



Inside Stories



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"Nothing Short of Exceptional"



A typical definition of "senior year" in the mind of every high school learner is getting unlimited privileges. However, a senior year is much more than that; it is the most enchanted and remarkable time



of any learner's life. It is the year in which time flies by and where the best memories are created by the most inspirational individuals. Being a senior comes with great responsibility; it is mandatory to maintain a motivating image for the younger high schoolers who have always looked up to seniors. However, a

senior needs to master how to maintain good grades and good times – excellence and entertainment.

Personally, to have been welcomed at the school gates at the age of 3, and have had the privilege to grow with my classmates, we have bonded so very firmly over the years. After all this time, having amounted to the school's ladies and gentlemen, it is worthy to say that it has been beyond exceptional.



"Not only are we taught academic subjects, but also morals, respect ..."

We enjoyed every single moment of our senior year engaging in activities, planning events, always going a bit too wild, and sometimes even bickering about the smallest details; the details that made us the people we are. None of us was ready to leave; just the thought of saying goodbye to our amazing teachers, who we were lucky enough to call our mentors, seemed painstaking. Our attachment to each other, to the principal, teachers, staff, the classrooms, the playgrounds and to every little corner in our school, grew deeper and deeper. It was tough to let go of each other and of every memory we had engraved. Yet, we had to accept it. as We were trying to make the best out of the time left by savoring the laughs, capturing the moments, and holding on to our everlasting memories.

We take pride in telling our stories to every new person we meet for we know that what we have achieved in this year, no one has ever achieved in the way that we have. We can't but have utmost gratitude for everything



this school has offered us, for it has turned us into the remarkable human beings we are today. We are thankful because not only were we taught academic subjects, but also morals, respect and most importantly, love. Never will we be able to express how much this means to us. We will always be loyal to our school and to each other.



Not ever wanting to let go, we will never let circumstances and time separate us in any way. Just like we were raised to be loyal and genuine, we are still holding on tight to each other; starting our new chapter all together, united as one. This is a major thing we have learned, and we believe in.



Noor Eid
BAC Alumni -
Senior 2018



"We will always be loyal to our school and to each other. "

Tips

Diabetes Awareness Campaign

Diabetes is a disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood. Diabetes has two types; type I diabetes, which is genetically transmitted, and type II diabetes which could be triggered by bad eating habits. Although diabetes is a very common disease, it still has no cure. The best way to control it is by selecting the suitable type of food and taking medicines regularly.

On November 14, which marks the birthday of Frederick Banting who invented of the insulin treatment, a group of Grade 7 learners took the initiative to present a power point presentation that served as an awareness campaign on diabetes for the Intermediate Division. Following the presentation, and as a gesture of compassion and cooperation, learners were asked to participate in a civil day in order to collect money and donate it to the Chronic Care Center, an institution specialized in the treatment and follow-up of childhood chronic diseases: Thalassemia and Type I Diabetes.

Diabetes can become deadly if dealt with lightly or was neglected. No matter how old you are or what your background is, you are never immune from becoming a diabetic. It is only safe to control your eating habits and watch out for any sudden health change. Our hope is that scientists will eventually find a cure for it. Until then, we have to take necessary precautions by leading a healthy lifestyle.

Nada Salam - Grade 7A



Campagne de sensibilisation contre l'INTIMIDATION

Mener une vie saine dans une ambiance bienveillante demeure le rêve ultime de tout le monde quel que soit l'âge, la classe sociale et l'occupation... ce rêve n'est pas parfois réalisé pour différentes raisons parmi elles, « L'intimidation ». Un sujet important traité en permanence par les associations, les médias et les écoles vu ses répercussions lourdes et sérieuses qui viennent semer ses empreintes au fond de nos âmes.

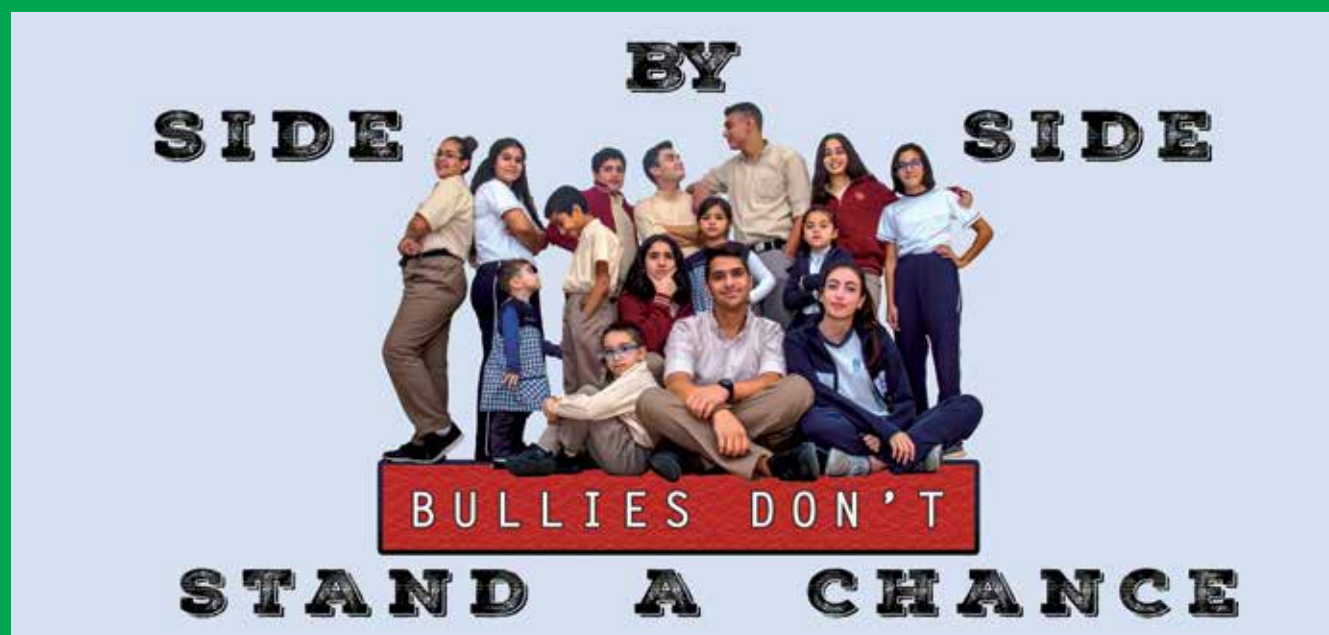
Chaque année, dans notre établissement scolaire nous traitons ce sujet afin de favoriser la globalité du développement de l'enfant sur le plan affectif, social, moral ainsi que cognitif. Dans ce sens, notre campagne de sensibilisation qui s'étale du mois d'octobre jusqu'en février sollicite les efforts de toutes les personnes qui fréquentent le seuil de notre école ; les apprenants, les enseignants, les responsables et les parents.

Les signes alarmants émergeant de cet acte ne doivent pas être négligés puisque le vécu traumatisant accompagne à la fois la personne intimidée et l'intimidante aussi, d'où la nécessité

de dire « pauvre, est celui qui détruit les autres ». Une ambiance saine résulte des actions adoptées par l'école : prévention, signalisation des cas, assurance de la confidentialité des plaintes et soutien. Ne te laisse jamais intimider en silence ; parle,

communique et affirme-toi afin de démolir ce sentiment détruisant.

Pascale Moubarak
Educational Programs Coordinator



Tips

Get the best from your child...

Are you a parent?

Do you ever wondered why your child is better with everyone else than with you?

The following are some tips given by Marguerite Lamb, a mom of two and a writer in Glastonbury, for parents of 2 to 5 years old.



1. Resist doing for your child what she can do herself!

Sometimes it may be quicker and easier to do it yourself; however, it won't help to make your kid more independent.

Always appeal to your child's sense of pride - You can ask the magic question: Do you want me to help you or can you do it yourself?

Kids always want to do it for themselves.



2. Let your child solve simple problems.

If you see your child trying to assemble a toy or getting a book from a shelf that she can reach by herself, pause before running over to help.

Provided that they are safe, those moments when you don't rush in, but give children the chance to solve things for themselves, are the character-building moments.

At the end, it's our job to help our little children experience success.

3. Assign a chore.

Putting your child in charge of a regular, simple task will build her confidence and sense of competency. A child who is entrusted to water the plants or empty the clothes dryer is likely to believe she can also get dressed herself or pour her own cereal. Just be sure the chore you assign is manageable and that it is real work.

Here, the goal is to make your child feel like a capable, contributing member of the family.



4. Praise, praise and praise!

Try to catch her being good. Kids repeat behaviors that get attention.



5. Develop predictable routines.

Kids cooperate in school because they know what's expected of them. Children follow essentially the same routine day after day, so they quickly learn what they are supposed to be doing.

While it would be impractical to have the same level of structure at home; however, the more consistent you are, the more cooperative your child is likely to be. So, decide on a few routines and stick to them. For example, when we come in from outside, we wash our hands etc.



6. Lighten up!

If your child refuses to do something, try turning it into a game. Humor and games are two great tools that parents sometimes forget about.

