



## CBS EXPRESS

April 2022

Vol: 7 Issue: 7



Special days appear throughout the calendar year as a way and means to promote collaboration and develop community. Be sure to check the school calendar and/or the list of upcoming events on the last page of the newspaper for our next special day.

Dear CBS family,

Warm greetings and Ramadan Kareem! The Holy month of Ramadan was welcomed with a heart filled with peace, harmony, and joy!

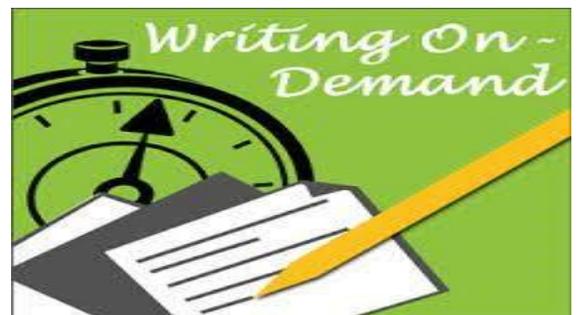


Kudos to our students who are fasting yet diligently completing their assignments and studying well for their quizzes and tests.



Healthy Living was a highlight of this month where we encouraged the children to eat healthy food, exercise, and drink lots of water as we approach the summer season. Research has shown that students are able to learn better when they're well-nourished. Eating healthy meals has been linked to better grades, improved memory and alertness, and faster information processing.

On-Demand writing – A timed assessment that evaluates the students' writing skills; so, they mould to be better thinkers, writers, and orators.

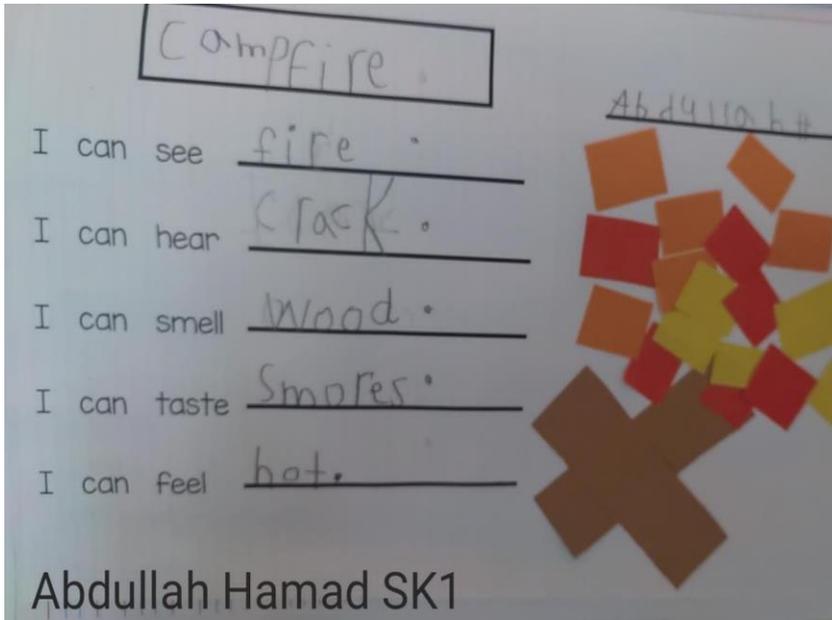


The students are trained to tap their creative abilities to organize their thoughts using different graphic organizers and then sequentially pen their stories.

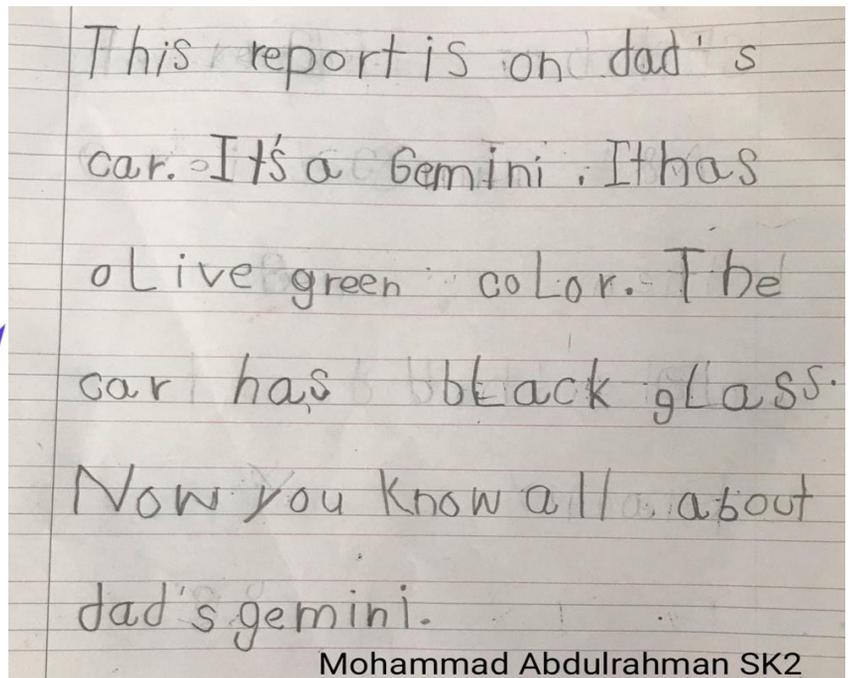
The writing can take various forms, such as – narrative, persuasive or informative, and thus targeted to a specific audience.

