

GAZZETTE **BAC**

Editorial

Message of the principal



I am a girl who enjoys herself; sometimes I lose sometimes I win, yet through it all, there is always joy in my heart. I have realized that even the smartest person in life has tasted not only sweet success but also bitter loss. I have not yet lost, but many others have; many have lost after facing their fears.

Here I am today, a Grade 9 learner facing many challenges; one of them is my official exams that represent a new face that I will encounter. Not only fear will accompany me on this quest, but also curiosity. I do face a fear of failure and the curiosity of trying. I do face this fear by having more confidence in my capabilities, preparing more, and with great hope to succeed. I will rid myself of this fear only in Mid-June, when I am done with this particular challenge. Education is a journey and success is one of its many fruits. I am determined to embrace success.

Education opens windows to more than the world of knowledge; it opens windows that contain wide horizons. Education molds us into human beings ready to embrace new sunrises and new sunsets, ready to add color to life, ready to fight for our goals, and seek to climb the highest mountains. It is this strength that pushes me to keep going forward, never to halt, but to always be inspired.

Study is one of the words that will not easily be removed from my mind, as I have heard it a countless number of times. This word adds more pressure to our lives as learners, and makes us doubt sometimes if we have the capability to achieve all our goals. But can we do without it?!

Dania Jabal - G9

Dear parents, learners and colleagues

Success is a virtue pursued by us all. We always strive to succeed in what we are doing: parents in raising their children, teachers in educating their pupils, and learners in realizing their potentials and finishing their education. The journey of success is often coupled with hard efforts, perseverance, endurance, and focus. Once achieved, success is usually combined with joy. This joy is addictive and consequently we always struggle to have it continuously. However, do we merely want to be successful people or we want to lead a successful life? Occupying the top of the pile in the survival of the fittest is success, but does it lead to a successful life? The essence to have such a life is "giving" – it is what makes us fully human.

Our children are used nowadays to get whatever they ask for. Parents work hard to provide decent living for their kids; it being luxurious lodging, good schooling, various entertainments, diversified activities, multiple trips, up to date communication tools, ... And the more things are provided, the less the kids value them. We are raising our children to be merely takers. This attitude is contagious and it extends to their education where they become just receivers of the knowledge provided. If we care for them to have a successful life we should train them on the art of giving; giving of their time, their money, their belongings, their energy, and of themselves. We should train them to give with their hearts. The act of giving will help them be content and appreciate the blessings they have rather than be greedy, always asking for more and envying others for what they have. It teaches them how to be patient. Patience is a vital trait for civilizations, yet it is becoming a difficult one to achieve in our current times.

Some people give because they have many while others give though they have little. Irrespective, giving is an act of extending a bridge to the other through whom we are blessed with the givings of God.

On the hope that we are raising our children to lead a successful life, I wish you a Happy Easter.

Laura Rizk



Gymnastics

Gymnastics is one of the oldest and most popular sports in the world. It's an activity involving the performance of exercises requiring physical strength, flexibility, agility, coordination and balance. Thus it is necessary for all sport lovers and learners to have a minimum knowledge of gymnastics.

For this reason, gymnastics sessions were launched during the course of Term II in the Lower Elementary Division, where the learners learned various moves and exercises such as "shoulder stand", "bridge", and the different types of rolls.

By the end of the term, we worked on executing "human pyramids"; also known as the "acrogym". It is a stunt in which several participants stand or kneel together in a row, or any other formation, creating a base for another row of participants who can stand or kneel on the first row's shoulders, backs or thighs. One can build small human pyramids composed of 2 or 3 participants, or a larger one composed of 20 participants or much more. Smaller participants are positioned at the top



of the formation; while participants of stronger built form the base of the pyramid.

Gymnastics is a perfect sport to teach learners important life skills, such as independence, focus and self-discipline. As is the case with most kinds of sports, gymnastics is a great aid for overcoming health problems; especially obesity.

So our message to all caring parents is to encourage their children to practice any kind of physical activity instead of spending long hours in front of TV and computer screens.

Beninia Naser - Sports Teacher



Mother's "Reading Week"

For me, it was a very pleasant and enriching, though short, experience. What I liked most was the high level of interaction among the children. They were great listeners, showed high interest in the topic and were very active and enthusiastic during the discussion. I was really impressed by their ability to express themselves clearly and politely and give a lot of relevant examples and varied answers to the different questions. The school's efforts in developing their personalities and values were very obvious.

