



**ORCA NEWSLETTER
MARCH - APRIL 2023**





TOP STORIES

Minister of Youth Affairs

Celebrating Bahraini Youth Day at CSB with the Minister of Youth Affairs! CSB is delighted to have been chosen to represent the youth of Bahrain and welcome the Minister to our campus.

Online Safety for our children

Student Services Lead, Ms. Noor Rashdan discusses the importance of online safety for children of all ages. Take the time to sit with your children and go through the various outlined steps and have them sign the online safety contract.

Annual Beach Clean up

Our students took to the beaches of Bahrain in order to help their community and learned about why it is imperative that we keep our beaches clean. Students collaborated over 3 days and picked up as much litter as they could, leaving behind cleaner environments for the animals.

Contributing to our community

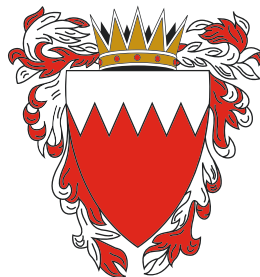
Throughout the Holy Month of Ramadan, our students worked together to gather donations, spend time with the elderly and visited a local mosque to set up iftar for the members of the mosque. We are so proud of our students for being active in giving back to their community and learning the importance of taking care of others.







Celebrating Bahraini Youth Day with the Minister of Youth Affairs



وَزَارَةُ شُؤْنِ الشَّبَابِ

Ministry of Youth Affairs



The Canadian School is extremely proud and honoured to have been chosen by the Ministry of Youth Affairs to celebrate Bahraini Youth Day! Our student body gathered together on the field and created the word Hope in Arabic. The Minister of Youth, Ms. Rawan Bint Najeeb Tawfiqi, took a tour around the campus and met with our students.



CLICK HERE
TO WATCH OUR VIDEO





Introducing our Athletics Department



From left to right: Coach Bayan, Ms. Kym, Coach Abeer and Coach Mohammad

Dear CSB Parents,

Our school takes great pride in being able to offer the students at CSB a world class facility for its academics and athletics. This was no exception when the staff and students were introduced to the Athletic Centre on February 2nd, 2023 during the annual Sports Day.

Since then, we have seen the middle school complete their first 6-week aquatic program at the Aquatic Centre. This program ran from February 14th – March 30th, 2023 with the awards ceremony occurring the first week of April. In order to receive an award, the students must have had at least a 50% participation rate. Based on this criterion, we calculated an 80% participation rate which is one that we are extremely proud of. We would like to take this opportunity to congratulate the students on their individual achievement and success.

The grade 3 and 4 students are currently in the 3rd week of their aquatic program which will run until the middle of May.

We are making preparations for the grade 1 and 2's to start their aquatic program. Please watch Class Dojo for additional information regarding this.

The Athletics and Facilities Supervisor/Teacher: Kym Watchorn

Hello my name is Kym Watchorn and I am so excited to have joined the CSB family in January of this year. I am from Calgary, Alberta, Canada which is next to the Rocky Mountains. I left Canada in 2010 and have been fortunate to live and work in New Zealand, the UAE and Bahrain. It is hard to believe that I have lived in Bahrain for 3 years already! I am grateful the people, the culture, the weather and the CSB community! Thank you for making me feel so welcome.



Swim Coach: Abeer Nasser

Hello my name is Abeer and I am 27 years old. I was born and raised in Bahrain and am proud to be part of the CSB family. In high school my focus was working towards a science major but when I started university, I decided to obtain my physical education degree instead. This was because PE was my favorite subject in school as I enjoy all sport and exercise. I achieved a swimming major in university and I have worked as a fitness and swimming coach in the past. I am very excited to have the opportunity to coach swimming at CSB and obtain more experience in this field.

