



Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة

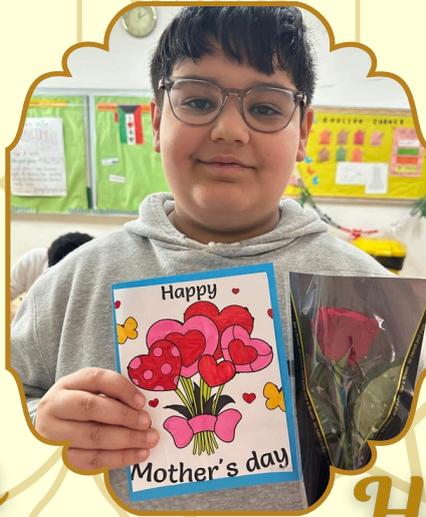


CBS EXPRESS

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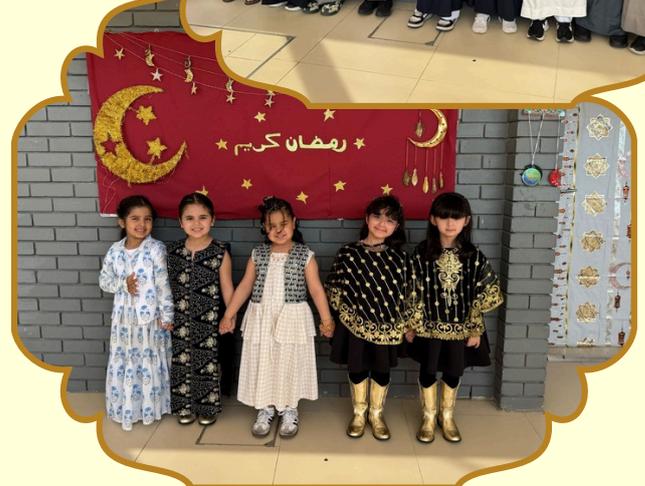
Mother's Day



Girgian Celebration



Holy Month of Ramadan



Highlights of the month

Mother's Day (March 20th):

CBS celebrated Mother's Day with heartfelt activities, where students expressed their love and gratitude through gifting roses and preparing cards with messages. It was a special occasion to recognize the important role of mothers and show appreciation for their care, support, and dedication.



Holy Month of Ramadan:

The CBS community embraced the spirit of Ramadan with kindness, generosity, and reflection. Students learned about its values through discussions, acts of charity, and shared experiences. The school fostered an atmosphere of compassion and understanding, encouraging everyone to practice gratitude and empathy during this sacred month.



Girgian Celebration (March 13th):

CBS celebrated the vibrant tradition of Girgian with enthusiasm. Students dressed in cultural attire, enjoyed traditional sweets, and participated in engaging activities. The event highlighted the joy of giving and strengthened the sense of community, allowing students to appreciate and experience this cherished cultural celebration together.

Bringing Stories to Life: The Impact of Illustrations on Writing Development

Illustrations play a vital role in developing writing skills at all educational levels, from Pre-K to Grade 12. Far from being just decorative elements, they serve as essential tools that enhance comprehension, spark creativity, and encourage critical thinking in students.

For young learners in Pre-K and elementary school, pictures act as visual prompts that inspire storytelling and help bridge the gap between thoughts and written expression. Many children find it challenging to articulate their ideas solely through words, but illustrations provide a starting point, guiding them to expand their vocabulary, construct sentences, and develop storytelling abilities.

As students move into middle and high school, the importance of visual elements in writing continues to grow. Whether in literature, science, or history, illustrations help break down complex ideas and support analytical thinking. In literature classes, for instance, images in novels or poetry can clarify themes, symbolism, and character motivations, enriching students' written responses. Likewise, in subjects like science and history, visual representations such as diagrams, charts, and maps help students organize and communicate their ideas more effectively through writing.

Ultimately, illustrations serve as a bridge between thoughts and language, helping students across all grades refine their writing by strengthening comprehension, fostering creativity, and encouraging critical analysis.

At CBS, we nurture young writers by encouraging them to begin their storytelling journey through pictures. As their skills develop, we integrate artistic expression into their writing through techniques like story mapping, storyboarding, and comic strips. Our senior students have even applied the elements of graphic novels to bring scenes from Shakespearean plays and other literary works to life. To echo Fred R. Barnard's sentiment, "A picture truly is worth a thousand words." We hope you enjoy the expressive illustrations featured alongside this month's writing pieces in *The Express*.



Ms. Henna
Editor-in-Chief

Ramadan in CBS

*We spread our hands and open our hearts,
Ramadan's embrace we feel as it starts.
It is here, at last,
full of salah, du'a, and fast.
If we get together when we feast,
our rewards will be increased.*

*That is the essence of Gergean:
generosity in what we do and what we say
We learn these lessons in Ramadan
only to apply them on any other day.
We teach values in every possible way,
We celebrate Book Fair and Mother's Day.*

*In CBS, this is a thing well-known:
that character is a value to be shown.
We like English, Science, and Math,
But our values put us on the Right Path.*

