

#QUALITYTIMES

Newsletter Issue 1.1, Quality Education School, Bahrain, Summer Term, 2019



ANNUAL SPORTS DAY

Quality Education School conducted the Annual Sports Day - 2019 for the students of Khalil Kanoo Campus and Al Zamil Campus, on February 23rd, 2019. Students from Grade 1 - 12 participated enthusiastically in all the events.

The Chief Guest for the event was the Director of the school, Mr. Bhagwan Asarpota. Mr. Kunal Kewalram facilitated the occasion with his presence.

School President, Salman Jasim Ali Dabwan of Grade 12, led the drill parade of students representing their respective houses. This was followed by an oath taking ceremony where house captains, along with the school President took a solemn vow to maintain the spirit and decorum of Annual Sports Day.

Students showcased colourful displays, drills, gymnastics, aerobics with great zeal and vigor.

Students competed in the much awaited track and field events which included running race, sack race, obstacle race, relays, etc. The air was filled with cheering and tons of encouragement for the young athletes.

Honorary Chief Guest, along with Principal Dr. Ravi Warriar and Vice Principal, Ms. Geetha Mukkatira and QES fraternity honoured and applauded the budding sportspersons of the school.

OPEN DAY, FIESTA!

QES 5th Annual Open Day was held on Feb 9th, 2019 at the Al Zamil Campus. The function was inaugurated at 9am by the director of the school, Mr. Bhagwan Asarpota.

Art exhibition, health check ups, foodstalls, gaming zone, science exhibition were the highlights of the day.



Mr. Bhagwan Asarpota cutting the ribbon in opening ceremony for Open Day 2019

ENVIRONMENT DAY

To raise awareness about environmental issues and ways to protect our natural surroundings, Environment Day was organised on 16th May, 2019. The students were asked to come dressed in shades of green to paint a visual image of the greenery that the environment embodies. Several activities were organised throughout the day, some of which involved students getting a sapling to the classroom to understand their journey better, while another activity involved them making flowers out of paper plates.



KG 3B students with their saplings



KG 2A Celebrating World Peace Day

WORLD PEACE DAY

World Peace Day was celebrated on September 27th, 2018. On the day of celebration, students and teachers gathered for a special assembly to depict the message of peace.



KG GRADUATION DAY

KG Graduation Day was conducted on May 2nd, 2019. Principal Dr. Ravi Warriar and VP Ms. Geetha Mukkatira felicitated Kindergarten Level 3 students of Khalil Kanoo Campus and Al Zamil Campus with Certificate of Graduation. It was a joyous and memorable day for the little ones, their parents and mentors. The objective of the event was to compliment the young graduates on their achievements. It was an opportunity to celebrate the culmination of their preschool years and the beginning of new experiences to come.

METHAQ 2019

Quality Education School participated in Bahrain Education Ministry's effort to commemorate the National Action Charter of Bahrain along with the 100th Anniversary of Formal Education in Bahrain.

Teaching faculty along with students of both Khalil Kanoo and Al Zamil Campus represented the culture of Palestine.

Among the exhibits were, a miniature version of the monument - Dome of the Rock structure, attires of Palestinians, and polaroids of ancient cities.

Ms. Fatima Sayed, QES faculty member demonstrated the elegant process of Palestinian cross-stitch to the visitors while

students handed out local palestinian delicacies. Chief among the exhibits were a miniaturised version of the Dome of the Rock structure, the intricate local attires of Palestine, along with polaroids showcasing old Palestinian cities and its people.

Students handed out local Palestinian delicacies whilst Ms. Fatima Sayed, QES faculty member, demonstrated the elegant process of Palestinian cross stitch to the visitors.



QES primary students at Methaq 2019

'BUILDING TOGETHER' INITIATIVE BY QES

Quality Education School, Bahrain, organized a charity programme 'Building Together' at Poullaides Construction Company Camp on Friday, November 23rd, 2018 in Askar, as part of their annual Community Engagement Service. Staff and students contributed commodities needed for their day-to-day life.

The program was conducted under the guidance of Dr. Ravi Warriar, Principal, Geetha Mukkatira, Vice Principal, Head Teachers, teachers and Mr. Sekar Marimuthu, Project Manager for the construction company, who supervised the program.

The main objective of this program is to nurture, within the students, the value of working towards the betterment of the community as well as shape them to become better global citizens. The students experienced the joy of giving.



