



# Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة



## CBS EXPRESS

October 2018

Vol: 4 Issue: 2



*in a world  
where you can  
be anything,  
be kind.*

**PINK DAY &**

**ANTI-BULLYING CAMPAIGN**



At CBS, we take bullying seriously and while we have put the spotlight on bullying this week, it is addressed every day as we counsel and support students. This year our anti-bullying campaign involved student performances, poster campaigns and class presentations. To show outward support of our campaign to stamp out bullying, students wore pink to heighten awareness and cast a light on this issue. It was refreshing to see such a sea of pink throughout the school. Thanks to everyone who participated and remember – anti-bullying is not an event but rather a part of daily life here at CBS.

# EDITOR'S *Note*

## WRITING MATTERS

Welcome to the October edition of the CBS Express. This month spotlights a variety of writing formats from recounts to memoir and book reviews to science reports and explanations. As you read through our selections, you will see that our students are learning a great many techniques and strategies along with task specific vocabulary to help them be more strategic in their writing choices.



Having something to say and knowing how to say it enables writers to articulate their message to effectively inform, persuade, or entertain their readers. For example, reading the research reports on Bisphenol might give you pause to rethink the use of plastic containers or, at the very least, to more aware of the possible health risks. The critical and creative analysis of magazine covers may cause you to see advertising in a new light.

The submissions this month exemplify how writing allows for expression of thought which, in turn, enables its readers to laugh, cry, and/or reflect on its messages and hopefully to want to read more. We hope you enjoy our efforts!



*CBS Thankful Day*  
*Oct 2018*





# I ♥ WRITING

08 OCT 2018

Culminating Task - Unit: All About Me Ahmad

Draw a picture of you and your family doing your favorite activity. Label the picture and write a sentence using rebus or sight words.

WE GOT TO THE VAI ROKK

**Ahmad Al Khaldi- SK1**

08 OCT 2018

Culminating Task - Unit: All About Me Muneerah

Draw a picture of you and your family doing your favorite activity. Label the picture and write a sentence using rebus or sight words.

LOS to bth  
beach

**Muneerah Al Adlah - SK1**

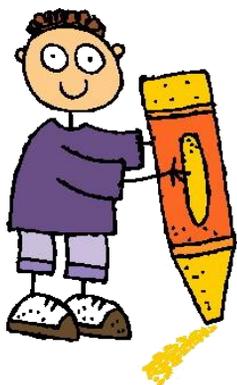
Mohra

The house is nice  
the hos is nice

I COON SEE BUTFLIY

I can play with my cat  
I COON PLEY WITH MY CAT

**Mohra Ali Al Ajmi - SK2**



Al Zain

**Al Zain Al Baidan - SK3**

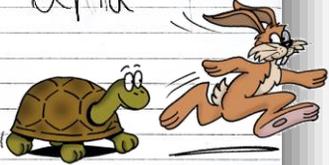
My weekend 22-10-2018

On the weekend, I went to a mall with my family. First, my parent were hungry so we went to the pasta restaurant, but we ate salad with cheese. It was tasty. Next I wanted to buy something so I went to the store and I bought a dress and pants. I went to the fitting room and tried my new dress, I liked my dress so I showed my mother my dress. She liked it so we bought it. Then, I went to see a movie and the movie was baby boss I enjoyed the movie. So I was happy. Last, I was tired so I called the taxi to take me to my house. Last, when I reached home I ate the pasta that I left in the restaurant and then I slept. My favourite part was when I ate pasta with my family because it was delicious.



Ajna Ilir Hysa - 2A

Hare and Tortoise



Once upon a time in the woods there was a Hare and a Tortoise. The Hare and the Tortoise wanted to race because the Hare was teasing the Tortoise. He said Tortoise is very slow. **First** The Hare always teased the Tortoise. The Hare said, even a snail is faster than you. Let's have a race, said the Tortoise. **Next** The Hare fell down laughing. **Okay**, but you know I'll win said the Hare. **We will see**, said the Tortoise. **After that** there was a big race. The Hare hopped fast, fast, fast. The Tortoise walked slow, slow, slow. **Then** the Hare took a nap because he thought that he will wake up in time to beat the Tortoise.

**Finally** the Tortoise past the Hare. After a while the Hare woke up and yelled the Tortoise is winning. He hopped fast and, but it was no use because Tortoise crossed the finish line first.

