

THE OLIVE PRESS

RAMALLAH FRIENDS SCHOOL MONTHLY NEWSLETTER

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Realize Potential | Fulfill Dreams | Share Hope

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MAXIMUM IMPACT

Use where most urgently needed

The need is growing - and as a result so is RFS. In 2019 we had to turn away more students than ever. The current economic and political situation in Palestine is creating additional pressure, but **we are committed to keeping our tuition fees accessible for anyone.**

Currently our tuition *only* covers 80% of our costs. The additional cost of providing a safe and effective educational environment for our kids is dependent upon people like you.

Will you give now to help students **realize potential, fulfill dreams and share hope?** RFS helps students realize potential, fulfill dreams, and share hope.

[Donate Now](#)

The Maximum Impact Endowment Fund will give us the flexibility to meet those challenges.

International Day of Solidarity with the Palestinian People

Letter from Head of School

28th November 2019

I am writing to you on the day before the international day of solidarity with the Palestinian people as recognized by the UN. The United Nations' (UN) International Day of Solidarity with the Palestinian People is annually observed on November 29th. The day is also known as Solidarity Day.

On November 29th, 1947, the UN General Assembly adopted the resolution on the partition of Palestine. On December 2nd, 1977, it was recorded that the assembly called for the annual observance of November 29 as the International Day of Solidarity with the Palestinian People. The assembly also requested that the Committee on the Exercise of the Inalienable Rights of the Palestinian People and the Division for Palestinian Rights of the Secretariat should continue to organize an annual exhibit on Palestinian rights or a cultural event with the Permanent Observer Mission of Palestine to the United Nations.



As United Nations Secretary-General António Guterres said "On this International Day of Solidarity, let us reaffirm our commitment to upholding the rights of the Palestinian people."

Today many of our students are wearing a Kufiyah. This is a sign of solidarity and our observance of Solidarity day.

As a Quaker school it is also our sign of peace. We are a Friends school and we are here to promote peace. Friends believe that there is always a path that brings peace, justice, dignity and respect. This is an important message for our students today.*

Alumni in the Spotlight

By Lama Murra - Communications Officer

Meet RFS alumna, Class of 2014 Nutritionist and Part-timer at Birzeit University, Zaina Bargouthi. Zaina attended University of Reading, where she completed her Bachelor's degree in Nutrition with Food Consumer Sciences and then pursued her Master's degree in Clinical Nutrition & Eating Disorders from University College London (UCL).

When asked about being a student at RFS, Zaina told the OP:

"My years in the Friends School were indeed fruitful and rewarding; it taught me valuable skills on different levels including: education, communication and public speaking. It enriched my exposure and confidence, which were key to pursue my life after graduation and adapt well during my studies abroad."

Zaina plans to pursue her career as a nutritionist, in Palestine, at both community and private work scales. We asked Zaina about the school's effect on her life, and she said:

"Friends School and the IB programme taught me so many skills on both the academic and personal levels allowing me to successfully reach where I am today."



Zaina ended our interview with a few words for future alumni:

"To all future alumni, get the most out of your years in the Friends School, learn from all your teachers, participate in extracurricular activities and engage in community work; all of this will uniquely structure your personality and put you on the right track. Always follow your passion!"*

A Look at Our History

1968
The Boys School produced Shakespeare's drama "Macbeth".

1969
The Girls School produced the musical "The King and I".
A Girls School dress code forbade the wearing of stiff crinoline slips or petticoats.

1970
The English speaking sections constituted about 1/3 of total school enrollment. These were American-Palestinian students whose families would send them back home to learn Arabic and Palestinian values and culture.



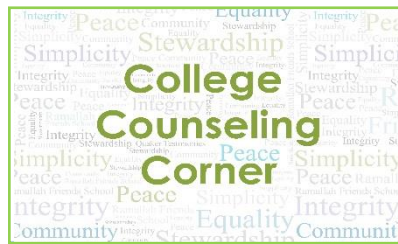
1972
First municipal elections took place in 1972 and students participated actively in the campaigning. Students' political awareness and activism became more evident with various expressions of national aspirations.
During this time, classrooms became co-educational for the 11th and 12th. The Boys School took all students studying in the science track, while all art track students went to the Girls School campus for instruction.

Quakerism
The school mission and vision emphasized the teaching of ethics, taught by young American Quaker teachers.

Integrity, Community, Peace, Quaker Testimonies, Integrity

I come of Quaker stock. My ancestors were persecuted for their beliefs. Here they sought and found religious freedom. By blood and conviction I stand for religious tolerance both in act and in spirit.

— Herbert Hoover —



College Counseling Corner

By Chris Akel – College Counselor

Upcoming Deadline Dates:

- December 1-January 15: ED II and Regular deadlines for the US

- January 15: UCAS deadline for all traditional UK/Wales/Scotland schools

- January 15: General Holland Deadlines, some deadlines for American University of Beirut

- Mid-January-late February: General Canadian deadlines

- Ongoing through Spring: European deadlines, AUB

- Summer 2020: IB Results Released, Regional university deadlines Counseling shout outs!

First 3 acceptances of Class of 2020!
Zein Abu Hijleh
Walid Anabtawi
Justine Khalaf

Financial Aid/Scholarship earned: To Be Determined

College Counseling General:

. REMINDERS for the holiday break: All seniors are responsible for sending their applications by the deadline!