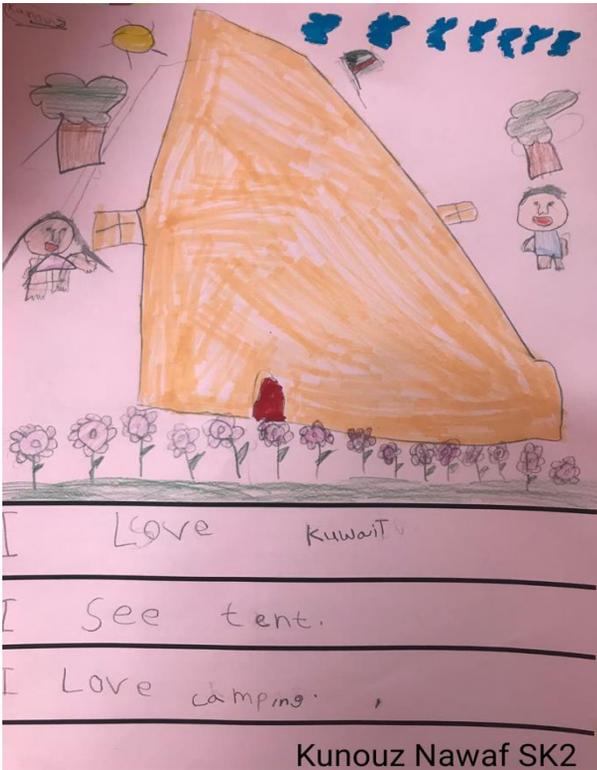


## Abdullah Hamad SK1

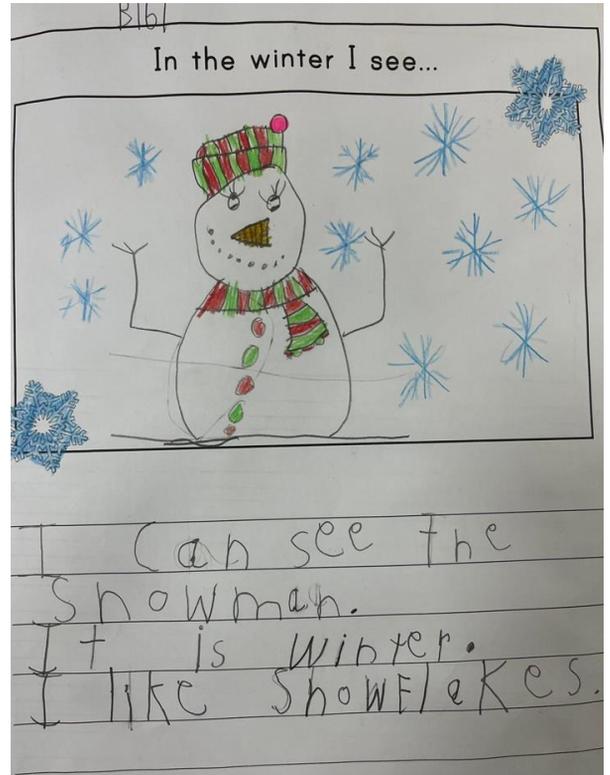


## Mohammad Abdulrahman SK2

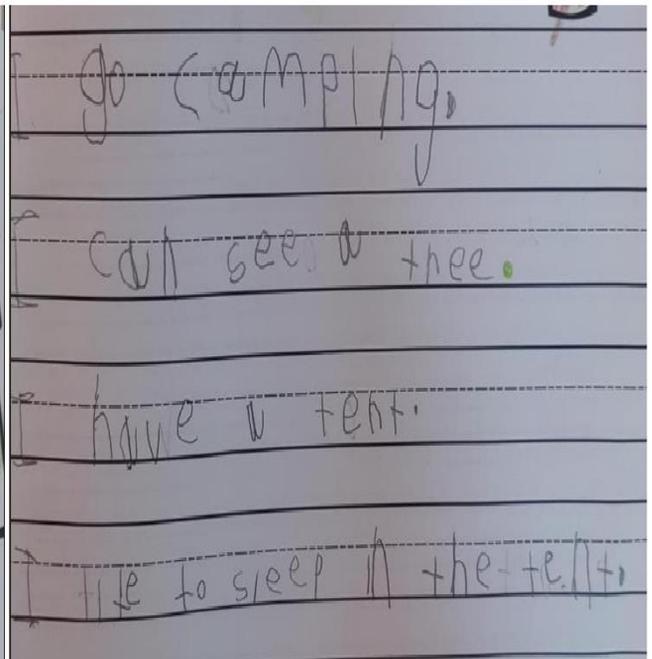
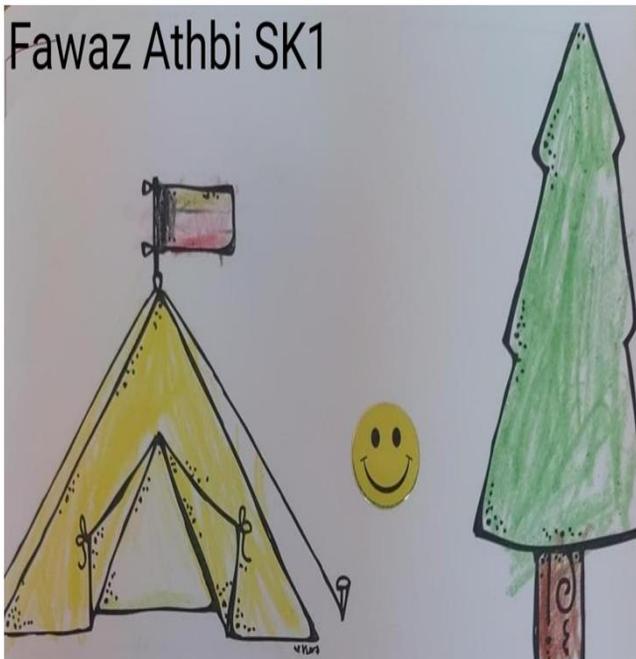




Konouz Nawaf SK2



Bibi Ebrahim SK1



Fawaz Athbi SK1



## Dhuha Ahmad 2A



Dhuha Ahmad Gr2A

My Mother Says

My mother says clean your room

My mother says I play

My mother says I love you

My mother says I help her

My mother says I do my home work

I love you mom ❤️

## Al Zain Saad 2B



Al Zain Saad Gr2B



My monster

Billy the zombie beaver is scary.

Billy beaver lives under my bed.

Billy beaver eats bats and bees.

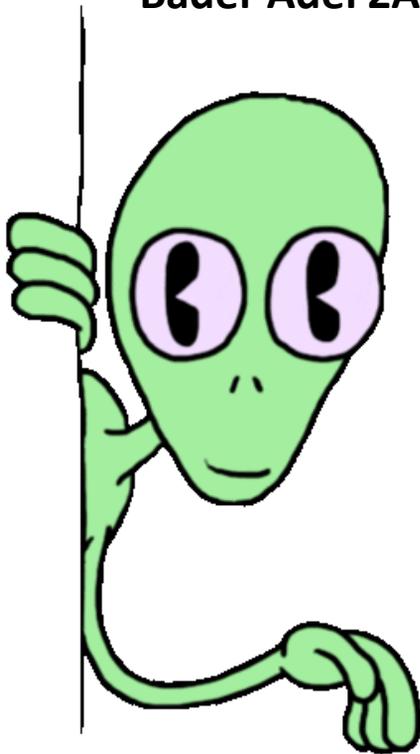
Billy beaver likes to bite bugs.

