The class is filled with bustle and chatter. The sun shines, trying hard to breach through the windowpanes that have seen the best days, the worst days and the barren ones, leaving the atmosphere with an ancient and wondrous appeal. Time is frozen. There is silence. Yet in the back of your mind, there is a childish giggle, and suddenly you are wearing blue. Toddler feet step into the hallway to be led into a colorful door while other kids stare with puffy eyes like yours. You are promised your parents are coming back soon, unaware of the concept of hours or days. Then, you are in a new campus, which is green and ancient, and you could play like royalties since the aged stone stitch your wildest fairytales. Uniforms match earthy colors of beige to suit the eras. Later, you are back among the original white walls. But, this time there are tests to do well on, projects to finish, and competitions to participate in. You pass the classes to see students at the edge of their seats, eyes glistening with excitement of traditions you have seen start, peak and fade. The Arabic Week, the Science Fair, the Sports Day, the choir, all haze together into a buzzing memory. Books between your hands have a glowing screen rather than rented pages, and your younger siblings have replaced the traditional system, now learning in quarters of a credit system.

You are not any longer the toddler afraid to go to the playground restrooms during class because the big scary kids have their break. You have grown to become the big kid, and when you walk the hallway and see those children staring, somehow you see yourself. You see another generation in the same place you were 15 years ago, a kid who came into the world with a tender curiosity. You started with a sort of confusion and it is unfathomable that we part with it still inside us, but this time accompanied with another feeling, that of a heavy heart not ready to leave its constant. School, with all its changes, has molded our beings. Yes, it is not easy to bid farewell to a world that allowed us to make so much of ourselves. Although we spent our whole life on shifting tiles beneath our feet seeing its bricks replaced and colors deepened, nothing prepares us for the biggest change before us as graduates. The nostalgia may settle roughly, sometimes years after, sometimes a few moments before the end, yet we must strive to relish in it and enjoy it. Nostalgia is a beautiful thing, a human thing, and there is a sort of power in being able to look back on events and recognize the unbelievable amount of value they hold. We share with these walls a secret about change, and an understanding that we have become part of its history. Our essence carved into the stones and spirit forever lingering in the hallways, ready to live through any change to come.

Change could be a soft breeze that sweeps into our lives unnoticed or, it could come down tumbling upon us like heaps of stones. Change could be the answer to a call of hope in the dark or the edge over which we trip into the abyss. One thing is for sure, change cannot be halted; man does not hold the power to alter Earth or even stop its own altering. Man can only adapt to change to ensure his survival and evolution.

Amanda Bitar & Reina Dib - Grade 12
Let’s talk about it

Educationally Speaking

Daily Routine / A Sense of Security

All families need some type of routine to establish normalcy, a way to get things done, and a sense of security.

What are daily routines?

Routines are daily activities that are structured to help us manage our time. Routines can establish important habits that can become rituals. These rituals can help families strengthen their shared beliefs and values and build a sense of belonging and predictability. Daily routines also help set our body clocks.

Why are routines important in children’s lives?

• Safety and bonding: An organized and predictable home environment helps children feel safe, secure and looked after, particularly in stressful times or during difficult stages of development, like puberty. In addition, routines built around having times or during difficult stages of development, like pubert. In addition, routines built around having

What are some ideas for daily routines?

For school-age children, you could have routines for:

• getting ready in the morning and going to bed at night
• playing with toys
• reading books or telling stories
• doing homework
• getting together with other children to play, perhaps after school once or twice a week
• giving pocket money at a regular time and day
• Doing after-school-activities like hobbies or sport
• Doing chores, for example, setting the dinner table, unpacking the dishwasher, helping with the laundry, or caring for pets.

How to Implement daily routines?

Routine charts or checklists are a wonderful way to help kids remember what comes next, whether it’s for the morning, bedtime or the entire day. These charts can be placed in the children’s rooms where they can access them and check what they have for the entire day.

Socially Interactive

Is your child struggling to develop social skills? Do you worry that your child may not be getting along with other children nowadays. With all the technology that is available today, children spend time looking at screens and this can have a negative impact on their socializing with other children. In order to help our children develop good relationships skills, some activities have been designed in the preschool playground for them to use during recess times.

Many studies conducted throughout the years reveal that more time does not help children to exercise throughout the school day, but also provides benefits within the classroom. Many schools believe that recess helps children improve their social skills. For example, recess allows children an opportunity to release excessive energy and repay the natural curiosity of children. However, this decreases interruptions during class. Moreover, providing children with a variety of activities during recess allows them to work on their social skills. (Wilson-Konkel, M. 2016, July 17-7.

