

Gazette



Saint Mary's Orthodox College
ثانوية السيدة الأرثوذكسية

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Grace Memorial



You have never experienced pain until you have lost someone you love. Tuesday, December 4th was the day Earth lost a gem and heaven gained an angel. It was the day our Grace Saoud won the battle against cancer and left all her physical and mental pain in this world to move onto a state of bliss. She always emitted positive energy to everyone around her and was loved by many. As her classmates, we will forever remember Grace as our superhero and guardian angel. The following are a collection of memories of and messages for Grace by her classmates and friends.



Grace Memorial

Messages from Grace's Friends

"We have shared the greatest memories together, and had the best of times. Always with a smile she was there to support me. No words are enough to describe Grace, and if those words existed they would not give justice to who she really was. I'm going to miss our talks and spending time with you. And most of all, I'm going to miss YOU Grace." - Lea Tannous

"I still don't know what to say. Grace was the first one to immediately support my acting decision. One of the many things Grace taught me is to not waste time doing what you don't like. When we would discuss our passions (her dancing and my acting), she was the first to support my acting endeavors without questions about how feasible they are. She remains a support and an inspiration to me." - Maher Sinno.



"I had taken a study leave from my work to pursue a certification that was enforced on me. I was in the midst of the study leave and I recall dying every single day for doing something I hated. Back then, it really felt like dying. I remember very well, during August, a couple of days before Grace's birthday, we gathered ourselves and surprised her. Before Rida barged in with the cake to surprise her, I acted as my usual silly self and asked Grace when her birthday was, she told me it was in a couple of days, I told her mine was in a couple of days too and we shared a moment. She was happy when she figured we all knew when her birthday was and decided to surprise her. Days after that, I myself, spent my birthday studying for something that was killing me bit by bit. I failed my exam. Twice. The second time was days after Grace's death, and the first thing that crossed my mind was Grace. I let something as silly as an exam conquer me and kill me day after day. I was weak. Grace on the other hand, conquered the killer of many with a beam in her eyes and a shining smile. I failed my exam and smiled; We spent her last birthday together. We cut with Grace her last cake and blew her last 22 candles, to light one in heaven. I will forever carry this memory with me, to let it bring me clarity in moments of doubt." - Dania Jabal

"Even though we were always competing for the first place in class, we never had any malicious feelings towards each other. We always were happy for each other. That's how I remember Grace: happy. With everything falling down onto her, she always looked onto the bright side. She always cared for everyone. Every couple of months, Grace organized get-togethers at her house with almost everyone from our promotion. It was the only time we could see everyone as if we were back in school. She always checked up on us and force-fed us the snacks she put out. I have so many memories with Grace and to put them on paper, I'd need an anthology, but every single one of these memories was a happy one. Part of my heart was torn out on that day only for your soul to fill it again for eternity." - Rida Farhat



"I had a memory, not from long ago, about you. You see, I wanted to be able to talk to you one last time, and thank God I was able, in a dream. You were sitting there, just like I remember you in school. I told you: "it's good to have you here with us". You were confused, and you told me: "but I'm not around anymore". I replied: "nah, think twice about that". You then laughed. Know that you're everywhere, beautiful soul. Gracefully in peace, gracefully remembered." - Mahmoud Safar

"The last time I saw Grace, though she was suffering but she was never hopeless. She filled the atmosphere with positivity and optimism so profound and so contagious. I remember telling myself "That's a fighter right there!" She told us to live and enjoy life, as it's short and ever since, I've learned to absorb all what's good in life and appreciate the little things." - Sarah Kassem.

"Well she told me a hint to use in life in grade 12 when we were all so lost what to choose for our major. She told me pick something you like but not passionate about as your major then choose what you're passionate about to be your hobby so wouldn't despise your passion if you don't like your job, like the way she wanted to study pharmacy and open a dance school as a hobby." - Aya Saidi

"I'll forever be appreciative of the continuous support and enthusiasm she always gave to me. I'll never forget the hours I spent with her talking about movies and series and her trying to get me to like kpop. I'll never forget the fun we had playing basketball together during our sports sessions. There aren't enough words to express how grateful I am to have shared this time with you." - Rouba Boustami

"You taught all of us a lesson, to embrace the gift of life with love, meaning, and purpose." - Mohamad Dana.

"This world was too harsh on you. It's time to go where you've always belonged. With angels. Thank you for being someone I've always looked up to. Thank you for helping me fit in, in the new school. Thank you for walking with me from school every day. Thank you for waiting for me and for letting me hug you for one last time. Heaven is so lucky to have you. "3anjad innik bitjannine ya Grace". We will always miss you." - Marwa Alawieh

"I remember once we just laughed together for 15 minutes over the telephone. It was the kind of laughter that makes you forget about everything going wrong in your life and just focus on the moment you are in. Live in the moment. I know Grace lived till the last moment she had." - Dana Shatila.

"Life is way too precious to take for granted, I spent half my life working for things that were just not worth it." Grace Saoud - and that was the last time I saw her..." - Sama Hajj Dib

Grace will always be with us from now on wherever we go inspiring us to be successful positive influences on our society, to never give up even when everything has turned against us there will always be hope that it will get better. And by that we will keep her legacy alive. Here's to our greatest superhero.

"As a footballer, I thought that a real competition is to fight for the win and learn from the loss. Turns out the true competition is against life, and Grace won it by winning our hearts and inspiring us all." - Daniel Abbas

School Life and Activities



A New Start, A New Campus

So here we are, a new academic year and a new campus. At first, everyone thought that this move is going to be stressful; everyone thought it is going to be a hassle. However, research says that new experiences are tied to happiness, and to be quite frank, life at our new campus is SPECTACTULAR.

Here are teachers' reviews about the new campus:

- "Very spacious and adequate for the learners"
- "Provides a good learning environment and brings the learners closer together since they're only secondary learners"
- "The cafeteria is a great addition to the campus".

The system:

- "I find the new system really interesting, and it has a lot of advantages, and it is comfortable for the learners to work with".

"The system is flexible for learners where it provides them with multiple adequate schedules. It also helps implement and develop responsibility within each individual. Furthermore, the courses are more interactive and fun".

Now onto the learners' reviews on the campus:

- "Changing classes regenerates and renews our mood, and seeing everyone decorate their lockers is really fun".
- "The leisure room is amazing and really fun for venting out some stress and boredom".
- "The campus is big and spacious, and the new teaching methods and approach in dealing with our subjects are much easier".
- "I personally really like the plants found in different areas around our campus. It's nice to see green growing out in some corners, and it makes the hallways look much livelier".

The system:

- "Less pressure on most learners since they get to study for less subjects rather than have them studied all at once; therefore, learners have more time to organize and manage their study habits and get good grades. Not only that, but the system also allows us to have study groups during breaks".
- "The system is flexible. It does not put the learners under a lot of pressure since the number of subjects per quarter is way less unlike our previous years at school".

To sum it all up, life at our new campus celebrates distinctive voices, talented individuals, and determined eager minds.

By Leen Mubarak – Grade 10 – SEC



New Extra-Curricular Activities



This academic year, our school decided to provide us with new activities such as kids engineering, pound, and self-defense. The main purpose of these activities is to make learners explore their interests and learn mandatory life skills. From this perspective, I decided to enroll in a new activity which is self-defense. Self-defense demonstrates a clear vision of how to defend ourselves when strangers try to attack us. In my opinion, this activity is entertaining and boosts our energy. In addition, self-defense teaches us how to focus on our target while we are controlling our body. Also it helps prepare us for unexpected situations and helps develop increased mental and physical health. This activity keeps us active and develops our self-confidence, we also learn how to be courageous and helps relieve stress, and aids us to meet new friends from different grades and classes. Furthermore, our coach plays an important role in our activity since she provides us with new skills and techniques. She also gives us support by encouraging us to practice and to work to our full capacity. In conclusion, our school is always aiming to give us the skills that will help us improve our performance in the future.
Yasmine Alameh - Grade 7B - INT



Reina Alameh in 7A - INT said, "This scholastic year, our school has provided us with new beneficial and exciting extracurricular activities. These activities help us explore our interests, broaden our perspectives, boost our self-esteem, and deliver social opportunities. This year, I joined the self-defense activity. So far, it's building our self-confidence, developing our self-discipline, and empowering our abilities to defend ourselves in a civilized way. We train on how to stand up for ourselves and others. My coach and friends always inspire me to work up to my full potentials. In conclusion, self-defense does not allow us to only defend ourselves, but it teaches us important values such as dedication, perseverance, motivation, courage, honor, and respect."



As for **Rayan Hajj Moussa in 9A - INT** said, "I enjoy Kids engineering since it teaches us critical thinking and how to be creative by thinking outside the box. We are being innovative since we are creating advanced projects with simple everyday material."



Tamer Slim in 8B - INT said, "My activity for term 1 is Kids Engineering. This is a new activity that was added this year to the extracurricular sessions. It is full of creativity and is very entertaining. We are making projects that might seem as simple as paper planes to an observer, but in reality they are actually rockets, hot-air-balloons, and airplanes that could actually fly. I'm enjoying this session a lot, for I'm learning scientific concepts in a fun hands-on method."



Layan Kisserwan in 7B - INT reflected on the new activities by saying, "When we received the email at the beginning of the year about the new activities, I was beyond excited to try one of them, and I chose pound. Although at first it didn't meet up to my expectations, eventually session after session I started enjoying my time a lot and participating fully. I like the instructor and how she pushes us to perform our best. I actually wait for the Wednesday activity hour to release all the energy and have fun. Pound is an interesting activity that is at the same time beneficial. That's why I really encourage everybody to try it."



As for **Lynn Hammoud in 7C - INT** reflected, "Pound is a simple yet enjoyable activity which is easy and fun to learn. It is a combination of dancing and exercising at the same time while using tall green sticks called rib sticks. In this activity, we learn how to work as a team and how to take care of our body by exercising. We start the session by warming up so that our muscles would be relaxed while dancing. Then after that, we perform the steps that we have learned in the previous session. Then Miss Lena, our pound instructor teaches us new steps which might be hard at the beginning, but at the end of the session would be mastered through practice. When we are done practicing, we take a break before we cool down and go home. At the end of each training, we leave elatedly and full of excitement thinking about our next session."



L'apprentissage par interaction

Comme l'avait si bien dit Steve Jobs :

« La seule façon de faire du bon travail c'est d'aimer ce que vous faites... ».