HEALTHY EATING

To create an awareness about healthy food and good eating habits, QES organised a food fest on October 18th, 2018. Some of the events were held to inculcate the importance of consuming nutritious food. Teachers highlighted the healthy diet pattern to replace junk food with fresh food whenever possible.



THINK PINK WEEK!

QES carried out its second think pink charity event at both Al Zamil and Khalil Kanoo Garden Campus in the month of oct 2018. It was a week long program within the campus. Students of all the grades worked in teams with utmost commitment, enthusiasm and dedication in order to raise funds for the noble cause.

The Chief Guest for the event was Director of School Mr. Prakash Devji. Mr. Kunal Kewalram graced the occasion with his presence. They presented the proceeds to Ms. Selia Nicolaou, a volunteer at Bahrain Breast Cancer Society. She educated the audience with the current research in technology to assist early detection of breast cancer in women.

Ms. Ghaliya Mohamed Fadheel, a cancer survivor, shared her struggles and ultimate triumph over breast cancer.

Our Vice Principal Geetha Mukkatira, spoke about the importance of early detection and prevention of breast cancer.

To generate awareness amongst students, the bulletin boards displayed the key information concerning breast cancer. Pink ribbons were also given with slogan, "Think - Pink".

Members and volunteers of the Think Pink Team donated their time, expertise to support the ongoing work of charity.



LIGHTS, CAMERA, SCHOOL!



Community Engagement Service Initiative by students at PCC Camp



Workshop on anti-violence



Mohammed Ahmed of Grade 5 wins MOE Painting Competition



Twins Day Competition!



Students with Minister of Education at Methaq 2019



KG Graduation Day



Grade 1 Students



Bahrain National Day Celebrations



Board of Directors visit QES Art Exhibition on Open Day



MOE 45th Drawing Competition Winners



Lion Olympics Winners



Nasfa Celebrations!



QES shows support to 'Be With The Orphan' Walkathon



QES Students at Career Expo

FRUITS DAY

Fruits Day was celebrated on May 2nd, 2019, to educate the students on the importance of fruits as part of their daily diet. The students were asked to bring to school different types of fruits to better understand their importance through the engaging and practical activity



INVESTITURE CEREMONY

Quality Education School held their 15th Investiture Ceremony for the academic year of 2018 - 19 on Sunday, 30th September 2018, at Zamil Campus, Muqabah and 1st October 2018 at Kanoo Campus. A welcome address was given by the Principal Dr. Ravi Warriar. Honorary Chief Guest and Board

Director Mr. Bhagwaan Asarpota commemorated the members of the new Student Council committee.



ACADEMIC WINNER

Quality Education School, Bahrain held Academic Winners Ceremony to honor the high achievers of Grade 1 - 12 from both Zamil and Kanoo Campus for the academic year of 2017 - 18.

The ceremony began with the Bahrain National Anthem followed by a recital of the Holy Quran. Principal, Dr. Ravi Warriar addressed the gathering by congratulating the winners and encouraging the students in attendance to strive for success in both their academic and personal lives.

This ceremony was attended by Honorary Chief Guest and Board of Director Mr. Bhagwan Asarpota

who, along with Principal, Dr. Ravi Warriar, Vice Principal, Ms. Geetha Mukkatira and Head Teachers - Ms. Deena John and Neethu Ann, handed out the trophy and certificate to the high achievers.

The aim of this ceremony was to acknowledge the hard work and efforts of the high achievers and encourage the others to pursue academics with similar passion and dedication.



My Adventure to Turkey by Shaikha Mohammed (7B)

One of the most amazing countries I can think of is Turkey. No matter what people might say or think, I would still consider it spectacular in all aspects. You might be thinking why I love it so much...

Turkey has cold winters with most areas covered in snow. People consider December to be the coldest month during winter. It has many beautiful attractions like the Pelit Chocolate Museum. It's a big building with almost all the pieces made of chocolate. It could range from animals to small handmade houses and even national and international personalities.

One of the cities that I visited during my trip was Bursa. It's a large city located in north western Anatolia. It's also the 4th most populated city in Turkey. The city is the administrative center of Bursa Province.

To conclude I urge everyone to visit turkey as it enables you to discover ancient historical cities as well as other tourist destinations that will make it an enjoyable holiday trip.



NOTES FROM A GRADE 12 HOMEROOM TEACHER

Ms. Shiby Benjamin

Teaching is not simply a profession; it is an endeavor toward enriching lives and a tactful dealing with a wide variety of personalities. It is not only imparting knowledge to individuals in different subjects like Mathematics, Languages and Science, but it is also enabling an individual to gain analytical skills and building self-confidence. The most rewarding thing for a teacher is to see her students succeed in life.

