



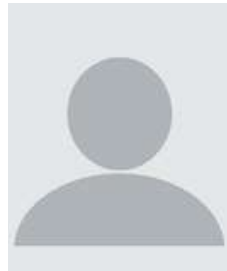
# Meet the 4th Issue Team!



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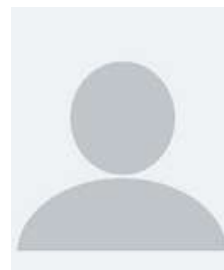
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# كل عام والبحرين بألف خير ***Bahrain National Day!***

Article by: Loyal Sameeh



Bahrain National Day is a joyous occasion celebrated annually on the 16th of December. It is a time to celebrate unity and honor the country's progress. During the Middle and High school National Day program, the celebration started during recess with a tug war between students and teachers, resulting in a conquest for the eager students. Additionally, the students infused the festive atmosphere with their performances, from sincere interpretations of Bahraini tunes to an enthralling poetry recital. Furthermore, the focal point of the day was the uplifting performance that gracefully depicted Bahrain's solidarity. Finally, a spectacular display of Bahraini fashion unfolded. The seniors took command of the stage, delivering a spellbinding fashion show that artfully weaved the threads of traditional and contemporary Bahraini attire.



Students learning how to create baskets using palm tree fronds



Students practicing how to use the pottery machine.



# World Children's Day

Article by: Fatima Waleed



World Children's Day is a day that it is dedicated to raising awareness about children's rights and improving welfare, and is celebrated every year on November 20th to promote international togetherness, and awareness among children worldwide. World Children's day was first established in 1954, with a purpose: to can change the way children are viewed and treated by society. On that day, Al Raja School hosted this event in remembrance of all the children suffering in the world by letting the students wear yellow.

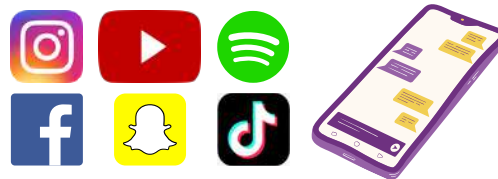


# HIGHSCHOOL STUDENTS: BEYOND THE CLASSROOM

Report by: Fatima Buhamood

**What do high school students like to do in their free time? Do they indulge in reading or creative activities? Do they participate in sports or fitness activities? Or do they spend their time playing video games with friends? Turns out, the answer is a little bit of everything.**

Some students like to indulge in poetry in both Arabic and English and read books of their own choice or those assigned by their teachers. Some people enjoy the arts of baking and cooking, while others enjoy expressing themselves creatively through crafts and painting. Some people spend their free time building projects that involve electronic equipment. Some students also enjoy playing sports such as football, volleyball, and basketball, or going to the gym. Some students enjoy playing video games with their friends. Also, with the rise of social media, many students are using platforms like TikTok, Snapchat, and Instagram to stay connected with friends, discover new interests, and explore creative activities in their free time.



These hobbies are not only a source of relaxation and entertainment, but also a way for students to express their creativity and test their limits. One student said, “My hobby is a way to take a break from the stress of school and pursue my own interests and passions.” Another student added, “I love to bake because I can experiment with different flavors and techniques, and there's nothing more satisfying than seeing friends and family enjoy the results.” No matter what their hobbies are, it is clear that high school students have a variety of interests and enjoy their free time.



# Students' Pets

Report by: Mariam Mohammed

**Noor Shaji** (G11) owns cats and birds. She has had her cat for 5 years now, and had her parrot for 27 years. She always takes care of their health by giving them food and picking up their litter, and she likes to talk to her parrot.



**Jood Fadi** (G11) owns one dog and one cat. She has had her dog for 10 months now, and the cat for about 3 years. She regularly grooms her dog and takes him out for walks, and also brushes her cat's fur.

**Nathanael Webb** (G11) owns a cat. He had this cat for 12 years, and takes good care of her by feeding her, cuddling her, and make sure that she's healthy.



