AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

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MS/HS Bi-Weekly Newsletter

22 March 2023

2022-2023 Issue 15

Principal Message:



As we wrap up the third quarter of the school year, we head into one of our busiest times. We have spring break and the short month of Ramadan, then Eid Break. Graduation will be here before we know it.

We got a sneak peek at what graduation will look like this week when the grade 12 students got their cap and gown photos. While it is exciting to wrap up the school year and head into vacation, it is also a time of anxiety, especially for the class of '23. Take time after spring break to talk to your students about summer plans including the college transition for grade 12. Having assurance about the next steps will help them feel less anxious and more excited about their future.

I'd like to thank all of the parents who took the time to come in and meet the new principal, Mr. Matt, last week. Mr. Matt and I are committed to making the transition as easy as possible for our entire community.



Enjoy your spring break and Ramadan Mubarak!

Lorraine

⇒ **The change for our original 22-23 calendar.**

⇒ **The BIS calendar 2023-2024 has been posted on our website and can be accessed by visiting Calendar 23-24.**

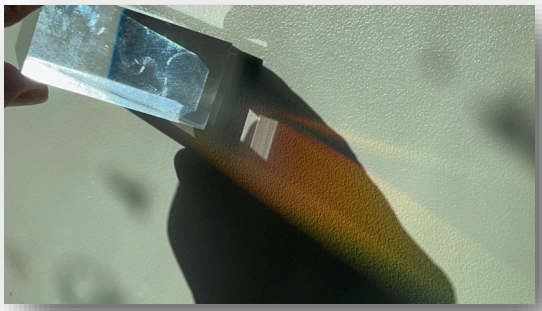
schoology PowerSchool PARENT & STUDENT PORTAL

Parent Support: For any support with PowerSchool or Schoology, please contact:
Mr. Ahmed | ETM System Administrator
ahmed.mohamed@bis.edu.kw

Dates to Remember & Important Notes:

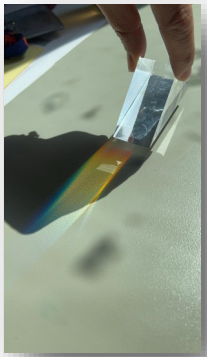
Gates open in Ramdan at 9:00 am. School starts at 9:30 AM. At 9:31 am students are marked late.
Attachments: Ramadan Bell Schedule.
Spring break begins on Thursday, March 23 to Saturday, April 1.
Sunday, April 2 School Resumes.
Students School Hours during the Holy Month from 9:30 AM to 1:31 PM, prayer break 12:15 pm-12:35pm.
Eid Al Fitr Holiday (Tentative) on Friday, April 21 to Tuesday, April 25.
Wednesday, April 26 School Resumes regular hours from 7:20 AM to 2:05 PM

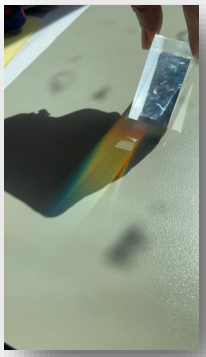
The canteen is closed during Ramadan and students should bring their own food if not fasting. Students who are not fasting will take their break in the 2nd floor library.





G8 Students experimenting light waves using prisms.





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Note from Clinic:

notes from the NURSE

Greetings from the Clinic!

Ramadan Mubarak to all, we wish you all a happy, safe and blessed Ramadan.

On the occasion of the Holy month of Ramadan. **Tips to prepare kids for fasting safely during Ramadan:**

- ⇒ 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 laban 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.
- ⇒ Make sure that your children sleep at least 8 hours at night and a day nap can help them through the day.
- ⇒ Let your children know that they may feel tired, dizzy, or have a headache during the day in Ramadan ,this is normal especially at the first days.

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.

The Ministry nurses came last week and gave grade 6 girls their immunization for (MMR). We are now finished with all vaccinations for the school year.