Anonymous Author



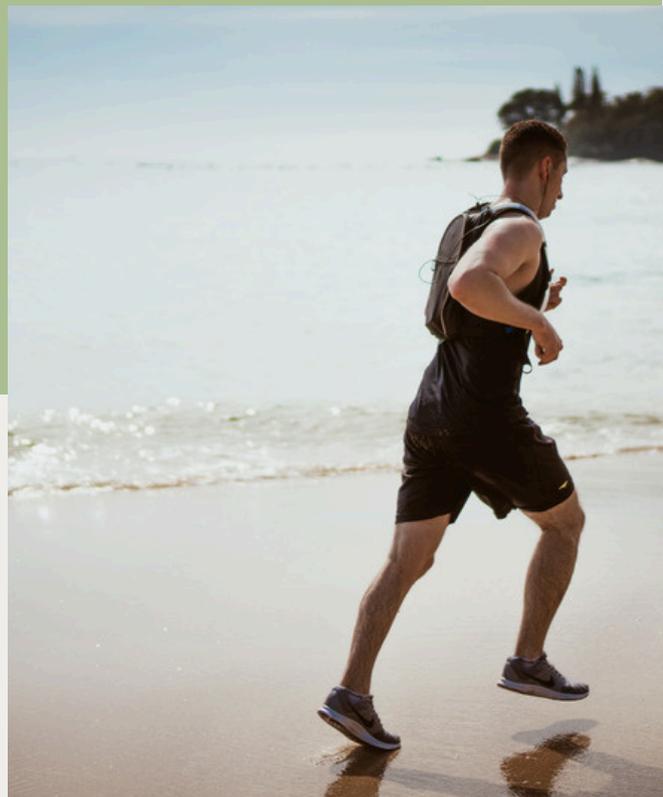
Student Voices on Healthy Living

The Importance of Regular Exercise for a Healthy Life

Exercise is a key component of a healthy lifestyle. It helps strengthen the heart, muscles, and bones while improving overall fitness. Engaging in activities like jogging, swimming, or playing sports boosts cardiovascular health and reduces the risk of diseases such as diabetes and high blood pressure. Regular exercise also enhances flexibility and endurance, making everyday tasks easier and reducing the chances of injury.

Beyond physical health, exercise also benefits mental well-being. Physical activity releases endorphins, which are chemicals that help reduce stress and improve mood. People who exercise regularly tend to have better sleep, increased focus, and higher energy levels throughout the day. Additionally, participating in group sports or gym workouts can provide social interactions that improve emotional health.

To maintain a healthy lifestyle, it is important to develop a consistent exercise routine. Experts recommend at least 30 minutes of moderate activity most days of the week. Simple habits, such as taking the stairs instead of the elevator or walking instead of driving for short distances, can make a big difference. By making exercise a priority, individuals can enjoy a longer, healthier, and happier life.





The Importance of Getting Enough Sleep

Student Voices on Healthy Living

Sleep is essential for both physical and mental health. When we sleep, our bodies repair muscles, release important hormones, and strengthen the immune system. Our brains also use this time to process information and store memories, helping us learn better and stay focused throughout the day.

Without enough sleep, people may feel sluggish, have trouble concentrating, and even experience mood swings. Over time, sleep deprivation can lead to serious health problems like weakened immunity, high blood pressure, and an increased risk of heart disease.

Getting enough sleep also improves emotional well-being and overall quality of life. A well-rested person is more likely to handle stress, make better decisions, and stay in a positive mood.



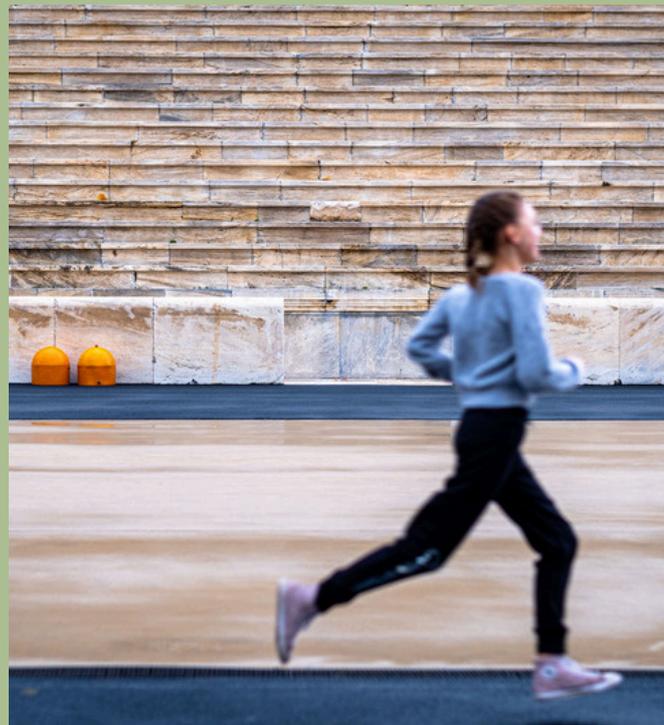
Good sleep habits, like going to bed at the same time every night, avoiding screens before bedtime, and creating a comfortable sleeping environment, can help improve sleep quality. Experts recommend that teenagers get 8-10 hours of sleep each night to feel energized and perform their best in school and daily activities. By making sleep a priority, we can improve our health, mood, and overall well-being.

Student Voices on Healthy Living

Healthy Living

Healthy living is a method of living which decreases the chance of illness or early death. Not every disease is preventable, but a large number of deaths, mainly those from lung cancer and coronary heart disease, can be prevented. One way of living healthily is eating healthily. A healthy diet gives the body important nutrition: fluid, macronutrients, like protein, micronutrients like vitamins and food energy and adequate fiber.

Healthy living also requires a healthy routine such as exercise. Exercise is a physical activity which maintains or advances both overall health and fitness. It is done for many reasons, high including weight loss or maintenance, aid growth, develop strength and muscles and the cardiovascular system. In conclusion, there are many aspects of healthy living, such as relaxing, exercise, and healthy eating.



CBS Student Council

CARE PACKAGE DISTRIBUTION

The care package distribution was a wonderful experience that helped us cooperate as a team and set goals to accomplish together. The most important aspect of the packaging process was synchronization, working in harmony with everyone and supporting each other to complete the task of packaging 50 boxes quickly.

The distribution itself was well-thought out and highly organized. The deputy head boy and I distributed 50 packages in the rain, but it was fun. We handed the packages to the workers and saw hope in their eyes—like a light shining in the darkness, symbolizing the impact of our efforts and our dedication to this cause for God.