7. Warn of transitions.

Giving your child enough advance notice helps them predict when they have to finish what they are doing such as stop watching TV, stop playing etc.

At school we let kids know when transitions are coming so they have time to finish whatever they're doing. If you need to leave the house at 8:30 a.m., warn your

child at 8:15 that she's five more minutes to play, then will have to stop to put her toys away. Also you can set a timer so she knows when the time is up.



8. Give structured choices.

If, for example, your 3-year-old refuses to sit at the dinner table, you might offer the choice of sitting and getting dessert or not sitting and missing out on a treat. At first, your child may not make the right choice, but eventually he will, because he'll see that the wrong choice isn't getting him what he wants. Just be sure, if you want your child to choose option A, that option B is less attractive.



9. Don't delay discipline.

When you see your child misbehaving, don't hesitate to warn her and take actions on the spot! Most of the times, we hear parents say: "Wait until we get home ...", but by the time you're home, your child has forgotten the incident.

Similarly, canceling Saturday's trip because of Thursday's tantrum won't prevent future outbursts; it will just feel like random, undeserved punishment to your child.

In conclusion, don't let your children test your limits! Try the above mentioned strategies. Eventually, what more do we need than to get the best out of them and see them as independent, happy and healthy children?

Source: <http://www.parents.com/parenting/better-parenting/advice/20-tips-for-parents-from-preschool-teachers/>

Pekiza Berberian
KG1 Homeroom Teacher

Health is Wealth

Life is all about maintaining balance and preserving the overall well-being. People, mainly teenagers, always have a rhetoric inquiry in mind, "what could be the magic ingredients of a healthy lifestyle?" To everyone's astonishment, the answer is far from being magical; it can be summed up in few simple steps that any teenager can follow and apply.

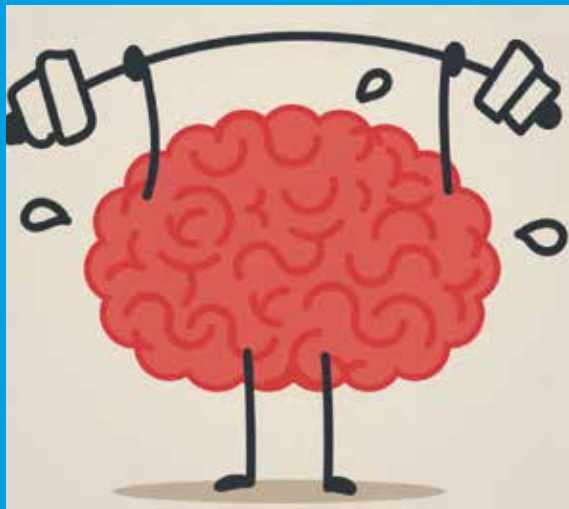
First of all, physical exercise is a priority to become healthy. Daily workout is a must! If the gym isn't available, teens can substitute it by walking around the house or doing any household chores that involve burning a considerable amount of calories. Moreover, with physical activity comes hygiene. Teenagers should maintain personal hygiene since their bodies are growing and producing involuntary body odors.

Second of all, mental health should be paired with the physical aspect to reach the results intended. Teenagers must enhance their mental abilities by reading regularly and providing themselves with valuable information that will help them evolve on the intellectual level. In addition, they should also consider reducing the time spent on video games which causes anxiety and destroys their mental health.

Last but not least, one of the most crucial problems that young teens fall into is indulging themselves in unsuitable habits like smoking or consuming drinks. They should avoid such deadly habits because they put them on the wrong path and at risk of becoming addicted. The slightest pressure, such as peer pressure, could lead them to take this path.

In conclusion, life is all about choices. Each teenager has his own way of dealing with his lifestyle. Nevertheless, they should be aware that the success of the magic recipe lies merely in their ability to create balance. If they combine physical, mental, and social habits, they will lead a healthy lifestyle with minimum stress and effort. Teens should always remember that health is the hidden wealth that we all have to possess.

Amina Al Jaroudi - Grade 8 B
Elia Fellas - Grade 8 A



The Art of Dressing

Dressing is an art. It is the art of self-expression; the art of carrying yourself in a certain mannerism that reflects your own personality. With each tailored garment and unique shape, the piece of clothing isn't just a cloth, it is a story waiting to be woven and designed according to the writer's own sense of style. The person's clothes and appearance complete a first impression and greatly contribute to the image a person reflects and to one's overall sense of individuality and elegance.

The etiquette of dressing depends not only on the types of clothing, but also on their cleanliness and neatness; therefore, the number one rule is that a person's clothes are tidy no matter what the occasion is. The attires must be well tailored and perfectly fit; clothes that are too tight or too baggy will devalue the outfit and make one look shabby. On the other hand, one should make sure to discern the type of the occasion. This can be done considering and assessing the following: where you are going, who you are meeting and how important the event is. Where you are going can imply the context of the situation and the type of activities you are going to engage in. Whereas, who you are going to meet, and how important this event is can decide the level of formality of the event, and the accuracy of the first impression you are trying to make.

When it comes to the proper attire, consider the event's dress code. It is crucial you stick to the dress code, or else, you would appear out of place and sort of awkward; nobody would attend a wedding in athletic shorts, right?

Although a one-size-fits-all or universal dress code may not be achievable or realistic, some explanations and tips are possible and could include the following: Casual Attire: This is what you would usually wear when you're out with your friends to a restaurant, for a walk, or even on a trip. This whole purpose would be to feel and look comfortable while moving around. A simple pair of jeans, a T-shirt, and a pair of sneakers would do in such cases.

Business Professional: The way you dress can play a big role in your professional career. Part of the culture of a company is the dress code of its employees. The major reason why dressing in proper business attire is important for every business professional is because it presents a visual image and sends a message that the employees are professional.



Men should wear business suits if possible; however, blazers can be worn with dress slacks or nice khaki pants. Wearing a tie is a requirement for men in a business professional dress code. Sweaters worn with a shirt and tie are an option as well.

Women should wear business suits or skirt-and-blouse combinations. Women adhering to the business professional dress code can wear slacks, shirts and other formal combinations. Women dressing for a business professional dress code should try to be conservative. Revealing clothing should be avoided, and body art should be covered. Jewelry should be conservative and tasteful.

When choosing color schemes for your business professional wardrobe, it's advisable to stay conservative. Wear «power» colors such as black, navy, dark gray and earth tones. Avoid bright colors that attract attention. As for the foot wear, men should wear dark-colored dress shoes. Women can wear heels or flats. Women should avoid open-toe shoes and strapless shoes that expose the heel of the foot.

Business Casual: This dress code gives the impression of being neat and professional without appearing too formal. For women, this typically means a skirt or slacks, a button down blouse, and closed-toe shoes; but women can wear open-toe shoes with heels. For men, this typically means a button down shirt, slacks, and dress shoes.

Accessorize to put your look together, but don't overdo it. A statement necklace or pair of earrings for women can always make your look more put together and can turn a simple outfit into a much more valuable asset. Men can also accessorize, for instance with a great leather messenger bag or a pair of nice leather shoes.

Here's a parting tip that's easy to remember: "business-casual is not dressing up a casual outfit; it's dressing down a business outfit." With these simple tips to consider, you will surely look appropriate and give a positive first impression. Remember to wear your outfit with confidence, for it is the key to fixing any fashion mishaps and will serve you as the best accessory!

Sources: <https://www.thespruce.com/etiquette-of-proper-attire-1216800>
<https://www.lifehack.org/367501/the-ultimate-guide-dress-codes-what-wear-for-every-occasion>

Nour Sabra - Grade 12 LS

Tips for Interaction with Elders with Alzheimer

A human being is a combination of spiritual, physical and mental characteristics. If one is gone, it will be hard and sometimes impossible for a human to live normally. There are various factors that can lead to this unpleasant reality, one of which is the Alzheimer's disease. What is this disease and what makes it shocking?

Alzheimer's disease is a general term for memory loss and other disabilities serious enough to interfere in the course of normal living. Alzheimer's disease is named after Dr. Alois Alzheimer who noticed changes in the brain of a woman who had died of an unusual mental sickness in 1906. This was the point of no return to an uncureable and deadly disease.

We, Grade 7 learners, came face to face with this disease and discovered its harm when we went to Saint George's Foyer. We spent valuable time with Alzheimer' patients who left a deep imprint in our hearts. Their eyes told the story of the old generation behind which a blank memory lies and a vivid past is deleted. About their memories they were asked, yet



the answers were vague and sometimes gone. Although we could not go in depth into their lives, we were able to appreciate their situation and derive several methods to communicate with Alzheimer's patients such as:

- Keep things simple. Ask or say one thing at a time.
- Have a daily routine, so the patient knows when certain things will happen.
- Avoid arguing or trying to reason with them.
- Use humor when you can.
- Refrain from reflecting frustration or anger.

Few days after the memorable visit, a beam of hope found its way to our hearts. Scientists are in the process of discovering a vaccine for Alzheimers that might reduce fifty percent of its symptoms. This discovery reminded us all that after every storm, there is a rainbow and after every dark night, there is a bright morning.