Comme vous le savez, l'un des objectifs principaux de l'apprentissage du français est la communication à travers l'interaction. En tant qu'éducateurs, nous sommes toujours censés adopter de nouvelles méthodologies et techniques de travail pour promouvoir un apprentissage plus efficace, adapté aux besoins des apprenants. Par exemple, l'intérêt majeur du tableau blanc interactif (TBI) est de favoriser l'interactivité entre enseignants et apprenants. Cet outil suscite la curiosité et l'intérêt des enfants et rend les enseignements plus ludiques et stimulants. Les apprenants des classes EB6 ont eu l'opportunité de profiter de l'outil TBI à travers la manipulation d'activités interactives concernant une notion grammaticale « Le COD/COI ». Le bénéfice était visible sur l'attention et la concentration des apprenants. Ils étaient motivés et heureux durant l'activité de grammaire et ont apprécié le travail en groupe. Grâce à l'interaction, ils ont pu acquérir d'une manière différente ou plutôt ludique, des notions déjà expliquées en classe.

Madame Rana Ghosn Enseignante de Français



Le jeu de rôle : entre le loisir et l'apprentissage

À l'instar de la dramatisation, le jeu de rôle invite les apprenants à endosser le rôle d'un personnage, réel ou imaginaire, dans des situations fictives préétablies. Ces situations peuvent être réalistes et encouragent les apprenants à reproduire de manière « authentique » des scènes de la vie quotidienne ; elles peuvent également s'apparenter à des sketches dans lesquels les traits physiques et psychologiques des personnages sont volontairement grossis sous forme de caricatures. Cette méthode pédagogique est un moyen de rendre les apprenants encore plus outillés linguistiquement, plus actifs, plus créatifs et de les motiver en mettant l'accent sur le développement de la compétence conversationnelle.

Cet événement de communication peut être préparé par les apprenants, tout en laissant une marge à l'improvisation sans laquelle le jeu de rôle ne serait pas formateur et ne permettrait pas de travailler sur un des éléments essentiels de l'interaction réelle, à savoir l'aptitude à réagir à l'imprévu.

Voici des exemples de jeux de rôles auxquels les apprenants sont invités à participer :

- Vous êtes dans une boutique de cadeaux désirant acheter un cadeau à l'occasion de la fête des mères. En vous aidant de la liste de mots distribuée, vous décrivez à la vendeuse le goût de votre mère, vous vous renseignez sur les prix, vous choisissez un cadeau et vous payez.

- Votre ami a envie de s'inscrire dans un club de sport. Vous essayez de le convaincre de suivre des cours de français au centre culturel français.

Nos apprenants se plaisent beaucoup durant ces activités qui constituent pour eux des moments d'imagination, de détente et d'évasion, et qui les aident surtout à comprendre la réalité et à affronter leurs inquiétudes envers l'inconnu.

Madame Sahar Kaake Enseignante de Français



DELFL

Autrefois, on disait : « Qui connaît une langue, ira à Rome ». En d'autres termes, si une personne pratique au moins une langue étrangère, ceci lui ouvrira plus d'horizons pour mieux réussir sa vie tant au niveau professionnel ou social.

L'acquisition de langues étrangères est une nécessité de nos jours : tout le monde a besoin de parler ou d'écrire au moins trois langues différentes pour s'exposer au monde extérieur qui devient de plus en plus exigeant. A SMOC, les apprenants profitent, depuis les classes maternelles, de l'apprentissage de deux langues étrangères. En plus de l'Arabe, ils apprennent le Français et l'Anglais. Au niveau du Français, les apprenants présentent les épreuves du DELF junior et obtiennent des diplômes officiels délivrés par le Ministère Français de l'Education Nationale. Les apprenants d'EB6 présentent le DELF A1 et

ceux d'EB8 le DELF A2. Quant aux apprenants de la classe de seconde (Sophomore), ils ont l'opportunité d'obtenir le DELF B1 qui leur permet d'être mieux préparés aux épreuves du DELF B2, niveau qualifiant aux études dans des universités francophones partout au monde. Apprendre le français n'est pas seulement apprendre à écrire et à parler mais aussi être capable de réfléchir et d'échanger, être capable de raisonner, de résoudre des problèmes, de prendre des décisions dans un cadre différent de celui dans lequel les apprenants vivent et grandissent.

Madame Lena Haidar Enseignante de Français

Picture Perfect



A Tribute to Our Homeland

This year on the 21st of November, a day before The Lebanese Independence Day, the ninth graders worked together on an event to pay tribute to the land that has been a home to our families for hundreds of generations, and that is still standing quite strong against all odds. As the eldest learners at SMOC at the moment, we wanted to set an example for our younger peers and help shed a light on the significance of patriotism and appreciate our native roots. Luckily, we managed to recruit many learners, and we worked together on preparing the event in an organized manner. The effort that everyone put into perfecting each performance, even ones that aren't their own, really embodied the sense of unity that

Lebanese people share even at such a young age. The event was rich with poems written by learners for the occasion, songs that represent our beloved country, speeches, and of course the famous dabkeh which so many children took part in. As learners and Lebanon's future, we must pay homage to our country through minimal actions every day, and this event was organized so that we could collect all the love each one of us has for our cedar covered home and form one tremendous act of saluting what was once the foundation of a beautiful land and now built up and guarded by the community that resides on its soil.

Renn Zahreddine – Grade 9A – INT



Lebanese Day Celebration



Christmas Event



هدف الإحتفاء بالأعياد في ثانوية السيّدة الأرتوذكسيّة

يعتقد معظم الناس أنّ هدف المدرسة الأساسيّ إنّما هو تعليم الأولاد فقط لا غير. يعتقدون أنّ واجب المعلم أو المعلمة محدود بإدارة الصفّ ونقل المعرفة. هذا مفهوم خاطئ كون المدرسة، منطقيًا وأخلاقيًا، غير قادرة على التغاضي عن فرادة كلّ شخص يرتادها. هي ملزمة بتربيته تربية متكاملة، مساهمة في نموّه المتوازن على كلّ الصعد الأخلاقية، الثقافيّة، الدينيّة، الروحيّة، الاجتماعيّة والوطنية. من هنا، تصبح المدرسة مثاليًا يدرّب المتعلمين على القيم عبر نشاطات لاصقيّة كالإحتفاء بالأعياد.

فيمناسبة عيد القديسة بربرة، شارك المتعلمون في نشاطات مختلفة تهدف إلى فهم معنى العيد والأمنوات التي يقدهمها. القديسة ولدت وعاشت في بعلبك - في لبنان - لم تنتكّر لمن أحبّت بل لمن أراد إجبارها على التصنّع والتعبّد للاصنام. أثرت الحقيقة مزدرية بكلّ ما هو كذب وغشّ. فرح صغار الرّوضات بالألقنة التي صنعوها ولكنهم فهموا ضرورة المحافظة على وجوههم الحقيقيّين. أمّا الكبار، فيبعد مناقشة قضيّتها، تعلموا قيمة الدّفاع عن

رئيس دائرة الفلسفة ريمون الملحم



Talents



Hidden Talents in our School

Representing my beautiful country in the World Kickboxing Championship was a dream to me. When I was named to go to Athens-Greece to participate in the World Championship, I had a glorious feeling, but at the same time I felt the huge responsibility.

Three months before traveling, I trained well, worked hard to keep myself highly fit, and learned more techniques.

I left Lebanon with pride, accompanied with my family and other champions. During the opening ceremony, and while I was entering with the Lebanese team to the hall waving the Lebanese flag, I felt the glory of being Lebanese. All the audience was clapping and cheering for us.

The games started and lasted for a whole week. It was not easy to win, especially when we noticed how other national champions are trained and dedicated to the game like the German team. All the games were challenging, but at the end I made it. I won and got the medal with me to Lebanon.

At the end, other than playing and winning, it was really a pleasure to me to make new friends from different nationalities, and no doubt I had fun in Greece.

Mohammad Kabbani – Grade 9B – INT



Jude Bou Karroum our learner in grade 7A participated in a swimming tournament which took place in Qatar. Jude made us all proud when he returned with medals and a trophy for being the best swimmer in his age group. He will be participating in another international championship in Dubai, The Hamilton Aquatics winter long course this year as well. We wish him the best of luck to come back with more medals and to break the record in his age group.

Joud Bou Karroum – 7A – INT



What is dance to you? To us, dance is more than just a hobby, it is our passion. We've been dancing for almost 4 years and our love for it is growing every second. A misconception that most people have about dance is that you have to follow certain steps to make a perfect choreography; it is true but is that what it's all about? The answer is no because dance is about moving yourself and taking out whatever type of energy conserved inside of you be it positive or negative energy and manifesting it into something beautiful. Yet most importantly, dance is about enjoying your time. For some reason, when we dance we get a feeling of joy that can't be replaced by anything in this world. Over the years, dance has taught us discipline, determination, team work, and above all, it has made us feel more confident. Therefore, we encourage each and every one of you to try this activity, for we think it is the best.

Dina Abou Ghali and Lea Murad – Grade 8D – INT



I have been enjoying playing the guitar with the conservatory for four years. The guitar helps me express myself through music. It has been a wonderful time, and I love doing it. In my opinion music is important for nourishing the soul.

Ahmad Moughrabi – 9A – INT

Talents around Us

"If you have a talent, use it in every which way possible. Don't hoard it; don't dole it out like a miser. Spend it lavishly like a millionaire intent on going broke." We must always value our capabilities and talents, for they are what make you truly unique.

A little girl who discovered her passion for Art when her mother calmed her down by giving her crayons and papers in her grumpy times, Razan's skills have flourished and became a passionate two-year professional artist. She portrays art as her companion from childhood which evolved as she nourished it with training and practice. "The best part in working on an art piece is the first and last part," Razan states. According to Razan, the first part embodies freedom to do whatever she desires and to be as creative as possible; "there are no limits to art," she implies. Razan also stresses on the beauty of the last part where she finalizes her piece and adds her finishing touches as her masterpiece comes to life. Razan is an ambitious artist who hopes she can incorporate art in her future major; nevertheless, her love for art will always push her to professionally continue practicing her passion. **Razan Oweini-Junior GS**



Razan Oweini (Junior GS) has also found herself between music sheets and melodies. Oweini has been practicing the piano for 6 years, ever since she received a piano and that was at the age of 9 which she labels as the "best gift she has ever gotten." Razan depends on her insatiable daily burst of stress relief as her fingers race the piano. "A day cannot pass without me playing the piano," she admits. The ancient instrument has taught Razan how life can be sweet and sour, when you join both experiences they become a beautiful life journey in which there are ups and downs just like there are high and low notes in a mesmerizing musical piece. Razan expresses the joy of finalizing her piece accompanied by the urge to listen to her fingers echo what she feels in the musical piece repeatedly. Finally, what intrigues Razan the most in the art of music is that when she plays a piece in front of different individuals, each person perceives the melody and the message behind it differently as to shed the lights on how unique music is.



