



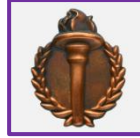
The British School of Kuwait

Higher Phase Newsletter

Edition No.3

Thursday 28 November

Higher Phase Prize Giving



Congratulations to all the award winners who attended the first Higher Phase Prize Giving that took place on 23 October at the Jumeirah Hotel.

It was a great pleasure for us to provide a suitable evening event at which to celebrate the many wonderful achievements of our fantastic Higher Phase students.

To everyone who attended, thank you for making this such a special evening. We look forward to doing the same next year.

Student Welfare Committee

So far this year, our committee has had a major focus on raising awareness of road safety issues. This has included a bumper sticker competition as well as the creation of stickers designed to encourage younger students to wear their seat belts and behave well on their bus.

Our continuing work will target how we can help students deal with the stress and burden of responsibility that may come with expectations of excellent academic performance.

We plan to challenge the stigma around the discussion of mental health and show that issues to do with mental health are prevalent amongst ALL people and are not something that anyone should be ashamed of.

Mohamed Akbar and Reuben Peacock

Campaigns and Causes Committee

The Campaigns and Causes Committee has been raising awareness of Remembrance Day and World Students' Day through the selling of poppies and blue ribbons.

We created a door decoration competition for Middle Phase students on International Day, where each student helped to decorate their tutor classroom door with something representing their country.

We are also organising a student Mental Health Speech Competition to raise awareness of the mental wellbeing of students.

The committee will also be collaborating with the Student Welfare and Support Committee in order to hand out stickers to students who wear their seatbelts to promote road safety. We are also putting up a poster in the Sixth Form Centre with heartwarming messages from students.



Shatakshi Ranjan
Karim Elbishouty

Sports Results

Sport at BSK has started strong this year for our Higher Phase students. Both the u15 and Open Age girls teams made the Semi-Final of the ISACK Netball League. While the boys football u15 and Open competed in the fFinal. The u15 boys won the Gold Medal with the Open Boys achieving a Silver Medal. Also in Football, the u15 Boys team won the Gold in the 5 a-side football tournament.

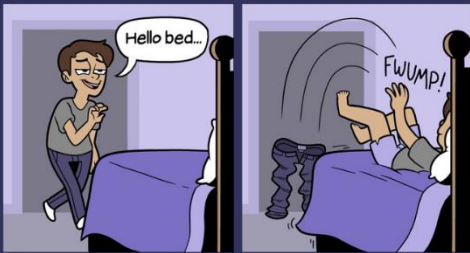
The u15 BSME Games competition was held earlier in November with the highlights being: Alhussani Alqabandi (10.1) finishing 3rd overall in Shot Put and Abeysinghe Wijeratne (9.8) coming 2nd in the 800m, the Top Team effort went to the Boys Volleyball team who finished in 5th place overall. Well Done!

Now entering season two, the boys have moved from Football to Volleyball and girls onto Basketball where we hope to continue our excellence in the ISACK leagues.



Are You Getting Enough Sleep?

STAGE 1: Lurch into your bedroom, completely exhausted and *utterly convinced* that you'll fall asleep the instant your head hits the pillow.



STAGE 2: Lay down and somehow immediately become 200% more alert than you've been at any point during the day.



STAGE 3: Try out every conceivable sleep position, and even a few *inconceivable ones*, but *never, ever get comfortable*.



STAGE 4: Keep furiously throwing your blankets on and off because your *stupid body* can't decide whether it's hot or cold. Don't worry, you'll still be magically covered in sweat *either way!*



STAGE 5: Since you *definitely* aren't sleeping anytime soon, go ahead and make good use of this extra time by dwelling on any past mistakes you've made! Ideally this will be something minor you did *years ago* that no one else but you remembers.

Be sure to blow it **WAY** out of proportion!



STAGE 6: Come to terms with the fact that you'll probably never sleep again and that feelings of comfort and rest are now nothing more than distant dreams from a bygone era.

STAGE 7: Wake up in the morning, unsure if you ever actually slept or not. If there's one thing you know for sure though, it's that you have never been this comfortable in your entire life.



The cartoon shown here describes a situation that we all face at some point in our lives.

Struggling to get to sleep is something we can all relate to.