Karim Hammoud - Grade 7A
Jad Khiameh - Grade 7B



About Lebanon



الاحتفال بوطني لبنان



بلادي» على وقع تصفيق حارّ وتلويح بالأعلام اللبنانيّة. أمّا متعلّمو الرّوضات فقد ردّدوا أغنية « بلا نَعْمَرُ يا أصحابي» تعبيراً عن حبّهم لبلدهم الصّغير بمساحته والكبير بإيمان شعبيّ وعنفوانه. كما أحيّت الصّفوف المُتوسّطة والثّانويّة الثّراث اللبنانيّ، وقدّمت لوحات فنيّة مُتعدّدة كاللّبّة الشّعبيّة... ولم يتّسوا إلقاء الصّوّ على دور لبنان الثّاريخيّ في استضافة الشّعوب المهجّرة فتلك متعلّم منهم قصيدة للشّاعر نزار قَبّاني دَعَت الجميع إلى تقدير هذا البلد وشكره ف «كلّ ما يطلبه لبنان ممّا أن نحته، نحته ولو قليلاً...»

وأخيراً، تُوخّ هذا اللّقاء بأغنية «يقولو صَغِير بلدي» فلامست قلوب بعض الطّلاب القدامى الذين تخرّجوا في السّنوات المنصرمة وهم يتابعون حالاً تحصيلهم العلميّ في جوار المدرسة، فقسّم منهم أطلّ من نافذة صفّه، والقسم الآخر صعد إلى السّطوح والابتسامة مُرسّمة على شفاهه، فحبّ الوطن يجمّع ولا يُفَرِّق.

ختاماً، شكرت السيّدة غيا كلّ من ساهم في إنجاح هذا اللّقاء. ونحن بدورنا نشكّر الجيش اللبنانيّ حامي الوطن، ومدرستنا الكريمة التي تزرع فينا قيماً ثميّة منذ نعومة أظفارنا من أهمّها حبّ الأرض، الانتماء والعمل المُتواصل للحفاظ على بلد حرّ سيّد ومستقلّ.

سيرين دياب - لولوة غندور - ليا جفّال
متعلّمان من الصّفّ الأساسيّ الخامس

About Lebanon

قلعة الاستقلال



يتميّز لبنانُ بمرافق سياحيّة عديدة منها طبيعيّة تكوّنت عبر العصور كمغارة جعيتا وصخرة الرّوشة وأخرى أثرية نظراً لكثرة الحِصارات التي مرّت على هذه المنطقة وتركت رموزاً تشهدّ عليها حتّى يومنا هذا. نذكرُ من بين هذه الآثار الغنيّة المُنتشرة على الأرض اللبنانيّة قلعة راشيا التي احتضنت بين جدرانها رجالَ الاستقلال. فما هو تاريخ هذه القلعة؟ ولم سُمّيت بقلعة الاستقلال؟ في القرن الحادي عشر بنى الصّليبيّون قلعة راشيا من أجل حماية الفواهل التجاريّة العابرة من فلسطين نحو بلاد الشّام. وخلال الحقبة الشّهابيّة، أُضيفت بعضُ الأبنية والمنحوتات، كما بنى الفرنسيّون بعض أسوار هذه القلعة وبقوا فيها إلى أن انسحبوا من لبنان إثر حصوله على استقلاله فعادت القلعة إلى حضن الدّولة اللبنانيّة حاملة اسم «قلعة الاستقلال».

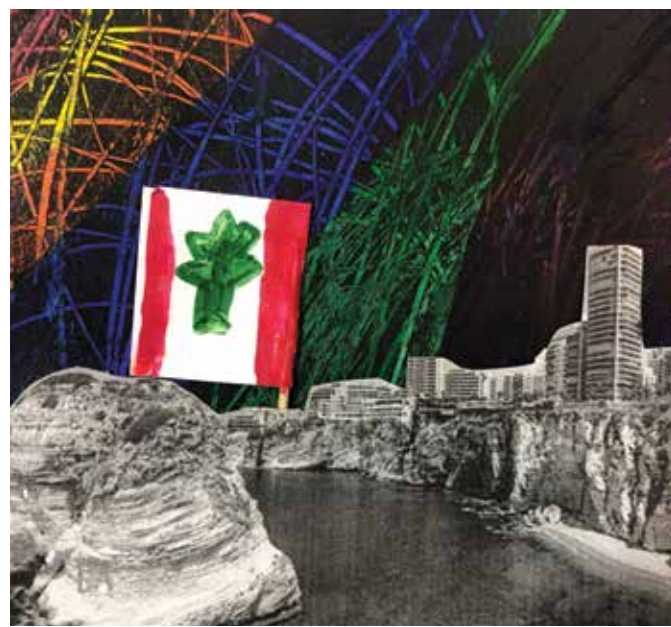
يُقسّم بناء القلعة إلى أقسام عدّة منها: بناءً وآثار رومانيّة أهمّها الدّهليز الذي يؤدّي إلى مخرج القلعة. أبنية وآثار صليبيّة أهمّها التّبار المنحوتة بالصّخور. أبنية وآثار شهابيّة منها مدخل القلعة والسّور والبقاير. إضافةً إلى بعض الآثار وأعمال التّرميم التي قام بها الفرنسيّون في العام ١٩٢٠.

ولا بدّ من الإضافة على دور هذه القلعة خلال مرحلة الاستقلال. ففي ١١ تشرين الثّاني ١٩٤٣ اعتقلت السّلطات الفرنسيّة كلّاً من: الرّئيس بشارة الخوري، والرّئيس رياض الصّلح ، وزير الخارجيّة والأشغال العامّة سليم تقيّا، ونائب لبنان الشّماليّ ، وزير التّموين والتّجارة والصّناعة عادل عسيران، وزير الدّاخلية كميل شمعون، وسجنّتهم في عُرْف مُنفردة في القلعة بسبب تحركاتهم نحو الاستقلال. وما إنّ شاغ خبر الاعتقال حتّى عمّ الغضب الشّارع اللبناني واشتعلّت التّخوّ في صدور أبنائه، الأمر الذي أجبر السّلطات الفرنسيّة على إطلاقهم في ٢٢ تشرين الثّاني ١٩٤٣ وغيّبر هذا التاريخ منذ ذلك الحين يوم الاستقلال اللبنانيّ.

بعد جلاء القوّات الفرنسيّة عام ١٩٤٦ تمرّكت في القلعة قوّات من الدّرك اللبنانيّ وبعضُ الإدارات الرّسميّة، ثم تسلمها الجيش اللبنانيّ في ١ أيلول ١٩٦٤ ولا تزال في عهديه حتّى اليوم.

وأخيراً، أدرجت القلعة على لائحة الأماكن السياحيّة في لبنان وقد أصبحت مقصداً للسّياح ولكلّ من يؤمّن بالحرية والاستقلال.

بقلع أحمد زيتون وأحمد حميد
متعلّمان من الصّفّ الأساسيّ السّادس



Mohamad Hatab - Grade 3 A



Back in History

رزق الله على ايامك يا تراموي بيروت



وطرابلس بحمص، من الشّركة الفرنسيّة. وبذلك، تمّ توحيد كلّ خطوط سكك الحديد باسم «سكك الحديد اللبنانيّة». إضافةً إلى ذلك، عام ١٩٦١، أنشئت «مصلحة سكك الحديد والتّقل المشترك». وأوكل إليها إدارة الخطوط الحديدية واستثمارها وقد قامت بنقل الرّكّاب حتّى اندلاع الحرب اللبنانيّة عام ١٩٧٥، فتأمّنت مادّة الفيول لمعامل الكهرباء طوال الحرب بسبب استمرار نقل الموادّ الأوّليّة والبضائع. لكن ما لبثت المعارك القائمة أن ألحقت أضراراً بالمنشآت والمباني ومعدّات المصلحة، غير أنّ التّعدي على أملاكها أدّى إلى توقّف القطار بين طرابلس وبيروت عام ١٩٧٩ بعد تفجير المسار بالكورة ومن ثمّ توقّف أيضاً بين بيروت والجنوب عام ١٩٨٨ نتيجة قصف الجيش الإسرائيليّ أجزاءً من السّكة. عام ١٩٨٨، سرقت خطوط السّكة في البقاع ونقلت من مرافق طرابلس إلى باكستان. كلّ هذه العوامل أدّت إلى توقّف القطار عن عمله بين عامي ١٩٨٩ و١٩٩١.

عندها، أقدمت الحكومة اللبنانيّة على اتّخاذ قرار بإعادة تسير القطار بين الدّورة وجبيل، لذلك، استمرّ نقل الرّكّاب لكن لمُدّة سنة واحدة فقط. وتجدر الإشارة إلى أنّه قد حقّق إيرادات بقيمة ٢٠٥ مليون ليرة لبنانيّة خلال شهرين اثنين (تشرين الأوّل وتشرين الثّاني).