Yasmine Abdel Ghani, a junior LS student, started off singing as a hobby when she was young. It all began when she started singing in the school choir as the youngest student which added to her knowledge in music and songs that reflect our Lebanese heritage. She later embarked on a journey of grasping any opportunity to sing. Class talent show, class projects, Mother's Day event, and so much more events allowed Yasmine to burst out of her shy bubble and let the world hear her voice. Yasmine remarkably highlights the event where SMOC's choir honored the icon Elias El Rahbani in a ceremony where she sang a solo previously orchestrated by El Rahbani. Abdel Ghani has recently decided to take her hobby one step further and pursue it professionally, where she joined the conservatoire. "Thankfully, I do see a progress in my voice and abilities," Yasmine states. Abdel Ghani modestly understands that she is not an expert but follows her life mantra "if it makes you happy, do it," Yasmine proudly sings and enjoys her melodic voice.

By Sabine Farhat
Grade 11 – SEC



A passion for art was planted in the heart of Lana Sweidan (Junior SE) at a very young age. She started drawing when she was only 6 years old. It was her grandfather the one who encouraged her

to attend her first art class. "And from that very first class, I fell in love with drawing and painting," Lana stated. She attended art classes weekly for the first couple of years; however, she lost interest and stopped for a while. After that break, her drawing wheels began rolling again, and it was then when she realized her love and passion for art where she realized that it can be therapeutic and destressing. Art, according to Lana, is a way of expressing one's emotions, and that is one of the many reasons why she fell in love with painting. When she was asked what the best part while drawing was, she answered that the best part is when she gets to see her art skills improving with every painting, igniting her love for art even more. The feeling of satisfaction that Lana gets when she finishes her painting is described as an "irreplaceable feeling". She definitely plans on including her talent in her future plans, for she looks forward to studying fashion design. A passion for art continues to bloom and flourish within a pure heart and will flower its way along the path.

By Razan Oweini
Junior – GS





1- When and how did you discover your talent and passion for playing the electric guitar?

I discovered my passion for rock music 3 years ago when I came across a rock song on the internet. I was very amazed by the electric guitar as an instrument because it's one of the main elements of a rock song, so I decided I wanted to learn how to play it.

2- When did you start playing the electric guitar?

When I got attracted to electric guitars, I became very determined to buy one and learn how to play it. At first, I thought that my parents wouldn't encourage it. However, my father became very supportive of my decision and promised to buy me a guitar if I get a high grade in Brevet. Consequently, I worked very hard to achieve the grade I wanted, and as a result, I was able to get my very first guitar in June of 2017, and I have never missed a day of practice since.

By Yara Harb - Grade 11 - SEC



We are very proud of the numerous sports achievements attained by our SMOC learners. Their dedication, sportsmanship, and passion have yielded outstanding results over the past few weeks. For instance, Nadim Ghossaini got 3rd place in the USJ Swimming Competition. The Girls Varsity team fought bravely in two basketball tournaments in LAU and USJ and won first place in both. Moreover, the Boys Basketball Varsity team came in 3rd place with their excellent team spirit and drive to win.

Nadine Abou Ammo Sleiman

Sinar Zaito

It is a typical day at Saint Mary's Orthodox College. The bell had rung signaling recess time. Children are playing happily, some eating their sandwiches, others running, while others are talking in groups. If you look closer, you would see children huddled around an eleven-year-old boy solving a Rubik's Cube in less than a minute. Sinar Zaito, an extraordinary boy, has dazzled his friends and teachers alike with his ingenuity.

Who is Sinar Zaito? Sinar is a sixth grader who can easily be identified as a Math Genius. He is the youngest recipient of The Spirit of Ramanujan Award, an award given to those gifted in Mathematics. Sinar has completed the school's mathematics curriculum and is now taking graduate level mathematics courses at the American University of Beirut. According to Professor Wissam Raji, Chairman of the Department of Mathematics at the American University of Beirut, Sinar is a genius; he has the ability to grasp easily complex mathematical concepts taken at the university level.

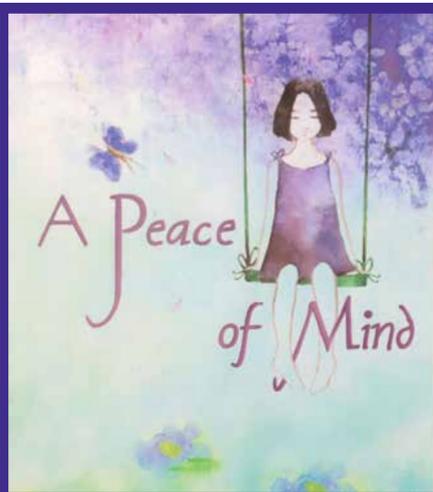
According to his teachers, Sinar has a passion for knowledge. He craves knowledge, does not rest until he gets to the bottom of things. He enjoys challenges; this is further proven by his interest in the Japanese language, one of the most difficult languages, whereby he has learned the language on his own. His English teacher says that Sinar is a very resourceful learner who loves to participate in class and eagerly provides her with the origin of words or how they are pronounced in other languages. The Arabic teacher says that Sinar goes to AUB during her sessions; however, during the correction of exercises, Sinar is able to understand the lesson well; he even analyzes creative ideas scientifically. According to his Science teacher, Sinar



saves the day by reminding them of concepts they had taken in the university and rarely come upon in class. Sinar always asks intriguing questions and insists on getting answers to his questions. Sinar also likes acting out in plays. With a group of friends, he acted out a play about bullying, and he was quite assertive on stage. Last but not least, what also makes Sinar unique is that he keeps a low profile and does not brag about his knowledge in class. Way to go, Sinar! We are all super proud of you and hope that you will one day discover something that would surely help mankind in some way or another! Check the link below to know more about the award Sinar has received.

<https://globenewswire.com/news-release/2018/12/05/1662523/0/en/The-Spirit-of-Ramanujan-Announces-Two-More-2019-Templeton-Ramanujan-Fellowship-Winners.html>

Mrs. Rima Timani



Leen Mubarak: The 15-Year-Old Author

Meet Leen Mubarak, a friend of ours who simply had a vision and applied it. In Leen's own words, "I made the book because I felt the need to share my poems since they are words I couldn't say, so I wrote them instead".

What inspired you?

- "Life itself was the best inspiration because everyday we encounter obstacles, but we don't always know how to get through them, so I resort to my only comfort; writing".

Do you plan on making more books in the near future?

- "Yes, I definitely want to make more books, and they might not be only books composed of poems, but they might include stories too".

How was the feedback and how did you feel about it?

- "The reaction was very positive, and everyone really liked the book. I'm grateful for the support I received from my friends and family".

Does the book completely reflect your personality and potential?

- "This book doesn't reflect my entire personality but a part of it, and it mostly reflects my thoughts and perception of my surrounding".

Is there anything you would like to add?

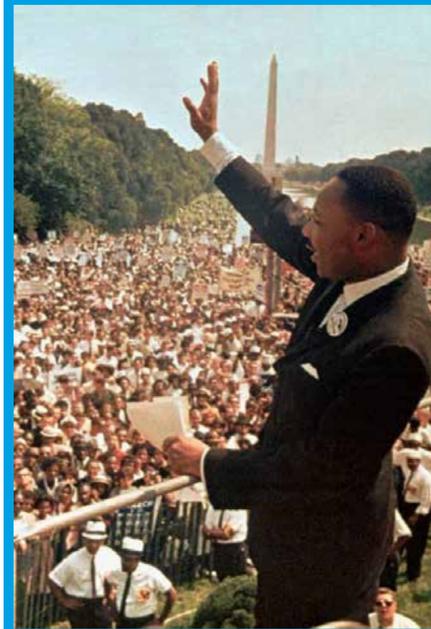
- "The only thing that I would like to add is that I really encourage anyone with a passion for writing to keep a journal or agenda because it really improves your writing skills and it keeps track of your thoughts".

Leen is a great example of someone who had a passion and followed it. We should all follow our passions since we can truly create something beautiful. All the best to you Leen!

Adam Harb - Grade 10 - SEC

The Writer in You

I Have a Dream



I have a dream that one day Lebanon will rise. I have a dream that one day we will become a first world country. I have a dream that the world's greatest leaders will one day look at us and say, "now that's a country to compete with."

Lebanon has the potential.
Lebanon has the people.
Lebanon has the brains.

And if it is will that we lack, then we must train ourselves and guide ourselves to find that will that lies within us and ignite its way. I am saddened today because it remains unrealized that when there is a will there is a way. I feel envious when I hear about other countries' accomplishments, I feel terrible sorrow when I see how careless our society has become, and I feel disheartened when I find myself too small to change a country. Yet, I dream that one day Our Lebanon will rise. I believe that it is not only me who has this dream, for there are many of us out there who dream the same dream. Imagine how happy we will be if we achieve this dream, imagine how respected we will be by others, imagine what we can achieve if we unite.

I have a dream that one day Lebanon will rise.

Mohamad Zreik
10 - GLS - T2



الحق في التعليم

على الرغم من اعلان حقوق الطفل الذي يقرّ بالحق في التعليم للجميع، لا تزال نرى الكثير من الأطفال والقاصرين يعملون في المصحات أو يشحنون على الطرقات بدلاً من الذهاب إلى المدرسة. ومع زيادة الأقساط المدرسية، وتدهور الأوضاع الاقتصادية، ازدادت هذه الأزمة وتفاقت وأصبحت ظاهرة خطيرة. إنّ الحق في التعليم المجاني واجب على الدولة، كما أنّ تحديث المناهج في مدارسنا وتطويرها لتحفيز المتعلمين على الابداع واطهار مواهبهم تماشياً مع البرامج العالمية ضرورة يجب الإسراع في وضع خطة عمل ناجحة لها وتنفيذها لما يساعد المتعلم على الابداع وليس فقط على التلقين والحفظ. التعليم حقّ للأطفال واستثمار لمستقبلهم ومستقبلنا ولبناء مجتمع سليم ومزدهر.

