

ORCA NEWSLETTER  
JANUARY - FEBRUARY 2023



2023  
يوم البحرين الرياضي  
BAHRAIN SPORTS DAY

ONE SCHOOL  
ONE COMMUNITY  
ONE FAMILY

CANADIAN  
SCHOOL  
BAHRAIN

CANADIAN  
SCHOOL  
BAHRAIN





# TOP STORIES



## Bahrain Civil Defence Fire Drill

Bahrain Civil Defence spent the day with us on campus to conduct a fire drill where all students and staff participated to learn the best ways in which we can exit the building safely and what to do if there is an emergency.

## Behaviour is Communication

Student Services Lead, Ms. Noor Rashdan takes us through the ABC steps of understanding what it is your child is trying to communicate through their behaviour.

## Inquiry learning in action

Putting our methodology into practice, Grade 3 students opened their very own Wax Museum for the day and showcased their critical and creative thinking skills to both parents and CSB Leadership.





# THANK YOU, CSB COMMUNITY!

## شكراً لعائلة المدرسة الكندية!

We would like to express gratitude to our CSB Family for all of the generous donations that will aid Turkey and Syria.

We were able to collect items that will provide vital assistance to those affected.

نعرب عن امتناننا لعائلة المدرسة الكندية على مشاركتهم الفعالة في جمع التبرعات للمحتاجين في سوريا وتركيا، تمكنا من جمع المواد والعناصر الأساسية التي ستساهم في مساعدة المتضررين من الزلزال.







# The importance of safety at CSB

## Fire Drill with Bahrain Civil Defence



Committed to the safety of students and staff, we conducted a Fire drill in collaboration with Bahrain Civil Defence to familiarize and reinforce proper evacuation routes and practices throughout the campus for all students.

It was an extremely successful evacuation drill, the Civil Defence Team commented on what a fantastic group of students we have and how well they did during the evacuation drill.

من أجل سلامة الطلاب والموظفين، أجرينا تدريباً على الإخلاء عند الحرائق بالتعاون مع الإدارة العامة للدفاع المدني، بهدف تعريف وتعزيز أفضل طرق وممارسات الإخلاء في الحرم المدرسي وذلك بمشاركة جميع الطلاب. بعد نجاح عملية الإخلاء ثمن فريق الدفاع المدني على إمكانيات طاقم المدرسة بالإضافة للجهود الرائعة من قبل

الطلاب في سرعة إخلاء الحرم المدرسي.  
شكراً لكم عائلة المدرسة الكندية، سلامتكم أولويتنا.



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## متحف الشمع - المدرسة الكندية

### THE CANADIAN SCHOOL BAHRAIN WAX MUSEUM

We are continuously excited and inspired by the ways in which we can learn and Grade 3 students have put their Inquiry skills into practice in their Arabic class. Analyzing the history of the inventor, Thomas Edison, students were able to collaborate, discuss and research other role models from both the past and present.

Selecting a role models that inspired them, students showcased what they had learned by creating a Wax Museum of the various inventors and scientists where they impersonated their chosen role models and presented their character to Grade 3 parents and CSB Leadership.

نحن متحمسون ونستلهم باستمرار مختلف طرق التعليم التي تمكن طلاب الصف الثالث من إبراز مهاراتهم في التفكير والاستفسار خلال حصة اللغة العربية. من خلال دراسة وتحليل تاريخ المخترع توماس إديسون تمكن الطلاب من التعاون ومناقشة نماذج أخرى من الشخصيات، والبحث عنها سواء كانت من الماضي أو الحاضر.

بعد اختيارهم لنماذج ملهمة حصل الطلاب على فرصة لعرض ما تعلموه من خلال متحف الشمع الذي جمع مختلف المخترعين والعلماء، قاموا بتمثيل الشخصية الذي اختاروها، وقدموا معلومات عنها للحضور من أولياء الأمور وإدارة المدرسة.