بناءً على ما تقدّم نضع بعهدتكم التّساؤلات الآتية: أألساهم تفعيل السّكة الحديدية في حلّ مشكلة التّقل العام التي يُعاني منها لبنان؟ وإن أعيد هذا القطاع إلى الحياة مجدّداً، ألا يؤدّي إلى خلق فرص عمل جديدة للبنانيّين عاطلين على العمل ممّا ينعكس إيجاباً على الاستقرار الاجتماعيّ والتمو الاقتصاديّ؟... على أمل إعادة إحياء هذا القطاع بعد تعطيل مستمرّ منذ عام ١٩٩٤ وهو تاريخ توقّف سير القطار نهائيّاً.

المصادر: <https://al-akhbar.com/Community/238450>

أوديت رجال وميلاني دياب
الثّانويّ الثّاني، علوم الحياة



Educationally Speaking

Une Recette pas comme les autres !

J'ai toujours cherché à garder mes recettes en secret. Mais, aujourd'hui j'ai changé d'avis et j'ai décidé de partager avec vous une de mes meilleures recettes. Eventuellement, c'est Noël, la saison du partage et de l'empathie. Pour commencer, sachez bien que recette nourrit votre appétit intellectuel. Elle est un guide qui vous sera utile à vie, donc servez-vous à volonté !!! Pour tout public : Temps : 20 minutes par jour

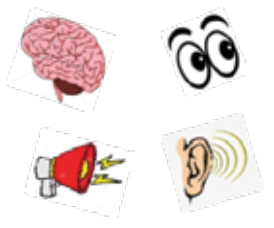
Ingrédients

- 26 cuillères de lettres
- 23 tasses de sons
- 1 bol de syllabes
- 900g d'écoute
- 500g de prononciation
- 1 pincée de liaison
- 1 sachet de pause



Ustensiles

- cerveau concentré
- yeux ouverts
- voix modérée
- oreilles attentives



Déroulement

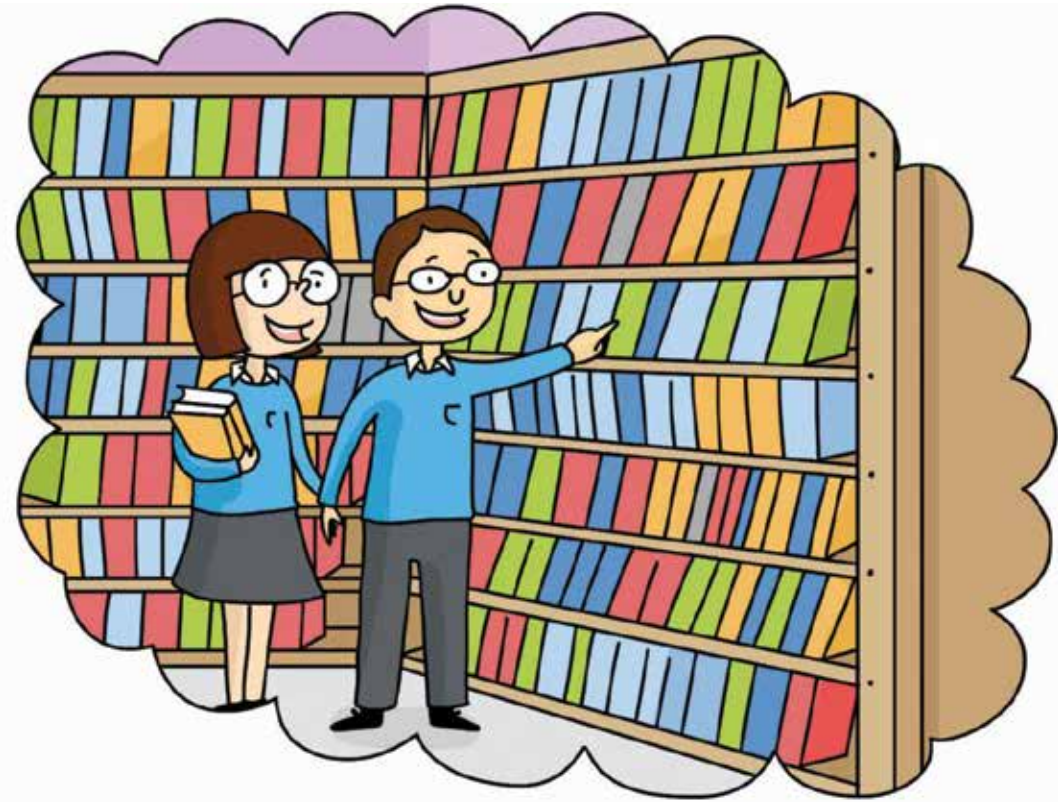
- Poser les lettres, les sons et les syllabes dans un cerveau concentré pour faciliter le décodage du plat.
- Peler 900g d'écoute à l'aide des oreilles attentives.
- Ajouter 500g de prononciation et d'articulation pour obtenir une bonne ration.
- Verser une pincée de liaison à l'aide des yeux ouverts pour pouvoir mouler le plat.
- Saupoudrer de pauses pour obtenir une bonne présentation du plat.
- Touiller le tout pour obtenir un bon repas riche en fibres lisibles et en minéraux compréhensifs.



Savourer ce plat tous les jours avec appétit et enthousiasme et votre lecture serait

PAS COMME LES AUTRES !

Yolla Kanfouche - Marie Chami
French Teacher - Lower Elementary



A Better Learning Environment

Development is part of our everyday lives. It starts with simple things, like switching from regular TVs to Smart TVs, but can later advance into switching whole economical systems of countries, juridical laws, and even whole constitutions! For some reasons, however, we seem to consider the educational system as an exempt from such innovations. It has worked before, so why not keep it as is, right? Not really. It has become increasingly important to design new strategies for learning and consider developing these strategies to improve the preparation of learners for having distinguished roles in the highly demanding and continually changing milieu.

Throughout my journey at school, I encountered different methods of teaching which varied from the traditional lecture approach to contemporary teaching styles where learners and educators engage in more interactive learning environments in which the integration of technology into the learning experience made teaching more oriented and focused on individuals' potential and needs. Likewise, in the mathematics, we-learners-had to use a program called Geogebra which enabled us to



enhance our understanding of the subject matter-space- and to articulate a holistic view of our skills and knowledge.

In my opinion as a learner, blending teaching styles to influence the teacher's strengths while meeting the demands of diverse learners has become increasingly vital; as more distinct approach to teaching proved to be necessary to engage learners and to achieve instructional goals.

Lynn Maasarani - Grade 12 GS

What does "being physically active" exactly mean for preschoolers?

When we talk about physical activity for young children, we do not mean the physical exercise that adults usually do at a gym or at home. Such physical activities are not suitable for young children. For them, physical activity is about active play and having the opportunity to move about and explore their environment. In fact, a physically active young child is one who does not spend long periods of time in places that restrict movement or doing lots of seated activities (especially those that involve screens such as watching television or playing computer games). Physical activity in early childhood is associated with better physical health. This includes a healthier body composition, better bones and a better heart, particularly when the physical activity is frequent. Physical activity is also important for the development of the children's brains as well as their social skills. Moreover, regular active movement for preschool

children helps improve their attention. A positive relationship exists between the time children spend in active play and their management of their own behavior and how well they get on with others. Let us move for a healthier lifestyle!

KG3 BAC Teachers



Educationally Speaking

تحديات اللغة العربية



تحظى اللغة العربية بمكانة مرموقة بين لغات العالم. وهي إحدى اللغات الحية والمتفاعلة مع بقية لغات الشعوب والأجناس والحضارات. وقد اعتُمدت «اللغة المتحدة» يوم ١٨ كانون الأول من كل عام، يومًا عالميًا للغة العربية، فهذه اللغة تتحدث بها اثنا وعشرون عضوًا من الدول الأعضاء فيها، وهي لغة رسمية في المنظمة.

اللغة العربية وعاء ثقافتنا وأداة الاتصال بين ماضينا وحاضرنا، ولا يستطيع الإنسان مهما كان أن يقف على كنوز الفكر الإنساني من تاريخ وشعر ونثر من دون اللغة التي تُعتبر جزءًا لا يتجزأ من السيادة لذلك يتوجب علينا أن نحافظ عليها لأنها رمز لهويتنا ولإرثنا الحضاري والثقافي.

ومما لا شك فيه أنّ اللغة في شكل عام، تؤدي دورًا مهمًا في حياة الشعوب وتاريخها. فمن خلالها يتم التواصل بين أبناء المجتمع، وعن طريقها ينسب الناس خبراتهم ومهاراتهم، وتنمو معارفهم، إضافة إلى أنها تسمح لهم بالتفاعل مع الحضارات المتنوعة مما يساهم في حصول التبادل الثقافي بين الشعوب فيرتبطون في ما بينهم، ويحيون تراثهم وعاداتهم وتقاليدهم التي تميزهم والتي تعكس القيم الإنسانية المشتركة.

لكن لغتنا الّهم باتت اليوم تواجه صعوبات جمّة منها ما هو داخلي ومنها ما هو خارجي.

الصعوبات الداخليّة تتمثّل بما يسمّى بـ «الغتراب الثقافي». فاللغة تمرّ بأزمة حقيقية بسبب ابتعاد أبنائها عنها وشعورهم بالغربة من نَحْوِها وقواعدها وإملائها المُعتمدة في المناهج الدراسيّة حتّى انزوَتْ في الكتب والمراجع وقاعات التدريس، وباتت المعلومات المُقدّمة والمفاهيم المُشروحة بعيدة كلّ البعد عن واقع المتعلّمين واحتياجاتهم وتطلّعاتهم.

