AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

CIS INTERNATIONALLY ACCREDITED SCHOOL
Tel.: (+965) 22052822
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KG/ES Bi-WEEKLY NEWSLETTER

22 March 2023

2022-2023 Issue 15

Principal Message



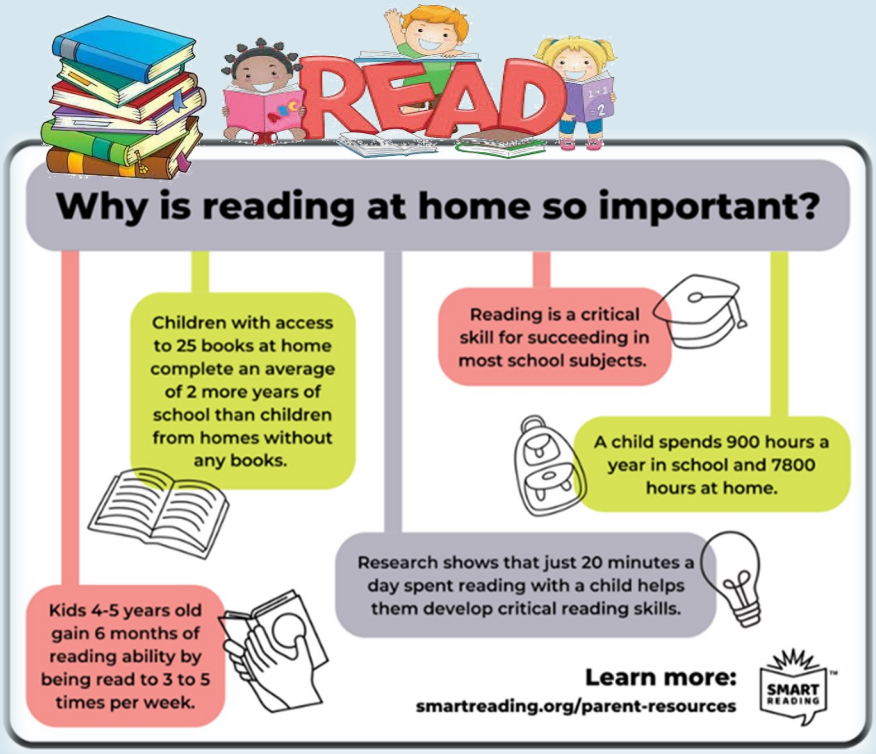
Dear BIS Families,

By the time you read this newsletter, we will be having the Wednesday Parent-Teacher-Conferences. Thank-you to all the parents who came to meet with teachers to talk about progress made over the last half year. Whether celebrating successes and/or discussing areas for growth, these meetings are important foundational aspects of High Quality Teaching and Learning.

Whenever I'm asked about what is the best way to help my child improve, one of the best pieces of advice I can give is to Read, Read, Read! And for children who are too young to read independently, reading with an adult is a great way to interact with books! Have a wonderful Spring Break!

Best wishes for the Holy Month of Ramadan!
Ramadan Kareem!

Yours in Learning,
Mr. Sven



Assistant Principal Announcement



Some time ago you were informed that **Ms. Catie Bartley** is leaving BIS and returning to the USA. We are pleased to announce that **Ms. Akiela Clarke**, currently KG/ES Instructional Coach, will be our new Assistant Principal. Ms. Akiela has two young daughters, one of whom is already attending BIS. Ms. Akiela has also attended Pastries with the Principals many times and met several parents. At the next Pastries with the Principals, after Ramadan, Ms. Akiela will introduce herself more as well.

Dates to Remember: March-April



Mar 23 –30	Spring Holiday
Apr 2	School Resumes - Ramadan Hours **Canteen is closed during Ramadan**
TBD	Gerge'an: Students can wear traditional Kuwaiti or Gergea'an clothes
Apr 23-25	Eid Al-Fitr Holiday (tentative)
Apr 26	Regular School Hours Resume

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

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BIS Clinic Message

School Nurse

Greetings from the Clinic!

Ramadan Mubarak to all, wish you all a happy, safe and blessed Ramadan.
On the occasion of the holy month of Ramadan.
Last week, Nurse Heba gave GR 3, 4 and 5 some instructions about how to fast safely during Ramadan especially if they fast for the first time and how to interact with their non-fasting friends.
Tips to prepare kids for fasting safely during Ramadan:

- Make sure that your children are ready to fast based on their health, activity level, tolerance to hunger and eating frequency, especially if they fast for the first time and support them. (Get them mentally prepared.)
- Encourage your children to fast gradually, they can start by fasting for a few hours, by skipping lunch or by fasting only on the weekends so that their bodies can get used to going long hours without food.
- Encourage your children to break the fast with dates and/or water.
- Encourage your children to eat an Iftar meal slowly, start with salad and take time to chew their food well.
- It is better for children to split iftar into two meals to prevent overloading of food.
- Make sure your child's meals include all food groups such as grains, meat, fruit and vegetables.
- Encourage your children to drink plenty of water between the Iftar meal and Suhoor meal (6-8 cups).
- Encourage your children to drink fresh juices and other healthy drinks such as: milk and yoghurt to help them stay hydrated during the fasting period.
- Encourage your children to eat more fruits and vegetables between iftar and suhoor meals.
- Make sure that your children wake up for a Suhoor meal. This will help them to stay focused in classes and through the day.
- Do not allow your children to fast without a Suhoor meal as it can make them weak and tired.
- Prepare healthy high energy suhoor meal.
- Encourage your children to avoid eating salty food, fatty food, junk food and high sugar food.
- Allow your children to break the fast if they feel tired, dizzy, severe headache.
- Make sure that your children sleep at least 8 hours at night and a day nap can help them through the day.
- Remind your child not to bully his colleagues who are not fasting.
- Give positive reinforcement.



The canteen will be closed for the duration of Ramadan but there will be space designated for those students not fasting to eat their lunches.

Please call or email the nurses if your child is ill. This gives us the opportunity to inform the teachers.

Thank you,

Nurse Heba and Nurse Kathy
bisnurses@bis.edu.kw



BIS School Calendar SY 22-23

BIS School Calendar SY 23-24

Parent Support

For any PowerSchool/Schoology support please reach out our ETM System Administrator thru ahmed.mohamed@bis.edu.kw



BIS Front Desk

You are welcome to contact BIS on ext. 8000 or 8040 and on School WhatsApp 22052822

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KG/ES Ramadan Bell Schedule SY 23-24	
9:25 - 9:30	**Arrival**
9:30 - 9:40	Attendance & Daily Plan
9:45 - 10:20	Period 1 OR 5
10:25 - 11:00	Period 2 OR 6
11:00 - 11:20	**Break**
11:25 - 12:00	Period 3 OR 7
12:05 - 12:40	Period 4 OR 8
12:40	**KG Dismissal**
12:45-1:20	Period 10 OR 9 / KG Club
1:30	**ES Dismissal** **KG Club Dismissal**









Grade 2 super juniors distinguish in a special way the difference between Wants & Needs









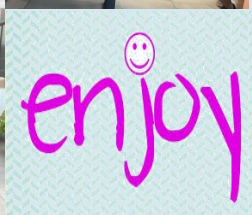
Moms' in school activities with their KG2 kids




Our unforgettable field trip to Al Wazzan Food Industrial Group







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