

### Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة



### CBS EXPRESS







# Highlights of the month

#### The Senior Kindergarten Graduation

was a joyful celebration of student growth. The classes performed a musical based on a classic story, showcasing their confidence, creativity, and teamwork. Families were delighted by the children's expressive performances and proud of their accomplishments.



#### Grade 5—Graduation & Awards

The Grade 5 graduation ceremony, themed "Sky is the Limit," was a joyful celebration of student achievement and growth. Graduates confidently reflected on their journey at CBS through speeches, performances, and heartfelt expressions of gratitude. The theme symbolized their readiness to embrace new challenges with ambition and optimism. The event was a beautiful reminder that with determination and support, every student can soar. Congratulations to our Grade 5 graduates.







#### Spring Concert - Jungle Adventure Theme

The Spring Concert featured a lively "Jungle Adventure" theme.

Students brought the jungle to life through energetic songs, dances, and dramatic performances. The colorful costumes and engaging acts highlighted the students' talents and enthusiasm, making it a fun and memorable event for all.



#### Annual Awards Ceremony

The event concluded with the annual awards ceremony, where students were recognized for their achievements in academics and other areas for each subject. The awards celebrated each child's effort and growth, fostering a sense of pride and accomplishment in the school community.







#### Grades 6-11 Annual Awards

The Grades 6-11 Awards Ceremony, held on May 21st, was a proud celebration of student excellence, effort, and growth across academic and co-curricular areas. Students were recognized for achievements in subjects, leadership, creativity, and positive character. Families and teachers gathered to honor their hard work and commitment throughout the school year. The event reflected CBS's dedication to nurturing well-rounded learners and future leaders.

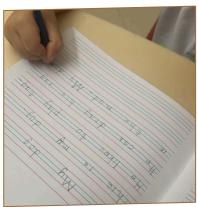
### Editor's Note

## Soaring with Words: A Celebration of Student Growth at CBS











At CBS, the power of writing has become a clear reflection of our students' academic and personal growth. This year, we witnessed remarkable progress in writing across all grade levels, highlighting the effectiveness of our literacy-focused approach. From structured narratives to persuasive texts, students have developed stronger voices, clearer organization, and more confident expression.

One of the standout moments was the collection of reflective essays written by students themselves. These essays not only showcased improved grammar, vocabulary, and structure but also revealed their ability to think critically and express emotions with depth and clarity. Many students who once struggled with writing are now producing thoughtful, coherent pieces that speak volumes about their learning journey.

Teachers have noted a significant shift—not just in the technical aspects of writing, but in students' willingness to write, revise, and reflect. The progress is a testament to the supportive environment and dedicated teaching at CBS.

As our students continue to grow as writers, they are also growing as thinkers, communicators, and learners. Writing at CBS is not just an academic skill—it's a celebration of each student's voice, progress, and limitless potential.

Well done to all the buddying writers and we will continue to grow in future.

Ms. Henna Editor-in-Chief

# Looking Back, Writing Forward My Writing Journey

### Reflective Essays by

Samera Bader Al Tameemi 9A

> Yousef Khaled Al Otaibi 10A

Lily Faisal Al Mutairi 12B



### Back in 2021...

# Grade 6 Story Writing GREEN LION

In the jungle, there was a lioness giving birth to her new baby in the lion's area of the jungle. After she gave birth, she went to see her baby cub, and to her surprise, her baby was green! She went to ask her other kids if any of them had colored on their new brother. They all said that they were with the tiger's kids playing in the middle of the forest. The lioness went to the lion and told him about the green baby cub. The lion did not like his baby and thought it was hideous and disgusting. He also told his wife and the green cub about that he would have to fend and protect himself and that he was on his own.

After one year, the green lion learnt to hunt and fend for himself. He was able to find shelter under the trees. Soon he was a twelve-year-old predator who could fight and hunt down his prey. However, what bothered him was that everyone looked at him as if he was a monster. Since he was twelve now, he would have to start going to school. On his first day, he walked in, and everyone started staring at him. He quietly walked into the class and sat down. After him, everyone else walked in. In the middle of the class, a person who looked like him entered the class and said he was sorry he was late. He wondered why that stranger looked so similar. He thought to himself that he would ask his mother about it.

When the mother came to pick the children up, the stranger started walking toward her, but she told her children to hurry up and go home when she saw him. He started following her very carefully, and when they got home, he felt a group of people snatch him. They started to hit him and then they ran away. He thought it was about his skin color because all he saw was orange and yellow lions. Suddenly, he heard a whisper. Once he turned, he saw a group of pink, blue and green lions in front of him. They said that they were a rare breed of lions because they were of an unusual color. They further revealed to him that they had a plan to kill the king and whoever does it first gets to be the forest king. They wanted to kill the king as he thought their breed was different and hideous and did not belong in the jungle.

After hearing the plan, the green lion went home and started building a weapon. He went over to the lion king's house and killed him with his weapon at the right opportunity.

The moral of the story is to accept everyone for who they are and understand that everyone is unique.