What is recess in school? During the recess, several activities have been prepared for the students in the playground. The type of games that are played on the field, such as the playground games, which improves overall social interactive and increases children's knowledge and social interaction. Other activities such as competition games are prepared for each student. The type of games played during recess, children develop valuable communication skills, including cooperation, coordination, sharing, problem-solving, conflict-resolution and coping, skills, as they work together and get along with people to solve problems. It is possible. It is helpful for a learner in a leadership role to be able to think critically and creatively and have a desire to find solutions whenever they come across a stumbling block. An obvious way for the parents to encourage this in their children is to ensure that they do not automatically provide answers when they are confronting a problem. We are not talking about an ability to solve complex logic problems or puzzles, but everyday problems. Allow your child to think about them, and eventually, they will come up with ideas and suggestions.

Leadership opportunities provided at school today have a huge impact on our future and can shape their future. Significant leadership opportunities.

It makes good sense to create a structure which leads to formal leadership roles for children and helps develop life-long leadership skills by creating and contributing to a school community. Some learners are chosen for roles, while some are not; but this should never be an issue. In fact, leadership is something that everyone can do. Not all of the individual’s everyday life regardless of one’s age.

However, in our interaction with so many ideal leaders, we have noticed a number of important traits among many of those who are leaders of school, and decided to pass on what we have observed and learned to parents. As an example, a strong interest in supporting their children in this area.

This area of leadership is becoming critical to the characteristics of leader learners for whom we have the highest level of support. We hope that in the future we will also allow and encourage their children in their own leadership journey, wherever that takes them.

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Let’s talk about it

4. Get to class—or the testing site—early.
Pack everything you need the night before and try to get a good night’s sleep. Having adequate rest (9–10 hours per night) is likely good to know that you are not alone!

5. Have a positive mental attitude.
Brush it off and say to yourself, “Let’s talk about it.” Let’s talk about it. Staying focused on the present can be more beneficial than staying up late at night or wondering about your answer, move on immediately to the next question and come back to it later.

6. Focus during the test.
During the test, do everything you can to maintain focus. If you’re stuck on a problem or you are worried about your answer, move on immediately to the next question and come back to it later.

7. Just start.
The blank page can maximize your anxiety. Start with the question that you find the easiest. If you’re stuck on a problem or you are worried about your answer, move on immediately to the next question and come back to it later.

8. Watch the time.
Realizing that time is almost up before finishing all of the test can make it hard to do anything useful in those final minutes. Mentally allocate how much time you’ll spend on each section. If there’s time to review, do that. Most tests aren’t rigid, so it’s permissible to take a little bit of anxiety before a test is a good thing. If you did not feel nervous at all, you might not be motivated to do your best.

9. Don’t pay attention to what other people are doing.
You are doing your own test, old and pace, and forget about the other learners in the room.

10. Focus on calm breathing and positive thoughts.
Deepest breathing can slow down a racing heart or a racing mind, so practice these techniques. High-stakes tests can be stressful, but there is a strong correlation between anxiety and performance. The more you can relax and breathe calmly, the more effectively you will do on the test.

In the secondary years of school, learners face their most challenging task: conducting a research. In this process, learners must be creative enough to select a topic that is not only relevant but also interesting. The most common symptoms of test anxiety are racing thoughts, inability to concentrate, or dreadful feelings that can be combined with physical symptoms such as fast heartbeat, headache, or nausea. Whether it is a formative assessment in Mathematics, a summative assessment in Arabic or a final exam in History, test anxiety has the power to derail even the most hard-working student. According to the ADA (Anxiety and Depression Association in America), cause of test anxiety may include fear of failure, lack of adequate preparation time, or bad memories from past test experiences. It is good to know that you are not alone! Fortunately, there are several tips that can help learners overcome their test anxiety.

Here is what you can do to stay calm in the days leading up to and during your test:

1. Be well-prepared.
If you feel confident that you have prepared thoroughly for the exam, you’ll feel more confident sitting for the test.

2. Get a good night’s sleep.
Having a restful night’s sleep (8-10 hours per night) is likely to be more beneficial than staying up late at night and exacerbating your test anxiety.

3. Fuel up.
Eat a nutritious breakfast before the test and pack smart snacks for ongoing energy.

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The Iron Will

A story about the Iron Will

The Iron Will is a principle that helps us overcome challenges. It is about never giving up and always trying our best.

Let’s talk about it

With the scientific advances, humans are living longer. As we age, there are many changes that occur in our bodies. These changes can affect our daily activities and can sometimes be challenging.

Preschool Awareness Campaigns

There is a saying that goes, "Tell Me and I Forget, Teach Me and I Remember, Involve Me and I Learn." by Benjamin Franklin.

Educational Programs Department

Pekiza Berberian KG1 Homeroom Teacher

Let’s talk about it

A variety of Fruits & Vegetables

Healthy eating is important for growing children. As they encounter different situations in life, they need to be proactive rather than reactive. It's important to teach them how to be SMART - Safe, Thoughtful, Mindful, Safe, and Responsible.