Swim Coach: Bayan Hashem

Hello my name is Bayan. I am from Bahrain and am 22 years old. I am so excited to be the swimming coach for all of the grades at CSB. I have been coaching swimming for all ages over the last four years and I think it is an amazing experience. I love all sports especially swimming (obviously) and volleyball. Over the last 6 years I have been playing as a competitive volleyball player for the Alahli Club. Since I was 12 years old, I have always dreamed about being a PE teacher and finally my dream came true.

Swim Coach: Mohammad AlKooheji

Hello, I am coach Mohammed Al Kooheji. I am a physical education teacher and I also have been assisting with the aquatic program since I arrived at CSB in March 2023. I have my Bachelor of Physical Education and was a swimming coach for the Sharks Academy and a football coach for Liger and Kings Academy. I am very passionate about all kinds of sports and am excited about the opportunity to teach our future generations. Being at the CSB is one of the best things that has happened in my career.





ONLINE SAFETY



Although the internet is wonderful in allowing children to communicate with each other, play interactive games, and research for educational purposes, it also comes with risks like inappropriate content, online predators, and cyberbullying.

Online Protection Tools: Basic guidelines for safe online use for kids

- 1** Set household rules regarding online activities and safety guidelines.
- 2** Make sure websites are secure. Every website address starts with the letters "http", but you can instantly tell if any website is secure when you see "https". This means that the website itself is taking measures to keep users and their information secure while they use the site.
- 3** Guard personal information: instruct your child to not reveal personal information such as house address or school name, post personal pictures online or share your passwords with others (except your parents).
- 4** Instruct your child never to arrange a face-to-face meeting with someone they met online.
- 5** Set up parental controls
- 6** Talk to your child about online predators and potential online dangers.

Basic guidelines for parental supervision:

- 1 Spend time teaching your child about appropriate online behavior.
- 2 Keep the laptop or iPad in a common area where you can watch and monitor its use.
- 3 Bookmark your child's favorite sites for easy access.
- 4 Check your credit cards for unfamiliar account charges.



The Internet and Teenagers

As your child gets older, they will probably want and need some privacy, which is completely healthy and normal as they become more independent from their parents. The internet can provide a safe virtual environment for them to explore some curiosities if precautions are taken. With teenagers, it is important to keep an open line of communication and make sure that they feel comfortable turning to you when they have problems online.

- Discuss the dangers of interacting with strangers online and remind them that people online don't always tell the truth.
- Explain that passwords are there to protect against identity theft.
- Talk about the sites and apps teens use and their online experiences.

Ms. Noor Rashdan,
Student Services Lead



As a family, go through the below Internet Safety Contract and explain to your children explain to your child the importance of practicing safe internet use.

Keep this contract posted by the computer so children can be reminded of the rules they agreed to follow!

Internet Safety Contract

Online rules

- ☐ I agree not to share my name, age, birthday, address, phone number, or school online.
- ☐ I will not share videos or photos without permission.
- ☐ I will ask for help when setting up account names and passwords to make sure they are safe.
- ☐ I will not open new accounts or change passwords without permission.
- ☐ I will never share passwords with people outside of my family.
- ☐ I will never be mean or bully others online.
- ☐ I will talk to my parents when I feel someone online is making me uncomfortable, angry, or sad.

Screen Time Rules

- ☐ I am allowed to use devices for (time limit) on school days and for (time limit) on weekends.
- ☐ I am not allowed to use devices during meals, at school, during homework time, or during bedtime.
- ☐ I will put my device down when someone is talking to me.
- ☐ I am only allowed to watch movies that are rated: ____ PG ____ PG-13

I am only allowed to play games that are rated:

- ☐ Early childhood (ages 3 and over)
- ☐ Everyone (ages 6 and over)
- ☐ Everyone Ages 10+
- ☐ Teen (Ages 13+)
- ☐ Mature (Age 17+)

Texting and Calling Rules

People I am allowed to text or call:	Number:

I agree to the rules listed above

Name: _____

Parent Name: _____

Signature: _____

Signature: _____

Mosquito Bites and how to treat them...