In 2017, I was the class teacher of Grade 11. It was overwhelming for me when they requested our Principal, Dr. Ravi Warriar, that they would like to have me as their class teacher this academic year too.

It was a year full of joys, worries, fights and all kinds of experiences. Our homeroom

periods usually were full of discussions related to life experiences; sometimes hilarious, sometimes a tad bit scary, and behaviour attitudes in school life and in general.

The kids trusted me and we could overcome most of the problems together. We have lots of memories both in and out of classroom. Each of them were unique in their own way. I was able to bring them together to participate in various school activities although sometimes it was a tedious effort on my part to get them to do things. However, as all stories with a happy ending, we pulled it out together.

I am going to miss each and every one of them very much. I pray that wherever they go they should be good individuals and find success in all their endeavors.



Grade 12 students with class teacher Ms. Shiby Benjamin (Center standing), Vice Principal Ms. Geetha Mukkatira, Admin, head teachers, P.E Teachers and Art Teacher, Ms. Layla.

A cup of coffee...

Ms. Geetha Mukkatira

A special message from our dear Vice Principal to all the teachers and students...

Life is like a warm cup of coffee that we never really had together and probably never will. Yet, it seems as if endless cups have passed between us even though none really have.

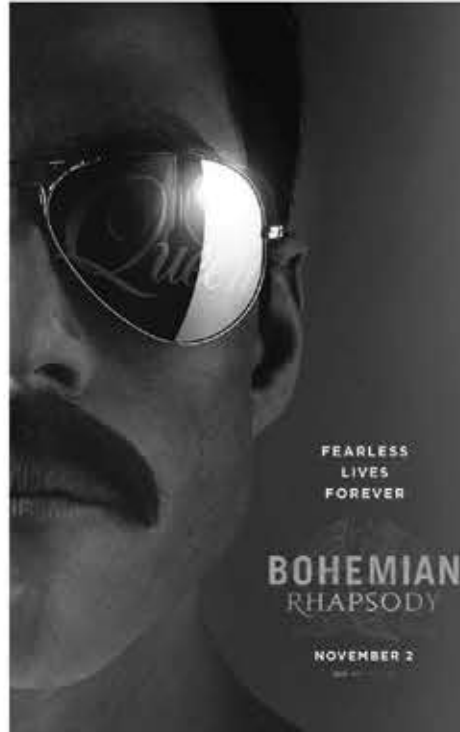
On a cold evening, you settle down on a couch, the rain pouring down from the heavens. The gaze drifts out of the clear window to the droplets of water. You lift the cup, the aroma wafting toward you. The cup feels warm in your palms. You raise it to your lips as you taste the first sip; you come to realize that someone forgot the sugar; too lazy to leave the warm couch and hunt for sugar. You somehow struggle through the sugarless cup of coffee only to find a handful of undissolved sugar crystals at the bottom of the cup.

Life is often like this cup of coffee. We go through it, too lazy to venture out and look for sweetness, often forgetting to look within our cups; to stir up our lives and let the sweetness sediment below add taste to our cups. The cup of life goes on as much as we like to just sit back and enjoy it; a little stirring now and then will help to bring out the flavor.

Well, my cup of coffee is nearly through and so are the lines on the page to share. This is a good luck message specially brewed to wish you all the best in whatever you do. I wish words could tell how precious you all are, but don't even think about it until you have been wished happy holidays and good wishes!

Special thanks to all the teachers. You are always remembered for the warm and adorable people that you all are. Thank you for being simply the best. A passionate teacher, but never the boss, yet controlling the flow, kind, free and caring. Sometimes it's hard to find the words that will convey how thankful we are for having you among us. Thank you for all your assistance and cooperation.

THIS DAY, THAT MOVIE



My Take on Bohemian Rhapsody
By Akitta Varghese 10B

Recently, I saw a biographical film called Bohemian Rhapsody, and it would be an understatement to say that I was very pleased with it. It captures the formation and rise of one of the most famous music bands in the world - Queen and its front man, the iconic Freddie Mercury at the heart of the storyline.

This movie focuses on how this young man, struggling with his own sense of identity and purpose, coming from a strict conservative household goes out into the world one night and finds his music. His path is not easy; and mind you, not many trust his gut. Even so, his unique ability to modulate his voice coupled with the band's electric stage presence transforms the local run-of-the-mill band named *Smile* to the timeless *Queen*.