أمّا في ما يتعلّق بالتحديات الخارجيّة، فهي تتمثّل أولاً بالتطوّر التكنولوجي الهائل والسرّيع للغاية. فاللغة الأكثر استعمالًا في شبكة المعلومات هي الإنكليزيّة أو الفرنسيّة ولا مكان للعربيّة في برامجها وتطبيقاتها إلّا ما ندر ونقص بذلك قلة الموادّ الداعمة التي يُمكن أن يستعين بها كلّ من المُعلّم والمُتعلّم من خلال مواقع الكترونيّة تفاعليّة تُعتمد على غُصْري التّشويق والابداع، وتُتّصف بالمصداقيّة والموثوقيّة.

It's a Small World



Multinational Classroom

It is a well-known fact that opposites attract. The more diverse, unique, and different a classroom is, the more productive and interactive it becomes. We would like to welcome you to our classroom that blends three different cultures: Lebanese, Italian, and American. We are two friends who were born in 2 different countries in which we lived for a while. At a certain point, our families decided to move to Lebanon. It was that particular decision that combined our paths and joined us together in the same classroom.

Mathilde Ciucciomei... Italy and Lebanon

Italy and Lebanon seem to be very different countries, but if you go in depth into both countries' precious details, you will soon realize that they have common aspects. To begin with, Italian and Lebanese schools teach a variety of languages besides the mother language. Besides Italian, some schools in Italy teach German, French, and English. In Lebanon, schools teach English and French besides Arabic. Moreover, Italy and Lebanon share a similar Mediterranean cuisine. Traditional Lebanese and Italian plates often include an abundance of whole grains, fruits, and vegetables.

Leah Zabad... USA & Lebanon

When I first came to Lebanon, I spotted few differences right away. In Beirut, most schools are large and receive students from Kindergarten until Grade 12. Schools in Florida are found in each neighborhood; each school receives specific grades and age levels. The architectural style is different. Skyscrapers are only found in the big American cities; citizens live in well-designed houses distributed over the vast land. On the contrary, modern buildings are commonly found in Beirut with minimal green spaces.

Diversity is a source of strength that can be a focal point in the evolution of cultures and generations. The more multicultural a classroom is, the more interesting the learning process becomes. After all, the way each learner stamps his thoughts is what paves the path to a bright and prosperous future.

Leah Zabad
Mathilde Ciucciomei
Grade 7 A

The Artist in You

The Painter in You



Aya Itani - Grade 12 - GS



Karim El Katarji - Grade 3 C



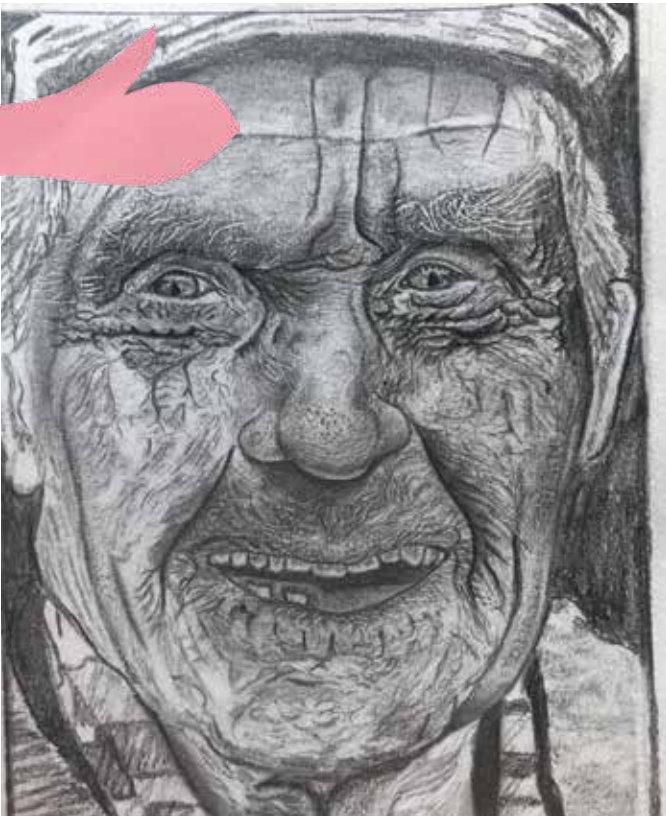
Lillian El Joueidi - Grade 2 B



Lillian El Joueidi - Grade 2 B



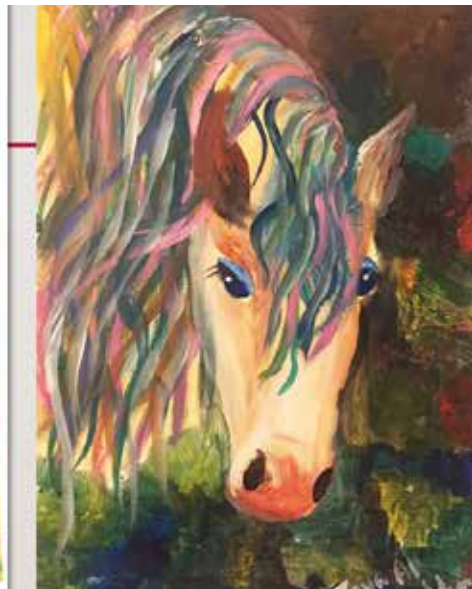
Ali Kalajy - Grade 12 LS



Ali Kalajy - Grade 12 LS



Zoya Moukaddem - Grade 6 C



Haifa Zeitoun - Grade 5 C



Judy Al Kurdi - Grade 2 C

The Artist in You



Taline Qamar - Grade 6 C



Jana Kanj - Grade 9 A



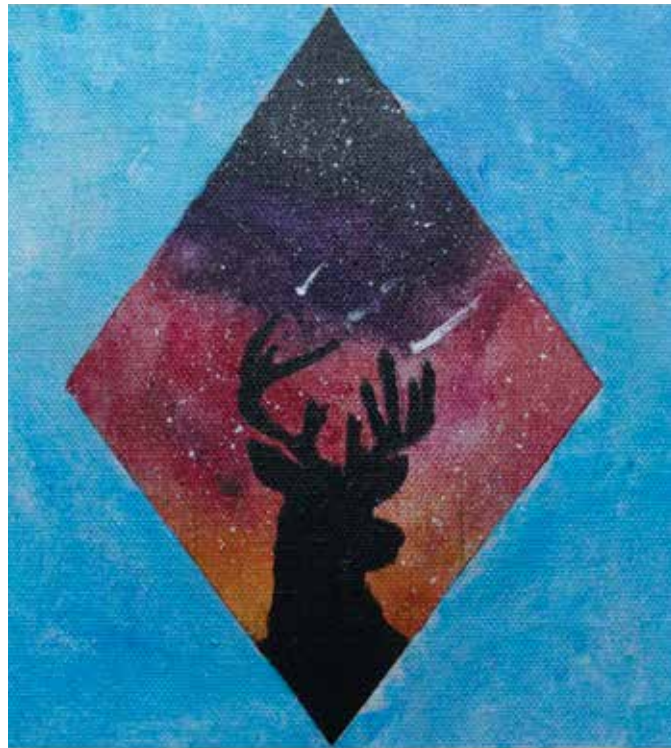
Lara Khalil - Grade 3 C



Alma Hammoud - Grade 3 A



Hala Kalaaji - Grade 5 C



Lea Koleilat - Grade 9 A



Naya Raissi - Grade 1 A



Nadim Hassanieh - Grade 6 B

The Writer in You

Bon corps, bon esprit

Pour avoir un corps sain, il faut exercer un certain genre de sport; qui est une activité nécessaire exigeant un effort physique et mental.

D'habitude, le sport se joue en équipe ou en individuel. Il fait travailler tout le corps et contrôler le poids. Il nous rend de bonne humeur, améliore le sommeil et augmente le niveau d'énergie.

A cause de ces nombreux avantages, j'ai choisi de pratiquer un genre de sport compétitif qui est le « football ».

Le football a une grande influence non seulement sur la santé mais aussi sur l'esprit. Pour moi, le football est une véritable école de discipline me permettant de s'épanouir. Je suis devenue plus sociable. Je fais partie d'une équipe où tout le monde s'entraide et se respecte.

Cette activité sportive réduit mon stress et me permet d'être en bonne humeur : tout en me défoulant. J'aime faire du football parce qu'il me permet à la fois de rester en forme, de dépenser mon énergie et de développer mon esprit d'équipe. Le football est amusant et utile. Je vous conseille de le pratiquer régulièrement et n'abandonner jamais.

Nadim Kirgiz - Grade 6 A



لجنة المُتعلِّمين
في القسم المُتوسِّط



A Healthy Lifestyle

- Try baking fries at home. Sliced sweet potatoes also make a great french fry alternative. Plus they have a lot of vitamins and minerals!
- Bread chicken with crushed cornflakes or crackers and bake for a crunchy, low-calorie version of fried chicken or chicken nuggets.
- Research some recipes online for your favorites. You'll find some great ideas and a variety of recipes for healthier versions of common fast food meals.