Mosquito bites are the itchy bumps that form on the skin after mosquitoes feed on your blood. Symptoms of a mosquito bite occur shortly after being bitten and are round, red bumps with a dot in the middle usually accompanied by an itching sensation. The bumps usually go away without treatment in a few days, however, some bites may get very swollen, sore, and inflamed. This type of reaction is called Skeeter syndrome and is most common in children. Children and people with weakened immune systems can experience extra symptoms such as hives, swollen glands, and low-grade fever.

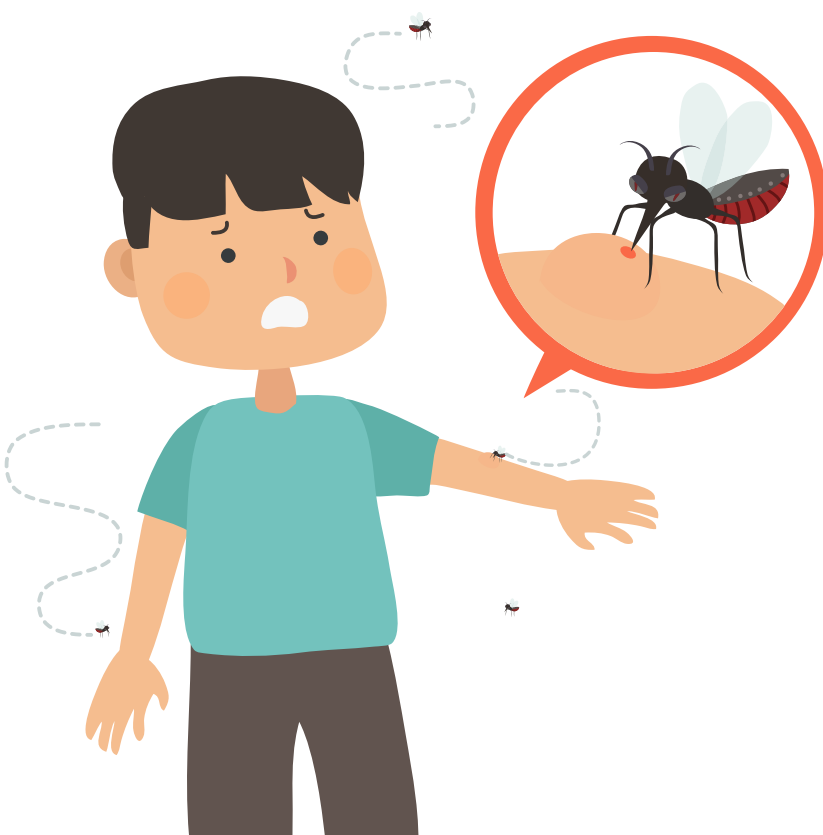
What can we do to prevent mosquito bites?

- 1** Wear the right clothing to protect your skin from bites.
- 2** When planning to be in a mosquito-dense area, avoid perfumes and scented beauty products.
- 3** Using good quality insect repellent.
- 4** Using a mosquito net in a mosquito-dense area prevents them from being able to reach your skin when you are sleeping or resting.

How can we treat mosquito bites?

Although mosquito bites usually heal with it, it can be difficult to resolve the itching and swelling.

- Gently wash blisters with soap and water, be careful not to burst them.
- An ice pack might help reduce the swelling and irritation.
- Resist the urge to scratch because that might lead to infection.
- Apply the over-the-counter hydrocortisone cream or calamine lotion to reduce the swelling and itching.
- **Applying a paste of baking soda and water for a more natural option:**
 1. Mix 1 tablespoon of baking soda with just enough water to create a paste.
 2. Apply the paste to the mosquito bite
 3. Wait 10 minutes.
 4. Wash off the paste.
 5. For serious itching and swelling, use oral antihistamines.



When should I see a doctor?

You should contact a doctor urgently on noticing the following symptoms after a mosquito bite:

- Headache
- Fever
- Aches and pains
- Rashes

In cases of anaphylactic shock following a mosquito bite, seek emergency medical assistance.