Billy beaver doesn't like bright lights.

Billy beaver bullies me.



Bader Adel 2A



Bader Adel Gr2A



My monster

1. Jingle Jelly is a purple monster.
2. Jingle Jelly live in the jungle.
3. Jingle Jelly eat Jelly.
4. Jingle Jelly likes to jump.
5. Jingle Jelly doesn't like juggling.
6. Jingle Jelly jokes with me.



Al Zain Nassar Gr2B



My Monster

Billy the Zombie beaver is scary

Billy beaver lives under my bed

Billy beaver eats cats and and and bees

Billy beaver likes to bite bugs.

Billy beaver doesn't like bright light

Billy beaver bullies me.

Al Zain Nassar 2B



Othman Mohammad

2C



My Monster

My monster's name is Molly.  
 Molly lives in the mountains of Mexico.  
 Molly likes to eat meat, mushrooms, and  
 mangos.  
 Molly doesn't like mice, mammals, monkeys  
 or melon milkshake.  
 Molly makes magic muffins for us.

Othman Mohammad 2C



Jouri Abdullah 2D



12-4-2022

Jouri Abdullah

2D



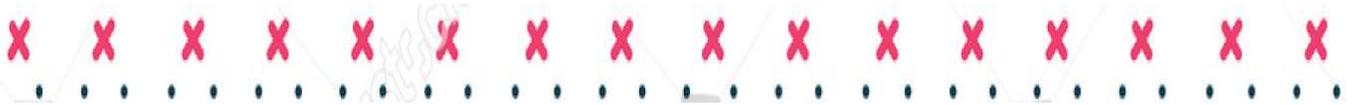
My Monster

My monster's name is Molly.  
 Molly lives in the mountains of Mexico.  
 Molly like to eat mango, and  
 macaroni.  
 Molly likes melon milkshake, melon  
 milkshake.  
 Molly doesn't like to mop or make magic  
 muffins.

## What if I found out Ms. Mary is an Alien?

One day I woke up, got ready and went to school. When I entered the classroom, I was surprised to see that no one was there. I took my phone. It was Sunday at 7:30am. It is not the weekend I thought. I was confused. I heard a weird sound saying, "I am coming for you." I was scared, so I looked around me and it was the school Principal – Ms. Mary! I screamed in fear. "Why are you an alien?" I asked. "I am not a human; I am an alien. I was simply scared to tell you that I am from outer space, so I captured all the students and teachers to tell them the truth," she replied. She grabbed me and took me to a room full of students and teachers. Then, my eyes opened, and I found myself in my bed. It was all a bad dream! Phew!

**Nourah Ayyadh Al Mutairi 4A**



## What is the school Principal was an alien?

An alien came from outer space and turned Ms. Mary into an alien! The alien Ms. Mary was so cool. She allowed us everything that was forbidden on the school premises. We got to use our iPads and mobile phones. We also got to take naps and play games. We did not get to study at all. We could also eat chips, candy, chocolate, and cakes. It was so much fun! We also got to go home early too. The next day was a blast off. We did P.E. every day and had field trips every Thursday. We also went with the alien Principal to outer space. I do wish for real we had an alien Principal. The end. No, it is a joke – I fooled you! Anyways...let us end it.

The end.

**Ghaliyah Issa Jabir 4A**

**What if the school Principal was an alien?**

One time, I went to Ms. Mary's office to recite the Quran. When I entered, I heard her saying to me in a nasty voice "What are you doing here?!" The voice was nasty and angry. I did not know how to react, but it was scary. I began to shake, and I replied "I-I-I-I'm sorry." She told me to come closer and take a seat. She was patting the chair to show me that I should sit. She offered the microphone to me. Her skin became green. I told myself not to worry, and that everything would be okay. I began to recite the Quran. The classes heard me. Their faces changed. They all rushed to Ms. Mary's office. Ms. Mary saw them all. A spaceship came from the sky. The roof broke off. A long string came from her head and her face was dark green. She teleported to the ship, and she vanished. She went to China with Mr. Peter, and I lived happily ever after!

**Abdulaziz Mohammad 4B**

**What if I found out Ms. Mary is an alien?**

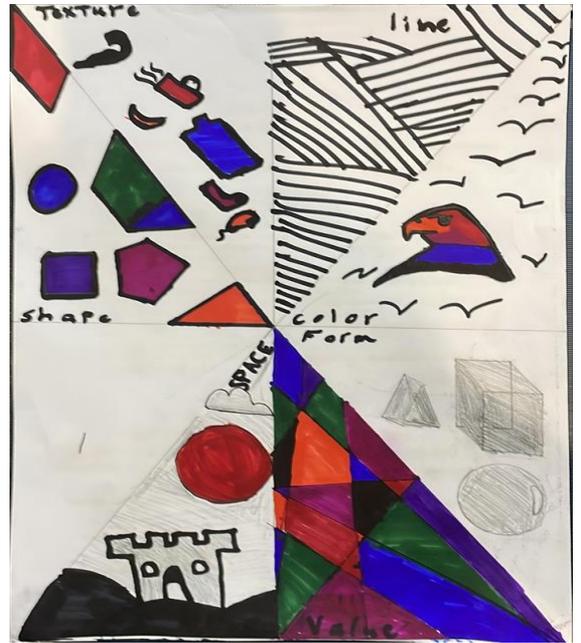
One Tuesday morning, I was as usual getting ready for school. I ate cereal and got in my mom's car. When I went to school, I ran to my class, because I was four minutes late and I had one minute left. I looked left into our principal's office. Ms. Mary was there, but there was something that looked like an alien. I could not think about it because I was rushing to class. When I got to my class, I was not really thinking about it.

I did the usual in school. I was kind of late for the announcements and I am on the student council. I needed to say the quote of the day, but instead, another Student council member said that we did not have to do it today because our language teacher did it.

