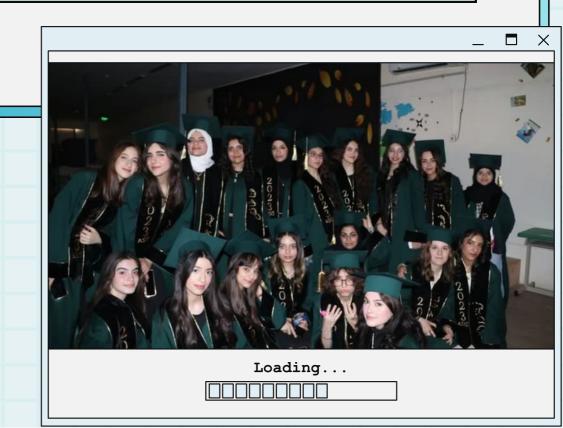


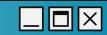
Al Sahafa Talks

Issue no. 4 - June 2023



Al Sahafa Talks





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To associate, to share, and to tackle, Al Sahafa Talks is an online outlet for self expression made by the students and for the students.

Here we are driven by the sole purpose of creating a community of students who are woke about their surroundings and are inspired to create a change. Al Sahafa Talks is comprised of numerous topics from articles, reflections, memories, photos, events, and interviews

You'll find it all here!





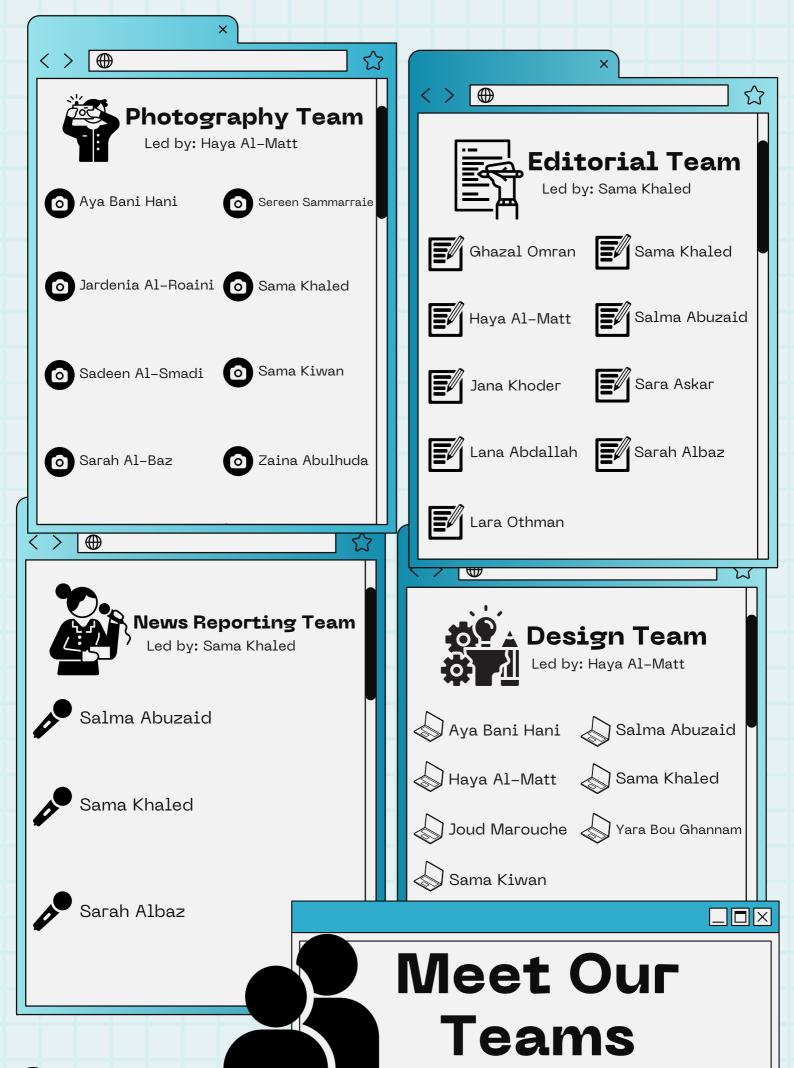


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A Letter From Mrs. Ola Mourad



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Dear Students and Staff of Al-Sahafa International School,

As we come to the end of another successful academic year, I want to take a moment to reflect on all the accomplishments we have achieved together. This year, our school has been filled with joy, hard work, and dedication from everyone involved.

Our students have shown immense growth and development in their academic pursuits, extracurricular activities, and personal lives. I am immensely proud of their dedication, perseverance, and grit in overcoming challenges and achieving their goals.

None of this would have been possible without the tireless efforts of our teachers, staff, and administration. Their passion, effort, and commitment to our school's mission have made a significant impact on our students' lives, and I am grateful for their dedication.

I want to share our plans for the following years. Inshallah, we are pleased to announce that we will be relocating to a new campus in the coming years. This move will provide us with improved facilities and a more conducive learning environment for our students.

We are excited to let you know that in addition to moving the site, we will also be introducing the International Baccalaureate (IB) curriculum for grades 6 and 7 and will continue onwards to the subsequent years. This choice demonstrates our dedication to provide a rigorous and internationally acclaimed educational curriculum that equips students for success in the twenty-first century. The authorization for the IB Middle Years Programme (MYP) is something we are actively working toward. Our goal is to establish ourselves as an IB continuum school, providing the Primary Years Programme (PYP) through the Diploma Programme (DP). We look forward to the positive impact these changes will have on our school community.

As we continue to grow and improve, I encourage everyone to keep pushing themselves to new heights and striving for excellence. Together, we can continue to make a positive impact on the world around us.

Thank you for another wonderful year at Al Sahafa International School. Let us look forward to a bright and successful future.

Sincerely,
Mrs. Ola Mourad









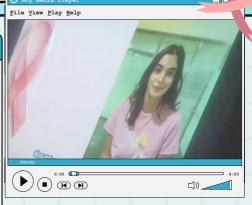
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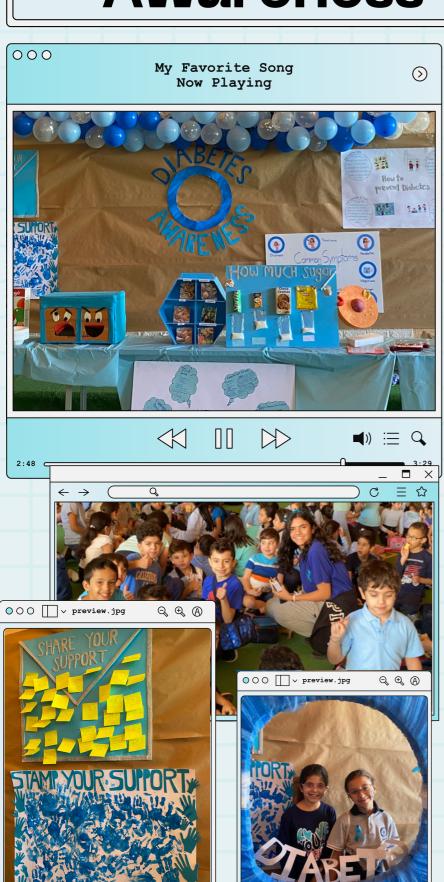


October is Breast Cancer Awareness Month and therefore, our fellow 12th grade students spread awareness and share some information about this disease in a fun engaging way which educates students and helps shed light on breast cancer and it's symptoms. Students from all grades were excited to learn more and engage in the activities prepared. Explanation, models, projects, fun question games, and even worksheets were provided to visitors in hope that this message will touch them and stay engraved. Our school wishes to help spread awareness and encourage the people who are fighting this disease!









Back in November, the national diabetes awareness month, students of 11th grade came together to raise awareness about Diabetes, a disease that occurs when your blood glucose, also called blood sugar, is too high. The high school juniors achieved that by displaying a wide range of activities out in the playground for all grades to observe and learn, they even had a special booth just for measuring the school faculty's blood sugar levels. The event was a huge success and remains one of our unforgettable moments this year.





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As a part of their end-of-term projects, grades 11 and 12 designed a math day for the lower graders. Students of grade 12 successfully organized their math day by the end of November. The same was true for grade 11 on the other hand who hosted their math day at the end of the second term in February. Both classes showed great effort and enthusiasm making Mrs. Maha Saad, our Math coordinator very proud of both classes' inputs.