Ms. Tala Al Ahmed,
School Nurse



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 implanting values and life skills training.



MARCH'S VALUE OF PATIENCE

The month of March was dedicated to promoting the value of "Patience". Having patience means being able to wait slowly and calmly and try to take out the opportunities from frustrated or difficult situations. Patience allows students to look for long-term achievement rather than looking for short and unwanted achievements that can hinder their academic growth. Moreover, patience teaches children the value of not having what they want when they want it, a skill necessary for maturity.

Outcomes of the Value:

- 1 Students will be able to define patience in their own words and provide examples of times when they have demonstrated patience.
- 2 Students will develop self-regulation skills.
- 3 Students will develop the ability to think through and resolve problems.
- 4 Students will engage in coping skills in situations where they have to practice being patient.



Grade 2 students took a practical approach to learning patience and as a class cooked a meal together!



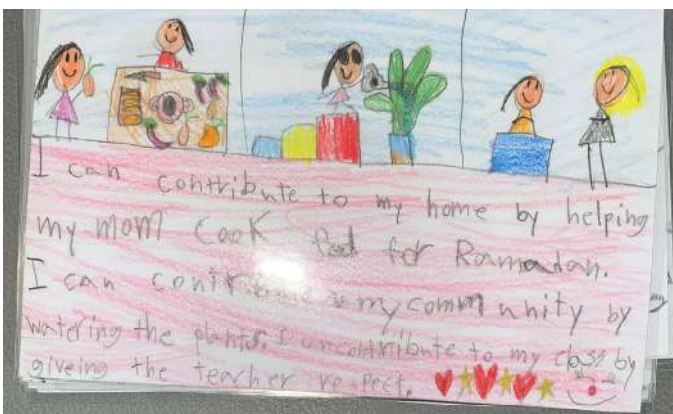
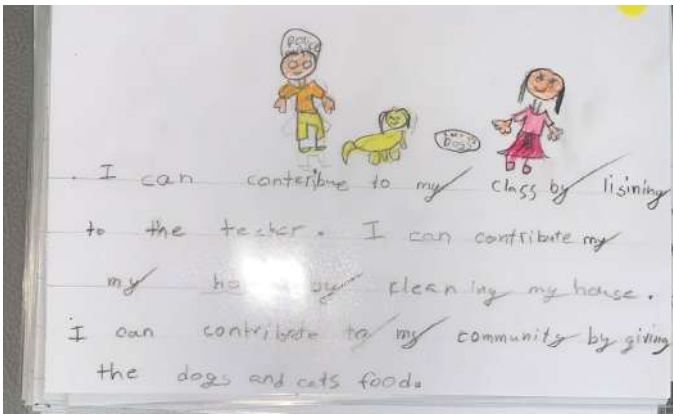
APRIL'S VALUE OF CONTRIBUTION



The month of April was dedicated to promoting the value of "Contribution". To contribute is to give in order to help achieve a goal or add value to it. It is to add new plans or ideas or help make improvements to something so that it becomes more valuable or successful. One form of contribution is through financial aid by giving money or resources to help pay for or achieve a particular purpose. Another way is to devote your time and efforts to those who are less fortunate than you and do so without being obligated or mandated, simply at your own desire and will. In a classroom, students can make positive contributions by taking responsibility for their own success in the classroom and completing their work efficiently and carefully.

Outcomes of the Value:

- 1** Students will learn about the importance and value of serving others.
- 2** Students will brainstorm ideas for positive contributions to society.
- 3** Students will develop traits such as responsibility, active citizenship, and humility.
- 4** Students will develop the ability to think through and resolve problems.



Grade two classes discussed different ways that we can contribute to our class, community and environment. We made a collaborative book to demonstrate our understanding. Students were also given a challenge during Eid break to contribute to their community in one of the following ways.. donate their time to the rescue the centre, donate some clothes or toys or clean your neighbourhood



Ramadan is a time for reflection and community, and our students at CSB have truly embodied the spirit of the holy month. Throughout Ramadan, our students learned about the importance of personal and social responsibility through a variety of activities and lessons.