Samera Bader Al Tameemi

6A

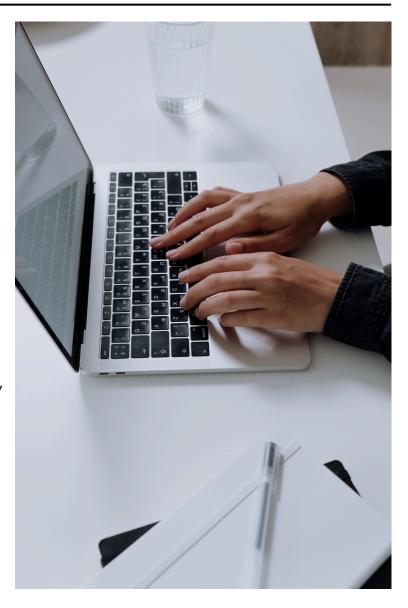


# This year... GRADE 9

### AN ESSAY ON TECHNOLOGY

Picture a classroom where students can interact worldwide and personalize their learning! If we agree to this, this can be the future of upcoming generations. By embracing technology in schools, we prepare future generations for success! This is why technology should be used regularly in education and schools. Keep reading, and maybe this essay will convince you!

Technology helps students and makes their education more accessible for them. It has many benefits and can be put to excellent use if used correctly. Students can go very far in life if we let them use it in their educational journey, as long as they use it correctly. The list is very long as to why technology is helpful in their lives. Technology can provide personalized learning tailored to the student's needs and learning styles; this can also be achieved through online resources by creating customized learning objectives and analyzing the student's levels, which may be done through technology. Suppose students are given the right to use technology in classrooms. In that case, they will have unlimited access to vast amounts of information and resources, which can help students with skill development and also help students complete projects and research. Students are currently in school to prepare them for their future in the real world, where technology is used very commonly amongst all people, as well as in workplaces. If students start using technology at school from a young age, it will prepare them for what is going to happen when they leave school, enter college, where devices are mandatory, and in their adult life, where there will be no teacher to guide them, nor correct their mistakes.



Many students also use technology to help them better understand what they are learning by watching videos or searching for information. Technology also gives students confidence, resulting from the various ways they can express their creativity or themselves online. It is a much more entertaining way for students to focus or participate in classes. Students can also use a branch of technology called Artificial Intelligence, or AI, to achieve most of the things I have stated above. Incorporating AI into the educational field will be helpful not only to teachers but also to students.

#### **GRADE 9**

### ANESSAY ON TECHNOLOGY

It can help in numerous ways. Al can serve as a personal assistant or a teacher at home. Al can help students have access to learning tools anywhere, at any time, and have a better understanding of lessons.

It is a known fact that many, or maybe all, teachers use technology to do their daily work, for example, the intelligent boards that teachers use to share their screen or work with their class, the phones that teachers use to call parents, and so on. As I have mentioned in the previous paragraph, technology and AI help students in various ways, and the same goes for teachers. The list is long, but I will list a few reasons why technology and AI are helpful to teachers. Firstly, the automatic grading system helps teachers save time by automatically marking and grading assignments that students do. Secondly, technology also allows students to communicate online. Thirdly, students can reach out to their teachers when they need help or need to ask a simple question. Fourthly, teachers can also find online resources such as worksheets and practice tests instead of wasting time and making them. Fifthly, a fundamental reason why technology is important is that teachers can use it to meet students' needs; for example, ADHD kids who cannot focus on simple oral lessons can now also look at the intelligent screen and have something visual to focus on. Technology allows teachers to dedicate more time to student communication and engagement, helps teachers provide support for students, and creates more inclusive learning environments.



In this current generation, many students may suffer from social anxiety or depression, which can cause a decrease in engagement and motivation. Still, there are ways to enhance these things in students, such as using technology to make classes more enjoyable for all students. For example, teachers can use interactive platforms such as "Kahoot!" or "Quizlet" so that students can play individually or in a group, but either way, it helps students socialize. Teachers can also help students regain their motivation by using social media, like assigning podcasts to listen to or incorporating social platforms like "TikTok" into learning. By adding these types of technologies into classrooms, teachers can make a safer environment for students to feel comfortable in, allowing them to feel like the school is a second home where they can share their thoughts and engage with others.

#### **GRADE 9**

### AN ESSAY ON TECHNOLOGY

I understand why many people are against technology in all classrooms and the educational field, for reasons like people thinking that both AI and technology are taking away from how the traditional classroom was or that students may cheat and use it for the wrong reasons. Both of these concerns can quickly be answered and solved. Firstly, technology and AI are not disrupting the traditional classroom because, either now or later, these changes will happen, which we have to accept and embrace. Secondly, suppose teachers develop and establish a healthy relationship with their teachers where there is trust and open communication. In that case, there will be no cheating, and both problems will be solved.





Technology should be used in education and classrooms because it is helpful to teachers and students and can enhance engagement and motivation in classrooms. Technology turns learning into an exciting adventure and will be the future of upcoming generations.

# Looking Back, Writing Forward My Writing Journey

When I first started writing, primarily for school, I didn't always enjoy it or feel confident in my skills. Over time, I've learned more about how to improve my work, and in this reflection, I'll discuss how my writing has changed and what I've learned along the way.

Thinking back to how I used to write, I see how much I've improved. At the beginning, writing felt very confusing and frustrating. Most of the time, I didn't know how to start and write without a clear direction as to where I was going. My sentences were either too long or too short, and sometimes didn't make much sense. Often, I used simple words and repeated words a lot. Over time, with more practice from my teachers, I learned how to organize my thoughts and write down what I want to say. I began using planning tools and outlines, such as brainstorming, before starting to write. It took time, but I learned to write stronger introductions and conclusions by specifically knowing what I wanted to start and end with and using transition words to connect my thoughts. Reading books and paying attention to how people around me write and speak, I expanded my vocabulary and tried new ways to organize my sentences and paragraphs. I've learned how to edit and revise my work, dramatically impacting my process. My writing has become more precise and more detailed. Even though I'm still learning, I can see how far I've come.