The best way to acquire all the vitamins and nutrients is to consume them. Recent studies have shown that even if these important nutrients are supplemented by vitamin pills, they are not as beneficial as when they are directly consumed from the sources. It goes without saying that one should add fruits and vegetables to one’s diet for numerous health benefits.

Educational Programs Department

Safe & Unsafe

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Educational Programs Department

Fruits & Vegetables

Winter Season

• Bananas
• Grapes
• Clementine
• Oranges
• Pomegranate
• Date
• Kale
• Broccoli

Spring Season

• Apricots
• Avocados
• Mango
• Papaya
• Strawberries
• Asparagus
• Artichokes
• Green Beans

Summer Season

• Blackberries
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Educational Programs Department
Founder’s Day

The Legacy of our School Founder

“Who is Ignatius IV?” He was once asked in a recorded TV interview. “He is a human being who wants to be very simple and direct, and above all wants to serve others without any reservation or discrimination.” Patriarch Ignatius IV Hazim replied.

With all that he experienced throughout his life, from living in a modest family and not managing to get a proper education in his early years in his hometown in Syria, but then becoming a judicious Patriarch and the founder of BAC and the Balamand University, he still saw himself as an ordinary man. Patriarch Ignatius IV Hazim lived in Lebanon then moved to France for further education. When he came back from Europe, he became a teacher at “Ecole Des Trois Docteurs”, before pursuing his dream of building the Beirut Annunciation Orthodox College and becoming its first principal.

Patriarch Hazim saw the school as a tool to teach manners, respect and tolerance. He believed that developing a moral platform is more important than mastering subject matters. He dreamed of a society that masters subject matters. He dreamed of a society that developed a moral platform is more important than mastering subject matters. He dreamed of a society that develops a moral platform is more important than mastering subject matters. He dreamed of a society that develops a moral platform is more important than mastering subject matters. He dreamed of a society that develops a moral platform is more important than mastering subject matters. He dreamed of a society that develops a moral platform is more important than mastering subject matters.

With all that he experienced throughout his life; from simple and clear, and above all serves others without effort. Therefore, a ritual is a series of actions done by someone that becomes a part of his or her life.

In order to stimulate the love of reading from an early age, we need to create reading rituals that motivate children to adopt this habit. At school, learners are encouraged to keep logs or journals of books they’ve read. Many learners keep track of all the books they read by accumulating titles on the list year after year, even well after graduation, thus maintaining this ritual throughout their lives.

Reading Rituals

“Reading gives us some place to go when we have to stay where we are.”
—Mason Cooley

We are creatures of habit. We follow routines and rituals in our daily lives like brushing our teeth, saying a prayer before a meal, reading a book before sleeping. These routines become so ingrained in our daily lives that we tend to do them automatically and without effort. Therefore, a ritual is a series of actions done by someone that becomes a part of his or her life.

Moreover, reading throughout the day and having a book at hand at all times is one ritual. Gliding a blanket, placing stuffed animal and a book right before going to sleep is another ritual that some may follow. Props, locations and interesting topics may help create reading rituals for children. Allow the child to choose a book on his own and let him or her know that anytime during the day is a right time to start reading.

To encourage learners to develop and maintain their own reading rituals, this year during the reading week, Grade 1 and Grade 2 learners engaged in a fun and educational activity pertaining reading rituals. During the activity, learners enjoyed a quiet, cozy reading session with stuffed animals and all-time favorite story books on a prepared set. This setup allowed them to the whole process of bed-time story reading starting with picking and opening up a book with a reading partner (whether a human or a stuffed animal). This was only accomplished after careful consideration of story titles, cover pictures, illustrations, Bewitch, and other details that sparked their interest when they checked it out or discovered the books. Learners concluded the activity with inspiring ideas and great plans for their own reading rituals.

Always encourage children to read since, “The more you read, the more things you will know. The more that you know, the more places you’ll go.” —Dr. Seuss.

Reading Week

Out of the BOOK!

Avoid readers encountering a myriad of experiences in which they get immersed in a book and become the protagonist’s advocate and book-hero! During reading week, on Character Day, the story character immediately came alive and added the classics. Third and fourth graders brought their characters to life by picking their favorite story characters and reenacting from Matthew, Cat in the Hat, Harry Potter, Captain Flint, Robin Hood, Easter Bunny, Chimchimw, and many more characters walked hand in hand, made their challenges and personal accomplishments known to public, and had their characters appealing to the mind and heart of the audience. Not only did they flaw in our green- and-
Memories are Stitched with Love

It is said that sometimes you will never know the true value of a moment until it becomes a memory. We all get flashbacks of memories and wish we could keep these treasured memories in a safe place. Rewinding unique moments brings us satisfaction and paints beautiful portraits on the canvas of our memories. Try to recall the time when your mom offered you a long-lasting hug after an arduous day or the time you finally managed to ride your bike successfully. What about the time when you washed your worries away and spent a quality time with your family? Wouldn’t you wish you could turn back the hands of time and relive these moments more profoundly? Allow our fourth graders to take your hand and travel across time.