Amr Mohammad Amer - 2C



My weekend -2A  
On the weekend I went to the Avenue with my dad and my brother. First, we went to eat lunch in the restaurant Paul and Dora. We ordered pizza and pasta and mushroom soup. Next, we went to buy for me I asked a bear. I bought a really cut bear. I call her rainbow. Then we went to that as a gift for my brother. After that my little brother bought a game and my big brother bought four books about Lego. Last, I got so tired so we went back home. My favourite part was when I bought the bear because I knew her birthday it is in October 6.

Loulwah Mohammad Al Daihani - 2A

## 'What Makes Me Unique'

I am unique because I have a hidden talent. I am very flexible and while I sing, I also dance to the beat. When I go to parties, I am as crazy as an animal. That's when I bust-a-move! When you see me on the dodgeball court, I am a whole different person, because I can move like a snake. When I wake up in the morning my hair is a mess, because I twist and twirl around my bed. My hair takes hours to untangle. I love to cook for my family. I like making some pancakes, or some bread. I like to make fish and steak. The morning is the best time to make food, because it can chill in the meantime.

**Dhai Mohannad Al Farhan - Gr 4A**

I am Unique...

My name is Abdullah. My school is CBS and I live in Ardiya. Sometimes, I feel hungry and I ask my mom to cook for me. When she finishes cooking, I eat, and I love it! I have two sisters and they are very respectful.

My favorite color is red and favorite game is to play Fortnite. My favorite animal is a rabbit because it is so soft and fluffy. I also love to swim because I enjoy this activity a lot.

I am unique because I like to read non-fiction books.

The end.

**Abdullah Ayman Al Mutairi - Gr 4B**

I am unique because I know how to speak a Russian language. I saw real snow and I touched it with my hands. I know three languages, but my classmates know only two! I can read and write Russian, but I only learned how to write letters. My mom, brother and I, went to Belarus, because we wanted to meet our grandmother. I can write in Arabic, English and Russian. I have a friend from another country, but my classmates don't. I have talent. I can draw really well, because my grandfather was a really good artist.

**Samir Yousef Al Sabti - Gr 4A**

I am the only boy in the class, who plays taekwondo. I am the shortest boy in the class. Nobody likes school, but I love it very much. I am the only boy who loves broccoli. I don't like spicy food. I have four brothers. I am the only boy in the class, who watches Dobre Brothers. I am the only boy who doesn't like to play Fortnite. I am the only boy in the class, who likes to eat fruit and vegetables. I love October 4th, because that is my birthday. I love it.

**Mishaal Yousef Al Jadei- Gr 4C**

# GRADE 8 WRITING



## Science Journal 'The Sun'



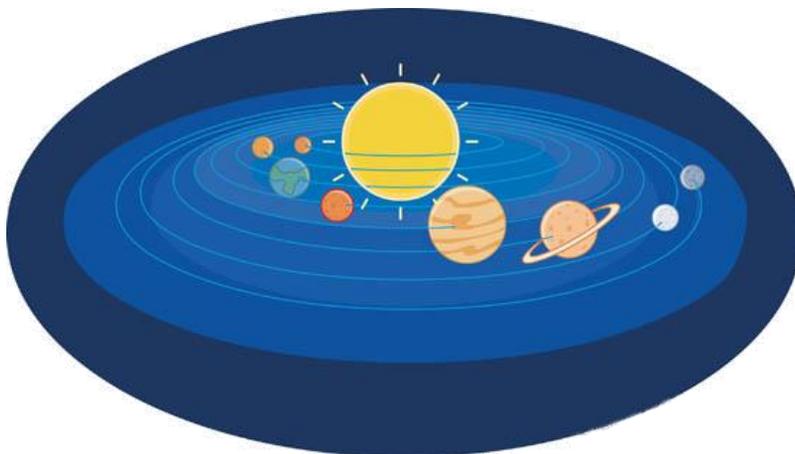
The sun is the most important thing helping Earth and keeping Earth's creatures alive today. One of the important roles of the sun is the water cycle. The sun helps the water cycle by the energy that is making the water evaporate. It makes the process of water into gas. The sun helps us humans all any living creatures so much. The sun makes the earth hot and gives a lot of sunlight energy. The sun is the most important thing not only for the earth but for all our solar system. The sun is the best.

**Yazan Alaa Abu Zour - Gr 8A**

The sun is the important thing for life and for the water cycle. It makes the water cycle work. The sun heats up the oceans or frozen water. Then it is changed into vapor and it evaporates into the sky. The sun is the key to the water cycle.

