



OFFICIAL NEWSLETTER OF ARKIS' ENGLISH DEPARTMENT



SECOND TERM 2024- 2025



The Student Council's Impact: A Closer Look

Layla Alsaffar shares her vision for the school year

Shauna Vandersay

On 24th March, Editor-in-Chief Shauna Vandersay conducted a written interview with Layla Alsaffar, the President of the Student Council. Below are the transcripts from their conversation:

As the president of the student council, how do you ensure that you represent the views and concerns of the entire student body?

Throughout my experience, having representatives from each grade eased the process of hearing students out from positive comments to concerns. With that, we passed down the messages to their higher ups and ensured that a middle ground was found between them.

What role do the other student council members play in shaping the decisions you make as president?

The grade representatives played a crucial role by being the voices of their batches. They actively listened to their peers, collected input on various matters, and shared their preferences during meetings. Their involvement ensured that decisions made within the council were truly reflective of what the students wanted.

How do you communicate with students to keep them informed about student council activities and upcoming events?

Initially, we relied heavily on posters, emails, and the representatives to spread the word, and this was effective. However, with the increasing dependency on the internet, we took a bold step and launched social media accounts for the first time in student council history. These accounts were beautifully managed by my Vice President, ReemAlghatam, where she maximized our connection with the students.

What legacy do you hope to leave behind by the time you finish your term?

I hope to leave behind a legacy of openness, innovation, and unity. From starting our social media presence to fostering stronger connections between students and leadership, I want future councils to build on this. Most importantly, I want students to remember that all their contributions mattered and that we, the student council, need them as much as they need us.

What advice would you give to future student council members or anyone considering running for president?

To the future members of the student council, I urge you to listen to your peers and to not take their complaints lightly. Your role is to represent them and help make their school experience as smooth and enjoyable as possible. In the end, you are their strongest voice.

"I want students to remember that all their contributions mattered and that we, the student council, need them as much as they need us."



Layla Alsaffar
Student Council President

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Why Mental Health Awareness Should Be a Priority in Schools

Nevan Neeliyara

Mental illness is becoming an increasingly issue in today's world, affecting everybody. Conditions Like anxiety, depression, and panic attacks can be faced by anyone, regardless of age, gender, or background. In many cases, people do not even realize they are experiencing symptoms of mental health struggles, which leads to chronic stress, fatigue, irritability, or difficulty in concentrating.

One of the most effective ways to address the rising mental health crisis is by prioritizing mental health awareness in schools. Students today face immense academic pressure, social challenges, and personal struggles which truly affects them negatively. A major misconception with students is that talking to school counselors or therapists is bad, however this can make a significant difference in students' lives. These resources create a safe space where students can openly discuss their emotions without fear of judgment. Additionally, when teachers and staff receive mental health training, they can better identify struggling students and offer guidance before issues escalate.

In addition many young people hesitate to talk about their struggles due to fear of being misunderstood or labeled as weak. However, if mental health is treated with the same importance as physical health in educational settings

Prioritizing mental health in schools not only improves students' emotional well-being but also improves their academic performance and personal growth. A mentally healthy student is more likely to engage in learning, build strong relationships, and develop resilience for the future. By fostering a culture of understanding and support, schools can play a vital role in shaping a generation that values mental well-being just as much as academic success.

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**Editorial
Board
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EDITORS-IN-CHIEF:
Shauna Vandersay
Sondos Zakzouk

ASSOCIATE EDITOR:
Nevan Neeliyara

FEATURE WRITERS:
Muhammad Zolldahn
Omaima Abdulali

TRIVIA RESEARCHER:
Malak Basem Ali Abdulla Aljufairi

CONTRIBUTORS:
Ayman Alhitty
Farah Almoayed
Daniyal Abdulali
Jannat Isa Salmeen
Mohammad Elkhuli

ADVISER:
Ms. Rea Espanola Palma

MODERATOR:
Ms. Fatema Qassim
Head of the English Department





ARKIS Team Shines at World Scholar's Cup in Bahrain: Bringing Home Gold and Recognition

Muhammad Zolldahn

The World Scholar's Cup (WSC), an esteemed global academic competition, witnessed an impressive showcase of talent from students across the world. With 50,000 students hailing from 60 countries, the WSC, which was founded in 2006 by DemiDeck, continues to inspire and challenge young scholars to excel in a range of academic disciplines.

