

# Newsletter, Fall 2011

## Arab American Bilingual Academy



### **Letter from the student council:**

Ten Students have dedicated their last year of high school to make this year an unforgettable one for students and teachers.

“We spend eight hours a day, five times a week on campus. It's hard not to call the Arab American Bilingual Academy a second home, and that is one of the main reasons why we chose to join the student council and make the 2011 – 2012 school year, a year to remember. We won't let you down.”

### **School Objectives:**

- x. Acquire the skills needed to become independent learners.
- x. Become responsible and socially aware citizens.
- x. Develop a positive self-image so that they may become patient, tolerant, and creative individuals.
- x. Understand and appreciate their own culture as well that of others.
- x. Meet challenges with openness and enthusiasm.
- x. Appreciate the value of time management.
- x. Work well with others and learn the art of cooperation.
- x. Acquire the skills needed to become proactive thinkers and lifelong learners.

### **Vision Statement**

Arab-American Bilingual Academy is dedicated to building generations of students who strive to excel academically, are proud of their culture and beliefs, and are open-minded to the world.

### **Mission Statement**

Arab-American Bilingual Academy is committed to providing students with the best of two worlds; empowering them with the knowledge that diversity of culture and background is a strength to be respected. Students are encouraged to meet academic challenges with openness, enthusiasm, and a willingness to learn.

### **Purpose Statement**

The focus of AABA is to create an atmosphere of cooperation by respecting individual differences and instilling a sense of pride and accomplishment in our students. We achieve this through exposure to both our curriculum and instruction by a culturally diverse staff. Our students will be prepared for higher learning and become responsible and socially aware citizens.

### **Core Value**

We strive at AABA to build moral character and develop tolerance, cooperation, creativity, and patience within our students. We motivate our students to become proactive thinkers and lifelong learners.



**Faith unites us, knowledge builds our future.**

**Student Council:**



**President:** Mishary Al Bahar, Lujain Al Hajiri

**Vice President:** Khaled Al Qahtani, Faye Al Mutawa

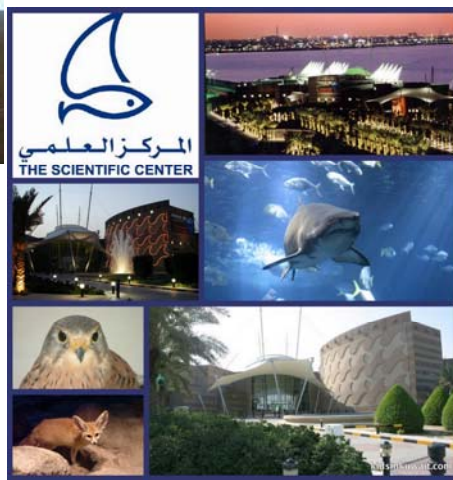
**Secretary:** Mohammed Al Ali, Muzaini Al Muzaini, Farah Al Qatami, Nouf Al Hassawi

**Treasurer:** Bedour Al Sabah, Ali Al Qidhebi

## Student Council with the School Director Ms. Ahlam Khattab



## Kids in Kuwait



Kids visiting Kuwait will enjoy lots of places. For children one such place is The Scientific Center.

## The Scientific Center: a timeless wonder

The scientific center of Kuwait is a symbol of the rich ecological system, technical progress, and the intriguing history of the country. A modern aquarium, state-of-the-art IMAX theatre and Discovery place, and the nostalgic show harbor, all represent various aspects of this fascinating Gulf State.

By: Bader Adnan, 6B

## Timid Senses

By: Salam El Borno, 12G

I'm so hungry. I haven't eaten all day but, I'm so scared of leaving my room.



Whenever my dad sees me, he pulls out his leather snake belt and hurts me with it. My preschool teacher said I'm a good boy. If I was a good boy my dad wouldn't hurt me.