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



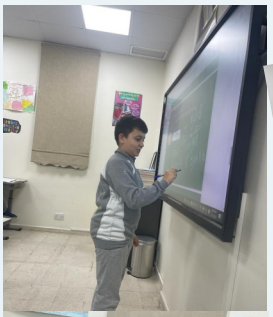


مجلس الأمة
NATIONAL ASSEMBLY

Seniors trip to the Parliament on Sunday, March 12 was an amazing experience .



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hello middle SCHOOL

6J doing a variety of Exponents class work and 6B super working out a math puzzle .



math







On March 21 and 22, students had the opportunity to participate in the That Al Salasil Book Fair at school. Students had time during the school day to browse and shop the wonderful selection of books presented by That Al Salasil.



Gr 9 D PBIS Winner HS



Gr 7 K PBIS Winner MS



Gr 7 A PBIS Winner MS

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Student of the Month February :

These students were selected because they represent the BIS expectation of Striving for Accuracy.

On Tuesday, March 1, we had student of the month breakfast in Co-MPR and parents were invited, thank you for making it a successful event.







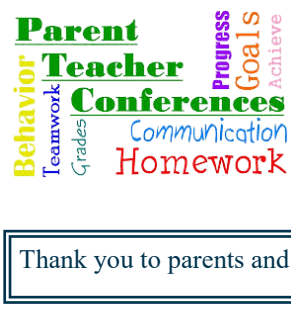


Student Name	Class
Layan Al Sarraf	6 B
Mayar Boftein	6 J
Jana AbdulQadar	7 A
Sara Al Saleem	7 K
Hussain Al Sayegh	8 M
Mariam ElRaies	8 S
AlYaseen Mohammad	9 A
Nadia Al Awadhi	9 D
Mohareb Al Qahtany	10 B
Hussain Al Feeli	10 H
Anas Al Naser	11 R
Fahad Al Wuhaib	11 S
Naser Al Melhem	12 B
Zainab Al Qallaf	12 L






HS students enjoyed Omra trip with Mr. Ziyad, Mr. Hussain and Mr. Adnan.



Thank you to parents and staff for making MS/HS Parents Teachers Conferences successful.

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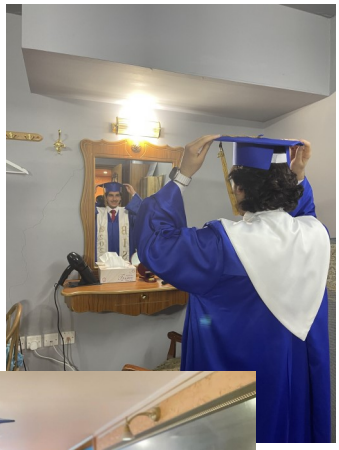



Today, we were joined by Professional basketball player Salah Mejri who visited us in the beginning of March.

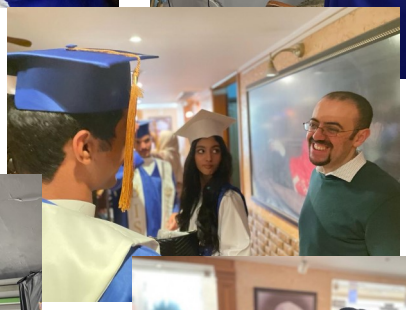
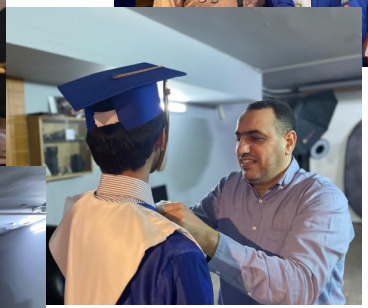


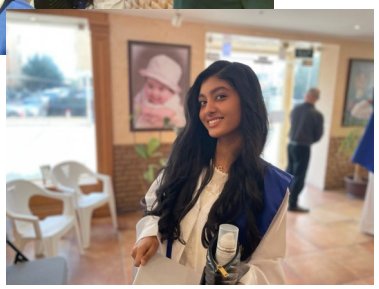

On Saturday, March 18, BIS hosted our first ever Silent Auction and the evening was a stunning event. We raised money for building a gazebo area and also a theater.

On Tuesday, March 14, BIS Seniors Class of 2023 had their graduation photo in Fantasia Photoshop.







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