

Young QAD Tennis Ace Impresses in Asian U-14s Tournament

Grade 5 student Dana Khalifa is an emerging Qatari tennis star that recently played in the Under-14s Asian Tournament in Bahrain. She won second place in the doubles and fourth place in the singles category representing Qatar.

Dana took the time to speak to 'The Inquirer' about her impressive experience:

How did you get started in playing tennis in Qatar?

'I started at four years old and I had to pass some difficult stages. Then I started playing tournaments with older kids. The more I played, the more I improved. Luckily, my family supports me a lot.'

How did it feel to represent Qatar in the U-14s Asian Tournament?

'It felt amazing because I am making Qatar proud by winning second place in doubles. My opponents were three years older than me - I was only 10, I was much younger.'

What fitness methods do you use to keep fit?

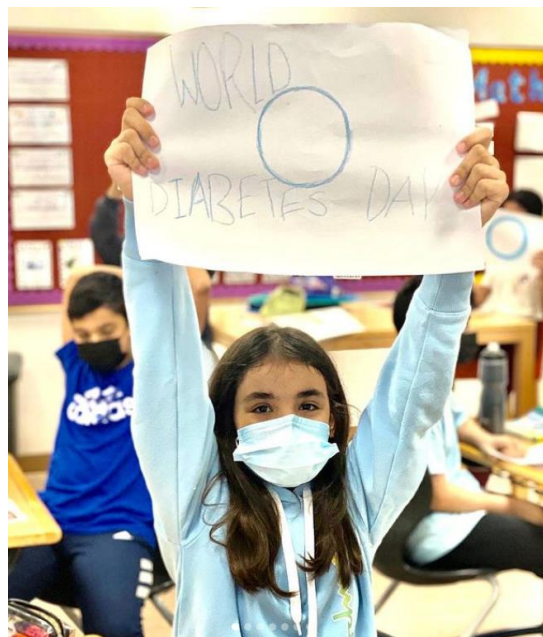
'I have a coach who helps me get better. Each day, I run for 30 minutes to 1 hour. I then do some sit ups, planks and other exercises. It all takes me about 2 hours.'

* The full interview will be published in the Qatar Academy Doha channel on YouTube early next week - Subscribe now!



Dana Khalifa competing in the Bahrain Asian Tennis Tournament

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Raising awareness about Diabetes

World Diabetes Day

On Sunday 14th November, all at QAD wore light blue clothes to raise awareness about Diabetes.

People with Diabetes get tired often and cannot always focus in class or in meetings. Did you know that over 50% of Type 2 Diabetes can be prevented?

You should eat healthy food and exercise as much as you can daily.

Sustainable Fashion

Earlier this month, Grade 5 student Shoaa Al Sulaiti presented Qatari-made 100% organic masks and sustainable T-Shirts by 'La Terre Luxury' to some classes.

Shoaa explained how sustainability helps the environment. Students were very excited and answered questions about eco-friendly fashion brands and products to win many T-Shirts.

Grade 5 students also designed face-masks and then gave them away to Grade 1 - so kind!



Grade 5 sharing sustainable T-shirts

Contributing Writers:

Yara Shumaila (9), Nusaybah Khan (9), Shoaa Al Sulaiti (11), Najla Boussoufa (10), Omar Al Bogdady (9), Mohammed Al Sulaiti (10), Mohammed Al Hamadi (9)