There is one thing missing from this cartoon however, checking the time!

Most people like to go to bed thinking... "OK, it's 10pm, if I fall asleep now and wake up at 6am I can get 8 hours sleep."

But, when you can't fall asleep, you check the time again and think... "Oh, so it's now 11pm, right, well if I can get to sleep soon, I can get 7 hours sleep and that will be enough."

Over and over this continues until most of the night has been wasted.

Well, if you understand this situation all too well, it is important to do something about it!

Getting enough sleep is important for the following reasons:

1. Good sleep can improve concentration and productivity.
2. Good sleep can maximise athletic performance.
3. Poor sleep has been linked to depression.
4. Sleep affects emotions and social interactions.

Nine Techniques to help you sleep better

1. Reduce time in front of Blue Light (screens) Before Bed
2. Don't Consume Caffeine Late in the Day
3. Reduce Irregular or Long Daytime Naps
4. Try to Sleep and Wake at Consistent Times
5. Optimize Your Bedroom Environment
6. Don't Eat Late in the Evening
7. Relax and Clear Your Mind in the Evening
8. Take a Relaxing Bath or Shower
9. Exercise Regularly — But Not Before Bed

HOW MUCH IS ENOUGH?

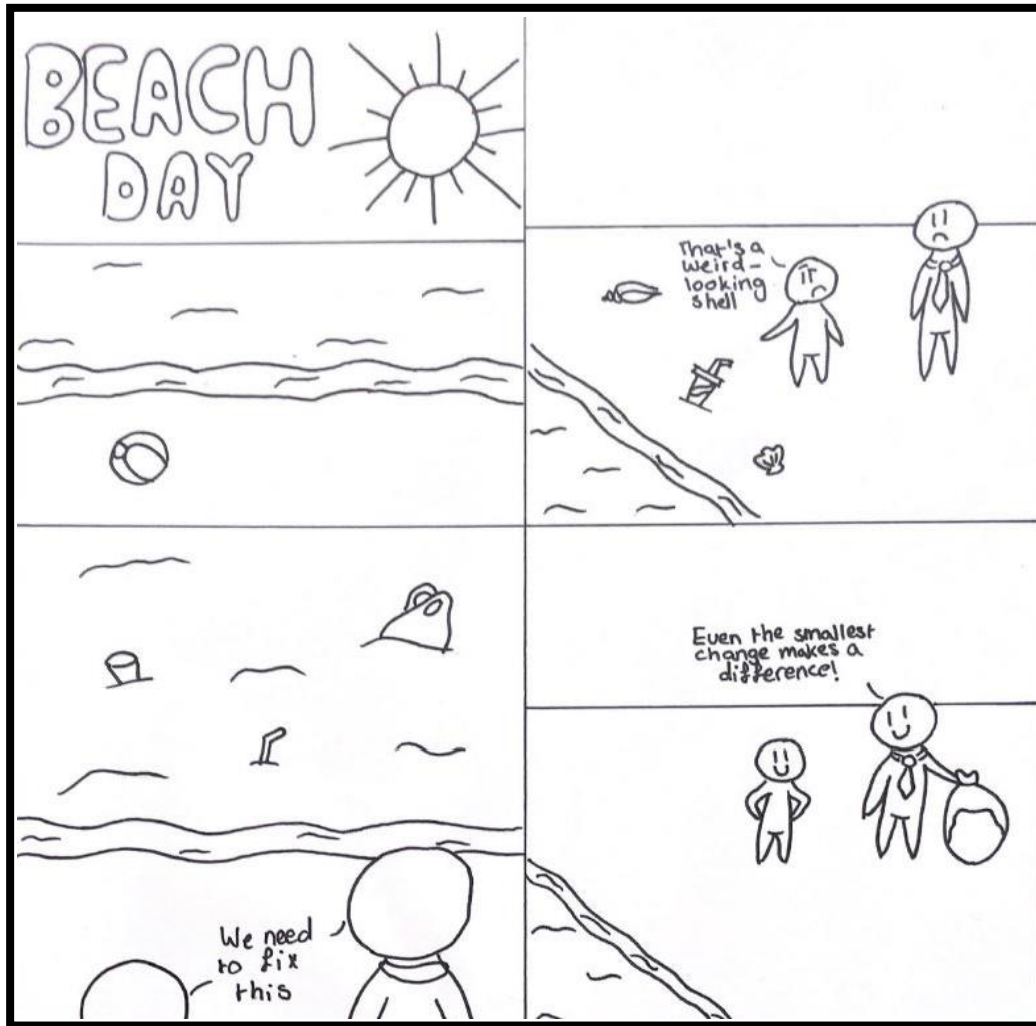
Children 6-13 years

9-11 hours a day

Teens aged 14-18 years

8-10 hours a day

Cartoon Competition – Winner – Marah Khalaf 11.3



In Edition 2 of this Newsletter we set a competition for students in the Higher Phase to create a 'Positive' cartoon with a message. By far the best of all the entries was the one above by Marah Khalaf with a very positive message about how small changes can make a difference. Thank you to everyone who participated. Congratulations to Marah for now being a published cartoonist.

HOUSES



Ireland: Ireland House has had a very successful start to the year. We hosted our very first bake sale, which was very popular. Thank you to everyone who got involved. Many Ireland students have been involved in Inter-House Competitions such as basketball, football and netball and we are looking forward to more competitions coming soon. With Sports Day on the way, we encourage everyone to get involved with sports and to get practicing for the exciting day. The Ireland Heads of House, Aynour and Dana, are very proud of Ireland House achievement already.

Ireland House Captains: Aynour Abou Elkhair and Dana Almezel



England: During Term 1, England House hosted a very successful Bake Sale. All of the money raised went to our House budget and our House Captains and House Representatives are taking suggestions from England students on what they would like to use the money for. We recognised our students' hard work when we saw the huge number of students who joined Club Zero and we are very proud of how England House has performed so far. Our students' resilience has enabled us to attain the first place in the

Middle Phase House Point Competition and second place for the Higher Phase House Point Competition, truly showing how 'Lion Hearts Beat Strongest'.

If you are struggling with organisational skills, revision methods, or a particular subject, we encourage you to pass by the House Mentoring Sessions or the Break Time Clubs that have been set up by our Student Welfare and Support Committee.