Getting started was one of the biggest challenges I had to overcome in my writing. I was always unsure of how to begin and made mistakes of writing something too vague, so I would always get stuck. Another challenge was organizing my thoughts. I often had a lot of ideas but wasn't sure how to put them in the correct order, or make them flow together, so sometimes my writing would go off topic, and it was hard to stay focused. Over time, I learned it was okay to write a rough first draft and go back to fix it, which helped me stop worrying about being perfect and helped me stay on track—getting feedback from my teachers and classmates helped by showing me what I needed to work on. These challenges were initially complex, but I feel good about how I've learned to handle them and keep improving.

# Looking Back, Writing Forward My Writing Journey

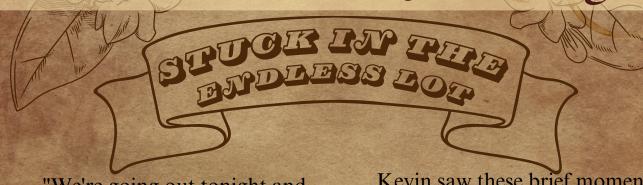
Throughout my writing journey, I've learned that writing is not about getting everything right but learning from your mistakes and growing through practice. I've learned that planning before writing helps me stay focused, and revising is just as important as the first draft. I've also learned how to express my thoughts more clearly and use better words to explain what I mean. Writing has taught me to be more thoughtful and creative and has helped me build confidence in sharing my ideas. Most importantly, I've learned that writing takes time, and that's okay.

Now, I feel much more confident about writing than I did before. I know I still have room and time to grow, and I also see how far I've come. I enjoy writing more now because I can express my thoughts and feelings clearly. Sometimes writing is fun, especially when I get creative or write about something I care about. Writing has become a skill I'm proud of, and I'm excited to keep improving.

Looking back at my writing journey, I can see how much I've grown. This journey has shown me that practice and patience can help me become a better writer, and I can carry this knowledge with me into the future.



### Grade 10 - Story Writing



"We're going out tonight and for the coming days, Kevin. Keep the money I zipped you for anything you might need, and if you're going to head out, call me beforehand. Love you." "Love you too, ma."

Kevin wasted away his time, rotting in his room and lounging in bed whenever he could. Although he didn't know it, he loved his family more than they ever realized. That night, with the house to himself, he blasted obnoxiously loud music on the living room speakers, put on some video games, and invited his friends over defying his parents' previous wishes.

Kevin saw these brief moments of solitude as freedom to do whatever he pleased.

He and his friends stayed up all night playing games, eating junk food, and drinking things they shouldn't have. The next morning, Kevin woke up alone in a house trashed from the night before. In his usual selfpitying fashion, he went out resenting his friends and family for "not understanding" him. He went out aimlessly, eventually stopping at a thrift store where he bought what he considered useless junk. Returning late at night from his impulsive shopping spree,

he collapsed on the couch and passed out.

"A tale as old as time: a boy, thinking himself a man, searching for escape from freedom."

"What? Who? Where am I?"
Kevin jolted awake, finding
himself in what appeared to be
the same thrift store parking lot
—but it was distorted. The lot
seemed endless, stretching into
a void of cars and scattered
shopping carts.

In the distance, Kevin noticed an old man with a beard so long it swept the ground. An unsettling aura surrounded him. The man called Kevin over and began to speak of the strange, magical nature of the lot.

He revealed that the parking lot existed in a pocket dimension as ancient as time itself. Once a thriving hub for wizards and witches, it had been discovered by human rulers who exploited its magic for their own selfish gain. These rulers embedded the dimension into a line of DNA to harvest its power. Kevin, the man explained, was one of the last descendants of this experiment. The world of magic, known as Fratherns, had been drained dry and abandoned, leaving its remnants to manifest in unsettling forms. For Kevin, that form was the desolate parking lot.



With a grin that stretched from ear to ear, the wizard offered Kevin two choices: continue his mundane life as a human teenager or sacrifice his old life to become the center of the magical dimension and restore Fratherns to its former glory. Kevin, bitter and disillusioned with his life, did not hesitate.



The man of no name and origin assigned Kevin his ultimate task: to restore Fratherns. To begin, Kevin had to craft the Wand of Frath, an artifact capable of harvesting the soul energy within objects. With enough power, he could rebuild Fratherns—but not without first eliminating the human elites who still roamed the Earth.

Determined, Kevin embarked on his journey, abandoning everything he once held dear for the sake of the magical realm.



Seasons turned to years.
Endless summers and winters passed, but Kevin's family never gave up hope. Though the police had long closed the case, his family held on, awaiting his return.

Kevin, now a man with a beard mightier than the wizard's, began to question himself.
"Who am I? What am I doing here?" he cried into the abyss of the parking lot.

Memories of the world he had forsaken and the family he had loved began to flood back. Yet, the tale of Fratherns lingered in his mind. With nothing left to do, Kevin resolved to await the next adventurer who dared enter the lost realm.

For the man of no name, there is no escape.



Yousef Khaled Al Otaibi 10A



# Looking Back, Writing Forward My Writing Journey



I used to hate writing. The blank page felt like an enemy, silent, judging, impossible to conquer. Every sentence was a battle, every paragraph a war. I'd write exactly what the teacher wanted, nothing more. Safe. Predictable. Boring.