Fourth graders embarked on a journey to revisit their past and create a memory box to keep safe their once-in-a-lifetime memories with their families. Bearing these thoughts in mind, fourth graders reminisced their childhood and were in constant pursuit to fish for their pleasant memories. What an exquisitely sentimental recreation of their favorite memories did they represent! They started off as inquirers who collected their photographs and most prized miniatures. Moving on, they interviewed a family member to touch upon their milestones. Subsequently, they collected and placed all these memories in an artistically crafted memory box that they dedicated to that family member they admired. This nostalgia has greatly inspired us to grow into being more grateful and aware of the strong and irreplaceable family bonds. Home is where the love and warmth of our family members reside.

Erica Hepper, a lecturer in the school of psychology, believes that we should make deposits into the nostalgia bank that we can draw on when we need a boost in the future. Hold on to your memories, cherish them, and let this mark the inception of a life marked with meaningfulness, optimism, and abundance. Next time, if your inner voice craves for a fond memory, give in and pause the moment!

Oghada Kanaan
Grade 4 English Teacher

News Broadcast Project

Patient, Resilience, and Perseveration Make an Unbeatable Combination for Success.

Shining bright comes from the heart of effort and determination. This is exactly what Grade 6 learners experienced while working on the news broadcast projects during the English sessions. Presentations and broadcasts evolved for one whole week, and the outcome was astonishing. Learners transformed a school project into a career path and a significant work of art. At an event when an altruistic teacher announced the breakthrough of a new project that required all learners to work on their own news broadcast, learners with all their might will started working adequately and considered the news broadcast as their fundamental focus. Ideas were scrambled on papers, some of which were counterproductive. However, learners had the required persistence to elevate their projects to a new dimension. They even had their print appearance to live their project. Finally, their presentations came into place, and the tide turned. When each group went on stage, hands quivered, hearts pounded and skipped a beat, but that definitely did not cease the lips from moving and excelling. Learners had the confidence and ability to put up outstanding presentations where a great roar of applause broke out to reward the overachievers for their distinctive performance. Learners put on quite a memorable show! They felt like bursting stars because they had the will, and if there’s a will, there’s most certainly a way.

Aya Bassam and Karim Bitar
Grade 6 - A

The Artist in You

Art Works

Jalal Alkayed - KG2 A

Aseem Shehata - Grade 2 C

Corianne Shaar - Grade 3 B

Mohamed Moussa - KG3 B

Juliana Kassub - KG3 A

Tia Zein - KG3 A

Celine Shaar - Grade 3 B

Karim Bitar - Grade 6 B

Anwar Moumneh - KG3 C

Yara Jaber - Grade 2 A

Karim Bitar - Grade 6 B

Mohanad Abou Nasr - KG3 B

Omar Mneimneh - KG3 C

Juliana Kassub - KG3 A
The Artist in You

Our school was founded by the late Patriarch Ignatius IV Nazim in 1953. It was a regular and boarding school until 1963, when it closed to harbor refugees. It re-opened in 1998 with a determined focus on cross-curricular integration and transnational competencies, abilities, and skills, as well as values. Such direction allows our school to build well-prepared pupils who will later on unfold into successful adults and leaders.

Leadership development is essential for students… In fact, none of the modern day famous figures, such as Einstein, Hassan Kamel El Sabbah, or Mother Theresa would have gotten to the stage of influence and inspiration without having leadership embodied into their personalities. Students spend a thousand hours at school yearly; therefore, schools are the perfect place for initiating the formation of a student’s leadership identity. At school, we, students, develop permanent habits, nurture and equip ourselves with a moral system that is imperative for inducing positive change within the society we live in today.

Schools are one of the last possible savors of our society since they have the power of building adults who will set the foundations of our future. We are now reaching an era where development is fundamental for our survival in the world in which we have lived for thousands of years, yet we remain ignorant of most of its mysteries. It is time that schools commit to building strong student leaders who are well equipped to build their communities and nation. As we have learned from our school’s founder, such commitment does not only rely on curricula, but also on morphing strong competencies, skills, and values. Such direction would have gotten to the stage of influence and inspiration without having leadership embodied into their personalities. Students spend a thousand hours at school yearly; therefore, schools are the perfect place for initiating the formation of a student’s leadership identity. At school, we, students, develop permanent habits, nurture and equip ourselves with a moral system that is imperative for inducing positive change within the society we live in today.

