



Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة



CBS EXPRESS

OCTOBER 2023

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October 2023



"Book Character Day", was celebrated on Oct 25th, at school was a delightful celebration of literature. Students dressed up as their favorite book characters, bringing beloved stories to life. The event encouraged reading, creativity, and a sense of camaraderie among the diverse characters who stepped out of the pages and into the school's vibrant world of imagination.



Editor's Note



Writing Matters

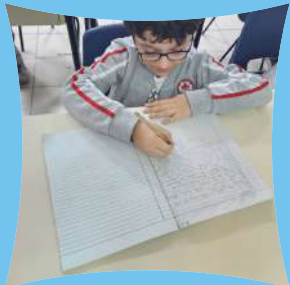
Unlocking Potential: The Profound Importance of Writing in School

In the ever-evolving landscape of education, the significance of writing in school remains steadfast. Writing is more than just a requisite subject; it is a skill that empowers students and equips them for lifelong success.

At its core, writing serves as a potent medium for expression and communication. It allows students to articulate their thoughts, ideas, and creativity in a structured, coherent manner. This is a skill that transcends the classroom, extending into every facet of life. Whether it's composing an essay, drafting a persuasive letter, or crafting a compelling resume, the ability to convey one's thoughts with clarity is invaluable.

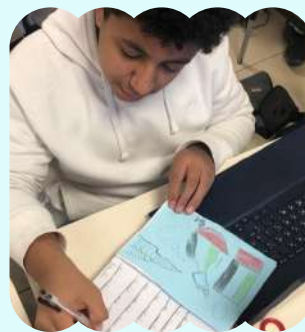
Moreover, writing is an instrumental tool for critical thinking and analysis. It encourages students to explore complex concepts, conduct research, and engage with various perspectives. In this process, they learn to synthesize information, develop cogent arguments, and make informed decisions.

Furthermore, writing promotes self-reflection and self-discovery. It encourages students to express their emotions and experiences, thereby fostering a deep sense of self-awareness and emotional intelligence.



In today's digital age, writing skills remain relevant as they form the basis of effective communication in the workplace and in the broader community. By emphasizing the importance of writing in school, we prepare students to excel academically, professionally, and personally. It is a skill that not only unlocks academic achievement but also fosters individual growth, critical thinking, and effective communication – qualities that are essential for navigating the complexities of the modern world.

Happy Reading!



Ms. Henna

Editor-in-Chief

CBS Monthly News



Interview with Ms. Sherin

On behalf of The School News team, we had our first interview with our Hs social worker Ms. Sherin.

1-What makes you happy about your Job?

Communicating with different students, helping to resolve problems, and seeing students' development, especially in behavior.

2-What are the most challenging things about your Job?

Working with teenagers is difficult sometimes as you want them organized and super respectful, but sometimes it is very difficult with students in this age.

3-What is the highlight of what you do in our school?

As the HS SW I find myself happy implementing the school rules and working on maintaining the best attitude among students.

4-What kind of improvement have you seen with students in the past 5 years?

Last 5 years students are more developed technical wise, also more developed in self-awareness about health and life aspects, especially this year we have better behaviors from students at HS.

5-What skills and method make you an effective school social worker?

My best skills as a SW:

- 1- Communication skills with students/ parents
- 2- Organization skills
- 3- Active listening skills especially in solving students' problems
- 4- Patience with difficult behavior cases until resolving
- 6- How do you handle a situation where a student refuses to accept help?

As an experienced SW, I understand the importance of human relationships based on that I apply max patience level with such cases understanding that some students are different.



Character Traits At CBS

Character traits, which represent a person's qualities, conduct, habits, and attitudes, are important parts of human behavior. They can be classified as either positive or negative characteristics and are frequently defined using adjectives. Character qualities are crucial in molding students' values and behavior at CBS.

