



Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة



CBS EXPRESS

November 2025

Vol:11 Issue:3



November at CBS burst with energy, excitement, and unforgettable learning moments. From creative projects to spirited events, every corner of our school was alive with activity!



HIGHLIGHTS OF NOVEMBER

CBS celebrated a vibrant month filled with meaningful learning experiences and community involvement. Reading Month was a highlight, with parents, guest speakers, and students across all grades participating. Parents and guest readers visited KG and Grade 1 classes to read stories, sparking excitement and fostering a love of books. The school also hosted a Reading Buddies Day, where older students read to younger learners, creating positive peer connections and strengthening reading confidence.



HIGHLIGHTS OF NOVEMBER

The school's International Day was a major event, bringing together the entire CBS community. The colorful décor, cultural displays, and student performances created an atmosphere of joy and unity. Each corner of the school reflected the diversity and spirit of CBS, making it a memorable celebration for students, staff, and families.



HIGHLIGHTS OF NOVEMBER

CBS INTERNATIONAL DAY



HIGHLIGHTS OF NOVEMBER

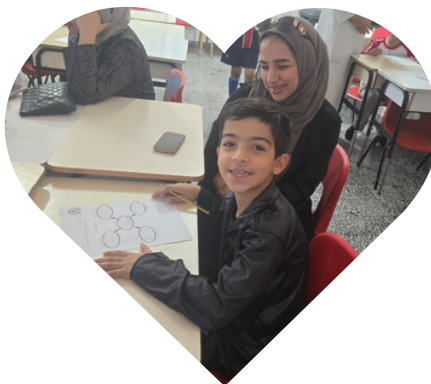
Monthly Assembly – Kindness

The monthly School Assembly focused on the character trait of Kindness. Students presented performances highlighting the importance of empathy and caring for others. Certificates were awarded to students who demonstrated outstanding behavior and the monthly character trait

I am kind I am kind



Grades 3 and 4 held a successful Parent Engagement Event, where families participated in activities that showcased student learning and strengthened home-school partnerships.





During our recent school event, we proudly hosted a series of Stellar Talks dedicated to the theme of youth well-being. The goal was to spark meaningful conversations and gather diverse perspectives on how we can work together to build a brighter future for our community.

As the Student Council, we were honored to welcome guests, guide them to their seats, and help throughout the event, ensuring a smooth and engaging experience for all participants.

We benefited greatly from our involvement in this event. Participating in the Stellar Talks allowed us to strengthen our leadership and communication skills as we welcomed guests and helped manage the flow of the program. Working together throughout the event enhanced our teamwork and coordination, helping us operate more effectively as a unified group. It also provided valuable experience in public relations, as we interacted with a variety of attendees in a professional and respectful manner.

In addition, our role in this initiative gave us meaningful exposure to event management, from guiding guests to ensuring that everything ran smoothly. Most importantly, being part of an event centered on youth well-being allowed us to contribute to a cause that directly impacts our peers, reinforcing our commitment to supporting and improving our school community.

CBS NEWS



CBS Student Selected as Young Ambassador Season 4

Canadian Bilingual School proudly congratulates Omar Khaled, Grade 11A, on his outstanding achievement of being selected for the Young Ambassador Program – Season 4. This prestigious initiative provides young leaders with the opportunity to engage with diplomatic missions, develop global awareness, and enhance their understanding of international cooperation.

Omar will work closely with the Ukrainian Embassy, representing CBS with integrity, curiosity, and a commitment to intercultural dialogue. His selection highlights the school's dedication to empowering students to become confident communicators, critical thinkers, and responsible global citizens.

The CBS community commends Omar for this well-deserved honor and wishes him continued success as he embarks on this inspiring journey of leadership and learning.



Writing to Learn vs. Learning to Write: A Balanced Approach Across Grades



Writing plays a dual role in education: it is both a tool for learning and a skill to be learned. Striking a balance between “writing to learn” and “learning to write” ensures that students across all grade levels grow as thinkers, communicators, and creators.

