



After School Programs

Allow us to introduce you to our After school program coordinator, Mr. Ibrahim Qureshi. We look forward to our programs beginning for all students to participate in!



CSB Monthly Values

As part of our Curriculum, we introduce a new Value each month for students to focus on within their classes. Together they work on applying the Value wherever possible and create visual representations of it.



Tea with The Principal

Opening of our new building for the Academic Year 2022 - 2023 has been a great addition to our campus. Our Leadership team hosted a tea with media representatives to showcase the new building and sports facilities.





Welcome to the 2022 - 2023 Academic Year at CSB!

"At the Canadian School Bahrain, we understand the power of positive education."

Our purpose as educators is to facilitate quality learning in every experience and to inspire in our students a desire for learning.

We are dedicated to developing students who are confident in their culture, empowering them to achieve academic excellence through the nurturing of moral values: integrity, responsibility, respect, and courage.

At CSB, we teach our children to use their inquiring minds, to learn from experiences and to apply the learning to their everyday lives. It is an honour to work with such dedicated, passionate and highly trained teachers who are dedicated to teaching the British Columbia, Canada curriculum which nurtures students in every way.

As Principal of this school, I am proud of the strong community we are building. I look forward to welcoming new students and returning families to the school.

Ms. Abby Saadeh, Canadian School Bahrain Principal

Welcome to our Program Coordinator & Middle School Lead

Dear CSB Parents,

Our school takes great pleasure in recruiting educational leaders with exceptional teaching and learning experiences.

We are pleased to welcome the newest member of the CSB family, Mr. Ibrahim Qureshi, as the Program Coordinator & Middle School Team Lead.

Mr. Ibrahim brings over 14 years of coaching and athletics background to our school's athletic and sports programming. He is a nationally certified Coach from Canada Basketball who runs a Jr. NBA program in Canada and has helped facilitate the growth of several basketball organizations. He has built two schools' athletic programming and is hoping to do the same here at CSB as we shape our schools' school activity and athletic culture.

Mr. Ibrahim was recently nominated for a prestigious teaching award within the realm of teaching and learning in Canada, and we are excited to have him here in our school. He has also been published in a research journal for his work within the athletics classroom, and was recently featured in a documentary due to his involvement within the community and athletics in Canada.

We are grateful to have him here and look forward to exciting growth at CSB.















Parent's Orientation Day

How CSB is preparing students for the future

Canadian School Bahrain Leadership welcomed our parents to campus for an Open House Parents Orientation to cover our BC Curriculum, how students are assessed, teacher-parent communication, educational opportunities after CSB and the best ways we can work together as a team to support our students.

























Tea with the Principal

New building, Post Pandemic Plans and Student well-being





"We are focusing on Post pandemic School life by understanding the impact of it on student learning and well-being"

Tea with the Princiapl was hosted by our leadership where they covered the BC Curriculum, and key differentiators of the program, in addition, guests were taken on a tour of the new building and facilities. Principal, Ms. Abby Saadeh, highlighted the schools focus on welcoming students back to campus post pandemic, with plans in place to ensure that both students and families are supported throughout the academic year.





















How can our Orca's learn to regulate their emotions?

Emotional outbursts, temper tantrums and sulking are a natural part of growing up.

Although these behaviors are natural, we often see emotional upset as disruptive, disrespectful or a discipline issue. In reality, children need to learn self-regulation skills. As adults, our job is to see emotional upset as a teaching moment to coach children through their emotions and teach viral emotional regulation skills.

Emotional regulation requires noticing and naming emotions as we experience them, understanding how these emotions impact our bodies, thoughts and behaviors, knowing what causes us to feel the way we do and having strategies to navigate our way through our emotions. Emotional regulation is a skill that develops across our lifespan.

Ms. Noor Rashdan,
Student Services Lead





Foundation Step: Talk About Emotions

In order to understand our emotions and how they impact our bodies, behaviors and decision, we need to firstly notice and name the emotions. One way is to introduce emotions through book characters' emotions and linking those to their own experiences using guiding questions. For example: how do you think the character is feeling? Why do you think they are feeling this way?

Teach Emotion Regulation Strategies

Start by teaching emotional regulation strategies that are accessible in the moment, such as mindful breathing. Other strategies such as positive self-talk, positive reappraisal and muscle relaxation are helpful to regulate emotions as well. Explain to your child what the strategies are and when it can be used.

Offer Empathy and Encouragement

It is vital to offer empathy instead of trying to negate the child's feelings or push them away. Help the child understand and accept what he or she is feeling, making it possible to learn from the experience and change their state from upset to calm.









Establishing Routines

Routines are helpful for emotional regulation during times of transition between activities or when things are different. They will support in providing predictability about what will happen next and help build safety and security. Try to maintain routines as much as possible in all situations and offer positive words when children follow routines or get through a change calmly.

Create Space and Support for Emotional Regulation

Integrate support for emotional regulation into your day-to-day lifestyle. For example, if a conflict arises, you can help your child draw on strategies they have been learning. It is also helpful to create a space where your child can go to "cool off" when needed. Offer your child the autonomy to choose which strategy they are comfortable with to meet their particular need.