نور الأعور
الثامن - أ



Our fight

*I always think about my choices if they're wrong or right
And I always think about the words I told you during our fight
And how we were out of each other's sight
Right after we had it that night
You were always the one who shone bright
And I was just watching you and your light
And everything I write
Is about you for you are always on my mind, alright?
You were the highlight
Of my life and I could reach you even by a candle-light
In a dark path that is tight
And if I made a slight
Movement I could risk my might
But I continued despite*

Because all I wanted was to reach you and tell you that I will never leave you but you had already left and above it all you left with delight.



Happy 😊

*This is a story about Happy.
The saddest guy around.
He hid depression inside,
A smile was always to be found.
Happy struggled with life.
Happy struggled with love.
He was the ugliest guy around,
But his intelligence kept him above.
One chilly day, he confessed to his love
That he adored her and admired her too!
She simply said, "Yuck!"
"I'd date anyone, but you!"
Happy was heartbroken, Happy was sad.
Happy had anxiety and was always mad.
One snowy day, he made a decision.
The razorblade was the remedy of derision.
Happy was certain, Happy was sure
That all this would end with a blur.
He held out his arm, firm and strong.
He knew for a fact that he did not belong.
This is a story about Sad.
The happiest guy around.
He confessed to his crush that he loved her.
"Ew! I'd date anyone, but you!"*

Moustafa Jammoul – 9C – INT

Home's pain

*I'm homesick
And I'm tearing down every brick
Of the wall, I've built inside
Where I put my country aside
To not remember the pain it's gone through
For it had nothing to do
With it breaking apart
It was the other countries who tore its art
Who knew that we could succeed
But they did another deed
They ruled us, the other
Countries and they made us suffer
Because the world is like that now
Others being hurt not wondering how
But is it really the world to blame?
What if the people are the shame?
All that's happening was because of them
It all started because of them
Especially when greed got the best of them
And now all they do is sit and watch what's around them
Like millions of innocent people are dying
And others starving
And the rest of the world is just running
Away to save themselves from the hunting
That all the dominators are doing
For all they ever wanted was their own well-being
As if they weren't seeing
What was happening
To the people that are dying
Because of their fighting
I'm homesick
And I'm tearing down every brick
Of the wall that I've built inside
Where I put my country aside
To not remember the pain they put us through*

Sama Nadousi – 9A – INT

Deadly Passion

In a world where the sight of a guitar or the mischievous whistles of a clarinet were nothing but bad omens, lived a boy, who saw these instruments as home. To him, home was not his house, but the shock of the cold strings stretched across a guitar against his hands, or the smooth landscape of a piano beneath his fingertips, completely under his command.

A few years back, his passion became illegal in light of the discovery of a toxic compound that every physical musical instrument emitted with the caress of a key or the swift touch of a breeze through an orifice. Yet, he still tended to the embers of this passion because not only was he gravitated towards it, but he was utterly compelled by it - mesmerized.

Though in secret, behind steel walls, and under several layers of concrete, the flame still glowed scorching white. He tried his best so that the only person put in danger because of his unfortunate circumstances was himself. But, these measures were to little avail. Eventually, he realized that the chemical had been seeping deeper into his bones with every note sung or strummed, and therefore spreading among his peers and family members alike. Fortunately, the chemical only killed in large doses, so logically one would think that he would simply stop as soon as he ventured upon putting others in danger.

Well, he did not.

One could argue, by now, that the fires of his passion burned an ugly black, fueled by ugly desire and selfishness. Yet, these embers were not selfish. They were fueled by nothing but innocence, the candle they take life from trapping millions of stars in its sparkling wax. For his passion was only a result of his finding solace in these deadly notes. He did not strive for fame, or applause, only the steady beating of his heart. This danger - to him - it was safe.

At this point, it had been made clear that his love for these instruments would kill him, one day or the next. Was it his fault, though? To be cursed with this wretched passion that still gleamed under the beautiful glow of a cluster of stars even with all the death it could cause? Again I will stress, that this fire was the purest one's passion could muster.

And with that, came this boy's end. The purest of fires have always been the deadliest.

He was found lying peacefully in a meadow so lively it seemed like his chest was still rising and falling. Surrounded by a bed of tulips, three crows looking upon him in - not shame - but in pride. For he had done what so little could; he found love on his own. And he died with it oozing melodically, rhythmically out of his heart and into his bloodstream.

Do not criticize him for not finding another home. For this seed planted within him since birth would have led to his demise one way or another, even if he did not water it. It would have grown with blood instead of water coursing through its veins and would have bled him dry - leaving him only a shell of the man he could have been.

He was not selfish - nor was he selfless.

He was merely given no other choice.

Riwa Tabajja - 9C - INT



الأطفال واللغة العربية

تتعرّض اللغة العربية لغزو ثقافي قد يؤدي إلى اندثارها ولا سيما أنّ الجيل الصاعد لا يتقنها كتابة، كما أنّه لا يستخدمها في محادثاته اليومية. هذا بالإضافة إلى ندرة الحاجة إليها والإستعاضة عنها بلغات أجنبية أخرى كالفرنسية والإنجليزية. يستخدم الكثير من اللبنانيين اللغات الأجنبية للتحدّث فيما بينهم على اعتبار أنّ ذلك دليل ثقافة وتقدّم، لكنّ ذلك في الواقع يدلّ أنّهم يجهلون أهميّة لغتهم وجمال معانيها. على كلّ واحد منّا الافتخار بلغته العربية لأنّها لغتنا الأمّ.

سارة أبو شقرا
الشابع - د

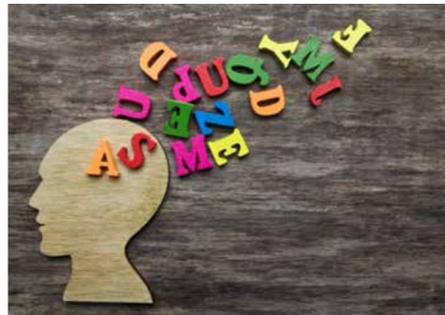
الطّابة

الطّابة حقّ من الحقوق الأساسية لكلّ إنسان. لكن، للأسف، في بلدي لبنان أصبحت الصّحة تارة مريحة للبعض على حساب المواطنين حتّى باتت الطّابة حقّاً مسلوباً لفتّة كبيرة من اللبنانيين.

فبين رفض المستشفيات قبول المريض على حساب وزارة الصّحة وبين عدم الإنصاف في توزيع الخدمات الصّحيّة، بات اللبناني إنّما يموت على أبواب المستشفيات أو يصارع المرض حتّى الموت كون العلاج بالغ التّكلفة.

لذا أناشد رئيس جمهوريتنا والقيّمين على وزارة الصّحة الإلتفات إلى ما وصلنا إليه والعمل على إصلاحه رافة بفقراء بلادي، تفهيم الأمراض المتأبّئة والمدفوعة الثمن التي يصارعونها في هذا البلد.

إياد زين - الأساسيّ الرّابع



Confidence in a Chest

Who knew that a little mirror could change you so much?

Two weeks ago, I was sitting on my desk fidgeting with my fingers when my father came in, gave me a little chest and said, "Everything you need is inside this chest." It was a beautiful chest, very intricately designed, and it had streaks of color all over it. I felt exhilarated to open it, but I realized it was locked! This made me skeptical, but I soon found a keyhole in it. My inability to open the chest made me indignant at first, yet I didn't give up on trying. After a few minutes, I read a note that said, "Come outside, we're going somewhere where you might find the key."

I felt happy because that was a way I could find the key. I rushed outside and got in the car with my whole family and made sure that I was holding my chest. After a while, Mom announced that we were going to a party at my grandparents'. I was excited because Grandpa was a mechanical engineer, which meant he could help me with the key of the chest since he was leading the party. As soon as we got there, I rushed downstairs to my grandfather's workshop and spotted him working on a music box. After a little conversation, I asked him to help me open the little box. He told me that the key was on The Mystical Tree outside, so I thanked him and rushed outside. After looking all around the park, I found a huge, glowing tree and knew that tree was The Mystical Tree. I rushed towards it, only to see it disappear! I saw a note on the ground where the tree was before it disappeared that said, "This tree changes its location every ten minutes."

I hurried to find where its next location would be, but I never was able to seize the key, but I didn't give up. I kept going until I got to a sign that said: "CAUTION! This tree is going to another dimension." I hesitated for a minute, but in the end, stepped into the portal. It was cold, and the portal was fully white that I felt like it was light. I finally landed, but I was surprised since it looked like a normal forest, with normal animals and weather, but I was only thinking about the tree. I kept walking, and in the end, found the tree! I screamed of happiness, but it was too early to celebrate. I rushed as fast as I could when I saw the tree starting to disappear. I was going the fastest that I started breathing very heavily and was panting, but it all was worth it when I caught the key! I was so exhilarated and began to try open the box. When it opened, I didn't find anything in it except for a mirror. I was skeptical. Why would I have gone such a long way to just open this chest which only contains a mirror? After hours of staring into it, I read something carved in the designs on the outside that appeared when I opened the box, and it said, "All you need is you!" I realized that believing in yourself is very important and started becoming more confident.

In conclusion, I realized that self-confidence is very important and you should always believe in yourself.