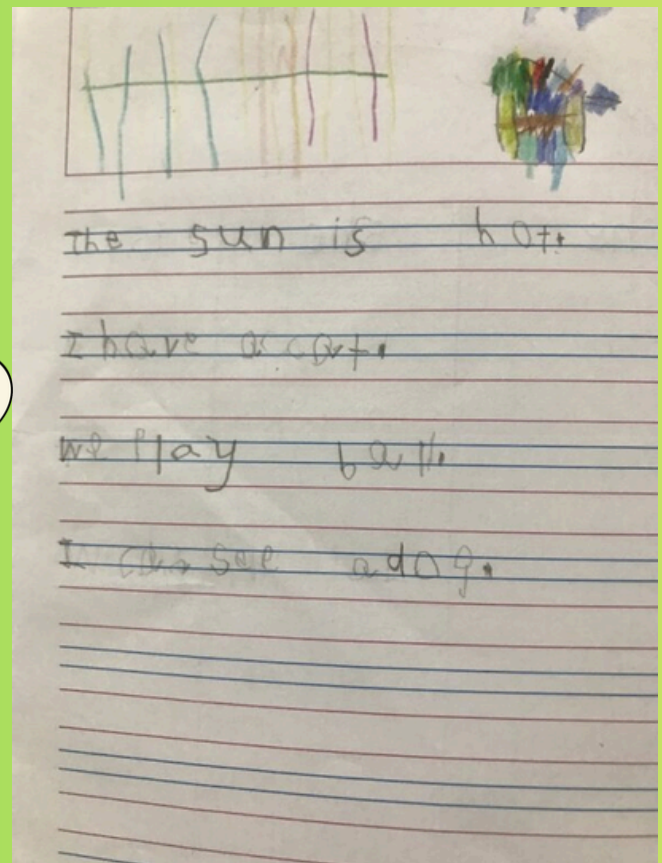
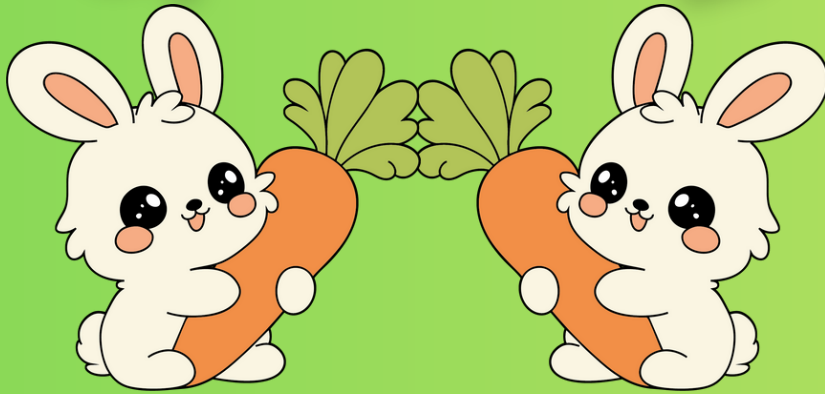
Writing to learn is the use of writing as a thinking tool. It helps students process ideas, make connections, and deepen understanding in every subject. In math, students explain their reasoning to clarify problem-solving steps. In science, reflective journals and predictions allow learners to engage with inquiry.



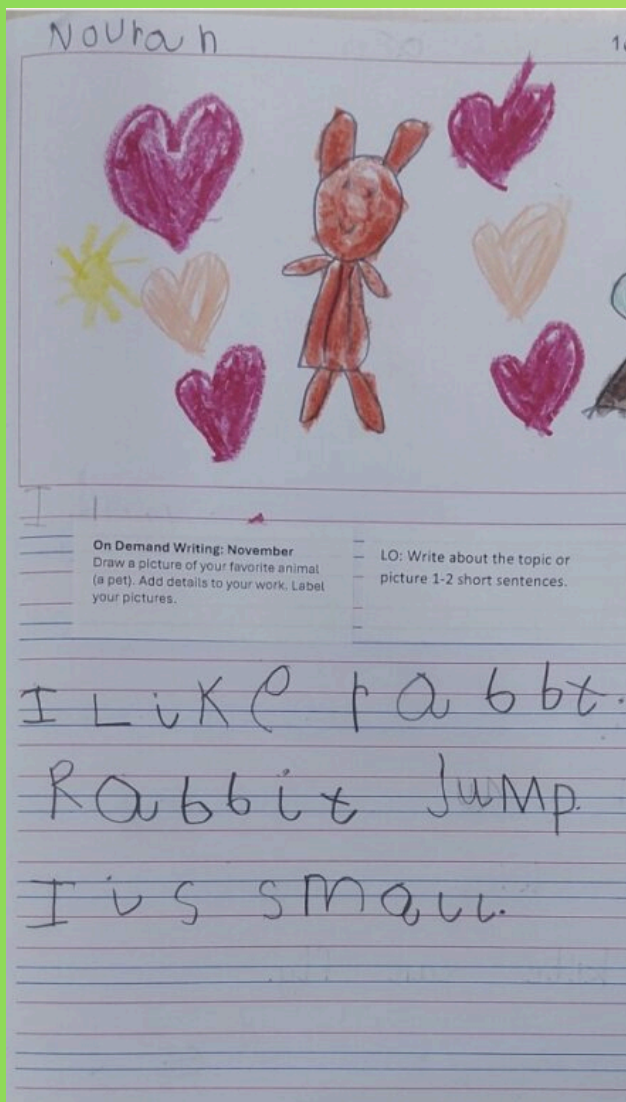
Learning to write, on the other hand, focuses on explicitly teaching writing skills. Students develop strong foundations in sentence structure, organization, spelling, and genre awareness. In early grades, this may include forming letters, building vocabulary, and using simple text structures. By the upper grades, students craft narratives, arguments, and research pieces with increasing independence. This deliberate instruction equips learners with the tools they need to communicate effectively across contexts.

By integrating both approaches, CBS creates classrooms where writing strengthens learning while also building strong communication skills. This balanced practice helps students think critically, express themselves clearly, and succeed across the curriculum.