Then something changed. Maybe it was a story I read that stuck with me, or a moment when words suddenly clicked. Slowly, I started taking risks. I stopped worrying about being "correct" and focused on being real. My sentences grew longer and more alive. Writing could be more than an assignment; it could be a voice, a release, even a friend.

There are still days when my writing feels unsalvageable. But now, instead of giving up, I push through. I've learned that bad first drafts are just part of the process. The magic happens in the rewriting, the rethinking, the stubborn refusal to quit.

Looking back, I barely recognize my old writing. It feels stiff, like a stranger's words. But that stranger was me, learning, growing, and finding my way. And now? I don't just write because I must. I write because I want to. Somewhere along the way, I realized stories matter—mine included.

Yousef Khaled Al Otaibi

10A

### Back in 2021...





### **Grade 8 Poetry**

# Last Day of School

My heart pounded with excitement Waiting for that bell to explode It is taking forever Finally, the time has come The time the whole universe has been waiting for! The bell rang like a fire alarm DRING, RING, RING! The second the bell rang, I jumped with joy We made it to the end of this exhausting year Summer is here, summer is here! Summer walked in No stress, No suffering Just a far long break from educational jail So happy to feel so free Summertime the best time of year Where we can relax with no fear It is filled with wheels and waves Surfs and shades.

Lily Faisal Al Mutairi

**8**A

### This year...

# Grade 12 - Story Writing William & the Lost City

In the Big Apple, or as some of you may know. Ne. New York, lived a young boy named William. It was the night before his 13th birthday, and he was not thrilled to become a teenager or, as his parents called it, an "adult." William loved reading fantasy books, his favorite was "Posie and the Lost Underground." He believed that Posie was real and she was a fairy on a hunt to bring back the lost land. William's parents always told him to grow up and stop believing this childish nonsense.

Later on. William's parents left for a party. William sadly opened his favorite book to read before becoming an adult. As he was reading, he saw wings by his window, he thought it was a bird until it teleported into his room. "POSIE!?" William screamed and then froze: indeed, it was his fantasy hero. Posie. Posie told him that she had come to William because he was the only kid who believed she was real: she needed help to go to the lost city and rescue its people. William thought that if it was his last night as a kid, he had to spend it right, so they started their adventure. Posie sprinkled some flying dust on William, and they flew to the dark oceans, where a black hole led to the underground lost city.

William didn't believe his eyes: it was real, and the lost city was genuine. When they arrived, the town was in danger. The magical force shield raised to protect them from the water was weakening. The magical force shield was a gift from nature after the evil fairy wizard put a curse on them that took the land into the water. For the curse to be broken, they needed to defeat the fairy wizard, but no one was brave enough to face such tremendous and mighty powers, so they lived in misery, waiting for a brave soul to come and save them. To face him, they needed to get the power crystal in the cave where the giant frightening dragon stayed. People are so scared to go to the cave as they may awaken him. However, for William, fear was not a problem. William and Posie flew to the cave and got the crystal, but one step before leaving the cave. William slightly stepped on his tail, but it was enough to wake up the dragon. The dragon, being the guard to the crystal, was highly fierce as he didn't hesitate to blow fire around him. The dragon came out of the cave and blasted fire at everyone and everything, the people were running with fear but nowhere to escape.

# William & the Lost City continued

William knew it was up to him to stop the dragon and save the people. As he was stumbling through obstacles to get to the fairy wizard, he got to him and aimed the crystal at him. The wizard tries to resist with his powers, but the crystal is too powerful: the crystal's powers turn the fairy wizard and the dragon into stone. The wizard was defeated, and the land was free but destroyed. Let's remember that the curse is broken. The land started to shake, and as they came up from the water, a lot of magic started happening, and the place became as good as new. The people thanked Posie and William and offered William the chance to become the king of their people, but he had to deny it, as his parents would worry about him.

Posie and William flew back to New York, and as they entered Williams's room, they saw William's parents. William's parents froze, they could not believe their eyes. All this nonsense might not actually be nonsense. Maybe magic is not childish after all, and all we need is a little bit of magic and some flying dust.