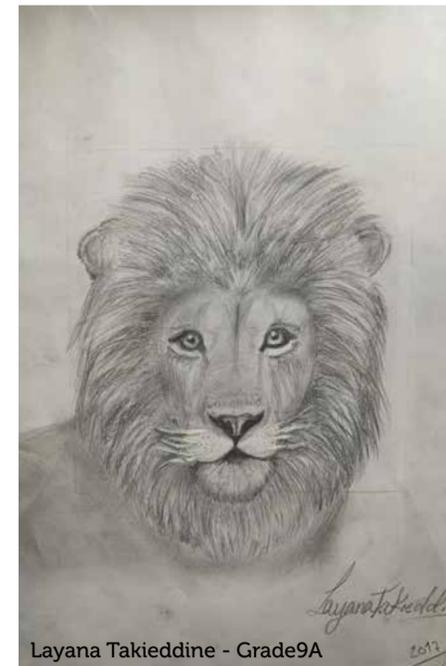
Mona Yassine - Grade 7D - INT



The Painter in You



Karma Abi Faraj - Grade 6D



Layana Takieddine - Grade9A

WE ONLY SEE HALF
OF PEOPLE
OF THE WORLD
OF OURSELVES



Tala Hussein - Grade 8A



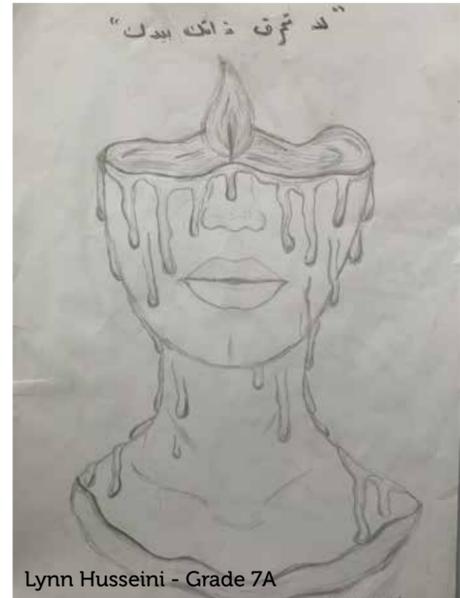
Jawad Abdallah - Grade 2D



Rita Chriti - Grade 6B



Layana Takieddine - Grade9A



Lynn Hussein - Grade 7A



Reina Chriti - Grade 6C

Awareness



Safe Play Campaign

Play is considered a very important element in a child's development. It has benefits that cover all aspects of their development: the cognitive, physical, social, and emotional. Play also has an uncommon role in learning, and it gives the children the opportunity to resist predetermined goals, learn to tolerate uncertainty, and welcome diversity. At this age, children's learning emerges from a place of play, and I believe here is where they learn the most. During the month of November, we decided to organize a "Safe Play" campaign in which different objectives were indirectly delivered through fun awareness activities. Learners watched the movie "On the Playground", where they were able to identify the risky and dangerous actions they might do in the playground as well as knowing the safest way to play. They also did the "Safety in the Playground" booklet and were asked to draw risky actions they might do in the playground. The learners shared their drawings with their friends explaining their illustrated risks. Then, using the red marker they crossed the wrong and dangerous actions that they should avoid. After the activity was done, the teacher alongside the learners came up with a set of safety rules for a safe playtime. The aim of this activity was to help learners recognize situations that might threaten their safety and well-being in the playground and to explore actions that help make the school playground a healthy, safe and active place. Moreover, the learners played a sorting game where they had to classify pictures showing different situations of playing. Some situations reflected improper play while others reflected proper and safe play. Learners discussed all situations and evaluated them before sorting them into acceptable or unacceptable actions. Then the teacher explained to learners the proper uses of their hands and the necessity of avoiding misusing them. In conclusion, playing is very essential to preschoolers because it contributes to their cognitive, physical, social, and emotional well-being. It is through play that they, at a very early age, engage and interact in the world around them. Play allows them to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in combination with other children or with their teachers. However, we as educators sometimes wonder how we can defend play and make it safe to learners. Knowing that play time must be respected and nurtured calls for efforts to preserve opportunities for safe play for young children.



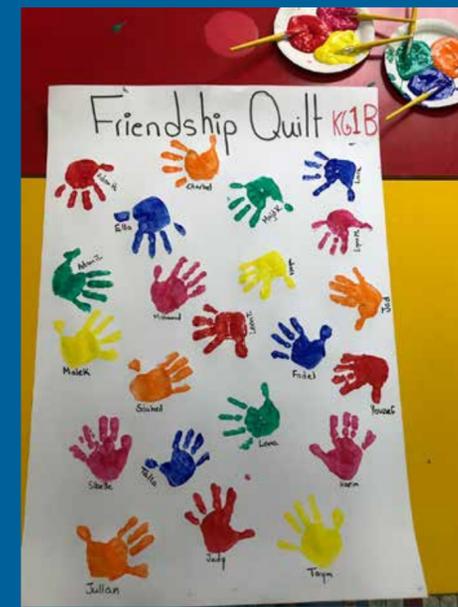
Nada Tiba - KG2 B Homeroom teacher

Think-spire, Ink-spire

Instilling moral values at a young age is a top priority in the Preschool Division since it helps paving the way for our learners to become future citizens. The "Awareness Program" journey began as preschoolers engaged in many appealing activities inspired by the new school theme "Ink Your Thoughts" which dealt with various topics such as the freedom of expression, courage to express oneself using different modes of expression, thinking outside the box, and finding their voice and pitching their ideas. KG1 classes were entitled to a variety of activities that allowed everyone to value the importance of friendship. Learners sang a song related to the topic then they drew their best friends. Finally, they worked together to prepare a friendship quilt using their handprints. Furthermore, KG2 classes read an interesting story called "The Thinking Hat", then they prepared a hat where they portrayed their emotions and feelings. Afterwards, they danced freely to the music and expressed how they were feeling using body language. Finally, every learner drew different emotions. As for KG3 classes, learners participated with great excitement in a variety of activities that helped them get more in touch with their feelings. First, learners watched a movie that tackled different ways of expressing emotions. Next, learners engaged in the "Feeling Clock" game where they had to choose the "emoji" that represents their current feeling and explain what makes them feel this way. Then, everyone observed different situations and tried to interpret how each character feels.

All the above activities were completed successfully by preschoolers in an enjoyable and pleasurable environment to arrive to the final destination which is an understanding of the theme "Ink Your Thoughts".

Wafaa Kebbé & Yourna Alameh (English Teachers - KG3)



A Step Forward

Career Guidance Sessions for Grade 9

Career Guidance Sessions for Grade 9
Since the school has adopted a new system of courses, we – grade 9 learners, have been asked to do some introspection to discover our desires for possible future careers in order to enroll in the appropriate path.
Many of us still don't know what we aspire to be when we grow up, and this is okay! However, our school has facilitated this decision by guiding us professionally. They asked The Council Leadership Academy which offers career guidance to come to our school and aid us in our decision.
First, grade 9 learners attended a meeting held in the auditorium where two speakers gave a presentation about colleges, SATs, college applications, job requirements, and much more! Then, we were asked to fill in a questionnaire and gather our answers in specific columns.
Soon, we will receive the results that will help lead us on the right path to our dream careers. We are all looking forward to find out our results.

Lara Alameh - 9C - INT



العملية الانتخابية

في إطار خوض تجربة العملية الانتخابية، عاش متعلمو المرحلة الثانوية الديمقراطية من خلال انتخابات مجلس المتعلمين التي جرت في حرم ثانوية السيدة الأثوذكسية- سليم سلام، في أجواء سادت فيها قيم العدالة والمساواة وطغت عليها ثقافة المشاركة والوعي المدني عند المتعلمين.
انطلاقاً من غرس المبادئ المدنية في نفوس المتعلمين، بهدف منحهم فرصة اختيار من يمثلهم في مجلس المدرسة وتدريبهم على الحياة السياسية الديمقراطية في المستقبل، تم تحضيرهم لخوض تجربة الانتخابات بكل مراحلها.
تم فتح باب قبول طلبات الترشح، فأعلن عدد من المتعلمين ترشحهم وباشروا بوضع برامجهم وتنظيم حملاتهم الانتخابية. وقد تعاون المرشحون والمتعلمون معاً بطريقة فعالة ما ساعد في بث روح المنافسة التربوية، فقدّمت خطط مميزة ودعايات انتخابية، حيث زينت جدران المدرسة بلافتات مميزة لشعارات وصور المرشحين، وضح مسرح المدرسة بالمؤتمرات الضخمة والمناظرات الانتخابية الحماسية.

وبغية التطبيق الميداني للقسم النظري من مادة التربية الوطنية والتثنية المدنية حول الانتخابات والديمقراطية، وياشرف معلمة المادة، التينة رولا عطار، قام طلاب الصف الثاني الثالث بكل فروعهم بتنظيم هذه الانتخابات، بدءاً من تحديد لوائح المرشحين وتنظيم أقلام الإقتراع بحسب الفروع، وصولاً إلى إعداد صناديق الإقتراع وتصميم المعازل لتحقيق سرية الإقتراع. وقام عدد من المتعلمين الذين لم يترشحوا بالمشاركة في العملية الانتخابية عبر تجسيد أدوار رؤساء الأقسام ومساعدتهم ومراقبي هذه العملية. كما وتشكلت لجان لفرز الأصوات تحضيراً لإعلان النتائج الانتخابية النهائية من قبل رئيسة القسم الثانوي السيدة ندين أبو عمو سليمان حيث علت صيحات الفرح في أرجاء الملعب. وقد كُلت الروح الرياضية نجاح هذه التجربة التي تحضر جيل الشباب لعلمهم ناخبين حقيقيين يدلون بأصواتهم لمن يستحقها ويتمكنون من معرفة الأسس الصحيحة لممارسة العملية الانتخابية.

وللحفاظ على ذكرى هذه الانتخابات، طبع المقترعون بصماتهم بعد الإدلاء بأصواتهم على لافتات خاصة لكل صف كانت معلقة على الجدران الخارجية لأقسام الإقتراع.
تعتبر انتخابات مجلس المتعلمين تجربة للممارسة الديمقراطية الأولى في حياتهم عبر إشراكهم في عملية صنع القرار، ما يساهم في تنمية مهارات الحوار فيما بينهم، بالإضافة إلى تقبل آراء الآخرين وأفكارهم المختلفة وتغليب المصلحة العامة على المصلحة الفردية.

سارة موسى
الصف الثاني الثالث - فرع الاجتماع والاقتصاد



المتحف الوطني

في إطار المقاربة التاريخية لمعالجة القضايا البشرية المرتبطة بالماضي وبأبعاده المختلفة، وبهدف استثمار المعلومات لعرض مظاهر التفاعل الحضاري بين الشعوب، قام فريق من متعلمي الصف الثاني الأول بزيارة المتحف الوطني الذي يشكل ذاكرة التاريخ، كونه يتضمّن تحفاً وأثرية تعود إلى عصور مختلفة بدءاً بما قبل التاريخ.

وقف المتعلمون بدهشة أمام ما تركته الحقب المصرية، الفينيقية، اليونانية، الرومانية، البيزنطية والإسلامية من تماثيل، نقوش، فسيفساء ونواويس.

كانت زيارة مثمرة، ففرّ المتعلمون القيام بجولة على متاحف لبنان للتعرف عليها واستكشاف حباياها.



