



Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة

CBS EXPRESS

MARCH 2024

VOL:9 ISSUE 6

Highlights of this month at CBS



The month of March began with Mother's Day celebrations as it was marked with love and gratitude, honoring the invaluable role of mothers worldwide. As the festivities wind down, the Muslim community joyously welcomed Ramadan, a month of fasting, reflection, and spiritual growth. This period culminated with the vibrant and diverse festivities of the Islamic Fair, uniting communities in faith and celebration at CBS.



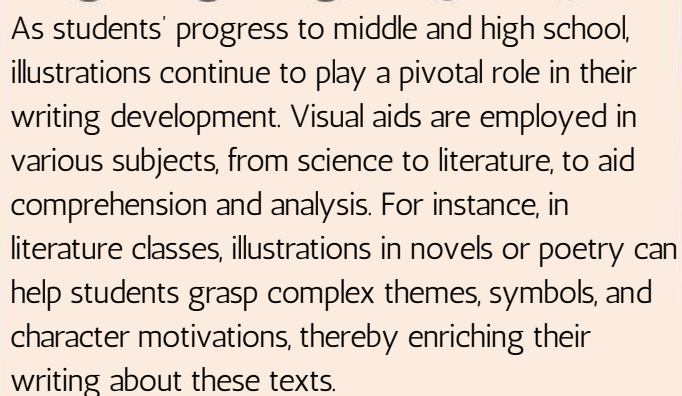


Visualizing Success: The Crucial Role of Illustrations in Writing Development

Illustrations play a crucial role in fostering writing skills across all levels of education, from Pre-K to Grade 12. These visual aids are not merely decorative but serve as powerful tools for enhancing comprehension, creativity, and critical thinking in students. In the early years, such as Pre-K and elementary school, illustrations act as prompts that stimulate imagination and facilitate storytelling. Children often struggle to express their ideas verbally or through written language alone. However, when provided with visual cues, their ability to articulate thoughts and ideas improves significantly. By describing what they see in the illustrations, young learners develop vocabulary, sentence structure, and narrative skills.



Moreover, in subjects like science or history, diagrams, charts, and maps enable students to organize information effectively and convey their understanding through written explanations. Analyzing and interpreting visual data not only strengthens their writing skills but also enhances their ability to communicate complex concepts concisely. In essence, illustrations serve as bridges between ideas and words, empowering students across all grade levels to become proficient writers by facilitating comprehension, stimulating creativity, and fostering critical thinking.



As students' progress to middle and high school, illustrations continue to play a pivotal role in their writing development. Visual aids are employed in various subjects, from science to literature, to aid comprehension and analysis. For instance, in literature classes, illustrations in novels or poetry can help students grasp complex themes, symbols, and character motivations, thereby enriching their writing about these texts.

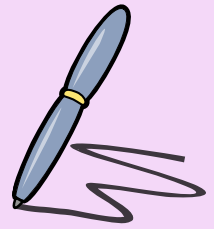
At CBS, we encourage our young writers to begin their story telling using pictures. As our student writers advance in their story telling abilities, we continue to include artistic expression using strategies such as story mapping, story boarding and comic strips. Also, our senior students have used the techniques found in graphic novels to illustrate scenes from Shakespearean plays and novels studied in class. To paraphrase Fred R. Barnard, "an illustration really is worth a thousand words". We hope you will agree as you enjoy the creative illustrations that accompany many of the writing pieces in this month's edition of the Express..

Ms. Henna

Editor-in-Chief

Happy Reading

CBS Monthly News



Character Trait- Healthy Living

Marching Towards Wellness: CBS Celebrates Healthy Living Day!

At Canadian Bilingual School (CBS), March has highlighted the value of healthy living among our student body. With many exciting programs and events, CBS started a quest to help students develop lifelong healthy habits and physical well-being.

Announcement of the Poster Competition:

CBS held an eye-opening Poster Competition to promote awareness of healthy habits in connection with Healthy Living Day. Students were asked to use their imaginations to create posters emphasizing healthy eating, physical activity, and mental well-being. The competition inspired students to illustrate the advantages of living a balanced lifestyle with passion, which spurred a creative and enthusiastic response. Our students demonstrated their dedication to encouraging wellness in our school community through artwork.