Our 7th and 8th-grade students, along with our Leadership Team and Arabic department, visited a community Mosque to set up and distribute Iftar to the congregation.

Working together as a team and acting on the values and core competencies that are an integral part of CSB, our students represented the school's morals and ethics to the highest standard. We are extremely proud of our students and their commitment to making a positive impact in the world. At CSB, we believe that it is through acts of kindness and compassion that we can build a better future for all.





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 student **Ahmed Qasim**, competed in the Holy Qur'an Competition where he memorized 5 verses from the Holy Qur'an as well as the meaning of them.

We congratulate you for your hard work and dedication that resulted in the outstanding achievement of a Grand Prize winner!



EVENTS & ACTIVITIES





MIDDLE SCHOOL TEAM BUILDING WITH CHALLENGER TEAM BAHRAIN

Students in grades 7 and 8 participated in an exciting team-building program offered by the Challenger Team here in Bahrain. Through various hands-on activities and challenges, our students had the opportunity to develop their positive team-building and leadership skills. The program culminated in an exhilarating day of go-karting at the Bahrain International Karting Circuit, which was an unforgettable experience for everyone involved.







Reasons to Care

CARING FOR OUR COMMUNITY THROUGH SOCIAL RESPONSIBILITY

BEACH CLEAN UP



As part of our BC Curriculum, we focus on the importance of Social Responsibility and taking care of our environment. CSB Students took to the beaches of Bahrain for the Annual Beach Clean Up Initiative where they spent the day picking up litter and ensuring it is collected and discarded properly. Seeing the first-hand effects that littering has on our environment and animals around us, the students were able to understand the importance of making sure we do our best to recycle, ensure that we throw trash away properly, and the difference between biodegradable and non-biodegradable waste.

We are very proud of our students' collaborative efforts in working together to clean the beach.







احتفالية القرعاعون

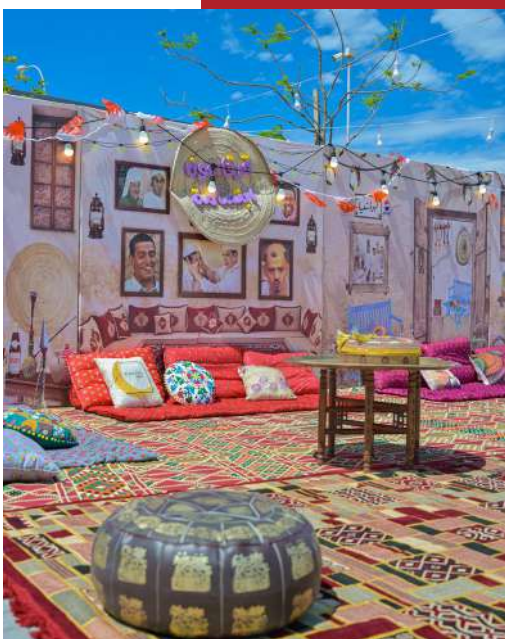
Gergaoun Celebration



CLICK HERE
TO WATCH OUR VIDEO

In celebration of Gergaoun, CSB welcomed the amazing community of parents, students, and staff to campus for a night of joy and festivities! We enjoyed various activities like traditional games, food, henna, Bahraini dances, and music. It was a fun-filled evening celebrating Local Culture and traditions. We want to express our gratitude to the CSB Family for joining us and making this event a huge success. Your presence and enthusiasm made the night even more special.







Donated by the Students of Canadian School Bahrain تبرع من طلاب المدرسة الكندية البحرين

Ramadan is a month of giving, and the students of CSB have gone above and beyond to fulfill their social responsibility by collecting and packing donation boxes of non-perishable foods for charity. This incredible initiative was led by the students of our Hand by Hand Club who showed great leadership skills and responsibility while learning the importance of giving back to their community.