I finished school and played a little with my friend Abdullah Ebrahim and then I slept. The next morning, I was early and went to Ms. Mary's office and I saw an alien saying to Ms. Mary "Give up your school to us." Ms. Mary replied "Never!" Then, I saw a weapon on the ground. I took it and shot the alien. It teleported the alien back to his home planet. I saved Ms. Mary and our school from the alien attack.

**Bani Bnanyan 4B**

The end.

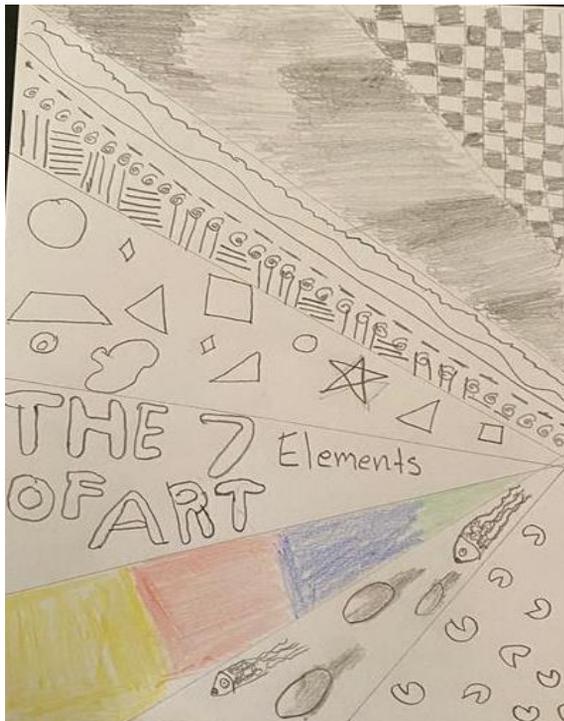


**Reem Hussin**

**Gr10A**

**Fares Farhan**

**Gr8A-B**



**Malak Naser**

**Gr 8A-A**

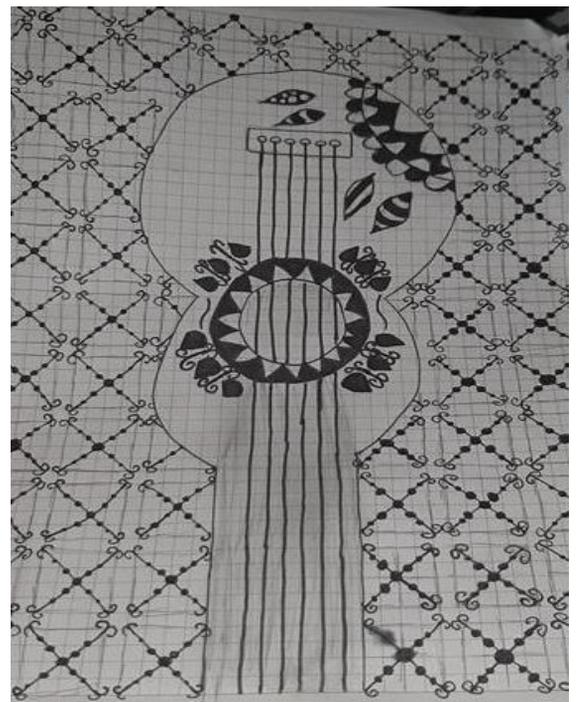


**Bader Fahed**

**Gr 10A**



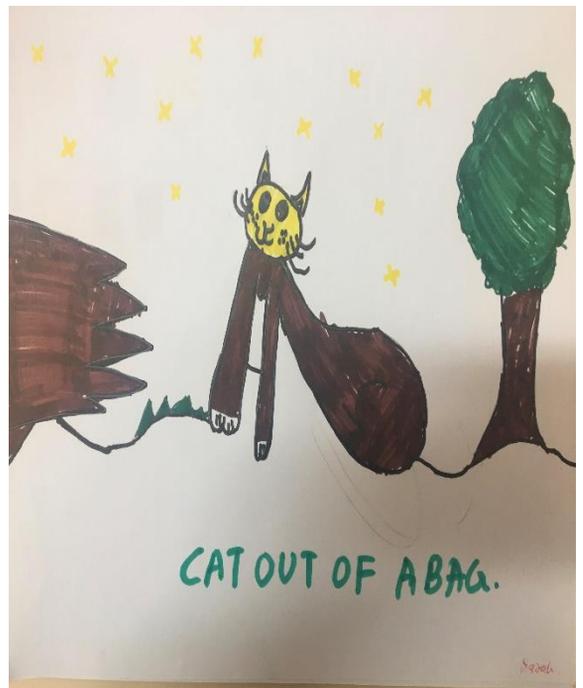
Ahmed Hamad  
Gr12B



Abdullah Ali  
Gr12A



Abdullah Ali  
Gr11A



Sarah Hamad  
Gr4A



Yousef Ahmed  
Gr 4C



Rateel Adel  
Gr 4A



Loulwa Rashed  
Gr4A



Haneen Abdulaziz  
Gr4A



**Deam Muhana**  
**Gr4A**

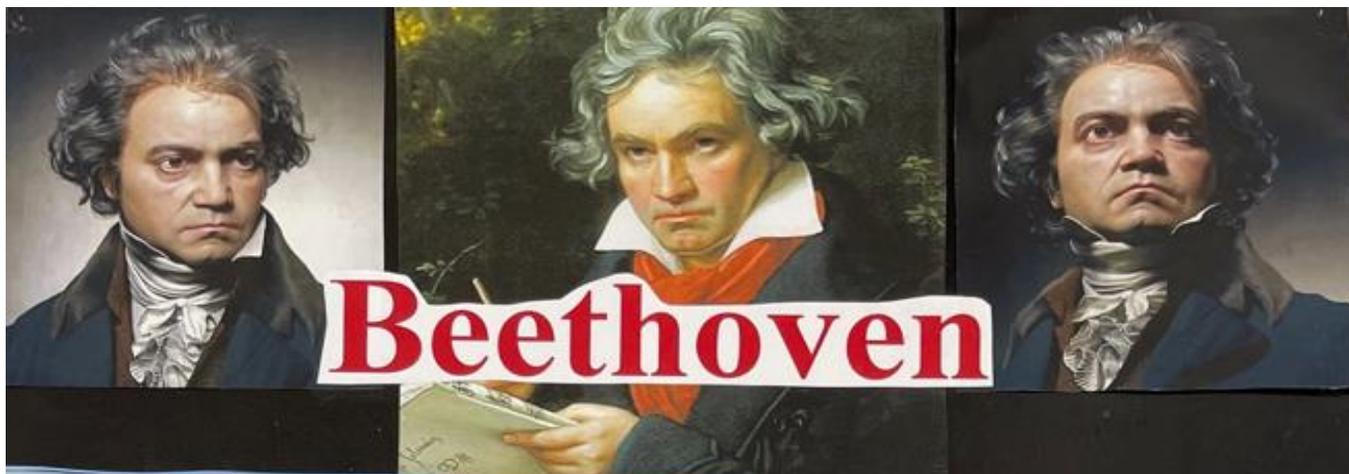
**Bader Mohammad**  
**Gr 4C**



**Aeshah Mohammad**  
**Gr 4A**

**Abdullah Salem**  
**Gr4B**

## Mohammad Khaled 4B



### Ludwig van Beethoven

Ludwig van Beethoven, (baptized December 17, 1770, Bonn, archbishopric of Cologne [Germany]—died March 26, 1827, Vienna, Austria), German composer, the predominant musical figure in the transitional