The character education strategy used by CBS is based on a monthly theme, with each month devoted to teaching and stressing a different character attribute. The theme for October is "Responsibility." Through the course of the academic year, students will be exposed to a wide variety of character qualities thanks to this planned, deliberate approach.

By weaving character traits into the curriculum and daily lessons, CBS provides students with practical examples and context for understanding the importance of these values in real-life situations. Teachers play a crucial role in imparting these lessons, helping students grasp the core values associated with each character trait.

This holistic approach to character development fosters a positive school culture and equips students with the tools to become respectful and responsible individuals, not just during the month of September, or October but throughout their lives. It aligns with the broader goal of education, which extends beyond academics to nurturing well-rounded individuals who contribute positively to society, treating others with respect and empathy. CBS's commitment to character education is a commendable effort to shape responsible and ethical citizens.

"Linartaqi"

At CBS we started "Linartaqi" Group activity this year in view of the importance and complementarity of the School's role, improving the behavior of students, preserving good values, Islamic values, and the authentic Arab and Kuwaiti identity.

CBS Administration supports behavioral campaigns/ programs that target behavioral problems that have increased significantly after the Coronavirus pandemic period in schools among students of different ages.

This Group is led by Ms. Sherin, Ms. Amani and Mr. Mahmoud. This month we started an activity called (we read to improve) we created a box for books/ educational stories and put it in the gym for all students to read in the morning. Group "Liartaqi" students started to encourage HS students to read every day.



CBS Monthly News



Student Council Events

The student council is a group of students elected by their peers to address issues of concern and organize student events and activities.

Here at CBS, there are 22 student council representatives. Our student council representatives are from grade 3A to grade 12A. We are all happy to be chosen as leaders to represent our classes. This article is about our journey throughout the student council experience. Including hosting events such as the student council investiture ceremony, teachers' day, bake sale and many more exciting events coming soon.

We started by getting our student council T-shirts, and we were surprised by the color which was red. These were given to the class representatives and the deputy heads. We knew it would differentiate us from everyone. It had the school logo on the back and student council written under the logo. And on the front, there was a camel with the CBS flag. The boy and girl from grades 11 and 12 are known as the head boy and head girl. Who are Abdulrahman and Maryam. They were given the maroon-colored shirt.

Our student council journey started with the student council ceremony. It took place in our school gymnasium on the 27th of September. The gym was full of students and parents. Before the ceremony, we had rehearsed how to march in the gym and take an oath. Our march started with the head boy and head girl leading us while holding the Kuwait and the CBS flag and the deputy heads at the back holding the mascot of the student council, which was a camel. After marching around the gym, we took our places in front of the stage according to our grades, and we followed Mr. Edmund's oath. After that, Ms. Gihan called everyone one by one to give them their sashes and pins. Then came the heads' turn, they took their own oath led by Ms. Gihan and got their sashes and pins, and then both heads had to go up on the podium to say a speech about each student council's hobby. After their speech ended all the class representatives marched down and out the door. After getting rewarded everyone went to take pictures with their families and then went back to their classes. It was the best day ever!

Our next successful event was teachers' day. On the 5th of October, our guidance counsellor, Ms. Lama, had told us to come in early as the teachers would get their surprise early in the morning at the morning assembly. She had provided us with a bunch of roses and chocolates to give to the teachers. The student council members were lined up at the back of the stage and the teachers were lined up in front of the stage. As the curtains opened, we were revealed to the teachers and proceeded to give flowers to all the teachers that were lined up in the front. The teachers were overjoyed and really appreciated our efforts. Just as the student councils were happy to have made their teachers' day.

Another amazing event led by the student council team was the bake sale. We brought different kinds of baked goods like doughnuts, juices, and cakes to school, and sold them to the students. We had a lot of tables set up next to the field, where all classes came one by one on their break time from JK to grade 12 to buy the baked goods. The student council was on duty from 8 am to 12:15 pm, it was like a waterfall of students – nonstop! At the end of the bake sale, everything went well, and everyone was full and happy.

