



Canadian Bilingual School

Bringing Talent to Life

إدخال الموهبة في الحياة



CBS EXPRESS

January 2026

Vol:11 Issue:4



An exciting start to the year at CBS filled January with memorable moments. Students showed determination, talent, and confidence in Sports Day, the Spelling Bee and many other activities!



HIGHLIGHTS OF DECEMBER AND JANUARY

Healthy Living – Banana Day (MSA Objective)

Healthy Living Banana Day supported our MSA objective by promoting healthy eating habits. Students learned about the nutritional benefits of bananas through fun activities, discussions, and tasting sessions. The event encouraged making healthy food choices and developing lifelong wellness habits in an engaging, age-appropriate way.



Bake Sale

The school bake sale was a joyful event that encouraged teamwork, responsibility, and generosity. Student council participated by helping prepare, display, and sell items. The activity promoted basic financial literacy, social skills, and a sense of community while raising funds for school initiatives.



JANUARY

Annual Sports Day

Annual Sports Day celebrated physical fitness, teamwork, and sportsmanship. Students participated enthusiastically in age-appropriate races and games. The event encouraged healthy competition, confidence, and cooperation. Parents and teachers supported students, making the day energetic, inclusive, and memorable for everyone involved.



Book Fair

The Book Fair inspired a love for reading among students. Children explored a wide variety of age-appropriate books, enhancing curiosity and literacy skills. The event encouraged independent book choices and supported reading at home, strengthening the connection between school learning and lifelong reading habits.



HIGHLIGHTS OF DECEMBER AND JANUARY

Plant Sale

The Plant Sale promoted environmental awareness and responsibility. Students learned about caring for plants and the importance of sustainability. By participating in planting and selling activities, children developed respect for nature, teamwork skills, and an understanding of how small actions contribute to a greener environment.



STEAM Fair

The STEAM Fair showcased students' creativity, problem-solving, and critical thinking skills. Learners presented hands-on projects related to science, technology, engineering, art, and mathematics. The fair encouraged curiosity, confidence, and communication as students explained their ideas and demonstrated experiments to peers and parents.



HIGHLIGHTS OF DECEMBER AND JANUARY

Spelling Bee

The Spelling Bee enhanced students' vocabulary, listening, and spelling skills in a fun and motivating way. Participants demonstrated confidence and focus while spelling words. The event encouraged healthy competition, perseverance, and a positive attitude toward language learning and academic achievement.



CHARACTER TRAITS

GLOBAL CITIZENSHIP and

PROBLEM SOLVING

Grade 6 students wrote about how to be responsible citizens in their community and the world. They explained that a responsible citizen follows rules, respects others, and helps people in need. The students also wrote about their rights, such as the right to education, safety, and health care. They learned that children have rights that must be respected everywhere. The students shared ideas about children's rights around the world, including the right to play and express their opinions. They understood that not all children have the same opportunities. The class discussed the importance of protecting children from harm.

Othman Ahmad Al Mutairi

6B





Student Council

BAKE SALE

On January 13, the Student Council hosted a bake sale featuring a variety of healthy food options. The event encouraged students to make nutritious choices while enjoying delicious snacks prepared with care. The bake sale received great support from the school community, highlighting the Student Council's commitment to promoting healthy lifestyles alongside school spirit.



INJAZ WORKSHOP

On January 14, the Student Council attended an interactive workshop organized by INJAZ. During the session, students participated in a crossword activity and were given an exciting challenge to create their own company, including designing a name and logo. We also learned about company structure and presented our ideas. The workshop was an enjoyable and valuable experience that helped develop our creativity, teamwork, and entrepreneurial skills.



LAYAN NASER AL MUTAIRAT

7A

Editor's Note

The Journey of a Writer From Scribbles to Structured Essays



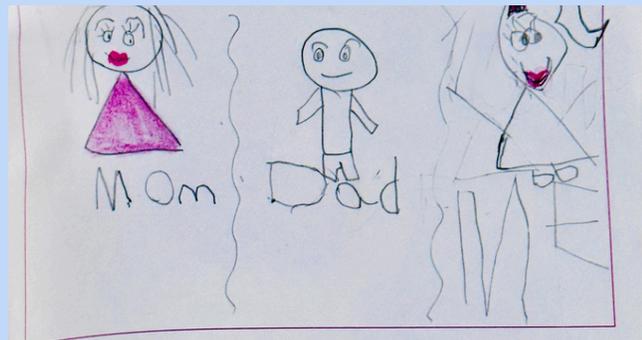
At CBS, writing is viewed as a developmental journey that begins with expression and gradually evolves into purposeful, structured communication. In Kindergarten, writing starts with scribbles, drawings, and letter-like forms. These early attempts are meaningful; children learn that marks carry messages. Through shared writing, phonics, and oral storytelling, students begin to connect sounds to letters and ideas to print.



In the early primary years, students' progress from words to simple sentences. At CBS, explicit instruction in handwriting, phonics, and sentence structure supports students in "learning to write," while journals, labels, and short responses allow them to "write to learn" across subjects. By Grade 3 and beyond, students organize ideas into paragraphs, apply grammar conventions, and write for different purposes such as narratives, procedures, and explanations.

