

# GAZZETTE **BAC**

## Editorial

Nowadays, no one seems to be satisfied with the way things are; everyone wants to be a force of change. However, only a passionate few are able to realize that all of us have the potential to initiate a movement that might actualize the change we desire.

Change can happen in the oddest of places and times. All it needs is one brave individual to let go of society's expectations and follow their heart blindly. This individual must be passionate; he or she must be ready to get ridiculed and laughed at for a long period of time, only to be admired later on. Change is not easy, but if you strongly believe in your cause, you will be able to make others believe in it too. It is only then that change becomes possible.

Change should come from the heart. Following your heart could lead to beautiful things, but unfortunately, most people are too afraid to follow their dreams. When we are young, we dream of becoming people who are admired by many, but as we grow older we are awakened to the reality of the world, strongly convinced that dreaming is only for children. We go through life doing what makes sense, but change only occurs when we let go of reason and embrace passion. After all, everything that comes from the heart is art.

Each and every one of us has a dream; many of us ignore it because it is too 'unrealistic' to come true, but if we quiet our minds and follow our hearts, then our dreams can become our realities. A heartistic metanoia is a change that comes from the heart. This change does not have to be immense; it can be as simple as giving a good piece of advice to a friend. A metanoia happens every time we follow our hearts, even when we do not realize it.

We live in a very fast world; we do not pay attention to all the things happening around us. If we could just stop, open our eyes, and realize how much we can offer the world, a metanoia is set to happen. The only difference between those we admire for their ability to be a force of change and ourselves is that they refused to remain in a world where they live merely according to what their society views as realistic and acceptable. They all started like us; they were all once children with big dreams. They were all laughed at, but if they had stopped, their dreams would have died and our world would have missed out on many great changes!

After all, following our hearts is the only way to achieve a personal success and a sense of contentment. We should all seek to go beyond the meaning of success that is equated merely with a good position in society. Be brave. Follow your heart, and others will be inspired to do the same. That is the only true path to a heartistic metanoia.

Adham Saabi - Grade 12 SE

## Message of the principal

Dear learners, parents and colleagues

"Once upon a time while a young boy was travelling along the dessert he met a man carrying a jar of water on his shoulder. Being thirsty, the boy approached the man and asked him for a sip of water. Enthusiastically, the man handed the boy a cup of water and asked him whether he wanted another. While watching the man pouring the water in the cup, the boy saw a precious ring on the man's finger. After thanking him for the drink, the boy asked the man to give him his ring. With no hesitation, the man handed him the ring. The boy left happily thinking that he might have a fortune from selling the ring. Few days later, the boy looked for the man and returned the ring to him telling him: I know that the ring is precious and selling it might get me a fortune, but I want you to teach me what you have within you that enabled you to give me this ring."

The boy was not a kin to the man; he was not known by him, yet the man was ready to share with him the water and gave him the precious ring.

Sharing is a basic component of human interaction. It takes that we put away our greed and selfishness in order to give part of what we have to the other. Being an act of caring, it expresses our gratitude, forgiveness and help to the people in need to what we can give. In sharing we master the art of giving which when done without any desire for something back, our returns will be limitless. The joy we get in sharing makes the act more valuable than the thing itself. When sharing and giving from the heart are coupled with kindness they create love.

What the man had within him was more than love. He had a loving heart and a peaceful mind. Having that enabled him not to care much for the materialistic pleasure but more for the divine one. A man of a loving heart embraces his fellow man, even if a stranger, and deals with him with no hostility and selfishness. He sees in him not a threat rather a complement. A man of a peaceful mind has no worries and restlessness but inner calmness, tranquility, joy and hope that nourish his sense of freedom. When we learn how to deal with others with a loving heart and a peaceful mind, we creatively develop our God given gifts and then the Grace inspires us to transform and in our turn enlighten others to transform...

Maybe then we will know how to make a sacrifice. But no sacrifice can be greater than the one made by our risen savior who obediently accepted to be crucified in order to heal our human nature and elevate us by his resurrection.

I wish you a Happy Easter

Laura Rizk





### Les marionnettes à l'école maternelle

Au cycle préscolaire, l'acquisition du langage s'effectue à travers divers moyens tels que les contes, les chansons, les comptines, les supports audiovisuels et les marionnettes. Ces dernières sont un moyen attrayant et ludique qui favorise la communication.