Years have passed since then, and nothing has changed. I finished today's cleaning and looked forward to spending the rest of the day in my room. 'I hope he'll spare me tonight'; I thought, 'I'm already sore from yesterday.' "Hey, brat!" my dad cried out, "Where the hell are you?" I froze

for a moment debating whether I should go to him or stay. I decided it would hurt twice as much if I made him come up to me, so I ran down the stairs to him. "What took you so long!" he shouted. I didn't dare look up at him and began to answer before I was interrupted by a jolt of pain as he jabbed my jaw. He then grabbed a fistful of my hair. My head tilted upwards at his grasp as I groaned in agony, gazing at his figure. "What took you so long?!" Should I answer? "When I call, you come," he hollered shoving my head to the nearest wall "Got it?" he hissed into my ear. I could hear the buckle of his belt clattering, unleashing his leather strap. I shut my eyes tightly waiting for it to be over with.

I walked to school the next day fulfilling my daily routine only this time I held my tattered bag in my hand rather than on my back. My back was still aching from yesterday. I held back a scream as I felt a hand land on my back. It was BW one of the school's delinquents. "So, what did you bring for me today?" he asked hunching over. I wasn't sure what to say, so he simply snatched my bag and dashed toward the school. I couldn't afford losing my only bag. It would be very troublesome if my dad found out, so I started

the chase. He looked back at me, chuckled and ran faster towards the school, beating me to it. When I caught up to him, panting and in pain, he suddenly threw the bag at me. I caught it, lost my balance and fell on my back; this time unable to keep silent. The bag - napper laughed all the while. I managed to get up, glaring at the guy who gave me yet another smack on the back. He laughed no longer after seeing me wince. I dashed to class leaving BW confused.

I met funny boy outside the school on my way back. I couldn't afford being late, for I have tons of work to do and my dad never seemed to have a stable time on his return. I ran off as fast as I could unaware that I was being stalked by BW. I entered the house and closed the door behind me. Having little time left I went straight to the kitchen to start dinner. When I heard the door knob turn my face was ashen in fear. The school's delinquent casually walked in making himself comfortable on my dad's couch. I wasn't sure whether I should be relieved or afraid. "Why are you here?" I muttered. "Hey loser, you forgot this." He said, dropping my bag on the floor. I stared dumbly at the black lump. He chuckled then said "man, you suck." I looked down at him then grabbed his shirt pulling him up. "Leave!" I ordered. He shrugged me off. "Nice hospitality there buds." He said brushing past me toward the stairs. I blocked his path half way up the stairs, "No, you have to leave, now!" I demanded. "And if I don't?" he challenged. At that moment I heard my dad's sloppy footwork at the door. I grabbed BW's arm, ran up the stairs and shoved him in my room. "Stay here!" I said. He looked at me confusion in his eyes. "Hey! Where's my food you worthless piece of ..." I closed the door on BW just as my dad started yelling. Rushing down the stairs I prayed that BW will somehow disappear. I was met by my dad at the foot of the stairs earning myself a smack across the face. "Can't you do anything right?" my dad yelled "Is it so hard for you to get the food ready on time?" the beast continued. I mumbled an apology. "Sorry!" he snickered clearly amused at my reply "Oh, you'll be real sorry when I'm done with you." He then took me by the shoulder and turned me around so that my back faced my dad. He began unbuckling his belt, releasing his bloody strap. I squeezed my eyes shut and yelped at the first slash, for my back was still raw from yesterday's beating. I stood still anticipating the continuous blows that usually proceed. After a moment's hesitation I peeked at my father and was shocked to see my father's arm frozen above his head and BW's the one holding my father's wrist in place. "What are you doing?!" BW snapped at me "Why are you just standing there?" He continued to shout "Go call the cops already!" I was petrified, frozen in fear at the sight before me. What was I to do? My dad turned around pulled his arm back, but BW caught the belt my dad was holding and yanked it hard enough to knock my dad off balance. At that moment BW lunged at my dad tackling him to the ground. Both figures started wrestling around on the floor. I stood there gawking unable to make sense of the scene before me. BW was on top of my tormentor's back holding his arm and twisting it behind his back. "What are you waiting for, you idiot." BW screamed at me, knocking me out of my daze, "Go... call... the cops!" I ran to the kitchen where the phone was, hesitating to call. I heard glass shattering and ran back to the scene of crime, phone still in hand. Lying on the floor was my unconscious parent, glass and blood spread all around his head and on top of him sat my savior, out of breath. He sat there sympathetically staring into my soul. Never before had I felt so exposed. My knees gave in and before I knew it child services were here to collect me. On my way out a hand squeezed my left shoulder, it was BW's. He smiled at me and said "It's okay, he won't hurt you anymore."