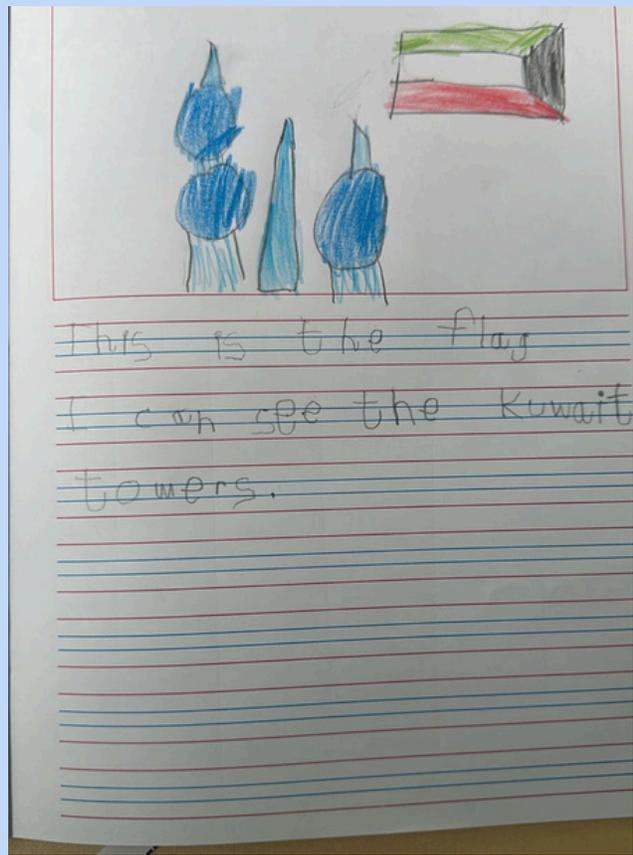
As students move into middle and high school, writing becomes increasingly analytical. They learn to plan, draft, revise, and edit structured essays, using evidence, reasoning, and subject-specific vocabulary. Across all stages, CBS emphasizes clarity, audience awareness, and critical thinking. This consistent, scaffolded approach ensures that every scribble becomes a steppingstone toward confident, effective, and meaningful writing.

Ms. Henna
Editor-in-Chief



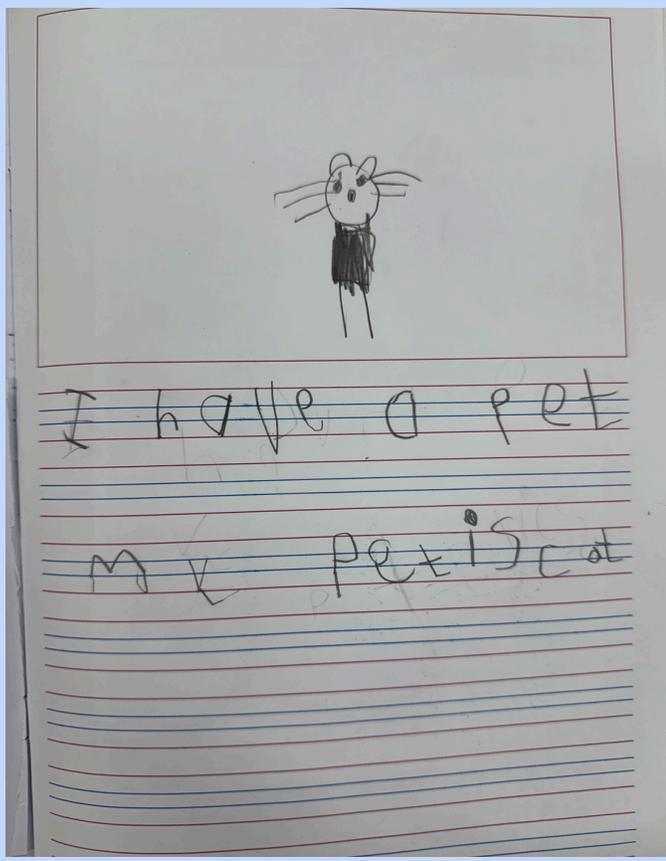
I can see a mom.
 I can see my dad.
 I can see a sister.
 I can see a brother.
 I like my family.

Layan Fahad Al Otaibi
 JK2



This is the flag
 I can see the Kuwait
 towers.

Mohammad Abdullah Al Rajhi
 JK1



I have a pet
 my pet is cat

Saad Abdulhadi Al Hajri
 JK3



GRADE ONE



Monday, December 11 2025



All About a tiger 😊

A tiger is a big and strong cat.
 It has orange fur and black stripes.
 It can run fast and jump high.
 They hunt for food in the jungle.
 A tiger can be scary and cute.

Khaled Ali AL Ajmi
1A

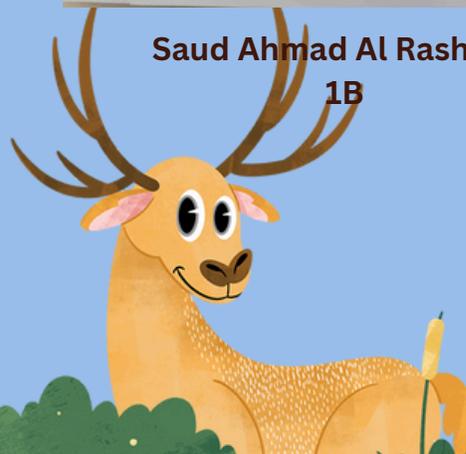
19 November



Student is able to write simple sentences with facts and opinion to show understanding of a community helper and their tools.

All About a giraffe
 A giraffe is a very tall animal. It has a long neck to reach leaves in trees. Giraffes have spots all over their bodies. They live in groups on the grassy plains. A giraffe is gentle and friendly.

Saud Ahmad Al Rasheedi
1B





a birthday party

1) In this picture, there are girls.
 There is a big cake.
 There are many cups.
 The girls are eating cake.
 They look happy.
 I think it is a birthday party.

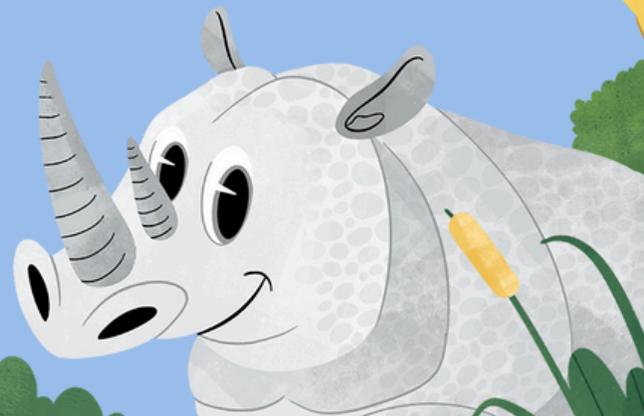
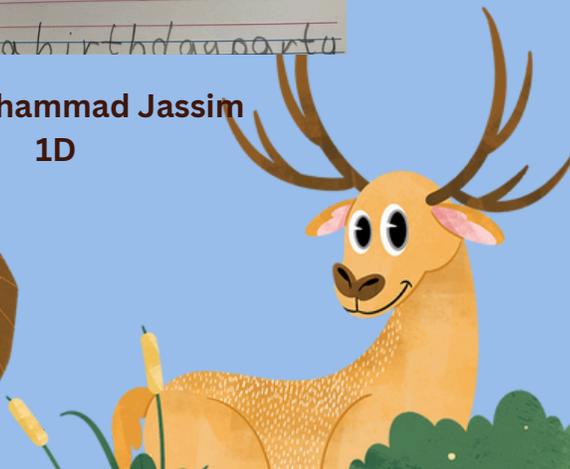
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Reema Fahad Al Ajmi
1C



A bright light ☺
 There is cake and juice
 There are many cups.
 There aren't cupcakes.
 she is eating cake
 I think they are
 having a birthday party

Hoor Mohammad Jassim
1D



Persuasive Writing

Should we come to school in uniform?