Comme prolongement à l' thème académique: "Les fruits et les légumes", les apprenants de la moyenne section ont assisté à une scène de marionnettes intitulée : "Nina n'aime pas les fruits". Cette saynète, préparée par les enseignantes, avait pour but de renforcer le lexique déjà appris d'une façon amusante et d'encourager les apprenants à manger sain. Nina, le caractère principal, est une petite fille qui refuse de goûter aux fruits. Son ami, l'oiseau zozo, Reinette la pomme, Suzanne la banane, Thérèse la fraise et Solange l'orange lui expliquent que les fruits sont riches en vitamines, fortifient les dents ainsi que les os et assurent le bon fonctionnement du corps.

Cette activité a poussé les apprenants à s'exprimer spontanément en français et à adopter une alimentation saine.

Rita Hanania et Carole Bazi Hanania  
Enseignantes de français



### Celebrating Mothers' Day in Preschool

If you pass by our doors during the first couple of weeks of March; you would see teachers and learners decorating the bulletin boards, rearranging the classrooms, and preparing special gifts for the BIG EVENT.

#### MOTHERS' DAY!!!

Mothers are guiding forces that shape our personalities. It is always nice to find the opportunity to tell them how much we love them, and that is exactly what the preschool learners did during the Mothers' Day Celebrations this year.

Each preschool grade had a different way of expressing their gratitude to their mothers. The nursery learners prepared chocolate with Mrs. Ketty a few days prior to the celebration;

while the KG1 prepared marzipan, and the KG2 learners prepared book notes.

The big day arrived and the classes were transformed into interactive activity centers. At the beginning, the learners greeted their mothers with a song expressing how much they love and appreciate them. Then, the parents were divided into groups, and rotated with their children on different activities. In the first activity, they decorated files. In the second, they guessed the names of songs from music notes then sang and danced to the songs. In the third activity, they wrote and illustrated a story. Finally, they did different psychomotor activities.

At the end of the day, all the learners wished their mothers a happy mothers' day and offered them the gift prepared for them with their tiny loving hands.

Maria Bohtchalian - Nursery Teacher





## The UE Science Fair

An important part of learning science is doing science. The Science Fair has become a tradition in our schools. It offers the Upper Elementary learners an opportunity to practice science investigation and invention. Preparing a science project is an excellent example of what education experts call active learning or inquiry. It is a very effective instructional method that:

- Develops the awareness of the importance of science in learners' lives and cultivates their interest in science
- Supports learners' acquisition of scientific knowledge and research skills
- Extends and reinforces the Science Curriculum
- Recognizes and rewards outstanding achievement in science
- and Motivates learners to undertake and complete scientific inquiries in their special areas of interest.

Preparation for the science Fair undergoes three stages:

During the first stage, learners of the same class work in groups to select topic which lead to problems they like to research. The group members should explore various sources of information in order to gain an understanding of the topic that they have chosen. Besides traditional sources such as library books, the members should research current periodicals, journals, and Internet sources. The next task is to form a hypothesis which tentatively answers their problem. The hypothesis should be testable in such a way that the learners can design an experiment or a model which will support or reject it. Once the learners design the experiment, data are collected and analyzed according to their procedure which will be presented in a display board: the graphical overview of the project.

In the second stage all the groups present their projects in front of their peers and Science teacher. At the end of this stage, three projects per section are chosen to compete.

The third stage takes place in the playground where learners display their projects to the different judges and to their friends in different classes. At this time, we witness learners with full anxiety and eagerness to present the best they can to convince and impress the judges. The groups that demonstrate thoroughness in their projects and effort are awarded as first or second winners.

What makes the Science Fair project such a great learning experience is that it involves so much more than Science. It integrates Science with other skills such as math, technology, communication, language organization and time management skills.

Well done to all the participants and congratulations for the winners!!!