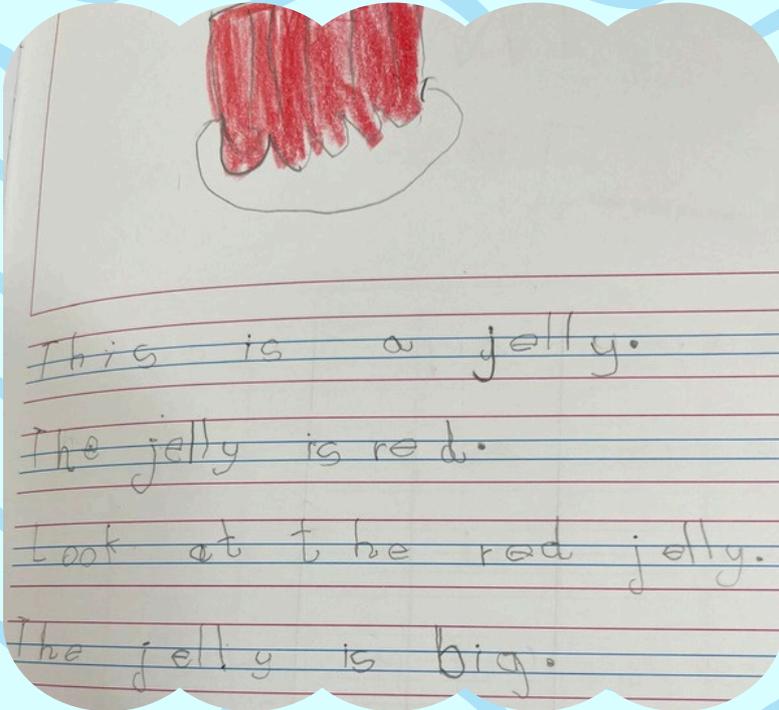
Overall, this year's experience was just as fulfilling as last year—enjoyable and meaningful. We ended the event by returning to the school with the previous package and completing the entire distribution.

Dhari Mohannad Al Farhan

12B



Busy Little Hands



Rayan Ahmad Abdul Rahman
JK1



Ali Ahmad Al Shanfa
JK2

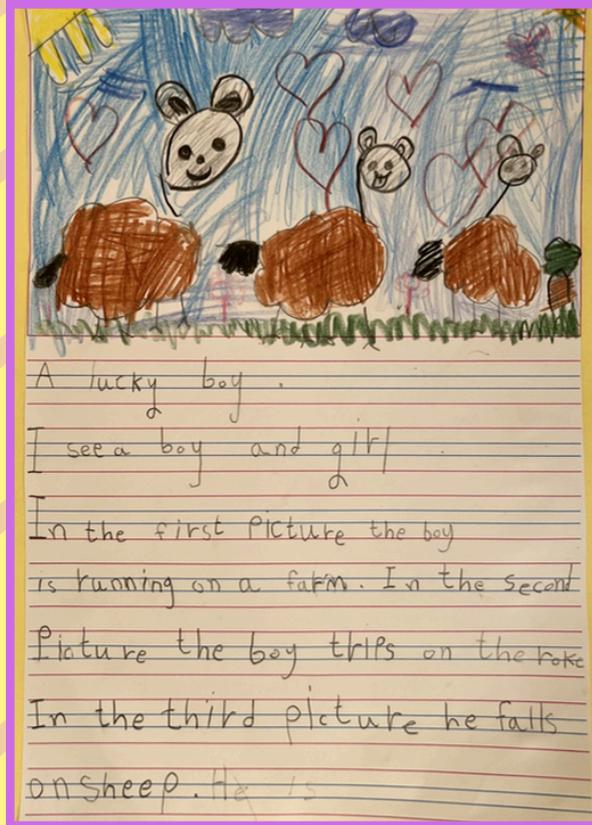


Reem Nawaf Al Daihani
JK3



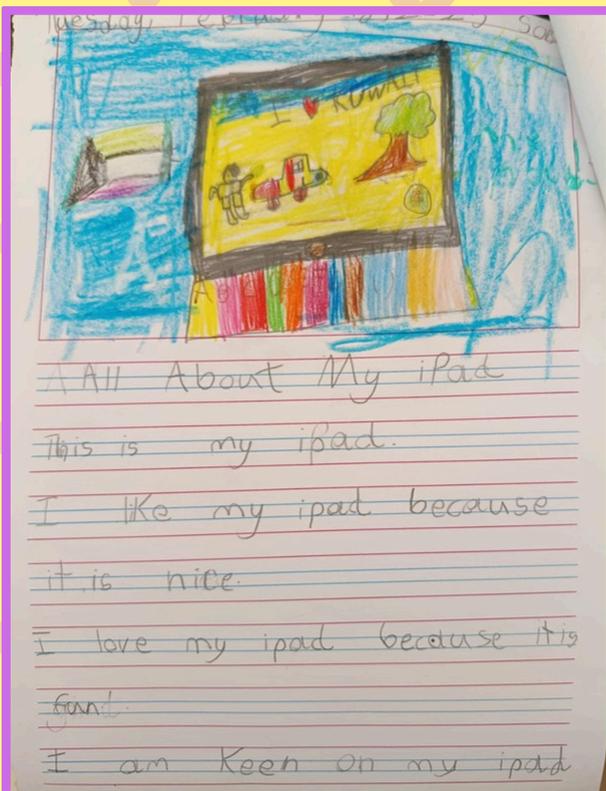
GRADE 1

PICTURE DESCRIPTION



Maha Khaled Al Ajmi
1A

FACTS AND OPINIONS



because it is happy.
I do not like my iPad because
it is not good.
I think it is because I have
games.

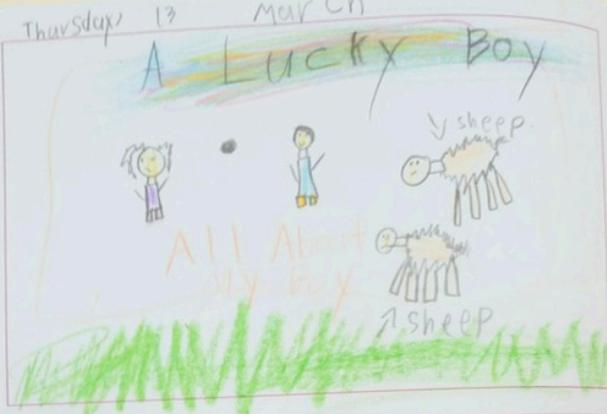
Saad Ahmad Al Arbeed
1B

GRADE 1

PICTURE DESCRIPTION

Thursday 13 March

A Lucky Boy



All About my boy

A Lucky Boy

I can see a boy and a girl.