period between the Classical and Romantic eras. Widely regarded as the greatest composer who ever lived, Ludwig van Beethoven dominates a period of musical history as no one else before or since.



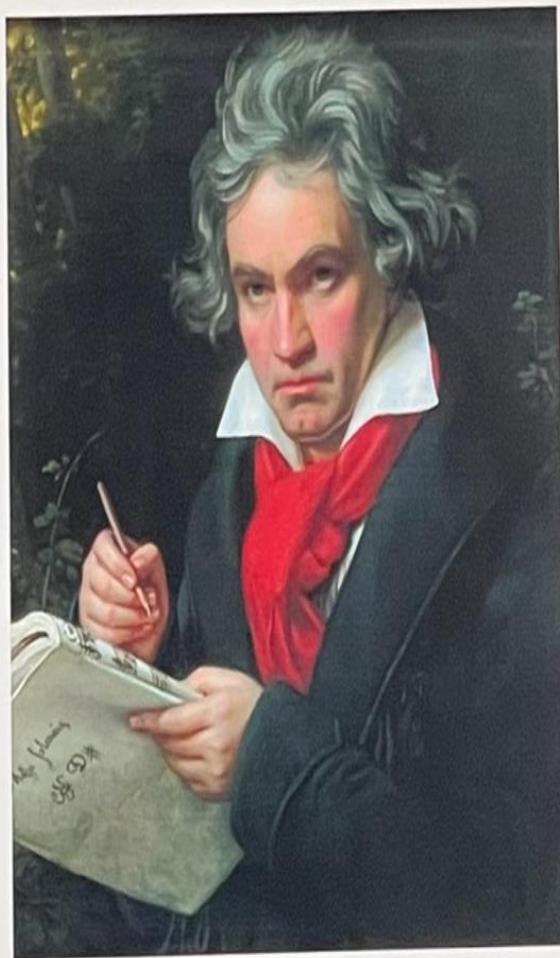
Rooted in the Classical traditions of Joseph Haydn and Mozart, his art reaches out to encompass the new spirit of humanism and incipient nationalism expressed in the works of Goethe and Friedrich von Schiller, his elder contemporaries in the world of literature; the stringently redefined moral imperatives of Kant; and the ideals of the French Revolution, with its passionate concern for the freedom and dignity of the individual.



**Mohammad Mashaal 4B**

## Ludwig von Beethoven

Ludwig von Beethoven was born in Bonn, Germany in 1770. He came up with new, thrilling and expressive ways of writing music that changed the history of music forever.



**MOHAMMAD MASHAAL**

**4B**



## Mohammad Ahmed 4B

**Frederic francois chopin**

Is a musician in the period of romantic origin, born between renamed warsaw and raised in warsaw, which ended after 1815 from the kingdom of Poland.

Where he completed his musical education and music business before leaving Poland at the age of twenty, less than a month before the outbreak of the revolution.