The most recent WSC event, held from January 30 to February 2 at the American School of Bahrain and the University of Bahrain, was no exception.

Since its inception in 2007, when the first WSC was held at the Hankuk Academy of Foreign Studies in South Korea, the program has grown significantly, providing students with opportunities to engage in a variety of activities. The WSC teaches valuable lessons in argumentative skills, collaborative problem-solving, and the importance of creating middle grounds in discussions—a skill set crucial for navigating complex issues in society. The competition comprises four main events: The Scholar's Challenge, Collaborative Writing, Team Debate, and the Scholar's Bowl.

ARKIS, a standout participant in this year's event, brought home an impressive haul of 27 gold medals, 30 silver medals, and 1 trophy. A special congratulations is in order for Amna, Shauna, and Nevan, whose stellar performance in the Team Collaborative Writing event earned them first place. Their dedication and teamwork were celebrated by ARKIS community.

A particularly noteworthy achievement came from Noor Madan, who earned an incredible 5 Best Speaker medals. Noor's accomplishments highlight the strength



of ARKIS's elementary scholars, many of whom were participating in the WSC for the first time.

Additionally, all ARKIS teams secured their spots in the prestigious GLOBALS round, a testament to their hard work and dedication. ARKIS also extended their congratulations to all the participants, recognizing their success and perseverance throughout the competition.

Beyond the fierce competition, the event fostered valuable connections among students from different schools in Bahrain. Participants had the chance to immerse themselves in cultural exchange and gain new perspectives, emphasizing the importance of collaboration and teamwork in today's world.

The WSC continues to serve as a platform for young scholars to develop essential skills while making lasting friendships and building bridges across cultures. The success of ARKIS and its students is a proud reflection of the value the competition brings to academic and personal growth.

MUN Conference Highlights Student Voices on Global Issues

Farah Almoayed

On February 21 and 22, ARKISMUN XIV brought together students from across Bahrain for two days of intense debate, diplomacy, and problem-solving. This year's theme, "The Mosaic," explored how diverse ideas, cultures, and perspectives blend to form a cohesive and interconnected world, much like the pieces of a mosaic.

Delegates engaged in spirited discussions on pressing global issues, learning how different viewpoints can lead to stronger, more comprehensive solutions. Through debates, negotiations, and teamwork, students honed their critical thinking, leadership, and communication skills, all while working collaboratively toward common goals.

The event was expertly organized by MUN Coordinator Mr. Fadhel Mansoor, alongside a dedicated team of student leaders: Secretary-General Ahad Alawadhi, Director Madison Lowry, and Assistant Directors Yaseen Mohammed and Reem Alghatam. With a diverse range of councils and thought-provoking topics, ARKISMUN XIV provided an invaluable platform for students to develop as speakers, problem-solvers, and future leaders.



"Delegates engaged in spirited discussions on pressing global issues, learning how different viewpoints can lead to stronger, more comprehensive solutions."



What's in your mind?

What lessons from Ramadan do you carry with you throughout the rest of the year, especially in how you approach your school life?

Ramadan has taught me the power of self-control, which has really helped me stay focused on my studies. It's also a time that deepens my empathy, making me more understanding and patient with my peers. This month encourages me to reflect, helping me approach my learning with a more mindful and thoughtful attitude.