1. I strongly agree that we should go to school in uniform. First, school uniforms promote equality among students. When everyone dresses in the same uniform, it reduces pressure on families to buy expensive clothes.

2. Secondly, uniforms improve school safety and security. Teachers and guards can identify quickly who belongs to school and who does not.

3. Thirdly, when we have the class photo, it won't look nice to wear different clothing. It will look great if we all wear the same thing.

4. Finally, school uniforms reinforce the idea that school is a place for work. We can direct our energy and attention toward our studies. That's why we should come to school in uniform.



The World Through My Senses



I see birds flying,
The blue waterfall,
I see the peaceful beach.
I taste hot spicy food,
I taste nice creamy ice cream,
I taste cold frozen grapes.
I smell the nice roses,
I smell the sunflowers,
I smell yummy red strawberries.
I hear birds singing,
I hear the waves of the beach,
I hear the strong wind.
I feel happy like roses,
I feel sad like a dead flower,
I feel crazy like a monkey.



FRIENDS

I see my friends, they look like beautiful sunsets.

Their hugs feel like a warm soft blanket.

When we are together, we eat our favorite candy.

I hear their voices; it sounds like my favorite song.

My friends smell like a flower in the garden.

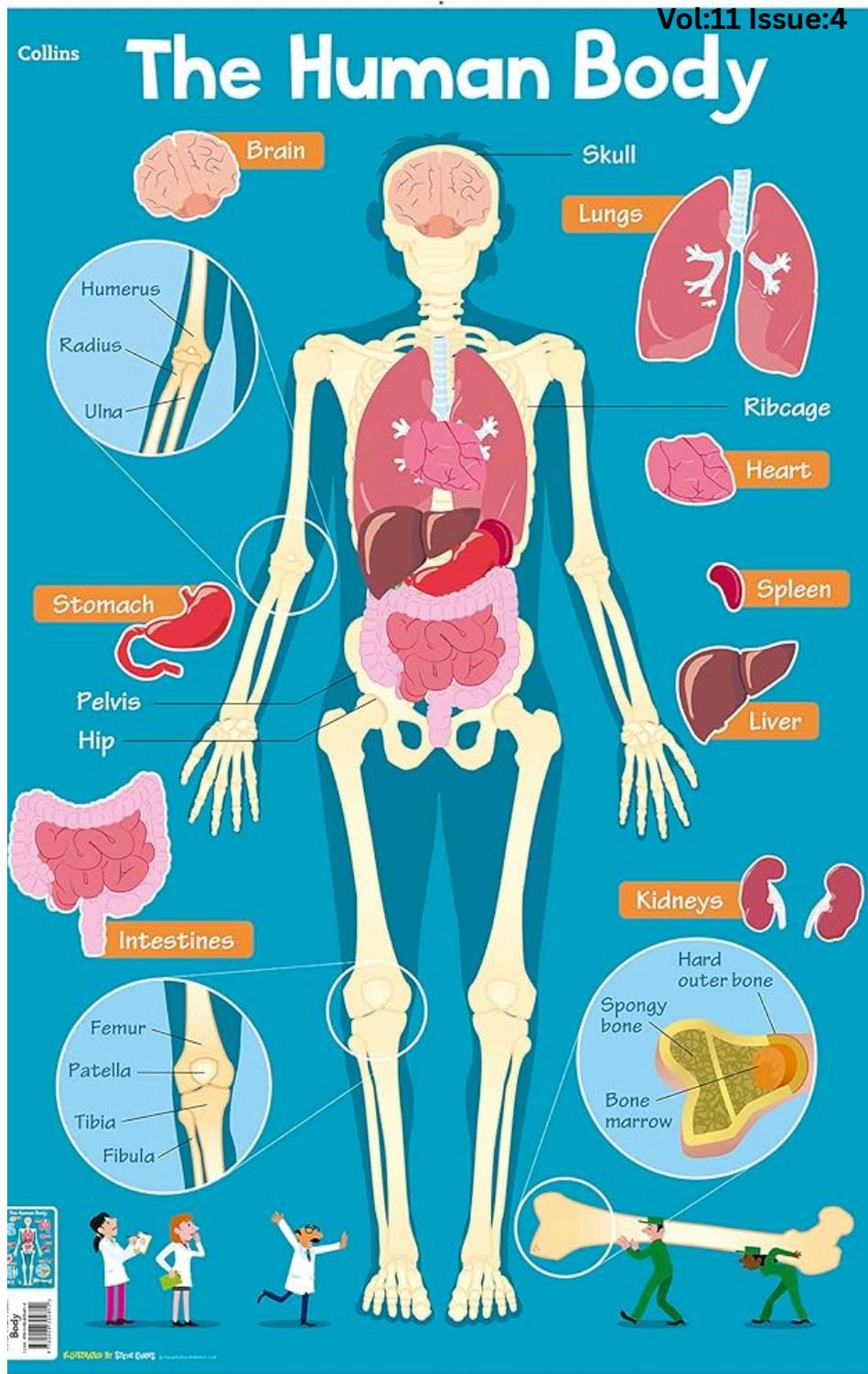
Best
Friends
FOREVER



REPORT WRITING ON HUMAN BODY

The human body is very important because every blood cell, organ, and tiny vein has a special role. All these parts work together to protect us from harm and keep us alive. Since our body does so much for us every day, it is important to learn about it and understand how it works.

The human body has many systems, and one of the main systems is the digestive system. This system helps keep the body healthy by digesting the food we eat. First, food is chewed until it is easy to swallow. Then it moves to the stomach, where acids break it down. After that, the food travels through the small intestine and the large intestine before leaving the body. This process can take twenty minutes or more, which shows how amazing the digestive system is.