England House Captains: Himanshi Singhvi and Maria Micu



our peers.

Scotland: Coming up in December, Scotland House is excited to celebrate St Andrew's Day with our fellow teammates. We will be hosting our first Bake Sale on 01 and 02 December, as well as inviting Scotland House students to come to school with blue accessories on 01 December. We are looking forward to celebrating St Andrew's Day with

Congratulations to the Club Zero students for Term 1! We are extremely proud of you and hope that you continue to thrive as the well-behaved students we know you all are. For those looking for a little boost on effective revision and organisational skills or help with a particular subject, please do not hesitate to swing by Room 041 at the allocated times.

Scotland House Captains: Noor Safar and Hamzah Alqallaf



Our current focus is to help develop a positive learning and working attitude amongst the students who are members of Wales House. To do this we are planning a massive Wales House event during the month of March (St.David's Day). This is an event that will be open to students who have performed exceptionally well throughout the academic year. Those who have good grades and net positive points will be more than welcome to attend this event.

Wales: This year Wales House has enjoyed a tremendously successful and strong start by winning the Inter-House Debate Competition with a landslide victory, remaining undefeated throughout the tournament. Many individuals have also been able to secure early Bronze Awards in the Middle and Higher Phase House point competitions, one of those being the Year 6 House Captain Kanzy Elessawy. Our recent bake sale was an incredible success, having nearly sold out during all of the break times.

Wales House Captains: Antarip Kashyap and Hassah Al-Saleh

Quote of the month	Extracurricular Activities Committee
<p>“A positive thinker sees the invisible, feels the intangible & achieves the impossible.”</p>	<p>Throughout both terms, the Extracurricular Committee has been slowly fulfilling it's main goal for the academic year. Which is 'enabling students to acquire a passion to participate in extracurricular activities, whether it is sports, music or academic related.'</p> <p>During Terms 1 and 2 the extracurricular committee has opened various clubs during break times and after school with students outside of the extracurricular committee acting as host. For example the Robotics Club. So many students loved the robotics club that it came to the point where there were too many students. The Extracurricular Committee also hosted events such as a FIFA tournament, which was a super success. The tournament took place over 2 weeks and we had countless teachers and students playing after school, all competing to win the prize.</p> <p>Later during the year, the Extracurricular Committee and Events Committee are planning to team up and create a new environment and atmosphere for the upcoming Sports Day in February. We plan to create new fun activities and side events to maximise the students Sports Day experience.</p> <p style="text-align: right;">Lucas Behrendt and Edward Tyler</p>