In the first picture they are running.

In the second picture he trips on a rock.

In the third picture he is on a sheep.

He is lucky boy.

Hatan Muhanna Al Thlaith

1D

A fun day at sea.

I can see a boy.

In the first picture he is fishing.

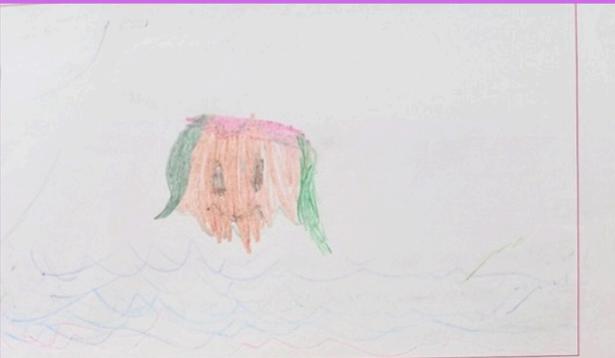
In the second picture the fish bites the bait.

In the third picture the fish is pulling the boy.

It is a fun day at sea.

Deemah Khaled Al Enaizi

1C



Play time

In this photo, there is a boy.

He is in his room.

He is playing with cars.

He has many toys.

They look cool.

I think it is fun.

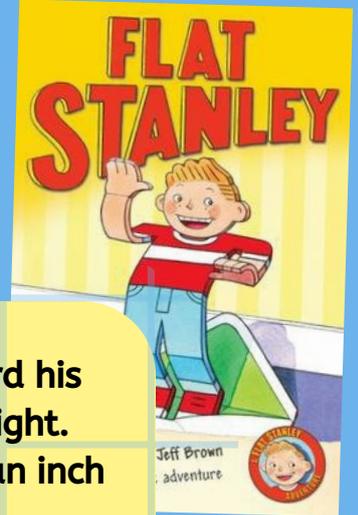
Fares Mohammad Mahmoud

1E

Grade 3

Novel Study - Summary Writing

FLAT STANLEY



One morning, Stanley wakes up to discover that a bulletin board his father had put up above his bed has fallen on him during the night. Stanley is unharmed but has become completely flat, only half an inch thick!

Next, Stanley Lambchop starts adjusting to his new flatness after being flattened by a bulletin board. He can slide under doors, fit into tight spaces, and even be mailed in an envelope to visit his friend in California.

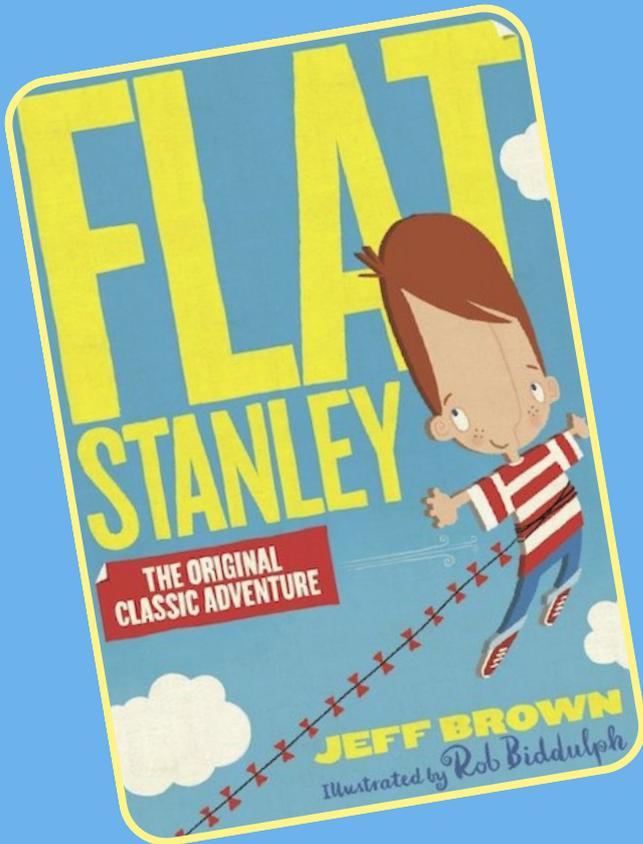
Then, Arthur gets the idea to fly Stanley like a kite by tying a string around him. Other kids at the park are amazed and want to try flying him too. Everything goes well until a strong gust of wind carries Stanley too high, and Arthur struggles to pull him back. His mom and dad saved him, and Stanley enjoys the unique experience of being a "human kite."

After that, Stanley uses his flatness to help catch thieves who are stealing paintings from the Famous Museum of Art. Since he is so thin, he disguises himself as a painting and stands in an empty picture frame. When the thieves arrive, they don't suspect anything. As they try to steal another painting, Stanley surprises them by shouting for help. The police men arrive just in time to catch the criminals, and Stanley becomes a hero.

Finally, although being flat has had its advantages, Stanley misses being his regular self. Arthur suggests using a bicycle pump to blow him back up. Arthur carefully pumps air into Stanley, and slowly, he returned to his normal shape.

Grade 3

Novel Study - Summary Writing



In Chapter 5 of Flat Stanley, Stanley was sad, because other kids did not like him, because he was different. At night Arthur saw his brother Stanley crying. Arthur asked him, "Why are you crying?". He said, "I am not happy anymore, because I am flat," said Stanley. Arthur had a good idea. He opened their toy box, and he found an old bicycle pump. He put the end of the long pump hose in Stanley's mouth. Stanley began to pump up. Stanley turned back to normal. He was very happy. He thanked Arthur. Mr. and Mrs. Lambchop asked Stanley "Did you turn back to normal?". Stanley said, "Yes". Mrs. Lambchop made hot chocolate for them all to celebrate.

Basel Abdou Abdeldayem

3B

Mr. Lambchop invited his kids to breakfast. His son Arthur yelled at them. It was the enormous bulletin board that had fallen on Stanley during the night. They took him to Doctor Dan to check what was wrong with him.