These events are the ones we have done so far as a student council team. We are all really ecstatic about leading these events and we hope that the events in the future of our student council journey will be just as successful.

CBS Green Team News:

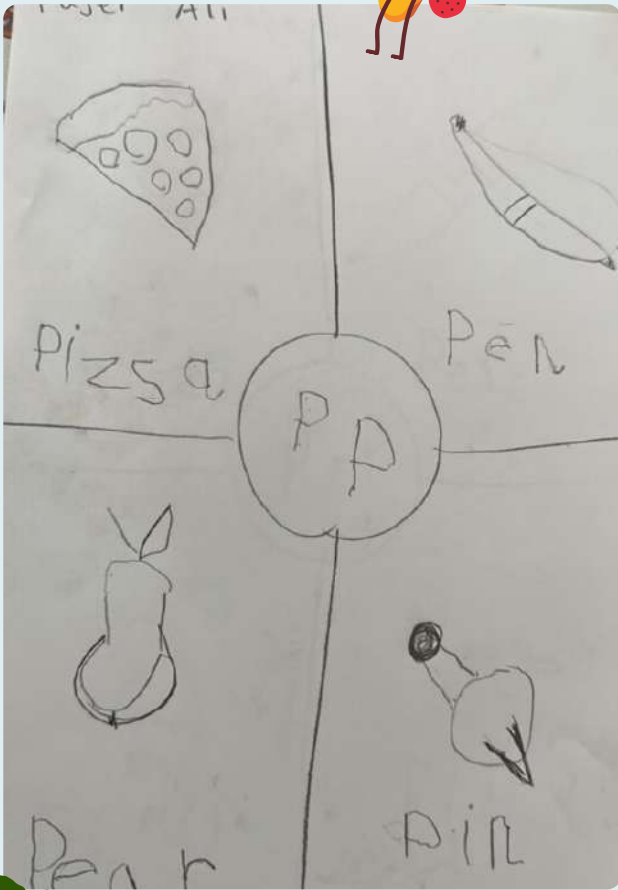
The Green Team visited class from grade 5 to 12 to raise awareness of the importance of recycling and had a discussion inside classes with the students about materials that could be recycled for both paper and plastic.



Green Team has organized a plant exhibition to encourage students to have green plants around. Many students from ES and HS were engaged through this event. This event was a great way for the green team to promote environmental awareness and the importance of having green spaces in our daily lives.



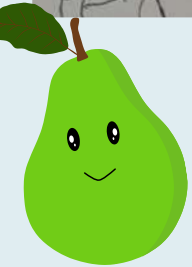
Fajer Ali Hasan
JK 1



Lolwah Mohammad Al Dewesh
JK 2



Al Deem Talal Al Rasheedi
JK 3



Grade 1 Picture Reading

Razan Nassar Al Baha
Grade 1 A




FF FFF FFF FFF FFF FFF FFF FFF FFF
f
The frog is jumping.
The monkey hangs.
The parrot is sitting.
The bird is flying.



Fahad Naser Al Jabri
Grade 1 B



Fahad Naser Fahad Naser

Fahad is milking the cow.
The farm is big.
The horse is eating an apple.
There are many animals
on the farm.

Grade 1 Picture Reading

Nadia Humod Al Enizi
Grade 1 C



The family is eating.
The yellow sun is shining.
There is a sandcastle.
The crab is running on the sand.
The bird is flying.

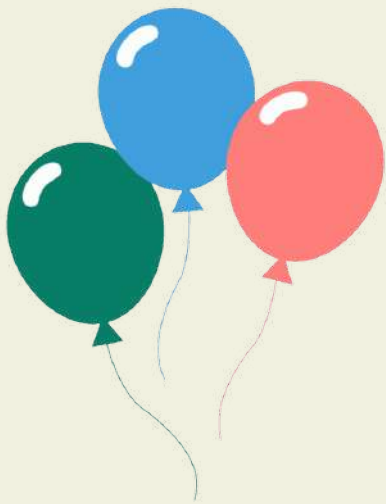
Nadia Humod Al Ebusu

Mariam Ahmad Al Mutairi
Grade 1 D



It is my birthday.
We are dancing.
We have cake and gift.