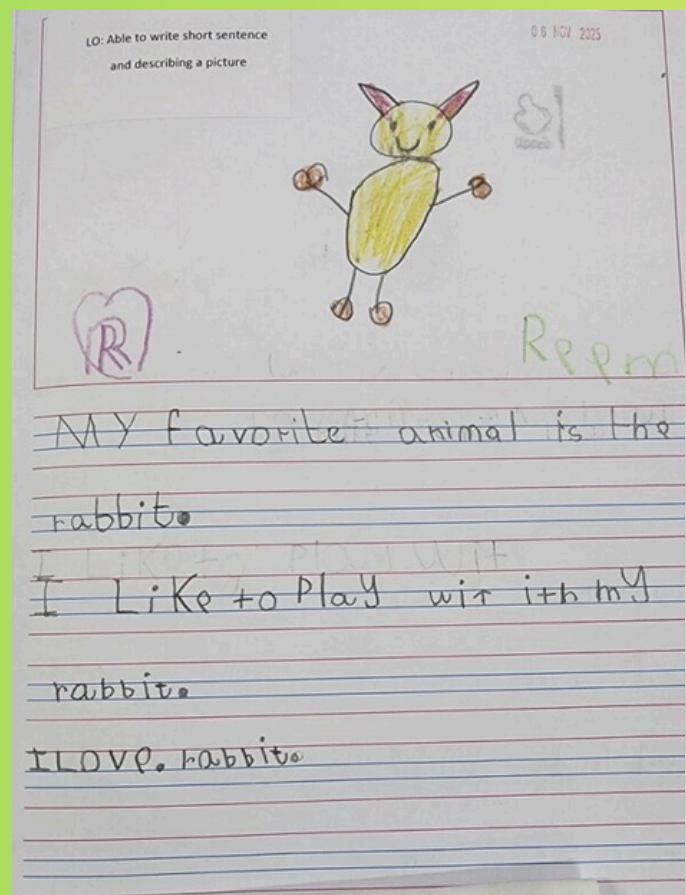
Senior Kindergarten



**Mejbel Al Mutairi
SK2**



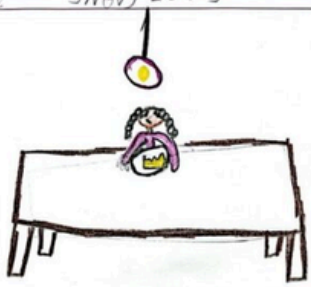
**Nourah Talal Al Rashidi
SK1**



**Reem Nawaf Al Daihani
SK3**

GRADE TWO RECIPES

Procedure 5/Nov, 2025



How to make a Cheese Sandwich

materials

bread butter cheese

butter knife

First, take out the bread.


Then, spread the butter.

After, add the cheese.

Finally, enjoy and enjoy!

Awatef Mohammad AL Mutairi
2A

Thur, Nov 13 12 0 25 00



Making Popcorn

First, we put the popcorn bag in the oven.

Then, we wait 2-3 mins for it pop.

After, we let the popcorn cool down.

Finally, we eat the popcorn with salt.

Hanouf Khaled Al Shallahi
2B

How to make Cheese Sandwich

Ingredients:

slice of bread

butter

lettuce

cheese

Tomatoes

First, slice your bread.

Next, spread the butter.

Then, add the tomatoes.

After that, put your cheese.


Finally, close your sandwich.

Jassim Fadhel Al Shatti
2C

How to make lemonade

Materials

- jugs/sugar
- lemons
- mint



First, squeeze the juice from the lemons into the jug.

Then add a spoonful of sugar to the jug.

After add mint and stir the mixture.

Finally, enjoy the refreshing drink.

Shadan Sultan Al Mutairi
2D



The Dog Rocky

One day, when the butcher was closing his shop, he saw Rocky looking at him with hungry eyes. Smiling, the butcher tossed a large bone to Rocky, who snapped it up with joy. Rocky was very excited. What a big bone he had all to himself! It was a long walk home, but his bone would keep him company. He began to think of all the different things that he would do with the bone once he got home.

As Rocky was crossing the bridge over the small stream near his house, he looked down and saw another dog. What was more surprising was what the other dog had in its mouth was a bone! Rocky's mind began to race. He rarely got one bone, and there was another for the taking. Rocky stared at the other dog, and the other dog stared right back at him. Rocky acted quickly and leapt to grab the other dog's bone, dropping the one in his mouth. With a splash, Rocky jumped into the stream. That wasn't another dog; that was his reflection! He began to paddle as hard as he could with all four of his legs and just barely made it to the water's edge. As he climbed up on the shore, he scolded himself for not thinking. Not only had he gotten all wet, but he had also lost his bone. Sad and dripping, he walked the long journey home.





The Dog Rocky

Suddenly, while Rocky was on his way home, he saw his two friends and started to play with them by running around in circles, trying to catch one another's tails. While he was playing, Rocky suddenly noticed something in the water. The tanner had put out hides to soak. The three dogs eyed the hides hungrily. All three of them thought that the skin looked very tasty, but there was no way they could get to them. They would be too heavy to pull out of the stream, and they couldn't eat them while they were underwater. "What should we do?" asked one dog. We could drink the water, suggested another. Rocky was suspicious, but since his friends were very excited about the idea, he followed them to the edge of the stream.