Yolla Jaber Sukkarie - Mother of Lea Sukkarie (3B)

it was an exceptional experience. Seeing the children's little excited faces was priceless. Nevertheless one smiling little face stood out: that of my proud little Yasmina.

Nada Zahabi Sahyouni - Mother of Yasmine Sahyuni (4A)

It was a pleasure to read to the fifth grade class during "Mother's week". The children were attentive, enthusiastic, and very interested. It was time well spent and we all learned a little history about St. Patrick and the power of prayer

Mary Jo Karam - Mother of Christina Karam (5B)

Lire est un plaisir pour les petits et pour les grands. C'est une expérience singulière de partager ce précieux moment avec son enfant, de pouvoir rentrer dans le monde des aventures et de découvrir les regards émerveillés de tous les enfants.

Pascale Haddad Moussan - Maman de Thalia Moussan (5A)



والجدير بالذكر هنا مساهمة عدد من متعلمي المرحلة الثانوية في التحضير لهذه النشاطات.

٣. إشراك الأهل في أنشطة المكتبات:

• شهدنا للعام الثالث على التوالي، مشاركة أمهات المتعلمين في المراحل الابتدائية الاولى والثانية، في نشاط "Mother's Reading Week" بأعداد كبيرة (١٥٠ طلب للمشاركة). كما قامت الأمهات بتحضير أنشطة متنوعة كالأشغال اليدوية، الأفلام الوثائقية والتمثيل...

• وشهدنا للعام الثاني، المساهمات السخية التي شارك من خلالها الأهل وأولادهم في دعم مشروع تنمية مكتبات الصف وتغذيتها، في قسم الروضات والمرحلة الابتدائية الأولى. وهدفنا الأساس من هذا النشاط يكمن في تحفيز المتعلمين على روح المشاركة وترك أثر في صقهم من خلال تدوين كلمة صغيرة لأصدقائهم داخل القصة التي يقدمونها.

إننا ومن خلال هذه الأنشطة التفاعلية، إضافة إلى تغذيتنا الدائمة لمكتباتنا بكل ما هو حديث ومستحدث من كتب، ووسائل تكنولوجية، نحاول مع متعلمينا التغلب على الصعوبات التي تعترض طريق الكتاب والمطالعة في مجتمعنا، وقد لاحظنا تطوراً ملفتاً في نسب الإعارة خلال الأعوام الأخيرة. وبذلك تطمح المكتبة إلى ألا تكون مخزناً يحتوي على مجموعة كبيرة من الكتب والمجلات منظمة فوق الرفوف، بل لتتحول إلى نقطة إلتقاء ينطلق منها الفرد إلى الصف والمدرسة ومنهم إلى المجتمع.

فريق المكتبات



في المطالعة

في كل عدد من إصدارات الـ "Gazette" تجدون تلك الزاوية المخصصة للمطالعة، نظراً إلى أهميتها حيث أظهرت دراسات أجريت في أوروبا أنّ الأطفال المعرّضين للمطالعة في أعمار مبكرة، تنمو قدراتهم التعليمية، الذهنية والتربوية، بنسبة قد تسبق أعمارهم بحدود السنتين. ومن هنا تنطلق النشاطات التي يقوم بها قسم المكتبات في مدارسنا، والتي تندرج تحت الشعار السنوي العام، والقيم التي تعمل على بنائها مع ذوي متعلمينا، والتي نحاول من خلالها أن نطور وسائل جديدة وموجهة إلى مختلف الشرائح العمرية، لحض المتعلمين على حب المطالعة في أشكالها المختلفة.

في ما يلي لمحة عن أبرز النشاطات والبرامج التي أجريت هذا العام:

١. مسابقة التأليف Write Your Drumbeat: شارك فيها متعلمو الصف السادس حتى الصف الثاني عشر، وأما الفائزون فهم: عماد الفيل Sakura Blossoms، مجد شدياق Life, death...and everything in between، رنيم شيّا Losing My Grandfather، ويوسف سقلاوي The Olive Tree.

ولهذه المسابقة وجه آخر يكمن في رغبة متعلمينا في مشاركة إنجازاتهم مع أفراد آخرين من مجتمعنا، إذ ستتم طباعة الكتب الثلاثة الفائزة في المراتب الأولى على طريقة Braille، الكتابة الخاصة بالمكفوفين. وستوزع على المراكز المتخصصة التي تعنى بهذه الحالات.