Xena Al Moukaddem
Grade 9 - B

The Writer in You

If I lived in a world made of food, I would eat with my hands because eating with my hands is very natural and easy. Food is the best way to eat and eat at the same time. If I would be in a world made of food, I would be a ginger bread girl. I could eat chocolate cookies but not chocolate beans, I could eat chocolate dough but not chocolate cream, I could eat chocolate cake but not chocolate ice cream. I could eat hot chocolate but not cold chocolate.

Adriana Bazarly
Grade 3 - C

World of Food

La guitare, ma passion !

Bien entendu, la maîtrise de la guitare ne se fait pas en un claquement de doigts. Il faut travailler de manière régulière et persévérante pour passer aux résultats escomptés. Mais le plus important pour devenir un bon guitariste c’est d’être passionné et de s’y prendre de pair à chaque étape.

Depuis que je suis enfant, j’ai toujours eu très grande passion pour la guitare, et quand ma mère me l’a offerte comme cadeau d’anniversaire, j’ai toutefois attendu quatre ans avant de m’y mettre. Même si je suis enthousiaste et intriguée, je ne pouvais pas attendre d’apprendre tout sur la musique et les guitares.

Enfin, je conseillerai aux gens qui aiment et s’intéressent à la musique de réaliser leurs rêves et se rappeler que la musique est un art. Elle permet de développer son créativité et de se ressourcer, et c’est grâce à elle que nous pouvons nous exprimer pleinement.

Ahmad Hamayed
Grade 6 - A

La guitarra, mi pasión!

Si viviera en un mundo hecho de comida, comería con las manos porque es natural y fácil. Comer con las manos es la mejor manera de comer y comer al mismo tiempo. Si viviera en un mundo de comida, sería una niña galleta. Pudiera comer galletas, pero no chocolate, pudiera comer pasta, pero no crema, pudiera comer sándwich, pero no helado, pudiera comer chocolate, pero no helado.

Adriana Bazarly
Clase 3 - C
Our School Life
The Writer in You

If You Invent a Machine

I choose to invent a machine that helps blind people to see. It helps to see other people's images in front of the blind person into his brain to help him.

Noura Zahraa Al Talhas
Grade 2 - B

Bon Appétit

A great source of vitamins and minerals.

Ingredients:
• 1/4 teaspoon vanilla extract
• 2 tablespoons of frozen orange juice
• 50 grams fat-free yoghurt
• 1 peeled navel orange
• 1 tablespoon of honey

BANANA GINGER SMOOTHIE:

• Boosters (optional) like cinnamon, ginger, cardamom, turmeric, or saffron.

Laila Kourani
Grade 2 - C

One Day...

One day I woke up and looked out the window. To my surprise, I saw that my house was floating in the sky like birds. 'I'm lost!' I thought. I went to a window and jumped out of it.

Layla Kourani
Grade 2 - C

Being a Famous Rock Star

Once upon a time, I decided to be a famous rock star. Then, after few years, I finally became a rock star and I was very excited about it.

Lina Abou Rawi
Grade 2 - A

Our Life Style

Mr. Moustafa

Dear Ramzy:

I am very glad to receive your letter. I am very interested in your story. I will try to write to you again soon. My father Mr. Wahid is very happy to hear from you.

Yours sincerely,

Essam Mohamed

Mr. Moustafa

Dear Essam:

Thank you very much for your letter. I am very glad to hear from you. I am looking forward to your next letter.

Yours sincerely,

Ramzy

Our Life Style

Mr. Moustafa

Dear Essam:

I am very glad to receive your letter. I am very interested in your story. I will try to write to you again soon.

Yours sincerely,

Ramzy
Activity for Longevity

An active lifestyle will lay the foundation for a healthy life. To ensure proper physical development, children need to be active and eat a variety of healthy foods. In some cultures, children spend a lot of time on screens and less time playing outside, it is highly important that we encourage an active lifestyle.

Physical activity would help children with:
- Healthy growth and development
- Better self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- A healthier weight range
- Social interaction with friends
- Learning new skills while having fun
- Better focus and concentration during school.

To stay healthy or to improve health, young people need to do three types of physical activity each week depending on their age level:
- Active exercises
- Exercises to strengthen their bones
- Exercises to strengthen their muscles

Examples of activities that require vigorous effort:
- Swimming
- Running
- Tennis
- Football
- Gymnastics
- Sit-ups, press-ups and other similar exercises

Examples of muscle-strengthening activities:
- Rope or tree climbing
- Sit-ups, press-ups and other similar exercises
- Gymnastics
- Football
- Tennis
- Nuts (nuts are high in healthy fats, along with protein and calcium)

What kind of snacks are good for a healthy body?
- Yogurt (yogurt is an excellent snack for kids because it is a good source of protein and calcium. Calcium is especially important for kids, developing bones.)
- Popcorn (popcorn is a low-calorie snack. It has no added fat, and it’s actually a nutritious, whole grain food.)
- Celery with Peanut Butter and Raisins
- Nuts
- Apples and Peanut Butter Dip

Examples of bone-strengthening activities:
- Jumping and climbing
- Running
- Gymnastics
- Soccer
- Football
- Basketball
- Martial arts

Children and young people aged 5 to 18 need to do at least 60 minutes of physical activity every day – this should range from moderate activities such as cycling and playground activities, to vigorous activity such as active exercises. Being active for at least 60 minutes a day is linked to better general health, stronger bones and muscles, and higher levels of self-esteem.