All three dogs bent down and began to drink. They drank for over an hour, slurping water as fast as they could. No matter how much they drank, the water level never changed, and the stream just kept flowing. Even when they felt too full and weren't hungry for the hides anymore, they continued to drink. They were determined to succeed. Finally, Rocky jumped back and yelled, "Enough! I will not drink anymore." The three dogs were so swollen with water that they could barely walk. They all realized that this had been a terrible idea. Then they said goodbye to each other and slowly walked home.

I understood from the story that we shouldn't be greedy because you may lose what you already have. Do not try impossible things, and if you do not enjoy what you have, don't take it from others.



The Dog Rocky



One calm evening, a hungry dog named Rocky was searching for something to eat. He went to the butcher's shop, and the butcher gave him a big bone. Rocky was very happy. On his way home, he crossed a bridge and saw his reflection in the river. He thought it was another dog with a bigger bone. Rocky wanted to bark at the "other dog" to get its bone. However, when he barked, his own bone fell out of his mouth and into the water. Then he realized it had only been his reflection. He felt very sad and remained hungry. Feeling disappointed, Rocky continued walking and wandered into his neighbor's barn. Inside, he saw cows eating their food. Rocky was so hungry that he tried to eat with them. The farmer noticed him and chased him out because he was barking at the cows.

To conclude, I understand that we should not be greedy. We should appreciate and value what we already have in our lives.

Hashem Yaser Al Sayed

4B



THE BEAUTIFUL STORY OF THE LOTUS SEED

A young girl tells the story of her grandmother and her treasured lotus seed. Her grandmother, named Ba, took a lotus seed from the Imperial Garden in her homeland. The young girl also recalls seeing the emperor cry because he had lost his throne. Her grandmother took the lotus seed and kept it with her always. Whenever she felt sad or lonely, Grandmother Ba would look at the seed for comfort.

As time went by and Grandmother Ba got married, she continued to keep the lotus seed with her. She had children and still kept the lotus seed close. Even when there was war and soldiers raided her house, she took the lotus seed with her. She left her home country and moved to another place to live, and the only thing she carried from her homeland was the seed.

In the new country, the family worked very hard. One night, the young girl's brother stole the lotus seed from Grandmother Ba and planted it somewhere, but he forgot where. Grandmother Ba was very sad. When spring came, she saw a lotus flower bloom, and she was overjoyed. She said that no matter how many years pass, the lotus is the flower of life and hope. It is the flower of her country and the only connection she has to her homeland.

Now Grandmother Ba has given each grandchild a seed to remember her by and kept one for herself to remember the young emperor. The young girl did the same as her grandmother—she wrapped her seed in a silk cloth and kept it in a special place.

Kindness is importantcy because it helps makes the world a happier place. When we are kind, we show others that we care about their emotions. Even small actions, like sharing a snack, helping someone who fell down, or saying something nice, can make a big difference in someone's day.

Kindness reminds people that they are not alone. Today, many people feel stressed or worried, and a little kindness can help them feel better.

Sometimes we don't know what someone else is going through. A person who looks fine on the outside might be sad on the inside. Being kind can give them comfort and help them feel noticed and appreciated.

Kindness also helps prevent arguments and fights. When we speak politely and listen to each other, problems are easier to solve. Instead of getting angry, choosing kindness can calm situations and help everyone understand one another better.

Communities also grow stronger when kindness is present. In schools, neighborhoods, and families, kindness creates trust and friendship. People become more willing to help each other and work together.

Kindness matters because it spreads. When someone is kind to us, we feel inspired to be kind to someone else. This creates a chain reaction that can make the world a better place. Even one kind of act can start something amazing.

**You cannot escape
the responsibility
of tomorrow by
evading it today.**


Responsibility in the World

Responsibility is not only about taking care of things –it's about taking responsibility for the things you love and care about. It's about taking care of our world, our people, and our loved ones! Take our parents for example. They take care of us, always take responsibility for us, and change their lives for us.

People have huge responsibilities, especially adults, because they build their own lives and homes while taking care of others. However, responsibility isn't only for adults. Even kids under 13 have responsibilities. People carry more responsibilities than we realize, and sometimes we need to help them at any given moment. That's why we need to learn about responsibility at a young age.

Responsibility is a huge factor in our lives, so we must practice it everywhere and every day.





THE DAY I GOT MY NEW DEVICE

It felt like everything in the world was mine, like everything was in my hands. My dad told me, "This is all yours. You deserve it," with a proud smile when he handed me the iPad. I couldn't believe it because I had waited almost three months for it, and now I finally had it.

At the beginning, everything was perfect. I chatted with my friends, played games late at night, and scrolled through YouTube Shorts and Instagram. My mom would sometimes call me for lunch and dinner and tell me that the food was ready. But when I answered her, I would usually say, "Give me five minutes." And those five minutes always turned into thirty minutes or sometimes even an hour.