The motions of the film take you through the highs and lows of the characters. It keeps you engrossed by playing it as close to reality as possible. It specifically gives you an adrenaline rushing insight into how some of their famous music such as 'Killer Queen', 'We Will Rock You' and ofcourse, 'Bohemian Rhapsody' were made. A lot of efforts were put into making Rami Malek, the lead actor look almost similar to the late Freddie Mercury. Rami's acting was so convincing and true to the part, that he even won a Golden Globe and Oscar for the same.

The director treated the subject of homosexuality and the lead's subsequent death in a very sensible and matured manner. Perhaps, this movie rehashes the old wound of losing such a incredible and inspiring man well before his time; but anyone, especially those who are fond of music, should definitely give this movie a watch.

SUDOKU

EASY - PEASY

1		6					2	
		4		6	8	1	3	7
9			1		3			
	6		3	8			7	
3			7		2			6
	7			1	6		9	
			2		4			9
6	1	2	8	5		7		
	9					2		5

ROUGH & TOUGH

4			2					7
		5	1					
	2			9				1
5					4			8
		9	6	1				4
		4			8		6	
3			4			5		
				7				9
		8		5				2

RECIPE CORNER

-Basbousa Sweet Chef Karim

Preparation time: 35 mins
Serves: 10

Ingredients:

3 cups Semolina Powder
2 cups Condensed Milk
1.3 cup Water
100gms Almonds
100gms Sugar

Instructions:

1. Preheat the oven to 220°C
2. Blend semolina powder in the mixer for 5 minutes at the speed of 3.
3. Add condensed milk as well as water into the mixer and blend for 5 - 7 minutes. If the mixture seems too thick, add a little water. Make sure to maintain a fairly stiff consistency.
4. Spread the mixture into a buttered baking tray
5. Place almonds onto the mixture in a pattern of your choice
6. Bake for 35 - 40 minutes or until golden brown at 220°C
7. Let it cool for 1 hour
8. Top it with sugar syrup

GAMEZONE

FOOD FOR THOUGHT...

Our dear Principal, Dr. Ravi Warriar gives us a little something to think about. Read on!

How do we climb the steps in education? One step at a time? Oh! No! Both feet together? Confusion still persists... Educationists from different parts of the world did research on this point and came out with reforms in education periodically.

Let the child get the continuous flow in the process of learning. Learn the language first or arithmetic. Every child is a gift of God. Allow him/her to have a choice. Some have the flair for picking up the language fast, and some count with an incessant speed. Our education system should be flexible and should bring in changes as per the need of the hour.

Let the children at the primary level learn at his/her own pace. Devise our curriculum paying attention to children of different ability in learning alphabets/numbers.

A teacher observes the child's talent and guides both the parents/children periodically. They later turn up with their field of interest for further studies and hence, enjoy the high school/university education. Their alma mater, the school hence, becomes their first step in education and then climb the other steps carefully with the guidance of teachers/parents.

Best Wishes!

TO PUBLISH YOUR ARTWORKS AND/OR ARTICLES, SUBMIT YOUR REQUEST OVER OUR OFFICIAL INSTAGRAM HANDLE @QUALITYEDUCATIONSCHOOL OR CONTACT OUR CREATIVE CREW MEMBERS AS LISTED ON PAGE 8.

'EM TRICKY RIDDLES, EH?

1. What gets wetter and wetter the more it dries?
2. You use a knife to slive my head and weep beside me when I am dead? What am I?
3. I can sizzle like bacon, I am made with an egg, I have plenty of backbone, but lack a good leg, I peel layers like onions, but still remain whole, I can be long, like a flagpole, yet fit in a hole, what am I?
4. Which of the following do not belong in this group?
Apple, Grape, Banana, Cherry, Pear
5. "I guarantee", said the salesman in the pet shop, "that this purple parrot will repeat every word it hears." A customer bought the bird, but found that the parrot wouldn't speak a single word. Nevertheless, what the salesman said was true.
How could this be?
6. There is an ancient invention still used in some parts of the world today that allow people to see through walls. What is it?

1. Towel, 2. An onion, 3. Rattle snake, 4. Banana, it is the only one with an inedible peel, 5. The bird is deaf, 6. A window



POLL HOUR

TO COFFEE OR NOT TO COFFEE?

Members of Creative Crew conducted a survey on whether Coffee machines should be installed within the campus. The respondents included students of Class 7 - 12. The responses were overwhelmingly in favor of installing a Coffee Machine with over 90% students opting yes.