The body also has a skeletal and muscular system that helps protect us and allows us to move. The human body has 206 bones, and sometimes 207 depending on the person. The skull is very important because it protects the brain and eyes. The rib cage has 24 ribs, 12 on each side, and it protects the heart and lungs so we can breathe. Muscles work with bones to help us move our hands and bodies. All body systems depend on each other to work properly.

In conclusion, every system and organ in the human body is special and works together in an amazing rhythm. The human body is beautiful in its own way, and many incredible processes are happening inside us all the time. That is why learning more about the human body through school, books, or research is very important.

REPORT WRITING ON HUMAN BODY

The human body is the complete structure of a human being. It is made up of many different types of cells that work together to form tissues, organs, and systems. Each part of the body has a special job that helps us stay alive and active. Understanding the human body is important because it helps us learn how our body works every day. When we know how our body functions, we can make better choices to stay healthy and safe.

All body systems work together to keep the body alive and working smoothly. For example, the digestive system provides energy, while the circulatory system carries that energy to different parts of the body. The nervous system helps control actions, and the respiratory system supplies oxygen needed for movement and growth. People can keep their body healthy by eating nutritious food, exercising regularly, and getting enough sleep. Drinking water and washing hands also help protect the body from germs and illnesses.

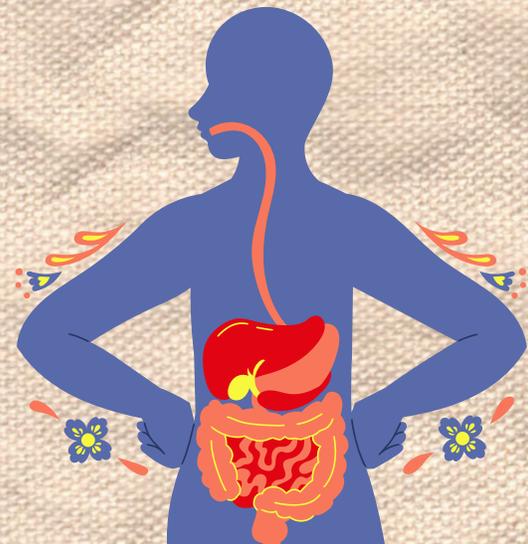
The human body has many important systems that help it work properly. The circulatory system moves blood around the body and carries oxygen and nutrients to cells. The respiratory system helps us breathe by bringing oxygen into the body and removing carbon dioxide. The digestive system breaks down food so the body can use it for energy. The nervous system sends messages between the brain and the rest of the body to help us think, feel, and react.

The human body is amazing because it can move, grow, heal, and protect itself. Many organs and systems work together every day without us even noticing. Learning about the human body helps us understand how important each part is. It also teaches us how to take care of ourselves and stay healthy. Studying the human body helps us appreciate how complex and powerful it truly is.



Refaah Mohammad Al Mutairi

5B





KAMAU AND HARRY POTTER

Kamau from Kamau's Finish and Harry Potter from Harry Potter are fictional characters. Both with their similarities and differences. They both undertake a journey with a valuable lesson. They will be learning and putting the scenario in their mind every new day to come. And here's how.

Harry Potter was an orphan with a sad backstory. He wanted vengeance upon the one who killed someone he loved. He conquered all the challenges on the way. He obtained revenge on the one who killed his beloved, along with Tom Riddle's defeat. This journey took him 17 years, all leading since he was one.

Then, on the other hand, Kamau loved his parents. His story was about getting his dad to come to his sports day. He loved him with all his heart. He never gave up hope. Hope never slithered out of his mind like a stray eel. He hoped and prayed and tried with all his heart. In the end, his dad came. Kamau didn't win, but he didn't care. What he loved most wasn't a silly race for a medal. It was being a man in his father's eyes.

Furthermore, Kamau and Harry both have similarities. For example, they both love their parents unconditionally. They never give up. They aren't disbelievers and will use some magic if they must.

This concludes with the similarities and differences between Kamau and Harry Potter. While they're both unmistakably, vividly different on the inside, they are frankly similar. Like their love, which will hopefully never end.



Kindness is a mirror
which reflects the
beauty of the heart.



Kindness is something we can practice in many situations throughout the day. It does not need to be big or complicated. In fact, the simplest actions are often the most meaningful. Saying “good morning,” holding the door for someone, or offering help when a person looks unsure can make everyday life more pleasant. These small actions show others that they are noticed and appreciated.

Kindness is also important because it helps build strong relationships. When we are kind, people feel comfortable around us. They feel safe to share their thoughts, ask questions, and express their feelings. A kind person can calm a difficult moment and make others feel supported. This is why kindness is valuable at home, in school, at work, and in the community.

Being kind also helps our own emotional health. When we do something good for someone else, we often feel happy and proud. Helping others gives us a sense of purpose. It reminds us that we can make a positive difference, even with small actions. Many people say that they feel better about themselves after showing kindness.

However, kindness must be real. We do not need to pretend or hide our true feelings. Kindness includes speaking honestly but gently, respecting our own boundaries, and treating others fairly. When we practice kindness with honesty, it becomes stronger and more meaningful.

In the end, kindness is a simple choice that everyone can make. If many people choose kindness each day, even in small ways, our world becomes brighter, safer, and more hopeful for everyone.



Yusef Mohammed Al Hajri



Cultural Storytelling

Kuwait has a rich collection of traditional stories, folklores, and legends. Most of the legends and folklore included mythical creatures that were often used by parents to induce their children to comply with parental requests. These stories have been passed down through generations, serving as values. They connect the past with the present. From tales of legendary desert heroes to courageous fishermen, these narratives reflect the wisdom, resilience, and spirit of Kuwait, shining like lanterns across time.

Hemarat Algaylais is a mythical creature from the Kuwaiti folklore. This creature was depicted as a half-woman/half donkey creature. It was said that this creature followed children who left their houses during the day, and it only hunts children and feeds on them at noon when the sun is blazing hot (that was usually the time when the streets were empty). Its shadow stretched across the dusty streets like a dark river, and the wind seemed to whisper warnings of its presence. Once she spotted children who were outside and no adults around, she would snatch them and bring them back to her home where she would feed on them. Parents used these creatures to intimidate their children against going out to keep their children safe from heat strokes and kidnapping.