## Trip to Dubai

By: Saad Al Mutairi, 9B

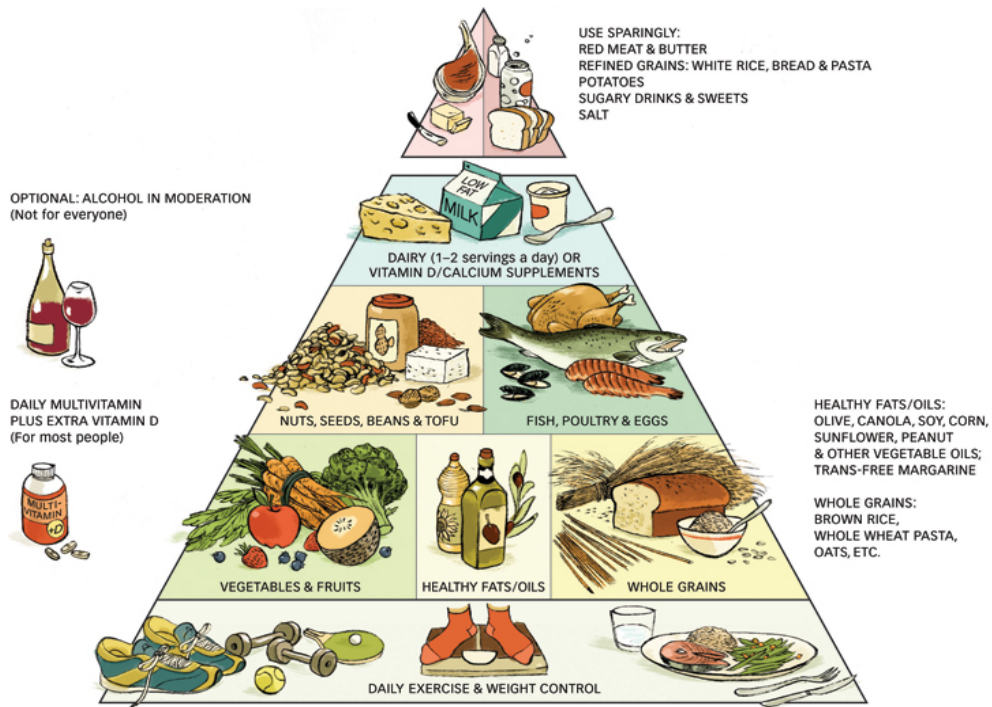
My trip to Dubai city started on Thursday morning when I went to the airport and joined my schoolmates and my teachers. The teachers organized us and gave us instructions. As soon as we landed in Dubai, we went to Ski Dubai and enjoyed our time there. On Friday, we went to pray at the mosque. After we ate lunch, we went to Atlantis and enjoyed swimming in the swimming pool. Then we returned to the hotel for dinner and rested. On the third day we went to Dubai Mall and enjoyed our time there together.

The trip was fun and the program that the school had chosen for us was fun too.

The purpose of the trip was to improve our confidence and educate us in life and learn how to deal with others.