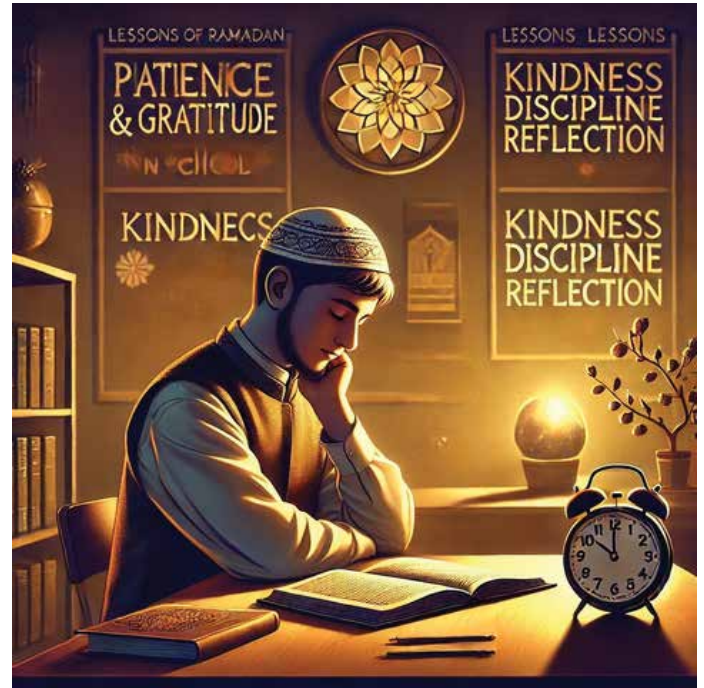
Ayman Alhitty
Grade 10

Ramadan teaches me to be patient and control my feelings, like when I get angry or want something. This helps me stay calm and make better choices in school.

Daniyal Abdulali
Grade 6

Ramadan helps me become more disciplined and caring. It teaches me to focus better in school and work well with others. I also learn to be more patient, which helps me grow and makes school feel a bit easier. During Ramadan, when I pray and practice fasting, I feel more thankful to Allah. I also try to give more to others and think about what the Quran teaches us.

Mohammad Elkhuli
Grade 7



To me, the month of Ramadan serves as a time for spiritual guidance and growth. Fasting helps pursue discipline, which I apply to stay focused and manage my school schedule more efficiently. It also fosters empathy and gratitude, reminding me to be thankful for my privileges and to better understand others instead of judging them.

Abu Huraira (may Allah be pleased with him) reported: "Whoever fasts during Ramadan with faith and seeking reward, his past sins will be forgiven." (Sahih al-Bukhari)

Jannat Isa Salmeen
Grade 7



English Dept Hosts Exciting 'Book Explorers' Competition to Celebrate Creativity and Reading

Sondos Zakzouk

The "Book Explorers: Journey Beyond Imagination" competition was held at ARKIS on February 3rd, and it was a fun and exciting event that showed the love for reading and the creativity of the students. The competition gave students from different grades a chance to show their thinking skills, presentation abilities, and creativity. Mr. Vinod Antony, the Assistant Head of the English Department, shared his thoughts on the event, saying it was a great success. He praised the students for their impressive skills in analyzing and presenting ideas. He encouraged them to keep reading, as reading helps them understand the world better, builds confidence, and makes them stronger in facing challenges.

The atmosphere during the competition was full of energy, with students excitedly sharing their ideas. Everyone enjoyed seeing how the students used their creativity in presenting their books. Whether through storytelling, dramatic reading, or creative visuals, each student impressed the audience with their passion for literature. After such an exciting event, it was time to announce the winners. Aliya Al Radhi from Grade 7 was named Best Presenter for her clear and engaging presentation. Hind Eyad Mohammed Abdulaziz Hamza from Grade 8 was voted Audience Favorite, showing how well she connected with the crowd. Fatima Mohamed Ali from Grade 9 received the award for Most Inspiring Book Choice for selecting a book that made everyone think deeply.



Esraa Murtadha Hasan Alsehlawi from Grade 10 won the award for Creative Presentation, thanks to her unique and artistic approach.

