

# THE AHISK WRAP

## GIRLS SECTION



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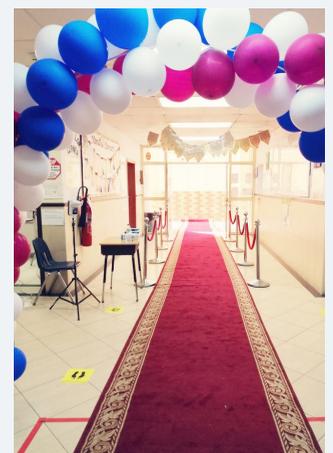
## Mrs. Majida Ghandour

### - HEAD OF GIRLS SECTION -

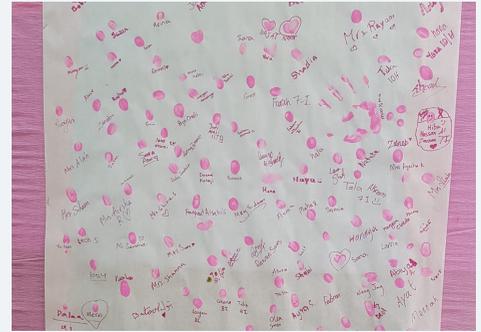
At AlHussan International School, we believe all students have the right to learn and realize their full potential. No students in education should be left behind. Education is a great opportunity for all of you to open your eyes and expand your minds, unlike anything else. With better opportunities to learn and grow to your full potential, you can continually reshape how you see the world, leading to an improved and more well-rounded life. Life could be seen through your eyes and others from a different lens full of better perspectives and a better future. And it all starts with being a student!! Being committed to growth and seeing how it makes the world better is one of the great joys of life. Work like never before, and no matter what struggles you might face, keep your wings open wide and fly high with us as much as you can. We wish you a better tomorrow and a brighter version of yourself. Always remember, "Teachers can open the door, but you must enter it yourself." – Chinese Proverb and as Albert Einstein said, "A person who never made a mistake never tried anything new". All the best!!

### Welcome back to school!

The Academic year of 2021-2022 began on 29th August 2021. After 18 months of attending an online school, we are finally back, better than ever. It is a big switch from being in the comforts of our houses then back to the school environment. Everyone had to go through changes that no one expected, but we are ready to take on this school year with happy smiles and excitement to learn. We wish you a prosperous and great school year ahead! :)



"I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings".  
- Jenny Han



### - Breast Cancer Awareness Program -

Breast cancer is the second most common cancer; therefore, awareness surrounding breast cancer is essential as early detection; hence, it is most treatable at this early time. National breast cancer awareness month began in October 1985. When the American cancer society and the pharmaceutical division of imperial chemical industries formed a partnership as former first lady Betty Ford helped raise awareness as a breast cancer survivor herself. The movement eventually grew and spread to the whole world. The pink ribbon became a symbol for breast cancer as it represents fear of breast cancer yet hope for the future. As a result of this movement, awareness is raised. Our school AHISK, with the help of the school's nurse Mrs. Nadia, organized multiple activities. In the reception area, they encouraged the students and teachers with inspirational quotes as well, They gave students and teachers a chance to participate in this remarkable day by making their thumb impression and giving the ribbons to embrace this day as a movement of solidarity.

Suzan Ghazy & Layan Loay - 12H

### Happy Teacher's Day!

On 5th October, AHISK celebrated Teacher's Day to acknowledge their hard work and sincerity towards the school. Wishing all teachers and mentors joy and happiness. You are amazing coaches, and you only deserve the best. You are the spark, the inspiration, the guide, the candle to our lives, and the backbone to our future. We are deeply thankful for all your efforts towards our education.



### Saudi National Day!

Happy 91st Saudi National Day! AHISK celebrated this national day with a lot of love and excitement, followed by a long weekend!! September 23rd marks Saudi Arabia's National Day, celebrating the unification of Najd and Hijaz. In 1932, the merged nations became the Kingdom of Saudi Arabia. Everyone wore green outfits, and many students outdid themselves this year by creating magnificent posters and various kinds of artworks. Many Saudi-themed contributions, such as videos, activities, pictures, and other joyful presents, were made.



## AHISK Student Advisory Program

AHISK believes in implementing the vision and mission of its organization to its full potential; A safe and stimulating environment in which students strive to achieve their goals and dreams to the fullest. A place where diversity and individual differences are respected, appreciated and celebrated. Student advisory program provides such a platform where students connect emotionally, psychologically and socially with class advisors to improve their emotional intelligence, hone their social and academic skills, learn how to learn from their mistakes, how to respect their community members, how to form long-lasting friendships, how to agree to disagree, how to resolve conflicts, how to be proactive and self-aware. Students from Kindergarten to High school are facilitated with developmentally appropriate, evidence-based advisory curriculum which not only enables them to polish their personality, but allows them to inculcate international-mindedness and global awareness. We are committed to continuing this endeavour so that we can proudly say that students of AlHussan are socially conscious, proactive individuals who aim to serve the global community to their full potential.