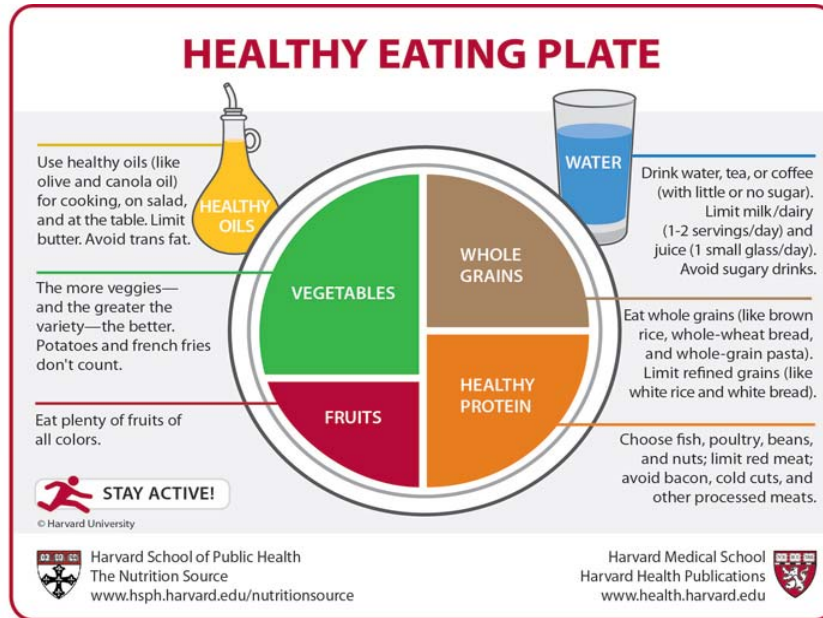


# The Healthy Eating Pyramid



The **Healthy Eating Pyramid** is a simple, trustworthy guide to choosing a healthy diet. Its foundation is **daily exercise** and **weight control**, since these two related elements strongly influence your chances of staying healthy. The Healthy Eating Pyramid builds from there, showing that you should eat more foods from the bottom part of the pyramid (**vegetables, whole grains**) and less from the top (red meat, refined grains, potatoes, **sugary drinks**, and **salt**).

# HEALTHY EATING PLATE



When it's time for dinner, most of us eat off of a plate. So think of the new **Healthy Eating Plate** as blueprint for a typical meal: Fill half your plate with produce—colorful **vegetables**, the more varied the better, and **fruits**. (Remember, potatoes and French fries don't count as vegetables!) Save a quarter of your plate for **whole grains**. A healthy source of **protein**, such as fish, poultry, beans, or nuts, can make up the rest. The glass bottle is a reminder to use **healthy oils**, like olive and canola, in cooking, on salad, and at the table. Complete your meal with a cup of **water**, or if you like, tea or **coffee** with little or no sugar (not the **milk** or other dairy products that the USA's MyPlate recommends; limit milk/dairy products to one to two servings per day). And the figure scampering across the bottom of the placemat? It's your reminder that **staying active** is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your caloric needs—so be sure you choose a plate that is not too large.

## Premier League



By: Abdullah Almansour 10B

Top/latest news of the English Premier League:

Manchester City beats Norwich with five goals. Manchester United struggled to defeat Aston Villa. Tottenham scored three goals against Bolton. And, Fulham surprises everyone by stopping Liverpool from winning.



## Senior's Bake Sale





The seniors set up a sale during their break. The money collected will go towards their graduation ceremony. Way to go. Seniors.

# Today's Topic: Nails

Written by : Sara Alloush

## How to keep your nail healthy?

1) Wear cotton-lined rubber gloves to protect your nails. Why? Our fingernails swell when they get wet and shrink as they dry, which causes our fingernails to have less strength. Cotton-lined rubber gloves will help absorb moisture while keeping your hands and nails

2) Wear the right kind of gloves. When dealing with damp soil, chemicals, or liquid fertilizers, it is best to wear rubber gloves that are water resistant. For gardening projects such as digging or weeding, consider wearing thicker gloves made of cowhide.

3) Before putting on cleaning or gardening gloves, apply some lotion on your hands or apply cream on your cuticles to moisturize. Try hand creams that contain oils such as Shea butter, eucalyptus, flower or jojoba.