One of the most notorious mythological tales was known in the Kuwaiti dialect as the “Tantal,” who was a tall black man. He was three meters in height, he had messy hair, and his footsteps were audibly heavy. He would roam around in the night, and he’d be holding a large cane which he used to strike his victims with. He was also known for its shape-shift. When he spotted a child out during the night, he would take the form of whatever the child feared the most, and he would chase them till they died from fear. Tantal would sometimes not be seen at night as he chose to wander as a ghost. His presence floated silently like a storm over the desert, looking to kidnap children. This story was used to keep children at home after darkness.

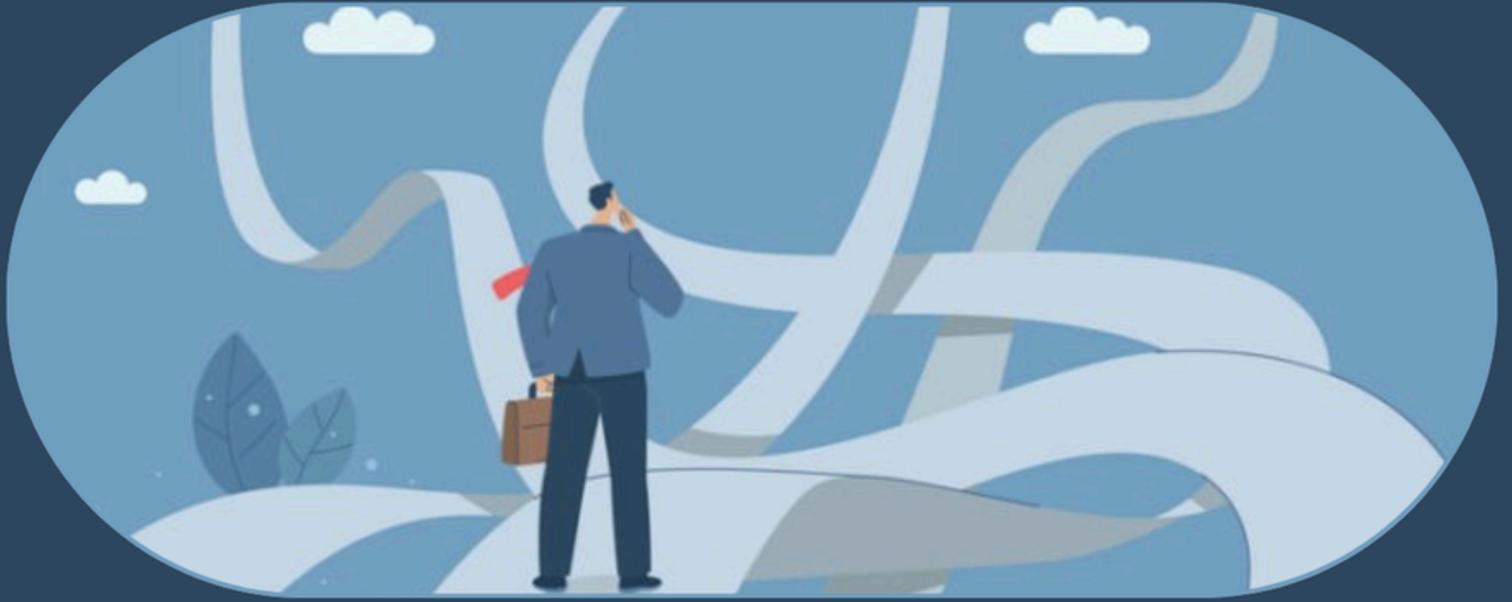


While Hemarat Algayla and Tantal warned children, Bu Daryawasa monster that was well known to Kuwaiti sailors. It is half human and half fish. At night, Bu Darya would swim to the surface of a boat and would scream for help. The waves seemed to shiver at his cry, as if the sea itself feared him. Once, a sailor came to assist who they thought was a drowning human. Bu Darya would drag the sailor down under the water, where Bu Darya would hold the rescuer until the rescuer died. This story teaches sailors to respect nature and act with wisdom and caution.

These legendary stories of Kuwaiti folklore may seem scary and frightening, but they each carry important lessons. From making sure that children were kept safe to teaching sailors to respect the sea, all these stories reflect wisdom, values, and shape the identity of Kuwait and its people. They have a deep significance in cultural heritage. They remind us that folklore isn't just about fear, but about guidance and caring for others. These stories speak across generations, their voices echoing in every Kuwaiti home. By listening to these stories, we connect with our past and carry forward the values of caution, respect, and responsibility into our own lives.



CHOOSE YOUR



CAREER

The Right to Choose a Career

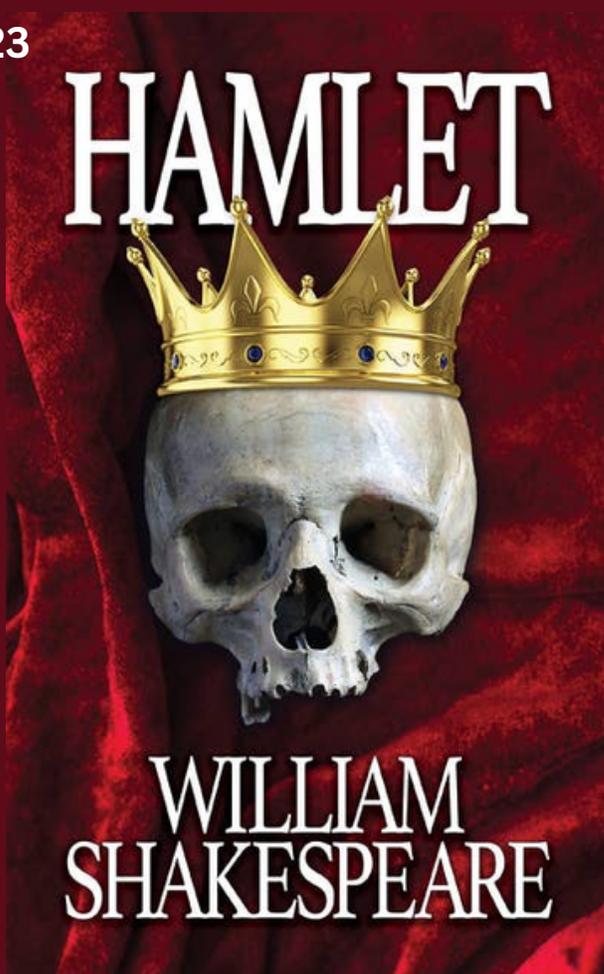
Parents sometimes encourage, or even force, their children to study for a job they have chosen for them. While parents often believe they know what is best, children may dislike the job or feel unhappy with that choice. Although parents can sometimes choose the right career, they may not always understand what their children truly want for their future. Choosing a career is one of the most important decisions in a person's life. A job is usually the main source of income, and people depend on it to support themselves and their families. For this reason, parents worry about stability and success. However, forcing someone into a career can lead to a lack of motivation and dissatisfaction, which may affect their performance and happiness.