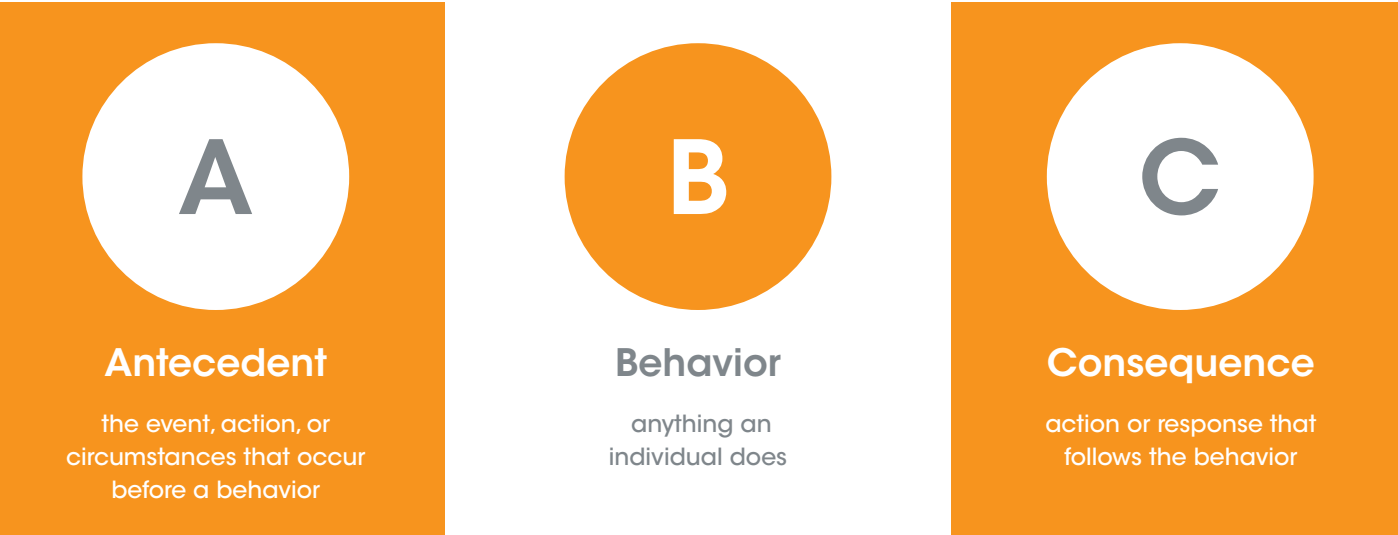
# Behavior is Communication

Did your child ever throw a tantrum in the store “for no apparent reason”, or cry incessantly before bedtime and you can’t put a finger on what the reason is? It might mean that they want candy or are scared of the dark. Your child is trying to communicate and express something they cannot say with words; thus, the behavior is a way that’s used to meet their needs.

The first step is to understand what your child is trying to express in order to be able to respond to their needs and teach them positive ways to communicate.

In order to come up with strategies to address their needs and encourage positive behaviors, we first need to determine the purpose of your child’s behavior by looking at what is happening before (antecedent) and after the behavior occurs (consequence).

An easy way to remember that is by referring to the ABC model:



By observing and recording the ABC data, we can identify a pattern in the child’s behavior, for example, if escape from a difficult task seems to be a consistent theme in the consequence section, then it may be important to either change the task or teach the child to ask for help.





# How should a parent encourage positive behaviors?

1

**Setting clear expectations:** Focus on positively stating the appropriate behaviors you would like to see. Instead of telling your child "Don't stand on the chair", you might say "Please put your feet on the ground".

2

**Observing changes in behaviors:** Keep a note on the ABC data when an unusual behavior or consistent pattern of behaviors occurs to think about ways to help your child positively communicate their needs.

3

**Reinforce positive behavior:** Try to catch your child behaving as expected and make sure to praise them by naming the appropriate behavior and not praising the child himself. For example, instead of saying "You're being very nice", try saying "Sharing your toys with your sister is a nice thing to do".

4

**Label emotions:** Teach your child the language to identify and explain feelings, such as "I don't like that" or "Help me".

5

**Give choices:** Give your child a sense of control by offering basic choices. Limit your choices to only two options such as "Do you want to wear black or white shoes?" Make sure that you only present the child with options you are satisfied with.

6

**Model behavior:** Show your child how to handle stressful situations by staying calm and using positive coping strategies such as taking deep breaths.

7

**Support your child:** Remind your child that you are working through big feelings together. Let your child know that although you do not like certain behaviors, they have your unconditional love and support.

Ms. Noor Rashdan,  
Student Services Lead





# What should you keep in your first-aid kit?



**Ms. Tala Al Ahmed,  
School Nurse**

It's important to have a well-stocked first aid kit in your home and car so you can deal with minor accidents and injuries.