Ms. Fatema Qasim, the Head of the Department, congratulated all the winners and thanked everyone who helped make the event such a wonderful celebration of reading. She said, "This competition has shown us how books can open up new worlds and make our lives richer. Thank you to everyone who made this possible." The event was not just about winning; it was about showing how powerful books can be in inspiring and connecting people. It reminded everyone of the important role that reading plays in helping young minds grow.

"This competition has shown us how books can open up new worlds and make our lives richer."



PREPARING FOR THE IGCSE: A STEP-BY-STEP SUCCESS GUIDE

Jood Mohammed

The IGCSE exams are a big milestone, and as a Grade 10 student, I know the pressure that comes with them. These exams are crucial for university applications and future studies, but with the right strategies, they're manageable.

Understanding the Exam Structure:

The IGCSE exams cover a range of subjects, evaluated through written exams and sometimes oral tests. Grades range from A* to G, and these are essential for your academic future. Knowing the format helps you prepare better.

Creating a Study Plan:

A study plan is key to staying organized. I balance my subjects by focusing more on the ones I struggle with. It's important to schedule breaks to avoid burnout and make sure you're using your time effectively.

Effective Study Techniques:

Here's what works for me:

- Active Recall & Spaced Repetition: Quizzing myself regularly.
- Mind Maps & Summary Notes: Breaking down topics visually.
- Past Papers & Practice Questions: Familiarizing myself with the exam format.
- Study Groups: Discussing topics with friends helps me understand better.

Time Management:

I avoid procrastination by breaking tasks into smaller steps. The Pomodoro Technique (25 minutes of study followed by a short break) keeps me productive and prevents burnout. Prioritizing tough tasks first helps me stay on top of things.

Resource Recommendations:

- Textbooks & Workbooks: Essential for solid learning.
- Online Resources: Websites like "Save My Exams" and YouTube are helpful.
- Past Papers: Practicing these helps me get comfortable with the exam format.

Taking Care of Mental and Physical Health:

I've learned that mental and physical health are just as important as studying. When I'm stressed, I take a break to meditate or do breathing exercises, which really help calm my nerves. I also make sure to exercise regularly and eat healthy to stay energized. Getting enough sleep is a must—at least 7-8 hours a night—because I need my brain to be sharp during study sessions and exams.

Mock Exams and Practice Papers:

Mock exams help me build confidence and improve time management. Practicing past papers gives me a feel for the real exam.

How to Tackle Exam Day:

The night before, I ensure I'm well-rested and have everything I need for the exam. On the day, I stay calm, read the instructions carefully, and manage my time for each question.

Conclusion:

The IGCSE exams can be challenging, but with a good study plan, effective techniques, and a balanced lifestyle, they're completely manageable. Stay organized, focused, and take care of yourself to succeed.