**Date of birth** and place of birth: 1810, zelazwawola, Poland

Date of death: October 17, 1849, Paris, France

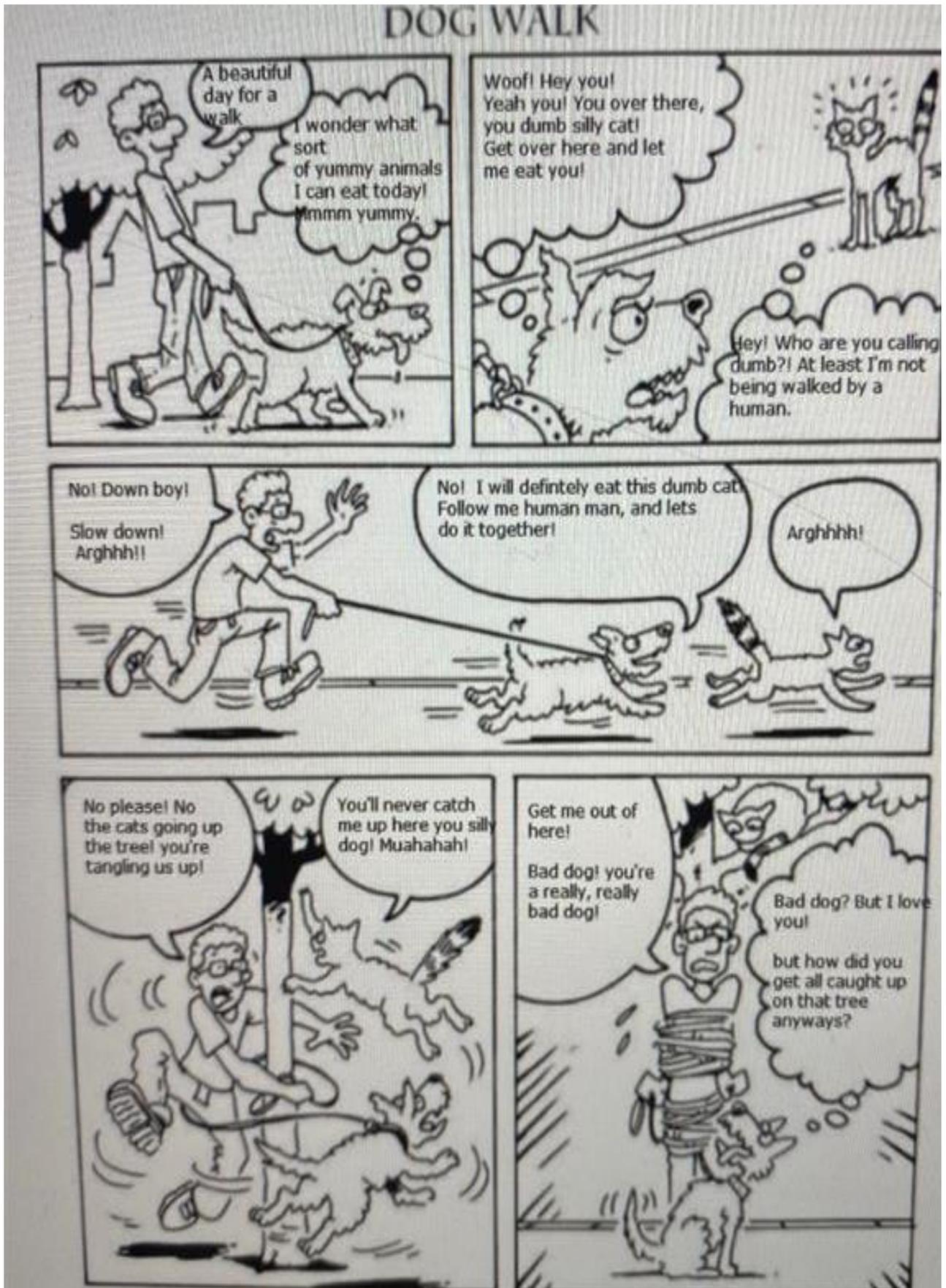
**Birth name**: (polish: fryderyk franciszek Chopin, justina chuzanovska Chopin, Isabella barsinski ludwika ydrejevic.

**Done By** : Mohammad Ahmed

**Grade** : 4- B

## Abdullah Khaled 6A-B

### DOG WALK



# Grade 6 Writing

## Fatima Ali 6A-A



## **A Comparison - Private and Public schools.**



This article will compare the options that private and public schools have.

Parents want the best for their children's education. Exploring different schools in the vicinity can help them find the school that fits best for their child.

Firstly, public schools usually have more students because they are government-aided schools, and there are no minimum tuition fees. On the other hand, private schools have fewer students in each class, high fees, and better infrastructure to support their learning. Another difference is that public schools have fewer facilities and technology than private schools.

The next difference is the curriculum: public schools have standard curricula at the national level, whereas private schools follow the curriculum set by the board - for example, American, British etcetera.

Both types of education have their pros and cons. However, the parent should decide the best learning environment for their child as per their needs and expectations.

**Mohammad Matar 6A-B**

## Oprah Winfrey

Dear Ms.Meriem,

I want to suggest having Oprah Winfrey as a guest in our classroom. Oprah has built a media empire. Oprah Winfrey earned about a million dollars a day by hosting her show - The Oprah Winfrey Show. After her successful talk show, she made *Where Are They Now*, it was about her previous interviews on the Oprah Winfrey show and the lives of the interviewees years after. It was a huge success. She even has her Oprah Winfrey Network, popularly known as OWN, as well as multiple other successful movies and TV shows. Her net worth is 2.6 billion USD and counting.

She can give us tips on enhancing our verbal and oral communication skills and engaging in interaction with an audience.

Are you lost in life? Oprah helps to inspire and motivate her audience by relating to ordinary people and their issues and struggles. Inviting celebrities to her show teaches us goal setting and how to accomplish those goals and deal with failures simultaneously by looking at failures from an optimistic point of view. She gives us another perspective on failure.

Oprah once said, "There is no such thing as failure. Really, it is just that thing trying to move you in another direction, so you get as much from your losses as you do in your victories; your losses are there to wake you up because, in life, we all fail, and we might just give up, but when you think of failure in this manner it gives you motivation."

## Oprah Winfrey Cont'd

Many people relate to Oprah because she has experience in life. She talks about topics that ordinary men have been through in life. Moreover, we can feel that we can relate and understand more and become more comfortable. She gives a positive impact that will help and give us a better mindset. It helps with our attitude and builds a growth mindset.

Furthermore, giving her point of view helps us dig deep and reflect on ourselves and strive to be better human beings. She is wise and has written books that inspire many avid readers.

### Deemah Talal 8A-A



A blinding light filled the sky, and an immense blast was heard throughout the city; it was a rocket. "Blast off was steady. Give me an update on how you are doing up there, Astron." "Commander, systems are cool and steady." "Affirmative." Astron will be the first man in space if everything goes well. Astron is the son of Buzz Lightyear. He always had a passion for space, just like his father. He went on the moon multiple times and made memories he would never forget. Astron will continue his dad's legacy, and he would not lie. Astron sees this mission like any old trip he used to take when he was younger. It was a breeze until he got there. The weather conditions were horrible, and he was unprepared for what was about to come.

When the space shuttle entered Mars' atmosphere, it could not handle it. The power core got damaged, and he could not communicate with anyone. He tried re-stabilizing the core, but it was of no use. He extemporized and saved half of the food supply, and Astron knew what to do. He took an atmospheric water generator that would give him fresh water and then worked on a plan. Astron then remembered that he could plant vegetables because there was a batch of soil and some seeds. He planted them and then worked on finding a way to communicate. He tried and tried and failed, but he never gave up. He then started working on building a shelter and a farm. A week passed, and he had made much progress since the first day but still no communication or signs of sprouts.

Astron did not know what to do. He thought he would die and was panic-stricken. "WHAT DO I DO!" He then calmed himself down and took some time to himself. Later that day, he had hope again and had a sprout on his farm. He was filled with joy!

Since he just had to wait until it grew, he decided to dedicate his time to power the communication center. Suddenly, it hit him, "The rovers on Mars! That is my answer!" However, now he needs to find one first. He got up, wore his suit, and is now on the search for a rover.