### Science Department - Elementary level



In our science fair project, we wanted to investigate which beverages stain the teeth the most. Our hypothesis was that coffee stains them the most since it is dense and dark in color. We used eggs because they have the same compositional element as our teeth (the calcium). First, we hollowed four eggs and dipped each one of them into a container having one kind of beverage: water, tea, coffee, pepsi or diet-pepsi. On a chart, we recorded the changes in the eggs over 5 days. The results were different than expected: diet pepsi stains the teeth the most because it has a dye that is highly acidic. The list of beverages from the highest to the lowest effect on the eggs is: diet pepsi, coffee, normal pepsi, tea and then water that does not affect at all. Our hypothesis was not supported.

Reina Dib - Grade 6 A

## TAMAM Project: Designing Educational Reform



TAMAM is a collaborative school-based educational reform project involving prominent schools from Lebanon, Saudi Arabia, Jordan, Egypt, Oman and Qatar. TAMAM's name derives from its purpose: It consists of the Arabic initials (تمام) to mean school-based reform in Arabic (التطوير المستند إلى المدرسة). Funded by the Arab Thought Foundation and lead by the American University of Beirut, TAMAM aims at building a community of practice connecting schools, universities and ministries of education in the Arab World. SMOC has been chosen to take part of TAMAM project since 2007 where the first gathering took place in Amman, Jordan, and since then our schools have been active in contributing to the success of the project's mission. The last gathering, entitled "Moving toward Transformational Change: Integrating TAMAM into the School Culture", took place at the American University of Beirut in March 2013. During this gathering, SMOC team presented the school's vision on educational reform in the Arab world and its future prospects. Being a platform for sharing innovative educational experiences that aim at transforming and developing the practice of both teachers and administrators, and thus positively affecting the quality of learning, TAMAM is a growing lead project that our schools are proud to contribute to.

Bilal Bacha - Head of Research  
and Development Department





## Widen Your Horizons

Some people think that beauty is a precious aspect, no matter what lies beneath the outer shell. Those who don't know how to see the precious things in life that are embedded within will never be happy. Everyone makes a big deal about looks and appearances, but after a while, when they really get to know the people across, they don't even notice appearances anymore. The movie "Beastly" that we have watched in the Youth Talk session is a living proof of the priceless gift that lies inside our hearts.

Kyle, a rich spoiled teenager, thinks he's God's gift of beauty at his high school. When his fellow classmate, Kendra, calls him a jerk, he pranks her by humiliating her in front of the class. In return, she places a curse on him that turned him into a bold hideous teenager. She gives him a one year chance to find a girl who will love him for his inner beauty despite his bad looks. The sentence "I love you" will make a huge change in his life. His outer ugliness makes everyone repel him and consequently he becomes alienated. Finally, he meets a girl who is able to reach within him and unlock his inner beauty. When she tells him that she loves him, he changes back to his usual appearance. Nevertheless, the change this time is not only superficial; it is radical and permanent.

Watching this movie has kept an effect and an imprint on the hearts of us Grade 8 learners. The movie "Beastly" teaches us to never ever judge a book by its cover. We may judge people by their looks because it's easier than seeing what's really important. Let your eyes look not see and let your sense of sight spring from your heart.

Yasmine Darwich - Grade 8



## في حقوق الطفل

والتربية. كل ذلك لأن المناقشة البناءة تعززها المعلومات الدقيقة، وترافقها المنهجية العلمية، ويُنجحها احترام رأي الآخر.

إجابات صريحة تقدم بها الحاضرون. فالطفل إنسان، وللإنسان كرامة تتحقق متى نال ما يحتاجه لتكريس أهداف الخلق. بكلام آخر هو يحتاج إلى الغذاءين الجسدي والروحي. إلى المعرفة والحركة. ما معناه أنه لا يحتاج إلى التسمية الزائدة والانتفاخ. ولا إلى الأحلام الفارغة، ولا إلى الراحة المفرطة فالكسل.

بقي سؤال واحد: من يضمن للطفل ما تقدم؟ الأهل لهم دورهم، وهم يحاولون العبور بأولادهم إلى بر الأمان قدر المستطاع. المجتمعات لها دورها والدول تدبر له بواجباتها. إنما واقع الحال. في معظم أصقاع الكرة الأرضية، غير مرض حتى لا يُقال مذر. فلنبحث عن الأسباب ونحاول معالجتها.

