brewing up inside me anyway. You could probably guess that I was legitimately terrified, because everything was new now; I'd have to attend a new school, I'd have to meet new people and even learn a completely new language, Arabic. I hadn't the slightest hint about anything concerning my new home; all I did know was that I had to start a new life. This would be my new beginning. Granted, I was a very shy and quiet person back at that time, and I might not have been able to make that many friends right from the start, however, with time, the more things I got to learn and experience about my newfound home helped me change.

Anais  
Cantaragiu

My school changed me into the confident person I never was before, by teaching me how to voice my opinion and stop being so quiet all the time. I got the chance to meet new people in school, who taught me many lessons along the years, however, the most significant thing I learned was that whenever a new student rolled around, I wanted to be one of the first people to let them know that they didn't have to be shy around me; because I would accept them for who they were and I'd help them get rid of being shy, just like I've learned to be. Most importantly, getting to experience Qatar as a whole has also given me opportunities that I could only have dreamed of getting in the past. It might have been a confusing new beginning, but it was one of the best beginnings of my life.



My advice to you, as an older student you probably look up to, is to work. Work as hard as you can in school; for as long as you can. It might be hard, yes. You might not get any sleep at night. You might feel like you're losing the race, but trust me, you shouldn't give up. The harder you work and the more you work will help you a lot. How? By setting in place the building blocks you need in order to reach your future. I should know, I have to work a lot because I care about my future. So, I ask you this: What will your future be like? What do you want it to be like? Only you can answer that. But first, comes work.

Anonymus

# I am back to school



With a box of snack,  
And a nice backpack,  
I'm ready to go to school. We have  
pencil cases, and shoes with laces,  
I know, we look so cool.

With Jack and Jill,  
I cross the hill,  
to catch my school bus.  
we don't be late,  
we cooperate,  
for the seats, we do not fuss.

When the hallways pass.  
We reach the class.  
We see our teacher, greeting. We sit  
in our chairs,  
in groups and pairs,  
to have our classroom meeting.

We think a lot.  
We share our thought.  
We make notes in notebook. When  
we want to revise,  
it's not a surprise.  
We open and take a look.

We go on breaks.  
We do whatever it takes,  
to be safe, and FairPlay.  
We play all games.  
We learn each other's names.  
We have fun learning all day.

We use all learning tools.  
We follow all rules.  
We learn science, history,  
arts. We do math and gym.  
We even go to swim.  
Sometimes we book laptop  
carts.

It's not so tough,  
to share our stuff,  
but we do not share our food.  
We eat no junk.

No classes bunk.  
We try to stay in good mood.

When the school bell rings.  
Our teacher brings,  
Our homework and our  
planner. We shake hands  
and go,  
In a line to show,  
Our respect and good  
manner.

We go back in the bus. We  
make no fuss.  
We put our seatbelts on. On  
reaching home, I change and  
comb,  
Then I play with my brother,  
Shawn.

After dusk,  
We have tea and rusk,  
Then I do homework and  
read. Then I play on screen,  
but I don't be mean,  
and I do not show any greed.

When it's time to dine, Some  
chores are mine.  
I remember them to do. I eat  
my dinner,  
With my table manner, and  
say my prayers too.

I go to bed and lay,  
as my parents say,  
and I sleep through the night.  
When the alarm clock rings,  
and the birdy sings,  
I wake up with a morning  
bright.

2020: a year that took so much, but taught so much. We've been through and are still going through a pandemic. We endured a tough situation that was new to all of us. Little did we know it would last that long! Little did we know human connections would mainly depend on the internet connection for months on end, and that masks would become a new fashion staple. Nonetheless, when life gives you lemons, make lemonade! I can admit that 2020 reminded me of what matters most in life. Together, we've crossed bridges with hope in our hearts. Let's hold on to that hope to keep it alive! I wrote the following poem a while ago, back when life seemed ordinary and the pandemic was not really a thing. However, it speaks to me now more than ever before. Looking forward to new beginnings, in a pandemic-free world!

**“If Hope Was Human”**

**She was born in a city called Chaos**

**A city serenity never came across**

**This city was found in the Earth's cold and shaking palms**

**A city where people could see no charms**

**With time, she grew up**

**In her mind, ideas began to pop**

**She knew something had to be done**

**She said: “I will change my world, for men shall see the light of sun”**

**There in the darkness she was holding**

**A little candle with a light brightly shining**

**This candle was now like a guide**

**Some peace of mind it shall provide**

**The candle's fire was dauntlessly dancing in the dark**

**She thought, “I shall act like that candle's little spark”**

**“This candle shall not be mine to keep”**

**“I can't just watch the whole world weep!”**

**She believed in herself and in the little light she had**

**She felt as valiant as a lion gone mad**

**On that cliff she stood as firm as wood**

**Her worth and value she understood**

**She was the sun**

**Ready to bring warmth to everyone**

**Ready to radiate her rays on this town**

**Giving out endless positivity all on her own**

**She was the moon**

**Ready to light up the darkest room**

**Ready to make people dream**

**About all beauty remained unseen**

**She was called “Hope”~**

**Yara Elnaccour**

# New and Old beginnings



Where do we go from here? We've finally made it to 2021, but now what? Will this be a new beginning? It wasn't as if things have been perfect in recent years. Before 2020, our planet was "gasping for air" due to pollution and other environmental issues. Plastic floated visibly through the oceans, and toxins were seeping deep into the soil. Then COVID-19 showed up, and everything changed. The world seemed to stop. While it was certainly detrimental to have such a highly contagious virus spread across all seven continents, it turned out to be a great time to start anew in many ways. Now is the time to go forward with a green energy plan and a chance to embrace family life again.