٢. حصة المكتبة الأسبوعية: أصبحت هذه الحصة جزءاً من الحصص الدورية لصفوف المرحلة الابتدائية الأولى، حيث يتم تقديم أنشطة مختلفة، لتعريف متعلمينا إلى قواعد المكتبة وتقنياتها، إضافة إلى المطالعات القصصية والنقاشات والنشاطات التي تشمل ثقافات وشخصيات مختلفة. وقد شهدت جدران مكتباتنا على أعمال المتعلمين التي أنجزوها واجتهدوا في تزيينها، وكانت كلها مستوحاة من القصص والأنشطة السابقة الذكر...



Science corner

Every year, a science corner is done in the Upper Elementary level. It's a competition where learners present science projects in the form of a report, display board, models or even experiments that they do in front of the audience.

Before the Christmas vacation, learners divided themselves into groups and began to work on a science topic from their own choice. After the vacation, they presented their projects in front of their classmates and the projects were judged according to specific criteria such as their understanding, their presentation, and the originality of the topic... From every class, three projects were selected to participate in the science corner that took place on March 21st.

Eighteen projects competed in this year's event, and were judged by a group of teachers from different Departments. The judges looked at all the projects, asked the learners some questions to evaluate their information, and then picked the winners.

In Grade 4, the first prize went to Mark Iskandar and Nicolas Karam for their project about chromatography. The second prize went to Ola Salem and Reem Sahyuni for making a speed propeller boat. In Grade 5, Anthony Abu Mrad and Hadi Bashir took the first prize for their interesting experiment about bending water. In Grade 6, the first prize went to Jovana Huwayek, Joelle Jabbour and Tala Maasarani for doing a model of lava in a bottle. The second prize went to Yara Haidar, Linda Karam and Elissa Huwayek for their experiment about candles in water.

The science corner is a great learning experience since learners become more knowledgeable about topics that they don't learn in the science curriculum. Moreover, preparing a science corner project is an excellent example of hands-on, and inquiry learning which is a very effective instructional method since learners enjoy what they are doing and learning on their own.

Lama Saneh - Science teacher



Mother's Day at Tendernest Daycare.

When the weather changes, the rain is gone, and the sun shines, when we spot rainbows, when birds start to sing, flowers bloom, and butterflies color the air, it is definitely spring time. And what a better day to honor our mothers than the first day of this colorful and amazing season! Maybe Mother's Day was set on this date because nature itself comes alive and fresh; new green leaves grow on the trees, flowers bloom in the fields, the sun shines after the rain, and a warm feeling warms our heart.

Every year, we look for special ways to celebrate Mother's Day at the Tendernest Daycare. And you might wonder what can tiny hands do to turn this into a big day?

Well, tiny hands can make big masterpieces, small arms can give big hugs, and little hearts do beat with great love for the person who is, for our little children, the source of love and care.



Happy Easter

To spread the Easter spirit, the BAC and ETD Preschool Divisions decided to get the teachers engaged in a splendid competition titled: "The most beautiful Easter basket".

It was all about investing our leisure time, to come together as teams and produce a fruitful creative work. The teams were formed by level, as the teachers used their touch of art applying different art techniques such as cutting, tissage, collage... The Nursery level



On this special day, the children at the Tendernest Daycare presented us with examples of what great things can be achieved with love. The moments we share, the games we play, and the care we give, leave us with beautiful, lasting memories of our childhood and the special people who left their imprints on it.

The little infants printed their tiny hands in the shape of a flower on T-shirts that they offered to their mothers.

Precious toddlers and pre-nursery children, from English and French sections, participated in different activities with their moms. They decorated murals of the four seasons, played games related to spring such as flower bowling, raced to stick flowers in a pot, threw balls into the mouth of a flower, and played musical chairs.

The whole atmosphere was filled with music, laughter, applause and encouragement.

And finally in the end, the attendees gathered around a buffet to chit-chat, share stories, and small conversations.

Nisrine Feghali - Head of Tendernest Daycare.

came up with a festive spring garden; the KGI had a cute pink bunny with a wheelbarrow full of colored eggs. The ETD teachers had a fuzzy chick basket. But the masterpiece award was given to KGII teachers, as their wonderful team spirit and creative sense gave them the best idea.

Such activities and competitions are essential and fun at the same time. Their main goal is to encourage teachers work as one team and keep their creativity updated. All Preschool teachers are looking forward and ready for a new competition.