Examples of activities that require moderate effort:
- Walking to school
- Walking in the playground
- Cycling

Examples of activities that require low effort:
- Dancing
- Yoga
- Pilates
- Aerobics

So, what happens to our children when they do not engage in enough physical activity?
- Stress increases
- Mood swings
- Lack of sleep
- Reduced school performance
- Increased Risk of Diet Failure

Natural tanning is a safer choice when it is done correctly; for UV rays coming from the sun have the same effect as the one aforementioned. To achieve this tan, the following steps must be followed:

1) Exfoliate your body
Before leaving for the beach, apply lotion to your body to moisturize it and ensure that you would not be left with dehydrated skin at the end of your day.

2) Know when to tan
Sitting all day under the sun will leave you looking bronzed for a few hours, but after a few hours, you would be left with itchy and swollen skin. Therefore, make sure to spend not more than 20 minutes in one sitting under the sun and take a dip in the water to cool off. Also, give your skin time to relax before going to the beach again.

3) Wear hats and sunglasses
Eyes are sensitive to light so ensure that they are well covered and protect your eyes from sunlight. Before buying any pair, check for the label. “UV absorption up to 400 nm” or “Meets ANSI UV Requirements” which means the glasses block at least 90 percent of UV rays. However, be mindful of falling aloft your sunglasses and don’t forget to wear your hats to protect ears, forehead, scalp, and nose all at once.

4) Drink Water
A day spent under the sun puts you at risk of dehydration. Make sure to provide your body with water every hour or so.

5) Know how to choose your tanning creams
Opt for food-based creams with little chemicals, coconut oil and carrot-based creams are a great choice since they leave you with healthy tanned skin.

6) Avoid creams altogether
This is not to say that creams are not beneficial, but sometimes choosing to apply sunscreen of SPF 30 and above every two hours sounds like a better choice. This would still allow people to get a tan, but a lighter one.

7) Snack on the right food
An antioxidant found in tomatoes, and other red and orange fruits and vegetables, can boost your sun protection by 50%. One of the best sources is tomato paste – did someone say spaghetti? Green tea, fish, and dark chocolate should do the trick.

Overall, your health is at stake so be careful when handling how you tan this summer. You may sport a tan for a few month but you would sport a distaste a whole while longer.

References: betterhealth.vic.gov.au
Aya Hassanien
Lynn Abou Midi
Romy Khoury
Hala Aboud
Grade 11

Solarium Vs. Tanning

It is starting to feel like summer and people cannot wait to hit the beach and get their tan on. Many a time people face a dilemma whether to tan naturally or save time and hit the solarium clinics. The choice should be a no-brainer for a tanning bed lest all be your coffee!

Tanning by solarium is much more dangerous than tanning in the sun. The ultraviolet (UV) radiations from a solarium bed are a leading cause for skin cancer. In addition to irreversible skin damage, and irritation like rashes, blisters, wrinkles, dryness, and premature aging, the UV radiations are also very damaging to the eyes. When eyes are exposed to those harmful radiations, the cornea (the transparent layer in the front of the eye) and the conjunctiva (the mucous lining of the white part of the eye and the eyelids) may become inflamed, thus, damaging sight and increasing the potential for cataracts and temporary blindness. Also, radiation from a solarium has been shown to cause changes in the body’s immune system.

Be Aware

Do It Yourself

DIY or “do it yourself” is the activity of decorating, building and applying repairs at home by oneself rather than employing a professional. As members of the DIY club, we have conducted several projects with our peers throughout the scholastic year. One of our favorite projects was building a table top catapult using wooden dowels, rubber bands, ping-pong ball, and spoons or climber pool floats.

We started our project by putting two dowels together in a capital T shape: the leg of this T would become the catapult’s throwing arm. Then, we put three other dowels to finish forming the square base, attached two to the top of the T from step 1 and used the third to connect them forming a triangle. At each corner of the base, we affixed a dowel (four total) that stack up vertically and connected a horizontal dowel to the base of the two vertical dowels on either side of the throwing arm. Then, between the two vertical dowons on the other side we connected a horizontal dowel a couple centimeters below their tops. At that point, we leaned together the structures to form a triangle and connected their tops with rubber bands, wrapped rubber bands around the throwing arm and used them to affix another dowel that extended several centimeters past the end of the arm. Consequently, we used another rubber band to tie a spoon at the end. Finally, when the design was complete and ready to shoot, we just put a ping-pong ball in a spoon, bent the basic part, pulled back the arm and released it.