4) To help prevent cracks in your nails, rub moisturizer that contains alphahydroxy acids or lanolin into nail tips. For another moisturizing agent, you can also massage vitamin E oil into your cuticles. Tip - keep a bottle of vitamin E oil next to your bathroom sink to remind yourself to apply it to your cuticles.

5) It is also important to drink plenty of water. This is necessary for fingernail health because it keeps the body hydrated.





## AdvancED Workshop in Dubai

By: Mrs. Ahlam Khattab  
The School Director

As you know, AABA is currently an approved candidate for AdvancED accreditation and is in the process of becoming a fully accredited school, Inshallah. However, you might not know that AdvancED is the world's largest education community serving more than 27,000 public and private schools in the United States and in 69 countries worldwide that educate over 15 million students. Therefore, the AABA administration and teaching staff were excited to attend, once again, the distinguished and informative AdvancED Global Conference held at Applied Technology High School in Dubai, United Arab Emirates on November 26, 2011. The Global Excellence in Education Conferences provides support, information, and continuous improvement to schools seeking to become world class educational institutions. Needless to say, the conference was extremely informative and beneficial. Some of the lectures offered were: Advanced Essential Curriculum, Energize Your Classroom with Technology, Effective Use of Student Data: The Results Are In—Now What?, Effective Leadership for International School Administrators, and Successful Strategies for You Elementary Classrooms. AABA's administration and teaching staff are committed to educational excellence and the success of all of our students; hence, they are dedicated to continuous development and improvement. One way of accomplishing this is through professional development courses such as the ones given at the Advanced conference.



## Special Needs Department

Oct. 27<sup>th</sup>, 2011

The Special Needs Class has organized a festival with the help of the Student Counsel under the supervision of the Head of Department Mr. Ahmed Al-Bustanji and the Class teacher Mr. Adel.

The festival included several activities such as Face Painting, Racing, Letters' Arrangement and many competitions which made positive reinforcement for the participating students.

At the end of the day, gifts and presents were distributed for the winners.



## Special Needs Exhibition

Saturday, 3<sup>rd</sup>, Dec 2011

Special Needs Department of the Arab America Bilingual Academy has participated in the exhibition for special needs students in Kuwait as part of celebrating the International Day for the Special Needs Children.

The special needs students of AABA have made model of a city using, hand printed flags of Kuwait and many other handmade items.

There was a brief description about the school program regarding special needs categories, curriculum, and the services that the school provides the special needs students for some of the VIPs who attended the exhibition, and the press as well, presented by the Head of S.N. Department Mr. Ahmed Al-Bustanji.



## Fire Drill

By: Lujain Al Hajeri, 12G

Ring.....Ring.....Ring! The whole school was alarmed. They filed out of school in order with their teachers to the parking lot behind the school building. It was an emergency and fire drill practice. Police officers surrounded the building to maintain order and discipline.





## Senior's Shirts & Hoodies

By: Ali Al Githibi & Nouf Al Hassawi, G12

Our senior Students designed their own Senior T- shirts .It's a simple red polo shirt stamped on the top right front with a navy blue Pegasus. The Pegasus on the Shirt represents the Pegasus that took Prophet Mohammed (peace be upon him) from Masjid Al-Haram in Mecca to “Masjed Al Aqsa”, then to the seventh heaven.

The back of the shirt has a navy blue “seniors 2012”, bordered with angel wings underneath it. The back also has the seniors names shaped printed on it in the shape of ‘12’.

The hoodies and the cardigans are similarly designed .They are navy blue in color with all the logos and fonts in red.



## *School library*

Books are man's best friends. They give him company equally in times of happiness as well as in times of distress. They are one of the main sources of knowledge. The best place for easy access to books is a library.





A library is a place where not only books but also magazines, journals and newspapers are well-stocked for the benefit of the readers. Besides this, one can also get the entire atlas, Encyclopedia, etc. to know even the minute detail of a thing. It is a treasure-house of knowledge. It helps the spread of education.