**Noor Alsairafi** (G9) owns a cocktail parrot ever since he was a baby! He is now 2 years old. She takes car of him by cleaning his cage, training him for tricks, and regularly performs practices with him for his vocals.

**Yasmeen Ahmed** (G11) owns a cat that is a year old. She regularly feeds her, plays with her, and takes her to the vet every once in a while for her check ups.



# Students' Pets

Report by: Mariam Mohammed

**Fatima Alnooh (G11)** owns birds for 3-4 years now, and also owns a cat and had it for 2 years. She takes good care of them and lets her birds out of their cages to fly around and play, and feeds them vegetables to regulate their digestion. She also trims her cat's nails and fur.



**Mariam Nader (G6)** owns a Macaw that is 12 years old, and birds that are a year old. She feeds them regularly, cleans their cages, and showers them.

## Senior's Bollywood Event





# AFTERSCHOOL FOOTBALL TOURNAMENT

Photo credits: Alhanoof Almuftah & Nawaf Almatri







# Teacher Features!



Interviews by: Dana Alawadhi

**Tell us about yourself:**

My name is John Daniel, I have been working for 8 years now, and I am specialized in teaching Biology, and different forms of Biology like genetics.

**What is something students don't know about you?**

I am a musician, I play the violin, I am a jazz violist actually. I also was drafted into my university's basketball team in the UK.

**How would you describe your personality in 3 words?**

Patient, deep in thought, and quiet.

**Tell us about yourself:**

I am Ms. Aileen, I teach grade 11 English and AP Literature. I have been teaching for about 10 years now, and I've always loved stories and poetry, and I love having a job where I get to talk about the things I love all day.

**What is something students don't know about you?**

I speak French because I was born in France, and lived there as a child.

**How would you describe your personality in 3 words?**

Nerdy, introverted, and indecisive.

**Tell us about yourself:**

My name is Sera Maria Malayil, I am from India, and I teach Social Studies which include: History, Economics, Sociology, as well as AP Economics.

**What is something students don't know about you?**

I am ambidextrous, which means that I can write with both hands. I also enjoy doing crafts, its my secret hobby.

**How would you describe your personality in 3 words?**

Chatty, tall, and musical.



# Junior's Event

Report by: Alya Mohammed

The Junior's Event was an event which a lot of the Junior's put their hard work and effort into to cater to everyone's needs. It included multiple activities such as a photobooth, fear pong, kout tournament, PlayStation, board games, coffee station, murder mystery game and dinner. This event gathered multiple mixed reactions which included the following:

“It was cool and fun but it had some drawbacks. However, I did like that was a place to play Uno and bata, but there weren't a lot of activities to play for 5BD. But it was nice and cool.”

- Ali Ismaeel

“It was amazing and fun. It had very nice stuff and I think it was worth it all. I loved the photoshoot and the music they put out but the food needed more effort. But overall it was so great for my first try and I loved the coffee and the people there were so nice. I loved the decoration of it and the section that had the dead body even the hanging lights were so cool and everything was amazing. I would go next time if I had the chance. I loved it.”

- Reema

“The decorations were on point and I loved the Uno station.”

- Noor Safwan

“It was very fun and I really enjoyed it, especially the photo booth. It was super fun to record special moments with school mates surrounding. I really liked how unique the theme was and how it was organized matching the theme and the food was good.”

- Naba

Taking this feedback into consideration, we conclude that the event was nice overall, however there were many regions where it could have been improved. The juniors could take this as constructive criticism which can help in the improvement of their future events.



