



TOP STORIES IN THIS ISSUE

BC Ministry Inspection

Canadian School Bahrain Leadership welcomed the Ministry of Education from British Columbia Canada to the campus for the Annual BC Inspection.



New Year Resolutions; how to help your child through the New Year



Our Student
Services Lead,
Ms. Noor Rashdan
helps you with a
few tips and tricks
to helping your
child succeed
in setting and
sticking to
their New Year
Resolutions for
2023.

Elementary Team Leads

Get familiar with the Elementary Team Leads Teachers for Grades 1 to 3! Our Team Leads meet with teachers in the same Grade level to discuss everything from lesson plans to student development, they play a key role in ensuring each student in their Grade level is taken care of and the curriculum is followed.



Community Outreach with Al Mabarrah Al Khalifia Foundation

Grade 6, 7, and 8 students from the student council and volunteer program joined forces with students from Rayaat Student Council to give back to their community through charitable work.





KG2 ventured outside the classroom this term to learn about different animals, how to look after them and why they are important to the earth!



International Children's Day was a great example of how we can give back to our communities through charitable actions and instill Social Responsibility within our students.



This past term we welcomed Royal Bahrain Hospital to conduct health check-ups for Middle School Students where they learned the benefits of staying active and healthy.

BC Ministry of Education Inspection & Visit to CSB



Canadian School Bahrain Leadership welcomed the Ministry of Education from British Columbia Canada to the campus for the Annual BC Inspection. During the visit, they experienced life inside the classroom at CSB, and praised Canadian School Bahrain for being able to apply a blended approach to learning within the curriculum.





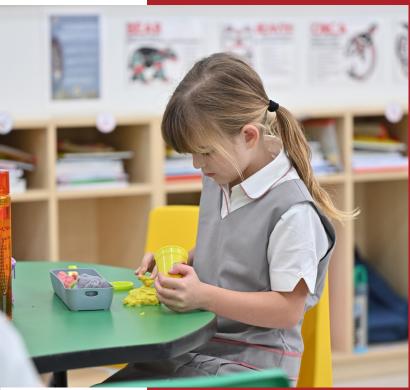
Canadian School Bahrain Founder, Abdulgaffar Abdulraheem Alkooheji, and Chairman, Abdulraheem Abdulhameed AlKooheji met with the BC Inspectors to discuss the vision and mission of the school and the steps that are being taken in order to integrate a global education as well as Bahraini and Islamic Culture within the BC Curriculum and preparing students for the future.

















CSB Environmental Initiatives

Integrating curriculum, core competencies & Social Responsibility



"CSB aims to educate students about the goals of the National Initiative for Agricultural Development in order to preserve the plant wealth in the Kingdom of Bahrain."

Based on the generous patronage of Her Royal Highness Princess Sabeeka bint Ibrahim Al Khalifa, and Chairperson of the Advisory Board of the National Initiative for Agricultural Development (NIAD), the Canadian School Bahrain launched its participation in the national campaign for afforestation under the slogan "Forever Green" in the presence of her Excellency Shaikha Maram bint Isa Al Khalifa, Secretary General of the National Initiative for Agricultural Development. Shaikha Maram bin Isa Al Khalifa was welcomed by the founder of the Canadian School Bahrain, Mr. AbdulGhaffar Abdulrahim AlKooheji along with the Canadian School administrative team. During the school visit, the school's green space as well as the Bahraini Farmer Initiative for CSB students was exhibited which aims to spread awareness of agricultural culture and involve students in events and activities that stimulate their curiosity in the agricultural field and the development of agriculture.



















How to help your Orca set & stick to their New Year Goals!

New Year's resolutions teach kids how to set and work steadily toward goals. It is an opportunity that empowers your child to change a behavior or work on a new skill. Here are some tips to guide your child in creating meaningful goals:

Ms. Noor Rashdan, Student Services Lead





Foundation Step: Talk About Emotions

Follow the SMART guidelines to help your child craft a sustainable plan:

- Specific: the resolution should include your child's goal, the skill your child is working on, and how your child will achieve it: "To become a better soccer player for the tournament in April, I will practice 30 minutes a day".
- Measurable: your child should track progress, e.g. chart or regular check-ins.
- Attainable: the goal should be realistic.
- Results-oriented: the resolution should explain how your child will know if the goal has been met
- Time-bound: the goal should specify a reasonable time frame and can include mini-goals along the way!





Modifying the resolution

The goal identified will depend on your child's challenges, abilities, and interests. Here are a few examples of how you might help your child modify the resolution to be specific.

