



**DUNECREST
AMERICAN
SCHOOL**

TEACHERS OF DUNECREST

**"COMING TOGETHER IS A BEGINNING.
KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER IS A SUCCESS."**

- HENRY FORD

**STORIES FROM
TEACHERS**

**"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN
TOUCHED—THEY MUST BE FELT WITH THE HEART"**

- HELLEN KELLER



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this project and allowed it to come together.

EDITOR'S REMARKS



WAFALI

As you peruse this magazine, full of life-lessons and stories, reflect on your own life and ask yourself the following questions. These are experiences from which we all can take away something, no matter how big or small. I am fortunate to be able to be part of a school community built on diversity. This is what I leave behind at Dunecrest American School.

What would you tell your past, present, and future self?

To my past self I would say, even though you're moving schools and countries constantly - every year or two - one day you're going to be happy that you did. The experiences gained in each place, bad or good, has taught you something to make you the person you are right now. The people you met and the things you learned are going to make you unique and stronger as a person.

To my present self I would say, let life take its course, up or down; it's just how life goes. Live more in the moment. Don't regret being so caught up in chasing success that you forget to stop and smell the roses and appreciate the little moments. You're only in school once.

To my future self I would say, find your voice and learn to speak up. You don't always have to be right, and sometimes it's ok to be wrong. You are human after all.

"WE SPEND OUR WHOLE LIVES WORRYING ABOUT THE FUTURE, PLANNING FOR THE FUTURE, TRYING TO PREDICT THE FUTURE, AS IF FIGURING IT OUT WILL CUSHION THE BLOW. BUT THE FUTURE IS ALWAYS CHANGING. THE FUTURE IS THE HOME OF OUR DEEPEST FEARS AND WILDEST HOPES. BUT ONE THING IS CERTAIN WHEN IT FINALLY REVEALS ITSELF. THE FUTURE IS NEVER THE WAY WE IMAGINED IT."

- MEREDITH GREY

"MANY OF LIFE'S FAILURES ARE PEOPLE WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP."

– THOMAS A. EDISON

MR. PATRICK HOULD

If you could choose to have no more challenges or obstacles in life, would you?

I believe that challenges and obstacles make us stronger. One of my personal struggles is patience. As I face my daily fast paced life, I have the golden opportunity to practice balancing many things at one time, while attempting to make meaningful decisions and still keep a positive attitude and a level head. I feel the challenges I face in life also help me to be more grateful for the many wonderful people with whom I get the privilege to interact, and grateful for all the many blessings in my life.



***"LIFE IS 10% WHAT HAPPENS TO US,
AND 90% HOW WE REACT TO WHAT HAPPENS TO US."***

MR. DYLAN CARTER

The most valuable piece of advice given to me was:

The best advice given to me is to NOT BE AFRAID TO TRY SOMETHING YOU ARE AFRAID OF. While it seems simple enough advice, I believe many people don't push past their comfort zone and end up missing out on great opportunities and experiences in their lives. We only get one life, and we should try to experience as many things as possible, positive and negative. Whether it is trying a strange food, traveling to an unknown place, bungee jumping, or risking failure by applying for a new job; all of these experiences help a person grow and learn. If we always did what was comfortable, we could certainly have a great life, but it would lack the excitement and energy you get from trying something new and either succeeding or failing. Pushing boundaries creates a myriad of emotions that are so important for people to feel so that life is rewarding.



***"NOT ALL THOSE WHO WANDER ARE LOST."
- J.R.R TOLKIEN***

***"IN ORDER TO WRITE ABOUT LIFE
FIRST YOU MUST LIVE IT."
— ERNEST HEMINGWAY***



MRS. SUSAN NOUR

Which is worse: failing or never giving it a try?

I have always been somewhat of a perfectionist, and I never used to like doing something unless I could guarantee that I would be successful. Unfortunately, this fear of failure meant that I missed out on doing or experiencing a lot of things in life, which I now regret. So I definitely think it is better to try and fail than to never try at all. I'm trying to instill that same thinking in my son and in my students

***"A PERSON WHO NEVER MADE A MISTAKE,
NEVER TRIED ANYTHING NEW."***

-ALBERT EINSTEIN

MR. ERIC BARRETT

If we learn from our failures, why is it so bad to fail?