Rana Roufai - KG2 Teacher





Extra-Curricular Activities: Life outside the Classroom

In the presence of many technological distractions, children tend to stay inactive and rely on technology for their entertainment. This tendency is being dealt by our school on several levels among which the Extra-Curricular Programs. For the second year, learners are participating in the "Intermediate and Secondary Clubs" where they are acquiring personal and professional skills, in addition to discovering their talents. Moreover, this interaction with other learners is beneficial for many, since they meet new friends and get the chance to talk to people they see but do not know. What's more, the clubs contribute to the development of the learners' set of values and the promotion of the theme of the year which is clear in the outcomes of the various clubs.

This year, clubs like Robotics, Spanish, Drama, Arts and Athletics were founded to help promote a healthy lifestyle, as well as to increase the interest of learners in exploration, creativity, challenge, and sociability.

An interview was conducted with a number of learners and monitors about these activities. Here are their impressions:

Learners who have participated in "Spanish" admit that this participation

has benefited them vastly since they now know how to express themselves in a new language. "I enjoy the Spanish session especially that we are learning through fun," says Louay Ghassani (G11). "The main goal of the Spanish language course is to introduce the learners to the Spanish language and culture. During the class, and in order to promote the interest of all the learners, I make use of different games and famous Spanish songs for Shakira, Manu Chau and others," says Mr. Francesco Barosso, the Spanish instructor.

On the other hand, we have the Drama club and the Arts club. Those in drama liked the way they expressed themselves freely. In addition to the inhaling and exhaling exercises, they always prepare sketches from their daily life and present them to their friends so that they can share experiences and ideas. In the Art club, the monitor and the learners worked together in order to paint the tuck shop. "It was a joyful experience," says Amr Kayali (G8). "It is the first time we work on a huge Art Project, and it was fruitful; our friends were astonished by the work done," says Farah Haidous (G10).

Robotics was newly introduced this year in our schools. This club helps promote brain activity and encourages learners to develop their creativity. The activity consists of building the robots either freely or according to a certain plan and then writing its program on the computer. During the first semester, three kinds of robots were completely done. One walks



until it reaches the edge of the table and then turns to continue its way. Another can shoot a small ball. The third can follow a predetermined path. Learners are proud of their "little inventions" and are anxious to build more and more robots.

Moreover, athletic clubs are on the top of the list. Sports are very popular among young people, as it helps them keep fit and healthy while providing them with good entertainment and a sense of competition. These clubs include taekwondo "A mix of martial arts and aerobics", ping pong, football, and basketball (the last two being held outside the school to ensure the best environment for practice).

Over the past years, a number of true talents have been discovered through the school's extra-curricular activities. This was very noticeable with some of "Kteib Zghir" Heroes who are now building a career in the Art field.

Rana Ghandour- Head of ECA Department



إستشراف المستقبل

إستشراف المستقبل هو أمر لطالما شغل الإنسان في رؤياه. فهل يعني ذلك أنّ على الفرد أن يتوقع حلول الشّور؟ ولم لا يتبنّى الإنسان المبدأ القائل أنّ محصّل الخير في العالم يفوق محصّل الشّرّ. هذا ما يجب أن يقوم به كلّ منّا، السّعي الدّؤوب نحو الأفضل والأكمل. أليست الحياة كناية عن جميع الممكنات وحوادثها القابلة للتّحقيق؟ فهل المستقبل والمصير ثابتان أم قابلان للتّحويل؟ وهل من الممكن توقّعهما؟

فرح هيدوس (الصّف العاشر الأساسيّ)

إنّ حاضري ضمان المستقبل الذي أتمنّى أن يكون كما أتوقّعه. فمستقبلي هو نتيجة أفعالي وجمودي السّابقة والحاضرة سعياً لتحقيق أهدافي المنشودة سواء من حيث العلم والشهادة أم العائلة. اليوم أتعلّم في المدرسة، وسأكون بعد عدّة سنوات

الخاصّة. ولا أريد أن أشبه أمّي، التي تفني حياتها للرّضاء أولادها، وتضخّي بعمرها لتري وجوها باسمّة. بل أريد أن أضع لمستي الخاصّة وأحقّق شغفي الذي سيوصلني إلى أبعد حدود النّجاح والتّفوّق.

فبعد عشر سنوات سأكون طبيبة ناجحة، لي عيادة خاصّة في مستشفى راق، وزبائني الذين يدعون لي بالخير كلّما هبّبت لتلبية حاجات المرضى ومساعدتهم على تخطّي محنهم عبر زرع ابتسامة لطيفة ورقيقة على ثغر كلّ متعافٍ منهم. سأخصّص وقتي لمساعدة الآخرين، وإمتاع ذاتي في الوقت عينه. فأذهب في جولة حول العالم خلال إجازاتي لأتعرّف على حضارات العالم.