A Heartfelt Message from Mrs. Maha Saad





preview.jpg



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img004

Dear Grade 11 and 12 Students
I am writing to express my heartfelt
gratitude for your outstanding performance
and amazing efforts in today's Math Day. Your
dedication, hard work and commitment to
excel in math was truly impressive and
inspiring.

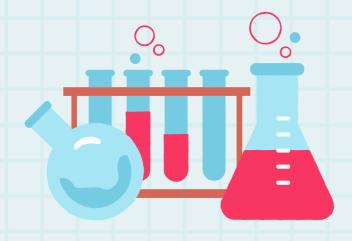
Your eagerness to participate in the various math activities, games and challenges, demonstrated your passion for learning and your desire to further develop your skills. Your positive attitude and team spirit made the day even more enjoyable and memorable.

I am truly proud of each and every one of you for the amazing job you did. Your performance today showcased your talent, intelligence and potential to excel in mathematics and beyond.

Once again, thank you for your outstanding contributions and for making today's Math Day such a huge success. I am looking forward to continue working with you and to support you in your future endeavors. I love you sooooo much and i am lucky to have such creative students like you.

From all my heart "THANK YOU"

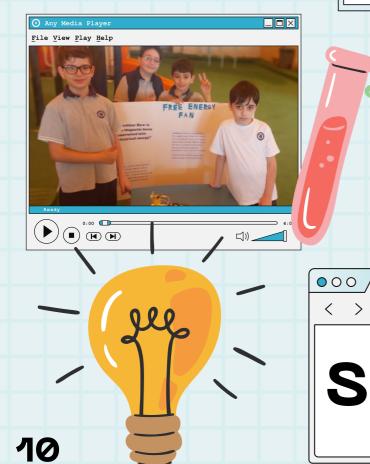








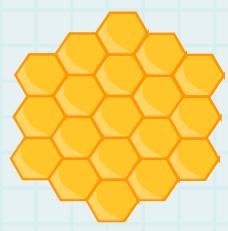
Back in the month of March, grades 2,3, and 4 students came together to create science experiment projects for a science fair! The submissions were very creative leading to the success of this event





Science Fair







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Al Sahafa International School organized a spelling bee competition aimed at enhancing the spelling skills of students in grades 1–6. The event was a great success, and the participating students thoroughly enjoyed the experience.









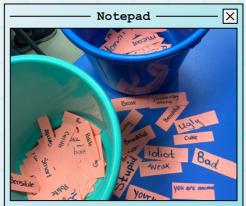
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Bullying can lead to serious physical and emotional harm, and can have long-lasting consequences. Aiming to prevent bullying, grades 11 and 12 focused on raising awareness during term 1. This was done through a variety of activities, such as plays and discussions, which all aimed to educate the students on the impact of bullying and how to prevent it. The goal of these activities was to empower students to stand up and speak out against bullying and to create a safe and supportive school environment.









Anti-Bullying Week

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Magic Pic Editor

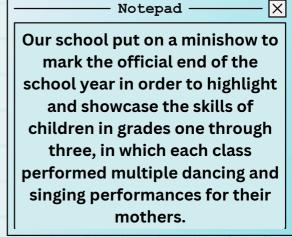
One of the special activities done for antibullying week was the anti-bullying play, which was run by grade 11 students and directed by Haya Al-Matt. The play consisted of 4 acts, each act represented a type of bullying, cyber bullying, verbal bullying, social bullying, and physical bullying. The acts were presented to lower grade students who found it enjoyable and overall led to the success of the project.



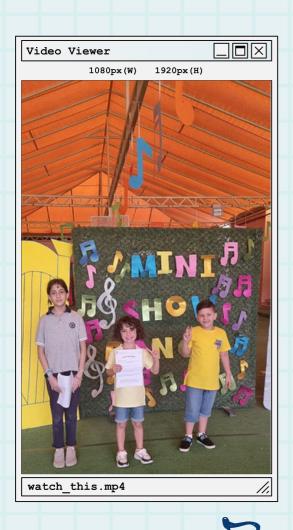






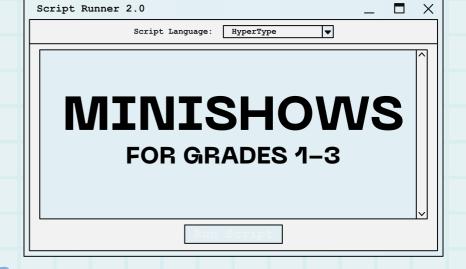


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GoIT Projects

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During the month of January, Grades 7 and 9 students teamed up in a number of groups, each group was assigned to design a mobile application that can be used for the world's good. This project was led by teachers Mrs. Amira Salah Merhi, Mrs. Sara Chabayta, Mrs. Zainab Deeb, and Mrs. Warde Chehadeh who helped the students achieve their goals. Later on, a TaTa Group representative attended each and every group's app presentation, a few days later, winners from Grades 7 and 9 were announced, who were ranked. In 7th grade, the first place went to Nada Abuassal, Sara Naim, Fida Sabouneh, Serine Attallah, Lara Hammoud, and Fatime Jibrel. In 9th grade on the other hand, first place went to Farah Kisswani, Jana Ammar, Lynn Choukor, Sidra Qutishat, and Tala Hamdan.

watch_this.mp4









We asked the students who won first place in each grade what their app was about and these are the answers we received:







Grade 9 Winners:

"Our app was an app that was designed for people who struggle with diabetes. It has many more exclusive features than any other diabetes app. It's an all in one app. Some of its features include: it measures carbohydrates, sugar levels and recommends what you should eat depending on your sugar level."

- Farah Kisswani, Jana Ammar, Lynn Choukor, Sidra Qutishat, and Tala Hamdan.

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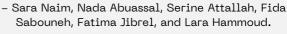




Grade 7 Winners:

"Our application talks about "helping earth become a brighter place". This application allows you to donate money in order to plant, the money donated is used for reasons, 1 of them is donating to charities. The app has several features, whatever feature you use is helping save planet earth. The reason we decided to make this application is to increase greenery and make earth a better place for all living things. Thank you!"

Sabouneh, Fatima Jibrel, and Lara Hammoud.





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Haneen Yamen and Layan A from Grade 8A, sparked the electrifying idea of Spirit Week!

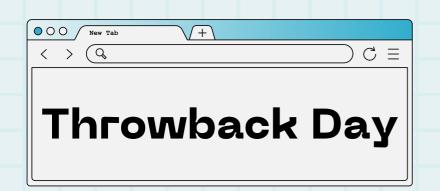
Spirit Week was an exciting time of the year where students came together to show their school spirit and pride. Each day of the week had a specific dress-up theme, from pajama day to culture day. Students got creative and had fun with their outfits. The spirit week brought the school community together, boosted morale, and celebrated the unique culture and traditions around the school.

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It is strongly recommended to exit all programs before running this $\mbox{\tt Wizard}.$

To continue, click Next.