Mrs. Saira Muhammad (School Counsellor K-12)

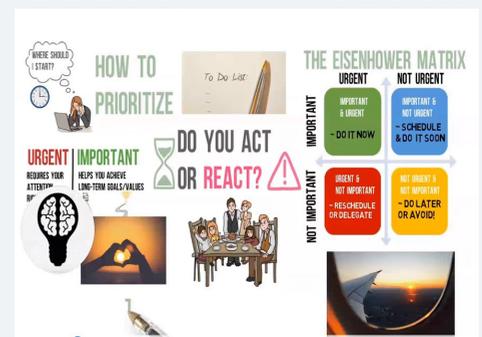


- To create a bond with his/ her class
- To encourage and motivate each student to utilize their strengths
- To understand their feelings
- To teach them how to regulate and control their emotions
- To help them develop healthy relationship
- To help them hone their social and communication skills
- To help them learn problem solving behaviours
- To develop decision making behaviours



**The Best Qualities**  
Which of these qualities would you like to see in a friend?

gentle	selfish	honest	funny
nasty	helpful	smiley	miserable



**HOW TO PRIORITIZE**  
To Do List

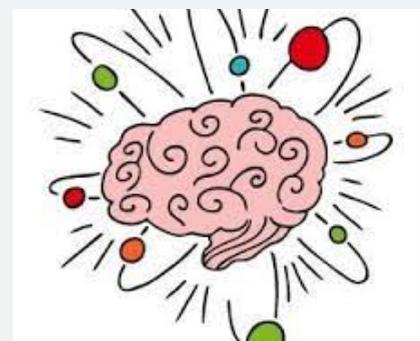
**DO YOU ACT OR REACT?**

**THE EISENHOWER MATRIX**

<b>URGENT &amp; IMPORTANT</b> - DO IT NOW	<b>URGENT &amp; NOT IMPORTANT</b> - SCHEDULE & DO IT SOON
<b>NOT URGENT &amp; IMPORTANT</b> - RESCHEDULE OR DELEGATE	<b>NOT URGENT &amp; NOT IMPORTANT</b> - DO LATER OR AVOID!

### Quick tips for successful exam preparation:

- Give yourself enough time to study.
- Make sure your study space is organized.
- Practice previous quizzes or worksheets.
- Get academic help from teachers and friends.
- Cover your doubts ahead of time.
- Take regular breaks.
- Take care of yourself and your diet.
- Check all the rules and requirements.
- Most importantly, don't be too hard on yourself.



## Anti-Bullying Campaign

Anti Bully Campaign! AHISK conducted an Anti-Bullying campaign, which was conducted under the supervision of Miss Sara Alsubaie (student counsellor), in the month of October. Boards were decorated with pictures and posters regarding anti-bullying. The video was played, with students who spoke regarding anti-bullying, this was done in order to improve the treatment of students and have a good and positive environment around them. Cards with a helpline and how to prevent antibullying were distributed to each student, so they can learn more.



### What is Saudi Child HelpLine (SCHL)?

It is a unified toll; Free line dedicated to children under the age of 18. It provides support & counseling services to the callers. Sometimes, it involves referral to the concerned authorities. At a later stage, SCHL follow up with the transferred cases to guarantee the child received the needed service,

Telephone: +966-11-8040216

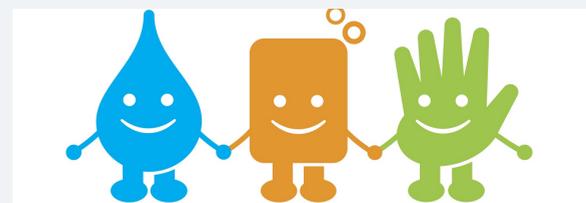
E-mail :SCHL@ngha.med.sa

Student Counselor: Miss. Sara Alsubaie

### Winter is here!

Summer has gone at last!  
 We have the winter to enjoy  
 All the heat we suffered from  
 Sweating all day long  
 Some benefits we have  
 Some negatives we have  
 We can't have ice - cream  
 We can't swim either  
 But we'll drink hot cocoa  
 And we'll eat marshmallows  
 We'll wear our hats  
 Scarves and jackets  
 No T-shirt, not even a sun hat  
 All put away  
 Safely in the cupboard  
 The winter is here  
 Let's welcome the snow!

Malaika Shahab - 8H



### World Handwashing Day

October 15 is Global Handwashing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives. Always wash your hands!