Sports Day Extravaganza:

Kindergarten through Middle School students came together for an exciting Sports Day event to kick off the month. In a series of thrilling competitions, our students demonstrated their athletic prowess to applause and laughter. Every activity, including sack and relay races, highlighted the spirit of healthy competition and the joy of physical activity. In addition to honoring athleticism, Sports Day served as a timely reminder of exercise's critical role in preserving general well-being.

Adopting Healthy Habits:

During the month, CBS set aside time to instruct students on the essentials of leading a healthy lifestyle. Through interactive sessions and class discussions, students gained insightful knowledge about exercise, mindfulness, and nutrition. Students actively participated in activities intended to improve their physical and mental well-being, such as learning about the food pyramid and doing yoga. CBS wants to enable students to make decisions that support their overall wellness by promoting a culture of health consciousness. As March ends, we consider how well Canadian Bilingual School's Healthy Living Day went. We have emphasized the value of putting our health and well-being first through various exciting events and programs. Let's keep up the excellent work of Healthy Living Day by choosing actions that support a healthy lifestyle in the future. By working together, we can create a wellness culture that permeates our students' and families' lives and goes beyond the walls of our school.

CBS Monthly News

Green Team

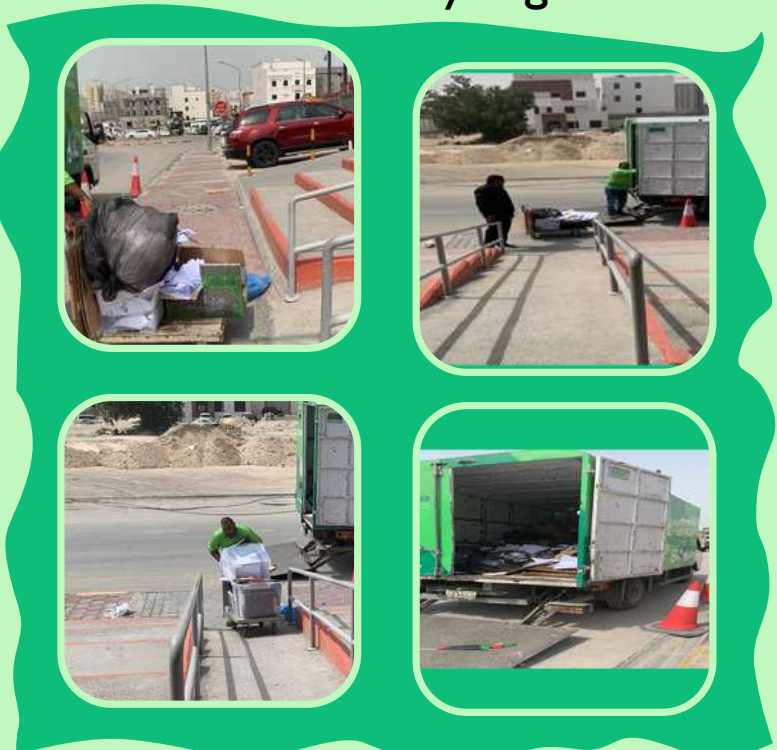
Green Team Students contribution during CBS fun day:

The CBS Green Team contribution during Beach clean up #3:



CBS Green Team replanting trees in school campus:

CBS Green Team sent e-waste and paper waste for recycling :



CBS Monthly News

CBS School News

Welcome to CBS news! March was filled with excitement and engaging activities for our students. We are also thrilled to announce that CBS presented their project in the science competition at **GUST** last month. The project was about how changes in food intake can affect overall health and MBI. After all the measurements and observation before and after proposing the change, results were presented to the competition judges committee and CBS won 2nd place.

Our monthly HS assembly was conducted on March 28th by Grade 10 students.

We had our Islamic fair from March 24th until March 28th.

