AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

Tel.: (+965) 22052822
www.bis.edu.kw
Follow us on Social Media:

KG/ES WEEKLY NEWSLETTER

4 February 2021

2020-2021 Issue 22

KG– Grade 2 PE Teacher Message

Welcome to KG-Gr.2 PE! Children and young people of all ages should avoid spending long periods sitting down without moving. They should minimize time spent using computers or watching TV, and take regular breaks from studying.



We are trying to encourage our children and find activities they enjoy in PE lessons. This way your child will not find the exercise a chore and they are more likely to stick at it.

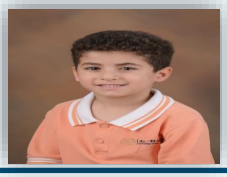
Regular exercise has lots of health benefits for children and young people, such as: improving fitness, providing an opportunity to socialize, increasing concentration, improving academic scores, building a stronger heart, bones and healthier muscles, encouraging healthy growth and development, improving self-esteem, improving posture and balance, lowering stress, encouraging a better night's sleep.

The next few weeks' PE fitness plan is to improve strength: kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. Young people can include weights as part of resistance exercising, but they should be supervised by a trained adult to ensure they are safe, age-appropriate and correct technique, and to avoid injuries to their growing muscles and joints. We will include small size water bottles to learn how to use weights to improve personal fitness. We will also practice stretching exercises to help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel.



Click here to read more about the fundamental movement skills.

Student of February

Hussain Alhasan Gr.1	Safanah Alsaleh Gr.2	Laila Alderees Gr.3	Abdulrahman Alsania Gr.4	Zainah Mandani Gr.5
				

Mission Statement: Al-Bayan International School personalizes learning to achieve intellectual and individual growth of all students, empowering them to impact their community.

RESPECT • EMPATHY• SELF-DISCIPLINE

AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

CIS MEMBER

Tel.: (+965) 22052822
www.bis.edu.kw
Follow us on Social Media:

Dates to Remember

Feb.1—Feb. 18
- Arabic Reading Challenge Competition for KG2-Gr.5 Students

Feb.10
- Drop-In Admin Zoom Meeting @3:00—4:00 PM

Feb. 21—Feb.24
- National & Liberation Celebration Week

Feb. 25
- National Day Holiday

National/Liberation Day

National/Liberation Celebrations will commence on Sunday, February 21st through Thursday, February 24th. Arabic and Islamic staff will be working with students at all levels to develop presentations on some of the most culturally significant aspects of Kuwait life. More details is attached.

After-School Support & Activities Online

BIS continues to offer academic, recreational and social support through our After-School Support and Activities Online. All students are welcome and encouraged to use this free service. BIS Teachers provide academic support for the full range of academic disciplines as well as a wide variety of recreation activities including Fitness, Instrument lessons, art, music and more. No registrations or commitments are required. All Activities are accessible through our after-school support links. For more information click here or drop by from Sunday to Wednesday between 3:00pm and 4:00pm.



BIS Online 1 Year Anniversary



BIS wants you to help us celebrate how far we have come this past year in our online learning journey. Do you have something positive to share? Is there something you have learned or grown to appreciate through your online learning adventure?

Please share your positive messages by making a short 20 second video like this one here. Submit your video by signing into your Gmail account and complete this form.

(For technical support email: ahmed.mohamed@bis.edu.kw)



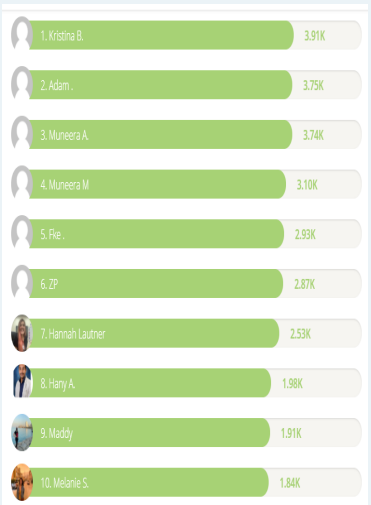
BIS will compile all video submissions and share them on Instagram to inspire our community to stay positive and be proud of how far we have come.

We look forward to viewing your submissions, and thank you in advance for sharing your positivity and making our school a brighter place.

Count-it Winners

Congrats to our Count it winners for the month of January.

Keep Stepping Tigers!



Mission Statement: Al-Bayan International School personalizes learning to achieve intellectual and individual growth of all students, empowering them to impact their community.

RESPECT • EMPATHY• SELF-DISCIPLINE