Aseel Saadi Al Saeedi
Grade 1 E



1 I see a cake.
2 I see a balloons.
3 I see a cup.
4 I see a flower.
5 I see a birthday party.



GRADE 3 BIOGRAPHY



Biography about Mansour Abdulrahman

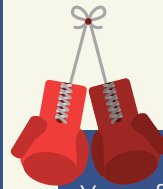
Mansour Abdulrahman was born on the 13th of January 2016 in Kuwait City and is currently eight years old. He is a Kuwaiti citizen, just like his mom and dad who were both born in Kuwait. His parents are both Bankers. He enjoys swimming and begins practicing how to swim at a young age, because his parents pushed him to try new things. During this time, Mansour won a lot of medals for his swimming. Mansour won many games in the video game *Fortnite*, because he spent a lot of time playing on his computer. Because of his success in winning video games, his biggest dream is to become a famous professional video game player and wants to study hard to become one when he is older.

Naser Bader Al Dhafeeri
Grade 3 A

Biography about Faisal Saoud

Faisal Saud was born on the 11th of April 2015 in the Amiri Hospital in Kuwait. He is an only child. Faisal was raised in Kuwait. His mom is a Police Officer, and his dad is a doctor. At home, Faisal has a pet parrot. Faisal has been my friend for months and he's pretty good at football. He has scored over three hundred goals in football. We spend a lot of time together, especially at school. Not only do we go to the same school, but we are classmates as well. Faisal's favorite subject is Math and P.E. He wants to be a doctor like his father. His dream is to be able to help sick people, especially the needy. He is looking forward to being a fantastic doctor.

Luej Ilir Hysa
Grade 3 B



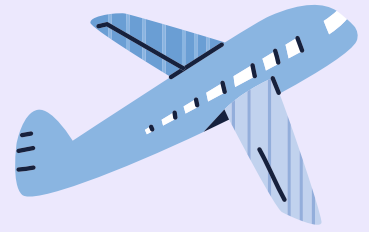
Biography: Yousef Ahmad

Yousef Ahmad was born on the 14th of May 2015. He was born in the USA, but he is from Kuwait. His mother is a Surgeon, and his father is a doctor. His biggest achievement is that he went travelling to Dubai. It is his biggest achievement, because he loves Dubai so much and he wanted to go there. Yousef wants to be a Wrestler, because he wants to be in the American show WWE and become a famous pro westler.



Saqer Homoud Al Enezi
Grade 3C

Grade 5 Biographies



Biographies: The Biography of Muneerah Talal

Muneerah Talal was born on the 29th of September 2013. She was born in Al Salam Hospital, and she is from Kuwait. Her house is in the area called Rehab.

She has four siblings, two sisters and two brothers. There are eight people inside her house, and all of them are from Kuwait. Once, after Muneerah's father travelled to another country, he brought her back a toy.

Muneerah joined the school CBS in 2013, and she loves the color purple. She also loves to write and read although she doesn't like to write a lot. She loves two sports, and they are dodgeball and basketball.

Since she has a dream of being a scientist, I hope that she will be the best scientist in the world, and I also hope that she will have a good handwriting style.

Muneerah has been my best friend since Grade 3. I still love playing with her, and she is my classmate in 5A. She is a nice friend.

Fatemah Al Zahraa Ahmed Taqi Grade 5A



Biography of Mariam Naser Al Khalifa

Mariam Naser Al Khalifa was born in Kuwait on 20th October 2013. She grew up in Shuhada and started going to school when she was only 3 years old. She is good in Arabic and Kuwait Social Studies, but she struggles a bit with English.