National Museum of Beirut

The National Museum of Beirut, a central landmark of the city, is considered as the main museum of archaeology in Lebanon and is located at the edge of Achrafieh. It holds and displays antiquities and treasures from thousands of years ago that were found during excavations from all over Lebanon. This must see also contains a mini shop and is open to everyone including students, who enter free of charge!



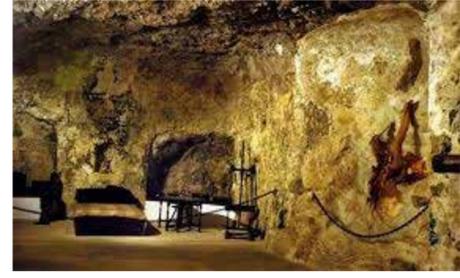
Sidon Soap Museum

This museum, originally built as a factory, exhibits the history of traditionally making soap from olive oil. Guests and visitors are offered to see demonstrations of how soap is manufactured and developed. A historical segment display artifacts dating back to the 17th and 19th century. It was restored by the Audi Foundation before the official opening in November 2000.



Bsous Silk Museum

Bsous Silk Museum is a former operating silk factory between 1901 and 1954 and now a museum as of 2000. Live silkworms are of the Silk Museum's permanent collections. Exhibits display the process of "hatching" the silkworm, ushering to the production of silk thread, and weaving through all the assorted portions. Also on display are domestically made finished silk products, such as traditional Lebanese evening dresses and silk trousers which were previously worn by princesses in the 19th century. There is also a wing dedicated to eastern silk and gold. Images of farmers working in the production of silk and silkworm are also visible to visitors on a tour of the museum.



Gibran Museum

Founded in 1953, a biographical museum dedicated to no other than the famous writer, poet, visual artist, and Lebanese nationalist Gibran Khalil Gibran. It holds 440 of his original paintings and drawings and his tomb in addition to furniture from his studio in New York City and his personal manuscripts. It was bought by his sister in 1931 as he requested, since it had religious significance as a monastery when it was the Mar Sarkis (Saint Serge) sanctum.



Mim Museum

The Mim Museum is a private museum in Beirut, Lebanon. The museum displays more than 2000 minerals, representing 450 different species from 70 countries, and is considered one of the most significant private collections of minerals in the world.[1] It opened in 2013.[2] The museum also hosts an exhibition of marine and flying fossils from Lebanon.



Sursock Museum

The Sursock Museum, which is officially known as the Nicolas Ibrahim Sursock Museum, is a modern art and contemporary art museum in Beirut, Lebanon

Joudy Hassouna and Samia Itani - Grade 10 - SEC

Tips and Facts



Unbelievable Facts



A newborn panda cub weighs three to five ounces and it's 1/900th the size of its mother.



Some chimp infants have been observed caring for sticks like human children care for dolls. This implies that, like humans, chimpanzees are capable of imagination.



Dolly Parton has a program that will mail your child a free age-appropriate book once a month from birth to age 5. No obligation, no catch, she just wants to make sure that every child has books.



An astronaut threw a boomerang while visiting the International Space Station and it returned to him, even in the absence of gravity.



Vegetables in Alaska grow gigantic because they receive 20 hours of sunlight a day.



Bumblebees can fly higher than Mount Everest.



Humans and dogs are the only two species known to seek visual cues from another individual's eyes, and dogs only do this when interacting with humans.



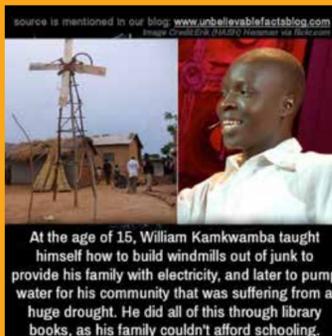
Unlike many other big cats, snow leopards are not aggressive towards humans. There has never been a verified snow leopard attack on a human being.



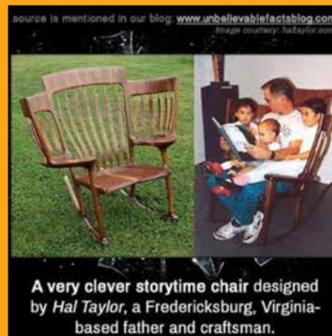
A person turns 10 million minutes old when they have lived 19 years and 4 days.



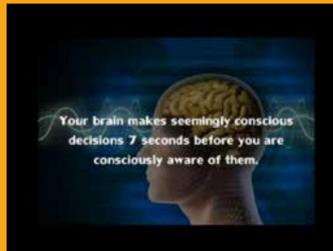
Silent Night (Stille Nacht) was created in 1818 on Christmas Eve, making the song 200 years old today.



At the age of 15, William Kamkwamba taught himself how to build windmills out of junk to provide his family with electricity, and later to pump water for his community that was suffering from a huge drought. He did all of this through library books, as his family couldn't afford schooling.



A very clever storytime chair designed by Hal Taylor, a Fredericksburg, Virginia-based father and craftsman.



HOW TO IMPROVE SLEEP HABITS



SYNCHRONIZE YOUR INTERNAL CLOCK

- Try to go to bed and wake up at the same time everyday- this calibrates your internal clock to optimize the quality of your sleep
- Avoid sleeping in, especially on weekends. If you're behind on sleep, take a nap, but...
- Be careful of napping too much. naps between half an hour to an hour are best.
- Sleep in 90 min cycles. If you have to be awake at a certain time, count back in 90 min intervals to see what time you should go to bed.



EXPOSE YOURSELF TO THE RIGHT LIGHT



- Expose yourself to bright sunlight in the morning. The exposure helps regulate your sleep-wake cycle.
- Avoid screens 1-2 hours before bedtime. The blue light emitted from phones, tablets, etc. mimics sunlight and disrupts your sleep. If you simply must use your devices, use night mode or turn down the brightness!
- Limit watching TV/shows before bed. The programs can be exciting rather than relaxing, which makes it harder to fall asleep.

EXERCISE DURING THE DAY

- Exercising for just 10 minutes a day can have a great effect on the quality of your sleep.
- The more vigorous the exercise, the deeper the sleep.
- Be careful about exercising too close to bedtime, as exercise speeds up metabolism and elevates body temperature, which can interfere with your sleep cycle. Try to finish your workout at least 3 hours before bed.



BE SMART ABOUT WHAT YOU EAT AND DRINK



- Limit caffeine. Caffeine can cause sleeping problems 10 to 12 hours before sleep, so try to minimize your intake before bed!
- Avoid big meals at night. Heavy meals before bed can keep you up at night, so try to have dinner at least two hours before bed, or eat a banana, yogurt, a bowl of cereal, or half a turkey sandwich if you're looking for a light bite.
- Cut back on sugar and carbs. These foods can cause wakefulness and pull you out of the deep, restorative stages of sleep.

CLEAR YOUR HEAD AND RELAX

- During the day, we overstimulate our brains with a multitude of ideas and tasks. Try organizing these thoughts and focus on one task at a time.
- Residual anger, stress, or worry can make it difficult to sleep well. Try the following to unwind:

1. Read a book or magazine
2. Take a warm bath
3. Listen to soft music
4. Do some easy and simple stretches to relieve stress.



20 QUICK TIPS FOR BETTER TIME MANAGEMENT

1. CREATE A DAILY PLAN
2. PEG A TIME LIMIT TO EACH TASK
3. USE A CALENDAR
4. USE AN ORGANIZER
5. KNOW YOUR DEADLINES
6. LEARN TO SAY "NO"
7. TARGET TO BE EARLY
8. TIME BOX YOUR ACTIVITIES
9. HAVE A CLOCK VISIBLY PLACED BEFORE YOU
10. SET REMINDERS 15 MINUTES BEFORE
11. FOCUS
12. BLOCK OUT DISTRACTIONS
13. TRACK YOUR TIME SPENT
14. DON'T FUSS ABOUT UNIMPORTANT DETAILS
15. PRIORITIZE
16. DELEGATE
17. BATCH SIMILAR TASKS TOGETHER
18. ELIMINATE YOUR TIME WASTERS
19. CUT OFF WHEN YOU NEED TO
20. LEAVE BUFFER TIME IN-BETWEEN

5 Tips To Better Manage Your Time

1. **Don't do it all—delegate!**
There are things you must do and then there are other tasks that can be easily handed off to give you the time to do what must be done.
2. **Make a to-do list.**
You can't start to get work off your desk until you know what it is you're responsible to accomplish. A task list, organized by priority, will give you an overview so you can act wisely.
3. **Use clear communications.**
If you can't express what you need, and listen to others as they respond, you're going to face unnecessary obstacles.
4. **Schedule effective meetings.**
They have a bad rep as time-wasters, but when following an agenda and only including the appropriate people, meetings can be very productive. **PM**
5. **Get the right tools.**
Working with online project management tools fosters collaboration and makes sure no one is over-tasked.

Importance of Reading



Little Learners, Big Minds

“Education is not the training of focus, but the training of the mind to think.”
Albert Einstein

Enthusiastic, amusing, and inquisitive are a mere few of the numerous traits that characterize our KG1 learners. Our learners are bouncy and lively, yet in our classrooms, they are fully engaged. Children love to touch, taste, smell, and explore. Therefore, the best way for authentic learning to occur in preschool is by actively engaging the learners with their environment.

During our science sessions, we adopted an inquiry based approach into our curriculum. Our young learners were guided to experience hands-on activities and experiments that allowed them to interact with and explore matter. First, we started our adventure with exploring the smooth and rough concept. Learners explored different surfaces

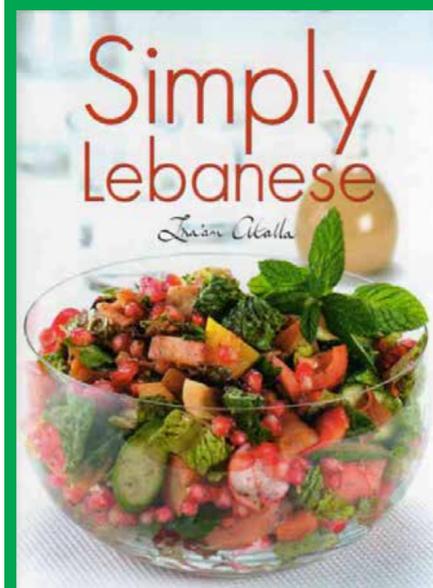
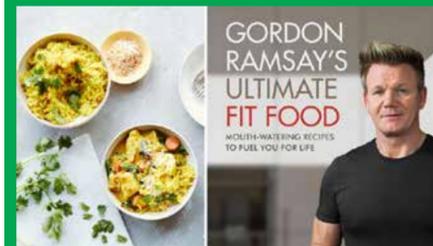
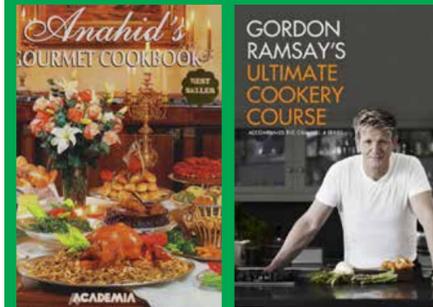
and felt the different sensations each surface had on their skin. Later, we explored the wet and dry concept. Our little learners eagerly rolled up their sleeves, excitedly got their hands wet, and then dried them, only to get them wet once more. Finally, the learners experimented the float and sink concept. Learners were encouraged to predict the outcomes of throwing objects into the water.