طموحاتي كبيرة لا حدود لها، وقدرتي على الوصول إليها لا يُمكن تخيلها. فأنا منذ الآن أوّس حاضراً لمستقبل زاهر.

في الجامعة وصولاً إلى العمل الذي أطمح إليه والذي يُظهر مدى الجهد والتّعب اللّذين أنفقتهما للوصول إلى تلك المرحلة. إنّي أرى مستقبلاً فرحاً تعفّ السّعادة مع العائلة والأصدقاء، إذ سأكون وسط عائلة تُشعّرنني بالأمان والحبّ من دون نسيان أصدقائي الذين وقفوا إلى جانبي لتحديّ صعوبات المستقبل. وأتمنّى أن تكون أحداث الحاضر وأسبابها وظواهرها تأكيداً على ما يُمكن تحقيقه مستقبلاً.

مروة السوري (الصّف العاشر)

كثيراً ما يتساءل المرء في صغره عن حياته المستقبلية. اليوم كيف أرى نفسي بعد عشر سنوات؟ سؤال يجول في بالي منذ زمن وما أنا الآن قد أدركت الإجابة الصّحيحة.

فأنا لا أريد أن أكون كآبي سيّدة أعمال لها مكتبها وحياتها المليئة بالإنشغالات وعلاقاتي التجارية



L'Engagement social commence à l'école

Partant des objectifs principaux des écoles orthodoxes de Beyrouth qui visent à «aider l'apprenant à construire une personnalité bien équilibrée et intégrée pour une bonne interaction avec la communauté à laquelle il appartient» et dans le but de favoriser chez les jeunes apprenants l'esprit de l'initiative en vue de contribuer au changement de la société, plusieurs activités sociales ont lieu au cours de chaque année scolaire (en plus des activités permanentes qui se déroulent automatiquement chaque année comme le « Food Sale » et le « Civil Day » et dont l'objectif consiste à initier les apprenants aux bonnes attitudes sociales).

Pour les aider à couvrir leurs besoins, « Al Majal » a lancé le projet de vente de produits que les apprenants de l'institution (souffrant de retard mental et ou physique) préparent eux-mêmes dans leur petite boulangerie. Des visites hebdomadaires à nos écoles ont été organisées afin de leur permettre d'augmenter la vente de leurs produits. Ceci leur a permis non seulement de pourvoir à leur argent de poche mais aussi de développer leurs capacités de communication et de s'intégrer dans la société.

En plus, les apprenants de l'EB8 dans les trois écoles sœurs, ont rendu visite aux apprenants de « Al Majal » dans leur institution et ont participé avec eux à leurs activités et tâches quotidiennes (cuisine, classe de mathématiques, classe de diction...). Cette visite s'est avérée très bénéfique pour nos apprenants puisqu'elle leur a permis de mieux accepter l'autre dans sa différence et de l'aider à dépasser ses difficultés.

D'autre part, le projet «Les Bouchons Roulants», organisé par «Arc-en-Ciel», a été lancé dès le début de cette année scolaire. Le projet consiste à collecter les bouchons en plastiques qui seront vendus ultérieurement à une usine qui les recycle et en fabrique des ustensiles en plastique. En contrepartie, « Arc-en-Ciel » recevra pour chaque tonne vendue le prix d'une chaise roulante. Ainsi, les objectifs de ce projet portent sur l'aspect humain et social d'une part et sur l'aspect environnemental d'autre part. La participation de nos apprenants à ce projet est remarquable et les bouchons en plastique commencent à s'amonceler!

Les apprenants du cycle primaire ont organisé la vente des produits réalisés durant l'heure d'activités environnementales. La somme collectée a financé la production en version « Braille » des livres ayant le premier prix dans la compétition d'écriture « Write your Drumbeat » (organisée par le Département des Bibliothèques). Ces livres Braille seront offerts aux institutions qui s'occupent des personnes aveugles.

Dans le cadre des activités sociales également, les apprenants de l'EB9 à BAC et ETD ont visité le « Foyer Saint Georges » à l'occasion de la fête des mères. Diverses activités ont été préparées à l'avance et

animées pour les personnes âgées au foyer. Suite à cette visite, les apprenants ont eu l'opportunité de rencontrer les vieux et de faire connaissance avec leur mode de vie au sein du foyer et ainsi d'apprécier l'expérience et la sagesse de leur âge.