متعلمو الصف السابع

بالتسبة إلينا نحن متعلمي الصف السابع. تشكل حصّة الأحاديث الشبابية فسحة نعتبر فيها عن آرائنا في مواضيع بشرية شائكة. نتباحث في ما يطرح علينا. نحدد بعضاً من الاشكاليات، ظروفها وأسبابها. فنخرج برؤى، ولو غير شاملة، من شأنها أن تؤدي حولنا إلى تغيير إيجابي.

طرحنا مؤخراً موضوع حقوق الطفل تحت عنوان "حقن نوقف حدن". من حقه الحصول على اسم وجنسية، مروراً بحق الحصول على الرعاية العائلية والصحة والحياة الآمنة. وصولاً إلى حق التعلم وحق الحماية الخاصة في زمن الحرب. والأسئلة التي سئلت كثيرة: يمكننا اختصارها بالتالي: هل حقاً الطفل بحاجة إلى حقوق؟ ما هي أهم حقوقه ومن يضمنها؟ ما هو واقع الحال؟

للإجابة على ما طرح من أسئلة. حوّل صفنا بمقاعد ومكاتبه، إلى أرضية برنامج تلفزيوني. فكان حاضراً معاً البرنامج ومقدمه. بالإضافة إلى ضيوف يروون شهادات وأخصائيين في الحقوق



## من ثمارهم تعرفونهم

من الوقائع والأفكار. زادت ثقتنا بأنفسنا. تقبلنا الآخر. ختمنا المسؤولية وتعاوننا مع الآخرين. فهمنا أن نجاحنا وسعادتنا يستحقان منا العمل الدؤوب. التّضجوع الواعي وعدم اليأس من التّقد الفارغ. لذا قبل وسبقاً أيضاً: "من ثمارهم تعرفونهم".

زينة صهيوني وزيد خوري - الصف العاشر

تنظم مدارسنا في كلّ نهار جمعة برنامجاً ثقافياً للصفوف الثانوية. يهدف إلى توعيتنا وإنماء بصائرتنا. فيه ننقسم إلى مجموعات لنتباحث تحت أنظار مرشدنا في مواضيع إجتماعية تشغل عالمنا الآن.

عادة ما تكون العروض مميزة ومنظمة وجاذبة للحاضرين. وقد استطعنا خلال عرضنا "الناس أشكال ألوان"، أن نعيش أدواراً متنوعة في مسرحية صغيرة تسعى لإبراز ضرورة عدم التمييز بين الناس من بين الشخصيات التي قدمناها المرأة الفقيرة، "عاملة المنزل"، والرجل الأسود. وقد بيّنا التمييز الذي طالهم من قبل الآخرين على صعيد لون البشرة. الحالة الإجتماعية، الجنسية والجنس.

من خلال نشاطنا الثقافي. تعرّفنا أيضاً هذا العام على أفراد من مجتمعنا يمكن أن نراهم كمثّل عليا. بالإضافة إلى جمعيات غير حكومية تجاهد في سبيل تحسين ظروف مجتمعنا. أدركنا الكثير







Let's talk about...

## Let's team up

Grade 1 learners celebrated the up-coming spring in force. They enjoyed various group activities like racing and decorating cupcakes. In order to do so, they had to work together harmoniously. Their first activity involved brainstorming ideas that would allow them to collect the highest number of chocolate eggs efficiently. They were able to succeed by helping, encouraging and cheering each other on. This effort was also required during their race. Racing can be difficult enough. To add some more excitement, we challenged the first graders. The running learner had to complete the race holding with his mouth a spoon with an egg on it. Drop it and lose the challenge! With one another's support, the first graders accepted the challenge and worked together while enjoying the process. To end the day on a creative note, the learners were asked to decorate cupcakes. This sparked their creativity and imagination. Coordinating their movements, amalgamating colors and using their imagination, learners were able to modulate a cupcake into a fancy figure of their creative minds. This required patience, energy and meticulousness. The learners formed the picture of a harmonious quilt, pulling all the strings together and joining forces. A perfect way to end the celebration!

Jihane Matar – English teacher



المتعلمون المسجلون نتائج متقاربة. لاختيار الأفضل...