Your first aid kit should be locked and kept in a cool, dry place out of the reach of children.

## First - aid kit essentials

- Plasters in a variety of different sizes and shapes
- Small, medium, and large sterile gauze dressings
- At least 2 sterile eye dressings
- Triangular bandages
- Crepe rolled bandages
- Safety pins
- Disposable sterile gloves
- Tweezer
- Scissor
- Alcohol cleansing wipes
- Sticky tape
- Thermometer (preferably digital)
- Skin rash cream
- Cream or spray to relieve insect bites and stings
- Antiseptic cream
- Painkillers such as paracetamol, and aspirin (not to be given to children under 16)
- Antihistamine cream or tablets
- Eye wash and eye bath
- Hand sanitizer
- Sterile saline for irrigation, flushing
- Flashlight, power bank, batteries
- Waterproof matches, emergency blanket

It may also be useful to keep a basic first-aid manual or instruction booklet with your first-aid kit.

Medicines should be checked regularly to make sure they're within their expiry dates.



# First - aid Tips

- 1 Bruises:** Apply cold compresses or ice-pack to the injured part for 10 minutes and elevate the area.
- 2 Burns:** Flush with cool water for up to 10 minutes. Do not break blisters, if it breaks, clean them with water and apply burn ointment and a clean dressing. If it is a third-degree burn involving muscle and bone, call 999.
- 3 Cuts & Abrasions:** Wash the area with soap and water and apply antibiotic ointment and band-aid, keep the area clean and dry.
- 4 Puncture Wounds:** Wash the wound with water for 5 minutes and apply antibiotic ointment. Apply a clean band-aid or clean dressing. To control bleeding: apply direct pressure over the wound for 5 minutes with a clean dressing wearing gloves if available. If bleeding continues longer than five (5) minutes, call 999(emergency). Follow up with your child's physician as needed for any type of puncture wound.
- 5 Animal Bites:** Clean the bite and surrounding area with soap and water and then apply antibiotic ointment and a clean dressing. Notify the police and animal control, if the animal is unknown.
- 6 Fever:** Give antipyretic as directed by a physician and plenty of fluids for a temperature of 38° Celsius or above. give a bath with tap water, not a cold one, and put the cold compress on the main vein areas, under the shoulders.
- 7 Insect Bites and Stings:** If an allergic reaction should occur and you have an Epi-pen, administer medication and call 999. If you do not have an Epi-Pen and you see difficulty breathing and hives, call 999 (emergency). Treat swelling and redness with a cold compress.
- 8 Nose Bleed:** Sits up with head straight with nose pinched to close the nostril. Apply pressure for 5 to 10 minutes and breathe through the mouth, apply an ice pack to help decrease the bleeding, and close the nostril with rolled tissue paper, it might help if it is soaked with olive oil or lemon drops. If the bleeding does not stop in 20 minutes, call your doctor or urgent care.
- 9 Fractures:** Assess the site for pain, edema, discoloration, and inability to move, if so, then fix the part with a triangle arm sling (upper parts), and for the lower with something straight and seek medical help.



## IMPORTANT REMINDER

Always find an adult to help you and if you feel sick or you are hurt, let someone know.

Bahrain Emergency services: Call 999



# 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:

- 1

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.