If there was no sun, we wouldn't have heat. The heat comes from the sunlight. Also, this would mean that we would not have energy on earth. We would have no electricity and no solar panels would work. The earth would be completely dark, and you would not be able to see anything. We would not have green plants which would mean no oxygen or food to survive.

**Fahad Nawaf Al Shaheen - Gr 8A**



# MEMOIR

There was once a day that nearly ruined my whole life. It was 6<sup>th</sup> grade morning and I had just finished breakfast and was getting ready for school. I jumped on the sofa to put on my socks and wait for my brothers to get ready. The car ride felt like an eternity with all the left turns and right turns and the roundabouts. I nearly got sick! When I entered the class, I was surprised that all my friends from last year were in the class with me. Oh, and did I mention that it was the first day of 6<sup>th</sup> grade?

It was a very tiring day with all the new studies and subjects. As soon as I came back home I had lunch, finished my homework and took a nap. I suddenly woke up with tons of energy that I needed to waste but it was 11 p.m. and everyone was asleep. As I was thinking on something to do, an idea crossed my mind. I should go watch the television downstairs.

As my feet reached the ground, I felt a tsunami of pain on my ankle. At first, I thought it was nothing but suddenly it felt like a spike going in and out of my ankle. I dropped to the ground in pain. I was screaming hoping that one of my parents or brothers would wake up. I heard footsteps jolting in the direction of my room. Thankfully it was my big brother. I felt saved, yet the pain remained. I explained what happened and he informed my dad.

My dad took me to the hospital. The doctor seemed hesitant to tell me the problem. I asked him out of fear, "Will I ever walk again?" He nodded with a grin on his face. It turned out I had torn my Achilles tendon and it was the biggest relief of my 11-year-old life. Over the days I had medication and muscle tests. Each year my ankle got better until it finally fully healed. From that day on I have never jumped out of bed. It truly was the biggest mistake of my life.

Othman Meshari Al Kooh - Gr 8A



The following selections are excerpts from lengthy and detailed assignments.

## Risk Of Using Bisphenol A Research

Fay Abdullah -G 12



### What is BPA?

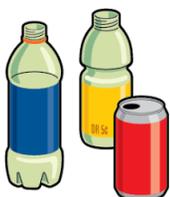
Bisphenol A (BPA) is an organic synthetic compound that is widely used in plastics, BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles and cans. Some scientists have talked about the risks of using BPA and why it is harmful to us and our environment, while others have talked about how helpful BPA is.

### Pros and cons of using BPA:

Pros	Cons
<b>It is the best material for safety equipment.</b> It is said that it is really strong and durable which leads it to be the perfect safety equipment material.	<b>It can cause heart diseases.</b> A low dose of BPA will trigger blood pressure changes it can also cause a heart attack, peripheral artery diseases...etc.
<b>It is used to make medical devices.</b> It is much safer to use for medical devices then other plastics or metals.	<b>It can interfere with the hormones leading to elimination of natural hormones.</b>
<b>BPA improves the safety of electronics and its quality.</b>	<b>It can lead to reproductive disorders.</b> It can interfere with endocrine functions.
<b>BPA is best from industrial and architectural purposes.</b>	<b>It is a cause of type 2 diabetes.</b> low level exposure to BPA could contribute to insulin resistance.
<b>It is always used from packing and storing to enhance safety.</b> It stops leakage and bacteria from getting into the package.	<b>It has the potential to affect the development of the brain.</b> It affects the gestation.

Some believe that BPA is one of the most well-studied chemicals used today and has been regulated by the U.S food and drug administration. While other studies have concluded that the dangers of using BPA is over weighted by the pros of using such compound. The consequences are far more over powered which lead to research over the world for a better substitution for BPA.

These days BPA is not used very rapidly to lead to the worse but if we don't decrease our use of BPA it can lead to future generations that would not live long due to the disorders and diseases and may cause the decrease in humanity even nature will be affected by all these products.



Fay Abdullah - Gr 12

# COCOLOCO

For my advertising assignment, I decided on selling a product, cookies! It is widely known that teenagers have a major sweet tooth and love cookies! In fact, not only do teenagers love sweet things but also sweet people, especially celebrities. For one pack of CocoLoco cookies, teens from all around the world can have a chance to meet their favorite celebrities at the Teen Choice Awards! CocoLoco loves to give more than receive because they truly understand the struggles teens are going through, and, want them to feel supported by both the company and their very own idols.