The doctor said, "It is okay, it can happen". Then, they took him to the tailor. The measure was 4 feet=40 centimeters. When Stanley is already flat, he can fit in and outdoors. When doors are closed, he can slide. They grab big mailbox, and they put Stanley with an egg sandwich and a milk and send him to visit his friend in California. They go together to the park and Mr. Lambchop rolls up Stanley. Then, Stanley turned himself into a kite. Stanley had an idea to catch the thieves. Then, they got the thieves by help of Stanley.

The people start to make fun of him. Then, Arthur grabs the bicycle pump and helps him to go back to his normal shape.

Jawa Bader Al Ajmi

3C

Grade 5

Writing about our Family Mural

As we climb higher up the tree, we see the branches that represent our parents, uncles, aunts, and cousins. These branches reach out and connect us all, no matter where we are. Every branch is unique, just like each member of our family. Some branches are big and strong, while others are smaller but just as important. Together, they form a strong network of love, support, and fun. No matter how far apart we may be, we always come together for celebrations, meals, and creating memories.

At the very top of the tree are the youngest members of the family—our little brothers, sisters, and even the newest babies. They are the bright leaves that add color to our family tree. Their laughter fills our hearts with joy, and their curiosity reminds us to stay playful and optimistic. As they grow, they will continue to add their own stories and traditions to the family tree, making it even more special for generations to come. This was all as for my family mural.

Partow Hossein Saffari

5A



Grade 5

Writing about our Family Mural

Our family mural is a representation of our history, featuring a collection of cherished objects that have been passed down through generations. Each item holds deep meaning for different family members. These objects not only symbolize the past but also connect us to one another in meaningful ways.

The first object on the mural is a vintage watch that belonged to my grandfather. This watch represents his hardworking nature and dedication to our family. He was always punctual. After his passing, my father inherited the watch. For my father, the watch serves as a reminder of the love and guidance his father provided throughout his life.

The second object on the mural is an old camera that belonged to my uncle, a professional photographer. This camera captured great moments in time. His love for photography inspired many of us in the family to be more creative. For my uncle's children, it represents the connection they have to their father's legacy and his creative influence.

In conclusion, our family mural serves as a testament to the values, traditions, and love that have been passed down through the generations. Each object on the mural tells a unique story about my family members. These objects remind us of the importance of family bonds and heritage

Othman Ahmed Al Mutairi

5B



Grade 7 - Informational Writing

HEALTHY LIVING



Healthy living is essential; we need it in our lives. Without health or healthy living, our lives would not be good and arranged. How does it affect us so much? It affects our lives a lot and also our fun in life. The effects are as follows: it will reduce the risk of getting diseases, and how could it be bad? It helps you save money.

Healthy living benefits the environment. It increases energy levels, improves mental clarity, and helps focus. It improves physical health, appearance, and emotions. It could also impact our lives by helping with stress, anxiety, and adaptation. Healthy living helps our overall sense.

It helps us by giving us more energy and helping us think more positively and better. Healthy living could also prevent heart disease, strokes, and diabetes, and it will fix your mood a lot.

Some benefits are that it may help you live longer, keep skin, teeth, and eyes healthy, support muscles, keep you away from hard diseases that could cause cancer, and support the digestive system.

Rateel Adel Al Jazeeri

7A

Grade 7 - Story Writing

MIA'S HEALTHY JOURNEY

In the lively town of Willow Creek, a girl named Mia noticed that her friends often felt tired and lacked energy. Inspired to make a change, she proposed starting a Healthy Living Club. Excited by the idea, her friends joined her on a journey to embrace healthier habits.

They kicked off their club with a colorful picnic filled with fruits and veggies, discovering how delicious healthy food could be. Soon, they organized fun activities like nature walks and bike rides, realizing that staying active brought them joy and strengthened their friendship.

As their enthusiasm grew, Mia and her friends became role models in their school, inspiring others to join the movement. They shared healthy recipes and even started a garden, teaching everyone the importance of nutritious living. Through their efforts, Willow Creek transformed into a community that valued health and happiness, proving that together, they could lead healthier, more fulfilling lives.

Zahraa Mohammad Al -Ibrahmim

7B

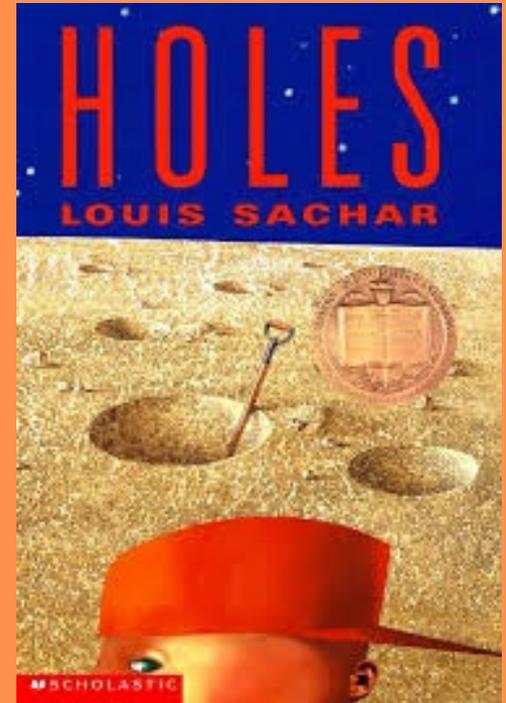
Grade 9 - Novel Summary

'HOLES' by Louis Sachar

Kate and Sam's love in "Holes" is a tragic yet powerful element of the story, demonstrating resilience against societal pressures. Sam's bravery in defying racist views to help Kate ultimately costs him his life, marking a critical moment that emphasizes themes of love, sacrifice, and injustice. Kate's transformation into Kissin' Kate Barlow showcases her profound grief and desire for vengeance, yet their love story leaves a lasting legacy of hope. It highlights that love can transcend barriers, inspire change, and lead to redemption, even in dark times. Their legacy inspires countless others facing battles. In classrooms, their story teaches empathy and justice. Community leaders cite Kate and Sam when advocating for change.