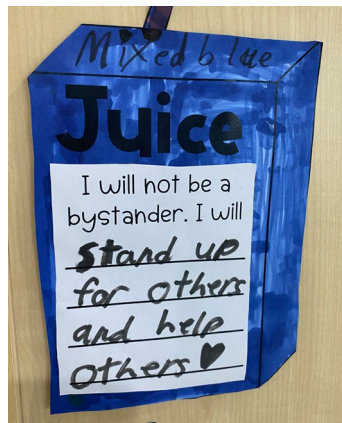
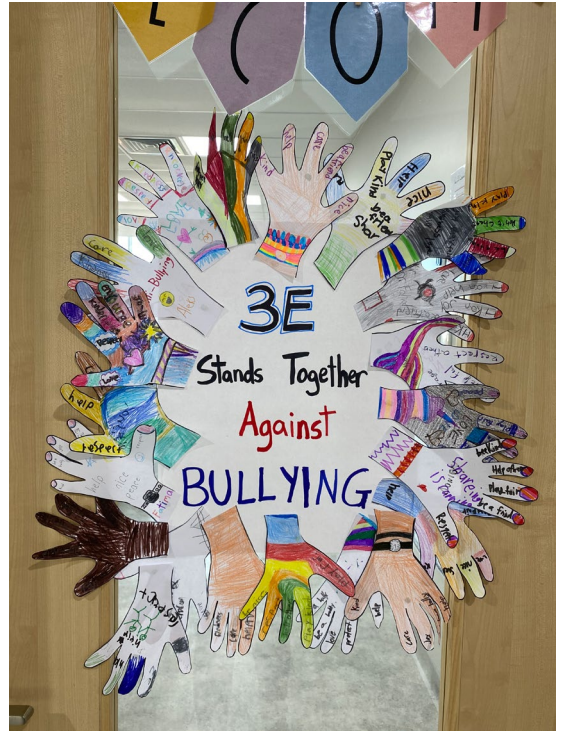




# FEBRUARY'S VALUE OF ANTI-BULLYING

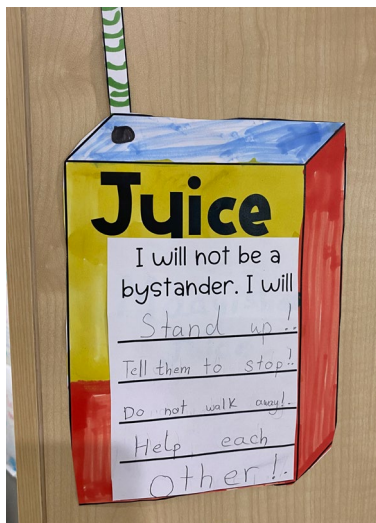
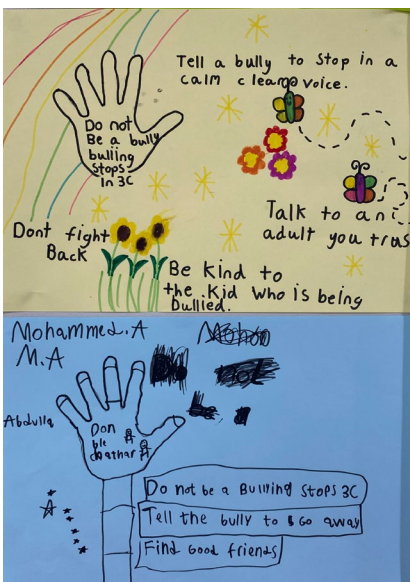


The month of February is dedicated to promoting the value of "Anti-Bullying". Bullying is defined as a form of repeated, persistent and aggressive behavior directed at an individual or individuals that is intended to cause fear or harm. The enforcement of an anti-bullying culture not only shines awareness on bullying but also lets perpetrators know that targeting other people will not be allowed or tolerated under any circumstances whatsoever.