It is almost winter break, the time of year when we gather with our family and friends to celebrate Christmas and New Year. Whenever I would see my relatives I would get at least one, “Oh I can barely recognise you!” or the “You look just like your mum/dad.” and the classic “Last time I saw you, you were this tall.” where they gesture with their hand to a portion of their torso. At Christmas dinner last year, my cousin asked me, “So, who are you more alike, your mum or dad?” I was confused for a second but replied with, “A bit of both I guess. Because of my mum, I am good with people, but I get my accuracy from my dad,” I stuttered, “I mean, I pay high attention to detail.”

It hit me that I focus on details rather than the bigger picture. This applies to almost everything, affecting the way I observe situations, objects, people, but most of all, my schoolwork. I think of myself as an organised person, yet when I am bombarded with a load of tasks, my mind buzzes with so many ideas and disjointed thoughts that I do not know how to process them, like when a printer has a paper jam; it keeps trying to print what it has been sent, however it doesn't print it adequately. Moreover, I have the drive to work but I am inefficient, resulting in me having to spend more time than required on activities. From this, I found my New Year's resolution: to adjust the focus of my camera's lens, to see the flower, not the bee on it.

I started to concentrate on overall images and not just fragments of them, helping me to prioritise my work. To do this, I would list the tasks I have to do in order of their importance. To me, there is nothing more satisfying than crossing out or highlighting an activity once I have finished it. Another way in which I have become more proficient is through adapting my study area to my advantage. For me, this meant organising my desk in a way that motivated me to work and keeping my phone in another room. To improve my time-management issues I simply set time limits for when I have to finish my work by.

Key points to take away:

- Write down what you have to complete.
 - Prioritise your work.
 - Adapt your working environment.
 - Get rid of distractions.
 - Keep track of time.

What is your new year resolution going to be?

If you have not thought of one yet. Try setting a resolution to be more productive!



A study conducted by GlobeNewsWire shows that 45% of teenagers are stressed 'all the time'.

With mock exams coming up and with the pressure of getting good grades, it is almost inevitable that every single student would be stressed at the moment; panicking, trying to get all the information that they have learnt over the past one or two years into their heads, in the span of two weeks, so that they are ready for their exams. Unfortunately, there are no ways to prevent academic pressure, or stop it completely. However, there are ways by which it can be handled and reduced.

Incorporate more anticipation into your life.

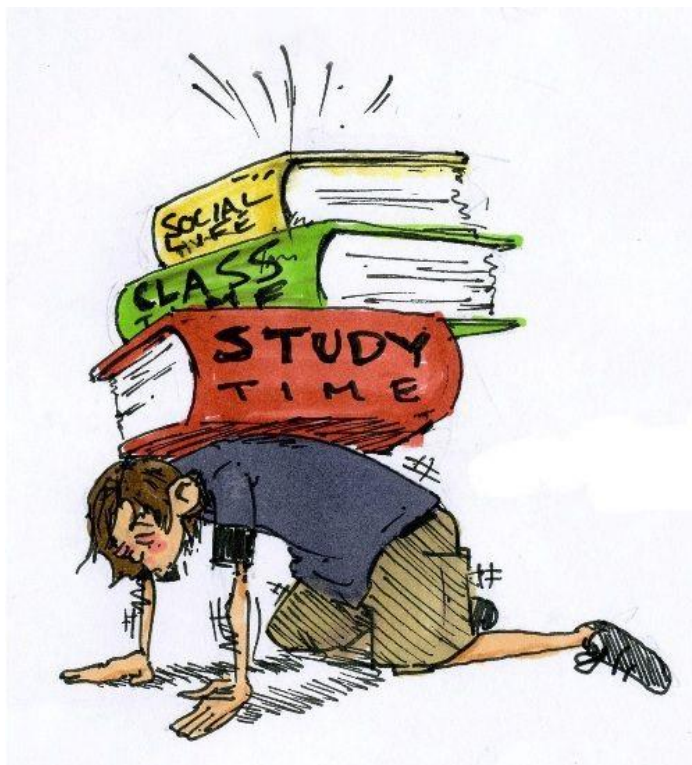
You should always have something to look forward to. A study shows that setting a date for an enjoyable event raises your endorphin levels by 27%. Something as simple as drawing a circle around a date on your calendar can result in an uplift in your mood. An important point to note is that the event does not have to be a big one. For example, planning to watch a movie can be an event. In addition, every time that you are reminded of it, you feel happy and your mood is uplifted.