Even when parents have good intentions, children should have the freedom to choose their own careers. Parents may consider some dreams unrealistic, such as becoming a professional footballer or an astronaut, and may push their children toward more practical options. For example, my father wants me to become a brain surgeon, but I am interested in working in cybersecurity. To enter that field, I need to learn coding and some mathematics, which better suit my interests.

In conclusion, while parents want to secure a stable future for their children, they should not force them into careers they do not want. Guidance and advice are important, but the final decision should be made by the individual. Choosing a career that aligns with personal interests and abilities leads to greater motivation, success, and happiness.

Feras Shehab Tawfeeqi

9B



“To be, or not to be: that is the question”

Revenge is a theme that is prevalent in many novels; it plays a vital role in adding plot to the story by allowing the protagonist (or maybe even the antagonist) to make amends by seeking revenge. In “Hamlet” by William Shakespeare, the story begins with a ghostly figure resembling the old king of Denmark (Hamlet), which shocks the royal guards. After Claudius announces himself as the king and marries the queen, Hamlet descends into madness. He is infuriated by how his mother could get over his father’s death so quickly. The royal guards inform Hamlet of their sighting, which draws his curiosity. He follows them to the woods where they first saw him, and as dawn approached, the ghost appeared. Hamlet blindly followed him into the dark as an act of desperation. After conversing with the ghost, Hamlet is told to seek revenge, and that the person who murdered him “is the one who sits on my throne”. Hamlet further descends into madness as he is completely overwhelmed with this news. In general, the theme of revenge plays a vital role in “Hamlet” as he seeks to avenge his father.

Diving deeper into the story, we observe that Hamlet is deeply conflicted by his father’s/ghost’s command, as he is infuriated by his assassination and plots to avenge his father, one way or another. At the same time, this revenge proceeds to change him; he descends into madness and ignores everyone around him, completely blinded by rage and betrayal. Shakespeare does a wonderful job of portraying Hamlet’s inner conflict through language, imagery, and tone. For example, the reader can detect a shift in tone before and after Hamlet was informed of the betrayal. He also uses imagery, depicting how Hamlet’s father was killed while he was conversing with the ghost. In my opinion, Hamlet’s promise to seek revenge was impulsive, as he was already grieving before meeting the ghost, and his interaction with the ghost was enough to push him over the edge.



We can also observe how the theme of revenge appears in modern life, such as conflicts within a family (and how they can tear it apart) or when a friend betrays another (for their own benefit or out of jealousy). It can even stem from social media (as dumb as that sounds), bullying (which is prevalent, especially in schools), or people feeling disrespected by words spoken to them (most likely to annoy or provoke). Although I must add that there is a vast difference between justice and personal revenge. Justice means to be avenged in a lawful way, while personal revenge means being avenged by any means necessary. One thing revenge can lead to is the destruction of relationships (when a friend betrays another), or it could lead to harmful actions (people being harmed/excessive amounts of stress, anger, and deep regrets), which directly ties into “Hamlet” as these themes/topics are prevalent when Hamlet realizes his own uncle had betrayed him.

In my opinion, revenge is justified in very specific situations, such as avenging a relative by finding out who murdered them. Or if a friend betrays you (Huge betrayal). In general, Act 1 teaches us that revenge is a powerful emotion that, if used correctly, can be a powerful tool for motivation or a recipe for disaster. All in all, I believe that revenge is a powerful tool, which is portrayed perfectly in “Hamlet”.