Roshaney Khan Amin

9A



Grade 9 - Novel Summary

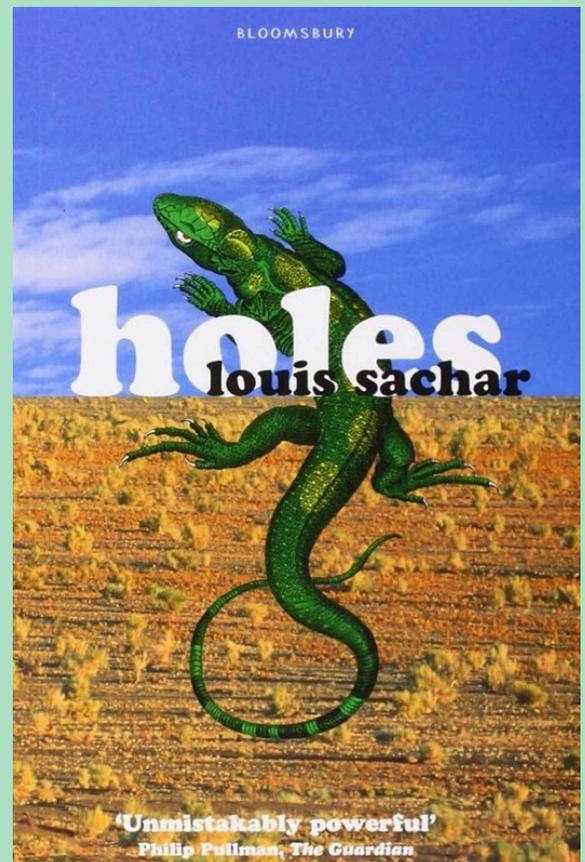
'HOLES' by Louis Sachar

In *Holes*, the discovery of the golden tube is a pivotal moment that ties together the novel's complex plot. Stanley Yelnats, the protagonist, finds the buried treasure while digging at Camp Green Lake, which sets off a chain of events leading to the uncovering of hidden family secrets. The golden tube symbolizes hope, justice, and the resolution of long-standing family curses, connecting Stanley's fate to his ancestors and the generations before him.

Zero, whose real name is Hector Zeroni, proves to be incredibly agile and helpful throughout the novel. Despite his quiet demeanor and the bullying he endures, Zero's intelligence and survival skills make him an invaluable ally to Stanley. His ability to think critically and his resilience highlight his strength of character, showing that even those who are underestimated can have profound impacts on their lives and others.

Overall, *Holes* is an engaging and thought-provoking novel that blends mystery, humor, and drama. Its memorable characters and meaningful themes make it a compelling read. I would rate the book highly for its captivating storyline and the valuable lessons it imparts about perseverance, friendship, and the consequences of one's actions.

Themes of justice and fate play a central role in the narrative. The novel explores how characters' actions are shaped by both their choices and their circumstances. Stanley's family curse, which seems to haunt them through generations, is ultimately broken through his perseverance and the connections he makes at Camp Green Lake. The book suggests that while fate may bring hardship, it's also through personal growth and justice that redemption is found.



Nawaf Sulaiman Al Qattan

9B

GRADE 11 - SUMMARIZING A POEM

‘MAKING A FIST’ BY NAOMI SHIHAB NYE



"Making a Fist" by the writer Naomi Shihab Nye is an inspiring poem touching on subjects like resilience and strength. The poem shows making a fist as a symbol of overcoming obstacles to which many readers can relate their real-life situations and challenges. The word "resilience" means staying strong during tough times and fighting for you to overcome said obstacles. Everyone has to experience ups and downs in life, which is why many find an understanding in the poem overall. The poem "Making a Fist" teaches a great lesson on staying strong during hard times, including modern-day struggles.

Resilience is essential for all people to exhibit in their day-to-day lives; it helps people achieve many things. Without resilience, society would break at the most minor inconveniences. People wouldn't be able to do their jobs, every system society built would crumble, no community would thrive, and mental health would drop to an all-time low. This is why inspiring people to be resilient and teaching kids about it is critical. Making a fist does just that; the poem describes a conversation between a mother and her child; the child asks the mother something among the lines of

"How do you know when you are dead?" to which the mother answers, "When you can no longer make a fist," the fist making in the poem is said to be a symbol or metaphor for resilience, highlighting just how important it is for people to have this trait in them, by implying that "without resilience, you would be dead." The poem then ends with the child as a grown adult, looking back at the past whilst clenching their hand together to make a fist. This scene implies that regardless of what the characters went through during their time living, they continued to "make a fist" or stay resilient. This way, a person can relate to the character better. They might not know their exact struggles, but we know they struggled, and many others do. They will be able to feel hope by self-inserting their life challenges in between that long-term skip, offering them a much more comfortable feeling!

GRADE 11 - SUMMARIZING A POEM

‘MAKING A FIST’ BY NAOMI SHIHAB NYE

Being resilient and staying strong can come in many ways, regardless of the severity of the situation, the people involved, or the challenge you face. Although no specific life challenge was written in the poem, as stated before, they did specify a struggle the character has beforehand. The poem describes a long car ride with the main character having severe stomach pain. "My stomach was a melon split wide inside my skin" was a metaphor used, showcasing the challenge the child is enduring. Staying resilient throughout the car ride. Many examples of modern-day resilience can relate to the poem's themes—the recent coronavirus pandemic. People worldwide stayed strong and resilient by staying at home and avoiding direct contact to endure this life challenge. After collective efforts, humanity beat this hardship and returned to their long-awaited usual lives. This was an excellent showcase of resilience and how staying strong pays off in modern-day life. In conclusion, resilience is an important attribute that contributes a lot to society.

"Making a Fist" is a beautiful poem that showcases its importance and prominence in life. So, keep that first clenched together and never give up.