Mariam enjoys tending to her garden, but she also likes other calm activities such as reading books, painting, and going to cafes. Mariam loves to watch movies with her friends, and it has become a tradition to order popcorn and pizza for movie nights. Her favorite movies are Matilda and Home Alone.

Mariam's favorite sport is swimming. She started swimming at a very young age. She dreams of becoming a professional swimmer one day so that she can win as many gold medals and awards as possible. She still swims every day to stay in good shape.

Mariam is a hard worker and dedicated to improving her weaknesses and embracing her strengths. She is an inspiration to her friends and continues to motivate them to be the best that they can be.

Fatmah Wael Al Qahtani Gr 5 C

Biographies: Omar Ahmad

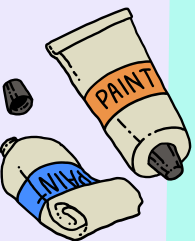
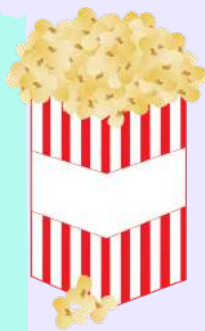
Moaath was born on Friday, the 29th of March 2013 in Kuwait. For whatever reason, he doesn't know which hospital he was born in. His age is only ten years old. He grew up in Kuwait, Al-Firdous. Moaath loves the country and everything inside of it.

Moaath spends time living with his family. He also has two brothers, of which one is older than him and one is younger than him. He started JK at CBS in 2017. He met new friends there and is still happy with them.

His hobbies and interests are school, playing on his tablet and football.

His future plans are to have sufficient funds for an aircraft. But he may end up crashing into everything. His one big dream is to stay with his friends till the end.

Mohammad Khaled Al Otaibi Grade 5B





Mezayan Bader Al Musallam
Gr 3 A



Al Zain Mohammad Al Dalloum
Gr 3 B



Shahad Hammad Farraj
Gr 3 C



Nourah Jamal Jamal
Gr 5 A



Yousef
Gr 5 B



Mohammad Ahmad Al Mohammad
Gr 5 C



Loulwah Jaqoub Al Maraghi
Gr 7 A



Samir Yousef Al Sabti
Gr 9 A



PARIS FOR MY BIRTHDAY

OCTOBER 2023-24



I went to Paris for my birthday! It was a special place because it was on my birthday, and I was in Disneyland. The first thing that caught my eye was the Disney castle, it was so mesmerizing! I took so many pictures. Later I went to the rollercoaster rides and all the Disney stores. While wandering around the park, I saw many children wearing princess dresses and accessories. There were so many scary games that I didn't know which game to play first. I deeply enjoyed the beautiful attractions. Especially the gardens, toy stores and scary games.

Suddenly, it started raining. I wasn't too upset; I loved the rain. We found a big restaurant that had Disney-themed plates and food. The food was delicious! I ordered Mickey Mouse-themed chicken nuggets. After the meal, my mom decided to order a Minnie Mouse-themed cake. They brought it out and the smell of the cake was amazing! I ate the cake while the other customers and waiters sang the birthday song. I was so happy and grateful.

The sky was darkening but we could not leave just yet! We were waiting on the small steps for the fireworks. I was so excited! Then the Disney characters started dancing to the music. Fireworks dashed into the sky with beautiful colours. They were mesmerizing. I didn't even think about taking pictures! I was so happy I cried tears of joy. I was so grateful! I hugged my family and thanked them for the best birthday.



Layan Meshari Al Zanki
Gr 7A

SHOULD SCHOOL UNIFORMS BE MANDATORY?

We should not wear school uniforms! School uniforms should not be mandatory in schools. They are uncomfortable, and not to most kids' liking. The fabric is mostly inferior quality and can rip or get dirty quickly.

School uniforms restrict children from their freedom of expression. Students are supposed to be allowed to be able to express themselves and choose on their own. School uniforms indirectly encourage children to become what society wants them to become. Sometimes Society wants them to wear/do things they do not agree with.