En parallèle à ces activités, nous avons évidemment le «Youth Stewardship Program» dans les cycles secondaires. Ce programme consiste à ce que chaque apprenant accomplisse 150 heures de bénévolat dans une institution pour obtenir son diplôme.

Toutes ces activités contribuent au développement de la personnalité des apprenants aux niveaux personnel, relationnel et social et les encouragent à œuvrer pour une vie pleinement réussie.

Rana Ghandour - Responsable du Département des Activités Extra-Scolaires



Technology: Teaching preschoolers Science through websites

Teaching science to preschoolers is really about introducing them to the magic of the world in which they live! When properly presented, science can be a fascinating subject. It teaches us more about the world around us, showing us wonders to behold and how it works! But how does one go about teaching Science to preschoolers? Books and videos are effective, but are not enough. In recent years, using computers in early childhood classrooms has become common place. Research has shown that preschool children who use computers with supporting activities have significantly better developmental growth, compared to children without computer experiences in terms of intelligence, structural knowledge, long-term memory, communication skills, and problem-solving. Computer technology provides concrete ex-

periences, helps children control the learning experience, and supports children's development in all domains as they use computers to investigate questions, solve problems, explore, and manipulate objects on a screen. For example, to discover the world of animals, using the computer helps learners explore further with the great range of free games, science projects, interesting quizzes, fun facts and amazing videos and pictures related to the topic, helping them gain extra information relevant to their daily lives in a fun and interesting way. To conclude, the use of technology makes learning more exciting and effective for children.

Rana Roufail - Preschool teacher





We are all equal

No matter where we come from, whatever we look like, we are and will always remain human beings. After all, we are born on Earth and have been created by God. How do we think we have the right to discriminate between people God created equally? No matter how different our personalities, we all need Oxygen to breathe, and there is no real difference, for each of us is unique, though we all live and love. We all have our happy moments, and others of misery. Living in different continents, we all come together as citizens of the world. However, unfortunately, some of us live in better conditions than others; some have better opportunities than others; and some lead lives of quiet desperation. A picture of a little kid taken in Africa forces one to evaluate poverty and the condition of these poor African kids. Looking at that sad picture, I feel the sadness that these kids go through because of their life conditions. Persons' emotions are shown in their eyes, and the sadness in some eyes is a reflection of the suffering that many around the world endure every day. The eyes of a little boy do not only show a hunger and craving for food, but also courage and resistance towards a world which is at most times unfair. We are inhabitants of a world where poverty, hunger, and diseases reign, bringing tears to too many eyes, and ache to too many hearts.

It is the depth of these human emotions that pushes one to feel the urge to help, to reach out a hand, to volunteer, to make a change, to be active, to feel involved. In the words of John Wesley, "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can." Let us be the change we want to see in the world.

Sara Ghaddar, Adham al-Saabi, Jad Adada, Maher Itani, Rayan Kassem- G10

A true sense of feelings and a factual time to put animosity aside is Easter.

Many people phrase the definition of Easter in their own way; consequently many meanings have developed over time. Some consider it as a long relieving vacation. However, for the real believers, Easter is more than a holiday. It's a time to remember the sovereign of humans, the God who made us. Easter is also a blessing to people who appreciate it. Like Christmas, love fills the air and souls of every human being. Earth is reborn; life in flora (nature) is renewed. Correspondingly, it occurs in spring after mothers' day the most common symbol of love and care. Kids created a legend that obviously amuses everybody; "Easter Bunny"! Easter sends and transmits youth and energy to all the beings. In this jolly holiday many activities are done, such as egg battles, coloring eggs, and more... Isn't it pleasant to hear the church bells ring calling for the Liturgy? Therefore, hopes and wishes all over the world, are coming true.

Joelle Al Batal - G6 A



Pâques

Le mot Pâques qui dérive du latin ecclésiastique «Pascha» et du grec «Paskha», est emprunté à l'origine de l'hébreu «Pessa'h» qui signifie passer au-dessus. Ce terme évoque l'idée de franchissement voire de passage d'une vie vers une autre. Pour le peuple de l'ancien testament, il signifie le passage de la vie de servitude en Egypte vers la liberté.

En effet, Pâques marque le début d'une ère caractérisée par la résurrection du Christ qui est passé de la Mort vers la Vie, des ténèbres vers la Lumière, pour monter par la suite au ciel après avoir accompli le dessein de Dieu le Père.