After some time, I realized that having my own iPad was a big mistake. I noticed that I was now late for everything—family gatherings, meals, and much more. My parents and family started noticing it, too.

Soon, my parents began regretting buying me that device.

When I got a bit older, I realized that what I had been doing as a kid was wrong. Now I'm older and have a phone instead of an iPad. I'm always early and never late for anything. Since I got my phone, my life has changed a lot.

WHAT OUR PARENTS GAVE US

They built our worlds with tired hands,
And never asked that we understand.
Through sleepless nights and endless years,
They taught us courage, calmed our fears.
They gave us food before they ate,
They carried dreams that weren't their fate.
Their laughter hid their quiet pain,
They lost so much so we could gain.
They walked through storms to keep us dry,
And never once asked how or why.
Their voices shaped the songs we sing,
Their love became our everything.
And now we stand because they kneeled,
Our hearts, by their devotion, healed.
No crown or throne could ever start
To match a parent's giving heart.
So, here's to them, the silent few,
Who gave us life and kept us true.
For all they've done, both seen and small,
We are who we are because of it all.



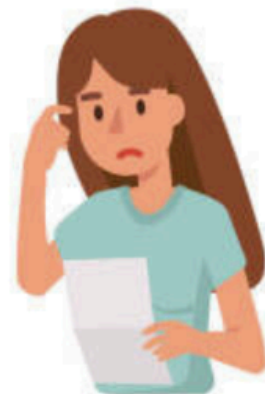
AMBITION IN YOUNG PEOPLE

Ambition is one of the many qualities that define youth. Why? Because ambition helps a person work toward their goals, dreams, and the kind of life they want to live. Whether it involves personal growth, career goals, or social development, ambition is a powerful force that pushes young people toward what they need or want. Like any strong force, ambition has both positive and negative sides. It is important for young people to understand how their ambition can help or hurt them, especially in the competitive world they live in.

Ambition is positive in many ways, and one of the most important is that it helps young people navigate life. During their teenage years and early adulthood, most people don't yet know who they are or what they want to become. Ambition can act as a compass, guiding them through difficult situations and tough decisions. A good example is my own life: I aspire to become a doctor, so I work harder in science subjects such as biology and chemistry. Meanwhile, a student who wants to become a lawyer might focus more on English and history. Ambition gives meaning to our efforts, ensuring that our hard work is not wasted. Without ambition, many young people would feel lost and uncertain. Ambition not only guides you—it also builds self-confidence. When a person is ambitious, they have a goal they are working toward. Along the way, they achieve small milestones that help them grow and gain confidence in their abilities. This makes them more capable of reaching their final goal. Self-confidence also helps young people deal with failure. They learn to accept setbacks and keep moving forward. As Albert Einstein said, "Failure is success in progress."

In conclusion, ambition is one of the most defining qualities of youth. It helps young people find direction in life, build confidence, and develop the skills they will need in the future. However, while ambition is mostly positive, it can also have negative effects—such as stress or becoming overly focused on a single goal. Still, ambition remains an important and powerful part of growing up.

How has ambition affected you? Has it been positive or negative in your life?





Macbeth

What is ambition? Ambition is a strong desire to do or achieve something. Sometimes ambition can be good, and sometimes it can be evil. For example, someone may dream of having enough money to open a charity—that is a positive form of ambition. But in our case, in the story *Macbeth*, ambition is not so good.

At the beginning of the story, Macbeth is shown as a loyal and brave general, always giving his all in every battle he fights for his people. After one particular battle, Macbeth and his friend Banquo walk together through a forest, where they encounter three witches. The three witches in the story are known as fortune tellers with bad intentions, and they already knew they would meet Macbeth sooner or later. During the encounter, Macbeth asks them questions, looking confused. The witches begin speaking strangely, hailing him as the “Thane of Cawdor” and the “future king.” Macbeth is shocked and confused because he is neither of those things. The witches explain that he will become the future Thane of Cawdor and eventually the king. Out of curiosity, Banquo asks what his own future will be. The witches reply that he will hold great honor and that his descendants will one day become kings.

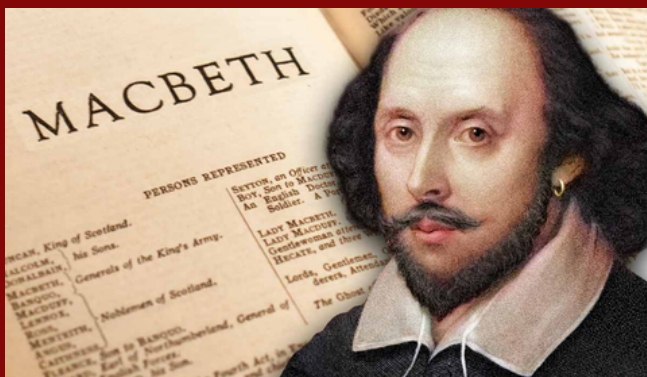
After the encounter, Macbeth and Banquo continue walking until two messengers arrive with news of the current Thane of Cawdor’s execution—and that Macbeth has been named the new Thane of Cawdor. Macbeth and Banquo stare at each other in shock. Macbeth dismisses the messengers and speaks privately with Banquo, wondering if the witches’ prophecy might be true. They are still confused, but Banquo reassures Macbeth that he should be grateful for this new honor. This conversation calms Macbeth for the moment.



