AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

CIS INTERNATIONALLY ACCREDITED SCHOOL
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KG/ES Bi-WEEKLY NEWSLETTER

27 September 2023

2023-2024 Issue 3

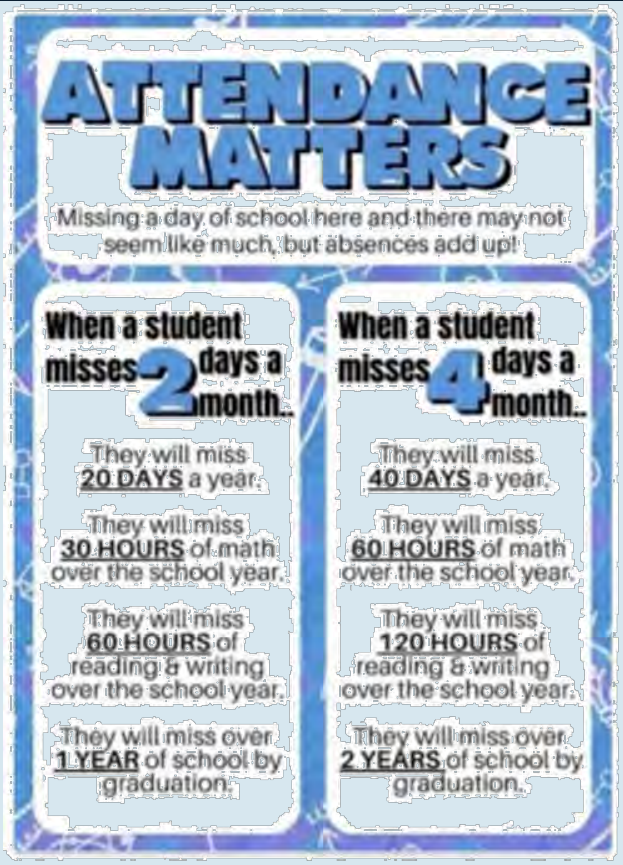
Principal Message

Dear BIS Families,

"Time flies when you're having fun" is an old expression that is certainly true for September! Let me start by thanking the many parents who came to our annual **Open House**. It was wonderful to see so many parents there! This was another good opportunity to find out more about what learning activities your child(ren) will be engaged in this year. I know also many families looked at the book fair and purchased books.

Two significant contributors to student success are reading and attendance. In another newsletter I will share with you some information about reading. In this newsletter I will focus briefly on attendance. And both of these begin as a collaborative effort between parents and the school.

The following graphic illustrates one way to think about students' attendance, and why regular attendance matters. Absences add up and result in learning gaps. Teachers work very hard to close the gaps, and we always appreciate your collaborative efforts from home in doing that. But cumulative absences create bigger gaps. Simply stated, the best way to prevent learning gaps is to attend school daily.



This week we also had our first **Fire Drill**. Students were attentive and cooperated well during this important exercise. The entire building was completely cleared in much less than five minutes. KG students had a time of about 2 and a half minutes, and ES students also had a good exit time.

Next week we will have our first Pastries with the Principals, and we're looking forward to a combined event with MS/HS Principals.

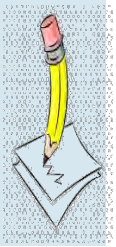
Lastly, from September 27 until October 3, Nurse Kathy and I will be away to attend our son's wedding. Please reach out to Ms. Hanin or Ms. Akiela with questions you may have.

Yours in learning,
Mr. Sven



Dates to Remember: Sept. & Oct.

Sept. 28	No -School / Prophet's Birthday (PBUH)
Oct. 5	Pastries with Principals (All School Levels) @7:45 am / CO-MPR
Oct. 10	Early Release / PD Day - Dismissal at 11:35 am
Oct. 11-12	ES Map Test
Oct. 22-25	ES Map Test
Oct. 26 -29	Mid-Semester Holiday
Oct. 31, Nov.1	School Pictures (more information soon)



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

Getting a good night's sleep is very important for your child's health. Getting enough good quality sleep is important for learning, mood and overall health.

1. Be active during the day
   - Physical activity can help improve your mood and ease stress
2. Avoid caffeine and water near bedtime
   - Caffeine is in coffee, tea and energy drinks
   - Limit how much caffeine you have during the day
   - Avoid caffeinated drinks in the evening
   - Drinking a lot of water near bedtime can affect sleep for bathroom trips



3. No electronics
   - The light from devices tricks the brain into thinking it is daytime
   - Avoid electronics (phones, tv, video games) for at least half an hour to an hour before bed
   - Unwind by reading, writing in a journal, meditating or anything that feels relaxing to you
4. Keep a Sleep Routine
   - Going to bed at the same time every night helps the body expect sleep
5. Expect to sleep well
   - Stress triggers insomnia, so the more you worry about not sleeping the harder it will be to sleep
6. Create a good environment for sleeping
   - Keep bedroom dark, quiet and a comfortable temperature
7. Avoid large meals close to bedtime
   - A small snack can help sleep but a large meal can cause heartburn or upset stomach



Everyone has trouble sleeping once in a while. If it is a nightly thing and you have tried the suggestions, talk to your doctor.

From Sept 27 to Oct 3, Nurse Kathy will be away from the clinic and we would like to welcome Nurse Delecta from BBS who will be covering the clinic. Some of you will remember Nurse Delecta as she was at the school in SY 21-22 for 6 months. Please make sure to use the clinic email so that no emails are missed while Nurse Kathy is away.