Le Seigneur a enduré dans l'obéissance de la volonté de Dieu pour délivrer l'humanité de ses péchés.

Par son sang, Il a vaincu la puissance du péché et en donnant Sa vie, Il a donné la Vie à toute l'humanité.

La crucifixion du Seigneur n'est autre que le triomphe de l'amour et de la vie sur l'obscurantisme et l'égoïsme.

Le jour de la Passion, en donnant le dernier souffle, Sa Puissance s'est manifestée par le tremblement de la nature: «Et voici que le rideau du temple se déchira en deux, du haut en bas; la terre trembla, les rochers se fendirent, les tombeaux s'ouvrirent et de nombreux corps de Saints trépassés ressuscitèrent.» (Mathieu 27; 52)

Le jour de sa résurrection, en vainquant la mort, il a donné la vie aux morts.

Pâques est la fête qui révèle que le Sauveur est la Vérité, la Gloire et la Puissance.

Rouba Choueiry Fakhry - Editing Committee

Easter

Since I have been five years old, I always had a question in my mind: How is Easter related with eggs and bunnies?

...Until I had lately the answer.

The egg is widely used as a symbol of the start of new life, just as new life emerges from an egg when the chick hatches.

An egg is the symbol of the birth of the earth and was adopted as a symbol of the resurrection of JESUS, on the third day following his death by crucifixion.

Easter falls in the spring, the yearly time of renewal, when earth renews itself after a long and cold winter.

Thus, bunnies became a symbol of rising fertility of the earth during spring season.

Today...I end saying: "Life is essentially spiritual and timeless."

Yara Haidar - G6A

Traditions in some countries during Easter

There are various traditions practiced over the countries during Easter.

Some of these traditions were adopted before the Christians in order to announce the spring, the rebirth of nature as coloring eggs. The eggs symbolize the resurrection of the Christ. The first Easter egg is attributed to Mary Magdalene. She brought an egg when she found Christ's tomb empty.

- In Germany, a tree with Easter eggs is decorated every Easter.

Also, they practice the egg dance. This is a game in which eggs are laid on the ground. The adults and children are invited to dance among them without damaging any eggs.

- In England and Holland, the children go from a house to another to bring Easter eggs.

- In other European countries, offering eggs during Easter is an ancient tradition. In the twelfth century, the Europeans had the habit to exchange eggs just blessed.

- Orthodox Christians in the Middle East and in Greece color the eggs in red to symbolize the blood of Christ.

- Early Christians wore white robes during Easter week in order to indicate that they had a new life.

- In Italy, many churches organize a parade through the city. Parade participants are often dressed in traditional ancient costumes. They use Olive branches to decorate churches.

Color the Easter Egg



Trois lapins déposent les œufs de Pâques dans le jardin de Marc.

Chaque lapin a :

- 2 oreilles
- 4 pattes
- 2 yeux
- 2 paniers
- 1 queue

Pour savoir combien ils cachent d'œufs dans le jardin, applique la formule suivante :

Total des œufs cachés	=	Nombre totale de pattes	-	Nombre total d'oreilles	+	Nombre total de paniers	-	Nombre total de queues	+	Nombre total d'yeux

Easter Comics



FACING



FACES

Theme of the year

Throughout the year, the learners at BAC get engaged in many educational themes, but the one that remains the same is the theme of the year "Facing Faces". Facing Faces can be interpreted in lots of different ways in a child's imagination. It's up to us as a preschool community to enhance the courage in the learners to express their ideas freely.

At the beginning of the school year, teachers introduced the new theme to the learners by showing them their classroom logo, their name tags, and their behavioral chart; which were all related to the circus! The circus was chosen since all the characters present in it display different facial expressions, and emotions. In the circus we find team work, and a fun spirit created by a family environment.

When walking in the hallway, the learners are using their senses as a reminder since the hallway and the boards are decorated in accordance. In winter, when passing around we used to find little snow mans, boys and girls hung from the ceiling, each one expressing an emotion. Now, in spring, we find all kinds of animals, beautifully decorated expressing numerous sentiments.

Finally, it's very important for the kids to get exposed to different scenes related to the theme of the year, which will create a familiar atmosphere that enhances their creativity.