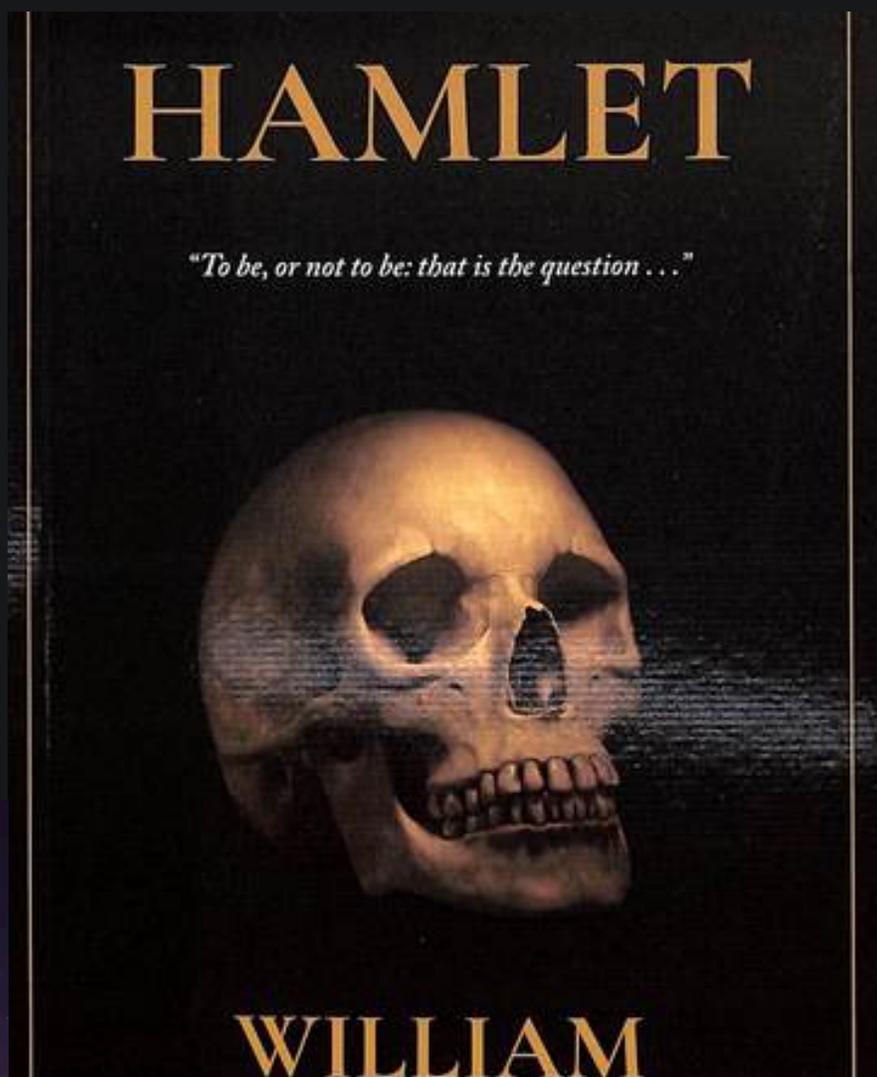
THE STRUGGLE BETWEEN THOUGHT AND ACTION

One of the central themes of Hamlet is the tension between action and inaction. Throughout the play, Hamlet struggles to act decisively after learning of his father's murder, even though he feels morally obligated to seek revenge. His hesitation is not due to cowardice, but rather deep intellectual and ethical reflection; he constantly questions the truth of the ghost, the consequences of revenge, and the morality of killing.

HAMLET QUOTE:

“To die, to sleep – To sleep, perchance to dream – ay, there’s the rub, For in this sleep of death what dreams may come...”

SPOKEN BY HAMLET, ACT 3, SCENE 1



This inner conflict highlights how excessive thinking can paralyze action, especially when a person faces complex moral choices. Shakespeare uses Hamlet's delay to explore the idea that thought without action can be as destructive as action without thought, ultimately showing that Hamlet's inability to reconcile his thoughts with decisive action leads to tragedy for himself and those around him. . . .

Sami Khalifah Al Rasheed

Art Corner



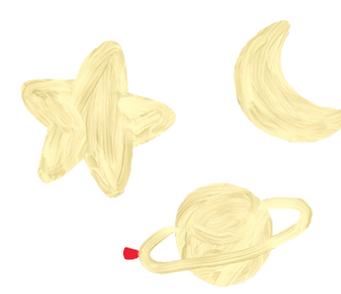
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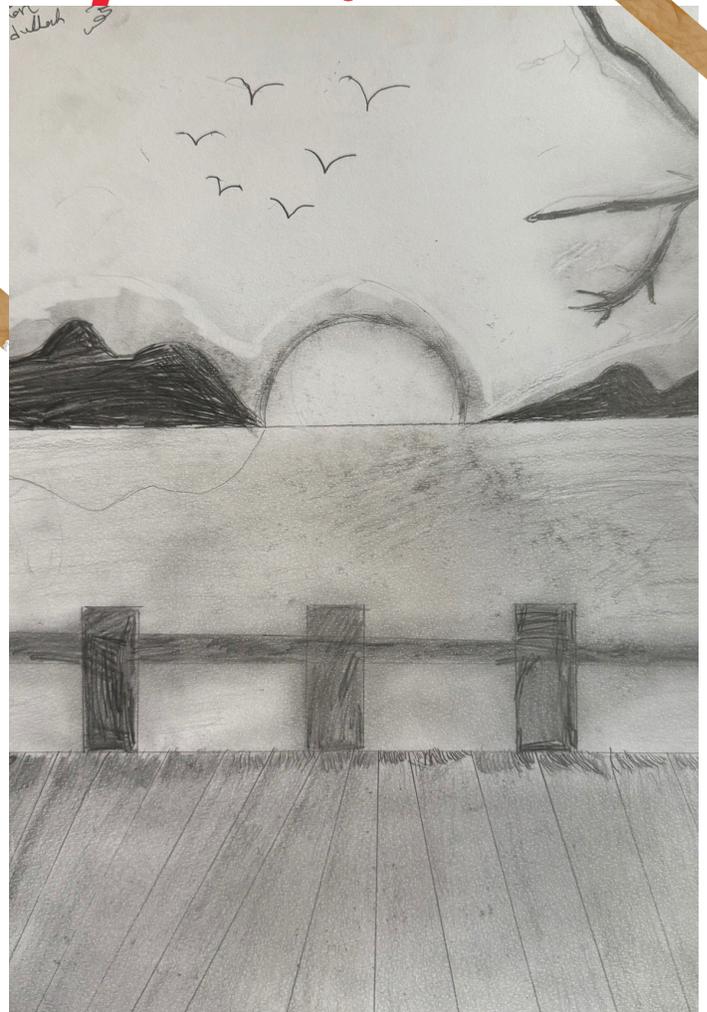
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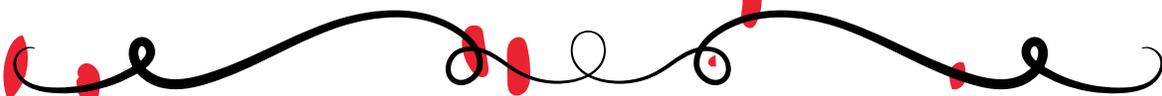
Art Corner