BOOK REVIEW

DEATH IN THE SPOTLIGHT BY ROBIN STEVENS

Omaima Abdulali

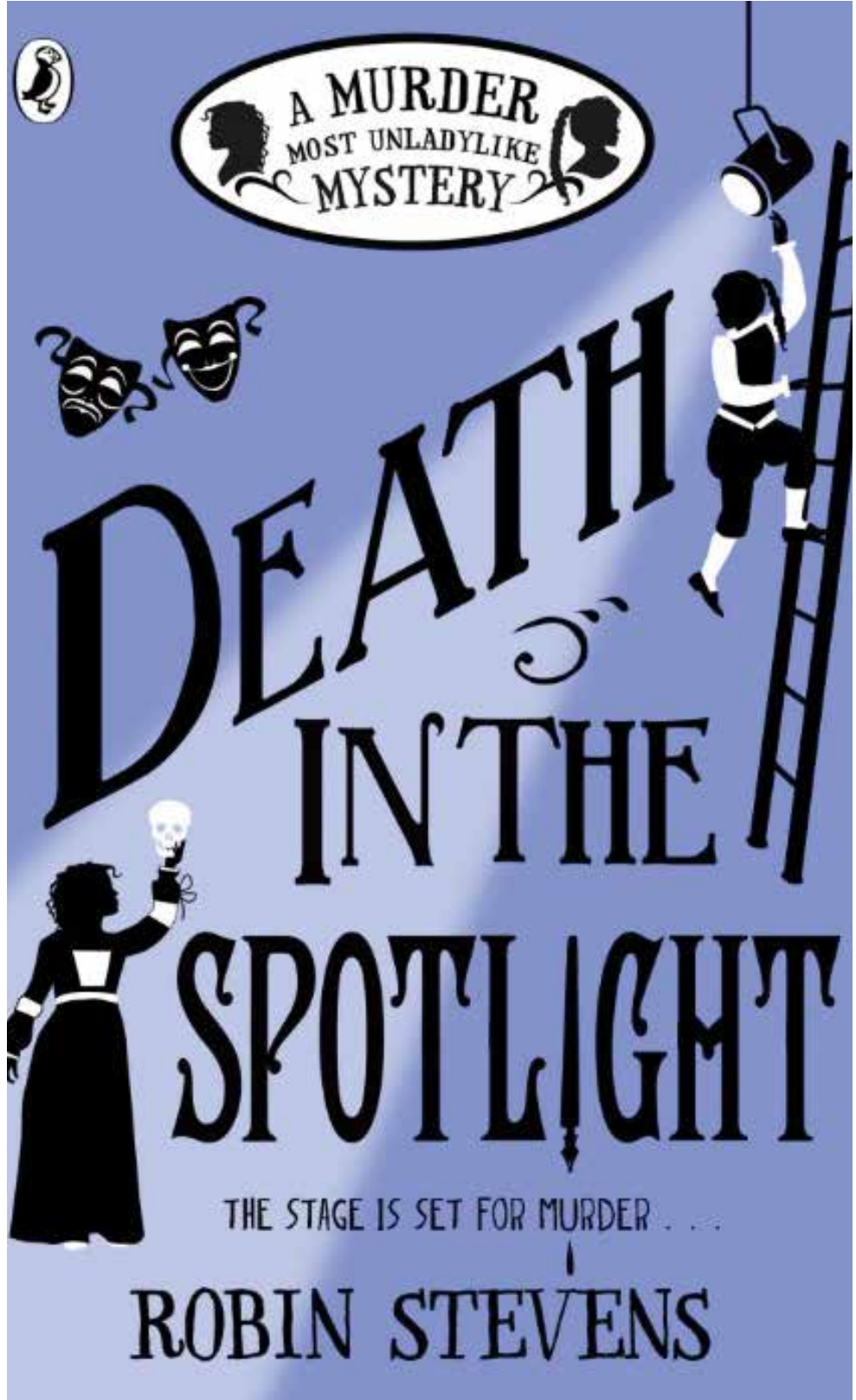
Death in the Spotlight is the fourth book in the captivating Murder Most Unladylike mystery series, which follows the thrilling adventures of two sharp, school-going best friends, Daisy Wells and Hazel Wong. Set in the 1930s at an all-girls school, this novel transports readers into a dramatic and glamorous world filled with suspense, wit, and a touch of nostalgic charm.

Daisy and Hazel are thrilled to participate in their school play, but their excitement quickly turns to horror when the lead cast member is found dead. With the show still set to go on, the duo must navigate the world of drama, uncovering chaotic truths before the curtain rises. As the investigation unfolds, readers are taken on a rollercoaster ride, where each twist and turn is expertly crafted by author Robin Stevens, keeping readers on the edge of their seats until the very last page.

The characters are brilliantly unique, each leaving a significant mark on the story through their backstories, personalities, and motivations. Stevens strikes a perfect balance between humor and suspense, delivering a brisk pace with witty dialogue that not only engages readers but also captures the essence of life in the theater. She seamlessly evokes the 1930s setting, infusing the book with period charm.