Model Effective Emotional Regulation Strategies

It is important to be mindful and aware of how our behaviors influence student's skill development. In a challenging situation, it is critical for adults to use some of the regulation processes so that children can see and hear how they handle emotions. Research shows that when students are able to successfully regulate their own emotions, they tend to experience improved health and well-being, greater emotional resilience and more positive interactions with peers.

The Importance of Adequate Sleep



Sleep is an essential part of everyone's routine and healthy lifestyle. Students who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory and overall mental and physical health.

The amount of sleep that a child needs various depending on theirage, however studies show that the recommended hours of sleep per day for 6 - 12 years old is 9 - 12 hours and for 13-18 year old children is 8 - 10 hours.

Some kids are tough to get to sleep and others have trouble staying asleep. Below are some tips for you to get your child the recommended amount of sleep:

- Establishing a consistent bedtime routine.

 The routine should ideally start at the same time every night.
- Stop the use of electronics/screens at least an hour before bed.
- Close the lights, close the curtains and create some darkness to help promote melatonin (sleep hormone) production.
- Do a quiet family activity such as reading a short book.
- Baths are great if your child finds them relaxing.
- Set a wake up time for when the child is allowed to leave his or her room. The child can play quietly until that time is desired.

Teenagers do tend to be more awake later in the evening and therefore end up more tired in the morning. This can be related to their biological clocks.

Here are some things you can try with your teenager:

- Avoid energy drinks in the evening and anything that is sugar-loaded or full of caffeine.
- 2 Turn off gaming equipment and screens an hour before bedtime, to make falling asleep easier.
- Exercising regularly, three times weekly can help with sleep problems.



Ms. Tala Al Ahmed, School Nurse



Our Monthly Values

The Canadian School Bahrain's mission statement is developing students who are confident in their culture and empowering them to achieve academic excellence through nurturing moral values. Thus, every month of the academic year will be dedicated to promote a value that will be embedded into our students throughout the month using various in-class activities, wholeschool 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.

SEPTEMBER'S VALUE OF R E S P E C T

The month of September is dedicated to promote the value of "Respect". Respect is treating others the way you want to be treated. An individual can demonstrate respect by being considerate and honoring the feelings, opinions and property of others, being good to themselves and making responsible choices.

Respect can be demonstrated through:

- Respecting yourself by being truthful and honest to yourself.
- Respecting others (friends, family, pets, teachers, the elderly, even strangers!)
- Respecting your environment (your school, your environment, your country).

Outcomes of the Value:

- Students will be respectful and open-minded to the opinions of others.
- Students will learn about self-respect and being good to themselves and their body.
- Students will show respect to their classmates, teachers, parents and the environment.

Students from all Grades demonstrated their learning of Respect through various applications. Grade 7 & 8 students created postsers and presented them to their class. KG2 made leaves of Respect for their tree and Grade 2 classes created Blooming hands of Respect.





















OCTOBER'S VALUE OF CARING

The month of October is dedicated to promote the value of "Caring". Caring involves concern, empathy, kindness, charity and love. An individual can demonstrate caring by being kind and compassionate, by expressing gratitude, showing forgiveness, and by helping others in need.



Caring can be demonstrated through:

- Caring for yourself (being kind to yourself, loving yourself).
- Caring for others (friends, family, pets, teachers, the elderly, even strangers!).
- Caring for your place (your school, your environment, your country).







Outcomes of the Value:

- Students will show empathy, compassion and respect.
- Students will show sensitivity to people's feelings and treat people with kindness and generosity.
- Students will be challenged to think about how their actions will affect others.
- Students will have a better understanding on ways in which they can be caring towards themselves, towards others and towards their community.
- Students will be reflective learners that give thoughtful consideration to their own learning and experience.



Our students collaboratively demonstrated different ways in which they can care for the environment, for each other and how to better improve the world.



Meet The Teacher Day Welcome to our CSB Family!



CSB families welcomed both new and existing students to meet their teachers and classmates. Laughter and smiles filled the air as our students and teachers were thrilled to begin this new academic year.























Within the school's aim to build a fun environment for our students, CSB organized an Ice Cream Day to celebrate the first month of school. Click the icon above to watch our video of Ice Cream day!































Celebrating Teachers' Day

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"The influence of a good teacher can never be erased."

CSB Leadership celebrated our teachers by thanking them for their hard work and dedication to our students.



























CSB Breast Cancer Awareness Day Together We Are Stronger تكاتفنا قوة

As an effort to raise awareness and funds for breast cancer, CSB devoted a day to Think Pink. Our preschool and elementary students had various activities throughout the day such as writing well wishes to cancer patients and working together collaboratively on their Brave Women drawings. Our middle school students wrote letters to patients and attended a seminar with the school nurse where they watched an educational video about cancer and discussed what they learnt, the importance of regular screening and making health a priority. Our students learnt the importance of raising awareness for breast cancer and the reason for Pink October through each activity that they did.































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