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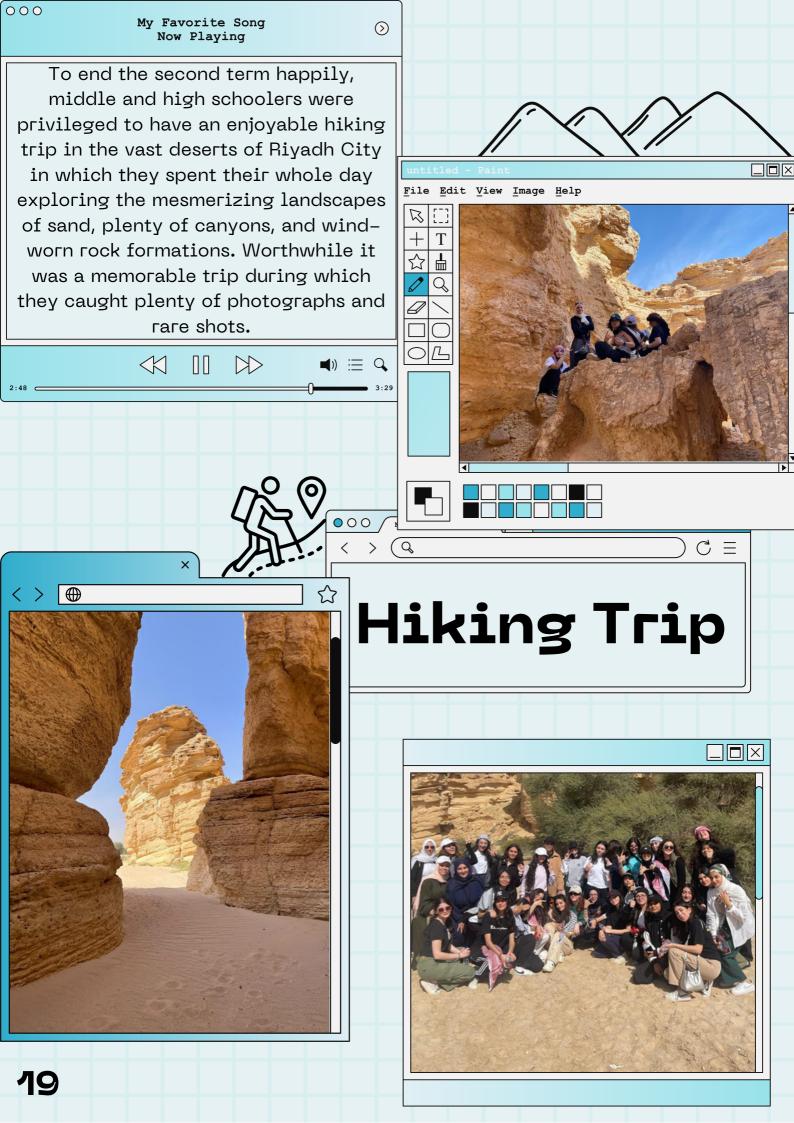
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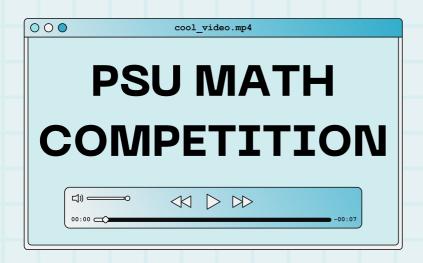




Pajama Day

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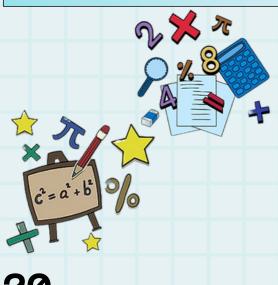
Al Sahafa International School
Secures Impressive Second Place in
Prince Sultan University Math
Competition, Outshining 12 Other
Participating Schools!





Maha Shaheen, Maya Kayyali, and Sham Al Safarany represented Al Sahafa International School with excellence at the Prince Sultan University Math Competition.











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PSU ENGLISH EXHIBITION

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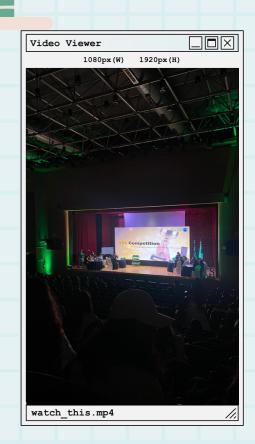
Grade 11 students stole the spotlight at the English Exhibition, mesmerizing the audience with their remarkable English skills.

From engaging presentations to captivating games, these talented individuals showcased their linguistic prowess and left us in awe.





Grade 12 students astounded us all at the English Competition, leaving an indelible mark with their exceptional command of the language.

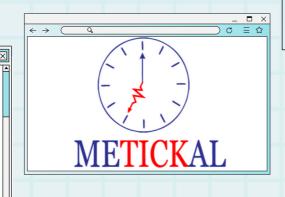




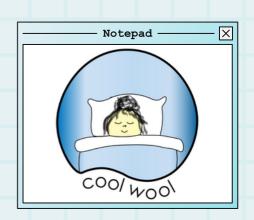
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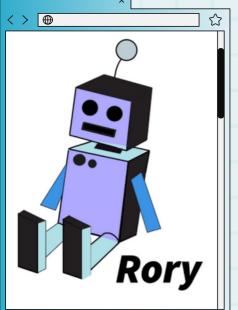
"Discover the artistic brilliance of Grade 10-12 students as they showcase their graphic design talents through stunning logo, business cards and rebranding creations. Get inspired by their innovative designs and witness the power of visual storytelling."

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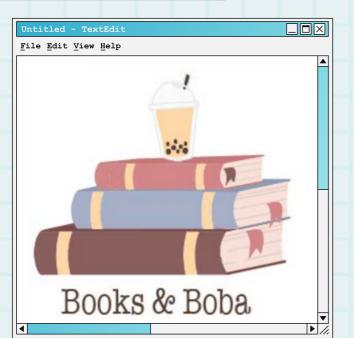
























"Discover the artistic brilliance of Grade 10-12 students as they showcase their graphic design talents through stunning logo, business cards and rebranding creations. Get inspired by their innovative designs and witness the power of visual storytelling."

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Paper Library



















Grades 10-12 redefine brands, recolor, and perfect photos, turning artistry into masterpieces!



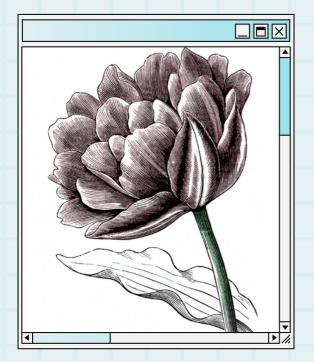


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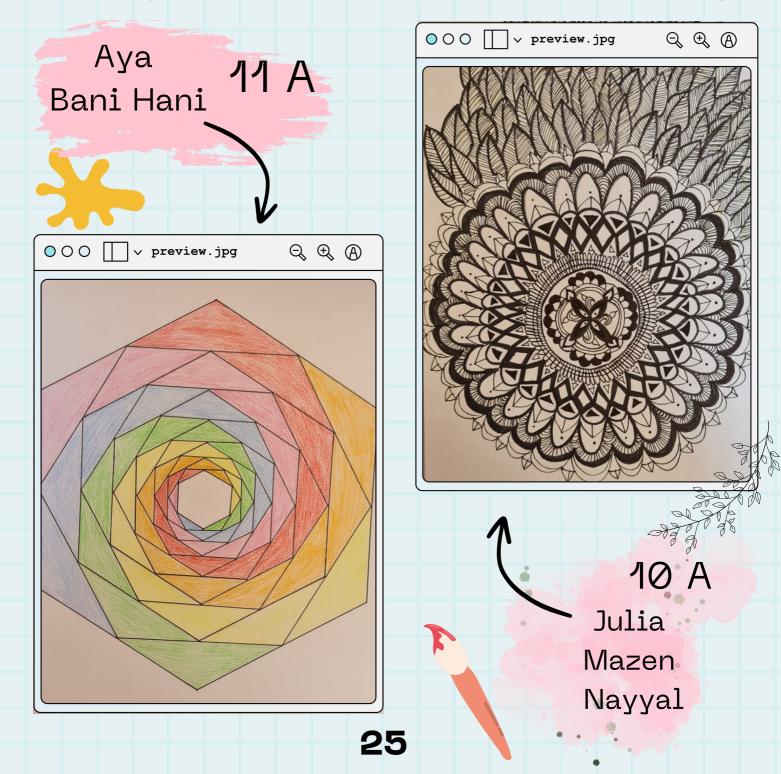




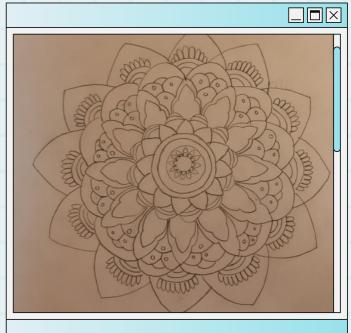
Our Students' Creative Works



The artworks presented below were created for a Math Project: Fibonacci Sequence In Art Drawing





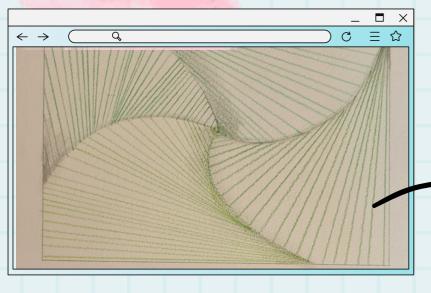


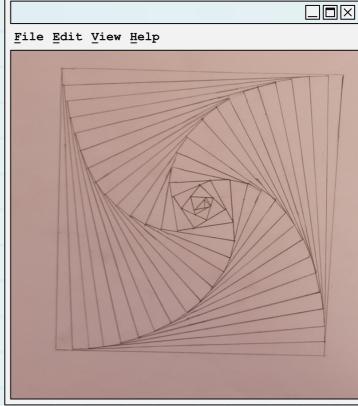
10 A V Somaya Alwattar



Yara Ahmed Emara







4 10 A Ghina Alrefai









Spring is here

.. Written by Lea Al Mohtar.