Upcoming events for the month of April:

April 3 - STELLAR CARES PACKAGE DISTRIBUTION TO EXTERNAL WORKERS

April 25 - BEST OUT OF WASTE COMPETITION

April 25 - TALENT SHOW



Student Council

Alizeh Khan Amin
11A



At our school, we are rooted in environmental consciousness, and recently, we took a proactive step towards marine conservation by organizing a beach cleanup in collaboration with the Kuwait dive team on February 21st.

The Student Council joined the Kuwait Dive Team equipped with gloves, bags, and a collective commitment to preserving our oceans. The beach cleanup became a collaborative effort. The Kuwait dive team, with their specialized skills, delved beneath the waves to address submerged litter, while students searched the sandy shores for surface-level waste.

This joint initiative not only yielded a significant amount of collected trash but also fostered a sense of unity and environmental responsibility within our school community. It served as a poignant reminder of the impact we can have when we work together towards a common goal, leaving an indelible mark on our commitment to environmental responsibility.

On Thursday, March 6th, we had Graish at our school with the Islamic team. It was a vibrant and enriching experience that brought the diverse facets of our community together. The event showcased the beauty of Islamic culture, traditions, and values; from captivating displays of art and calligraphy to scrumptious food that the Islamic team and the students brought to be distributed to the school. The event not only strengthened the bond within the school community but made many students happy.

Dalal Fawaz Al Mutairi

PK 1

Fajer Ali Hasan

JK 1

Lo-To be able to write HFW
'I see'

I see see
I see see
I see see
I see see

ABC
A teacher.

I am a teacher.
I use books and pen.
I can give you a star.

Loulwah Mohammad Al Dewesh

JK 2

Amirah Ayad Boresli

JK 3



I like rabbits.

I have 3 rabbits.

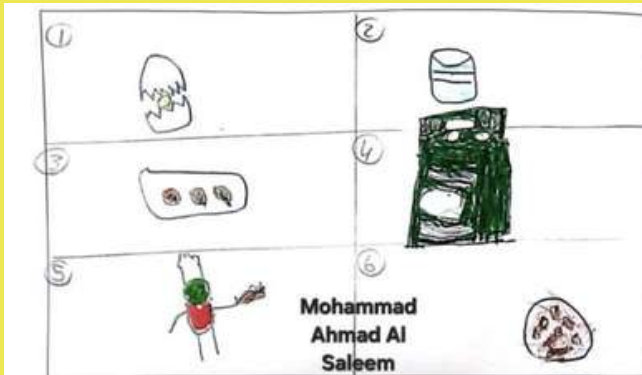
It is small.



I like my teacher.
She helps me read.
I play with her.

Mohammad Ahmad Al Saleem

Grade 1 A



First, mix all the ingredients together.

Next, press the dough with a cookie cutter

and put it in the pan.

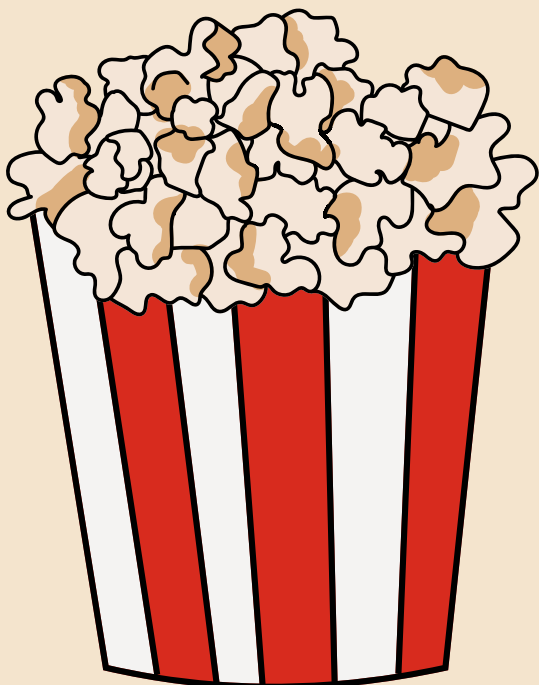
Then put it in the oven

and wait for it to bake



Mohammad Ahmad Al Arbeed

Grade 1 B



How to make popcorn

First you put the kernels in the pot. Next turn on the heat

Then wait for the popcorn to pop. Finally add some

salt and enjoy

Lulwah Mahmoud Younes

Grade 1 C



Adopt the lost cat

Once upon a time there was
a cat and a girl.

