



# AGBS NEWS

December 2023

## KUWAIT IS MOURNING THE EMIR



Sheikh Nawaf Al-Ahmad Al-Jaber Al- Sabah passed away.

### ANNUAL BOOK FAIR



It's already a big tradition in AGBS. We held our Annual Book Fair where a vast variety of books were displayed for the students' avid readers.

### AGBS SCIENCE FAIR



Check our very successful Science Fair. What an amazing event!

### TREE PLANTING

We honored our commitment for a greener Kuwait.



**OBESITY AND UNHEALTHY FOOD: A PROBLEM OF THIS CENTURY.**



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# MESSAGE OF NEW YEAR



**Mr. Ahmed Barakat - Board Advisor**

Dear AGBS Community,

As we are welcoming the New Year of 2024, I would like to express my heartfelt wishes to our wonderful school community.

The beginning of a new year symbolizes a fresh start: a blank canvas upon which we have the opportunity to paint a picture of growth, achievement, and success.

Dear Students, I encourage you to approach the new year with a sense of curiosity and a commitment to learning. Your potential is boundless, and I have no doubt that you will continue to achieve great things both inside and outside the classroom. May the coming year be filled with joy, laughter, and exciting learning experiences you.

Parents, your support is invaluable. As we navigate the challenges and celebrate the successes that the new year may bring, I am confident that our collaborative efforts will create an environment where our students can thrive.

To our dedicated staff, thank you for your unwavering commitment to our students' success. Your passion for education and your tireless efforts do not go unnoticed. You play a pivotal role in shaping the future of our students, and I am grateful for the impact you make every day. Thank you for being a vital part of our school family. Your commitment and involvement make our community special.

Together, we will all continue to build a community that values education, fosters resilience, and inspires excellence.

As we bid farewell to 2023 and welcome 2024, I want to extend my warmest wishes to each and every one of you. Together, let's make 2024 a year of continued success and positive memories.

Wishing you and your loved ones a fantastic New Year!

# Kuwait is mourning the passing of Sheikh Nawaf

*We belong to Allah and to Him we shall return*

by Editorial Team - Grade 10A



Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah was 86 years old when he passed away on the 16th of December.

On the 29th of September 2020, Sheikh Nawaf was announced as Emir of Kuwait during a meeting of the National Assembly. He succeeded his half brother, Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah. He was the son of the tenth ruler of Kuwait, Sheikh Ahmad Al-Jaber Al-Sabah.

Sheikh Nawaf was one of the most senior members of the House of Sabah.

He was Minister of Interior, Minister of Defense and on 16th 1994 he was appointed Deputy Chief of the National Guard, holding the post until 2003, when he became first Deputy Prime Minister of Kuwait by Amiri Decree.

He played an important role to support national unity among the Cooperation Council for the Gulf and Arab countries.

## Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah is the new Emir

Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah is the 3rd ruler of Kuwait in just over 3 years. He succeeded his half brother Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah and previously his half brother Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah.

On 13 April 2004, then-Emir Jaber Al-Ahmad Al-Jaber Al-Sabah named Sheikh Mishal as a minister-level deputy chief of the Kuwait National Guard (KNG), The deputy chief is one of Kuwait's most powerful interior defense positions, and Sheikh Mishal was the most powerful man in the agency, At the KNG, Sheikh Mishal led a reform of the agency and crackdown on corruption. He stepped down from his position at the KNG in 2020 upon nomination as Crown Prince.

Shortly after his half-brother Sheikh Sabah became Emir in 2006, Sheikh Mishal was considered one of the top three decision-makers in the Al-Sabah ruling family.



**"I swear by Almighty Allah to respect the Constitution and the Laws of the State, to defend the liberties, interests and properties of the people and to safeguard the independence and territorial integrity of the country."**



# Igniting Curiosity and Creativity: the wonders of

# AGBS SCIENCE FAIR

by Science Department - Ms. Maram Ahmed and Editorial Team

On December 13th, we held our Science Fair. It was an amazing event.