He found some tracks and decided to follow them. It led him straight to the rover. However, something was odd. The rover had fingerprints and photos stuck to it. Astron thought nothing of it, took the rover's core chip and returned to the ship. He got to work and started unscrewing the rover. He got the core chip, placed it, and ran a code. Something felt weird after, but he was so happy it worked. He finally found a way to communicate. "Hello, can anyone hear me?" "Yes, we can; this is SpaceX. What can we help you with?" "It is Astron Lightyear, and I am still alive." "Oh my god! We will redirect you to NASA as soon as possible!"

The Earth was in shock. NASA was currently working to send a rescue team which could have taken about one month to reach Astron. Astron survived on Mars for over two months now, and he could finally leave in a month. He saved his crops by taking the biggest and then waiting until the smaller ones grew. There were now two weeks left until he was free; He felt like he was going crazy, and he fought the temptation to give up. Astron had completed 100 days on Mars, surviving on his own.

The rescue team finally arrived, but Astron was not informed about NASA's touchdown on Mars. He was desperately counting days, but this seemed odd. It turned out that there was indeed alien life on Mars. He never knew until he was launched, and he found himself on a rocket in outer space with aliens that looked like humans.

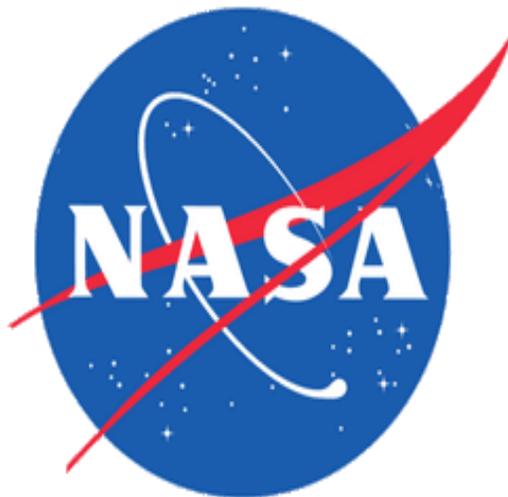
## Grade 8 Writing Cont'd

They did not speak English but were way more advanced than our planet Earth. They used a cellular galaxy translator to make conversation. "Are you Astron Lightyear, son of Buzz?" asked the alien. "Yes, I am," said Astron.

"We have been sent here by our old friend Buzz." So I gathered that they were here to save me, and I should not be afraid of them. They were good friends of my father, Buzz. "I never knew dad had alien friends. He never told me about you," exclaimed Astron in awe and wonder. "It is because we are the last ones surviving of our kind."

Aliens turned out to be endangered, so he never told me about them. They said that they were here to save me. They told me about all the adventures they had with my father on the way. Everyone thought it was someone else when we got to Earth, but their jaws dropped when they realized it was me. "Astron, sir, how did you get back?" I played it dumb and said, "I found some fuel on Mars to use." My father, Buzz, said, "That is my boy!"

**Abdulaziz Faisal 8B-A**



## **Celebrity**

Hello Ms. Meriem, I heard that an anonymous businessman gave you money to invite any celebrity of our choice. I would like to suggest Moussad Al-Dossari. He is an e-sports player who is twenty years old from Saudi Arabia. He specifically plays the game FIFA, but he is good in other games as well. He is considered the best FIFA player ever because he won the FUT Champions Cup 3 times, a mind-blowing feat. After all, it is the most challenging cup to win in FIFA. One of his other achievements, The Best Global footballer award, is considered a significant achievement for him and the Arab world.

He could give us a fun time, and it would be great if he could give us tips on how to improve in games which would be helpful because video games can keep you mentally alert, boost your mood levels and make for better heart rhythms. He could create a tournament that will help us excel in games, and the most suggested one is indeed FIFA, which helps you create strategies, think out of the box, and uplift your frame of mind. that is also one of my first reasons to suggest his name to invite as a celebrity.

Also, if we all collect a small amount, we could even pay for his tickets and get him to our school. The only obstacle may be that he lives in Saudi Arabia. The students can contribute about KD 5 each for the tournament, and it may be enough to sponsor Moussad. The balance of leftover contribution could be used towards school improvement and up-gradation. Therefore, I strongly suggest that instead of using the businessperson as a sponsor, we should make contributions and call him for our benefit, which could be a fantastic idea.

**Thank you**

**Abdulaziz Mubarak 8A-B**

## The Switch

It seemed like a typical Monday afternoon until I saw the alarm clock. This alarm clock looked weird, and it woke me up 5 minutes before the bus came! It is such a lazy cow as if he is not human and is a pig, so tired and always waiting for food. It gave me almost zero time to get ready and eat breakfast. I also noticed how weird this room was and how this alarm clock did not look like mine. The entire room looked like Link's room. It looked nice, with a desktop and a PS5. I knew this because of the number of times I went into his room. While thinking about all of that, I heard someone call him, and I went to check because it sounded like his mother. I was running down the stairs and fell on my head; also, I forgot even to wear my clothes! His mother shouted at me, "Links, go get dressed before the bus comes now!" "Okay", I said.

Links felt clumsy while running up the stairs, so his body felt like dying on me, and I kept tripping and falling over. The smell of fresh eggs was overwhelming; I do not know why Links never eats them; it smells great. Even his room smells of rich perfume. Blue is my and Link's favorite color, so his entire room is colored blue. The alarm clock is blue, and everything is blue! I got ready and took an egg sandwich with me and ate it while going to the bus; they tasted fluffy and delicious! I wish I had Link's house and his parents too, although I love my parents. I would love living here and being loved and spoiled by his parents.

On the bus, everything was normal, but the feeling of greed did not leave me. I saw the easy and luxurious life that Links did not appreciate. I would be willing to do anything to be born into that family. I sat in our usual seats, keeping a spot for Link beside me so we could try to understand what happened. We reached my house, picked up Link, and talked about this random switch of our bodies. I said first, "bro, you are in my body, and I am in yours! What do we do?" "I honestly do not know, Bader; you are the smart one here. Think of something, please," exclaimed Links nervously.

I looked him straight and said: "Link, we need to think and try to understand how to make us go back to normal as quickly as possible!". Link then nodded and agreed to what I said. We thought it best to consult a doctor. We started our school day with Math class; I answered everything as Link, and Link was just sleeping in the class like usual.