- Social skills resolution. If the beginning idea is "I'll be the most popular kid in my class". The resolution should be; "This year, I'll make more friends. Twice a month, I'll invite someone over from school".
- Academic resolution. If the beginning idea is "I'm going to get all A's this year. The resolution should be: "In January, I'll get a B or better on every science quiz by studying at least 45 minutes for each one and asking my teacher for advice on studying"







Helping your child stick with the goal

- If it is possible and agreed upon by your child, work towards the same goal together. You will be able to make each other more accountable.
- In addition to the regular check-ins, ask questions and offer reminders. For example, "I know you wanted to practice football this weekend, were you able to do that last month?".
- Share your own experiences. Be honest about what did and didn't help you with your New Year's resolution.
- Make the experience meaningful! If your child did not achieve the goal, you can still make sure that the struggle is motivating, not paralyzing. Talk through how things went off-track and what strategies your child might try in the future.

Introducing our Elementary Team Leads



Grade 1: Ms. Anna Maslanka

Hello! My name is Ania and I am so excited to be the Team lead for Grade 1! I am from Poland, but I have lived and worked in the UK for 11 years. I moved to Bahrain over 3 years ago with my husband, who is a pilot. Bahrain is such a special place, with amazing people and delicious food. I have always been extremely passionate about teaching. On my first day of school (when I was 6 years old), I decided that I wanted to be a teacher! I love skiing and traveling, and I love dogs.

Grade 2: Ms. Brianne Reddekopp

Hello! My name is Brianne Reddekopp. I am from British Columbia, Canada. I have taught in many places, such as Canada, Australia, UAE, and Bahrain. I have been living in Bahrain for three years now. I am fluent in French and love sharing bits of French with my students. This previous summer, I started my Masters in French Education. Fun Facts about me include having run 2 marathons and 8 half-marathons, soon to be 9. I have 5 siblings. Last year, I read 72 books, and this year my challenge is to read 73 and I am a vegan!



Today is Nursday December 15 022

Grade 3: Mr. Eric Olorenshaw

I'm Mr. Eric, CSB's Grade 3 Lead. This is my second year here in Bahrain. Many of you have seen be around even if we haven't had a chance to chat much. I enjoy taking learning outside as much as possible and am currently one of your after-school EcoClub host teachers. I am also passionate about the 17 UN SDGs and their potential to transform learning into action/ Unfamiliar with the SDGs? Come find me for a quick chat, I'm easy to speak to. Some Fun Facts about me are; I'm from Canada, near Toronto, Ont. I taught in South Korea for over 8 years. I really like obstacle course races like Spartan Race and I'm learning how to sail!



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Tips to Stay Healthy during your Vacation

Winter Break is here! It is an exciting period where parents get to spend plenty of time with their children and go for family vacations. Children also look forward to this break because they have some time to relax and spend it with their family.

Ms. Tala Al Ahmed, School Nurse



1

Never Skip Breakfast

There's one step you shouldn't skip in your rush to get to the airport: breakfast, the first meal of the day should be non-negotiable. Skipping it could leave you scrambling for food later in the day.

2

Never forget to wash your hands

No matter if you are home or traveling, frequent hand washing is always an effective way to reduce your risk of catching colds and other illnesses. The only issue is when your travels take you to a place where warm water and soap aren't readily available. So, it is recommended to carry hand sanitizer.

3

Stay Hydrated

One of the biggest struggles while on the road is staying hydrated—not only during your trip but before it and after it, buy yourself a few big bottles right when you get to your destination. Dehydration is the cause of so many issues: constipation, slow metabolism, low energy, headaches, irritability, sugar cravings, trouble sleeping, muscle cramps, and fatigue. You definitely don't want any of those making an appearance during your vacation if you can help it.

4

Be mindful of mosquito bites

To ensure you stay clear of mosquito-borne illnesses, it is recommended to wear clothes that cover your skin, plus use approved bug spray.



Avoid raw food

If you're a salad lover, remember that produce could be washed with questionable water. Cooked vegetables are fine as long as they are served hot.



Only eat really hot food from street vendors

While eating at street carts is becoming increasingly popular it's better to be choosy. Street food carries a higher risk of food borne illness than traditional sit-down restaurants, If you want to try street food, be sure that the food is thoroughly cooked and served hot.



7

Walk more than you ride

Walking to see the sights at the various stops can also be a great way to get exercise.

8

Pack snacks

You should bring along a daily healthy snack option, one of the biggest reasons people tend to overeat ... is because they go long periods of time without eating, you can bring energy bars or packaged nuts that can really help you.



Don't go barefoot

Part of the wonder of travel is dipping your toes into new oceans, lakes, streams, and rivers. However, there can be infectious organisms in that water, which is why I suggest wearing water shoes to avoid scraping your feet and letting germs into the open wound. There is a risk of exposure to water that is contaminated with bacteria and parasites from animal feces. wearing sandals in the shower to minimize exposure to fungi, which can lead to infection.

Our Monthly Values

The Canadian School Bahrain's mission statement is to develop students who are confident in their culture and empower them to achieve academic excellence through nurturing moral values. Thus, every month of the academic year will be dedicated to promoting a value that will be embedded into our students throughout the month using various in-class activities, whole-school activities, and celebrations, as well as in-home activities through the support of parents.