Advertisements all around the world must contain some sort of emotive language in order to persuade and captivate buyers. Some emotive words on my poster include **win**, **most famous**, **special offer**, **only**, **free**, **personal** and **yummy**! Since my product includes a miniature competition of some sort, the word 'win,' is the perfect term to build up some excitement and eagerness to be a victor. Since teenagers yearn for winning, this will catch their attention, especially because of the 'prize' they get to win. The words 'most famous,' on the other hand, makes teenagers want to know even more about the poster and what it is talking about. Since nearly all teenagers are followed up with the latest trends and famous celebs, they would almost certainly want to know what this majorly illustrious event is and how they can get involved. The usage of the word 'personal' makes the reader feel more involved in a way and also makes the reader feel special. Getting personal usually has to do with talking to someone who you know and care about or someone that cares about you. In this case, the poster says "Get personal with your idol," which is quite heartwarming since it means that your idol truly cares about you and will listen to what you have to say. The words 'special offer' catch **everyone's** eye, instead of just teenagers. In this case, since celebrities and cookies are involved, most would think 'how could this get better?' Well, for only \$8.99, you can get 3 packs of cookies which means that you could have 3 times the chance to win. A special offer makes people more interested in wanting to spend on the product since it makes us believe that it is 'cheap' instead of cheaper. Also, the word 'only' makes us think the price is less than what it is. In fact, adding that word would make more people prone to buying it because it looks cheaper/less. Teenagers like to spend less and receive more, which is exactly why they will enjoy buying this product. By spending less than \$10 on three packs of cookies, they can gain three times the chance of meeting their idol instead of spending their yearly allowance for a meet and greet. It is a fact that everyone enjoys free things, especially teenagers. No matter what it is, if it is free, teens will most likely accept it with open arms, (and closed wallets.) Ultimately, the word 'free' will attract them since it offers something different from what they are selling, which means that they get more for less. Finally, the word 'yummy' is used to tempt people.

# S.A.M



## 1. What is your product/service/idea?

The Synthetic Assistance Machines Corp. (S.A.M) is a corporation that manufactures synthetic, human-like artificial intelligence or simply robots that serve multiple roles. But, are all united under the sole purpose of assisting the owner(s) of the machine.

Ranging from domestic assistants to teachers, doctors, police officers and even soldiers, the corporation offers a broad variety of roles that aren't simply targeted for teenagers, but for all. However, seeing that teenagers tend to lean more towards a modern approach to society, the main consumers of S.A.M corp. are teenagers and kids. Which in return, inspires the corp. to produce technologically advanced models each year. The "AX400 S.A.M" model is a once-in-a-lifetime manufactured model. The AX400 is specially designed for the purpose of assisting teenagers with their daily and homely chores that range from cooking, tutoring, cleaning, and cracking cheesy jokes on special occasions. The model is truly a once-in-a-lifetime offer.

## 2. Your Rational behind your poster design:

As for the advertisement poster of the AX400 S.A.M model, the corp. decided to go for a futuristic approach in promoting their product. The colors of the poster are mostly blue, navy, and black. This is so that the poster reflects the product's futuristic identity. The font is as clear as day in addition to the product model, product role, launch date, and price. S.A.M's logo is a light-bluish and triangular shape that represents the corp. with its slogan as "Turning Fantasy into Reality," which is ultimately what S.A.M corp. is aiming for in a very unique and easily-recognizable way like no other. The poster purposefully gives viewers a glimpse of the AX400 model that leaves viewers in captivating awe and gives them a taste of their glorious destiny that awaits them, if they'd only buy it.

### 1. What message are you trying to convey for your product? Implicit and Explicit?

Not only is the S.A.M corp. promoting their highly anticipated AX400 model which is explicitly listed. But are also promoting a lifestyle for these teenage boys. The advert is preaching a culture of modern technological advance, a "permanent trend," simply put. Not only is the corporation selling an evolutionary product, but an idea that teenagers would most-likely head, rather than adults or the elderly. The corporation is conveying the idea that in order to reach that sense of royalty, one must be treated "like a royal" and live in eternal satisfaction through this synthetic humanoid servant which is the explicit message.



## Assessing the Risk of Bisphenol A (BPA)

### What is Bisphenol A (BPA)?

BPA, 2,2-bis(4-hydroxyphenyl) propane, is an industrial chemical that is used to make hard plastics that are used in the making of food containers such as water bottles, baby bottles and as coating for metal cans. BPA is said to be harmful by many scientists and experts that have done experiments and tests that concluded BPA is toxic, and a major health risk. This led to countries such as Canada, the European union, and some states in the U.S. to ban BPA in certain products. However, others argue that there is not enough conclusive evidence that proves BPA is harmful.