Do regular exercise.

It is said that the more your body moves, the better you feel. A regular exercise routine helps reduce anxiety and stress, leaving you feeling rejuvenated and motivated. Try doing exercise every day for 30 minutes, and as days go by, try adding 5 to 10 minutes to your routine. You do not have to play a sport everyday if it is something that you do not enjoy. Yoga, for example, is an excellent form of physical activity, which lowers stress levels and makes you feel better. Alternatively, try going for a run around your house or in a nearby garden, as running increases the concentrations of norepinephrine – a chemical that moderates the brain's response to stress.

Lower your goals.

Try to set your goal to this: 'I will do my best and will be satisfied with my performance', as opposed to 'I want to get the highest grade in the class', as this just adds internal pressure into the mix. Whilst it is good to go for high or the highest grades, sometimes, not all the factors came into play. On some days, you feel down, or sometimes you feel like you have not prepared enough even though you stayed up for hours going through the material, because it is impossibly difficult. It is *okay*, because you invested those hours trying to understand the content. You made an effort to learn it for the exam. You worked hard for it, and your hard work will pay off. Maybe not necessarily in the way you wanted it to, but it *will* pay off. Just know that you have done your best.



Events Committee

This year has already started eventfully, with 2 movie nights lined up one after the other; for the Year 9s and the Sixth Formers. The first event of Term 2 was the International Day, with our committee going ahead and proposing the decoration of doors, preparing a quiz for the tutor classes and planning the Sixth Form International Breakfast.

For the upcoming weeks, we have already planned an event for the Year 10s and the Middle Phase. We have our sights on the Sports Day in February, planning some very interesting things to spice things up. Suffice it to say, we have big plans in the works.

Ali Shamohammadi and Farah Badr

Academic Committee

One of our main aims this year is to ensure students feel comfortable with their studies and guide students along the right pathway to maximize their achievements. We have started running our Middle Phase help sessions during break times, we hope to expand this project to Higher Phase soon, led by experienced Sixth Form students.

In collaboration with the Student Welfare Committee, these help sessions are aimed at any student who would like extra help with knowledge in a particular subject or would like to discuss or improve their behavior in class.

Currently, we are planning to run a SAT exam preparation course with Higher Phase students who plan to take these exams later this year. Working with Miss Vicky, the Academic Committee plans to engage as part of the Sunday Stretch and Challenge activities, aiming to push students out of their comfort zone and allowing them to think outside the box whilst expanding their education outside of the academic arena.

Youssef Mehany and Fatmah Al-Rashdan

Photographs from Term 2



This group photo shows the aftermath of the 'Spooky Film Night' hosted by the Events Committee on 31 October for Halloween. This was a huge success and hopefully the start of a series of themed film nights.



Here we have the Wales House Bake Sale in full swing. A fun and friendly atmosphere to share with all the students. Thanks go to Hassah and Antarip for running this.

SCHOOL CALENDAR

Week 13 01 Dec – 07 Dec	Week 14a 08 Dec – 14 Dec	Week 14b 15 Dec – 21 Dec	22 Dec – 28 Dec
S1	S8	S15	S22
M2 – Secondary Production of Mulan	M9	M16	M23
T3 – Secondary Production of Mulan	T10	T17 – Seasonal Assemblies & Last Day of Term 2	T24
W4 – Secondary Production of Mulan	W11	W18	W25
T5	T12	T19	T26
F6	F13	F20	F27
S7	S14	S21	S28