CRAZY KITCHEN

Here are some things that you might find in a modern kitchen. Unfortunately, the words have been put together incorrectly. What would you really expect to find?

MICRO MACHINE
PRESSURE MIXER
COFFEE WAVE
DISH COOKER
WASHING MAKER
FOOD POT
TEA WASHER

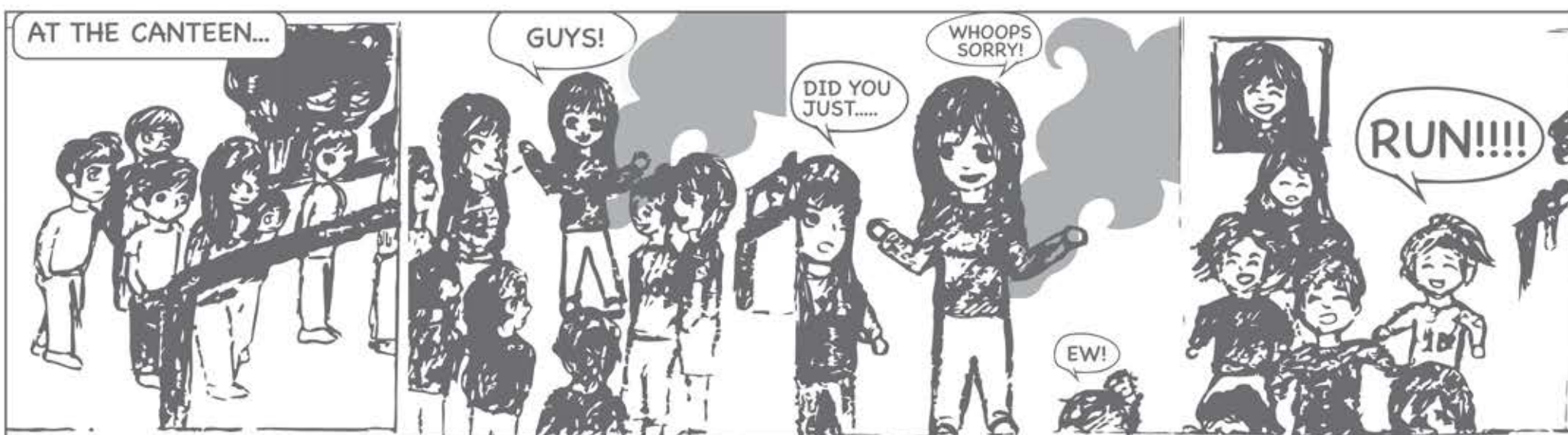
MISSING WORDS

For each of the following pairs of words, find a common three letter word to complete the end of the first word, and the start of the second. For example:

For O ____ and ____ CIL, the missing three-letter word is **PEN**:
(OPEN and PENCIL)

What are the other missing words?

OFF ____	____ CREAM
FIRE ____	____ AGE
CAR ____	____ AL
CAN ____	____ ICE
KNOCK ____	____ SIDE



LIGHTS OUT

Anonymous

A rumor or a terrifying truth? Brace yourself as a student shares experiences with the paranormal...

Doors slamming, lights flickering and noises similar to a cry of anguish. It all began in the chilly winter of 2017. One of our school bathrooms started getting stranger and creepier by the day. To me, it was a familiar sensation, since I've been living in haunted houses for as long as I can remember. Such similarly bizarre and inexplicable experiences are a common occurrence in my family.

A couple of months ago, I had come home at midnight and changed into my pyjamas when I heard it. A terrifying scream. The backyard? Yes, it was probably coming from the backyard, I thought. In horror movies, they show these ballsy-20-somethings trying to locate the strange noise. Knocking on doors. Walking into dark basements. Not me. I didn't move. My father rushed into my room. His face, drained of colour. He asked if I was ok. If it was me who let out that agonising cry. But he knew it wasn't me. He ran downstairs, and I closely followed him to the backyard. There was nothing. 'Your imaginations won't get you anywhere in life', my father would often say. He still does. Yet still, he insists we keep our rooms locked during the night.

Besides this, back in November, a couple of students went to the bathroom and saw a little girl facing the wall and crying. It was very clear that she wasn't just another fellow student, she wasn't even in a uniform. They all rushed out to tell everyone about what they saw, but neither teachers nor the students believed them.