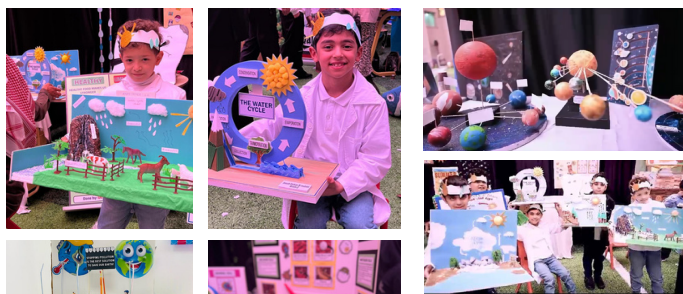
AGBS Science Fair is more than an event on the academic calendar; it's a celebration of curiosity, exploration, and the boundless potential of young minds.

The Science Fair serves as a launchpad for future scientists, engineers, and innovators. It ignites a passion for discovery, nurtures a love for learning, and lays the foundation for a future generation eager to tackle the world's scientific challenges.

The school community was buzzing with excitement as students eagerly prepared for the Science Fair. This dynamic and educational occasion provided a platform for the students to showcase their scientific ingenuity, curiosity, and creativity.

AGBS Science Fair is not just an exhibition of experiments; it's a celebration of the scientific spirit that propels the next generation toward discovery and innovation.

The Science Fair began with students knowing the topics from biology, physics, and chemistry to environmental science, the range of subjects is as vast. Many topics were chosen for Elementary school such as "Four Seasons", "Animal Habitat", "Recycling", "Water Cycle", "Healthy and Unhealthy Food", etc.

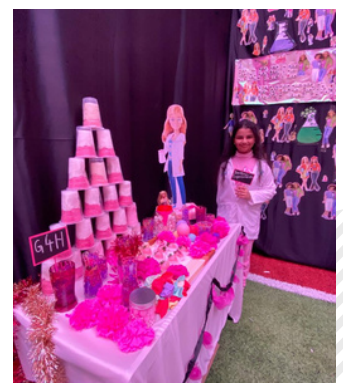


Elementary School students showing their beautiful projects. Everyone worked really hard!

What truly made these projects beautiful was not just the visual appeal, but the passion and dedication invested by the students which excitement transformed the science fair into a celebration of curiosity and knowledge.



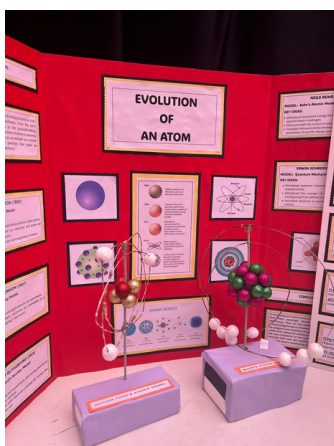
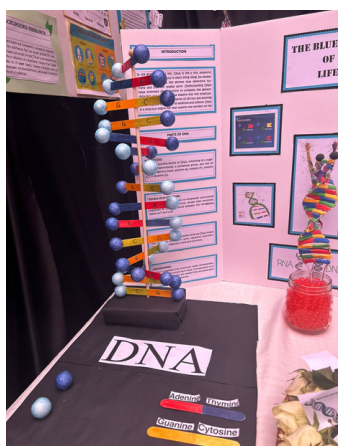
Solar system and planets were one of the topics for Elementary School students.





For Middle and High school students, the topics were more challenging as we wanted the students to be creative and to use innovative ideas to enhance the knowledge of science. Their topics were about “Electricity”, “The Archimedes' screw”, “Density”, “How to protect your skeletal and respiratory system”, “Radiation”, “Atom”, “Blood composition”, etc.