وأما للإملاء من لبنان فقصة أخرى... إذ انطلقت منذ سنوات سبع. في سفينة مخترعت عباب يم الكفايات والقدرات اللغوية... وقد ابتدأنا قبل أن نفضل للصورة التذكارية حتى. لأن الهدف التربوي والمضمون كانا هما الأساس... ولأننا لم نكن نعلم أن مباراة "إملاء للجميع" التي لم نحجز وقتها حتى رقمًا لها على قائمة الأنشطة التربوية المدرسية. ستضحى ذات يوم بأكورة أنشطة اللغة العربية. فتكرّر السبحة وصولاً إلى "إملاء للجميع ١" في أسبوع اللغة العربية ٢٠١٣!

إذًا عبر "الأماشي العربية". أmaal في تنشيط اللغة... وهي شكلت ألفاء التعليم الناشط وإن كانت لنا في دائرة اللغة العربية صولات وجولات في هذا المجال... وليت الأملاءات الخارجية والداخلية كامالي اللغة العربية نافعة...

وما ميّر "إملاء للجميع" هذا العام. وجود السيدة ماغي فرح ملقية نصًا لم يكن بالسهل - كالعادة - لزحمة القدرات والمهارات الإملائية فيه.

وتزامنًا حلّ الأديب عبده لبكي ضيفًا في لجنة حكم مباراة "لنتذكر ما قرأنا ٢". ملقيا الضوء حيث ينبغي. على أربع مجموعات قصصية تبارى فيها الفائزون عن صفى السابغ والثامن الأساسيين من المدارس الثلاث.

كما تخللت الأسبوع عروض مسرحية ومباراة في "الخط العربي الجميل" لتحسين أداء المتعلمين الصغار في المهارات الكتابية التواصلية... وإلى أنشطة الأسبوع المقبل إن شاء الله...



دائرة اللغة العربية

## Basculer d'une langue à l'autre



Le langage parlé est, dit-on, la principale caractéristique de l'espèce humaine. Il est tellement attaché à notre expérience qu'il est difficile d'imaginer la vie sans lui. Quand les hommes de cette période que l'on appelle Préhistoire purent communiquer entre eux pour dire et se dire, tout bascula. Et l'on s'achemina lentement vers la fraternité, le progrès...

A l'opposé, l'écriture est un artefact créé par l'homme. Dès les premiers signes écrits, l'humanité bascula dans l'« Histoire » et depuis l'invention de cet outil sans pareil, qui est l'écriture, l'éternité du monde avec sa provision d'écritures paraît assurée. Nous, libanais, héritiers de l'écriture phénicienne, sommes fiers d'avoir contribué à faire avancer l'Histoire, aussi c'est tout naturellement que nous acceptons ce travail immense mais si enrichissant que suppose l'apprentissage, dès notre jeune âge, de trois langues et deux écritures.

## أسبوع اللغة العربية ٢٠١٣



قبل شهر كامل من موعد بدء تنفيذ أنشطة "أسبوع اللغة العربية ٢٠١٣". بدأت التحضيرات اللوجستية لأسبوع حافل بالإنجازات. بعد التحضيرات المتواصلة خلال السنة الدراسية برمتها. بدءًا برفع الاقتراح إلى المجلس التنفيذي وإقراره. مرورًا بتنفيذ بنوده من خلال التعليم الناشط والتباري خلال السنة الدراسية. وصولاً إلى القطاف الذي كان في أيار من كل عام...

وهذه السنة استهلّت "ثانوية السيدة الأرثوذكسية". ومدرستنا "البشارة الأرثوذكسية" و"الثلاثة الأقمار" أسبوع اللغة العربية ٢٠١٣. بمباراتي "قراءة أكاديمي ٤" و"أسرع باحث في المنجد ٢". في قاعة الياس كوراني - أوديتوريوم السيدة. وقد أتت المباراة الأخيرة في كلتا المسابقتين تنويجًا لتصفيات في التباري على الإلقاء وحسن الأداء خلال العام الدراسي بكامله. تمكّن خلالها المتبارون من صفوف الحلقة الثانية من التعليم الأساسي. من الفوز أولًا في صفوفهم. ومن ثم في مدرستهم. وصولاً إلى تمثيل مدرستهم في المباراة النهائية.