# Looking Back, Writing Forward My Writing Journey

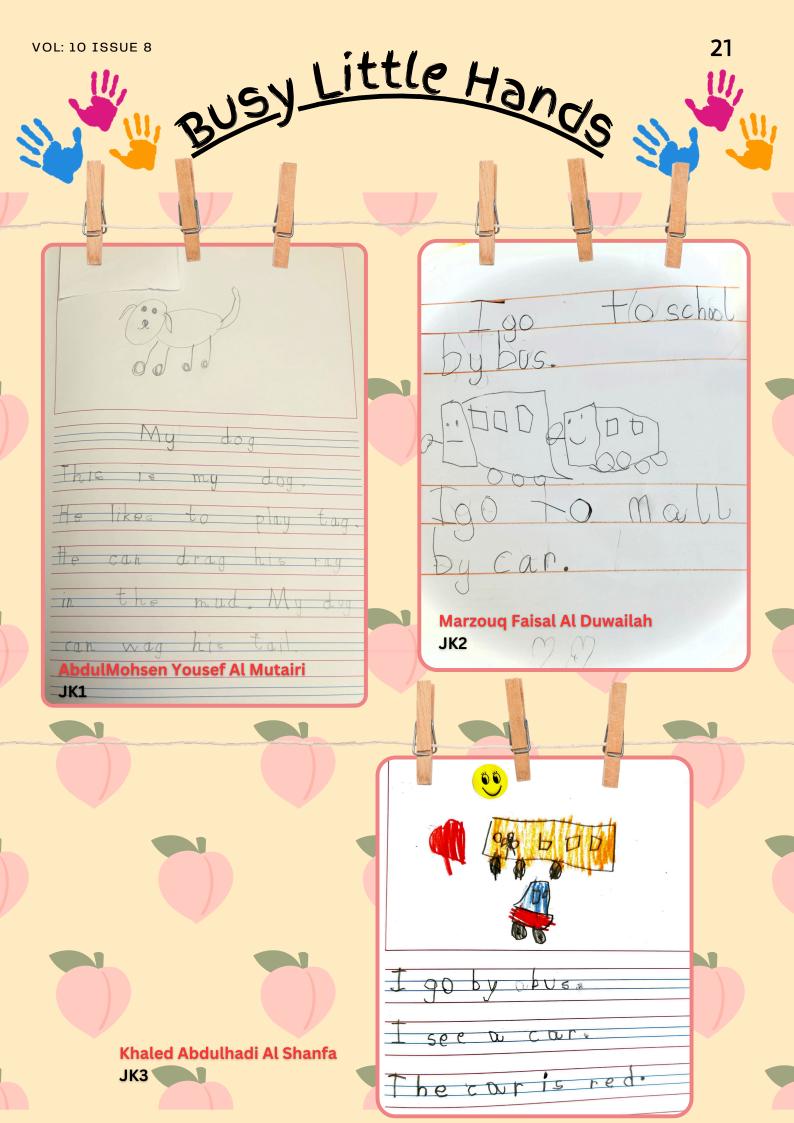
As I've grown older, my writing has improved in many meaningful ways. I've learned how to organize my thoughts more clearly, choose stronger words, and express my ideas more purposefully and confidently. With each new assignment and experience, I've better understood how to write for different audiences and make my writing more engaging and thoughtful.

One of the most important things I've learned is the value of revising my work. Taking time to reread, edit, and improve my writing has helped me produce pieces I can be proud of. I've also become more open to experimenting with different writing styles, from creative stories to persuasive essays, which has helped me become more flexible and skilled.

Writing now feels more natural and enjoyable than it did before. It's not just something I do for school, and it's become a way for me to express myself, reflect on my ideas, and connect with others. I'm proud of how far I've come on this journey, and I'm excited to keep learning and growing as a writer.



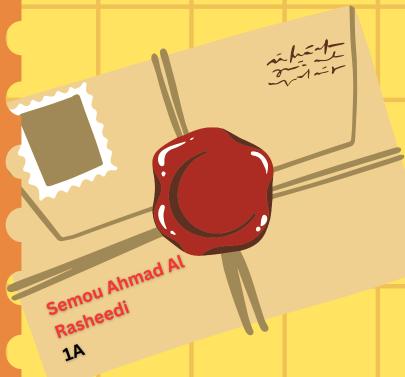
Lily Faisal Al Mutairi

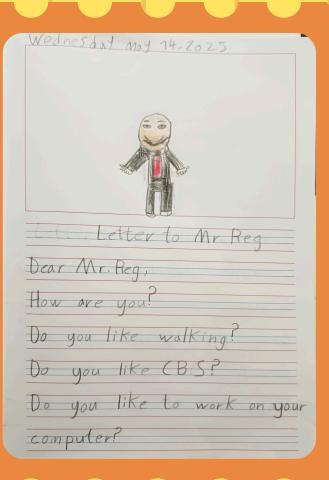


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## Grade 1 - Letter writing







I am writing to say hello.
I hope you have a good day!
I would like to visit you.
See you soon!
Love
Rayyan.

Rayyan Shafiullah Khan

1B

23

## Grade 1 - Letter writing

Dear cousin HOW Art you? Do gannove pets? gryour houst bigs tampiting to gag hallo. I would like to visit you in Sammer. Thops you have a good Iday)

**Duaij Khaled Al Enaizi 1C** 



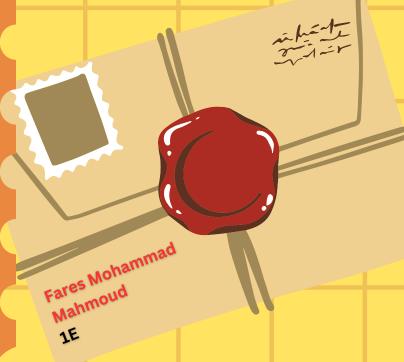
Tresdy May 6, 2025 Dear Mammade

How are you? Are you playing football every week? Howis your family? I want to invite you to my birthday party We will have for

I hope you have a great time!

**Mohammad Hamad Mohammad** 

1D



#### Grade 3

### Writing a Biography

# MUHAMMADALI

#### Introduction:

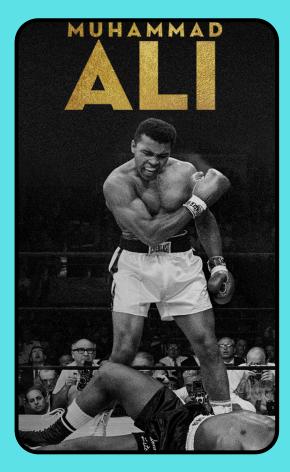
Muhammad Ali was born on January 17, 1942, in Louisville, Kentucky, United States.