# CAS TIPS

**WITH MUHAMMAD SAFWAN**

Interview by: Nathanael Webb

**Can you tell us a bit about what CAS hours are, and why they are important?**

CAS, which is an acronym for Creativity, Activity, and Service, is a series of community service hours which students must complete prior to graduation, most commonly completed in Grade 11. Each letter stands for a different category of service, either for yourself, your family and friends, or the community; creativity is where you unleash your inner creativity and artistic ability (in any way), activity is where you conduct physical exertion, attend and work on extracurricular activities, and train mentally, while service is any action that contributes as assisting a community, such as volunteer work, but also includes service to yourself and those around you. CAS forms an integral part of high school education since it provides exposure to activities outside of school, and allows students to learn the value of community service and time management skills with other school work.

**How was your personal experience with CAS last year?**

My personal experience with CAS hours last year was fair, to put it mildly. I attempted as much as possible to integrate working on and counting CAS hours with the other projects I am participating in, such as RMUN and my own virtual airline company. However, I would occasionally feel that I was missing plenty of hours, and had to rush my parents to assist me in completing the hours I needed. Overall, I enjoyed completing the activities for CAS, from creating and designing websites and posters to playing with my younger cousins.

**How can students balance between CAS, regular schoolwork, and relaxation?**

With regards to my project, I mainly integrated my time for relaxation into CAS hours. In simpler terms, I adopted the mindset of considering CAS activities as a method to relax and enjoy. This way, I can work on school work then complete CAS hours while still enjoying them.



# CAS TIPS

**WITH MUHAMMAD SAFWAN**

Interview by: Nathanael Webb

**What are some pieces of advice you would give to Juniors who are working on their CAS projects this year?**

- Don't leave it to the last minute. In all honesty, you can't sincerely complete 5 hours of CAS activities in 3 hours. Planning ahead and organizing hours would save you a lot of time, effort, and stress.
- There is no shortage of CAS activities you can do. Simple activities like language learning, drawing, cooking and baking, as well as exercise definitely count as CAS activities in their respective categories.
- Consider any appropriate daily activities and chores as CAS hours. The activities you complete shouldn't be extravagant or flamboyant, so they could be as simple as cleaning your room or washing our dishes, or any physical exertion as well.
- Record the hours and the times you complete the activities right away. Attempting to approximate the number of hours completed would change the numbers and, in my case, did cause some stress in figuring whether my CAS hours are complete or not. However, this was mostly relieved when I started making an Airtable base specifically for recording CAS hours (you can learn more about Airtable from the web).

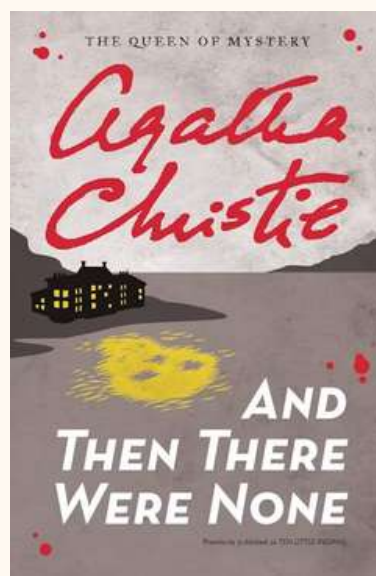
**Q: What are some events that you recommend Juniors attend for CAS hours?**

School field trips, community service activities, MUNs, and any extracurricular activities such as clubs or classes are all events that can be employed for CAS. For example, some activities I considered for CAS were after school MUN meetings, Nasayem Al Bahrain events, and the community service field trip held in December.

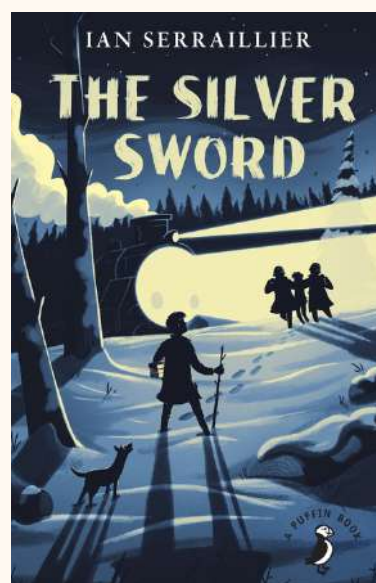
# TO BE READ...