### Analyzing the Pros and Cons of BPA

Pros Of BPA	Cons of BPA
BPA is used in the making of "epoxy resins" (an adhesive or plastic made out of synthetic polymers), and in the making of clear and sturdy plastics. These plastics are important in the making of many materials. For example, safety equipment such as, bike helmets, police shields, bulletproof glass, and reading glasses are all made of BPA. The sturdiness of BPA makes safety equipment more durable, safe, and shatter-resistant. In addition, BPA is also used in medical equipment, electronic devices, industrial purposes, food packaging and storage.	According to scientific studies on animals, BPA has been shown to interfere with hormones, the reproductive systems, the immune systems and in body tissue associated with breast cancer. BPA is known to mimic estrogen in the body, this means that BPA can interfere with the processes regulated by hormones such as reproduction, growth, fetal development, energy levels and cell repair.
Studies show that if BPA is consumed in a daily diet, the intake level is one thousand times below the safe intake level established by government scientists. This means that a consumer would have to consume hundreds of pounds of food in contact with BPA everyday to exceed the safe intake level. These studies are supported by the FDA, and they believe that BPA consumption at low levels is safe.	BPA can cause infertility in men, and women. A study showed that women that experienced miscarriages had three times the amount of BPA in their blood as the women that had successful pregnancies. Other studies showed that women receiving fertility treatments with higher levels of BPA had lower egg production and were two times likely to get pregnant. In addition, studies done on men showed similar results in regards to infertility. However, more studies need to be conducted in order to solidify this evidence.
When BPA is consumed, it gets absorbed in the intestinal wall and most of it is converted into a substance that has no known biological activity, and the remaining BPA gets transferred to the liver and converted to the same inactive material before entering the bloodstream. This makes BPA harmless. BPA is also very quickly metabolized and removed from the body, there	BPA has also been proven to have negative effects on babies. Most studies have shown that children that were born to mothers exposed to BPA weigh up to 0.5lbs less than children born to mothers that were not exposed to BPA. Children born to parents exposed to BPA also tended to have hormonal defects during development. They tended to be more





# BPA - RISK ASSESSMENT

In my opinion, BPA has more disadvantages than advantages in terms of its usage. BPA is reliable material when it comes to manufacturing medical devices, safety equipment (bike helmets, police shields, and bullet proof glass), electronics, automobiles, as well as packaging and storing food/items. However, the disadvantages of using BPA dominates the benefits and pose numerous health risks such as heart disease, breast and prostate cancer, reproductive disorders, type 2 diabetes, weight gain, premature delivery, just to name a few. Therefore, in conclusion, I believe that BPA should be banned because the cons, like the health risks, outweigh and are on a much bigger scale than its benefits by a great quantity.

**Avoiding exposure-** It is difficult to avoid BPA because it is so prevalent in the environment. However, there are some effective ways that can help to minimize your exposure to BPA such as:

- **Avoiding packaged foods:** Eat mostly fresh, whole foods. Stay away from canned foods or foods packaged in plastic containers labeled with recycling numbers 3, 7 or the letters "PC."
- **Drink from glass bottles:** Buy liquids that come in glass bottles instead of plastic bottles or cans, and use glass baby bottles instead of plastic ones.
- **Stay away from BPA products:** As much as possible, limit your contact with receipts.
- **Be selective with toys:** Make sure that plastic toys you buy for your child are made from BPA-free material (preferable wooden and not plastic)
- **Don't microwave plastic:** Microwave and store food in glass rather than plastic.
  - **Buy powdered infant formula:** Some recommend powders over liquids from BPA containers. As liquid, it's more likely to absorb more BPA from the container.
  - **Use BPA-free products:** Look for products labeled as BPA-free. If a product isn't labeled, keep in mind that some, but not all, plastics marked with recycle codes 3 or 7 may be made with BPA.
  - **Use alternatives:** Use glass, porcelain or stainless steel containers for hot foods and liquids instead of plastic containers.

Moreover, one study suggested that, after just 3 days of eating a fresh food diet with no products taken from a can or plastic packaging, the levels of BPA in participants' bodies fell excessively.