ووسط نتائج متقاربة وبخاصة في مجال تلاوة المحفوظات والأداء اللغوي الشفهي في النصوص التواصلية. اضطرت لجنة التحكيم الأكاديمية أحيانًا إلى الاستعانة بنصوص إضافية يقرأها

Mais encore fallait-il que ce travail ait un sens et une motivation assez forte. Nos écoles ont donc proposé à leurs apprenants de GR6 et GR8 de confirmer leur engagement pour le français avec un diplôme d'étude en langue française : le DELF. Tout le monde s'y est mis avec ardeur et enthousiasme sans regarder à la peine ou à la dépense et le résultat ne s'est pas fait attendre. Pour la troisième année consécutive, tous les apprenants de Grade 6 ont passé et réussi le DELF junior A1 en juin dernier. Et leurs camarades de Grade 8, un premier diplôme déjà en poche, ont passé avec succès le DELF junior A2.

La cérémonie de remise des diplômes du DELF junior A1 a eu lieu le vendredi 16 janvier 2013 à l'auditorium du Collège de l'Annonciation en présence de M. Aurelien Lechevallier, directeur de l'institut français du Liban et conseiller de coopération et d'action culturelle auprès de l'Ambassade de France au Liban et de M. Christophe Chaillot, attaché de coopération éducative, directeur des cours de langue de l'institut français. Et celle des diplômes du DELF junior A2 a eu lieu le 15 février à l'auditorium de l'école.

Grâce à cette initiative, la grande cause du trilinguisme sera gagnée en toute réalité, dans l'esprit comme dans le cœur et sur les lèvres de la jeunesse du Liban.

Hanane Moussa

Chef du département de français





## عقل جديد وقلب مصغ

الـ "ميتانويا". تلك الكلمة اليونانية التي تعني تغييراً للعقل انطلاقاً من القلب... هي عملية تحول عميق في الفكر والزوج. وهي أيضاً تمرّكز لأسمى الصفات الإنسانية في وعينا وقلوبنا وأذهاننا. هي تعني عقلاً جديداً، قلباً مصغياً، ونفساً سامية، وفيها الحاجة إلى الاعتراف والتحول. لنكون صادقين مع أنفسنا ومع الآخرين.

نحن حقاً في حاجة إلى الـ "ميتانويا". لأنها تسمح بدخول السلام إلى حياتنا وقلوبنا. كما وتعلّمنا كيف نرى أنفسنا ونواجهها لتتعرّف إلى عيوبنا ونبدأ في إصلاحها. مهما كانت سيئة أو قبيحة. ومهما كانت المواجهة قاسية... هي تُرشّدنا أيضاً للوصول إلى ذاتنا الحقيقية. لنكتشف بعدها طريقة جديدة في النظر إلى الحياة عموماً. وإلى مجتمعاتنا في شكل خاص.

الـ "ميتانويا" هي العثور على الحقيقة الإنسانية والبدء من جديد. وهي تغيير كامل في وجهات النظر. من خلال الزهد في التواحي المادية. والانفتاح على الهدف الحق. والالتفات إلى التعمم الإلهية الكامنة في داخلنا. والتي تنور قلوبنا. وتحوّل مسار حياتنا وحيات الآخرين.

الـ "ميتانويا"... هي الانفتاح والأفق الجديد الذي نتطلّع إليه عبر ذهنية جديدة. بعيدة عن الجمود والصلابة والكرهية. ملأى بالثقة بالله وبالمحبة والتسامح. للتغلب على الألم والعذاب. ولتخطي كل الصعوبات: هي دعوة جذبة إلى عدم الرجوع إلى الوراء. والأسف على ما فاتنا. والتطلّع الدائم إلى الأمام لرؤية بريق الأمل. والتمسك به مهما كان خافتاً.

فالإنسان أعظم ما يبدو عليه بكثير. وهو ليس كائنًا ضعيفاً على ما يبدو ظاهرياً. وجسده المادي لا يمثل المقياس الدقيق لنفسه الأصلية. لذا في اجتهاده وعزمه وقوة انضباطه ومحبته وتقربه من التعاليم الدينية الصالحة. وفي تعاونه بعضه مع بعض. يستطيع من خلال أفكاره اللامحدودة أن يطاول النجوم ويخترق أغوار المجهول.