Armed with chosen topics, students’ groups started the research for their projects and presented it with the help of experiments, brochures, projectors, among other materials. Teachers and mentors played a pivotal role in guiding students through the process, fostering an environment that encouraged intellectual growth.



One of the highlights of the Science Fair was the hands-on experimentation phase. Students transformed the exhibition into makeshift laboratories, conducting live experiments. Whether it was a chemical reaction, a physics experiment, or a biological process, these interactive presentations engaged visitors and offered a firsthand experience of scientific concepts.



Grade 11H brought a robot which they programmed through an application to move in a certain direction or to do what they wanted it to do. Moreover, the robot had “emotions”. If someone pet it, it would start to giggle and laugh, but if you touch its ear, it would act irritated and ask you to stop. Finally, it also had sensors, so if you stood on its way, either it would move around or ask you to move. How cool is that?



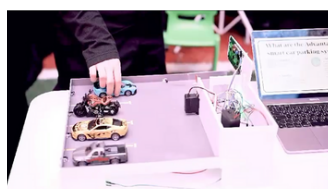


Some students found themselves in the spotlight, as they were interviewed by a local news station about their science projects. They shared their discoveries and experiments, with enthusiasm and knowledge. The interviews not only celebrated the students' achievements but also highlighted the importance of encouraging and recognizing scientific curiosity among the young generations.



Throughout AGBS Science Fair, the company “Real Science” held a fantastic show performing interesting experiments with the students’ participation. Above all, they showed the students that learning can be really fun! Kudos to our little scientists that were so eager to learn new things.

Teachers and mentors played a pivotal role in guiding students through the process, fostering an environment that encouraged intellectual growth.



Finally, AGBS Science Department really appreciates the efforts from the teachers, students, parents and above of all, the support from the school administration. All the school community was involved, and we can say that AGBS Science Fair was a huge success!

We had so many more projects to show in this newspaper but unfortunately, we can just have a small selection. Nevertheless, we want to emphasize that each project was really amazing.





### by Editorial Team - Grade 10A

Our school recently hosted a Book Fair that captured the hearts and imaginations of the students and teachers alike. There was an extensive and diverse selection of books that lined the shelves and students reveled in the opportunity to explore new titles, and discovering literary gems that would become cherished companions on their reading journeys.

The enthusiasm and active participation of the school community played an important role in creating an atmosphere that celebrated the joy of reading and the importance of fostering a culture of literacy within our school.

As the Book Fair ended, it left a tangible sense of literary passion and excitement, fostering a community of readers who appreciate the diverse and enriching world of books.

The success of the event was measured in the spark of curiosity ignited in every attendee.

Until next school year! Meanwhile, you can always find your favorite book in our Library.



The Book Fair not only provided an opportunity to expand students' literary horizons but also fostered a sense of community around the shared passion for books. Thank you AGBS for creating such an enriching and inspiring environment!

Witnessing students actively engaging with books at the Book Fair was an absolute delight! The enthusiasm and curiosity radiating from each student as they explored the literary offerings showcased the incredible power of books to captivate young minds.





# Seeds of Change: Elementary Students Went for Tree Planting

by Editorial Team - Grade 10A

Students from the Elementary stage embarked on a field trip to Riggae to participate in tree planting event, organized by AGBS with the collaboration of "Greenhands", an environmental organization.

Our journey started with a sense of anticipation as we left the familiar confines of the classroom and headed to Riggae. The air was filled with excitement and the promise of contributing to a greener, more sustainable future. As we arrived at our destination, a sea of plants (previously bought by AGBS) awaited, each one representing a small but significant step towards a healthier planet.



Our little army was enthusiastic to start. When we got there, vests and tools were distributed and a brief speech and explanation about our contribution towards a greener Kuwait was presented under a 70 years old Sidra tree. The students were paying good attention to what was being said.

This school trip transcended the traditional boundaries of education, offering our little ones a hands-on experience that connected them with nature and instilled a sense of responsibility towards the environment, leaving an indelible mark on the hearts and minds of every student who participated.