The cat was lost. The girl went
to adopt the cat.

They were happy and played
all day. They lived happily ever after.

Al Zain Munawer Al Munawer

Grade 1 D



After that, we put popcorn
in a bowl. Then we add butter
and salt.

Loulwah Sulaiman Al Oraifan

Grade 1 E

First you mix all the
ingredients together in a bowl.
Next, press out the dough.

Tuesday 12, March 2024
Then, put it in the oven and
wait for it to

bake.
Wednesday 13, March 2024
After that, take the

cookies out of the
oven and give them a
chance to cool off.



Kuwait City

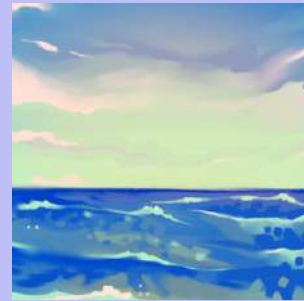
I see beautiful birds flying in the sky.
I smell fresh flowers and plants.
I touch the shiny car.
I taste the crunchy rice.
I hear loud bird sounds.
Kuwait is a cool country.



Haidar Ali Hasan
Grade 3 A

Kuwait

I smell sand and sea.
I feel the saltiness flying everywhere.
I hear the sea splashing on the beach.
I taste the salty air in the sky.
I see Seagulls flying and eating the fish.



Refaa Mohammad Al Mutairi
Grade 3 B

Kuwait

I hear birds singing in Kuwait.
I see the blue and white towers of Kuwait.
I taste creamy chicken and rice.
I smell Bakhoor in Kuwait.
I feel the breeze going through me.
Kuwait is as small as a mouse.



Abdullah Metahal Al Mutairi
Grade 3 C

Day 1: Thursday, 15th of February**Dear Diary,**

Dear Diary, yesterday, I met a new friend. She was intelligent my friend's name is Alana. Alana was in my school

During recess, Alana and I were playing football. Our goats are Cristiano Ronaldo. So, I asked her, "Do you want to come to my house?" She said, "Yes, I'd love to."

When we got home, we played a lot of amazing activities, and we ate lunch. We had salmon and mashed potatoes. It was so good!



Afterwards, we sat, and we watched videos on my iPad, and we talked about football and Cristiano Ronaldo compared to Garnacho's bicycle kick.

Before bed, we watched a horror movie at 3 am., it was passed my bedtime, and we couldn't sleep because it was so scary.

Day 2: Sunday, 18th of February**Dear Diary,**

After school on Thursday, Alana and I ate lunch together. It was mac. and cheese: It was Gordan Ramsey's recipe. It was delicious. After lunch, we played football together non-stop.



On Friday, we saw some friends and we hung out with them. We had a sleepover and a party because we both passed our science exam. It was easy-peasy, lemon squeezy.



Yesterday, we watched a movie. It was funny; we laughed hard. We ate fast food. And we watched news in Gaza of what's happening; we cried so much because what's happening a lot of children didn't finish their childhood

Day 3: Monday, 19th of February**Dear Diary,**

Yesterday Alana and I were vibing. We went to buy brand new clothes in Target. We went to the Kate park to skateboard and then we got tired, and we slept.

During recess, we played football with our friends, and we drew some paintings. We hung out together and spent time together.

When we got home, we studied math and language; we also played every sport we could. Then we played on the PC and spent time together.



Day 1: Thursday, 15th February 2024

Dear Diary,

Yesterday, Kitsune came with me to school. We studied and played. We had fun, but I was exhausted.

During recess, we played football. The goalkeeper was as strong as Alvin; he kept a clean sheet.

When we got home, I ate my food, then I opened my bag to do my homework. After I finished my homework, I told my parents, "Let's go to the playground."