If you have any questions or concerns, do not hesitate to contact us.
Email: bisnurses@bis.edu.kw

Ms. Heba - ext. 8049

Ms. Kathy - ext. 8019

Parent Support

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

- KG1 & KG2 Bell Schedule SY 23/24
- Gr 1-5 Bell Schedule SY 23/24
- KG1-Gr 5 Early Release Schedule SY 23/24





Uniforms can only be purchased online by **clicking** here. The Uniform Center will **only be opened** for fitting sizes and **exchange**. The regular working timings are as the following:

- Saturdays: 10:00 am – 3:00 pm
- Tuesdays: 3:30 pm – 6:30 pm









moments spending with our junior chiefs at after school cooking club!





BIS School Calendar SY 23/24



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KG AFTER SCHOOL CLUBS

October 2023
Water Wonders

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Paint with watercolors 1	Discovery Science Centers with water 2	Read Aloud and Bubbles 3	Centers with water 4	Water Games * Bring extra clothes 5
Paint with watercolors 8	Discovery Science Centers with water 9	PD Day - No Clubs 10	Centers with water 11	Water Games * Bring extra clothes 12
Paint with watercolors 15	Discovery Science Centers with water 16	Read Aloud and Bubbles 17	Centers with water 18	Water Games * Bring extra clothes 19
Paint with watercolors 22	Discovery Science Centers with water 23	Read Aloud and Bubbles 24	Centers with water 25	Mid-Semester Holiday - No Clubs 26
Mid-Semester Holiday - No Clubs 29	Discovery Science Centers with water 30	Read Aloud and Bubbles 31		



Student Motto: Be Safe, Show Respect, Work Hard, Finish Strong, Be You!





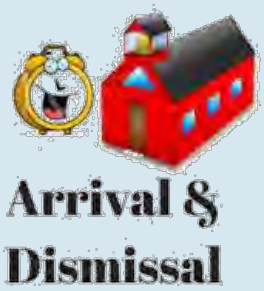
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Arrival & Dismissal



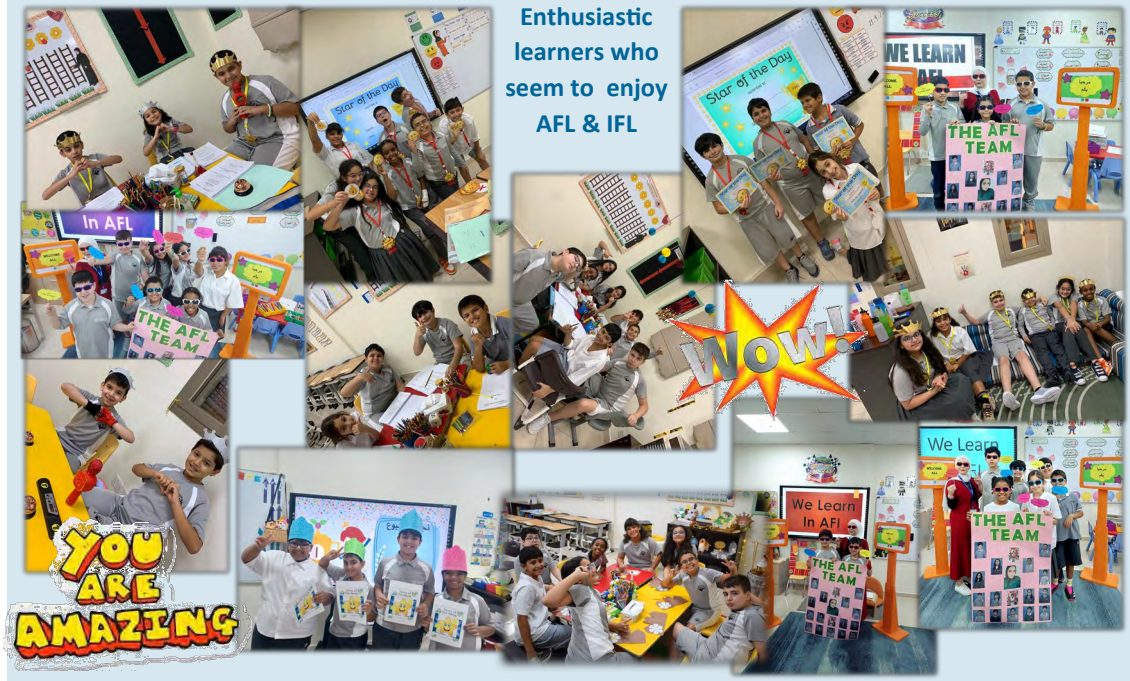
Please keep in mind that the morning arrival time is from **7 to 7:15 AM** for all students.

Grade 3-5 students use Gate 1. At 2:10 PM parents will be able to enter the school and meet their child in the main foyer area. Students will not be dismissed during the last half-hour of instruction (after 1:40 PM) unless pre-arranged.

For dismissal, Grade 1-2 students generally use Gate 1, but can also use Gate 4 as this is closest to where they line up. Students will not be dismissed during the last half-hour of instruction (after 1:40 PM) unless pre-arranged.

KG students use Gate 4. Students are dismissed directly from their classrooms to a parent/caregiver at 12:30 PM. Students will not be dismissed during the last half-hour of instruction (after 12:00 PM) unless pre-

Enthusiastic learners who seem to enjoy AFL & IFL



Run Kuwait

It will be at Murouj on the 11th of November. There is currently an early bird special. 10KWD for adults and 5KWD for students aged 5-13 years. Click on the website to register for Run Kuwait.

- Grade 1 on Sundays
- Grade 2 on Mondays
- Grade 3 on Tuesdays
- Grade 4 on Wednesdays
- Grade 5 on Thursdays



Significant team work drawn by our shiny students & their teachers in learning more about Arabic & Islamic



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