As an educator, watching my little learners form a better understanding of the world around them by guiding them to explore each concept with authentic experiences, gives me great joy. Watching our learners discover such simple concepts, that we as grown-ups have taken accustomed to, is very satisfying. It's been a great term and the best is yet to come.

Mrs. Rola Antoun - KG1 teacher



Famous cook books



Reading Activities

“Reading is to the mind what exercise is to the body.” – Richard Steele.

Reading stories stimulates imagination and play, provokes curiosity and discussion, and provides inspiration, thought, and reflection. Furthermore, reading assists in the development of literacy skills and language development. It also helps learners to understand different topics about the world and everyday life, which are important to their success in school and work. In addition, reading can be a fun and an imaginative activity for children; they will bring the characters' feelings and actions into their everyday play.

Aiming to raise good readers, LE teachers are boosting reading through implementing fun activities. The learners read short interesting stories every other week in class. Some prefer to sit in the reading corner and read independently, while others choose a partner and read together. Reading with another person improves fluency, and can give a struggling reader confidence to tackle a book since she/he has support from others.

After reading, learners excitedly retell the story to their classmates and reflect on it in their journal copybooks. Moreover, teachers ask questions to learners about their short stories to make sure they have *comprehended* what they have read.

Moreover, every other weekend the children are encouraged to read a story of their choice at home and fill in the reading log. They place their reading logs in class on the bulletin board and share the story with their friends.

LE learners are diving into the ocean of books, and their imagination takes them away to different places! Through reading stories, they are enhancing their speaking, listening, and writing skills. They are being exposed to a wide range of language features and vocabulary and enriching their minds with knowledge. The activities reinforce the acquisition of good reading skills and improve the way children read, enabling them to read with understanding and enjoyment.

Mrs. Zeina Zein and Ms. Zeina Kobeissy
Grade 2 English Teachers - LE



Development of Early Literacy Skills

In today's fast paced world, countless hours of our young learners' leisure-time are spent in front of iPads, smartphones, and screens; reading has unfortunately been placed on hold. This constant exposure, at a such a tender age, is not what their young brains need. In our school, we are committed to opening the world of book reading to our young learners and instilling in them the love of reading books. It is the greatest gift we can give our learners and our future generations.

This term, KG1 learners experienced their first library visit. They entered seemingly tiny in comparison to the vast shelves and the countless books on display. With awe they stood, looking up, observing, and absorbing it all in. They had never seen so many books in one place. The learners eagerly scurried in, placed cushions on the floor, and excitedly got ready for story time. Our librarian, Ms. Mounira, explained to our little learners the importance of reading. She stressed on how books should be

handled in a gentle manner and how to take care of them. Little details were taken into consideration, such as the simple act of flipping the pages gently. Ms. Mounira read a story about a little girl with a pencil-case filled with coloring pencils. The great adventure started with exploring the cover of the book, the title, the illustrator's colorful drawings, and the author's name. Ms. Mounira guided the learners into creating each their own vision to the words being read to them. The learners were using their imagination instead of mindlessly watching a screen.

As an educator, watching my learners enter this new world gives me great pleasure. Reading to our learners aids in sparking their imagination and stimulating their curiosity. It allows them to take time to process the voices being heard into words and to create their own vision of the story. So the next time you feel the urge to turn on the screen, reach for a book instead and watch their eyes sparkle with excitement.



Mrs. Rola Antoun - KG1 English teacher

Infographics



Do you want to work with me?

Have you ever worked with a cooperative group? Did you ever wonder about the many benefits of cooperation and teamwork? Teamwork is a cooperative work where teammates unite together to perform a certain work. It benefits you a lot, for it makes you more sociable. You also communicate with others about essential ideas in different ways. In addition, it facilitates the work. You will participate more and stay focused and tuned. You will learn to respect others, their ideas, and their thoughtful feedbacks. Moreover, if you have ups and downs in certain areas of your life, your teammates will boost you and offer their helping hands.

Come on and work with us! We are waiting for your cooperation!

- T for Thoughtful
- E for Encouragement
- A for Awesome
- M for Magnificent
- W for Work
- O for Offering
- R for Respect
- K for Knowledge

Haneen Faraj-Lynn Attieh - Zad Ghaziri - Grade 6 - UE



Study Skills

Good **study skills** can increase your confidence, competence, and self-esteem. They can also reduce anxiety about tests and deadlines. ... Good **study skills** can improve your ability to learn and retain knowledge.

IMPORTANT

Why Are Study Skills Important?

- Learning study skills will not only help you in university, they will also help you succeed in life.
- Good study skills can increase your confidence, competence, and self-esteem. They can also reduce anxiety about tests and deadlines.
- By developing effective study skills, you may be able to cut down on the numbers of hours spend studying, leaving more time for other things in your life.
- Good study skills can improve your ability to learn and retain knowledge.
- Learners who use effective study skills may feel their work and effort is more worthwhile.



Here are some useful tips you can use at school and at home:

At school:

- Always write your homework in your planner.
- Keep your school desk clean and organized.
- Have at least 2 sharp pencils.
- Review your work always.
- Participate in class discussions.
- Ask for help when needed.
- Listen with 100% attention.

At home:

- Remove all distractions when working.
- Eat a snack, drink some water before working.
- Use the bathroom before starting homework.
- Have a set study time every day.
- Do your homework at a desk or a table.
- Do your hardest homework first to get it done.
- Do all your homework and remember to turn it.
- Read for at least 20 minutes every day.
- Look up words in the dictionary when needed.
- Use a calendar to plan ahead for quizzes, tests, filed trips, and special class projects.
- Have a great attitude! Remember you can do it!

Mrs. Azza Choueiky Hafi
Head of Academic Department, Special Education - SMOC



Music is all around us all you have to do is listen



Music Mood

Music has long been an integral part of the human experience, where its elements are inevitably present through cultural, social, and personal experiences. That being said, studies concerning the connection music has with the different aspects of human perception have been ongoing for centuries. Through both personal and first hand experiences and scientific studies, it is apparent that that music has a very strong connection to the human mood. Music has been proven to have the ability to alter, as well as elevate, a person's mood. Music stimulates one's brain through brain circuits and receptors, which are responsible for human reactions towards certain rhythms. Listening to music allows the increase of the production of dopamine, a neurotransmitter linked to happiness. Recent studies have shown that music is linked to stimulating memories which allow the brain to react emotionally. Researchers at Stanford have theorized that listening to music allows listeners to pay a greater deal of attention. Also pedagogically speaking, music in classroom settings can enhance children's learning processes through stimulating and regulating their level of energy and dynamism. Considering the benefits of music to one's mood, education, and overall human experience, it is clear why music programs have become a necessity in the fields of education and psychology.

Mr. Fouad ElHajj
PS and LE Music teacher

Music and Story

On Christmas Eve, a little girl named Clara falls asleep after a party at her home and dreams herself into a fantastic world where toys become larger than life. Her beloved Nutcracker comes to life and defends her from the Mouse King, then is turned into a prince after Clara saves his life.

In order to encourage creativity and imagination, grades two and three learners were introduced to the story of The Nutcracker during Christmas time through integrating Music and English subjects. Not only our learners were able to enjoy the experience of having a story told to them, they also interacted musically and were encouraged to create their own story to develop enchanting memories.

The activity was held in the newly equipped music room, where the teachers read the story, and learners created dramatics through musical instruments and body percussion bringing the story into life. Then, they were asked to create their own variations of the story by writing a small paragraph and changing its details using their own imagination. It is worth mentioning some details of their highly anticipating endings.

"Then, Clara and the prince got married and had five kids, a boy two girls and twin girls. They found a nice place and called it "The Happy Place" where they built a school and named it SMOC." Reine

"I would go and tell Clara and the Prince about Lebanon and invite them to have Christmas with us so that I can play with them and have fun." Yasmina
"If I were given the chance to go with Clara and the Prince to the land of sweets, I would dance with them, eat candies and lollipops and would ask Clara to come and visit us in Lebanon so that I can play with her and her nutcracker," Riad

Later, they were introduced to Tchaikovsky and watched the ballet.

Through this activity our learners gained several values of courage, wisdom, honesty, kindness and compassion. Merry Christmas from our active learners, sweet Clara, and brave Nutcracker to all of you. Wishing you a magical and a joyful holiday season.

Mrs. Alina Dakessian
LE - UE Music teacher

Auditorium Rules & Audience Etiquette

Today, there's a wealth of entertainment offered in widely differing settings, but the following fundamentals of good audience behavior are adaptable to virtually any situation:

- **No talking, unless audience participation is requested by the performers.** If something must be said, whisper it quickly. Excessively shushing a talkative neighbor can be just as disturbing.
- **Use good posture.** Auditorium seating is often arranged so that the person in the seat behind can see between the two seats in front, so slumping sideways or lounging on a partner's shoulder blocks the view.
- **Remove hats.** Ladies, if your hat is part of your outfit, you can keep it on as long as it doesn't block anyone's view.
- **Noises off.** Turn off cell phones, beepers, audible watches, and any other sound-making gadgets before any performance.
- **Lights out.** Don't forget, the screen on your mobile device can be a distraction too.
- **Snap, crackle, pop.** No rattling of candy boxes or ice in cups, shaking popcorn containers, or slurping drinks.