As we returned to our classrooms, the lessons learned amidst the trees continued to grow, inspiring a generation of eco-conscious individuals ready to make a positive impact on the world.



The land was ready to receive the plants, proper holes and an irrigation system was already set up. AGBS students then planted over 1000 plants in an area adjacent to Al Sidra Hospital, creating what was called a "sensorial garden".



Finally, all students got a signed certificate stating their commitment to protect all the green areas of Kuwait.







# The Impact of Healthy Food Choices in the Battle Against Obesity

by Rayan Talal - Grade 11 H

In a world where fast-food options and sugary snacks abound, the battle against obesity is more critical than ever. The choices we make about the food we consume have a profound impact on our overall health. This article explores the significant role that healthy food plays in the fight against obesity and the promotion of well-being within our school community.

Obesity, characterized by an excess of body fat, has become a global health concern. Sedentary lifestyles, coupled with poor dietary choices, contribute to the increasing prevalence of obesity among both adults and children.

Unhealthy eating habits, marked by the consumption of high-calorie, low-nutrient foods, play a central role in the development of obesity. Processed snacks, sugary beverages, and fast-food options contribute to excess calorie intake, leading to weight gain.

Choosing nutrient-dense foods is a key strategy in combating obesity. Fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential vitamins, minerals, and fiber, contributing to overall well-being while helping to maintain a healthy weight.

Integrating educational programs within the school curriculum that emphasize the connection between healthy eating and obesity prevention is vital. Students should be equipped with the knowledge to make informed choices about their diet and lifestyle.

While diet is a key factor, incorporating regular physical activity is essential. Physical education classes, extracurricular sports, and active breaks during the school day contribute to a comprehensive approach to combating obesity.

The battle against obesity begins with the choices we make about the food we consume. By promoting healthy eating habits within our school community, we not only address the immediate health concerns associated with obesity but also empower students to make choices that will positively impact their long-term well-being.

Through education and a commitment to fostering a culture of wellness, our school can play a pivotal role in shaping healthier and happier lives for our students.

# KINDERGARTEN ACTIVITIES

by KG Department - Ms. Adela Stankova

## HEALTH DAY

Health Day was celebrated by the students of class KG on December 12th, 2023.

As a part of the special activity an interactive session was organized, where the teachers addressed the students and made them aware about good health and emphasized on good eating habits, washing hands before and after eating food, brushing the teeth twice a day, performing physical exercises, and playing sports. A moral story about healthy food, was narrated to the students by the teachers.

After the children indulged in a takeaway activity on the theme "Eat Healthy and Stay Healthy".

The day was indeed enlightening as it touched upon significant issues of good health and well-being.



The KG Department would like to wish all our students a happy vacation. We hope you enjoy it!



## ENGINEER DAY

On Tuesday, December 26th, KG had Engineer Day!

During the activity, our young learners participated in fun "game activities."

In the Science Lab, students had the chance of building the "Marshmallow Tower", the "Bubble Machine", the "Simple Machines" and the useful equipment for summer, a "Fan".

Students also had the opportunity of learning new things from the engineers.

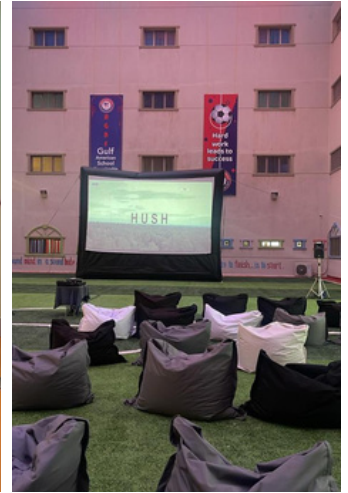






# Movie Night

by Editorial Team - Grade 10A



Grade 12H organized a Movie Night at AGBS. The movie was “Hush”, a movie about a deaf-mute horror author named Maddie Young who lives alone in an isolated cottage in the woods. One night, a terrifying mask-wearing attacker breaks into her haven, turning her calm existence into a nightmare. The movie also features Freddy 'the Hush' Burnett, a hit-man hired by a shadow criminal organization known as the Four Horsemen to eliminate and deliver the corpse of a corrupt Judge.