## RESPECT

Respect is quite a broad concept. It generally means a positive feeling or action towards something. Being kind, courteous, and having a good attitude also comes under respecting others. Respect is extremely important in the ideal community. Without it, the world would be an ugly place. Every human being deserves respect, especially those people who have an impact on our lives. This could include our parents, siblings, teachers, and classmates.

Respect is also a fundamental habit for students. Here are a few of the many ways we can become respectful students:

- To be a respectful student, you must respect the teacher first. The teacher is your key to success and your chance to gain knowledge, so by disrespecting the teacher, not only are you destroying your opportunity to learn, but also your fellow students.
- Always wait for your turn to speak, don't interrupt. If you have something to share, raise your hand and/or wait for the other person to finish talking. Please give them the courtesy of listening to them before starting your own opinions or dismissing theirs. Listening carefully shows the person that you care about what he/she saying.
- Before you start hating people for how they behave, put yourself in their shoes. Teachers, for example, work so much more than what we see in the classroom. There's making the lesson plans, gathering resources, preparing tests, grading those tests, and so much more than we cannot know without experiencing it ourselves. All while spending time with their families and having time to rest. So, next time you dislike someone, remember that he/she may be trying his/her best.
- Don't cheat, ever. It might get you the grade you desire right now, but it won't help you out in the long run. "Cheating in school is a form of self-deception. We go to school to learn. We cheat ourselves when we coast on the efforts and scholarship of someone else." ~James E. Faust.
- Avoid discouraging/mockng others. It might be all fun and games with your close mates, but not everyone finds it funny.
- Address mistakes with kindness. Everyone makes mistakes! Helping others from their errors is a very decent thing to do, rather than to push it down their throat without assisting them in improving.
- Treat others with kindness even if you don't know them. If you bump into someone in the corridors, say 'excuse me' as a sign of respect. If you like how someone looks, tell them! It might make their day. Keep a smile on your face because a smile is infectious and contagious. Please pass it on! (This isn't as effective now because of the current situation, but practice under your mask so you'll be ready for when life goes back to normal). Respect is precious, and it must be preserved. It's significant for human survival. One can gain or lose respect in the blink of an eye.

Myra Rafiq - 10H



## Fireflies

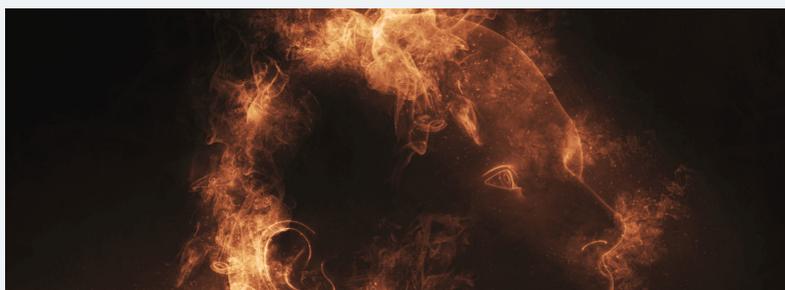
We all have a living, existing light in us, it guides us and gives us our happiness. We all like it, we love it. We love adding more and more brightness to this light; to our command, it grows and grows and never stops glowing. Maybe. Then we start building walls around this light as a protection. Protection from the ones who envy, the ones with jealousy, and the ones with toxicity. We protect it because it lights for us. We add and protect; it glows.

Slowly we start to burden ourselves. We start building those walls not because of others, but because of ourselves. We start attacking and protecting our own light simultaneously, and our brain normalizes it because as much as it normalizes other burdens, it normalizes ours.

And so it continues. We build, protect and attack. We attack, build, and protect. Then we've come to an extent where our walls cannot carry themselves. We cannot carry our protection. We've been burdened by ourselves. By our envy, jealousy, and toxicity. We've normalized it, because every human experiences this. This phase a human would call; fear, sadness, confusion. We do nothing, we allow ourselves to break, to feel the emotions because it's all part of being human, to feel. Fear isn't weak, neither is sadness. but it's a whole new story when we do it to ourselves. We break, slowly and steadily. We become who we hate. The hater, the jealous, the toxic.

We allow it. We want to feel it, because feeling is what makes us human. Or maybe we just feel wrong. Humans. the ones who live right, wrong, religious; but we all end up in the same place. Physically 6 feet underground and millions up the sky; there's no escape to it. The wall has fallen and now the human believes that staying alive is keenly unfortunate. The light is still bright, but the fellow human wants more. We keep adding light and we start building those walls again. But the light stops growing and stops glowing. And the walls we've built along the way have crumbled down causing a mental havoc. yet instead of glowing for more, we've dimmed from our personal burden. Relating to; a firefly.