I think failure is a hard pill to swallow because we place a lot of pressure on ourselves to be seen as competent by our peers. Even as an adult, I struggle to readily admit my mistakes and shortcomings, thinking that by doing so, I might lose some estimation in my colleagues' eyes. However, upon reflection on how life works and what I have read regarding "great individuals" or those that society deems as successful, failure is a necessary ingredient of success. If we are only willing to learn, practice, and experiment inside the safety of assured success, little to no growth must be the consequence. It is when we choose pathways with possible errors, mistakes, and failures that we grow and improve as we learn from these "potholes" and learn to walk again with the wisdom of how to avoid those hazards in the future.



"FORTUNE SIDES WITH HIM WHO DARES."

-VIRGIL

***"LIFE IS A SUCCESSION OF LESSONS WHICH
MUST BE LIVED TO BE UNDERSTOOD."***

-HELEN KELLER

MR. DANIEL CRUZ

What lesson in life did you learn the hard way?

I believe that life is not measured by successes but how you deal with failure.

***"SOME ARE BORN GREAT, SOME ACHIEVE
GREATNESS, AND SOME HAVE GREATNESS
THRUST UPON THEM."***

-WILLIAM SHAKESPEARE



MR. MICHAEL GLAVANIS

What would you tell your past, present and future self?

I think I would tell my past self about my love for scuba diving and photography. I think in a different world, where I was not constrained by parental expectations, I might have gotten involved in something to do with nature and documentary filmmaking. I love to watch programs like Animal Planet and to be a part of something like that would have been amazing. Even as I turn 40, I think I would also tell my present self that it is not too late to explore new opportunities. For example, since moving to Dubai in July, I have started desert driving and started my third Masters in Digital Education. Even a year ago, I might not have done these things, thinking about the cost and the time requirements. Future self: remind myself that when my son is older and thinking about opportunities and career goals, I will try and be open-minded and remember that while money may be important, having a passion for something and loving what you do makes for a happier life, even if you are not rich.



***AN EXCERPT TAKEN FROM WINSTON CHURCHILL
DURING WORLD WAR 2: "WE WILL NEVER
SURRENDER." IT REMINDS ME THAT NO MATTER HOW
BAD THINGS ARE WE SHOULD KEEP TRYING AND
THINGS WILL IMPROVE.***

***"IN THREE WORDS I CAN SUM UP EVERYTHING
I'VE LEARNED ABOUT LIFE: IT GOES ON."
- ROBERT FROST***



MS. NICOLE ASHWIN

The most valuable piece of advice given to me was:

The most valuable advice given to me was from my 4-year-old son...."Eat the broccoli first to get it over with." Applies to life to not ruminate over things you dislike, do them first to have time for the things you most enjoy. A close second was my daughter of 7, "Always smile back." How many of life's interactions could be made better if we just showed some humanity?

***"DRIPPING WATER CAN EAT THROUGH A
STONE. 滴水穿石 (DĪ SHUǐ CHUĀN SHÍ)"
- CHINESE PROVERB***

MS. LISA GIBSON

What would you tell your past, present and future self?

To my past self, I would say relax, don't worry, everything happens in time. You need to enjoy the moment and live life as it happens. Keep taking risks and chasing your dreams...don't settle for what is easy and comfortable, continue to challenge yourself. To my present self, I would probably say the same thing, to be honest. I often think we spend so much time getting caught up in the day-to-day craziness that we forget to stop and breathe and enjoy the moment. To my future self, I think I would just say don't stress about getting older; old age is actually a privilege.



***"TWO ROADS DIVERGED IN A WOOD, AND I
TOOK THE ONE LESS TRAVELED BY, AND THAT
HAS MADE ALL THE DIFFERENCE."***

"EVERY MOMENT IS A FRESH BEGINNING."
-T.S. ELIOT

MS. GILLIAN KING

What would you tell your past, present and future self?