When they arrive at King Duncan's castle, they speak with the king, who explains the Thane of Cawdor's betrayal and confirms that he will be executed to help the rebels. Later, Macbeth is seen alone, having dark and disturbing thoughts about murder. He asks himself, "How could I ever think such things?" Feeling shaken, he decides to rest. Moments later, King Duncan announces that his son Malcolm will be the future king. Macbeth becomes filled with jealousy and envy, and he starts to believe he must kill King Duncan to claim the crown.

Macbeth sends a letter to his wife, Lady Macbeth, explaining the situation. She becomes excited and immediately encourages him to follow through with the plan. Macbeth instructs her to come to the castle and act innocently and normally. She agrees. When they meet, they finalize their plan to kill King Duncan in his sleep that night. As time approaches, Macbeth begins to have second thoughts and wants to abandon the plan, but Lady Macbeth manipulates him by calling him a coward. She pushes him to continue.

The act ends with Macbeth and Lady Macbeth committed to their plan to murder King Duncan.



TRAMPOLINE PARK



Our field trip to the trampoline park was one of the most exciting and energetic experiences I've ever had. From the moment we arrived, the bright colors, lively music, and endless rows of trampolines created an atmosphere full of energy and fun.

Everyone's faces lit up with excitement as we took off our shoes, put on our grips socks, and got ready to jump.

At first, I was a bit nervous about trying some of the activities, especially the foam pit and the dodgeball area. But as I started jumping, I quickly gained confidence and realized how free it felt to bounce so high. I learned to control my balance, land safely, and even tried a few simple tricks. The instructors were friendly and encouraged us to challenge ourselves while staying safe.

One of the highlights of the trip was doing group games and obstacle courses with my friends. It wasn't just about jumping—it was about teamwork, cheering each other on, and laughing together when we fell into the foam pit. It reminded me that field trips are not just about having fun, but also about building stronger friendships and learning outside the classroom.

By the end of the day, we were all tired but happy. The trip taught me that physical activity can be both enjoyable and beneficial for my health. I also realized how important it is to take small risks, try new things, and step out of my comfort zone.

Overall, the trampoline park field trip was an unforgettable experience. It combined fitness, fun, and friendship all in one place, and I left feeling more confident, energized, and connected with my classmates.

Sulaiman Abdullah Al Gassas

12A



SENIOR TRIP

LAST FIELD TRIP OF OUR SCHOOL LIFE

Even though I didn't go on the senior trip to Murooj and Trampo, I heard a lot about it from my friends, and it sounded like an enjoyable day. From what they told me, Murooj was a nice place to walk around, eat, and relax together. It had a calm, open atmosphere that made it easy for everyone to enjoy their time outside of school. After that, they went to Trampo, a trampoline and parkour place. That part sounded especially exciting because it's something active and different from our usual routine.

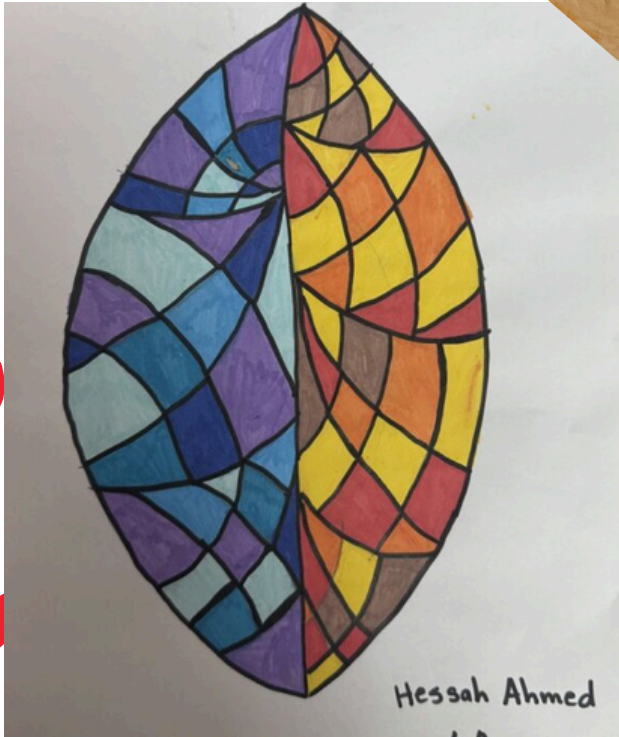
If I had gone, I think I would have enjoyed seeing everyone outside of the classroom and just having fun together. School days are often full of stress and work, so a trip like this is a nice break. I can imagine everyone jumping, laughing, and being carefree for a while. Maybe what could have made the trip even better is if there had been more group games or challenges that everyone could join, so people wouldn't be separated into smaller groups.

Even though I wasn't there, hearing about the trip made me think about how fast this school year is going. It reminded me that senior year is our last chance to make memories with our classmates before we graduate and move on. It's easy to take school moments for granted, but events like this show how special they can be.