Afterwards, we played in the playground. As we were about to leave, I saw a game that is addictive, but I had to leave. I left - I will not forget that day.

Before bed, I ate my dinner then I slept.

**Day 2: Sunday, 18th February 2024**

Dear Diary,

After school on Thursday, Kitsune and I went to a playground - we had fun, then we were about to leave when a lightning strike hit. It started to rain super strong. We were scared! Then it stopped, and we ran back home.

On Friday, we went to my grandparents' house. We had fun; we played a mini game and drank coffee and tea; we were about to leave when we saw a cat. It ran as fast as the wind, then I tried to see it again, I missed it.

Yesterday, Kitsune and I went to the beach. We played, but I saw a restaurant that made my eyes shine. The food there was delicious. When we left, I came home and I was exhausted.

Day 3: Monday, 19th February 2024

Dear Diary,

Yesterday, Kitsune and I were in school; we learned math, English, and science. We were exhausted afterwards.

During recess, we saw the boys run like a tornado: we were playing a basketball match against the teachers.

When we got home, Kitsune took a nap. He was snoring like an airplane crashing into the ground. Then Kitsune woke up and we played a football match and it ended 15-12.

Afterwards, my brother wanted to play with us, so I asked Kitsune if he could play with us. Kitsune said, "Ok". My brother, Kitsune, and I played tennis. I lost to my brother, but I won against Kitsune.

Before bed, I waited for Kitsune to sleep before I slept.



20 February 2024

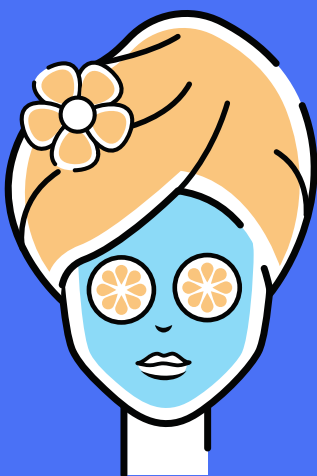
Dear Diary,

In class today, we had to make our own "fragile friends" using different materials that the teacher provided. After I created my little friend, it was a bit challenging to come up with a name for her. I had stuck a tiny flower on her head, so I decided to call her Lily.

I brought Lily home after school and my parents were very excited to meet her. I made her a room in my dollhouse, and she absolutely loved it! About an hour later, we went downstairs for dinner.

Lasagna is Lily's favorite.

We finally decided to go to bed, and I read Lily a bedtime story. She was so exhausted from her exciting day, that she fell asleep within seconds. I am so happy with my cute little friend.



Fatemah Wael Al Qahtani
Grade 5 C

21 February 2024

Dear Diary,

I woke Lily up for school this morning and she was NOT happy about waking up that early! She begged me to stay home so that she can sleep some more, and I reluctantly agreed. My teacher did not like the fact that Lily was not at school. I must make sure to take her tomorrow.

When I came home after school, I found Lily lazing on the couch. She was happy to see me and offered to help me with my homework. After finishing my homework, my mom took us to the skating rink. I am a figure skater, so it was easy for me, but Lily had a difficult time staying on her feet. Before bed, I told Lily that she has to come to school with me tomorrow so that my teacher can speak with her. She seems more prepared for the early morning wake-up now.