It's the time of the year | butter flies

Spring is here fluttering around the blossom trees

Gardens have grown | With the windy breeze

Filled with chirping tones | the kite flies

Singing a song higher and higher

Where spring belongs. | up the blue skies.

April showers Spring, filled with bumble bees

Bringing flowers and flowers is all what you see

Showing power spring , spring

In the happy hours. | welcome spring

Jumping in puddles

And making bubbles

Leading to a beautiful blue sky





Written by Lea Al-Mohtar - Grade 6A

Video Viewer



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Good Manners Matter

Good manners are the basic principles we follow to develop a healthy relationship with the people around us. We are taught manners to behave nicely and to show those around us that we respect them and we are considerate about their feelings. This makes them feel better and us too. We are taught to smile whenever is required because smiling spreads positive energy around us. This is a sign of integrity we are blessed with. Respect acknowledges that integrity we show towards others. Some examples of good manners can be manifested in small actions like waiting for your turn, saying hello, please, thank you, you're welcome, sorry and excuse me. In short, being polite. Empathy is another important principle for building a healthy relationship with others and treating them with kindness. Being able to understand how someone else is feeling, and having a spirit of generosity, is quite an important component of how to improve manners inorder to maintain harmony among individuals in any community.

watch_this.mp4





Artificial Intelligence (AI) has a significant impact on our daily lives, provoking diverse opinions among individuals. While some view it as a valuable asset that enriches our lives, others perceive it as a potential threat. This collection presents two contrasting essays that explore these distinct perspectives on AI.

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Artificial Intelligence: The Undiscovered Ocean of Truth

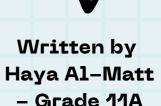
In modern times, it is no secret that Artificial Intelligence (AI), the emulation of human intellectual processes by machines, particularly computer systems, is ubiquitous; mankind is simply reluctant of recognizing just how extensively they cling to it. Nonetheless, the morality of expanding upon AI systems presently remains subject to debate, though as necessary as it is to take into account the risks associated with its utilization, one must comprehend that high achievements in science and humanitarianism are made possible with the assistance of AI, and while some may claim that these sorts of developments might lead to power abuse, one must acknowledge that such occurrences are highly unlikely provided limits are established, given that, in the end, AI redefined is merely a tool, not a threat, or yet just another outcome associated with the reification notion, whereby humanity concretizes the abstract concept of AI through the use of computer engineering.

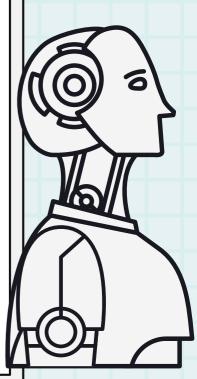
With scientific fields evolving at a rapid pace, the digital assistance offered by Artificial Intelligence has become crucial, providing improved risk-taking capabilities in addition to increasingly accurate hypotheses, an evident benefit of AI employment. Additionally, although some may claim that relying exclusively on AI could possibly lead to blunders, it is nevertheless essential to bear in mind that humans are also vulnerable to biases and emotions, which can impede judgment and decision—making. Collaboration between human expertise and AI skills, on the contrary, is never an adverse thought for it generates higher—quality outcomes in a variety of settings. An example of an effective AI contribution to research is an experiment undertaken by researcher Tim Landgraf of Freie Universität Berlin by which scientists obtained the competence to communicate with honeybees via the application of AI. What's essential as honeybees "speak" are their bodily movements and noises, which were followed by computers, specifically deep—learning algorithms with computer vision integrated with natural—language processing. Scientists have developed these algorithms and learned what each signal means, marking a tremendous breakthrough as it paves the way for human—animal interaction to finally be made possible and further showcases AI potential.

Jeff Bezos, executive chairman of Amazon, once stated, "What I predict is that jobs will get more engaging. Because you have to remember, a lot of the jobs today are quite routine." An additional benefit of AI utilization is that it can automate repetitive and monotonous activities, allowing humans to concentrate on higher-level and inventive tasks. For instance, several positions in numerous sectors that need little to no decision-making, such as customer service inquiries or data input, could all be readily automated by the mere deployment of AI-powered solutions. And despite that a number may argue that advances in AI will lead to mass unemployment, several experts contend that the workforce will grow more specialized; roles that call for an increased degree of work automation cannot be fulfilled, such as innovation, problem-solving, and qualitative skills. According to a 2021 survey, 61% of workers believe that the implementation of AI within the workplace has culminated in enhanced productivity.

One well-known argument against AI is that its triumph may spell the end of humanity. Nearly any technology has the potential to trigger damage under improper hands; innumerable science fiction novels have warned of robots or robot-human cyborgs running amok—R.U.R. (1921) by Karel Capek and Frankenstein (1818) by Mary Shelley serve as two early examples. However, the success of AI relies primarily on the manner mankind establishes to implement and innovate with this technology; it's solely up to humanity to both harness its potential for the greater good and mitigate its potential hazards. And while it certainly is true that there are valid concerns regarding the possible threats of AI, it remains pertinent not to overlook the fact that AI's progression is an immense asset to the human race in various capacities. As an illustration, consider AI's valuable impact on combating climate change. Researchers have been leveraging AI to envision the consequences of future floods and wildfires, assist climate decision—making, monitor the status of forests, and exchange data. A further instance demonstrates how scholars are working on a system that relies on drone footage and machine learning to detect unexploded weapons from underground landmines, which murder thousands of innocent individuals yearly. Such amenities remain inaccessible without artificial intelligence's electronic assistance.

At last, it is vital to reflect on the positive and negative aspects of adopting machine learning, however, one ought to remain aware that for as long as AI continues to be under human supervision, the likelihood of AI "dominating the human race" is exceptionally remote. Moreover, as previously noted, AI acts as a tool, a tool that might provide a panacea for all complications and may perhaps even be a portal to a modern unbiased world. Newton once said that he felt like a boy playing on the shoreline, picking up a pebble here and a shell there while the great ocean of truth lay undiscovered before him. Three hundred years later, an amazing collection of pebbles and shells has been gathered, but the great undiscovered ocean still stretches into the distance, sparkling with promise. The boat — Machine learning— is the gift, and it's time to set sail.





Video Viewer



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Unlocking Pandora's Box Once More

"The development of full artificial intelligence could spell the end of the human race.... It would take off on its own and redesign itself at an ever-increasing rate. Humans, who are limited by slow biological evolution, could not compete and would be superseded." Hawking explained to the BBC. The unintended effects of humans' actions and innovations have been well-documented in history. As an illustration, consider the industrial revolution. The first factories that were built contributed to an increase in economic development, worker wages, and the states of nations. Naturally, one must return something after receiving something. What gifts have people given to the Earth? Pollution in all its manifestations and global warming. If these were the sole effects of industries, what would a machine with unquestionably more intellect than humans cause?

Selfishness is predominantly foreseeable from mankind. Why bother worrying about others when they remain clear of the upshots of their actions? A 2020 report from the World Economic Forum estimated that, by 2025, 97 million new jobs would be created due to AI, losing 85 million to the machines in return. However, not all people may have the qualifications required for such employment. What would be left for the less fortunate if AI eliminated essential low-wage jobs such as housekeeping and nearly all employment in food services? Furthermore, according to PwC, more than 40% of workers with a low level of education will be displaced by 2030, compared to

the 10% with a high degree of education. AI could even displace workers in such professions that require PhD degrees and other post-college expertise. In the conflict between jobs done by humans and automation, some professions might as well go extinct.