We are thrilled to see our students embodying the values, morals, and ethics taught at CSB and working together as one team to make a positive impact. We couldn't be prouder of their efforts and dedication to this annual initiative.

We would also like to extend a heartfelt thank you to the parents of our CSB Family for their unwavering support and participation in this noble cause. Together, we can make a difference and show kindness to those in need during this holy month.







VISIT TO UCO PARENTS CARE CENTRE



During Ramadan, Grade 6, 7, and 8 students visited the UCO Parents Care Centre where they enjoyed Gergaoun celebrations, played traditional games, and listened to stories from the past. Accompanied by our PA President Amani Al Aradi, Vice President Ghada Beshara, PA Member Eman Assad, and the Head of the Executive Committee, Mariam Al Kooheji, the students gained a bigger understanding of their social responsibility for the communities around them.

Interacting with the elderly, our students learned about Ramadan traditions and the importance of respecting our elders. This memorable experience will stay with them for a long time, and we are grateful to everyone involved for making it possible.







STUDENT - LED CONFERENCES

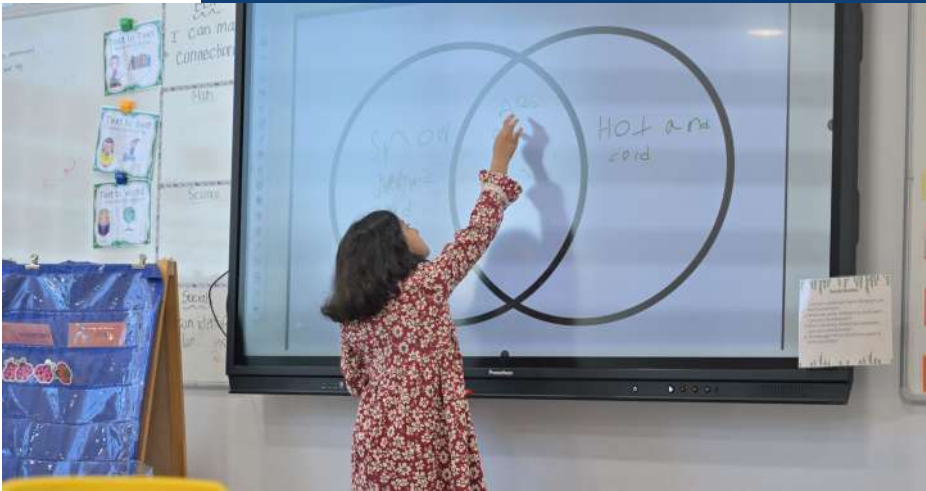
Our Student Led Conferences were a huge success! Our students took the lead in presenting their learning to their parents with the support of our teachers. As recommended by the BC Ministry of Canada, these conferences are an important part of our school's academic calendar and take place at least once a year.

Student-Led Conferences differ from traditional Parent-Teacher conferences as they give students the opportunity to take ownership of their learning by leading discussions with parents about their progress and growth. Our students were able to reflect on and discuss evidence of their learning by sharing their work.

At our school, we believe that SLCs encourage our students to take responsibility for their learning and become fully involved in the assessment process. These conferences also provide families with an opportunity to have richer, more transparent conversations about their child's progress.

Thank you to all who attended and participated in our Student Led Conferences. We are excited to see the continued growth and success of our students!







WORLD EARTH DAY

22 APRIL



We celebrated Earth Day as a reminder of our personal and social responsibility to take care of our planet. At CSB, we believe in doing our part to create a more sustainable future for ourselves and our community. In a collaborative effort, all of our students, teachers, and staff pledged to take care of the environment. Students spent the day engaging in various activities such as plant potting, crafting our handprints, and writing pledge letters for the CSB Earth Day Pledge wall. We encourage everyone to learn about reducing, reusing, and recycling what we can in order to take care of our environment. Let's continue to work together toward a greener and brighter future!







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