General Objectives of our Values:

- To develop students that represent the values taught at school through their principles and behavior.
- 2 To promote the student's mental health by instilling values and life skills training.









Grade 2: Students painted plant pots and sold them to raise money for the local animal shelter. They are taking responsibility to help their community.

NOVEMBER'S VALUE OF RESPONSIBILITY

The month of November is dedicated to promoting the value of "Responsibility". Being responsible means being accountable, dependable, and trustworthy. It is honoring our commitments and accepting the consequences of our actions.

Responsibility can be demonstrated through:

- Self-responsibility (to take responsibility for your thoughts, feelings, words, actions, and learnings)
- Responsibility towards others (classmates, friends, family, teachers, even strangers!)
- Responsibility towards your community (your school, your environment, your country).











Outcomes of the Value:

- Students will take an active role in their learning and academic success.
- Students will exercise sound thinking and good judgment and act personally accountable for their actions.
- Students will accept responsibility for their mistakes and learn from them.
- Students will learn how to be part of a team and work hand-in-hand
- Students will show respect to their classmates, teachers, parents, and the environment.



Celebrating Children's Day

CSB Students were encouraged to take on the responsibility of collecting donations of clothes, toys, story books, and stationery as well as dry food goods for an orphanage through the Al-Sanabel Association. We would like to thank our CSB Parents for their help in organizing the donations for their children and being part of this great initiative and learning opportunity for our students.

















CSB Workshops with INJAZ Bahrain

Member of JA Worldwide

INJAZ Bahrain is an organization that aims to empower young people to own their economic success and be prepared for today's business challenge. The program impacts thousands of students every year bringing them closer to the real world and opening their minds to their own potential.



Grade 2 Workshop; Ourselves

The Grade 2 Workshop was about 'Ourselves', using compelling stories read aloud by the volunteer and hands-on activities to demonstrate helping, working, earning and savings, students were able to learn different ways inwhich they can help at home and earn an allowance and how to save it.









Grade 3 & 4 Workshop; Coding with Scratch

Coding with scratch is a workshop where the Grade 3 & 4 students learned the basics of coding, they worked on block-type coding, and they learned how to create their own interactive short stories, simple games, and animations.







Grade 5 Workshop; Junior iCamp

Junior ICAMP is an exciting one day workshop that challenges Middle School students to find solutions to a real life challenge using creativity, thinking outside of the box and teamwork. Students had the opportunity to foster an understanding of the spirit of entrepreneurship through the principle of learning by doing, they developed their interpersonal as well as problem-solving skills and learned to work under tight deadlines. The volunteers helped the students to expand their horizons and direct their teams toward an entrepreneurial future where they had to present a business idea/proposal thay will help reduce the traffic in Bahrain.















يوم المرأة البحرينية Bahraini Women's Day 2022























Reasons to Care

CARING FOR OUR COMMUNITY THROUGH SOCIAL RESPONSIBILITY



مؤسسة المبرّة الخليفية AlMabarrah AlKhalifia Foundation In collaboration with Al Mabarrah Al Khalifia Foundation, Grade 6, 7, and 8 students from the CSB Student Council and Volunteer Group joined forces with students from Rayaat Student Council. The aim of the initiative was to give young students the opportunity of charitable and voluntary work, in addition to teaching them the importance of giving back to the community and being active members of society, which ties in with our BC Core Competency of Personal and Social Responsibility.

بالتعاون مع مؤسسة المبرة الخليفية، شارك طلاب الصف السادس والسابع والثامن من مجلس طلبة المدرسة في مبادرة انسانية تحت شعار "شتاء دافئ" مع مجموعة من المتطوعين من مجلس طلبة رايات. تهدف المبادرة إلى منح الطلاب فرصة العمل الخيري والتطوعي، بالإضافة إلى تثقيفهم بأهمية دورهم اتجاه المجتمع كونهم أعضاء فاعلين فيه، وهو ما يرتبط مع الكفاءات الأساسية في المنهاج البريطاني الكولومبي من تنمية المهارات الشخصية والمسؤولية الاجتماعية.

في اطار هذه المبادرة قام الطلاب بإعداد مجموعة شتوية تضمنت ملابس مثل القفازات والجوارب والقبعات والسترات لتقديمها للمحتاجين في سوق المحرق.



Students prepared Winter bags that included clothing such as gloves, socks, hats, sweaters, etc. to give to people in need in the heart of Muharraq and ended the day with a discussion about the importance of giving back to their community.













Celebrating National Day

We had a wonderful day filled with various activities in celebration of Bahrain National Day! Students and teachers alike enjoyed participating in different games, traditional dance and music, aas well as learning more about Bahraini Culture and traditions.





































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