Artificial intelligence (AI) is developed by humans who are, by nature, prejudiced. As a result, it is incapable of understanding ethical and moral issues, since it is programmed only with an objective, not with a sense of right and wrong. Due to its inability to understand the ethical implications of its actions, AI may cause harm or injustice. Furthermore, because AI has only one goal and no moral or ethical code, it can be employed in unethical or immoral ways, emphasizing why it cannot be trusted to make ethical or moral decisions when interacting with humans. This can help explain why speech-recognition AI often fails to understand certain dialects and accents. Gender prejudice is also an issue in this case. Searching the term "school girl" on the Internet will almost certainly provide photographs of women and girls dressed in sexualized costumes. However, if you type "school boy," the results will largely consist of average young school boys.

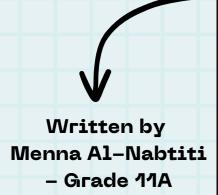
Developing trust and establishing a human-to-human connection are necessary to engage people in conversations about themselves. Unlike machines, humans are capable of communicating feelings, expressing emotions, and reading people instantly. In contrast, machines cannot develop empathy or profoundly comprehend human experience. The likelihood of people ever forming a deep emotional bond with machines is highly unlikely regardless of how skillfully they are engineered to react to people and emotions. They lack intuition, empathy, and cultural sensitivity. The ability to use these skills is precisely what confers power to humans. Humans are the only beings capable of reading a person's expressions and knowing exactly what to say. Therefore, AI

cannot replace human beings. Workplace soft skills are also crucial for every employee. Communicating clearly, working in teams, paying attention to details, and using critical and creative thinking are all among these skills. These abilities, however, require a higher level of emotional intelligence and cognition, which AI cannot develop.

As it becomes increasingly prominent in our daily lives, Artificial Intelligence poses both potentials and hazards. While AI has the potential to deliver enormous benefits in fields such as medical, transportation, and manufacturing, it also poses ethical questions regarding privacy and justice. Furthermore, AI systems are subject to malicious attacks that could have serious consequences in the real world. As a result, it is becoming increasingly vital to assess the dangers and advantages of AI use and design rules that balance these variables in order for all members of society to benefit from the potential that AI provides in a safe and responsible manner. As expected, however, the hazards of using AI outweigh its benefits.

watch_this.mp4







The notion of beauty is an inherently subjective one, varying greatly from person to person. Enjoy reading this definition of Beauty.

Video Viewer



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Humans Are Their Hearts

Humans are their hearts. Not the physical hearts, but they do everything with love and for love. It is the driving motion of their nature. That is what separates them from other living beings. That is the beauty of their beings. Humans are beautiful and God intended to make them so. Beauty does not only lie in their physical appearances but it's their souls that make them beautiful. The dictionary has somewhat of a technical definition of beauty, stating here in Merriam Webster that beauty is "the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit", and to some extend there lies some truth in that definition. But if wanting to define beauty beyond those dictionary lines and read in between them, beauty is so much more. Beauty is so much more than our physical attributes that are simply just case covers to the actual beauty that is our souls. Beauty is spirituality. Beauty takes shape in human diversity and differences. It lies within being their raw human selves and in the way they express their love languages.

The human body is given to one temporarily, and they have the free will to use it whichever way they would like, but it shall not be abused. Human bodies are physical flesh that harnesses the souls. The soul is a beautiful thing. Someone that has a beautiful soul is beautiful. Someone that gives out compliments or a nice word is beautiful. Someone who is a free spirit loves wholeheartedly with the sole purpose of loving and not expecting anything in return is beautiful. Someone who is present in the lives of the people they care about and shows this care is beautiful. A beautiful soul is a soul that fuels every other soul around it with energy instead of draining it. It is a beautiful soul when they talk about what makes them human and real. When they cut the unrealistic image they are trying to put out to other people but instead open up and connect with other souls. A kind soul is beautiful like someone who is willing to help and give a helping hand to the people around them. A beautiful soul is one that sympathizes with other souls. It is one with empathy to others.

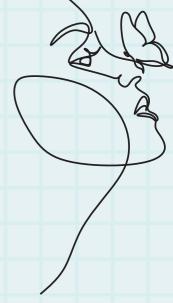
To add to, beauty also lies in spirituality; someone in touch with one's own spiritual values is beautiful. Islam has taught its fellow Muslim followers the true profound meaning of one's spirit and its values. It can be defined: "In Islamic literature, spirituality means awareness of the origin of the universe, worshiping God, seeking the satisfaction of God, humility, and submission, and trust which man demonstrates in all of his actions". Being in touch with God and building that deep genuine connection and relationship with Allah will give humans a feeling of fulfilment by giving them a deeper understanding of this life and their self-worth. Having that connection is also a protection of one's peace of mind and healing. Prophet Mohammad (PBUH) has once spoken saying "O God! To You I have submitted, and in You do I believe, and in You I put my trust, to You do I turn, and for You I argued." And for that he is beautiful, and he is the role model.

Last but not least, human beings are all very unique individuals. Humans are a combination of all their life experiences and hardships shaping their personalities, but also are rare and random combinations and bits and pieces of the people they love in their lives. Humans are puzzle pieces of aspects they found special in people they admire. Beauty lies in these differences. Beauty lies in diversity: their different personalities, mind sets, creativity, love, passions, ideas, cultures, languages... etc. Beauty lies in uniqueness and individuality and in what each and every one has to offer in this world. Everyone expresses their love in a different manner and that is beautiful. A grandma spending all summer cooking for her grandkids because her love language is food is beautiful. Friends giving each other hugs for affirmation of the mutual love they share for each other as love language is beautiful. Giving random massages or caressing someone's hair as an expression of love is beautiful. Complimenting someone and giving them verbal affirmation to vocalize the love shared is beautiful. Love language is beautiful but what makes someone beautiful is when they share it with the people they love.

Beauty is beyond the surface and skin. Beauty lies within our souls, minds, and spirituality. Humans are unique and diverse individuals and that's what makes them beautiful. Beauty is connection and relationships between people. It is the simple gestures they do to show each other the love they have for each other. Being a good friend, sibling, parent, teacher, and basically a decent human being with a kind soul is what makes a person beautiful. Human nature is driven by the heart, from our simplest to our most complex motives, it is the heart. Humans are their hearts and they will forever continue to be so as long as they live.

Written by Lara Bassam

– Grade 12A



watch this.mp4



Q Q A

Do you know why our school stands out from the crowd? Well, we start our days with morning assemblies that include music, skits, and motivational speeches to get us pumped for the day ahead. It's a great way to kickstart our mornings on a positive note. We also have exciting events throughout the year, with Sports Day being a definite highlight. It's a chance for us to showcase our skills and compete in various sports. We've got other cool competitions too, like spelling bees and GoIT, where we create applications to help our community and even get to meet students from different countries in international competitions. It's an opportunity to apply our tech skills and potentially make a difference in the world. As we progress into high school, we engage in community service, supporting the school staff, teachers, and administration during parents' meetings, events, and in-class activities. And let's not forget the university visits! We have the chance to explore different colleges and hear representatives talk about their schools. Our school provides a safe environment that nurtures our growth and learning.



000

New Tab

What Makes Our School Stand Out?