- Write out a list of self-soothing activities. When you're stressed or a fast food craving hits hard, it's important to have a list of activities that you can do to distract yourself and calm down. Have these handy when a craving hits.
- Try engaging in mentally and physically active things. For example: taking a walk, cleaning out your junk drawer, calling a friend or family member, keeping a journal or reading a good book.
- Get that notebook or journal out and write down your feelings and how they are affecting your cravings or feelings of hunger. This can help you clearly identify your situation and make the difference between emotional eating and physical hunger.



Reina Dib - Grade 12 LS



All About Food Waste

Did you know that up to one-third of the food produced in the world for human consumption (=1.3 billion tons) is thrown away? You have to think of this data every time you consider cleaning up your refrigerator or tossing away anything you don't want to eat. Whether at restaurants, weddings, or at home, huge amount of food goes to waste in Lebanon. Despite the hardships suffered by many, Lebanon throws away million tons of food every year.



According to different studies, solid waste generated in Lebanon is mainly household solid waste. The development of several local institutions and non-governmental organizations is currently taking place in order to reduce food waste in Lebanon. For example, "FERN", "Food Blessed" and "Lebanese Food Bank" are some of the local organizations that deal with food loss and waste. In addition, several campaigns and projects tackling this problem, are taking place.

- Food is wasted when:
- Food is expired
 - Food doesn't look good
 - Food has mold
 - Food doesn't have good smell or taste
 - Food labeling is unclear
 - Food is left in the fridge for too long
 - Food packaging is incorrect
 - Food is poorly cooked
 - Food portions at home are too abundant

In order to reduce food waste, the following tips can be followed:

1. Buy what you need

- Plan ahead
- Make a shopping list
- Be realistic about how much you need

2. Eat what you buy

- Use what gets spoiled first
- Don't prepare too much
- Eat leftovers

3. Keep food fresh

- Learn how to store food to keep them fresh as long as possible

4. Don't toss it before it spoils

- Understand food labels
- Use preservation techniques: freezing, canning, pickling or drying

5. Avoid trash

- Share extra food before it spoils
- Compost inedible food



If you would like to participate in reducing food waste, you may contact the following organizations, which are collaborating with many hotels, wedding venues, and restaurants in Lebanon.

Lebanese Food Bank
01 510499
03 714401
www.lebanesefoodbank.org



Save the Grace
03 200 047
www.savethegrace.com



Food Blessed
70 159 337
www.foodblessed.org



Sources: <https://staff.aub.edu.lb/~lmeho/abiad-meho.pdf>
<http://www.nogarlicnoonions.com/food-waste-is-a-huge-problem-what-consumers-need-to-know/>

Raneem Rizk and Sara Khalifeh
Lower Elementary Division

It's Showtime!



Les meilleurs films pour Noël ... à voir et à revoir

Le Grinch (The Grinch) :
Chaque année à Noël, les Chous viennent perturber la tranquillité solitaire du Grinch avec des célébrations toujours plus grandioses, brillantes et bruyantes. Quand les Chous déclarent qu'ils vont célébrer Noël trois fois plus fort cette année, le Grinch réalise qu'il n'a plus qu'une solution pour retrouver la paix et la tranquillité: il doit voler Noël.



Maman, j'ai raté l'avion (Home Alone) :

La famille McCallister a décidé de passer les fêtes de Noël à Paris. Seulement Kate et Peter McCallisters'aperçoivent dans l'avion qu'il leur manque le plus jeune de leurs enfants, Kevin, âgé de 9 ans. D'abord désespéré, Kevin reprend vite les choses en main et s'organise pour vivre le mieux possible. Quand deux cambrioleurs choisissent sa maison pour commettre leurs méfaits.



Fantômes En fête (Scrooged) :

Le jeune directeur d'une chaîne de télévision, Frank Cross, carriériste effréné, est au sommet de sa gloire. Nul ne résiste à ses dictats et il terrorise tous ses collaborateurs. Quelques jours avant Noël, il décide d'adapter de façon provocante le fameux «Chant de Noël» de Dickens. C'est ce moment que choisit son ancien patron, Lew Hayward, mort depuis sept ans, pour le hanter. Le spectre le somme de s'amender sous peine de finir en enfer. Pour cela Frank recevra la visite de trois esprits de Noël qui l'aideront à faire son choix.

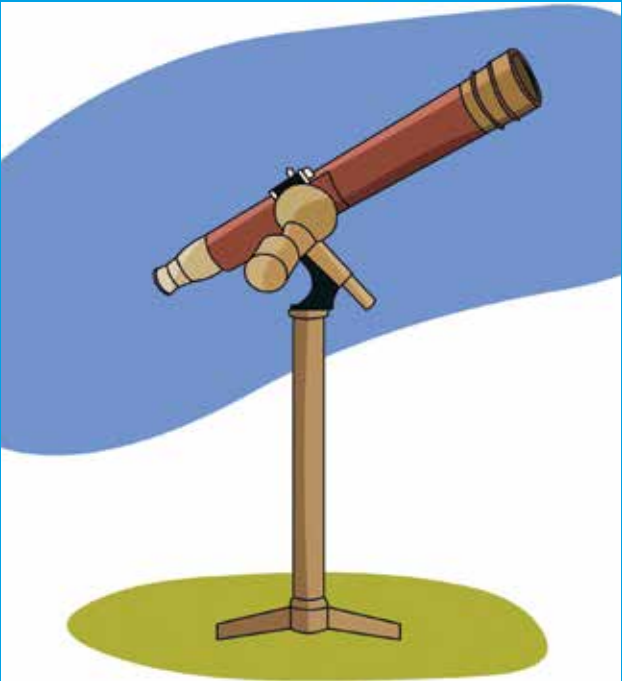


Learn & Grow

Hands-on Learning in Sciences

While textbooks remain a vital part of a learner's school life, studies show that learners grasp concepts more efficiently through kinesthetic teaching strategies as opposed to linguistic methods. As the first term for Grade 9 learners came to a seal, an experiment targeting "lenses and optics" was conducted in class to ensure that the students had both theoretical and concrete understanding of the lesson through practical application. The class was divided into groups of four where each group was given a hands-on activity including a set of instructions and was provided with the necessary equipment and materials needed to build a functioning telescope model. Students proceeded to work on their models and by the end of the session, they were able to walk away with not only better understanding of the lesson, but also with a sense of teamwork and collaboration.

Aline Rammal - Grade 9 B



Le jeu est-il important pour le développement de l'enfant ?

« Jouer c'est plus que prendre du plaisir ! »

Le jeu occupe une place primordiale dans la vie des enfants dès leur plus jeune âge. Il leur permet notamment d'apprendre à développer leur imaginaire et d'échanger avec les autres... Grâce au jeu, ils pourront apprendre énormément de choses. Quand les enfants jouent, ils développent leurs diverses habiletés. Ils réfléchissent, résolvent des problèmes, s'expriment, bougent et coopèrent. Le jeu les rend heureux, leur facilite l'apprentissage et le rend même plus efficace. Jouer, c'est joindre l'utile à l'agréable. Pour les plus petits, c'est une expérimentation, une découverte de l'univers qui les entoure. Pour les plus grands, ça leur permet de développer leur imaginaire, de se construire la personnalité. C'est un facteur de socialisation, une source de motivation.

Des jeux, tels que les constructions avec des blocs, faire des puzzles, ou encore concevoir et construire des univers imaginaires, permettent aux enfants d'acquérir de l'expérience dans la résolution de problèmes et leur permettent d'améliorer leurs capacités de réflexion. Ils encouragent et renforcent la curiosité, catalyseur pour l'apprentissage ultérieur des enfants qui, lorsqu'ils sont libres de poursuivre leurs domaines d'intérêts, sont plus aptes de cultiver une attitude positive envers l'apprentissage. Les jeux améliorent le développement social et affectif des enfants, leur permettant de donner du sens à leur propre monde. Jouer favorise également les interactions entre les enfants, qui commencent à comprendre l'importance de communiquer par le langage et apprennent à