#### <u>Main Body:</u>

Muhammad Ali was a boxer. He won an Olympic gold medal in 1960. Muhammad Ali refused to fight in the Vietnam War. He is one of the greatest boxers in history. Muhammad Ali was married four times and divorced three times. He won three boxing championships. Muhammad Ali won 56 of the 61 professional fights in his career. Muhammad Ali was named after the anti-slavery activist Cassius Clay Marcellus. He began fighting after his bike was stolen.

#### **Conclusion:**

Muhammad Ali died on June 3, 2016, in Scottsdale, Arizona, United States. His characteristics are strong, conceited, and charismatic.



# AMELIA EARHART

#### Al Zain Fares Al Daihani

**3A** 



**Mohammad Ahmad Al Salem** 

Amelia Earhart was born in July 1897. She died on January 10, 1939. She lived in the US. Also, she had one sister. When she was 23 years old, she got her first flying lesson.

Amelia Earhart was the first woman to fly across the Atlantic Ocean twice. Also, she got the world altitude record of 14000 feet. Furthermore, she liked to play football. Also, she liked fishing. She was the woman to have a record.

Amelia Earhart was adventurous and curious. She was the strongest and bravest woman in the world.

# Grade 3 Writing a Biography

# ISAACNEWTON



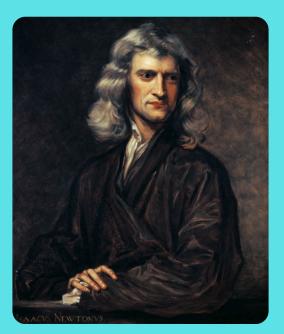
Isaac Newton was born on January 4, 1643. He lived in the United Kingdom. From a young age he loved reading, which sparked his passion for learning. Isaac Newton really enjoyed learning at school. Math was his favourite subject.

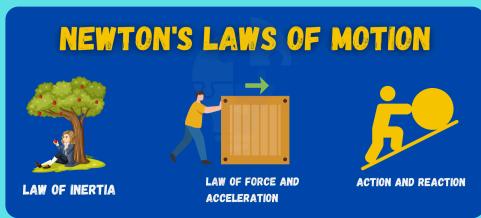
He was famous, because he made a big discovery about light, and he improved the telescope which is a tool used to look at the night sky. He also wrote important laws about motion and gravity. Fun facts about Isaac Newton are that his discoveries about light, gravity and motion are very important. His laws help everybody understand how things move in space. Isaac Newton was a hardworking and smart man.

He died on March 31, 1727. He will be remembered for is discoveries which helps and saves us a lot today as well as his amazing discoveries about light, gravity and motion.

Saad Naser Al Jabri

**3C** 





# Grade 5 Persuasive Writing Students Should Not Have Any Homework

Have you ever had to sit down and do homework after a long, tiring day at school? Imagine finally getting home, ready to play or relax, but instead, you have more schoolwork waiting for you. I believe kids should not have homework because it takes away free time, causes stress, and doesn't help us learn better.

First, kids need free time after school. School already takes up most of our day, and when we get home, we should be able to rest, play, or spend time with our families. Instead, we're stuck doing more work. This means less time to play outside, do fun activities, or just relax. Free time is important for our brains and our health!

Second, homework can be stressful. Some kids have a hard time understanding the homework and get worried or upset. Others feel overwhelmed because they have too much of it. When we're stressed, we don't learn well. School should be a place to grow and feel confident, not something that makes us feel worried at home, too.

Lastly, homework doesn't always help kids learn. If we already learned it in class, homework just repeats it. And if we didn't understand it in class, we probably wouldn't understand it at home, either, especially without a teacher there to help. Sometimes, it just feels like busy work, not real learning.

In conclusion, homework isn't helping us, it's making things harder. Kids should not have homework so we can enjoy our free time, avoid stress, and focus on real learning at school. It's time for schools to rethink homework and give kids the time they need to be kids.

# Grade 5 Persuasive Writing Students Should Have Longer Recess

What's the best part of the school day? Most kids would say—recess! But just when we start having fun, the bell rings and it's over. I believe recess should be longer because it helps kids stay healthy, improves focus in class, and gives us a break to enjoy being kids.

First, recess helps us stay healthy. Kids need to move around and be active every day. Running, playing tag, climbing, or just walking around with friends keeps our bodies strong. If recess is too short, we don't get enough time to exercise. A longer recess means healthier, happier students.

Second, recess helps us focus better on class. After sitting for hours, our brains need a break. When we go outside and get our energy out, we return to class ready to listen and learn. Studies have even shown that kids do better on schoolwork after having a good break. So, if we want to learn more, longer recess actually helps!

Finally, recess gives us time to enjoy being kids. School is important, but so is having fun, making friends, and using our imaginations. During recess, we build friendships, play games, and come up with creative ideas. That kind of play is just as important as reading or math.

In conclusion, recess isn't just playtime, it's an important part of the school day. Making recess longer would help kids stay healthy, focus better, and enjoy school more. Let's give kids the time they need to play, grow, and be their best selves.

# Grade 7 Essay CARING

Caring is a trait that shows love for someone and noticing them. Because when you care about someone, you want to see them hurt or not feeling okay. To care for someone, ask them, "Are you okay?" or other questions to show them you care. You can care for different things, like food, people, animals, and other things. An example is a friend helping their friend in hard times.