Ebrahim Qusaie Karam
5A



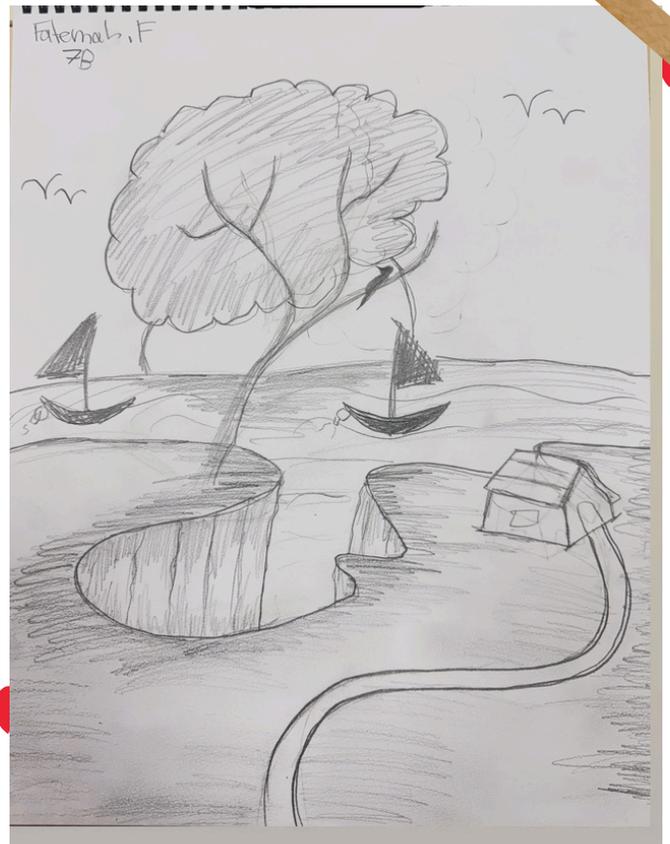
Rakan Abdullah Al Jassas
5B



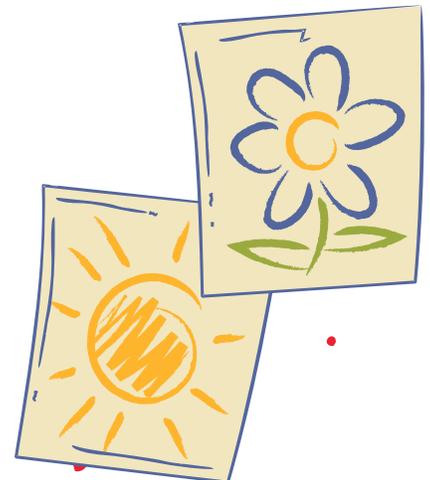
Art Corner



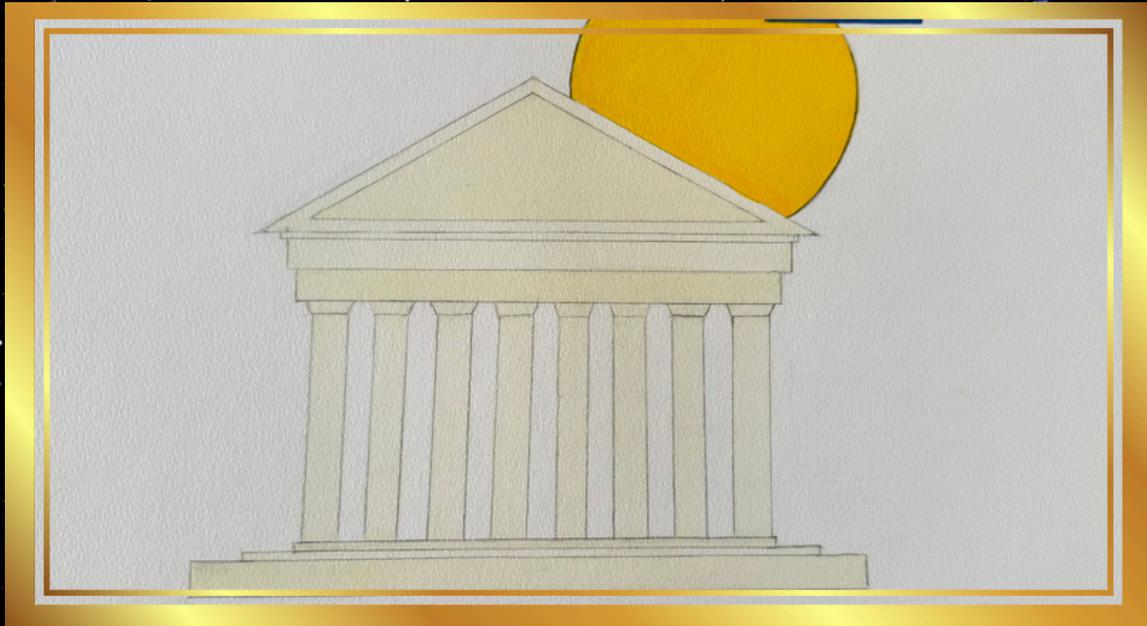
Ayah Ahmad Saleem
7A



Fatmah Fawwaz Al Matwaa
7B



Art Corner



Hessah Aref Al Abdulsalam
9A



Afnan Mohammad Al Dhafeeri
9A

Brain Teaser Challenge!

Get ready to sharpen your observation skills with this fun visual puzzle!

Spot-the-Spot, DIFFERENCE



Spot-the-Spot, DIFFERENCE



Instructions: Carefully examine the two pictures above. Can you find all 7 differences between them? Some are tricky!

Jot down what you find and compare with your friends. Good luck!

PROBLEM SOLVING ADVENTURE!

Join Foxy on a creative journey to overcome challenges!



"Oh no! How will I ever get that delicious cookie?"



"Hmm, jumping won't work... Time to think outside the box!"



"Aha! A stack of books and blocks will do the trick!"



"Success! Problem solved with a little creativity and a yummy reward!"

UPCOMING EVENTS

FEBRUARY 2026

February 5: 100 Days of School

February 9: Timetable Challenge (Grades 2-8)

February 8: Cucumber Day

February 11: HS Young Author's Day

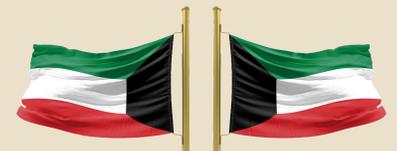
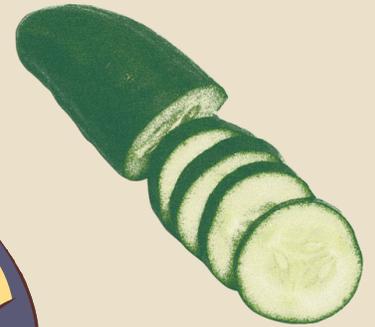
February 12: ES Young Author's Day

February 14: National Day and Fun Day

February 15: Graish Celebration

February 18: Injaz Camp + Ramadan Schedule Begins

February 25 & 26: National and Liberation Day



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