

Welcome to the Newsletter!

Welcome to the first edition of The BESt Family News! We are excited to present to you a collection of information articles, stories, interesting facts, jokes and ideas on how to enjoy your time at BES.

Every month we will be producing an edition of The BESt Family News. We hope it will be entertaining and helpful for all the students at BES.

Our writers have been meeting every Wednesday to prepare their writing and discuss ideas for future editions. They are your classmates and they look forward to hearing about how much you enjoyed reading their contributions.

You can also become a writer, just join us on Wednesday second break in the hall or library.



Year 8 answer a question from Mrs Sahar.

The Fundraiser

By Dana B. Year 7

On Thursday 9th of December, there was a school fundraiser where you could donate clothes, toys, storable foods and money. Another activity which happened was that each class had to wear a different color (Year 7 – Blue Year 8 – Red Year 9 – Green Year 10 – White Year 11 – Orange and Year 12 – Black). All the food, money, clothes and toys were donated. You will still be able to do donate after that day because the boxes to put the donations will be open all year round and will be emptied periodically. The boxes are located upstairs, so the students' can put in the donations on their way down to have a break. All of this is to give needy people things they need to live well this winter because all people deserve to have a good life. All of this was organized by the year 12s.



Mr Walid signs our message board for the fundraiser.

The 'Can You Think It?' Competition

By Madani Year 7

This little story is how I felt before and after the school competition.

It was a week before the competition. I was nervous. I thought that because we are Year 7, we couldn't even win the first round, which was Year 7 and Year 8 against each other. I couldn't sleep during the weekend because we, the Year 7, are the youngest people in the whole European School and our intelligence isn't like the Year 12s.

The same week as the competition:

It was only one day until the competition. During school I couldn't get it off my mind. I was also picked without me agreeing, so it was a sudden surprise for me. My friends were worried about me over thinking it, but I told them it's okay.

The same day as the competition:

I woke up feeling really excited. I brushed my teeth and got ready to go to school. While in the car, my brother and I were talking about how I was feeling and he said the sweetest thing, he said "Even though I am going against you. I really wish you the best of luck." Just that sentence made my day.

During the competition:

The Year 8 were talking to us before we started, it was a normal conversation. Then the Year 8 girls, who were competing came up to us, started saying "Oh Year 7 are against us HAHAHHA." Then there was silence.

The Competition:

It was time to get questioned. First question was for Year 8 and they got it wrong. Second question was for Year 7 and we got it right. The third question was for Year 8 and they got it wrong. Soon enough we got our last question and we had one minute to try to find out the answer. We got it right! Our results were 100 out of 100, and the Year 8 were 66 out of 100. When we got up some teachers came up to us and told us they weren't expecting that we would get all the questions right and beat the Year 8. After everyone left, the Science teachers came up to us and said, "On Sunday is the finals you are going up against two other classes. So Good Luck!"

After the competition:

It was home time, I told my brother I won and he said, "Oh My God! I knew you could do it." I thanked him. The two other teams turned out to be Year 10 and Year 11. I was going against my brother in the finals!

Firas's Dad Jokes:

Why is the beach perfect for picnics?
Because of all of the sand which is there.

Why can't a leopard hide? Because he is
always spotted.

Bullying – What is it and what can you do?

By Jumana Year 7

There are so many kinds of bullying, like physical bullying, verbal bullying, social bullying and cyber bullying.

Bullying is a very bad thing, it can lead people to depression or worse. That's why we have to think before saying or doing anything. Just imagine if you were treated like this. It isn't cool or fun, if we start bullying, we wouldn't become a successful community.

Stop bullying, it hurts others. If you bully people, people who are getting bullied might become a bully.

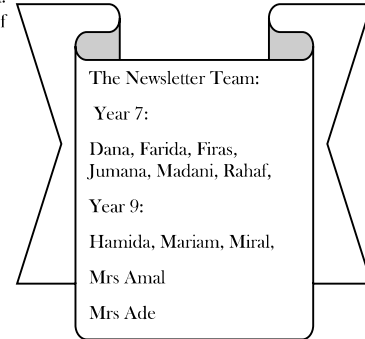
Some people are getting bullied and suffer in silence. It can make people who are bullied have an erosion of confidence and self-esteem, feelings of frustration, anger, sadness,

loneliness, inability to concentrate at school/work, not wanting to go anywhere, staying offline and distrustful of others.

If you are a bully, just know that you are going to face consequences, that's why there is karma. For the others, please stand for them, and if you're getting bullied:

1. Don't let anything get to you
2. Tell someone you trust
3. Keep a record of what's happening
4. Don't retaliate
5. Surround yourself with people who make you feel good
6. Don't blame yourself it's not your fault
7. Be proud of who you are

And last thing, just remember you are not just going to meet bad people in your life, there are many people who will help you.



Lets think about healthy food choices. Like they say: 'You are what you eat!'
 Drawn by our artist Rahaf (Year 7)

Winter Break!!!

By Farida and Jumana Year 7

It's the Winter Break (finally). Who's excited?! Here are some fun activities to do if you are bored!!!

- You can create a home cinema
- Go shopping
- Go swimming
- Go horse riding
- Do a jigsaw
- Create a puppet show
- Go for a picnic
- Play
- Go geocaching

- Do some gardening
- Go on a bike ride
- Make an indoor obstacle course
- Visit a farm
- Visit a museum
- Create your own treasure hunt

Do whatever you like, whenever you like, in the holidays!!!

Yeah, I know you would rather watch youTube, Tiktoks, stalk your friends on Instagram, or be more socially active; but these are more fun and physically active.

True or False Trivia

1. In the book 'Great Expectations' Pip is a rich lad.
2. The highest recorded IQ is 200.
3. Mass changes on the moon.
4. Grace Hopper developed the first computer language.
5. BES was founded in 1999.
6. The Newsletter club is an after-school activity.

Submit your answers to Miral (Year 9) and get featured in the next newsletter.