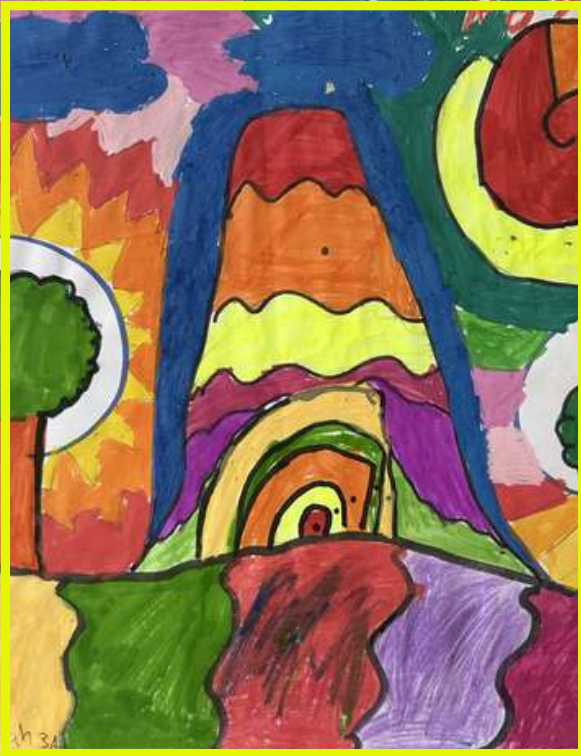
22 February 2024

Dear Diary,

I woke up late for school, rushed to get ready, and by the time I reached the car, I suddenly realized that I had forgotten Lily in the dollhouse! I called my sister and she kindly agreed to babysit Lily for the day. I felt a wave of relief wash over me.

When my dad came to pick me up after school, Lily was in the car. She was so mad at me! I told her I would share my snacks with her if she would forgive me, and she quickly turned her frown upside down.

This was the last day that Lily and I would have together, so I spoiled her with a spa night. We applied face masks and painted our nails. It was the perfect ending to a wonderful three days.



Rayanah Mohammad Al Otaibi
Gr 3 A



Saqr Homoud Al Enezi
Gr 3 B



Mariam Yousef Al Ali
Gr 3 C



Salman Abdullah Al Mutairi
Gr 5 A



Al Jazi Munawer Al Munawer
Gr 5 B



Zainab Salman Malak
Gr 5 C



Hessah Aref Al Abdulsalam
Gr 7 A



Mudhhi Anwar Al khaldi
Gr 7 B



Dhai Mohannad Al Farhan
Gr 9 A



Salem Monsour Al Jenah
Gr 9 B



Friendship is Life

Layali Ali Al Hubaiter

Gr 7 A



Friendships are hard to measure.
 Real friends are worth a treasure.
 In good and bad times, we always know each friend will be there to help
 us grow.
 Now there are friends who must move apart.
 Distance can't separate the love in our heart.
 Something about this friendship that is special in our mind and every
 friendship should be kind.
 East to west, friendships are the best.
 If you want me to run from the east to west I can because they are my
 rest.



Is that how it ends?



Meshari Mubarak Al Enizi
Gr 7 B



One day, Max was with his friend Jake in the Avenues Mall. They went there to pray, and afterwards, they went to get some food. As they were walking, they went into every store they saw. Jake's mother called, asking him when he is planning on coming home. He responded, "in 10 minutes." On his way back, he got a text and realized he had forgotten about the food.

While he was rushing, he skipped a traffic light, but a car came flashing at him. Boom! They crashed.

Jake was then rushed to the hospital and had to get surgery. His parents arrived at the hospital as soon as they could. After the surgery, the doctor informed his parents that it was a successful surgery, and it all went well.

After a few days, Jake returned to his parents' house. They held him tightly and made him his favorite dinner. It made Jake realize a lot, and he has concluded to always focus on what he is doing.



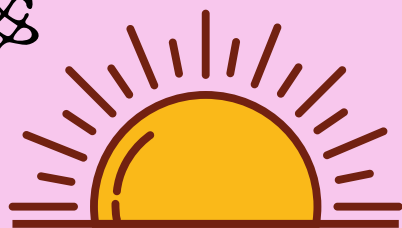
Poetry Grade 9

That one feeling

That breeze and fresh air,
those feelings, so special and rare.

The sunset glowing like gold.

Precious moments we all hold.



By the fireplace warming us with its hug.



In the meadows with flowers and the birds in the trees sleeping all snug.

Laughing with loved ones till my stomach hurts,
remembering those moments with a burst.

That one sleepover at grandmas, hearing the clock tick.

Memories like those will always stick.

There are no words to explain,
It's like you can fly higher than a plane.

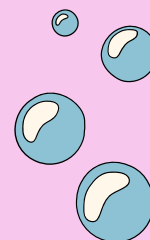


The smell of the ocean on a summer morning.

In those moments it's like I'm soaring.