NO!

School uniforms teach children to comply, which forces them to agree with something they might not agree with. It has a big psychological effect on students' childhood.

Research shows school uniforms are made of fabrics that are dangerous to the skin, as they are made of itchy, low-quality fabrics. It may cause many medical issues and rashes.

School uniforms are uncomfortable, and limit closet space. We should be able to wear our own clothes and buy whatever we want or feel comfortable in.

School uniforms are a target for bullies and other kids from other schools. Wearing school uniforms should be a concern, as kids who wear school uniforms are more likely to be bullied. As a result of all this, we can understand that school uniforms are also dangerous in terms of bullying.

Because of these reasons, school uniforms should be banned or at least not mandatory because it can be extremely uncomfortable. In conclusion, school uniforms should not be mandatory as they attract bullies, are low quality, uncomfortable and teach kids to comply.



no school uniforms

HEALTH

PHYSICAL AND MENTAL HEALTH



Why should we start exercising?

Exercise is an essential component of a healthy lifestyle since it has so many advantages for both the body and the mind. It promotes cardiovascular health, lowers the risk of chronic diseases including heart disease and diabetes, increases muscle strength and flexibility, and increases general energy levels. Exercise also results in the release of endorphins, which lower stress and enhance mood, resulting in greater mental health. Exercise also supports longer life, improved sleep, and cognitive performance. An overall healthier, happier, and more meaningful existence can be attained by beginning to exercise.

Stress Reduction: Exercise helps reduce stress and anxiety.

Improved Mood: Regular exercise can improve general emotional health and reduce the effects of depression.

Enhanced Sleep: People who exercise regularly often experience better sleep quality and duration.

Self-Confidence: Achieving fitness goals can boost self-esteem and body confidence.



Benefits of exercising

Physical Health: Exercise strengthens your heart and improves circulation, reducing the risk of heart disease, and these are the benefits of exercising for both physical and mental health, and why we shouldn't take it lightly and just ignore it, because it can lead to bad things like gaining weight and your cholesterol will increase and make you feel bad.

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MONTHLY NEWSLETTER

THE ULTIMATE QUESTION CATS VS. DOGS



*Welcome to the ultimate QUESTION Cats vs. Dogs
Exploring the age-old question - Which makes a better pet?*

Personality Traits

Cats: Independent, low-maintenance, and aloof

Dogs: Loyal, social, and affectionate

Which personality traits align with your lifestyle?

Space Requirements

Cats: Well-suited for small spaces, like apartments

Dogs: Need more space and a yard for exercise

Consider your living situation.

Maintenance

Cats: Require less maintenance, self-sufficient

Dogs: Need regular grooming, exercise, and attention

How much time can you invest in pet care?

Exercise Needs

Cats: Low exercise needs, indoor play

Dogs: High exercise needs, outdoor activities

How active are you? Training

Cats: Less trainable, often independent

Dogs: Easier to train, more obedient

Do you want a trainable pet?

Noise Level

Cats: Quiet and low-maintenance

Dogs: Bark, may be noisy

How does noise affect your environment?

There is no definitive answer to which is better. The choice depends on your lifestyle, preferences, and needs. Make the decision that's right for you.



hamlet

@Cbskuwait

THE TRAGEDY OF HAMLET *character analysis*



The encounter between Hamlet and his father's ghost serves as a pivotal turning moment in Shakespeare's "Hamlet," laying the groundwork for the ensuing tragic occurrences. The ghost reveals to Hamlet that his brother killed his father and now occupies the kingdom, placing Hamlet in a difficult moral and emotional situation. This revelation initially shocks and distresses Hamlet, who struggles with the ghost's demand for vengeance. His first instinct might be to seek justice and exact revenge for the murder of his father, especially given how strange and alluring the encounter was.