One of the most valuable pieces of advice that was ever given to me was to "embrace the fear and nervousness that comes with every major life event. Fear and anxiety is the body and mind's way of telling you that you are pushing yourself out of your comfort zone and usually this is when truly great experiences are about to happen." As a child, I used to get really nervous giving presentations or joining new activities. Now, as an adult, I recognize that those were amazing experiences that allowed me to grow as an individual. I found new passions, met new friends, and learned new skills all from stepping outside of my comfort zone.

***"DIFFICULT ROADS OFTEN LEAD TO
BEAUTIFUL DESTINATIONS."***



MS. GILDA ZIVEC

If we learn from our failures why is it so bad to fail?

I think that feeling bad about our failures is a misconception that society has created. When we fail, we feel shame because our first thought is, "What are they (people) going to think of me?" When the thought should be, "What did I do wrong, how can I do it differently to succeed, and when am I trying it again?" If we had the ability to see our failures/mistakes as a fortunate experience to try for a second time or third or as many times as we need to do it again, we would live a happier and more successful life.

***"WHEN LIFE GIVES YOU LEMONS, MAKE
LEMONADE."***

"IT IS OUR CHOICES THAT SHOW WHAT WE TRULY ARE, FAR MORE THAN OUR ABILITIES."
-J. K. ROWLING

MR. JUSTIN CUMBEE



If you could choose to have no more challenges or obstacles in life, would you?

The simple answer is no. Obstacles or challenges are what drive me to keep going. I enjoy fixing problems and arriving at solutions. That would not happen without challenges to overcome. Facing challenges in high school sports played a big role in my life. They taught me how to overcome difficult situations both mentally and physically. Those lessons carried over to my career as a teacher. I am faced with challenges every day, and I am always learning from them in order to better myself. If there were no more challenges or obstacles in my life, then I would not be so intrinsically motivated to get better in my career and personal life.

"LIFE IS A JOURNEY, NOT A DESTINATION."
-RALPH WALDO EMERSON

MS. KELLY WALTERS

Which is worse failing, or never giving it a try?

Never giving it a try is worse. I don't believe anyone should ever put themselves in a situation where they would say to themselves, "I wish I would have..." If you give things a try, you will live your life saying I did instead of I wish I did.

CARPE DIEM.



***"WHEN WE STRIVE TO BECOME BETTER THAN
WE ARE, EVERYTHING AROUND US
BECOMES BETTER TOO."
- PAULO COELHO***

MS. ASHA LYNCH

What lesson in life did you learn the hard way?

I decided to go to a small university, Bard College, in upstate New York, after having graduated high school from the International School of Kenya and never having lived in the United States. I only visited the school in the summer, and although I met amazing admissions people, I did not meet any students or faculty. When I arrived on move-in day, I was told my roommate had dropped out, so I could have the dorm room to myself. Exciting right? No! I had no one to talk to or eat lunch with. I tried to make friends, but everyone who went to the university came from the same high school an hour away and had NO interest in meeting some strange white girl who didn't know anything about the States. I lasted one week. There's more to the story, but the lesson I learned is REALLY know your university!



***"DREAM AS IF YOU'LL LIVE FOREVER.
LIVE AS IF YOU'LL DIE TODAY."
- JAMES DEAN***



MS. MAHAYLA HILL

If we learn from our failures why is it so bad to fail?

Because as a society we tell everyone to fail and learn from it, but then when people do fail, society shames them. Good ideas also need good execution.

***"THOSE WHO DO NOT KNOW THE PAST ARE
DOOMED TO REPEAT IT. "***

***"NOTHING IS MORE HONOURABLE
THAN A GRATEFUL HEART."
— SENECA***



MS. SARAH ATEF

What is not worth tolerating in our short life?

التسامح هو إكسير وسر الحياة. كلما زاد أشرقحت حياتنا بهجة وسروراً

**لما عفوت ولم أحقدْ على أحد
أرحتُ نفسي من همّ العداوات.**

DUNECREST AMERICAN SCHOOL

Wadi Al Safa 3 (Near Al Barari)

+971 4 508 7444 | info@dunecrest.ae

an  **Esol Education** school