I'll never forget the moments we had,

Sharing them with you will always make me glad.



Dhai Mohannad Al Farhan

Gr 9A

Poetry Grade 9

Resilient Echoes

In the classroom of challenges, ninth grade we accept,

Mental toughness, a skill to embrace.

When hurdles arise, stand tall and strong,

Strong within, where courage connects.



Tests may be tough, and problems complex,

But with grit and focus, we conquer the irritation.

In the realm of learning, perseverance prevails,

Grade nine warriors, where determination trails.

Minds may waver, but toughness won't fade,

A sturdy foundation, the grade is laid.

Through trials and triumphs, we steadily grow,

Ninth grade mental toughness, a strength to display.



So, march through the hallways of knowledge and conflict,

Grade nine mental courage defines the journey of life.

With each challenge faced, with every test passed,

Mental toughness blossoms, a skill that will last.



Khalifa Adel Al Shebly

Gr 9B

Abdullah Fadhel Al Attar
Gr 11 A

POETRY



In the crucible of conflict, hatred's cycle spins,
A relentless dance of swords, where no one truly wins.
To break this loop of anguish, a plea we make,
Seeking peace and understanding, for humanity's sake.
In silence, hear the whispers of hearts torn apart,
For in empathy's embrace, we find a fresh start.

A warrior's essence isn't forged in blood and gore,
But in the noble quest to shield, to defend, and more.
To protect the fragile threads that bind us all,
Even if it means standing tall, taking the fall.
For in selfless acts of courage, we unmask,
True strength lies not in destruction, but the task.

To find meaning, gaze beyond the shadows of strife,
In the quiet moments, where the soul seeks life.
Look past the clamor, the thunder of the fight,
And discover purpose in the gentle whispers of the night.
In the canvas of existence, painted without violence,
We uncover the hues of joy, love, and resilience.



POETRY



In the echo of gun fire children hide
 Their innocence lost in the tide
 Beneath this is a lie
 That makes all the people of Gaza die
 Families are torn and homes are destroyed

Peace seems impossible after what they done
 Palestinians will fight until the pain is gone
 They have nothing to lose
 Either a peaceful life
 Or going to Paradise

They took our land in 48
 It's time to show them their fate
 We all stand with Gaza
 Gaza is the door of heaven
 A land of ancient and strife

Let us stand hand by hand
 Across the borders across the land
 We all stand in Gaza's name
 To free Palestine
 To recover from pain



PUZZLE TIME

Which drink is the best for Ramadan?

Stay Hydrated:

Drink plenty of water and other hydrating fluids, such as herbal teas or fruit-infused water, between iftar (breaking fast) and suhoor (pre-dawn meal).

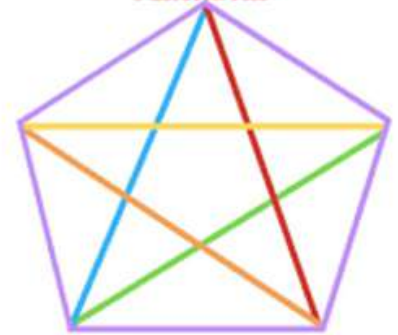
Hydration is crucial during Ramadan, especially when fasting, to prevent dehydration and maintain overall health



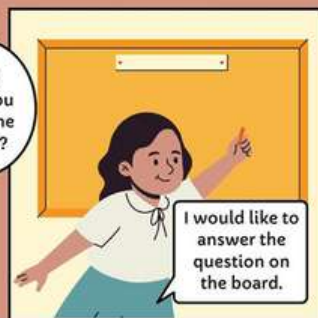
Spot the difference



HOW MANY TRIANGLES ARE IN THIS PENTAGON?



CLASSROOM PHRASES





UPCOMING EVENTS at CBS

1st - 30th of April - Reading Month

3rd of April - Stellar Cares Package Distribution



7th - 11th of April - Spring Break



10th - 13th of April - EID AL FITR Holidays



18th of April - Reading Buddies

25th of April - ES Assembly - Teamwork



25th of April - Best Out of Waste Competition

25th of April - PK Parent Engagement