**Wegdan Aly - Gr 12**

# PUZZLE TIME!

## FUN FACTS



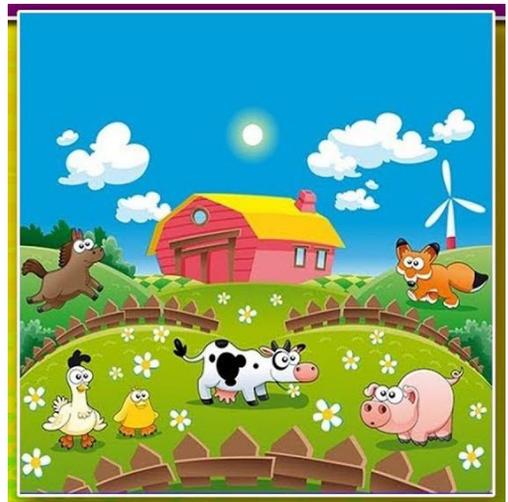
Potatoes were the first food to be grown in space. In 1996, potato plants were taken into space with the space shuttle Columbia.

## Good Manners

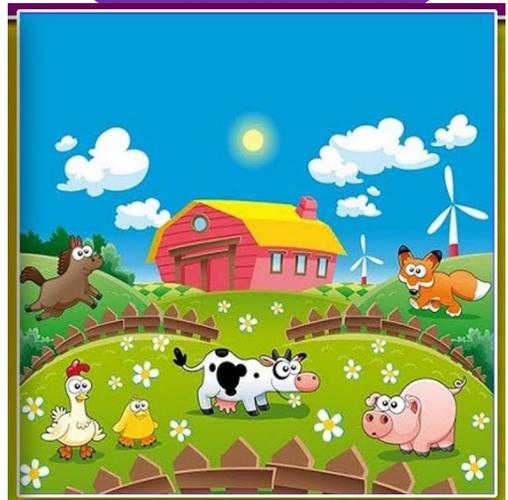
L Z I L T J E L J S M Y S R T  
 S B C G V S E W T H I I A H A  
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 E T I L O P E B E R A M T Y T  
 N O I T A R E D I S N O C V H

- BE POLITE
- CONSIDERATION
- LISTEN
- PLEASE
- RESPECT
- SMILE
- TABLE MANNERS
- TAKE TURNS
- THANK YOU
- SHARE WITH OTHERS
- RAISE YOUR HAND

- CARE
- FOLLOW RULES
- PATIENCE



## SPOT THE DIFFERENCE





## Student Council News:

A valuable asset in any school is the Student Council. Not only does it provide opportunities for student leadership, it also provides opportunities for students to express their concerns, ideas and opinions.

Elections were recently held at CBS and the following students will be the driving force behind Student Council this year:

- Abdullah Fahad Al Khurani--Grade 12--Head Boy
- Menatalla Khaled Soliman--Grade12--Head Girl
- Naser Eid Al Rashidi--11--Assistant Head Boy
- Jawa Rashdan Hassan Al Rashdan--Grade11--Assistant Head Girl

The members of the council will meet twice monthly with the Student Council faculty to discuss and work on events and issues affecting the quality of the academic and social lives of our students. Looking forward to a great year!

## UPCOMING EVENTS AT CBS

**Author's Abroad Day – Oct 31<sup>st</sup> – Nov 1<sup>st</sup> 2018**

**Progress Reports Go Home– Nov 5<sup>th</sup> 2018**

**Parent Conference Meeting– Nov 6<sup>th</sup> and Nov 8<sup>th</sup> 2018**

**Book Fair – Nov 6 – 8<sup>th</sup> 2018**

**International Day – Nov 8<sup>th</sup> 2018**

**Counting On You – Nov 11 – 27<sup>th</sup> 2018**

**Role Model Day – Nov 15<sup>th</sup> 2018**

**Photo Day – Nov 20<sup>th</sup> – 21<sup>st</sup> 2018**

**Prophet's Birthday (Holiday) – Nov 22<sup>nd</sup> 2018**

**Gr 3 – Gr5 Assembly: Self Regulation– Nov 26<sup>th</sup> 2018**

**Gr 3 Parent Engagement Event/ LitPro Orientation – Nov 26<sup>th</sup> 2018**

**JK – Gr 2 Assembly: Self Regulation– Nov 28<sup>th</sup> 2018**

**Gr 4 Parent Engagement Event/ LitPro Orientation– Nov 28<sup>th</sup> 2018**

**HS Course Selection Parent Workshop – Nov 28<sup>th</sup> 2018**

**HS Assembly: Self Regulation– Nov 29<sup>th</sup> 2018**