## Grade 10 Writing Cont'd

After that, we had PE, which Link is good at and I am not, so this was Link's time to pay me back for all those answers in math class.

We finished off those classes, and we had our break straight after. Snack break was our best chance to discuss which doctor would believe us; our only idea was just the general doctor found in the regular hospitals because we could not afford to pay for specialists. We were stuck like zebras in a lion's den. Our best bet was if we just waited until the end of the school day. We both went back home and turned on the PlayStation and thought of a place where we could meet up and go to the doctor from that spot. The chat went a little like this: "Link, I think we should meet up somewhere near a hospital." He replied, "no, Bader, we should go to a witch; they always help with this magical stuff..." "A witch? Are you crazy!" He said, "oh my god, Bader, you are such a scaredy-cat!" I replied, " Yeah, I am, and we are not going to the witch no matter what you say!"

After a long talk, he agreed with the park idea. Thus, we met up in Queen's Park near the local hospital. We entered the hospital and waited till our turn. We entered the doctor's room and told him about what was going on, and he thought something was wrong with us and called our parents instead.

Soon enough, our parents took us, but before going into the cars, we talked to them and told them what we wanted to tell them the whole time. At first, they thought we were going crazy, but then things started to add up; I woke up and took eggs for breakfast, and Link did not take any breakfast from my parents. It seemed like everything added up to our parent's heads. We were taken home, and we both did our homework and continued playing on the PlayStation together. Our parents were not as convinced as we thought because both came and asked us some random questions! They asked about my favorite color, and this was easy because we shared the same favorite color. I told them, "Links and I share the same favorite color, blue". They replied, "hmm, well, his favorite color is blue." "I already knew because he is my friend and we have been friends for a while. We are more like brothers than friends," I replied. The questions kept coming until they finally said: "Okay, okay, we believe you are not Links now." I went back to my PlayStation and continued playing Fortnite.

## Grade 10 Writing Cont'd

I cannot believe this happened to my best friend Links and me. It was a miracle; nothing had ever happened like this before. We were the first two people to have our bodies switched. It felt weird, but it was still cool to brag about the experience. I am here talking to myself in my brain, and it is fun to do this since I am here; you are also here; everyone can enjoy staying here. I cannot lie about how great it is living in this big house with a great mother who can cook very well, but I still appreciate how much my mother does for me too. I won my first game on Fortnite, and it was great. After a long day and two long hours of playing Fortnite, I went straight to my bed, put my head on the pillow, and said to myself, "goodnight, Bader, goodnight, Link's body". I slept. When I woke up the next day, it was finally over. Everything was back to normal, but we will never forget what happened.

### Bader Fahed 10A



# Grade 12 Writing

## Controlling Happiness

### Is happiness something we can control?

Going back to my childhood, I always thought people and possessions could control my happiness. I would wait for my birthday to get gifts, making me happy. However, little did I know that these things or presents only create short-term happiness. Money cannot buy happiness; I agree with this phrase because I think money can just rent happiness. After all, happiness comes from within, satisfaction or contentment.

People think they would work to earn money rather than be happy. But what is happiness? In my opinion, I think happiness is the feeling of joy, satisfaction, and fulfilment in your own life and not about what you have or get. I think happiness is vital in a person's life, and it has its significant advantages. Most people strive to achieve happiness; they would do anything to catch a glimpse of happiness. As I get older, I truly understand the meaning of happiness and how I can attain it.

Everybody has his or her perception of happiness. We think that if I do this or get that, I will be happy, but that is not true. Although it can make you feel happy, it will create short-term happiness. Some individuals try their best and work to get money, and they do not care if they feel happy with what they are doing. But money cannot buy happiness, and it is true. It resonates with me as I tell myself that when I pick a job in the future, I will choose what I like to do. I would rather be happy with a moderate income than despise my job but get a high income. However, everybody has their mindset on how they view the issue.

## Grade 12 Writing Cont'd

I agree that we can control our happiness, but you will ask how? Happiness is attained from within. But first, you need to understand what happiness is and what makes you genuinely happy. A massive factor that makes a person depressed is that they overthink the future outcome of an action rather than staying in the now and enjoying life's simple pleasures. Unnecessary overthinking leads to a stressful life and further health issues. A person's level of happiness is also determined by the type of support system he or she maintains. Having a supportive family or group of friends helps you to be happy. It is critical to communicate and interact with the outside world. Communication is beneficial; having someone to talk to is essential to happiness. To achieve happiness, you must first understand what it is. It is up to you; if you are in a challenging circumstance or have made a mistake, you may always strive to find enjoyment in the present moment. Thinking well of people will make everything less complicated. Approaching everything with a good state of mind helps lead a happier and easier life.

Being happy and healthy are directly related to a certain extent. Happiness lowers your blood pressure, enables better sleep, lowers your risk for cardiovascular disease, improves your diet, allows you to maintain average body weight through regular exercise, and reduces stress. Having a positive attitude makes you joyful and people around you happier. Trying to look at life positively and find the hopeful and encouraging scenarios out of everything sure makes your life happier. Scientists have been studying happiness for a long time.

## POINT OF VIEW!



### Solve The Maze



### GUESS THE LOGOS





**EID AL-FITR HOLIDAYS- Apr 1<sup>st</sup>**

**Spring break- May 1<sup>st</sup> - 5<sup>th</sup>**

**Teacher Appreciation Week- May 8<sup>th</sup> - 12<sup>th</sup>**

**JK-SK Open Day (NEW PARENTS) – May 12<sup>th</sup>**

**SK + GR 12 Graduation Walk- May 12<sup>th</sup>**

**Gr 5 Healthy Living: Orange Day – May 15<sup>th</sup>**

**JK Parent Engagement Event - May 16-17**

**Art Fair / Tech Fair-May 18<sup>th</sup> – 19<sup>th</sup>**

**Purple Day (JK - GR 2) – May 19<sup>th</sup>**

**Workers Appreciation Awards /Assembly: Reflection – May 19<sup>th</sup>**

**Talent Show – May 19<sup>th</sup>**

**Gr 5-6 Student Transition Day – May 25<sup>th</sup>**

**Spring Concert (JK, GR1-3) – May 26<sup>th</sup>**

**Awards Ceremony (GR 4-12) – May 26<sup>th</sup>**