Yearbook Photos

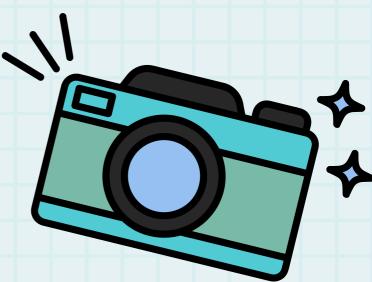
A short guide to our 2022 - 2023 classes



Grade 1A









Grade 1F



Grade 1G Grade 2A



Grade 2B Grade 2C

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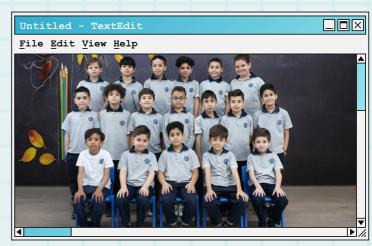


Grade 2F Grade 2G



Grade 3A Grade 3B









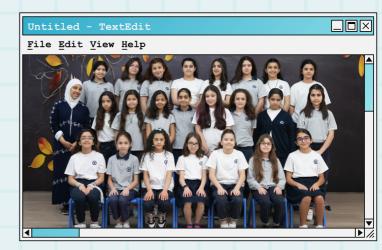
Grade 4A



Grade 4B



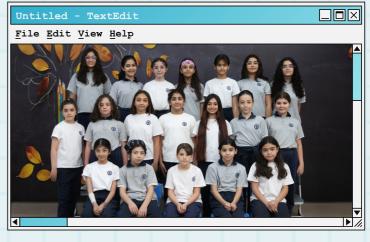
Grade 4F



Grade 5A



Grade 5B



Grade 5C





Grade 6A Grade 6B



Grade 7A



Grade 8A



Grade 11A



Grade 7B

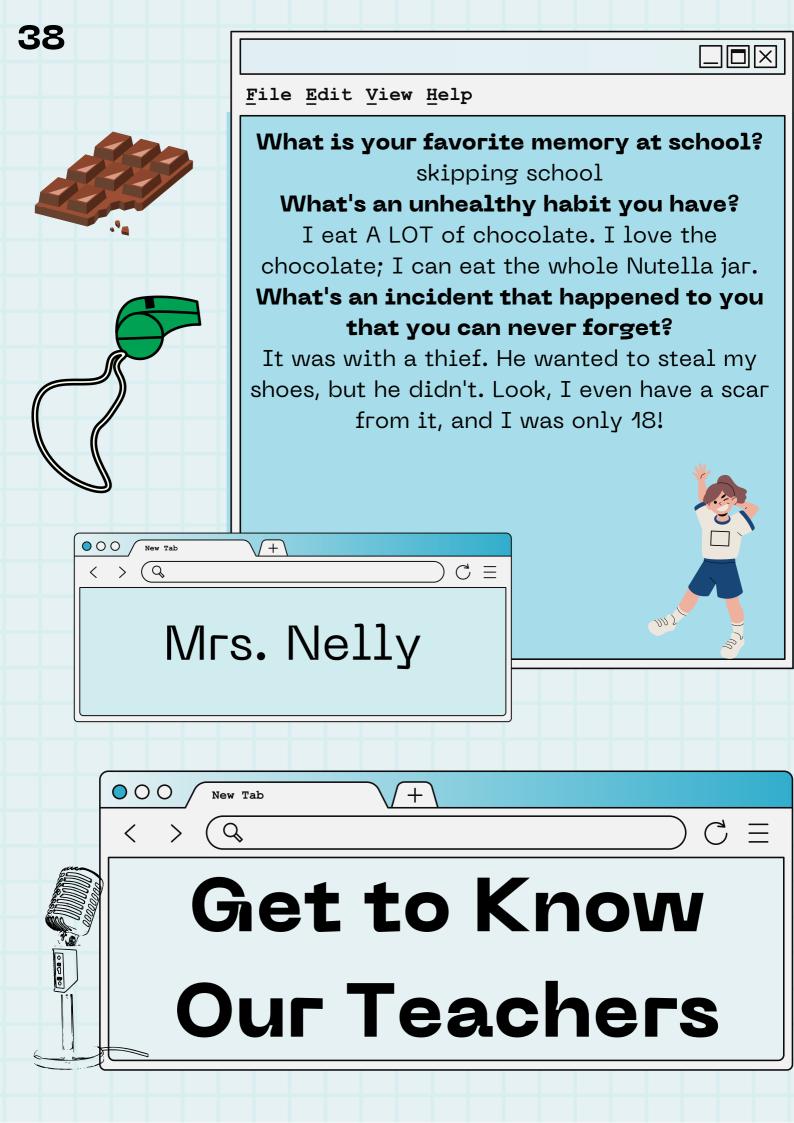


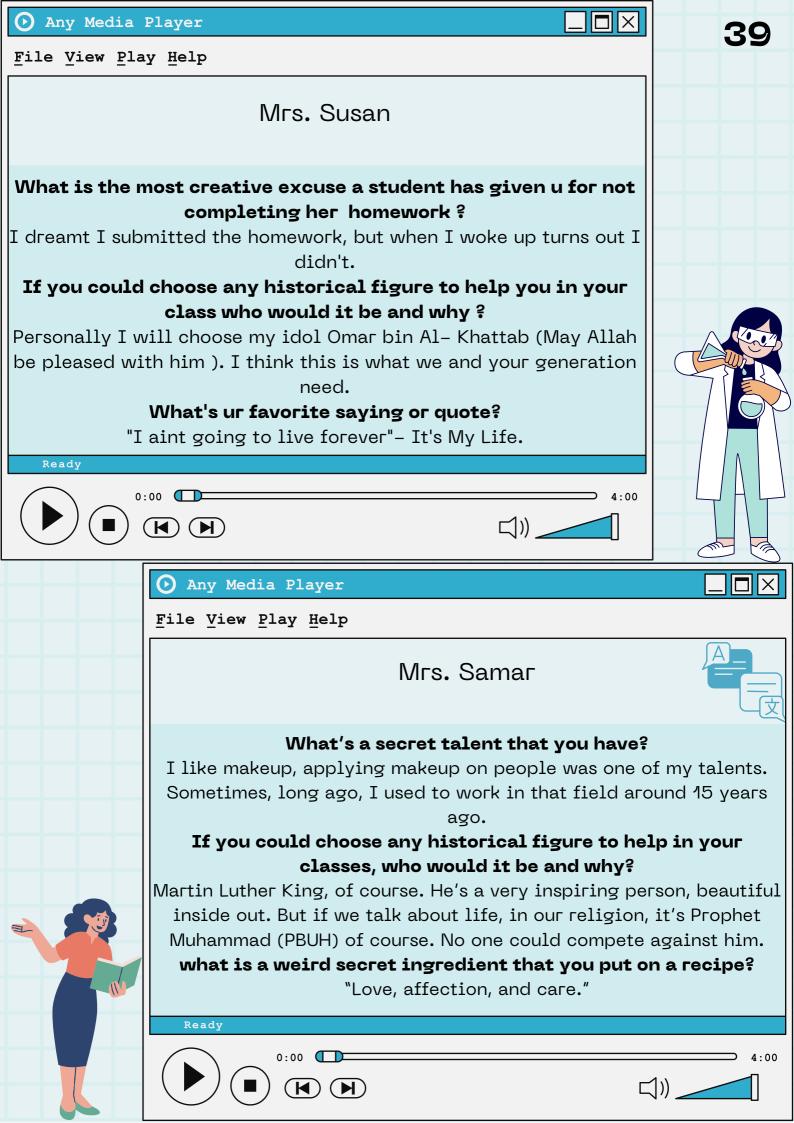
Grade 8B

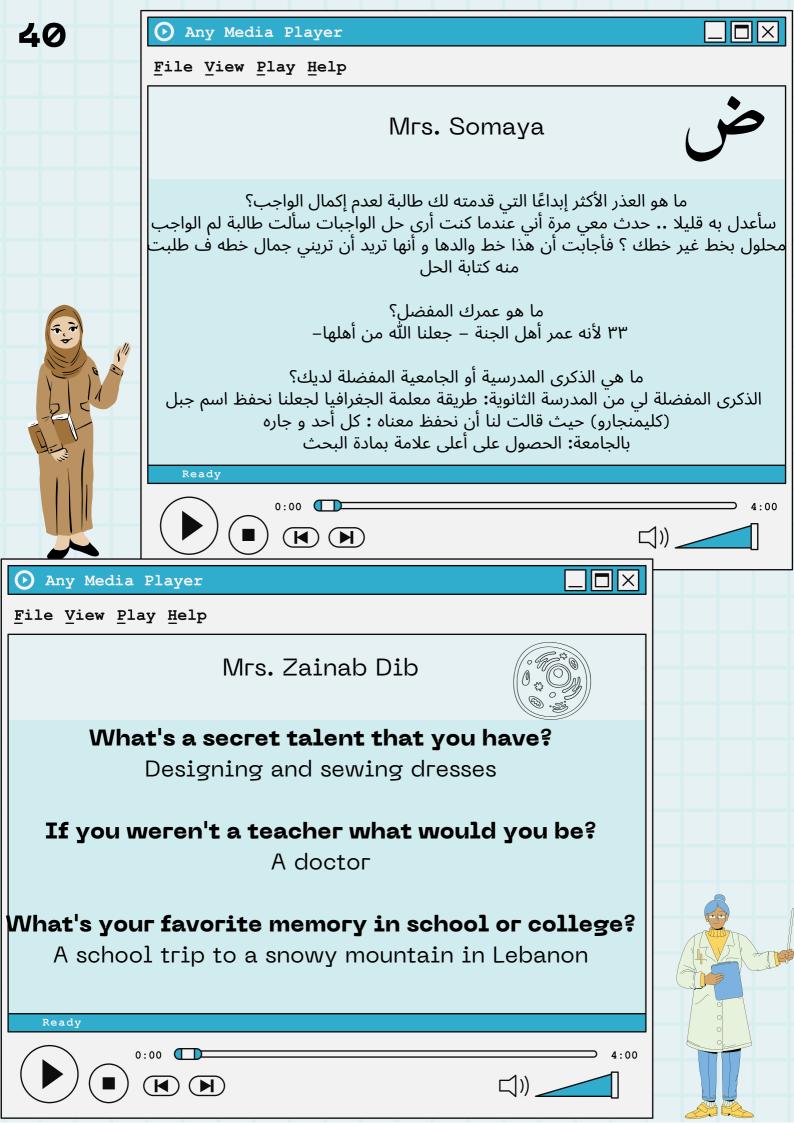












In the last weeks of school, students working on the magazine conducted a survey related to the school canteen's food options which was answered by both school faculty members and students.

Their answers can be found below:

School