What stands out in this installment is Stevens' ability to portray Daisy and Hazel as relatable teenagers, not just detectives. They balance the excitement of solving a mystery with the pressures of schoolwork, making them feel authentic and human. Another strength of the book is Stevens' remarkable skill in maintaining a lighthearted tone, even during the most tension-filled moments. Striking this balance is no easy feat, but she executes it flawlessly, ensuring the suspense remains sharp without sacrificing the story's charm.

Death in the Spotlight is an irresistible read that pulls you deeper with every page, offering a delightful mix of mystery, humor, and heart.





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OUR MOMENTS

Term 2 Highlights





Did You Know?

Famous Historical Figures

Marie Curie

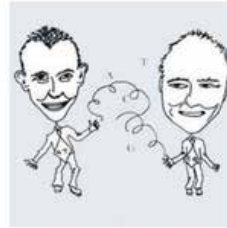
FIRST Woman to win a Nobel Prize

- ❖ Polish-born Physicist and Chemist also one of the most famous scientists of her time.
- ❖ She was the FIRST woman to win a Nobel Prize (for Physics in 1903) and the FIRST person and only woman to win twice. (Second for Chemistry in 1911)
- ❖ Discovered two elements namely, Polonium and Radium in 1898.
- ❖ Her achievements included the development of the theory of radioactivity (a term that she coined), techniques for isolating radioactive isotopes.

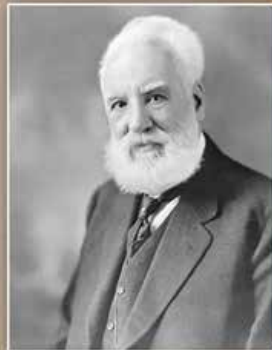


(7 November 1867 – 4 July 1934)

The two scientists credited with the discovery DNA's double helix shape are James **Watson** and Francis **Crick**



Alexander Graham Bell is the first person who's interested in sound technology led him to the invention of Telephone. And launched the Bell Telephone company in the year 1877



formation.com

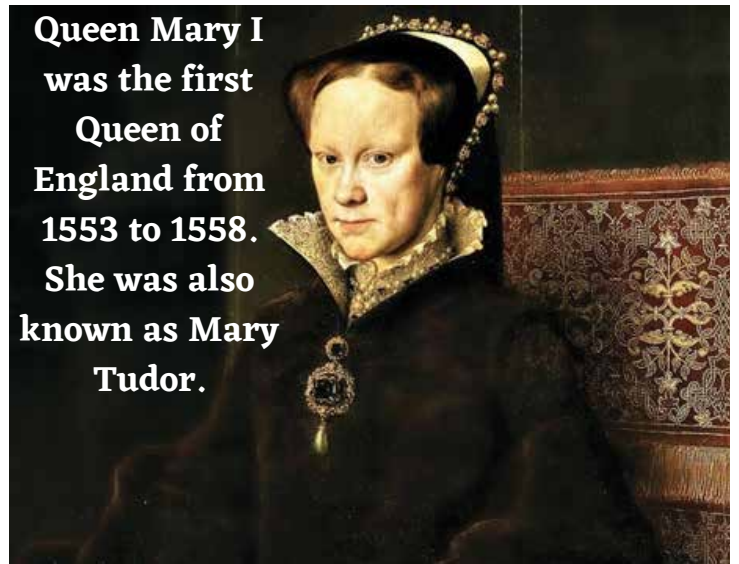


CARL FRIEDRICH BENZ
INVENTOR OF THE WORLD'S FIRST CAR

Rosa Parks was the African-American woman who refused to give up her seat to a white man, breaking existing segregation laws.



Queen Mary I was the first Queen of England from 1553 to 1558. She was also known as Mary Tudor.



Contributed by Malak Basem Ali Abdulla Aljufairi