Lamar Ahmad Al Enezi

11A

GRADE 11 - ESSAY WRITING

THE IMPACT OF DEATH ON OUR DAILY LIVES

Death is an aspect of existence that sparks a lot of debate and differing opinions among individuals due to its profound nature and impact on emotions like fear or acceptance based on personal inclinations and cultural influences. Some view death as a finality, while others perceive it as a passage or transformation into another realm of existence. Regardless of perspectives, death undeniably shapes the way in which people navigate their lives. Some individuals find that the realization of mortality serves as a wake-up call to the nature of life and motivates them to make the most of their time here by pursuing desires and experiences they've long yearned for alongside loved ones.



For example, someone who understands the unpredictability of life might choose to prioritize experiences like exploring places, forming meaningful connections, or pursuing personal passions over solely chasing wealth. Moreover, the awareness of mortality plays a role in shaping our beliefs and choices. Individuals who have encountered loss often develop an appreciation for life, which leads them to live with increased gratitude and mindfulness. They tend to exhibit empathy, recognizing the finite nature of time and the lasting impact of acts of kindness. Qualities such as compassion, forgiveness, and affection hold significance when one acknowledges the impermanence of life.



Fear of death can lead to feelings of anxiety and cowardice for some individuals who are consumed by thoughts of mortality of embracing life moments fully and seizing opportunities for success in relationships and personal growth. Once individuals come to terms with the fact that death is a natural aspect of life's journey, they can embrace peace instead of dwelling in fear.

Different cultural and religious beliefs play a role in shaping individuals' perspectives on mortality as well. Various faiths offer assurances of an afterlife or the eternal presence of the soul post-mortem, offering comfort and purpose to believers. For instance, beliefs in karma or life after death can motivate individuals to engage in acts of kindness and behave in ways that align with their convictions.



Ultimately, death is not the conclusion but also a significant aspect that shapes how individuals choose to lead their lives. Death serves as a reminder of gratitude and personal growth while guiding individuals toward making ethical decisions.

Consequently, death prompts us to embrace life wholeheartedly with love and appreciation. Awareness of our mortality compels us to strive for an impactful existence within our community.