About a year ago, I walked to the bathroom and found the door to be slightly ajar. As soon as I held the handle, the door slammed shut and locked from the inside. My friends came in thinking I was goofing around. They tried opening the door but the handle was held so tight that we weren't even able to move it. Someone asked me to use my bobby pin to unlock it, I tried and it didn't do the trick. So I employed a scissor instead. The door shuddered and after some resistance came open. Inside, the bathroom was vacant. There was no one in there. Me, being stupid letting curiosity take over, asked if anyone was there. Nothing. I asked once more. This time louder and the light suddenly turned off. As you can imagine, I rushed out. I figured it wasn't my death point.

The stories I have heard from others at school are usually the same. Either the door shuts or the lights flicker on its own accord. My sister though, she had a different story. One morning, she was feeling restless and went to the bathroom. I followed thinking she might need some company. Oh, but company she did have! Once the bathroom door locked, I put my ear to the door to listen and make sure she alright. I heard the water tap come on. My sister yelled, 'Stop it, please. I am not in the

mood'. As soon as she spoke, the tap closed by itself. Was my sister messing around? Is my imagination truly getting the better of me? Do the lights flicker because there is some technical issue? These are the mysterious questions no one has definite

Art Corner



Ethige Jute Sheneth - 9B



Ayat Fadhel - 9B



Aryam Ahmed - 8A



Ridda Junaid - 10B



Mirihanage Chanithma - 7B



Fatima Mahdi - 7A



Ayah Abdulredha - 11



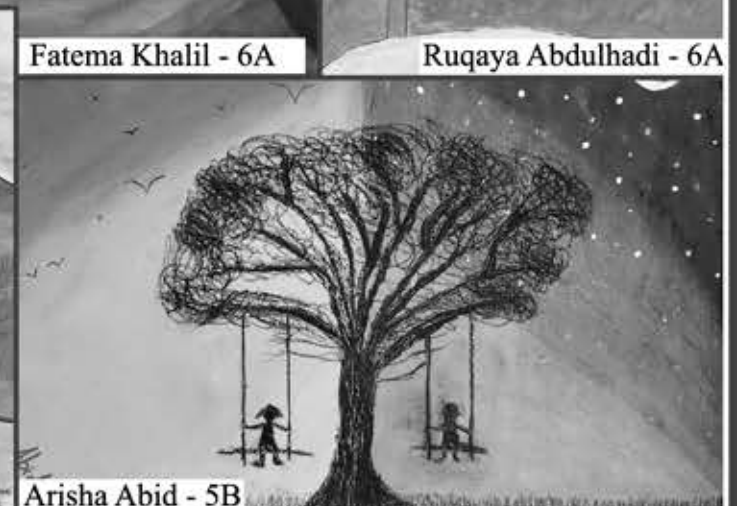
Fatema Khalil - 6A



Fatema Aarif - 10A



Shahad Nabeel - 6B



Arisha Abid - 5B

answers for. In the end, it all comes down to perspective. It may, however, still be a cautionary advice to beware. As they say, 'you are not afraid of being alone in the dark, you're afraid that you aren't alone in the dark.'

KICK! HIT! YELL!

Discover the incredible journey of Ebrahim Ehab, a Grade 9 student, who was awarded 2nd place at the First Korean Ambassador Cup Taekwondo Championship held at Bahrain National Stadium.

by Ebrahim Ehab (9A)

Since I began to take my training and potential career as a taekwondo player seriously, I have realized that with persistent hard work and dedication, I could find myself at a platform, where I am able to encourage people who are losing dedication and faith in themselves.

I have been there, trust me! For a while I just wanted to give up because I thought that I would never achieve what I have achieved today. And, perhaps, I won't believe what I will become eventually, if I don't give up.

This began with my training a year ago. Sunday, Tuesday and Thursday. Three times a week. It was slow, my progression was very slow because I did not take taekwondo seriously. I was there to have a little bit of fun, that's all.

In October, I was told that there would be a huge competition for taekwondo. I thought I might just sign up. I had nothing to lose. My captain, S. Hussain, however, who has the 5th black belt, and captain Ebrahim, who has 4th black belt, had other plans for me. They said that they saw me in high places.

For two months, I underwent rigorous training. Practicing for long hours every day. I wasn't really anxious or frightened until, perhaps, the final week before the tournament. I started to get just a bit nervous then.

On the day of the tournament, I woke up fresh and ready to face the challenge head on. We drove to Isa Town Stadium. I was hyped, energetic and determined.

30 minutes till I fight. with my first opponent. I was ready, wearing my armor. They called my name, I got down from the seating area to enter the arena. I was informed that I had won by default. My opponent had retreated.

"It was slow, my progression was very slow because I did not take taekwondo seriously. I was there to have a little bit of fun..."