Magida Salam - KG2 teacher

الشعار السنوي

مواجهة الوجوه شعارنا المدرسي لهذه السنة. هي الإرادة القوية والصراحة غير الجارحة وسرعة إتخاذ القرار، وحسن التصرف واللباقة في التعبير... فلا بد في حياتنا اليومية من مواجهة المصاعب والمشاكل. لكن مع المواجهة والعزيمة يبقى الإنسان ذا إرادة حاسمة لا تلين. فالمواجهة تنقسم إلى عدة فروع أهمها مواجهة الآخر التي تكتسب بالتربية الواعية والتدريب المستمر وكيفية التعامل معه. غير أن الهدف منها هو عدم الإساءة وجرح مشاعر الآخرين وتعبيهم بنقائصهم، بل يعتمد على أسس واضحة لما تتطلب المواجهة من أخلاق وأدب واحترام وشجاعة.

أما النوع الثاني فهو مواجهة النفس، إذا كنت صريحاً واجه نفسك، وسافر إلى أعماقك وتعرف إلى مواطن الضعف في سلوكك.

سارة ماضي - الصف التاسع الأساسي

Stress Management

Have you ever seen a stress-free learner during exam periods? Almost everyone feels nervous before an exam. Worrying thoughts - 'Will I be able to answer the questions?' 'Have I done enough revision?' - are indications of exam anxiety that are probably familiar to all learners. Remember, anxiety can block your thoughts, create a negative frame of mind, and lead to panic and potentially poor exam performance. However, there are a number of things you can do to help manage exam anxiety and turn uncomfortable, panicky thoughts into more creative tension.

Before the exam

- Establish a pattern of revision that gives you time to relax, especially last thing at night. Knowing how to relax is invaluable in the lead-up to exams, and on the day itself.
- Be well-prepared. Study on a daily basis. Do not procrastinate. Studying regularly is more effective and conducive to higher academic performance than studying a day before the exam.
- Put yourself into a positive frame of mind by imagining how you would LIKE things to go. Imagine yourself turning up for the exam feeling confident and relaxed - try to picture it in as much detail as possible; this can replace negative, anxious thoughts with more positive ones.
- Don't work to the last minute on the night or morning before the exam. Last-minute revision may leave you feeling confused and anxious.

During the exam

- Take a deep breath in and a long breath out.
- Breathe in again and straighten your back. Look straight ahead at something inanimate (the wall, a picture, the clock...) and focus your mind on the positive thought 'I CAN DO this exam' as you breathe out.
- Take another deep breath in and a long breath out. Then breathe normally.
- You have 15 minutes to read the paper, so do so thoroughly. If you begin to feel panicky again, repeat the focusing exercise. Panicking will stop you reading carefully, so it is important to keep yourself focused and positive. Read the whole paper once, then read it again and mark the questions you think you can answer. Then read those questions carefully - make sure you understand what is required - and select the ones you are going to answer.
- Decide on the order in which you'll answer the questions. It is usually best to begin with the one you feel most confident about. Plan your time, and stick to your plan.
- Plan out your answer for each question as you go. If you find that ideas about other questions come into your head, jot them down - don't spend time thinking about them now.



- If your concentration wanders or you begin to feel panicky, you could try the focusing exercise again; overcome your anxious thoughts.
- If you are worried that you haven't got time to spare on this, remember that taking 5 or 10 minutes NOW may save you spending the rest of the exam in a state of panic.

There's always a light at the end of the tunnel. Exams have a beginning and an end, and the stress that goes along with them should end with the exam. Once the paper's in, there's nothing more you can do to influence the outcome - which means it's time to chill and enjoy what's left of your day!

Nayiri Kalayjian - English teacher

Management through Pictures

Classroom management skills are essential to have an early childhood classroom running efficiently. Making clear charts with pictures and words will help learners understand what is expected of them, and will lessen the opportunity of misbehavior. Displaying pictures about the daily routine will let learners know what activities they will be doing and how the day will pass. When learners are aware of what will be happening next, they feel secure in their environment.

Every classroom needs rules to run smoothly. Learners should be engaged in setting these rules. They may draw symbols to illustrate them such as ears for good listening, a raised finger for taking a turn, crossed legs for good sitting, feet shaped taped on the floor for lining up.. These pictures may be used to create a book about appropriate behavior and it will help non-readers feel secure.

A behavioral chart aims to reinforce appropriate behaviors in learners rather than punish them for odd ones. It also helps the teacher to stay consistent in dealing with kids. Therefore, charts and pictures are necessary in management to lead learners to the right track.

Sylvana Merhi - KG1 English teacher