However, Hamlet has a complex personality that is shown by his indecisive tendencies and thoughtful demeanor. He struggles more and more throughout the story, divided between his desire for vengeance and his skepticism about the ghost's motivations and identity. A sense of inactivity is created by Hamlet's internal conflict, his anxiety over making the wrong decision, his philosophical meditations on the idea of retribution, and more. Hamlet may decide to seek retribution in the end, but the process is likely to be fraught with doubt, self-reflection, and internal conflict. This internal conflict serves as one of the play's central themes and makes "Hamlet" a timeless investigation of human psychology and morality.



Salem Falah Al Ajmi
Gr 11 A

Puzzle Time

Tip of the month

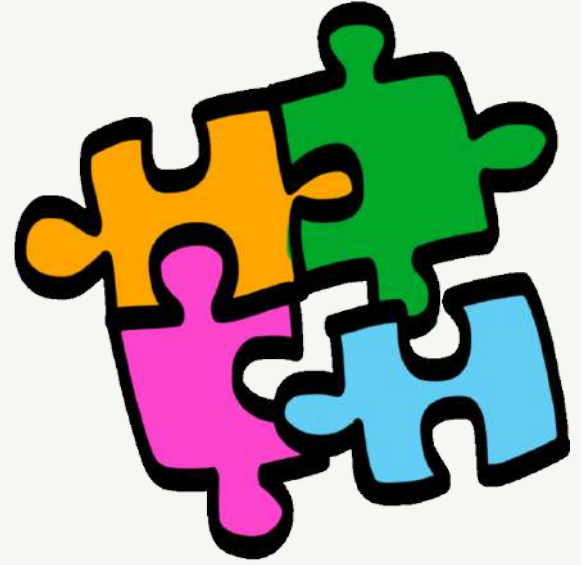
Do not skip school



Skipping class can be detrimental to your learning and achieving your study goals. It leaves gaping holes in your notes – and in your subject knowledge.

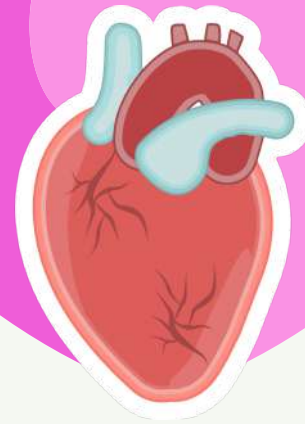
Rather than juggling four subjects at once, you'll concentrate on one unit (subject) over a four-week 'block' period. You'll attend three-hour workshop-style classes, three times a week. The rest of your time can be used to study, work, see friends – whatever is most important to you.

Remember to practice active listening by focusing on what your teachers are saying in class and taking notes as needed.



Interesting Fact

The only muscle that never tires is the heart.



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JIM DAVIS 1-1

Upcomming Events at CBS

Nov. 1-30th Reading Month



Nov. 2nd Report Cards go home.

Nov. 2nd Beach Cleanup



Nov. 4th Parent Conference Day

Nov. 4-9th Book Fair

Nov. 9th Reading Buddies

Nov. 9th Bake Sale



Nov. 12th Healthy Living: Fruits Day

Nov. 12th-15th Winter Uniforms Sales

Nov. 16th Uniform Change-Over

Nov. 20th Steller Talks Event.



Nov. 22nd After School Clubs Ends

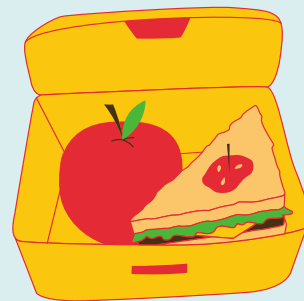
Nov. 23rd International Day

Nov. 26th-30th Healthy Lunch Audits.

Nov. 26th-30th Photo Day

Nov. 27th Grade 4 Parent Engagement Event.

Nov. 29th Grade 3 Parent Engagement Event.



Nov 30th Assembly: Kindness (Grade 2) + Orange Day