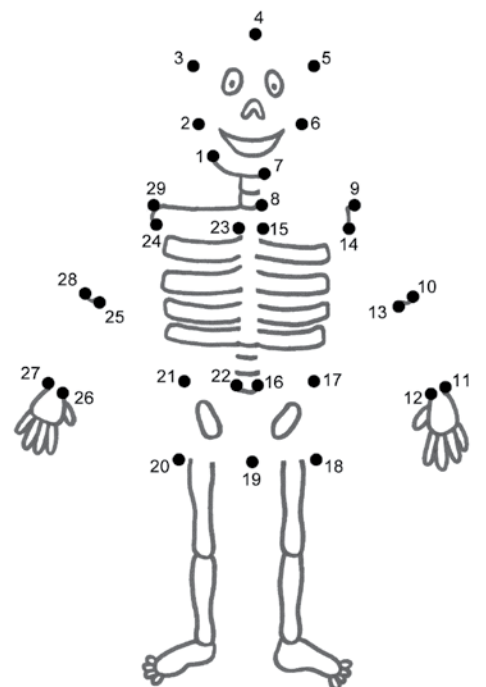
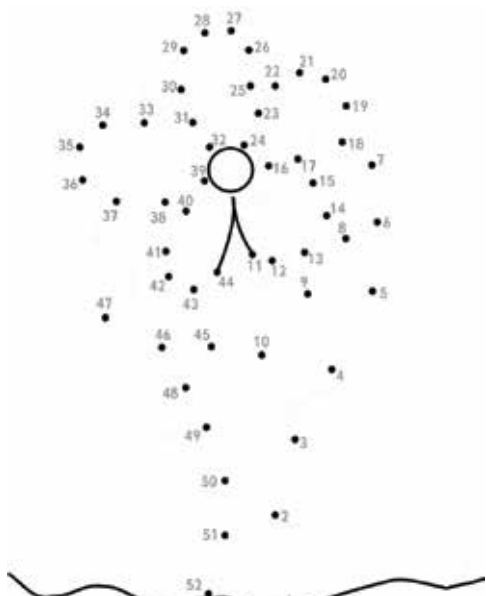
exprimer leurs idées, expérimentant des situations qui favorisent la coopération, le partage et la négociation. L'école maternelle, quant à elle, élargit l'univers relationnel des enfants et leur permet de vivre différentes situations de jeux... Elle s'appuie sur le besoin d'agir, sur le plaisir de jouer, sur la curiosité pour créer, à travers les différents coins-jeux présents dans les classes, un « espace transitionnel » entre la maison et l'école, pour faciliter le passage du statut « enfant » au statut « élève ». Donc, chaque fois que vous verrez un enfant occupé à « s'amuser gentiment », observez-le avec un autre état d'esprit et pensez à toutes les connexions intelligentes qui se créent dans son cerveau en plein développement !

Mona Massalkhi
Enseignante de français-KG2-KG3



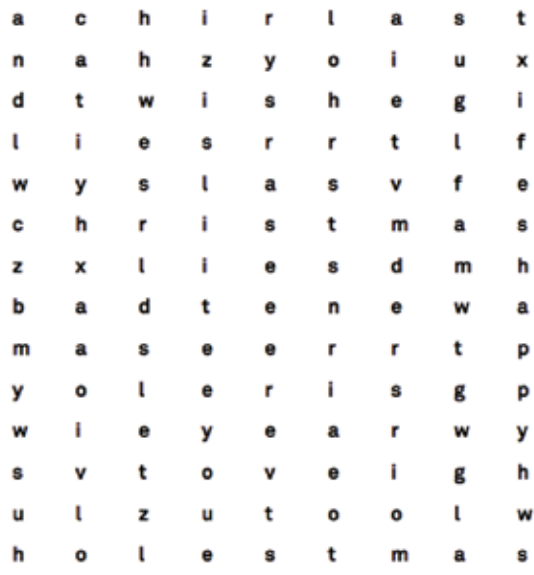
Let's Think & Play

Connect The Dots

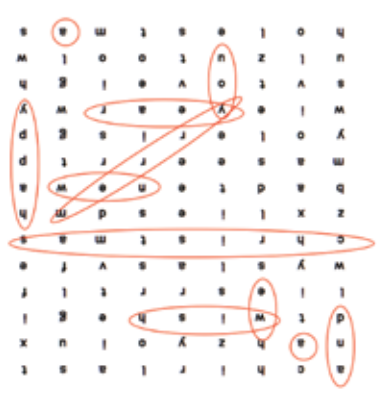


Word Search

Search for the following words, then use these words to make a sentence : New – A – Christmas – Happy – Wish – And – We – Year – Merry – A – You

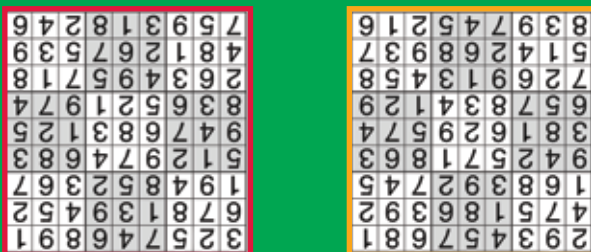
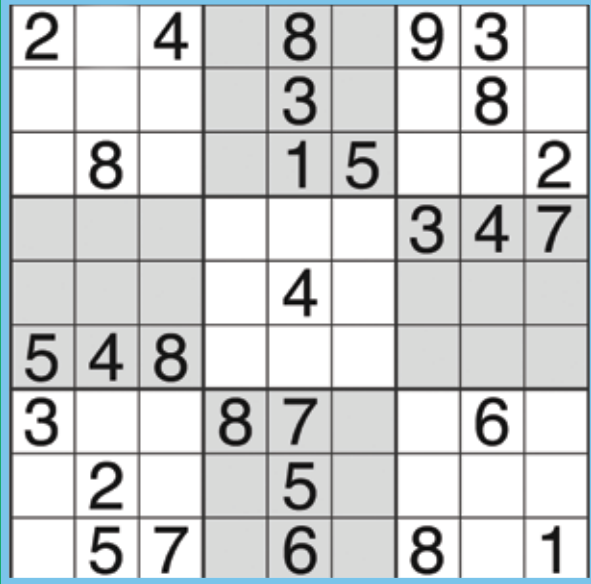
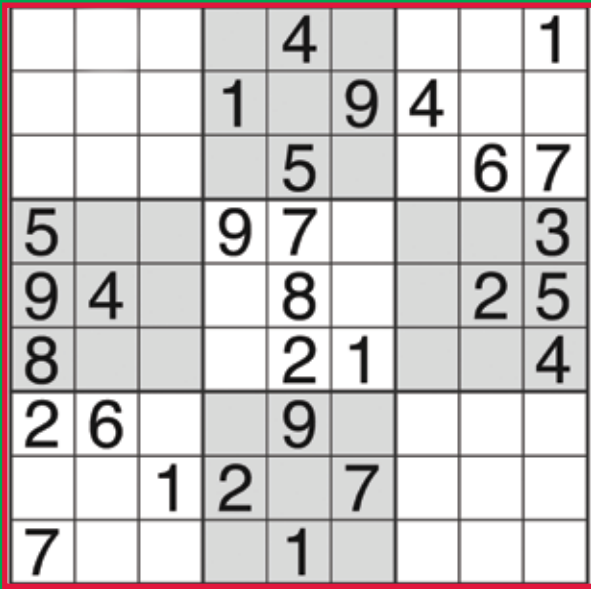
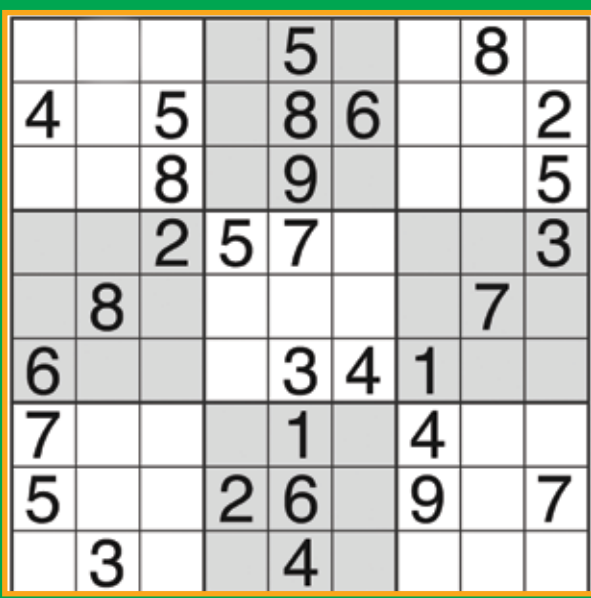


The sentence is :



Solution: We wish you a merry Christmas and a happy new year.

Sudoku



Solutions:

Tech Radar

The Social Media Etiquette



How should you not use social media? Although poor social media use seems relatively safe, it can cause serious harm. Below are some tips for safe social media use:

1. Avoid Offensive Conversations

Get away from engaging in any aggressive online debates that could be considered offensive and could humiliate you in front of your followers.

2. Don't Mix Business and Entertainment If your job requires you to maintain a social media account with your name on it, don't use it to share personal news. Separate your business account from your personal one.

3. Use Caution Posting and Tagging Photos If you are posting a group photo, ask permission before tagging your friends and before even posting it. You may also post the photo with the caption "Tag yourself".

4. Be Self-Centered in Small Doses

Before you post, tweet, or share anything, think about others' opinions concerning it. Would it be identified as insightful and enlightening, or vulgar and boring?

Remember that every time you post something that's "all about you," you share at least four pieces of content written by someone else.

5. Understand That Your Sense of Humor Isn't Universal

Unless you are sending a private message, your social media posts will be seen by everybody. That means you should just make sure your humor is appropriate.

6. Avoid Over-Sharing

Avoid over sharing especially your private life because it may be risky and lead to problems.