It was scary, but we were seating comfortably and eating popcorn so, in the end, all went well!

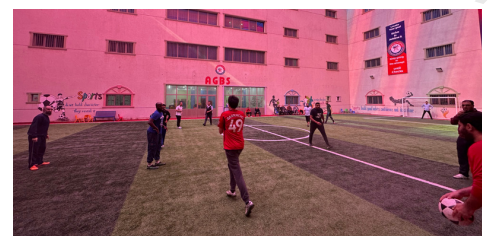


## AGBS IS NOT ONLY WORK: IT'S REALLY A COMMUNITY.

by Ms. Maria Almeida - Elementary School VP

In a refreshing departure from the traditional classroom setting, our school recently witnessed a vibrant display of teamwork and camaraderie, as teachers traded textbooks for sports gear in a spirited team-building and healthy competition.

Every Thursday after classes, the playing fields of AGBS are transformed into tournaments of football and volleyball, where teachers have their moment of relaxation in a spirit of friendship with their peers. Laughter, injuries, discussions, and specially a lot of fun, wrap up a week of hard work.



# MICROSOFT TEAMS: A POWERFUL COMMUNICATION TOOL

by IT Department - Mr. Ahmed AISayed

AGBS emphasizes the importance of effective communication between students and teachers. For this reason, the school provides students and teachers with access to Microsoft Teams.

Microsoft Teams is a modern and powerful communication tool for both students and teachers that can help to communicate and collaborate more effectively.

By learning how to use Microsoft Teams, you can take advantage of all the features it offers.

## Activation and Usage Steps

To activate Microsoft Teams, follow these steps:

- Go to the Microsoft Teams website.
- Click "Sign in."
- Enter your username and password.
- If you do not have a Microsoft Teams account, you can create a new one by following the instructions on the website.
- Once you are signed in, you will be able to access all of Microsoft Teams' features.

## Here are some tips for using Microsoft Teams:

- Use channels to organize your communications. Channels allow you to create dedicated spaces for discussions and projects.
- Use chat for quick communication. You can use chat to exchange text messages, images, and videos.
- Use "Meetings" to hold online meetings. You can use "Meetings" to share presentations, images, and videos with others.



## Using Microsoft Teams for both Students and Teachers at the American Gulf Bilingual School:

**Students** can use Microsoft Teams to communicate with teachers and other students. They can use channels to discuss homework and research projects.

They can also use chat for quick meetings with teachers or friends.

**Teachers** can use Microsoft Teams to manage classrooms and collaborate with other teachers. They can use channels to create virtual classrooms and share content with students.

They can also use chat for quick meetings with students or other teachers.

### Important note:

Working with Teams in AGBS is extremely important, meaning that all teachers and students should have access to this tool. Therefore, all teachers and students should activate their Microsoft Teams accounts, so they can hold virtual meetings, discuss homework or projects.

If you need any help, you can always contact the IT Department.





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## AGENDA FOR JANUARY



AS USUAL, FINAL EXAMS WILL BE IN JANUARY. WE WISH AGBS STUDENTS

*best of*  
**LUCK**

... AND AN AMAZING VACATION!



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## THIS NEWSPAPER IS FOR YOU!

If you wish to collaborate with us, or if you would like to have your work published, just drop us an email at [newspaper@agbs.tech](mailto:newspaper@agbs.tech)

*you can read us in the School's Website*



EDITORIAL TEAM

Elective Class - Grade 10A

Contact us: [newspaper@agbs.tech](mailto:newspaper@agbs.tech)

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