It was an unforgettable experience. Despite our several failing attempts, we didn’t lose hope as we determined to make it work. It just takes practice, patience, and willpower to accomplish a successful DIY!

References: www.popsci.com/catapult
Shahed Taha
Yasmina Turk
Grade 11

Ready? Aim!

www.popsci.com/catapult

Zoom on
نبض العاصمة، النّبض المُميز للجَمِيزة، النقطة المُحيطة التي تقع في قلب بيروت، يعكس النبض العامّة من خلال تاريخها، شوارعها القديمة، والأحياء الفريدة التي تُشكلها شبه الجزيرة، والواضح الحفاظ على أهميتها، إذ لا يزال تاريخها المشرق من خلال شوارعها العريقة، المتميزة ببيوتها ذات النوافذ العالية، التي تتدلى منها نباتات الدروع، وأحواض الزهور، إضافة إلى العديد من الأبنية الأثريّة، الشاهدة على الحقبات التي مرّت بها البلاد، مثل بقايا بيروت العثمانيّة، والمملوكيّة، والصليبيّة.

تاريخ هذه المنطقة عريق، إذ يُحكى أن جمال باشا سكن قصر ليندا سرسق، وقضاء السكّان في الدَّرب، تم اعتبار هذه النقطة للإيصال إلى جمال باشا، حيث كانت هذه المكانة لاستخدام حطب الشجرة في الماء.

الجميزة كانت منطقة حرفيّة تنتج أجران الكبّة والصابون، كما نجد فيها أقدم معامل لصنع العرق في لبنان. بالإضافة إلى ذلك، فيها الكثير من المدارس العريقة مثل مدرسة الثلاثة الأقمار ومدرسة القلب الأقدس (الفرير)، وبُني فيها أوّل مسرح في الشّرق وهو مسرح مارون نقّاش. كما أن النادي الأولمبي وهو أوّل نادٍ بحريّ في لبنان كان مقره في الجمّيزة.

كما يوجد في المنطقة درج قديم يُعتبر من معالم بيروت الأثريّة، والذي استُحْدِث مؤخّرًا، وهو الشاهد الملك على حقبات تاريخٍ مهمّة مرّت بها العاصمة في وقتٍ لم يَعُدّ هناك إلا القليل من المنازل القديمة والأثريّة في هذه المنطقة.

وتشتهر هذه المنطقة أيضًا بتاريخها المُنتظور في ثلاثّينات، حيث تشتهر هذه النقطة بنهايتها الشهيرة، التي تُعرف باسلية الفريدة، التي تجعلها نقطةً مميزة في النبض العامّاً.

لطالما اشتهرت بيروت بِحياتها الليليّة المُتنوّعة، وتُعدُّ الجمّيزة من أشهر مناطق السّهر في بيروت، حيث تتوزّع الحانات والمطاعم والملاهي المُتنوّعة إرضاءً لجميع الأذواق، وحيث يمكن للسّاهرين انتقاء ما يناسبهم من موسيقى وطعام بحسب أهوائهم.

The silky-smooth texture of chocolate that melts in the mouth is a slice of heaven that brings sheer bliss. Wouldn’t you crave a rich and dense chocolaty cake where all the flavors of chocolate burst in your mouth? You are surely familiar with the fact that chocolate should be consumed moderately. Here are some interesting facts that you should know.

1. Chocolate comes from a cacao tree; it is made from a seed.
2. Making chocolate is hard work. It takes about 400 beans to make a single pound of the good stuff.
3. There is a rare fourth kind of chocolate in addition to the classic milk, dark, and white varieties. It is called the blond chocolate.
4. Dark chocolate is a powerful source of antioxidants.
5. Eating dark chocolate every day reduces the risk of heart disease by one third and improves blood flow and brain function.
6. The first chocolate treat was hot chocolate.
7. The world’s largest chocolate bar weighed 5,792.50 kilograms.
8. Soldiers were paid in chocolate during the revolutionary war.
9. German chocolate cake didn’t originate in Germany. It was named after an American baker called Sam German.
10. Chocolate can make dogs and cats ill.

Jad Hammoud
Grade 4 - A
Les apprenants de la GR4 ont préparé des signets à travers une activité audio-visuelle accompagnée de peinture. Les apprenants de la GR2 ont joué avec les lettres pour obtenir les lettres du nom de quelques pays francophones. La GR8 nous a communiqué les valeurs de la francophonie qui sont responsables de la diversité linguistique et culturelle pour la première fois un héritier anéantit tous les avantages de la nature. Les apprenants de la GR9 décorent la porte de leurs classes.