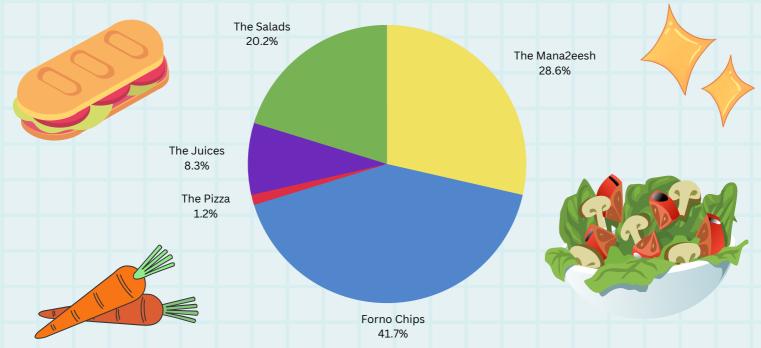
Canteen

Survey

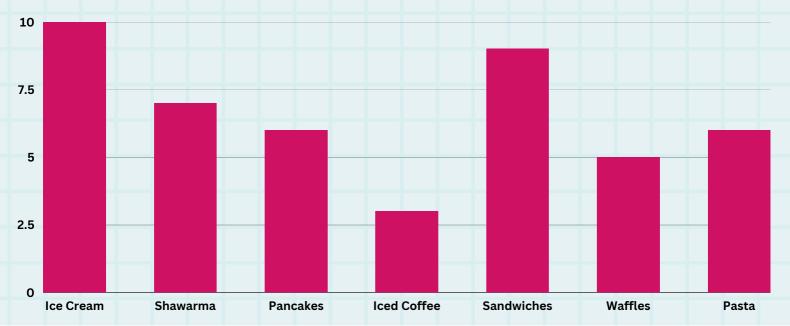
Survey

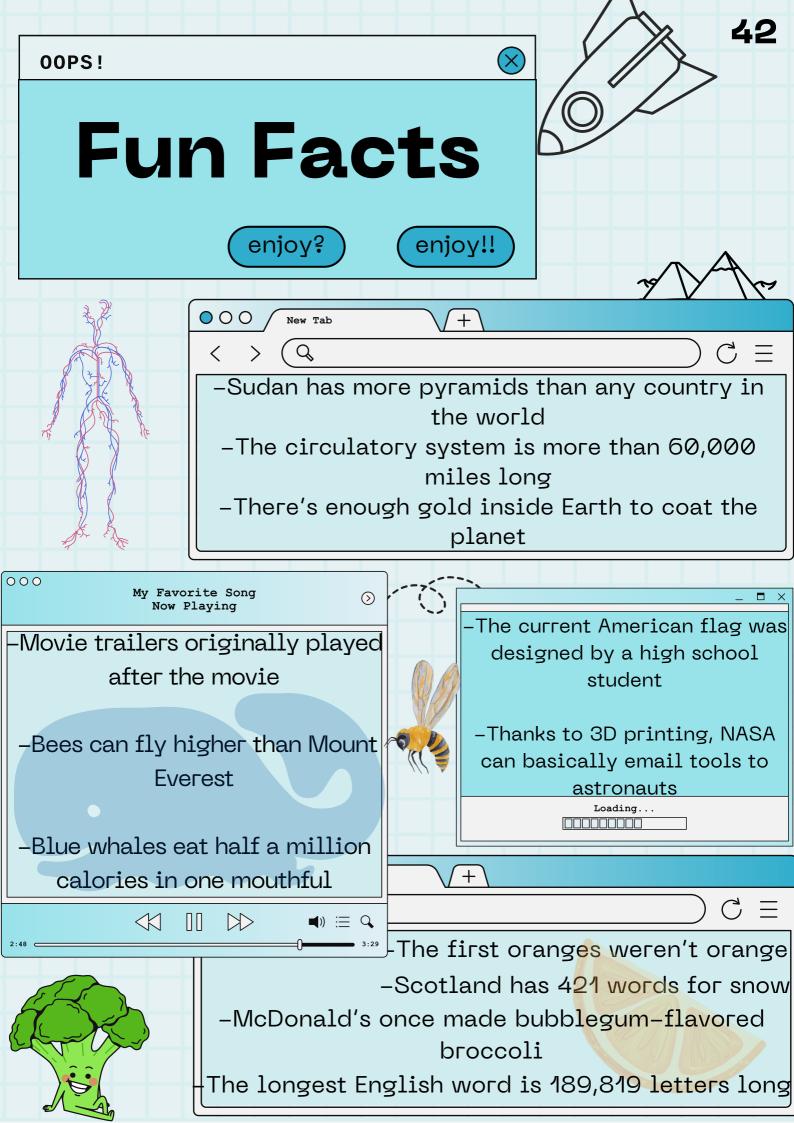
Survey

Q1: What is your favorite canteen food option?



Q2: What food item would you like to be added to the canteen's menu?





KGs: Small
Wonders of
the School!





In an inspiring environment, our kindergarteners' curiosity and love to play are manifested through the various activities they enjoy in school and the content they explore. With each child taking his/her own path of learning, being in kindergarten is just fun!









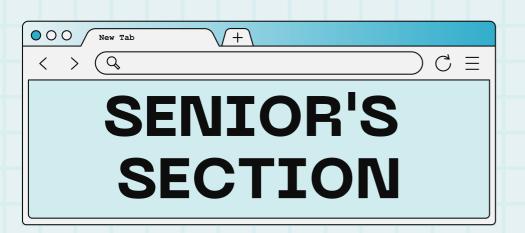
KGs: Small Wonders of the School!

















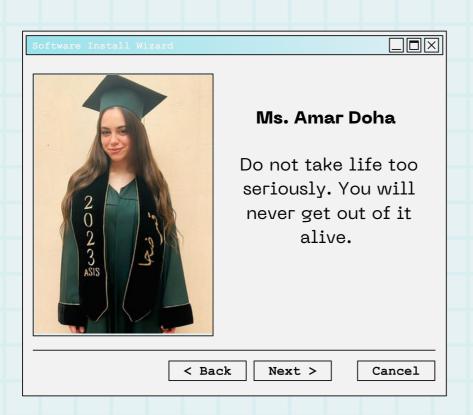
Ms. Yaгa Bou Ghannam

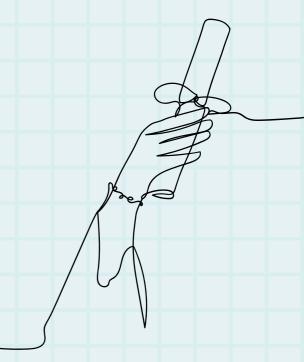
Leave who left you, ignore who ignored you, sit down with your snacks, terrible mood, and Netflix. Forget everything and live life to the fullest.