Luna Haj Younus - 91



## Is War truly useful?

War is universally defined as “the waging of armed conflict against an enemy”, and it all started in the lands of Mesopotamia; the first-ever recorded war in history. For multiple centuries, people have started wars for various reasons, but they all fall in somewhat of the same area. The need for domination among humans. Whether it's of land, religion, or opinion, and it has resulted in the bloodbath that is war. That begs the question; Is war truly helpful to its people? Is it just mindless bickering circulating in a torturous cycle? Does war excuse human sacrifice with heroism? Most interestingly, how does it relate to our overall human nature?

War has occurred for many centuries, yet do we ever ask ourselves if it's helpful in the long run? Even if nations were to win, and troops came back home as national heroes; there will always be the piled-up loathing that is emitted by the losing side. Years of destruction, and loss will only result in the yearning for revenge, which most of the time takes place at the invitation of forced troops on a battlefield. Why must we allow our children to live in a world where their nation's infrastructure, health facilities, and education systems are being threatened by the plague of war? War creates refugees, who have no home; they struggle to enter a country that accepts them, and a country that will be safe enough for them to live in. When people are misplaced or leave their homes, they can't continue to work, and that affects the economy. The impact of war can result in billions to trillions being lost in the process; which results in economic disaster.

Thomas Hobbes, (1588-1679), defined power as a man's, “present means, to obtain some future apparent good”. However, due to the need for power to obtain what the individual believes to be good, many wars broke as leaders tried to assert dominance over their opponents. People have different beliefs, and ideologies behind life, and how it should operate. Unfortunately, many people seem to want to reinforce the notion they believe in which triggers the other side to fight for what they regard. Those people don't want to live in a world of diverse outlooks due to their demand for sovereignty. There is this way of thinking which screams we are right therefore we deserve to claim the world with our conviction. This can be broken down to an even simpler wish, which is the wish of wealth, and luxury. Every person wishes wealth as it brings an easier lifestyle where many selfish needs can be fulfilled.

Many troops, with loved ones waiting for them, lose their lives on the battlefield as they think maybe their sacrifice has contributed to the victory. Well, the bodies of millions stack up, and nothing is contributed, but graves are made. Many wars in the olden ages have led to a third of the population being eliminated. These troops who sign themselves up to fight for their people are told that their deaths will be the largest sign of their heroism, but is it? These troops are tossing their mortality for an illusion of victory in the name of being a hero. The battlefield is dossed with blood due to arguments that were not taken civilly. Why must soldiers lose their lives to the constant cycle of war? Why must their loved ones carry deep wounds for the troops that never came home?

Some people argue that war is necessary, and at times helpful as it can be the only possible course of action. Many colonized countries didn't break free from their state of colonization until they declared war to have their motherland belong back to them. If these wars weren't to occur; these countries will still have been colonized. War at times is seen as a defense from nations to protect their countries from outside forces. Some also claim that though the war has its economic decreases, at times war increases the economy. In the Sri Lanka Civil war, the overall GDP percentage has increased due to the government's spending on the conflict. Though some countries have no choice and war might help financially; can we say we prefer these advantages alongside the consequence which holds grief tightly? Violence is still violence at the end of the day. In many situations, war is understandable, but never excusable. Nothing changes if you put more fire to the flame.

Overall, War is a conflicting state which many suffered through. Though there might be positives to war and its aftereffects, it still remains a violent deceleration. It is very much expected that war will always occur and never vanish as conflict is part of human nature. However, by building a community that discourages violent debate, and brings diversity to the table, more understanding will coat the community.

**Brain Teaser:**

An old man lives alone in a house. Because of his age, he is not able to move comfortably and hence most of the things used to be delivered to his home. On Friday, while delivering the mail, the postman felt something suspicious in the house and tried to look inside through the keyhole and saw the old man's blood-filled body. The police arrived at the scene. He found two bottles of warm milk outside the house, a Tuesday newspaper, some unopened mail, and some gifts. The police wasted no time to find the murderer. Who killed the old man?



**Find the Candy**

g q q x e o d a y r a g p z o  
 u h e r s h e y s b p e l u f  
 m o u w w q w m j c w s w s j  
 m z l m z o n h d h w f y k q  
 i o t a l b c j c o v u z i l  
 e d j l i e a k o c p n z t w  
 s j x t c h n t t o o z l t k  
 m e i e o c d m t l p m o l n  
 c l a e i r c a n t o i l s a  
 t y v r c a a i c e c q i m r  
 p g e s e m n v a e k c p x w  
 w e o x k e e p n w s e o p o  
 w m y u r l e j d x g t p o r  
 a c c c e x c c y w e z j w e

cottoncandy	chocolate	candycane	maltesers
licorice	skittles	poprocks	hersheys
caramel	lollipop	gummies	jelly

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