I got back up and took off my gear. I felt calm, ready and quiet.

Captain Ebrahim informed me when it was time for the final fight. He said, I had already received a silver medal. But that wasn't what I was aiming for. I wanted Gold!

I got in the arena and the fight began. My opponent would hit, I would hit back. At the final 5 secs of the first round, he hit my head. Score was 5 - 15. I was very disappointed with myself. Captain Hussain told me to remain focused and to protect my head at all costs.

The bell goes off. The second round commences. I felt energetic. I don't even know where I got that kind of energy from. I started playing very well but I couldn't get a single point. Two minutes. The round ends.

Now it's a deathmatch. This was it, I thought. I had to get up and fight with everything I had or I would lose the gold medal. Last round starts. I was motivated with anger. I was playing very aggressively. The score was 19 - 27. I was making a big comeback but he stopped me with a hit below the belt.

I fell on the ground in pain, the referee stopped the match. The medic rushed towards me. He advised me to not finish the match. There were 45 seconds left. I hadn't come all this way to give up last minute.

In pain, I moved like a punching bag. The match ended 19 - 31. I went up to my team. All of their faces long. They seemed more upset than I was that my hits were not counted. I told them it was fine. This was my first big tournament. I had been playing for 4 - 5 months and I got silver medal.

I have been practicing for a year now; and I think I can say I have improved in many ways. I can say from my own experience that hardwork and dedication definitely pays off.

"...I had already received a silver medal. But that wasn't what I was aiming for. I wanted Gold!"



Principal, Dr. Ravi Warriar, Vice Principal, Ms. Geetha Mukkatira congratulating Ebrahim on the Silver Medal.

"Beware of the lion when he is quiet. That is my story as a Taekwondo player"

TYPES OF STUDENTS

#TheGeeks

They usually occupy the front benches of your class. These are the geniuses who are prepared for the surprise pop quiz. Their notebooks are clean and always upto date. If you still have trouble identifying the geeks in your class, this type of student asks for an unusual amount of supplementary sheets during exams.

#TheMasterDoodlers

These Vincent Van Goghs of the class can transform a boring history textbook into a fabulous work of art. Our master doodlers may begin with a human eye but end with an elaborate two-page sketch of a dragon. Also, give these doodlers a white-ink and your notebook and they will show you classy.

#TheJokers

Not a thing goes by without these studs passing a hilarious comment that shakes up the entire classroom. They have taken it upon themselves to lighten the mood of the class, even though sometimes it is at the expense of the teacher. Interestingly, contrary to popular belief, the teachers love these clowns more than they are willing to accept.

#TheBackbenchers

As the name suggests, these smarty pants occupy the last two rows of your class. Their disinterest in the class is more than apparent and they are often, if not always, suffering from 'severe' headaches that require them to put their heads down and sleep. They also fold chits like origami artists.

#TheDramaQueens

It is more like attention and drama cannot stay away from this special class of students. Always part of the most dramatic and cliff hanging moments of your school life; they are THE center of attention. You will often hear claim, Oh! How they hate all the drama. *But, you know...* These are the ones that make the cover page of your class magazine (if there is one, that is).

#TheMonks

These folks are unusually quiet... You might have studied with them from Grade 2 onwards but you know so little about them that they might as well be CIA agents!

By Ameena Moamar (7A)

Life and Suicide

by **Thuraya A. Wadood (9B)**

Life is like a twisted rollercoaster, it has its ups and downs, you always have to get through the rough part to get to the good one. I mean, sure it may be hard, but that's just life. Everyone struggles at some point.



You know, there are times when you feel like giving up. Like you're not good enough anymore, it's like the world is choking you, you feel like school or work is a burden on your shoulders that you have to carry

all the way, or maybe it's because of personal problems or maybe even because you're losing friends and getting bullied all the time. This is the point where most people give up on their lives and choose the other path which is suicide.

They choose to kill themselves thinking no one would care, but there's always someone that cares, maybe a friend or a parent, maybe even a relative. You think your parents and siblings wouldn't notice that you're gone? You think they would not cry for days straight over the fact that their beloved one is gone? You think your classmates wouldn't notice you just...not being there anymore? You think your best friends wouldn't start having breakdowns every now and then between classes realising their best friend is not there in the world with them anymore? Your parents, siblings and friends would all hope this was just another prank by you.

Life often presents us with situations that look like walls too high and too thick to penetrate. All you have to do is get to the vantage point to be able to look beyond. Life is hard. The most important thing to remember is you are not alone.