## *The Value & Importance of Libraries*

Aside from being a place of comfort, school libraries help students achieve academic success as well as boost their drive to learn. Keeping that in mind AABA this year upgraded their library.

Some people question the importance of a library in today's world with the growing popularity of internet, which provides loads of information with just a click of a mouse. But one should keep in mind that a person goes to a library not only to search and get information from books but also to sit and study there. The ambience and the peaceful and scholarly atmosphere then helps one to concentrate more on one's work and study. Thus, libraries will never become redundant. They will always be there to indicate the presence of a well-read and educated society.



### *Library Activities*

A well-stocked library is an asset to a school, a college or a university. A student or a reader can increase his knowledge of various subjects by reading in the library during his

spare time. One can update one's knowledge by reading regularly in a library. In elementary school, I was forced to go into my school library because it was mandatory. My teacher would tell the students in my class to just pick out a book, sit down, and quietly read. It was never a place we went of our own accord. I think it's safe to say that the school library was of no personal significance to us. However, as I grew older, I came to fall in love with the library. It was there that I could immerse myself in another world without having anyone tell me to "put that book away, Nasim, we're learning math" The beauty of the library was that I could not only read, but take things to read with me! Although the library became my haven, I was able to bring a piece of it with me back home.



## Arab American Bilingual Academy Trip's Around The World

**Turkey 2009**



## Malaysia 2010



## Spain 2011



## Dubai 2011



## Arab American Bilingual Academy

## Long Term Goals

- Students meet or exceed high academic standards.
- Student centered and results-driven classrooms.
- Accountability for student learning at all levels.
- Provide support for all students including those who have learning disabilities.
- Support student learning and family engagement through the parents' council.
- All students graduate and are prepared for higher learning and successful careers.
- Students are actively involved in the learning process and are encouraged to participate in international, cultural, and religious activities.
- Students are provided culturally relevant learning activities.
- High school teachers involve students in relevant, real-life experiences.
- All teachers engage in ongoing professional development focused on student achievement.
- Become a sister school with an AdvancEd accredited American public school.
- All students are effective communicators.
- All students are effective researchers and able to use technology to obtain, organize and communicate information and to solve problems.
- All students demonstrate positive character traits.
- All students demonstrate critical thinking skills.
- Use data to continuously improve the school.
- Encourage students not only to become actively involved in their community, but also involved in cultural, political, and world events.
- Students are encouraged to become productive members of society.
- Enhance communication and understanding among staff, parents, students, and community.
- Improve technology within the classrooms.
- Allocate resources equitably to support student learning.

- To provide a caring, supportive and stimulating environment in which pupils can learn and become responsible, confident and independent members of the community.
- To help each child to develop an inquiring mind; the ability to question and argue rationally; and to use that ability in the application of tasks and skills.
- To have high expectations of each child and to work with them in order to fulfill their potential.
- To acknowledge that failure can be a valuable learning process.
- To acknowledge that all children can have special needs at some time and to support them at all times.
- To recognize that learning can be enjoyable.
- To recognize that all staff should be involved in the decision making process.
- To recognize that all staff need the support and encouragement of colleagues, professionally and personally.
- To accept that all staff have the right to professional development.
- To be committed to Equality of Opportunities for all.
- To recognize and acknowledge parental rights to involvement in their children's education through the development of close working relationships.
- To make the school a part of the whole community and to develop strong and productive links with that community.
- To celebrate cultural diversity; to have respect and tolerance for the individuality of others
- To care for the environment and to be concerned about the wider world.