Art Corner



Mariam Abdelaziz Al Rashidi

3A



Saad 3C

Saad Naser Al Jabri

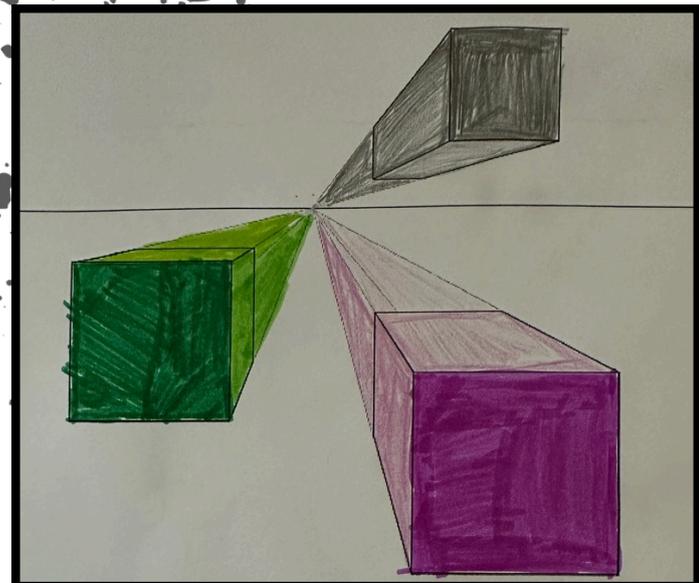
3C



Sarah 3B

Sarah Abdulwahab Al Baghdadi

3B



Khaled Ahmad Abdullah

5A



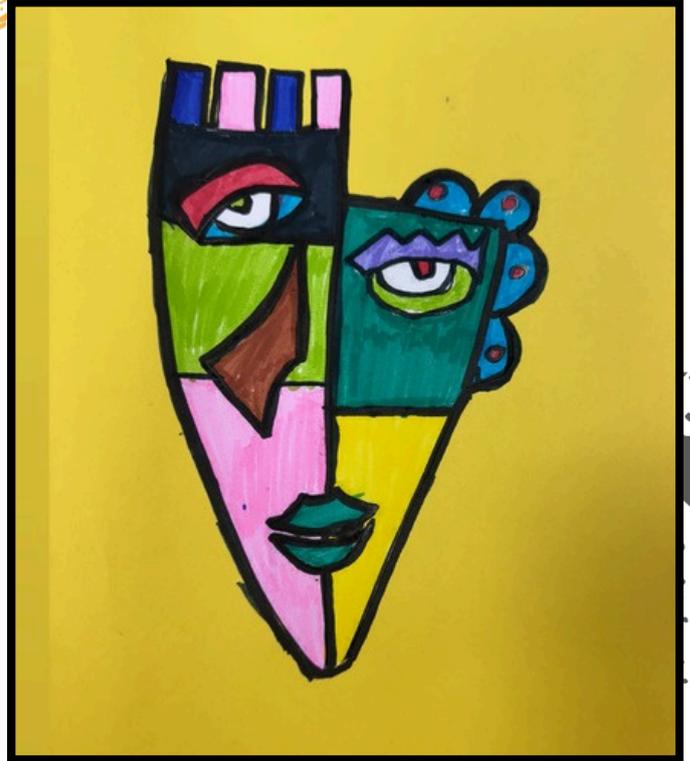
Hussain Rami Nowir

5B



Abdullah Salem Al Mutairi

7A



Mohammad Salman Bahman

7B



Shams Abdulateef

9A



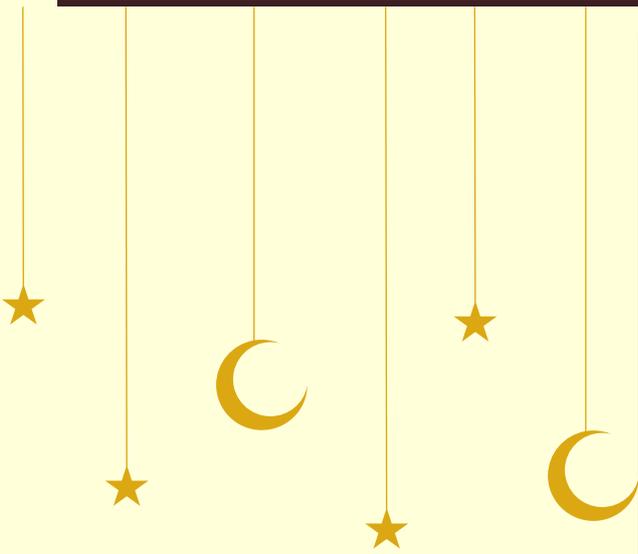
Noura Mohamed Al Mutairi

9B

Fun Page

Choose your date

 <p><i>Safawi</i></p> <p>✓ Aids in Weight Gain</p>	 <p><i>Ajwa</i></p> <p>✓ Aids in Anemia</p>	 <p><i>Sukkary</i></p> <p>✓ Aids in Calcium Deficiency</p>
 <p><i>Mabroom</i></p> <p>✓ Aids in Constipation</p>	 <p><i>Khudri</i></p> <p>✓ Improves Eyesight</p>	 <p><i>Sagai</i></p> <p>✓ Aids in Arthritis</p>



IMPORTANT TIPS FOR KIDS WHILE FASTING DURING

RAMADAN

FIBRE



COMPLEX CARBOHYDRATES



DRIED FRUITS

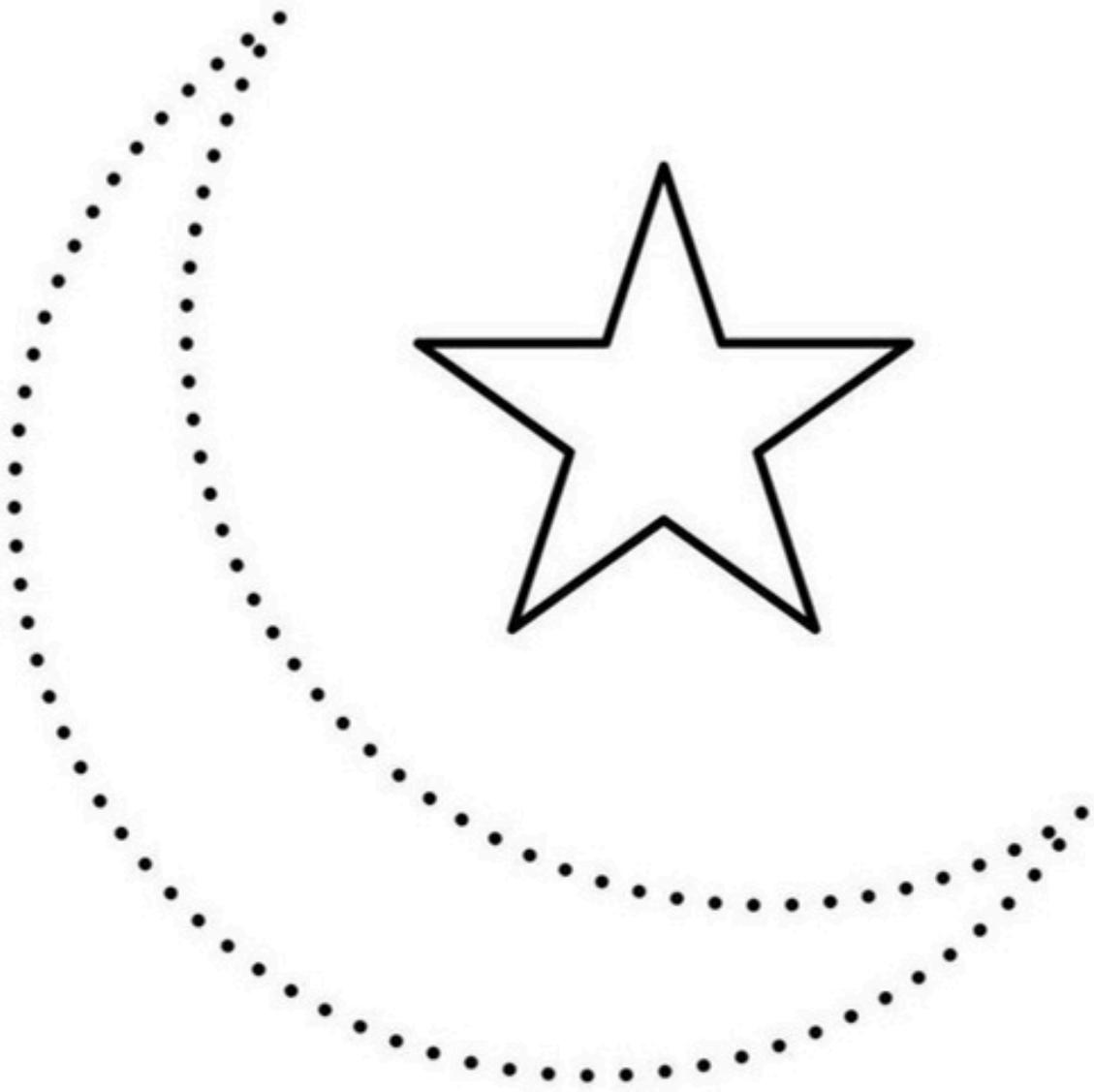


PROTEIN





Fun Page



CONNECT THE DOTS



UPCOMING EVENTS

AT CBS



- 1st - 3rd of April - Eid Al-Fitr Holidays (tentative)
- 6th - 30th of April - Reading Month
- 10th of April - Q4 Bake Sale
- 10th of April - Gr 9 Graduation Requirements Parent Workshop
- 17th of April - Reading Buddies Day
- 17th of April - HS Business Fair
- 20th - 24th of April - Arabic Standardized Testing (Gr 2-10)
- 24th of April - STEAM Fair (Gr 1-12) + Green Earth Day
- 24th of April - ES Assembly: Teamwork (SK)
- 24th of April - HS Assembly: Teamwork (Gr 12)
- 28th of April - Spelling Bee Competition 2