- **Control coughing.** Muffle coughs and sneezes with a handkerchief. Cough drops and mints may be helpful, but leave if you can't stop the attack.
- **Avoid other sounds that can disturb the people around you and the performers.** Munching noisily, smacking or cracking gum, rattling the pages of programs, tapping feet or drumming fingers, humming or singing along, rummaging in purses—these are just a few of the things that can annoy those around you.
- **Smoke only in designated areas.** Leave and find a place outside if you must smoke.
- **Don't take flash photos or shoot video during live performances.** The point is to do nothing that will distract the performers or disturb others in the audience.
- **Dispose of trash, including chewed gum, in waste containers.** Tell a user or attendant if anything was spilled, as a courtesy to the next person who has your seat.

Mrs. Alina Dakessian
Lower and upper elementary Music teacher



Let's Talk About the Theme of the Year



Choose and write the words that reflect who you are!



Unique	Sociable	Innovative	Insightful	Sensitive	Meticulous
Strong	Outgoing	Trustworthy	Active	Thoughtful	Patient
Happy	Logical	Persuasive	Professional	Observant	Consistent
Team player	Cheerful	Talented	Candid	Hardworking	Emotional
Independent	Positive	Imaginative	Mature	Wise	Dynamic
Committed	Cooperative	Dependable	Reliable	Loyal	Direct
Artistic	Realistic	Optimistic	Creative	Realistic	Open minded
Confident	Resourceful	Easy going	Imaginative	Compassionate	Generous
Friendly	Loved	Curious	Ambitious	Intuitive	Responsive

LEAVING THE SCARS BEHIND



"Bullying is the act of harassing someone emotionally and physically" according to Google's definition; however, it goes way beyond those words. In reality, being bullied feels like being suffocated where your heavy breath and silent tears are drowned by other's harsh words that claw at your heart. Behind the pointing fingers, all is left is the empty shell of how you used to be. It is sad that some people are oblivious to that heartbreaking truth.

Everyone needs to remember that hurting someone isn't an act that should be applauded, instead it should be frowned upon because leaving the scars behind needs courage that not everyone has. While some people can push forward, others would fall into the abyss of darkness, wounded and alone. Some might say that the way to overcome it is to ignore it or brush it off; thus, one would grow weaker.

As a result, this problem needs to be confronted and talked about with others. Because if you take a moment and look around you, you will find many people who actually care and even if they couldn't offer you any solutions, they would listen and this would boost your self-esteem because YOU ARE NOT ALONE. A victim should not be ashamed of himself, instead he should be uplifted by the fact that he was brave enough to raise his voice and hang on to the thread of hope he had because this thread turned into a sturdy rope that helped him climb towards a better life. The act of bullying helped sculpt him into being a stronger and a wiser individual. His past memories should be his strength that help him conquer the ordeals in his future.

December 6th, 2016 marks the day a victim of bullying decides to bestow a change upon his life. Mohammad Makari was once bullied. This made him feel miserable and dejected. From that day onwards, he questioned the reality he forced himself to live. He protested and decided to make a new turn and give himself a new chance in life because it wasn't till he let go of who he thought he was till he was able to embrace the new possibilities that awaited him. Mohammad now has shared his story and inspired others in the many speeches he gave, and we are expecting to see him release a video this January concerning the controversial anti-bullying topic while relying on his own experience.

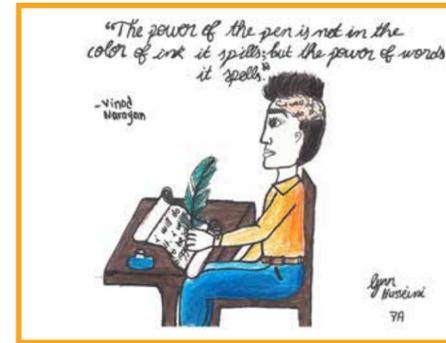
Mohammad Makari (Junior SE) is the living proof that shows that ordeals are there to make us stronger and not to dishearten us, and while we face our own demons, let us not forget to share our story and ink our thoughts.

By Nour Hmaidid – Sofomor LS

Razan Oweini's Theme of the Year Logo

Encouraged by her advisor to compete alongside other students in drawing this year's theme logo, Razan Oweini was able to sign her name next to the winning logo with her highly artistic talent and tremendous love for art.

Razan's inspiration was simply the theme itself: Ink Your Thoughts. She related ink to the feather and thoughts to a brightly lit bulb. Razan then joined the two together with a sprinkle of her passion, a notch of her creativity, and a sense of her touch to form one mesmerizing art piece that was then officially labeled as the winning logo. Razan was extremely happy that her art work was selected from a few to represent our school's theme. "I felt very proud of what I had created" she stated as she joyously added to the school's creative spirit.



Good Study Habits for Upper and Intermediate Divisions by Mrs. Azza Choueiky Hafi

- 1 Get Organized. Between homework, tests, and extracurricular activities, it's all too easy for things to slip through the cracks. A planner can help you keep everything organized. Write down assignments, appointments and to-do lists, then review items in the planner at both the beginning and end of the day to stay on track.
- 2 Know the Expectations. Learners shouldn't have any surprises when it comes to how and what they will be graded on. Learners should feel comfortable approaching teachers with questions about grading and assignments at any time.
- 3 Designate a Study Area. Yes, studying at the local coffee shop may seem like a good idea, but not if there are constantly people interrupting or other disruptions. Even at home, studying in front of the TV won't be the best use of your time. Learners need to sit in a quiet, well-lit, low-traffic space for study time. Take it one step further and institute a "communications blackout" policy with no cell phones or social media allowed until schoolwork is done.
- 4 Develop a Study Plan. First things first: learners need to know when a test will take place, the types of questions that will be included and the topics that will be covered. From there, create a study plan and allow ample time to prepare – there's nothing worse than cramming the night before an exam. You can help by buying a wall calendar and assign topics and tasks for each day leading up to a due date or exam.
- 5 Create a Study Group. Working in groups can help learners when they're struggling to understand a concept and can enable them to complete assignments more quickly than when working alone. Keep groups small and structured to ensure the maximum benefit to participants and reduce distractions.
- 6 Practice Active Listening. It's important for learners to concentrate and avoid distractions when an instructor is presenting. They should avoid talking or thinking about problems when listening. If a teacher says, "This is important" or "I'll write this on the board," there's good chance learners will see the concept on an exam.
- 7 Review Test-Taking Strategies. It is normal for your son or daughter to feel stressed when taking an exam. However, there are certain strategies that will help him or her manage the stress and do his or her best on the exam. First, make sure that your child arrives on time and tries to stay relaxed. Learners should be sure to read all of the directions on the exam and pace themselves so as not to feel rushed. You can let your child know that it's OK to skip around on a test, if allowed, as he or she may be more comfortable with certain topics than others.
- 8 Read Actively. It's all too easy for learners to skim over an assigned book chapter and not know the main points of what they just read. Practice active reading by noting the main idea of each passage and looking up for unfamiliar words or concepts. Make an outline of the chapter or create flow charts and diagrams that help map out the concept at hand.
- 9 Think Positively. Being in the right mindset can make all the difference. Think positively!

الإعلان الإلكتروني

مع تزايد أعداد مستخدمي الإنترنت بشكل هائل يوماً بعد يوم، بات الإعلان الإلكتروني يحقق الأهداف الترويجية أكثر من الوسائل التقليدية الأخرى.

وإنطلاقاً من أهمية هذه الإعلانات وتأثيرها على حياة الناس وفوز طرح الموضوع، طبع متعلمو الصف الأساسي السادس بأفكارهم الخلاقية، إعلانات ترويجية لمناطق سياحية لبنانية بهدف جذب أكبر عدد من الناس والسائحين صمموا بخمسة متبعين فيها البساطة التي تعكس جمالية قلوبهم. عرض المتعلمون الأعمال في الصف بطريقة مميزة واستخدموا وسائل متنوعة كالشاشات الكبيرة، الحاسوب المحمول والأجهزة الذكية، فحققت الإعلانات هدفها المرجو وعزقت المتعلمين على أجمل مناطق بلدهم.

وفي النهاية، لقد ثبت هذا النشاط عرسه وساهم في تنمية فكر المتعلم التأقيد وبناء شخصيته بشكل متكامل.

روز ماري سعيد

معلمة اللغة العربية للصف الأساسي السادس



حملة توعية من أجل استخدام سليم للأجهزة الإلكترونية

يوماً بعد يوم، يصبح صعباً لا بل مستحيل على الأهل خاصة أن يتصوروا حياتهم من دون الهواتف الخليوية، الألعاب الإلكترونية والإنترنت، من دون عالم افتراضي. لا مجال لإنكار أنه تقدم رائع يؤمن وبسهولة أموراً كثيرة، ليس على صعيد الترفيه فقط بل على صعيد التعليم أيضاً. ولكنه تقدم يعتمد عليه كثيرون إلى حد الإدمان. الباحثون يسمونه فعلاً المخدر الرقمي - Digital Heroin.

إنطلاقاً من هنا، وإدراكاً منها للمسؤولية الكبيرة المترتبة عليها، توابك ثانوية السيدة الأثوذكسية هذا التقدم بشكل يحمي المتعلمين من الانجرار في دهاليزه. تحاول جاهدة أن تنبئهم إلى مخاطر الإدمان عليه وأن توضح لهم آثاره السلبية على صحتهم النفسية والعقلية والذهنية، من خلال حملة توعية مستمرة تهدف إلى تدريب الأهل على حسن استخدام الأجهزة الإلكترونية وعلى احترام أديبات هذا الاستخدام.

من أجل تحقيق الأهداف بالشكل المطلوب، طلب من الأهل في رسالة خاصة أن يسعوا في البيت إلى تنظيم استخدام أولادهم للأجهزة الإلكترونية عبر تقليص عدد ساعات استخدامها وتحديد أوقات وأماكن استخدامها. أما في المدرسة، فسيشاهد ويناقش الأهل قريباً أفلاماً توعوية مرتبطة بالموضوع، كما سيتلقون نصائح مهمة من خبراء في هذا المجال. هذا، بالإضافة إلى نشاطات صيفية وغير صيفية مثل قراءة قصص محددة ومناقشتها والتعبير خطياً عن آرائهم في الموضوع.

دور الأهل في تحقيق الأهداف جوهري، ودور المعلمين أساسي. إنما التحدي في أن يعطي جميع هؤلاء المثل الصالح للأولاد.

Augmented Reality

Travel into space with Augmented Reality!

Instructions:

1. Download "AR Flashcards Space Lite" App.
2. Open "AR Flashcards Space Lite" App.
3. Point the camera of the tablet or mobile at the planet's picture.
4. Enjoy the engaging Augmented Reality experience!