## Sports activities

### By: Lujain Al Hajeri 12G

Our P.E department is supervised by Mrs.Rasha, Mr.Salah, Mr.atya and Mr. Tamer. They have been organizing a lot of activities the last few months for the boys and girls sections of Middle and High school. Mr. Atya and Mr. Tamer are in charge of the karate activity that takes place every Monday and Wednesday at our school auditorium from 2:00pm till 3:30pm. On the 28<sup>th</sup> and 29<sup>th</sup> of November the middle school had a football match at the Kicker football court in Mishref. The month of December we had a “GREAT WINING” course for the middle and high school sections. High School Boys Soccer Team WON the SECOND place against a group of bilingual schools at the Kicker Football Court in Mishref. “The high school Girls Soccer team WON the FIRST place against group of bilingual schools for the FIRST time!!! With the help of their coach Mrs. Rasha.! “CONGRATULATIONS GIRLS!!!

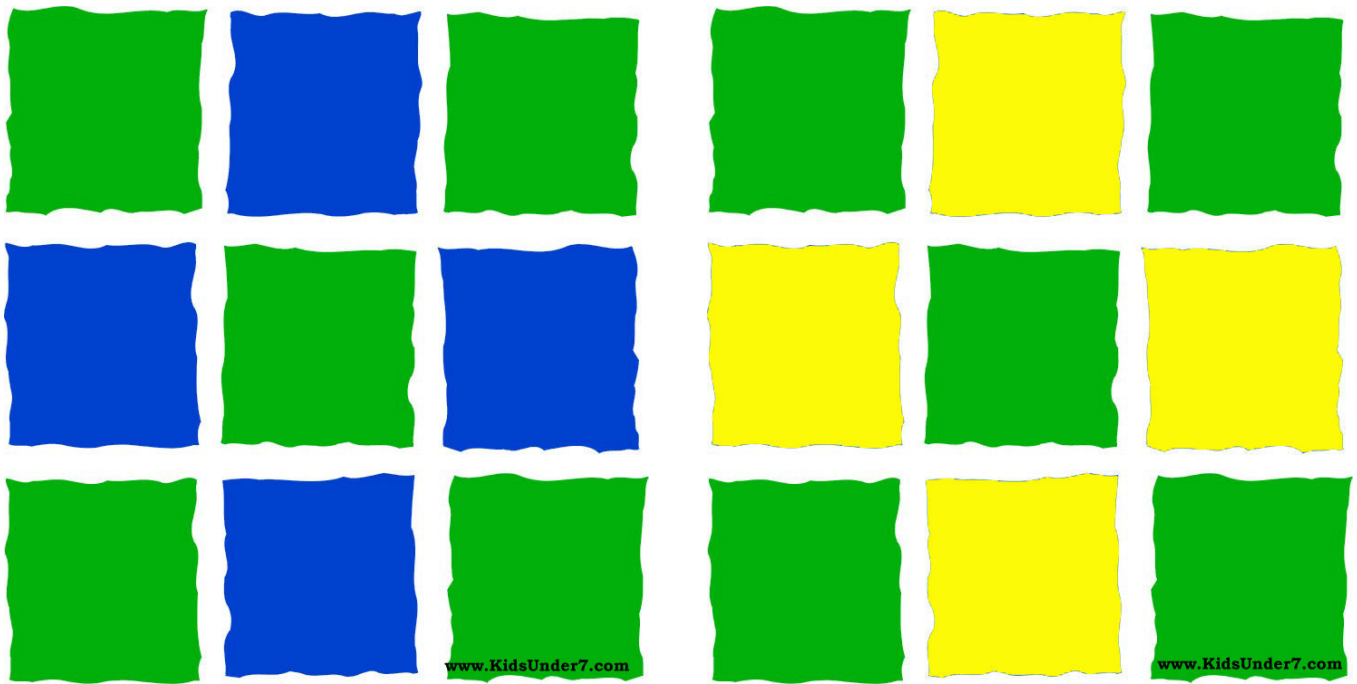






## Games:

### Tic Tac Toe:



### Sudoku:

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5

3			2	4			6	
	4						5	3
1	8	9	6	3	5	4		
				8		2		
		7	4	9	6	8		1
8	9	3	1	5		6		4
		1	9	2		5		
2			3			7	4	
9	6		5			3		2