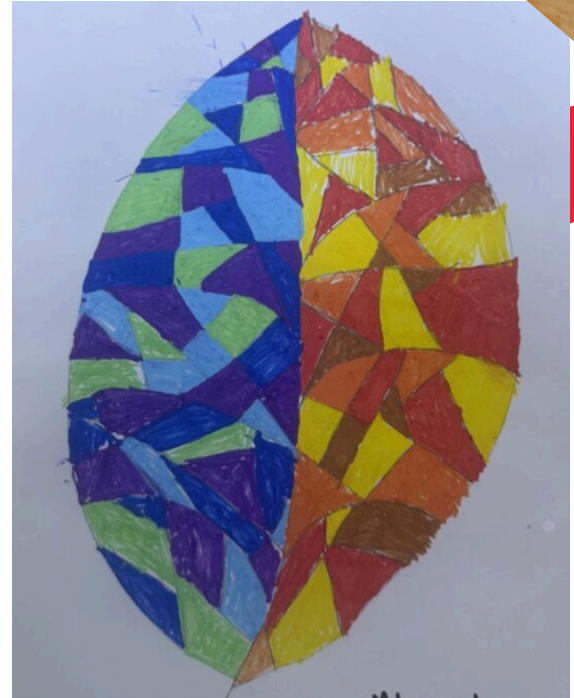
Unfortunately, I was sick on the day of the trip and had to stay home. I was disappointed to miss it because it sounded like a great experience. If I had to plan another trip this year, I would choose an escape room at Promenade, since it's fun, challenging, and brings everyone together to solve puzzles as a team.