*"And perhaps the bravest thing
we will ever do is wake up and try again.
No matter the hardship,
No matter the pain."*

Becca Lee

DAISIES & BRUISES

by **Almaasha Hassim (9B)**

Picture your average run-of-the-mill teenager. She comes to school with a smile, works hard, scores well and leaves with a smile. Once she leaves school, what happens? No one knows. A teenager can be stressed out in so many ways. The greatest source being their personal/home life. Your parents may be involved, but what if your friend's parents aren't? What if this teenager is forced to score full marks in exams, failing at which would mean severe reprimanding? What if he/she scores really well, but no one appreciates them, not even their parents? Will these be reasons sufficient enough to justify giving up?

A child is going through a great deal of mental strain when they watch parents getting into nasty arguments and/or separating over it. Their budding dreams and goals could drown under all that noise. Even adults need some kind of acknowledgement. We are just a bunch of teenager! What parents don't understand is while they expect and should expect a lot from us, we kids expect a lot from them too.

The ones that score well are stressed but the ones that don't are probably stressed as well. Now will this be a reason sufficient enough to justify giving up? Something that every person forgets to do is to appreciate the little happy moments in life and being grateful for every little thing they have. Yes, you're going through a lot, I know. But take my advice and think of the positive side. Forget the past and think of what is yet to come. Giving up is not the answer. Remember, even the darkest shadow needs light to exist. Cheer up!

LEARNING MADE FUN!

by **Benita Benjamin (5A)**

Learning is the act of knowing things. Every child has a right to learn new things. For a student, a student my age, to learn something new, it has to be fun and interesting.

It can be interesting when there are a lot of activities to go with the theory. These activities offer a unique and creative approach to enable students to grasp concepts easily.

My teachers conduct a variety of activities on smartboards and make us do interesting team exercises that makes the classroom space very imaginative and enjoyable. When I enjoy, I notice I pick up on concepts very easily. I am able to learn from what I see.

I enjoy studying at Quality Education School because my teachers support me when I am not able to get on with my lessons. At school, we have a citizenship corner and many many creative boards put together by our art teacher, Ms. Layla. We also have so many events to help us destress from studying.

التنمر

نهال الحواجي

التنمر: يُعرّف التنمر بأنه شكل من أشكال العنف، والإساءة، والإيذاء، الذي يكون موجّهاً من شخص، أو مجموعة من الأشخاص، إلى شخص آخر، أو مجموعة من الأشخاص الأقل قوة، سواء بدنياً، أو نفسياً، حيث قد يكون عن طريق الاعتداء البدني، والتحرش الفعلي، وغيرها من الأساليب العنيفة، ويتبع الأشخاص المتنمرين سياسة التخويف، والترهيب، والتهديد، وقد يمارس التنمر في أكثر من مكان، كالمدرسة، أو العمل، أو غيرها من الأماكن المختلفة. ينتشر التنمر بنوعان تنمر مباشر وتنمر غير مباشر/التنمر المباشر: حيث يتضمن الضرب، والدفع، وشد الشعر، والطعن، والصّفع، والعض، والخدش، وغيرها من الأفعال التي تدلّ على الاعتداء الجسدي غير المباشر؛ حيث يتضمن تهديد الضحية بالعزل الاجتماعي الذي يتحقق بعدة طرق، مثل: التهديد بنشر الإشاعات، ورفض الاختلاط مع الضحية، وممارسة التنمر على

الأشخاص الذين يختلطون مع الضحية، ونقد الضحية من ناحية الملابس، والعرق، واللون، والدين، والعجز، وغيرها. الآثار السلبية، التي يخلفها التنمر: قد يتحول الأشخاص المعرضين للتنمر إلى أشخاص عدوانيين ومرضى نفسيّة بس التنمر يمكننا معالجة التنمر، وذلك عن طريق العديد من الوسائل والإجراءات، ومنها ما يأتي تعزيز ثقة الطفل بنفسه، تربية الأطفال تربية سليمة بعيدة عن العنف مراقبة الأبناء وسلوكياتهم منذ الصغر، بناء علاقة صداقة بين الأبناء، وأبائهم، وإيجاد جو عائلي دافئ يجمع بينهم، وضع حلول لمعالجة التنمر والقضاء عليه من قبل المدرسة، ومُعاقبة كلّ من يسلك هذا التصرف، إخضاع كلّ من المتنمر والمتعرض للتنمر للعلاج النفسي، ومساعدتهما على تقوية نفسيتهما بنفسيهما.



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