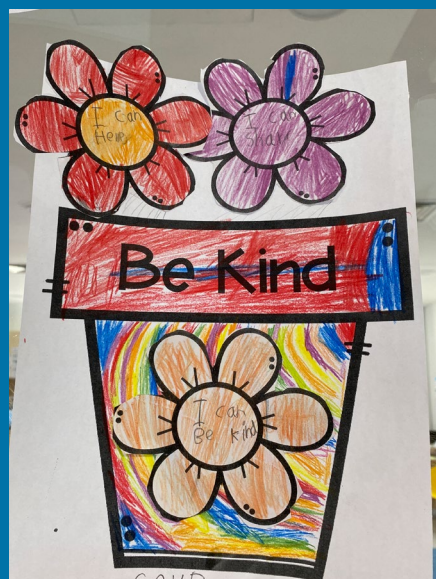
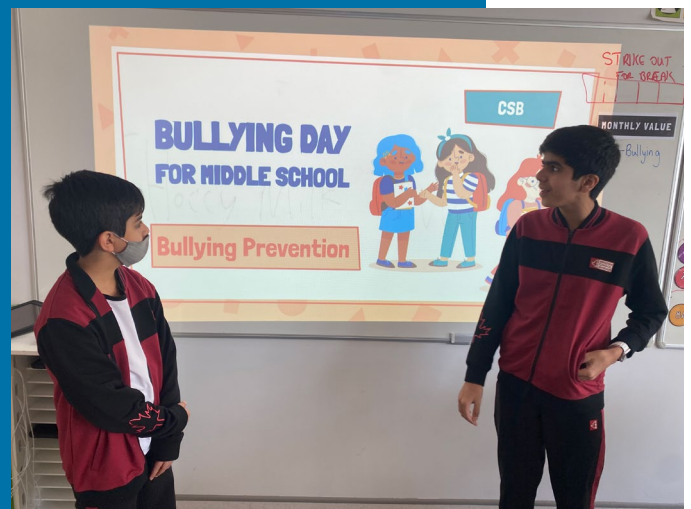
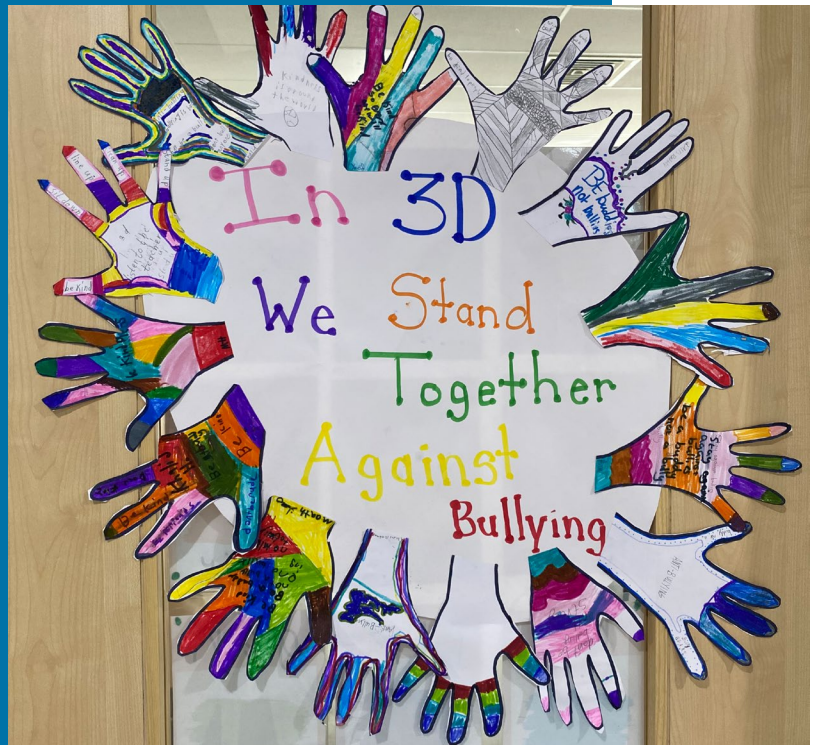
## Outcomes of the Value:

- 1 Students will learn about the acts of compassion in their community and practice showing compassion.
- 2 Students will understand reasons for bullying and explore ways to stand up to bullies (how to be assertive).
- 3 Students will learn how to respond to a bully by using the **ICE (Ignore, Communicate, Exit) Technique**.
- 4 Students will learn how to use the **ACT (Assess, Calm, Tell) Technique** to stop the bully.
- 5 Students will explore how actions affect others and the importance of being a respectful role model.





Throughout February, students from all grades had small workshops within their classes to discuss Anti-bullying. Some activities included; creating posters and presentations with their peers and finding the best ways in which they can help each other to stand up to bullies.





# EVENTS & ACTIVITIES







# 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 challenges. The program impacts thousands of students every year bringing them closer to the real world and opening their minds to their own potential.

### Grade 4 Workshop; Smart Investor

The Smart Investor program aims to spread financial knowledge and introduce young students to the basics of smart investment and savings and how to plan their financial future through interactive educational activities.



### Grade 8 Workshop; Career Expo

CSB was invited to attend the INJAZ Career Expo 2023 at the American University of Bahrain that brought together the Education and Corporate community to help students make informed choices on their future careers. Students also met Alumni’s from different majors to understand the degree requirements and job prospects.



# CSB STUDENT

# Spotlight

We are proud of the various activities our students participate in after school and during holidays. CSB aims to develop holistic students, participating in competitions, team sports or finding your creative spark is all part of building that holistic character.



Grade 7 students Latifa Al Hammadi and Fajr Al Kooheji, participated in a Quran competition for private schools, which was organized by HH Sheikha Hessa Girls' School.