Abdulaziz Faisal Al Mutairi

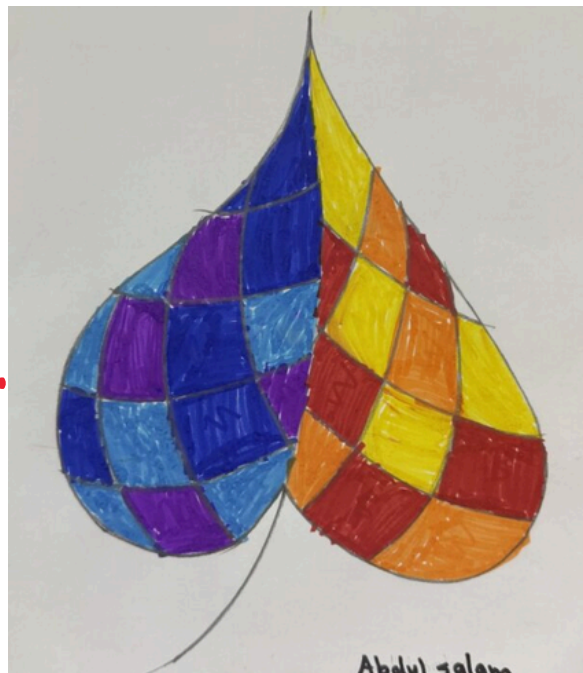
Art Corner



HESSAH AHMED
4A



MOHAMMAD AMMAR
4B



ABDULSALAM TAREQ
4C



Art Corner



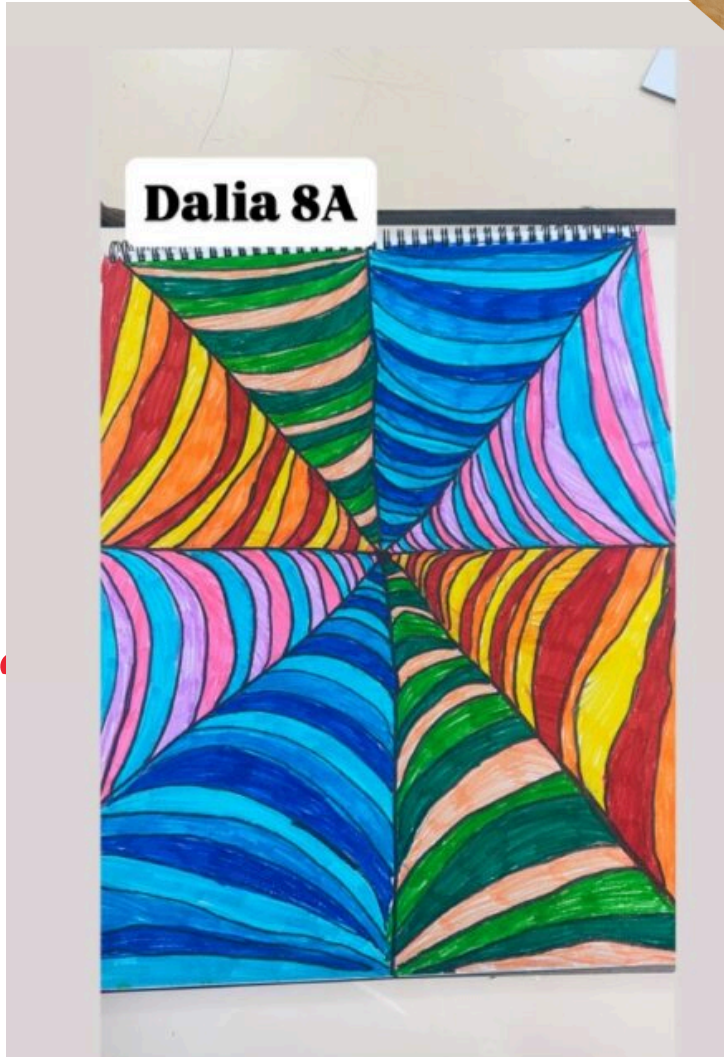
Mariam Naser Al Khalifa
6A



Partow Hussien Saffari
6B



Art Corner



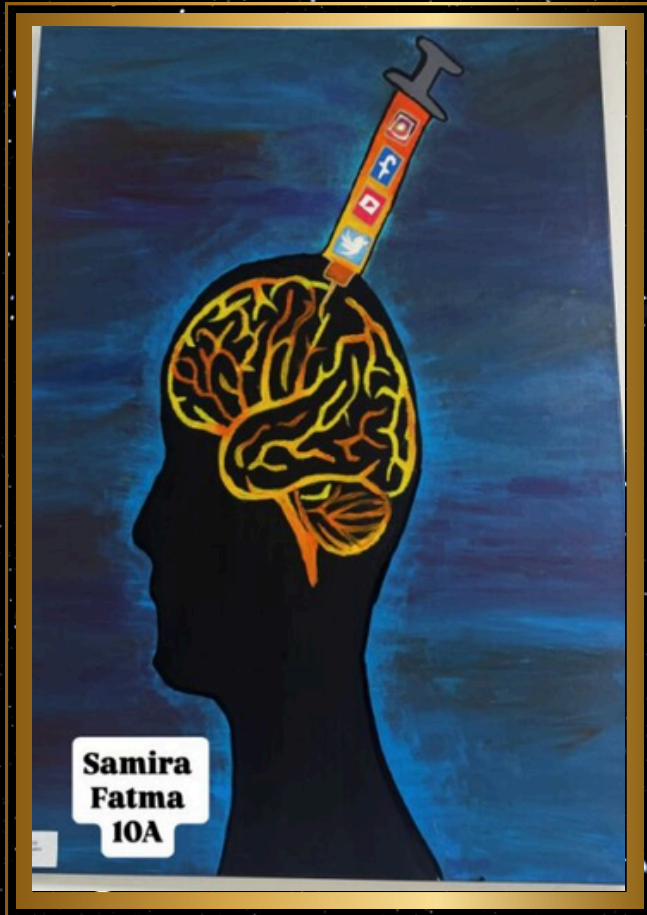
Dalia Abdullah Al Falah
8A



Dalal Ali Al Dhahi and Zahra Mohammad Al Ibrahim
8B



Art Corner



Samira Bader Al Tameemi and
Fatma Ali Akbar
10A



Dawud Salah Al Hai
10B

Art Corner



Hadi -12

Hadi Mohamed Kimbal
12A



Saleh
Turki

Saleh Abdullah Al Nuwaisar and
Turki Yousef Al Nassar
12B



Classroom Activity: Kindness Chain Challenge

1

Set the Goal

Teacher and students work together to set an achievable kindness goal, such as 20 kind acts in one week.

2

Record Kind Acts

Each time someone performs a kind act, they write it on a colourful paper strip. Examples include helping a peer, sharing materials, or saying thank you.

3

Build the Chain

Add each paper link to create a growing classroom kindness chain displayed proudly on the wall.

4

Celebrate Success

When the chain reaches the goal, celebrate together with a kindness-themed story, song, or special recognition ceremony.



Comic Strip: "The Little Fox's Big Kindness"

A heartwarming four-panel story showing how small acts of kindness create lasting friendships and brighten someone's day.

01

The Discovery

Little Fox sees a sad bird stuck in a thorny bush, chirping softly for help.

02

The Kind Act

Despite being tired from a long day, Fox gently frees the bird, careful not to hurt its delicate wings.

03

The Gratitude

Bird thanks Fox warmly and shares his precious berries as a token of appreciation.

04

The Bond

Both smile with joy, discovering that kindness creates beautiful friendships and happiness for everyone.

Small acts of kindness can brighten someone's day and build bonds that last forever.

UPCOMING EVENTS

DECEMBER 2025

December 3: Post-Secondary Info
Parent Workshop (Gr 11-12)

December 4: Arabic Language Day

December 7: Healthy Living: Apple Day

December 9-18: HS Midterm Exams (Gr 6-12)

December 10: Debate Competition-Finals

December 11: Bake Sale Q2 / Pyjama Day

December 11: Gr 1-2 Parent Engagement Day

December 21- Jan 1: Winter Break



CBS EXPRESS

The first English Newspaper at CBS

Editor in-Chief: Ms. Henna Shalbin

Designer: Ms. Doaa Abdalla

Associate Designer: Jouri Abdullah
Mohamed Gr.7, Zahraa Mohammad
Ibrahim Gr.8, and Roshaney Khan Amin
Gr.10