How can you care? You can care for something by helping it or protecting it. Then they can know you care. Some significant things people care about are family, plants, animals, and more. To care for animals and plants, clean the environment so they can have a better place.

In conclusion, caring is a significant trait consisting of loving and protecting something.

Salman Dawoud Mohammad 7A OL: 10 ISSUE 8 29

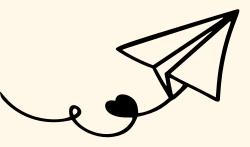
### Grade 7

LETTER TO MY

# FUTURE SELF

### DEAR FUTURE SELF

I hope this postcard finds you well and thriving in your journey as a doctor. Remember the countless hours of hard work, dedicatio, and sacrifice it took to reach this point. Our passion for medicine has allowed us to achieve this. Remember to never give up or let anyone let you down.



9A

### GRADE 9 WRITING A FABLE

One day, the Turtle went to search for food. He first went to the animals to ask them for food. The animals said, "No, go search for your food." After that, he went to the forest to search for his food. Although the Turtle found no food, he saw and heard that the Lion had plenty to spare. The Turtle was afraid to ask if the Lion would give him food. He decided to steal the food at night when the Lion was sleeping. Later that night, the Turtle went to the Lion's home. The Turtle thought it would be difficult for him to steal the food since the Lion's house was so large. The Lion heard someone in his home. He ran as fast as he could. He caught the Turtle red-handed. The Turtle felt guilty, and the Lion said, "Ask me first before taking something." The Turtle learned his lesson.

When you need something, ask before taking something that is not yours.



# Grade 9 Essay on Caring

Caring means being kind, helpful, and thinking about how others feel. It's when you take the time to show someone that they matter, even in small ways. You might not always have the perfect words, but being there and showing care can mean a lot. Caring is really important because it makes the world a better place. It helps people feel safe, supported, and loved, bringing people closer together.

There are lots of ways people can show they care. At home, it could mean helping your parents without being asked, checking on your siblings when they're upset, or just saying "thank you." With friends, caring might look like sending a nice message, sticking up for them, or cheering them up when they're feeling down. You can show you care at school by including someone alone, helping a classmate understand something in class, or even just holding the door open for someone. In the community, people show they care by volunteering, donating to people in need, or even being kind and respectful to strangers.

One example I remember was when one of my classmates looked sad one day. A girl in our class noticed and asked if she wanted to talk. They sat together at lunch, and she listened and made her laugh. After that, they started hanging out more; I could tell it made a big difference. That classmate seemed happier and more confident after someone took the time to show they cared. I learned that you don't need to do something huge to show love and support—just being kind and paying attention can help someone feel better.

Caring is central at school and everywhere else because it helps build trust and friendship. When people feel cared for, they feel more comfortable being themselves. I want to become a more caring person by being a better listener, asking people how they're doing, and doing kind things without expecting anything back. Even small actions, like smiling at someone, complimenting, or helping someone carry their books, can make a big difference. If more people cared about each other, the world would be kinder.

# GRADE 11 ESSAY THE POWER OF KINDNESS IN EVERYDAY LIFE

In a world that often feels chaotic, fast-paced, and overwhelming, kindness can seem small, even insignificant. But in reality, it holds incredible power. Kindness is not about grand gestures or heroic acts. It's found in the little moments, helping someone carry their groceries, smiling at a stranger, or simply listening when someone needs to talk. These everyday actions may seem minor, but they can make a huge difference in people's lives, including ours. One of the most essential things about kindness is how it connects us. In a time where many people feel isolated or stressed, even the smallest acts can remind someone that they're not alone. For example, a student struggling with anxiety might feel seen and supported when a classmate offers kind words or encouragement. That one moment can stay with them for days, maybe even longer. Kindness makes people feel valued, which matters more than we often realize.

What's interesting is that kindness doesn't just help the person receiving it, it helps the person giving it too. Studies have shown that being kind can improve your mental health. It can reduce stress, boost your mood, and even help you feel more connected to others. Think about how good it feels to make someone smile or help out a friend. That's the power of kindness working both ways. It makes the world feel brighter for everyone involved. Another reason kindness is mighty is that it spreads. When someone experiences kindness, they're more likely to pass it on to someone else. It's like a ripple effect. One small act can lead to another; suddenly, kindness is moving through a whole group of people. In this way, even a tiny gesture can lead to something bigger. It reminds us that we have more impact on the world than we might think.

Of course, it's not always easy to be kind. People have bad days, and life gets tough. But that's also why kindness matters; it shows strength, not weakness. Being kind, even when you're tired or frustrated, takes courage. It shows empathy and understanding, which helps build a better world.

In conclusion, kindness is one of our most powerful tools in everyday life. It helps people feel connected, improves mental health, and spreads far beyond the original act. We might not always realize it, but a simple kind word or action can change someone's entire day—or even their life. So if we want to live in a better, more compassionate world, it starts with something simple: being kind.

**Malak Meshal Shadad** 

#### **GRADE 11 ESSAY**

### How Death Affects the Way I Live

Death happens to everyone, but it can be hard to think about. Some people feel scared when they talk about it, while others see it as a reason to enjoy life more. Thinking about death makes me want to live better. It reminds me to enjoy every moment, be

Another way death shapes my life is by helping me deal with problems better. When something bad happens, I remind myself that life is short and that I should not waste too much time feeling sad or angry. Instead, I try to move forward and focus on the good things in life. This helps me stay positive, even when things are difficult. I forgive people faster and let go of minor problems because, in the end, they are not as important as happiness and peace.