تالة معصراني - الصف الثامن

## Heart + Artistic

Our theme of the year is "Heartistic Metanoia", but what does it mean?

Heartistic is a portmanteau word of 'heart' and 'artistic' which means the talent from a person's heart. Whereas, Metanoia is the internal transformation of the individual. Together they mean the hope and the purpose of a person's life. However, Heartistic Metanoia only occurs in your heart which is the home of your feelings. As you can see, every piece of art that people make comes from their heart such as the poem of William Shakespeare Shall I Compare thee to a summer's Day which, according to me is a beautiful piece of art from the heart. Nevertheless, if you tell yourself what you love from your heart you will know who you are because it's something coming from your passion, feelings, and emotions. Then, always

open your heart to the world so you can show the people who you really are and what you want to be.

Don't you ever close your heart because it is your guide and key for success in life. However, people always say that the prison is the worst place to live in but let me tell you something my friends; the worst prison in life is a closed heart. Always be yourself and express your personality the way you wish since people are very different and that is the best environment to achieve Heartistic Metanoia.

My fellow friends always allow your heart to be your guide. ALWAYS KEEP YOUR HEART OPEN and work on what you want to be.

Amr Kayali - Grade 10

## تغيير الذات لتغيير المجتمع

شعارنا هذا العام في المدرسة يحكي عن الحب. التسامح والأخلاق. علينا أن نتحلّى بالصفات الحميدة من أجل أن نغيّر. فنغيّر للأفضل. فنكون بالتالي مثلاً يُحتذى. وصورة إيجابية... لذا. يجب أن نكون أصحاب قلوب بيضاء...

عندها تتغير حياة الفرد والمجتمع. فيسمو بها إلى الأفضل.



سمير يحيى - الصف الثالث "ب"

## تغيير الذات لتغيير المجتمع

يرمز شعار هذا العام إلى الحب. الصداقة. والتغيير الإيجابي في المجتمع. هذا التغيير الذي يتحقق حين نرتقي إلى مرتبة الصديق العليا. فنتعاطف مع الآخرين ونعبر عن حبنا بأن نتمنى لهم ما نتمناه لأنفسنا. وأن نساعد الأقل حظاً عند الحاجة...

أرجو أن تعمّ هذه الأفكار مجتمعنا سعياً لإحلال التفاهم بدلاً عن العنف.

آدم حداد - الصف الثالث "ب"

To experience Heartistic Metanoia is to undergo a real and deep interior change. It is an actual change of mind and heart; a change in one's perception, world-view, and true values. Therefore, it affects our behavior and attitude.

When you see things differently, you naturally begin to live according to this new vision.

Yasmine Farah - Grade 3 A



## Creativity and Heartistic!

Creativity is heart work. It is more than being different; it is making things that are complex simple. Creativity starts from imagination, from the heart. However, an artist, or anybody who is being creative, should stay open minded meaning in a state where he can receive inspiration. What comes from the heart goes to the heart. An artist's duty is to send light in the human heart. Be creative and heartistic!

Nour Sabra - Grade 6 B

An Arabic proverb says: "Tell what you like and who are your friends, I'll tell you who you are". It simply means that my friends can influence me either positively or negatively. It means I can influence my friends positively, I hope. Yet, in order to make it happen, I have to purify my heart and organize my thoughts. I have to go through a "Heartistic Metanoia".

Julian Azzam - Grade 6 B



Luna Mudalal - Grade 2 A



## Life cycle of living things

Life is a process of developing, changing, and reproducing. Developing ensures that as humans, we are growing into a new phase and getting more mature every time we get into new experiences. Changing is the act of looking forward toward the better, where good changes into better or the better changes into the best. Reproducing is the stage where we are sure that we exist and that the accumulation of threats and challenges that we have faced throughout our life cycle have evolved into new alive outcomes that

we call off springs. Animals have their own life cycles that either start by laying eggs or giving birth, developing into adult stage, and then mature and get ready to reproduce. Moreover; plants, humans, and animals are all living things that have this opportunity to change. Finally, new hopes and new will to face daily activities turn us all into what we are. Grade 3 learners had the chance to discuss different life cycles in class such as the life cycle of the frog, butterfly, dragon fly, etc... After exploring the different stages of

life cycles of different animals, the learners applied their knowledge by preparing their creative projects and presenting them in class.