We congratulate our student Fajr AlKooheji for winning third place in the competition.



Grade 5 student Bayan Adel, spent a total of 7 hours creating this still-life painting during private art lessons.

Well done Bayan, keep developing your creative skills!



Grade 5 student Abdulmohsen Al Kooheji, we congratulate his achievement of being the youngest rider to participate and successfully finish the 40km Endurance Championship of H.H Sheikh Khalid bin Hamad Al Khalifa.



Grade 7 student Salman Al Khalifa, passed the first qualifying stage of the 40km Endurance Championship of H.H Sheikh Khalid bin Hamad Al Khalifa. We wish you further success in your equestrian endeavours.





# ANYTHING BUT A BACKPACK DAY



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The CSB Family enjoyed participating in "Anything but a Backpack" Day! We are proud of how creative our students were with their "non-backpacks" for the day. This activity not only encouraged creative thinking skills but gave the students a chance to think critically about how to reuse objects from home to carry their workbooks and lunchboxes.

استمتعت طلاب المدرسة الكندية اليوم بالمشاركة في نشاط "أي شيء ماعدا حقيبة الظهر"، نحن سعيدين ونفتخر بمدى الإبداع الذي تميز به طلابنا في هذا اليوم. شجع هذا النشاط على تنمية مهارات التفكير الإبداعي، وأعطى الطلاب فرصة للتفكير بشكل مختلف حول كيفية الاستفادة من الحاجات المتوفرة في المنزل لتكون أداة قابلة للاستخدام لحمل الكتب وصناديق الطعام.











# Celebrating



يوم البحرين الرياضي  
BAHRAIN SPORTS DAY



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The 4th Annual Sports Day at CSB was a fantastic day where our students put their physical literacy and collaboration skills to great use throughout various activities and showcased fantastic team spirit!

احتفلنا باليوم الرياضي في المدرسة الكندية للسنة الرابعة على التوالي، في جو مليء بالمتعة والحماس أظهر طلابنا مهاراتهم البدنية والتعاونية من خلال مختلف الأنشطة وأظهروا روح الفريق الواحد!











# 100 days of LEARNING, GROWING & THINKING



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CSB has completed 100 Days at school! Today is a special milestone to mark our students' 100 days of learning, thinking, and creating! Students had an enjoyable day dressing up as if they are 100 years old, it was great to see all of your creative efforts.

أكملنا في المدرسة الكندية 100 يوم منذ بداية هذه السنة الدراسية! شارك الطلاب اليوم في الاحتفال بمرور 100 يوم من التعليم والتفكير والإبداع! استمتع الطلاب في استخدام مهاراتهم في التفكير الإبداعي للارتداء الملابس التي تمثل الأشخاص الذين يبلغون من العمر 100 عام، من الرائع رؤية مدى الجهد الذي بذلوه في تمثيل نماذج كبار السن بمختلف الأشكال الإبداعية.











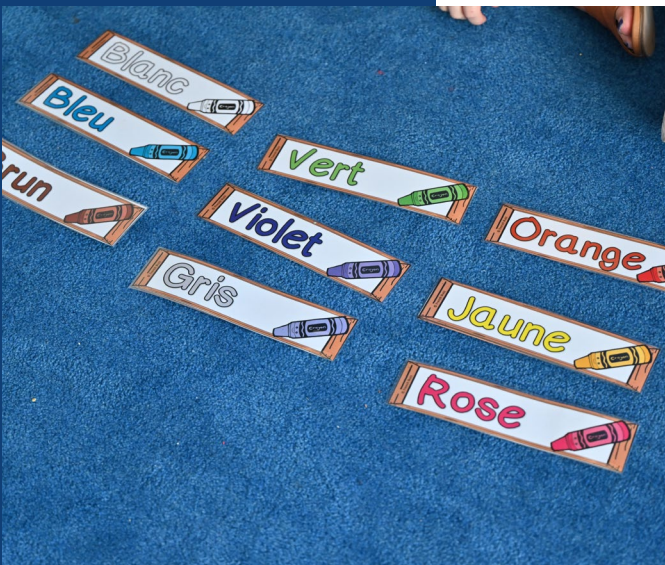
# Arts & Crafts Club





# French Club

## Parlez-vous français?







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