Enfin, les apprenants de la G10 ont clôturé le mois de la francophonie et la biographie de quelques personnages principaux à travers leur description. Les apprenants de la G6 ont célébré la francophonie en musique. Les apprenants de la G7 ont découvert la chanson "On écrit sur les murs" du groupe "Les aventures de Tintin" et de ses personnages. Le Roi Lion (The Lion King) : Au service de la savane africaine, tout les animaux célèbrent la naissance de Simba, leur futur roi. Tous, sauf Scar, frère cadet de Mufasa, pour qui la naissance de ces héritiers lui conférait ses espaces d'active pour un jour au pouvoir. Le bataille pour la prise de contrôle de la Terre des lions est ravagée par la tragédie et le drame, ce qui finit par entraîner l'oni de Simba. Avec l'aide de ses deux nouveaux amis, Timon et Pumbaa, le jeune lion va devoir trouver comment grandir et comprendre ce qui lui revient de droit. Dumbo : Même Farrier est venu, père de deux enfants, aucun animal de cirque. Il est engagé par Max, le propriétaire d'un cirque, pour s'occuper d'un petit éléphant prénommé Baby Dumbo. Mais les choses tournent mal lors de la présentation au public du nouveau-né l'éléphanteau qui est séparé brusquement de sa mère. Dumbo, son père. Respectent les lois des anciennes communautés, le fils du sonneur de gongs, tout comme son père et les membres de sa communauté, respectent les lois des anciennes pierres qui régulent la vie des yétis. Quand assiste à un accident de vol et découvre pour la première fois un humain, sa vie va en être bouleversée. Mais s'ayant aventure, il est banni de son village. Determiné à prouver à ses contemporains la vérité de ses propos et afin d'attirer l'attention de celui qui aime sincèrement, Migo se met en quête avec d'autres alliés à retrouver la mère et la cohabitation avec ses deux nouveaux amis, Timon et Pumbaa, le jeune lion va devoir trouver comment grandir et comprendre ce qui lui revient de droit. 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كلّ عيد وأنتم بخير
أقامّ متعلمّي الصفوف الثانوية احتفالًا بمناسبة حلول عيد الفصح المجيد، وخلال هذا الاحتفال أقاموا الألعاب وأنشطة ترفيهية، وفند عنهم من الفرح والمتعة، وشارك المتعلّمون بحماسة جليّة، ظهرت على وجوههم الصغيرة الوعيّدة بمستقبل زاهر.
كلّ عيد وأنتم بخير.

Grand Finale
What comes to your mind when you hear the word "Joy"? Well, to us seniors, joy is what we witnessed and experienced during our festival, The Grand Finale. Games, competitions, prizes, inflatables, children's laughter and talents filled our school with a joyful atmosphere. In fact, we might have had more fun than the audience! The Grand Finale was more than a festival. It is a Proof that HAPPINESS can be created by the simplest things.
Jobs and the Economy

Today, we live in a world with an ever-changing job market; where within the span of a decade, one of the most demanded jobs could be completely replaced by machines and artificial intelligence. Numerous jobs are vanishing into thin air. Take calculators for an example; the task used to be a high paying job done by skilled mathematicians, is now being done by cheap machines 100 times faster than any human. Another top example is farmers- for highly advanced machines are now able to milk animals, plant seeds, and trim the bushes. On the other hand, the number of post men is also decreasing at an alarming rate for mails are rarely sent. According to Forbes, the list goes on to reach sewing machine operators, electric equipment assemblers, computer operators, and even petroleum engineers. But, why is that happening? Well, this is where technological evolution comes into play.

Many people panic about the mere idea of robots taking our jobs; however, throughout history, new jobs have been created to replace those lost. For example, the invention of cars made carriage drivers, stable boys, and horse groomers obsolete; nevertheless, these professions were replaced by many other ones; mechanics, assembly line workers, and oil rig workers. It is certain that technology will continue to develop replacing humans by machines. On the other hand, other jobs that are in demand and will remain are information analysts, registered nurses, and computer scientists.

To be on the safe side, the youth should be directed towards fields of study that would be arduous to replace. Modern lifestyle has led to the appearance of industrial psychology which is concerned with providing solutions for problems occurring in the workplace and enhancing productivity of each employee. New and shocking jobs will also appear such as trash engineers; due to the accumulating amount of garbage on earth that people must get rid of. Moreover, medical mentors will be needed to guide robots through operations. Security repair will also be needed for celebrities, for many have leaked images, videos, and other posts that they wish would be taken off the web.

In the end, change is inevitable and humans must embrace it and adapt to it. This is evident through the varying demands of the job market; as such, the youth must know what field of study to follow to ensure their integration in the future.

Ahmad Naoura
Grade 11