Hala Abboud - Junior LS
Aya Hassanieh - Junior LS

Virtual Reality

Virtual reality seems to be the next big technology after the advent of internet. It is a step forward for all human activities.

Virtual Reality (VR) is the use of computer technology to create a fake environment. It places the users inside an experience. Instead of viewing a screen in front of them, users are immersed and able to interact with 3D.

Virtual reality is used by soldiers to train on war and in hospitals to train on medical surgeries. Current VR technology most commonly uses virtual reality headsets or multi-projected environments,

sometimes in combination with physical environments or props, to generate realistic images, sounds and other sensations that simulate a user's physical presence in a virtual or imaginary environment.



A person using virtual reality equipment is able to look around the artificial world, move around in it, and interact with virtual features or items. The effect is commonly created by VR headsets consisting of a head-mounted display with a small screen in front of the eyes.

In brief, VR technology is considered a mind blowing accomplishment nowadays. It simply facilitates your life and can become your daily companion. The sky is the limit to how VR technology can be implemented in our lives!

Nicolas Saridar - Grade 4B

Picture Perfect



Saint Barbara

Our preschoolers thought out of the box and enjoyed decorating their own crazy hats with their parents. The youngsters wore their hats to celebrate the Saint Barbara day with the whole school. They started off by listening to the story of Saint Barbara told by grade 10 learners; then, they planted wheat with them. Afterwards, they danced, sang and toured the school to showcase their hats and convey the joyful spirit.



Picture Perfect

Circus Day

As a start for the year, learners had the chance to participate in a marvelous circus day. Watching a real circus movie, meeting the magician, playing and dancing with the clumsy clowns and ballerinas, they enjoyed mingling with the secondary learners who were the monitors of the games. The preschoolers enjoyed eating popcorn and taking funny pictures with the silly clown.



Orthodox Schools Choir at Dhour Chweir Christmas Event



The True Spirit Of Christmas Is Love

وَلَدٌ لَنَا مُخَلِّصٌ وَهُوَ الْمَسِيحُ!



حَلَّ زَمَنُ الْمِيلَادِ... زَمَنُ الرَّجَاءِ وَالْفَرَحِ الَّذِي يَبْعَثُ فِي الْجَمِيعِ رُوحَ الْمَحَبَّةِ وَالتَّوَّاضُعِ وَلِقَاءِ الْآخِرِ. فِي أَجْوَاءِ أَسْفَلِيَّةٍ، أُخِيتَ جَوْعَةُ مَدَارِسِ بَيْرُوتِ الْأَرْتُودُكْسِيَّةِ أَمْسِيَّةً مِيلَادِيَّةً يَوْمَ الْجُمُعَةِ الْوَاقِعِ فِيهِ ١٤ كَانُونِ الْأَوَّلِ ٢٠١٨ عَلَى مَسْرَحِ مَدْرَسَةِ الْبِشَارَةِ الْأَرْتُودُكْسِيَّةِ.

صَدَحَ صَوْتُ الْمُتَعَلِّمِينَ عَلَى وَفْقِ أَنْغَامِ مُوسِيقِيَّةٍ مُتَنَوِّعَةٍ عَزَفَتْهَا أوركسترا قوى الأمان الداخلي بقيادة العقيد زياد مراد فأنشد الكورس ترانيم دينية وأغاني ميلادية تفاعل معها الحضور غناء وتصفيقا حارا وتأملًا يقيم هذا العيد المجيدة. اختتم هذا الاحتفال على أمل إحياء لقاءات موسيقية جديدة في المواسم المقبلة.

Weird Christmas Customs and Beliefs

Christmas is one of the most celebrated holidays around the world. It is celebrated by millions of people. How it's celebrated differs greatly however. Below, are some of the weirdest Christmas customs from around the globe.

- Bolivians celebrate Misa del Gallo ("Mass of the Rooster") on Christmas Eve, with people bringing roosters to midnight mass to symbolize the belief that a rooster was the first animal to announce the birth of Jesus Christ.



- In Catalonia, Spain, they have a uniquely bizarre holiday tradition known as the Caga Tió, or pooping log. Kids decorate a small log by adding wooden legs, a face, clothing, and a Catalan hat. They keep the log in their home or school, feeding it small pieces of bread or fruit every day. On Christmas Eve or Christmas Day, they hit the Caga Tió with a stick while singing a special song encouraging him to poop out plenty of sweets, such as turrón (a popular nougat), for them.

- In Estonia, people believed that the first visitor on Christmas, called the "first-footer," would determine the household's luck. Dark-haired men were seen as desirable first-foeters, but women and fair-haired or red-headed men were often deemed unlucky.

- The Night of the Radishes is one of the annual Christmas customs in Oaxaca, Mexico. On December 23rd competitors carve nativity scenes into large radishes, which are proudly displayed at the Christmas market. Oaxaca has land dedicated to cultivating special vegetables just for this event.



- The Norwegian tradition of Julbukk, or "Christmas goat," finds groups of costumed people walking through their neighborhood on Christmas Day, entertaining people with songs in exchange for treats. These groups will bring a goat along or have someone impersonate a goat's typically unruly behavior. If two costumed goats meet, they'll often engage in a play fight to entertain the crowd.

- According to a Greek legend, malicious goblins called "Kallikantzari" would come up from their underground homes on December 25th, and would play tricks on humans until the 6th of January. You could get rid of them by burning logs or old shoes, or hanging sausages or sweetmeats in the chimney.

General Christmas Facts Around The World

- Rudolph the Red-Nosed Reindeer was invented by Montgomery Ward in 1939, as a way to lure customers into the store.

- Children in Brazil often receive gifts from the Magi on Three Kings Day, or Epiphany, as well as from "Papai Noel" on Christmas Eve. With no use for chimneys in the tropical climate, they believe "Papai Noel" enters via the front door, and travels via helicopter rather than a reindeer-drawn sleigh.

- In the Czech Republic, Santa doesn't come on Christmas but on St. Nicholas Eve, which is December 5. That night, Czech children are excited to watch for Svatý Mikuláš (as he's known in the local language) to show up. He normally arrives accompanied by one or more angels. He asks the kids if they've been good all year and also asks them to sing a song or recite a poem, then gives them a basket of presents, often containing chocolate and fruit. As in the Netherlands and other European countries, St Nicholas' Day is a separate holiday from Christmas.

- Christmas cards, which originated in England, were first sent in the 1840s.

- It takes Christmas trees around 15 years to grow to 2-3 meters. There are approximately 30-35 million Christmas trees grown annually.

- In Costa Rica, the Christmas flower is the orchid.

- Alabama was the first state to declare Christmas an official holiday, in 1836. It wasn't declared a national holiday in the United States until 1870.

- In Austria, farmers traditionally chalk the initials of the Three Wise Men on the archway above stable doors.

- George Frederick Handel's timeless Christmas classic, "The Messiah", was first performed in Dublin, Ireland in 1742.

- In January of 2003, after a decree of authorization by President Hosni Mubarak, Christmas was observed as a national holiday in Egypt. This marked the first time in the nation's modern history that a Christian holy day was formally recognized by the Egyptian government.

- Russia was never really big on Christmas customs during the Soviet Era. Nowadays, their version of Santa Claus is known as Ded Moroz (Grandfather Frost). He delivers presents to children at midnight on New Year's Eve with the help of his granddaughter, the Snow Maiden.-Bret Love.

Source: www.greenglobaltravel.com

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Do It Yourself



Step 1: Place Christmas ornaments inside an empty glass of wine.
Step 2: Glue a coaster on the rim of the glass of wine.

Note: Coasters may be replaced with a piece of felt paper cut to the size of the rim.

Step 3: Once the glue is dry and coaster is secure, flip the glass of wine to have the foot facing upwards and the bowl on the table.



Step 1: Place a rubber band around the candle.

Step 2: Place the cinnamon sticks under the rubber band. To add interest, vary the height of the cinnamon sticks.

Step 3: Once the entire candle is covered with sticks, wrap twine or ribbon around the rubber band in order to conceal it.



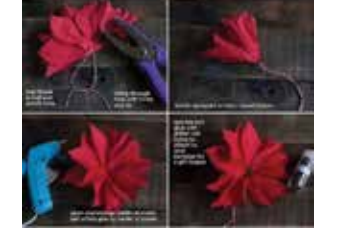
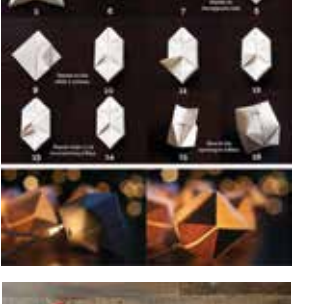
Step 1: Cut a white sock horizontally into two equal pieces.

Step 2: Fill three quarters of the closed sock with rice or cotton for the snowman's body. Keep the other piece (on the left) aside for the snowman's hat.

Step 3: Use a rubber band to secure the top of the filled piece of sock and another one in the middle to make the shape of two balls.

Step 4: Use a rubber band to tie one end of the other piece of the sock to create the snowman's hat.

Step 5: Use a glue gun to decorate with buttons, beads and yarn. Now you have a snowman!



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Christmas Méli Mélo at BAC