Summaries by: Hussain Mohammed

Do you enjoy thrilling mysteries that force you to grip your seat with excitement and grit your teeth with nervousness? Well, I've got just the story. Though Agatha Christie is known for her innumerable thriller volumes, every time her name is mentioned, it always leads people back to a specific novel that won the hearts and struck the minds of millions: *And Then There Were None*. Set in the 1930s, the story revolves around 10 characters—each different in their own way— who are mysteriously invited to stay at a lavish mansion on a solitary island off the coast of England. One by one, each dies a horrible way based on the nursery rhyme "Ten Little Soldiers" with a very twisted ending that'll hunt you forever. Prepare to be captivated by this enthralling expedition into the depths of psychological uncertainty and scepticism, as it compels you to yearn for more, making it impossible to tear yourself away from the pages even for a moment.



Speaking of seat gripping stories, Ian Serrailler's *The Silver Sword* will leave you asking for more. An honest mistake that results in their father getting arrested, Edek, Ruth and Bronia will have to navigate their lives to recover their torn family in the midst of the second world war's chaos. This tale weaves a tapestry of resilience, courage, and the unbreakable bonds of family in the face of adversity. Join this epic journey where the silver sword becomes a symbol of unwavering determination against the backdrop of a war-torn world.





## ARS Alumni

# BASMA ALMUKHARRAQ

Interview by: Yasmine Samer



**What extracurriculars did you do when you were in high school, and how did it help you in university?**

When I was in Alraja School, the extracurricular opportunities were limited, so I tried everything. I was in the Music Club from 4-6th Grade, joined the football team in 7th grade (and soon realized it wasn't my thing). For six years, I was on the yearbook team and was the Co-Editor in my senior year. In my last two years of school I joined the Drama Club and worked both backstage and took an acting role. And of course, you had to be part of the Friend's Club to help organize/attend events and trips. Extracurriculars were a great and fun way to build social, practical, and functional skills that I wouldn't have received from academic studies alone.

**What did you pursue after graduating?**

After graduating, I continued my education at the University of Bahrain, majoring in Marketing. I was drawn to this field because of my interest in business, but also because it allowed for creativity and collaboration with other fields.

**What achievements do you have?**

I joined my current company as a fresh graduate and soon became the youngest manager. My enthusiasm and eagerness to explore new opportunities led me to participate in various projects, including fields I had no prior knowledge of such as IT, HR, Operations, and Event Management. All of these experiences helped me gain valuable skills and lead me to where I am today.

**What message would you like to give to the students?**

My advice to any student is to not feel limited by their field of study, or feel too pressured to choose the "right" major. Learning is a lifelong journey and you can always choose to learn new things. In my personal experience, I discovered my love for Human Resources later in life and chose to focus on it. And now I'm the HR & Marketing Manager.

# Thai Green Curry

Recipe by: Raed Mazen

## Ingredients:

- 4 Big Spoonfuls Thai Green Curry Paste
- 1 Kilo Shrimps
- 2 cans coconut milk
- 3 Cups Jasmine Rice
- 2 Large Eggplants
- Snap Peas (Or any other type of peas)
- ½ Cup Peanuts
- Snowpeas
- Fish Sauce
- Lemongrass (If you can get it!)
- 2 Small Shallots
- Any other vegetables you might like to add



## Recipe:

First, fry your curry paste on low heat for a few minutes. Add the coconut milk, and stir until the green curry paste is completely dissolved. In another pan, pre-fry the vegetables for a few minutes. Make sure only the white part of the shallots is fried! You'll be able to add some raw stuff later. Take the veggies out of the pan, and in the same pan fry the shrimps until they're pink. Add the vegetables and shrimp to the curry broth, and let them "infuse" the green curry scent for a few minutes while you wash the rice and place it in a pot, filling water up to where the rice ends. Put the top on the pot, turn on the heat, and go back to the curry. Add the fish sauce, and let it boil for another few minutes. This part may seem boring, but the result is worth it! To plate, scoop out your rice into a small bowl so it can take the form of the bowl. Then, place the bowl on your plate and tap it a few times to ensure the rice is loosened. Then, pour some of the curry broth over the rice, and voila! You'll have your homemade Thai Green Curry. **Enjoy!**