Lastly, thinking about death makes me wonder what kind of person I want to be remembered as. I want people to consider me kind, caring, and helpful. This makes me more aware of how I treat others. Even small things, like smiling at someone or offering help, can make a difference in someone's day. If I can spread kindness, I know I will improve the world.

Ultimately, death is not just about the end of life—it is a reminder to live well. It teaches me to value my time, pursue my dreams, stay strong during hard times, and be kind to others. Instead of being afraid of death, I try to use it as a reason to live a happy and meaningful life.

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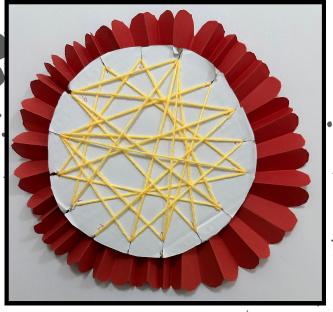
# Art Corner



Nodo 20

Nada Fahad Al Mutairi

3A

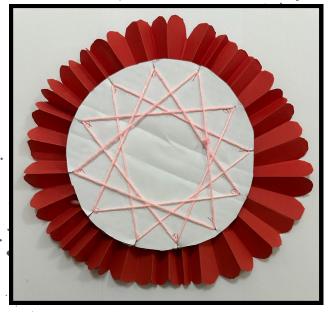


Khaled Ahmad Abdullah

**5A** 



Mariam Ahmad Al Dhafeeri 3B

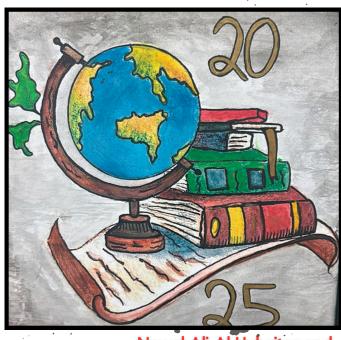


Shaikha Ghanem Al Rashed

# Art Corner



Rateel Adel Al Jazeeri 7A



Nawal Ali Al Hubaiter and Aeshah Mohammad Al Mutairi

7B



Shams Abdulateef Al Hazzaa 9A



Fatma Ali Akbar

9B

### Ice Cream in a Bag

An easy step-by-step tutorial to make homemade ice cream in a bag!

### 

Prep Time: 10 minutes Active Time: 6 minutes Total Time: 16 minutes

#### **Ingredients**

- 1 cup half and half
- 1/2 tsp artificial or imitation vanilla extract
- 1 tbsp sugar
- ice
- 1/4 cup salt
- Ziploc bags: 1 Small, 1 Large



#### **Instructions**

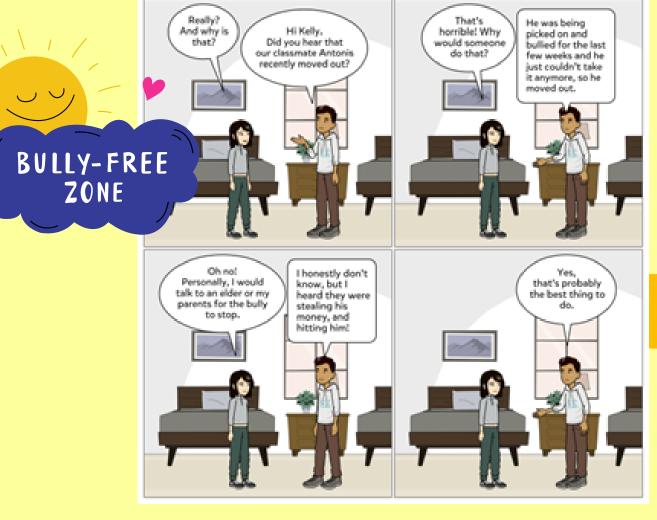
- Pour 1 cup of half and half into a small ziploc bag.
- Add 1/2 teaspoon of artificial vanilla extract and 1 tablespoon of sugar.
- Seal the bag firmly and get any excess air out.
- Fill the larger ziploc bag about 1/2 way with ice. Add 1/4 cup of salt.
- Then add your small bag and fill with extra ice on top. Seal the large bag.
- Get gloves for shaking and shake for 6 minutes. \*Gloves are needed since the salt makes the ice extra cold.
- Take the small bag out of the large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal).
- Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside it.
- The ice cream will be a little icy looking at first. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy!

#### **Notes**

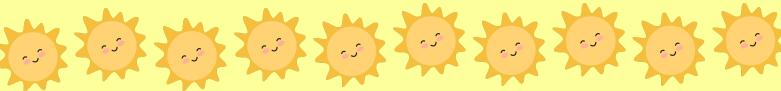
See the tips below for preventing salty ice cream:

- 1. Properly seal the bag.
- 2. Rinse off the little bag after shaking.
- 3. Double bag if still salty.

# Fyh Page







### Beat the heat

#### <u>idiom</u>

: to remain cool in hot weather

Here are some of our favorite summertime desserts and salads that can help beat the heat-and some tricks for keeping food cold in a heatwave.

## UPCOMING EVENTS

### ATGBS

- 28th of May 4th of June Final Exams: Gr 6-11
- 4<sup>th</sup> of June Last Day for Students: End-of-Year Fun Day
- 5th-8<sup>th</sup> of June Eid Al Adha
- 11th of June Report Cards Go Home/ Exam Review Day