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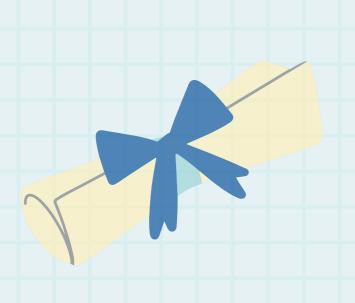


memories last forever

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Ms. Sham Al Safarani

I want to thank Google, Wikipedia, and to whoever invented copy and paste. Thank you.

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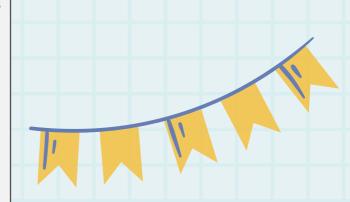
Ms. Mariam Al Arnous

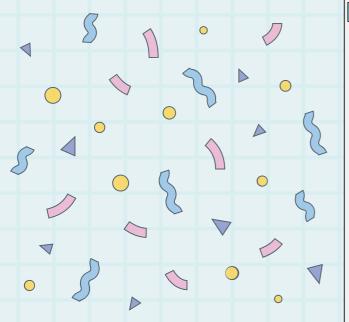
Long story short, I survived.



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Ms. Yasmina Kharbat

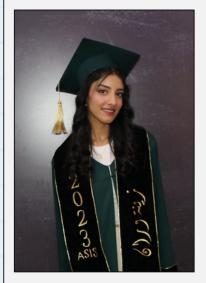
I don't even know, but i'm done

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Ms. Zaina Bin Warran

G's up Ho's down

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Ms. Yara Jaber

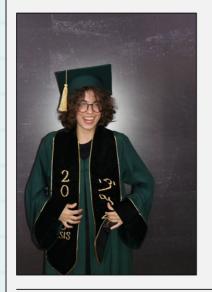
I'm a lot nicer than my school resting face. I promise.

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Ms. Tia Hamdan

Its finally time to tell you I was batman all along.

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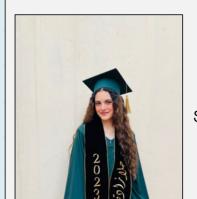
Ms. Maha Al Hayek

The way to get started is to quit talking and begin doing.

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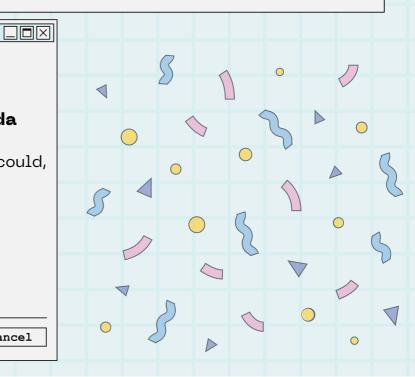
Ms. Hala Zada

She believed she could, so she did.

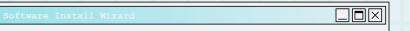
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Ms. Seham Ali Omar

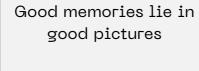
Im sorry if my words hurt you; I was just being sarcastic. That's my love language.

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Ms. Fatima Al Qudayhi

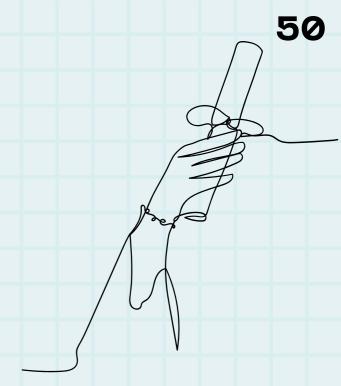
"The truth, however ugly in itself, is always curious and beautiful to seekers after it." - Agatha Christie

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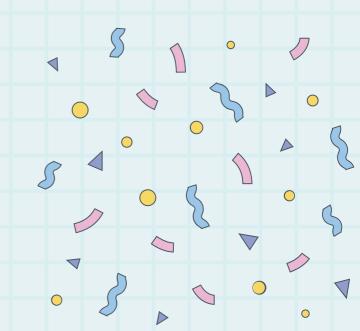




















Ms. Maya Kayali

wooo

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Ms. Lara Bassam

"Spending each day of the year, White **Ferrari....** Good times."

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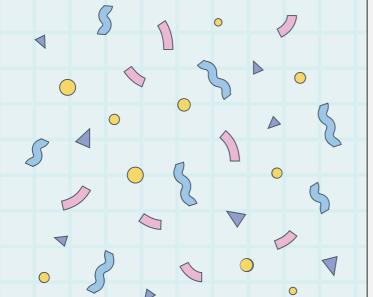
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Ms. Hana Tafesh

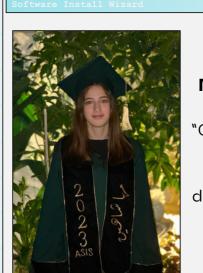
Where's my oscar for acting like everything is fine.

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I



Ms. Maha Shaheen

"Cool, cool, cool, cool, cool. No doubt, no doubt, no doubt." — Jake Peralta

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آيات مختارة من القرآن الكريم، دليل الحياة و ربيع القلوب

a de la company de la company

"وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۚ إِمَّا يَبْلُغَنَّ عِندَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَاهُمَا فَلَا تَقُل لَّهُمَا أُفَّ وَلَا تَنْهَرْهُمَا وَقُل لَّهُمَا قَوْلًا كَرِيمًا" (الإسراء)

"وَاخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُل رَّبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا" (الإسراء)

"وَجَعَلْنَا اللَّيْلَ لِبَاسًا وَجَعَلْنَا النَّهَارَ مَعَاشًا (النبأ)

"إِنَّمَا يُوَفَّى الصَّابِرُونَ أَجْرَهُم بِغَيْرِ حِسَابٍ" (الزمر)

"وَلَا تَكُونُوا كَالَّذِينَ نَسُوا اللَّهَّ فَأَنسَاهُمْ أَنفُسَهُمْ" (الحشر)

"وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ ۚ إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَٰئِكَ كَانَ عَنْهُ مَسْئُولًا" (الإسراء)

"فَإِنَّ مَعَ الْعُسْرِ يُسْرًا" (الشرح)

"وَقُلِ اعْمَلُوا فَسَيَرَى اللَّهُ عَمَلَكُمْ (التوبة)

"وَاصْبِرْ وَمَا صَبْرُكَ إِلَّا بِاللَّهِ" (النحل)

"وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ" (البقرة)

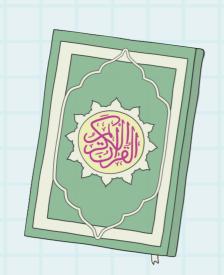
"إِنَّمَا يُوَفَّى الصَّابِرُونَ أَجْرَهُم بِغَيْرِ حِسَابٍ" (الزمر)

"وَقُولُوا لِلنَّاسِ حُسْنًا" (البقرة)

"وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَىٰ" (المائدة)

"وَلَا تَبْخَسُوا النَّاسَ أَشْيَاءَهُمْ وَلَا تَعْثَوْا فِي الْأَرْضِ مُفْسِدِينَ" (الشعراء)

"وَاعْبُدُوا اللّٰهَّ وَلَا تُشْرِكُوا بِهِ شَيْئًا ۗ وَبِالْوَالِدَيْنِ إِحْسَانًا وَبِذِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسَاكِينِ وَالْجَارِ ذِي الْقُرْبَىٰ وَالْجَارِ الْجُنُبِ وَالصَّاحِبِ بِالْجَنبِ وَابْنِ السَّبِيلِ وَمَا مَلَكَتْ أَيْمَانُكُمْ ۖ إِنَّ اللَّهَ لَا يُحِبُّ مَن كَانَ مُخْتَالًا فَخُورًا" (النحل)



What Spills out of You is What's Inside You



You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?
"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

~ Jojo Bennington

Looking forward to seeing you next year, with your cups filled with more and more gratitude and love.