Leila Abou Haidar - Science teacher Grade 3



## "Kilo Day" Campaign

In our continuous efforts to plant values and morals in our learners' hearts, and spread these values through them to the surrounding community and society, our school launched the "Kilo Day" Campaign, in collaboration with "Cedars for Care Association"; our school community was able to donate a big quantity of food items, and send them to needy families. The goal was to reach as many families as possible. This was done to deliver a simple message: "You are not alone!"

However, this could not have been done without the enthusiasm of our learners and

their parents. The impact of the cooperation and generosity that the learners and their parents showed resulted in a very successful "Kilo Day" Campaign.

As a recognition for our schools' efforts to participate in responding to the cry of help that "Cedars for Care" was sending on the behalf of hundreds of needy Lebanese families, the association presented to the ECA Department a certificate as a token of appreciation for our common effort as a school community. In our turn, we present this certificate to all the learners and their parents. For if it hadn't been for you, we could

have not done it.

Thanks a million!

Manar Habbal - Head of ECA Department





## Making an Impact

Mother Teresa once said:

"We, ourselves, feel that what we are doing is just a drop in the ocean, but the ocean would be less because of that missing drop. We can do no great things, only small things with great love".

During the last month, the profound meaning of volunteering was added to our bank of knowledge. It isn't the art of doing work; it's the art of making something work. It's when you give without return. It's when you help your human brother with love, patience and "Heartistic metanoia".

Hence, in our school, we started to volunteer inside the school premises in the 8th Grade to empower our spirit of team work, support and helping others.

We had several choices to volunteer in, such as assisting preschool learners to their classes, helping in organizing the library, giving hands during the Arabic week or sports day, abetting in peer studying, decorating bulletin boards, and much much more.

Through such activities, we realized that we weren't the only ones to feel glad and happy; we made others feel happy too.

Moreover Ms Abou Salman, a volunteer, visited our school and carried a debate with us about the importance of volunteering and the vital role that the NGOs are playing in our society today. In addition, she shared with us her treasured memories while volunteering in the campaigns of "Green Peace" and "The Big Blue", cleaning up the shore, wrapping up letters, and carrying banners on Saida's dump.

To wrap up, everyday carries a lesson to be learnt, and every small thing makes a big difference.

Hence, volunteering and giving with joy is the best feeling I've ever had so far.

Yara Haidar - Grade 8



## Recycling Project

Most people think that recycling is not an important process in life and that throwing garbage in the can is enough to clean the environment. However, what they don't know is that when all this waste formed of plastic, aluminum, wood, clothes etc... is thrown in one place without consideration, it will have to be burnt or dumped into the sea causing pollution. On the other hand, when we sort garbage, it could be recycled into useful objects and utilities. By doing so, we improve our health, decrease garbage and instead of using more natural resources to manufacture new products, we could just recycle the old ones into new ones. Therefore, due to all this, our class has decided to participate in a recycling project where the garbage is sorted according to its kind in boxes and will be sent to the factories to be recycled. Members from our class visited other classes and informed them about this process in order to increase the awareness about this issue. This process should be taken into consideration and I encourage you to start it as a part of your daily life.

Kafa Ramadan - Grade 10

## Little Recyclers

Recycling is the process of turning used products into raw materials that can be used to make new products. Its purpose is to conserve natural resources and reduce pollution.

All the preschool levels enjoyed participating in a recycling project, where they saved and brought to school all the items that can be reused such as; water bottles, toilet rolls, cheese boxes, milk cans, plastic lids and much more. They were creative and used them to decorate school bulletin boards for spring, flowers to welcome the mothers on mother's day as well as they did a small garden (bench, kids, insects, flowers, grass and fens). The recycling process is still continuing; each preschool classroom has a recycling box, where the learners are saving the juice boxes and sandwich papers in; these will be used to make other objects to be displayed at the school.

Teachers and learners, hand in hand, will continue this beneficial process in order to make the world a better place to live in.

KG1 Teachers