With the exception of the final UCAS submission on January 15th.

2018-19 CC Handbook: The College Counseling Handbook has everything you need to know to apply to college and use the CC Office!

Contact Chris and the CC Office: cakel@rfs.edu.ps

*Chris is out of the office from December 18-January 10th Communication will decrease heavily starting December 22.

The [College Counseling Handbook](#) has everything you need to know to apply to college and use the CC Office!

Teaching Peace in Palestine

By Frieda Dahdah – Lower School Principal

I was asked to write about "Peace" for this month's edition. And for two weeks I have been thinking about what to write. I'm a Notre Dame graduate from the Peace Education Department, so I am supposed to explain what "peace" is.

I'm a person living in an occupied country where we are deprived of so many basic human rights and living in a conflict zone. So how can we live peacefully?

We only get water three days a week, the electricity is cut off, we cannot move freely from one area to another due to check points and road blocks. So many people, young and old, are detained by the Israelis on daily basis and others are killed. It's all painful and tiring. When we hear fire crackers, we panic instead of celebrate as we think it's a new attack or Israeli incursion.

This ongoing feeling of insecurity and instability is dominant. Yet, we are people who love life and would love to live in peace. Therefore, despite all the stress we live in resulting from this situation, we are hopeful and always seek and find coping mechanisms for our survival. And as educators at the Friends School, we try to create a safe haven for the young



generations who suffer from what I call ongoing traumatic stress. We develop their skills to live peacefully.

We teach them problem solving skills, communication skills to practice as an alternative to violence. We try to create a new and different mindset and help these kids see the other side of the coin; there is something other than violence and humiliation in this world. So, they learn how to express their feelings and have some inner peace.

Here at RFS, we instill hope to keep these people going.*

Middle School Library Corner

By Carmen Abdul Hadi

"Libraries are icons of our cultural intellect, totems to the totality of knowledge. To claim, as some now do, that the Internet is making libraries obsolete is as silly as saying shoes have made feet unnecessary."

As difficult as it may seem, during this digital age, libraries can still be an exciting, innovative and engaging place of learning, exploration and discovery for young students.

October was the Halloween themed month in the Middle School Library. Students were challenged to read a spooky or magical themed book for participating in a "Books Scavenger Hunt" - a funny way to identify the books on the shelves.

Along with the decorations, students had enjoyed Halloween word searches and facts about Halloween, a tradition not typically celebrated in Palestine. At the Middle School Library we'll go for any tradition, event, celebration on the international and local calendar just to nurture the curiosity and pleasure of reading.

Developing good reading habits is the main objective at the Middle School Library. This can only be achieved with the involvement of teachers and parents. During the coming period the Library program will include many activities to promote reading habits among the students. Please stay tuned and visit the Middle School Library!*



Bullying Among Our Children

By Adele Jaraiseh Eid – Lower School Deputy Principal

"He told me no one likes you", "I don't want to play with them", "He will tell everyone not to talk to me", "I am afraid of him/ her because he is always threatening me."

We may hear these concerns from our children, have anger and many questions, but the most important question remains: what is our role in resolving this issue as an active part of the learning community? When we hear from our children that someone has bothered them and hurt them with a word or behavior, can we describe it as bullying? To determine that we have to find out what bullying is? And who is the bully?

A bully is a person who repeatedly hurts another person and is well aware that s/he is harming him, and does so intentionally, and creates different patterns of abusive behavior. A bullying person may be huge (physically) or thin, male or female, or with good or low academic record, however, the common characteristics among bullies are:

- S/he likes to have power and control over others.
- S/he thinks s/he should always be victorious.
- S/he thinks s/he should always get what he wants.

- Often insults others.
- Lacks empathy for others.
- Repeats harmful behavior

Hence, we find that there are four types of bullying: Physical Bullying: beating, pushing and kicking. Verbal Bullying: such as calling others names, insults and repeated mockery. Social Bullying: isolating a student or creating rumors about him/her. Cyber Bullying: takes place on social media, such as threatening, posting videos or photos of another student.

Sometimes we feel proud of our sons and daughters when we hear that they play a leading role within their classrooms and everyone is afraid of them, but these qualities are an indicator as leadership qualities alone do not create a principled leader. We must ensure that these leadership qualities are not used to weaken others. Despite reducing violence in general, and bullying in particular as a pattern of violence. Over the past few years, we have been challenged by the powerful impact of electronic games, which have become a major part of children's interest and daily lives.

Together we can reduce the time our children spend on these devices, violent games in particular. And that is an urgent priority for us all as part of this community.*

When everything seems dark, consider you may be the light.
Quaker Proverb

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Upcoming Dates & Events

December 6th
150th Anniversary Gala Dinner

December 7th
US: SAT I Exam

December 9th
Midyear Exams begin for 6th-10th grades

December 14th
LS: KG Christmas Performances

December 16th -19th
LS: Christmas Performances Grades 1st-5th

December 21st
US: End of midyear exams

December 23rd – Jan 9th
Christmas Holiday



January 11th 2020
1st day back to school!

January 20th
End of 2nd Quarter

January 21st
Third Quarter Begins

*** LS – Lower School
*** US – Upper School