The planet has, surprisingly, recovered a great deal since the Coronavirus pandemic began! Fewer trees have been cut down and our reliance on fossil fuels decreased by a large amount. The air quality in towns and cities has actually improved, and fish are even returning to places they previously abandoned. It's as if the Earth is trying to heal itself. How can we help this? The most important thing is not to return to our old lifestyle. One thing we can do is make sure green energy (wind, solar and geothermal) becomes the future of the planet. This will take a long time, of course, and energy producing countries like Qatar must become leaders of this movement.

Another unforeseen benefit of the pandemic was our return to core family life. Busy mothers and fathers suddenly stayed home with their children, so they had plenty of time to bond with each other. Times like these make us realize what is really important in the world. It's not about the things we have but the people we share our lives with. The last thing we need to do is forget this and simply go back to the way we lived before the pandemic.

Vaccines are now being administered in hospitals all around the world. It's hasn't been that long, but Scientists frantically managed to create one for us. So many things changed over the past few months, but humanity has managed to cope with all the problems and work for a better tomorrow. The pandemic is coming to an end, and we will eventually all be able to return to our normal lives. Let's make sure to plan what these lives will be like.

**Joshua Hackett**

## Events in Qatar

### Ooredoo Doha Marathon 2021

Date: 19 February  
Location: Lusial

Registration is now open for the Ooredoo Doha Marathon 2021, the running event takes athletes along a scenic route through Doha, taking in the city's highlights and offering a varied yet entirely manageable run course.

### International Art Exhibition

Date: 15 January - 28 February  
Location: Doha Festival City

Discover 29 masterpieces made by talented residents in Qatar and from around the world.

### 2021 Grand Prix - MotoGP

Date: 26 March - 28 March  
Location: Losail Circuit Sports Club

It will be the opening race of the season under the floodlights.



I love creating. Whether it is creating piano riffs, abstract paintings or even introducing new initiatives in school, I enjoy the creative process of developing ideas. One thing that I love but have yet to try is interactive art installations. So, I decided to give it a try. I presented my idea to the management and it was welcomed with open arms.

This “mini exhibition” will be displayed in the entrance of the school building and it will consist of two artworks.

A Covid memoir is a participating art installation that aims to start a conversation about the current global pandemic. I believe Covid has brought us all closer, reminded us of how important it is to count our blessings, and most importantly how precious life is.

The question at the center of the installation is “what changed?.” Visitors are encouraged to think of the following: what is your most fond memory of quarantine, what does it mean to be a Covid survivor, what is the first thing that comes to your mind when you think of the pandemic, what helped you get through it, a message of solidarity to Covid patients, and finally what is the most valuable lesson you have learned this past year.

These questions can be answered in several ways- a photograph, a drawing, a sentence, a paragraph a poem or a word. Let your creativity lead...

Once you are done you can send your piece to [contact@danaziani.com](mailto:contact@danaziani.com). You can add your name, a description, and the city where the picture was taken.

And as for the second artwork it is named “The One Stroke painting” It will start off as a blank canvas and end as a work of art. Like its name suggests, every person can choose any color and paint anything they heart desires. One catch though – It should be done in just one continuous stroke!

These art pieces mean a lot to me because they would forever be a memory of our school and everyone in it, from the security staff who greets us every morning to the sweet ladies in the printing room to the little kids who look up to us and to finally every teacher, whether they taught us or not, that left their fingerprints on our souls, and finally my classmates. A part of everyone will forever be in our collective artworks, for me and for everyone to love and cherish.

Students and staff members, don't forget to visit us the first week of February!

# E x h i b i t i o n

**Dana Ziani**

# In conclusion

**“There will come a time when you believe everything is finished; that will be the beginning.”**

**-Louis L'Amour**

**What is a new beginning, really? Can we make our new beginnings endure? And, most of all, is there any perfect time to start over?**

**Truth is, I can only guess the answers to those questions— and my answers will, of course, be according to my interpretation. They will be different from others'.**

**To me, a new beginning means letting go of the past—and starting over with such renewed optimism that it will keep you moving forward. A new beginning means to learn from your mistakes, and yet, let go of the guilt. It means to forgive. It means to move on.**

**To expand my perception, I asked my friends and peers how they define new beginnings.**

**As hypothesized, their perceptions ranged from the start of a new journey, all the way to rejuvenation and reincarnation.**

**Some said it's starting from scratch and making your way to the top, and others said new beginnings are simple things like moving countries, schools, houses, or choosing your profession.**

**I even used the internet to gain insight as to what beginnings really are:**

**beginning**

**/brɪˈɡɪnɪŋ/**

**noun**

**the point in time or space at which something begins.**

**“The point in time or space at which something begins.”**

**It could be a new year, a new week, or a new day. It could be a change in countries, in houses or even a change in rooms.**

**Or it could simply be a new change of mindset.**

**Change your mindset to be more optimistic, more positive. Start off with a blank slate, cleaning out the negativity. Encourage and motivate yourself to do something productive, to do something that makes you happy.**

**Make resolutions for yourself. And work on them— be perseverant. Focus on all that is inspiring. And believe me when I say that there is so much that is inspiring, if you just look for it.**

**Start the change now. Don't wait for a new year, or a new month or a new place.**

**As T.S. Eliot once said, ‘Every moment is a fresh beginning.’**

**Anvi Sapra**