# MOVIE RECOMMENDATIONS

Summaries by: Adham Ahmed

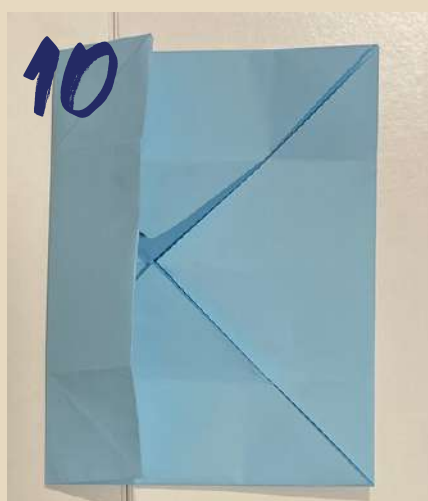
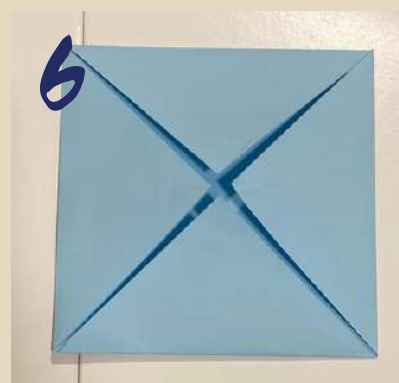
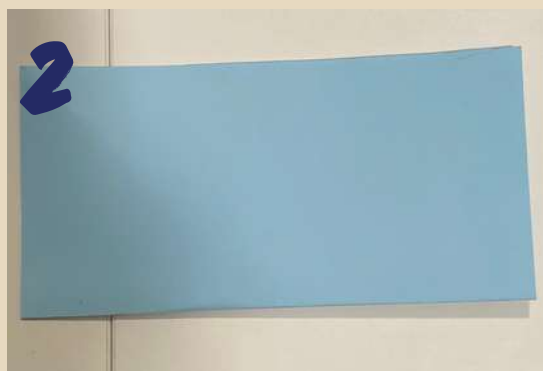
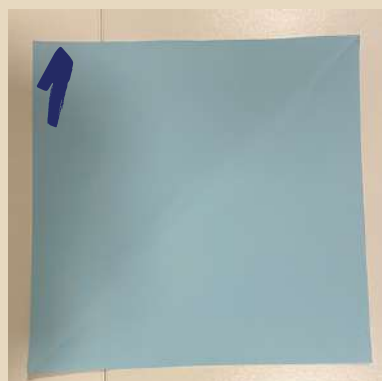
**Hidden Figures** is a biographical film about three African-American women who worked as mathematicians at NASA in the 1960s. Their issues and achievements in a male-dominated and racially segregated workplace were shown in the film. This film encourages kids to pursue their dreams and overcome obstacles in science, technology, engineering, and mathematics disciplines (STEM).



**Klaus** is an animated movie that explains the origin of the tale of Santa Claus uniquely and humorously. Jesper, a spoiled young man, is sent to a lonely and desolate village named Smeerensburg to work as a postman. He meets Klaus, a mystery craftsman who creates toys for children, and Alva, a lovely teacher who wishes to leave town. They begin spreading happiness and peace to the village by distributing presents to children. The movie is suitable for all ages and has a few good lessons about kindness, generosity, and friendship. It also has many humorous and heartwarming moments that make you laugh and cry.

# DIY ORIGAMI BOX

Done by: Hana Nezar







**YOU CAN NOW DECORATE IT TO YOUR LIKING!**

