

# AGBS NEWS



## AGBS CELEBRATED THE NATIONAL DAY

### KINDERGARTEN WINTER WONDERLAND



Our little ones had a "freezing day" in the Winter Wonderland Day at school.

### AWARD CEREMONY



275 Students were awarded for their excellency

### PREPARING THE HOLY MONTH OF RAMADAN



MUSLIMS AROUND THE WORLD WILL CELEBRATE THE HOLY MONTH OF RAMADAN.  
WHAT SHOULD WE AVOID EATING AFTER FASTING?



### Content:

- AGBS Award Ceremony
- National Day Celebration
- Kuwait, my Kuwait
- Elementary Proud of Kuwait
- Kindergarten Activities
- Preparing Ramadan
- What do you eat in Ramadan?
- Did you know...?
- Unveiling the Depths of AI
- Agenda for March



# AWARD CEREMONY



by Editorial Team

AGBS Award Ceremony was a shiny event. Over 270 students from Elementary to High School got their deserved School Award. One by one, the proud students stepped on to the stage to receive their certificates.

This traditional ceremony serves to recognize, honor, and celebrate the achievements and efforts of our students.

**Congratulations to all!**





# NATIONAL DAY CELEBRATION

## WHAT AN AMAZING DAY!

by Editorial Team



A theatrical presentation showcased Sheikh Abdullah Al-Salem “signing” the independence and introducing Kuwait’s Constitution.

There was also time for a recitation of a poem entitled “Kuwait, my Kuwait”.

Students dressed in national attires danced traditional dances, like the Ardha, perhaps the most iconic traditional dance, that symbolizes courage, valor, and tribal solidarity, reflecting Kuwait's proud Bedouin heritage.

The event proceeded with the Award Ceremony.



The National Day in AGBS was a vibrant and engaging celebration, honoring Kuwait's history through the rulers of Kuwait. This was the theme of our celebration.

The school was adorned with Kuwaiti flags, banners, and symbolic decorations, creating a festive atmosphere.

The event started with the National Anthem, followed by a recitation from the Holy Qur'an.

Then grade 12 students presented the life and achievements of all Kuwait's rulers from the Al-Sabah Dynasty through the time. On the screen behind them, the audience could visualize historical movies of the Kuwaiti leaders. They started with dynasty's founding father, Sheikh Sabah I bin Jaber to our current Emir, Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah.



**A word to Ms. Emily Edward, the person “behind the curtains”:**

**Thank you! It was an amazing event.**







# KUWAIT, MY KUWAIT



by Ms. Maria Almeida - Elementary School VP

Kuwait awakes with a sun's golden kiss,  
Where sands of time whisper tales you can't miss  
A land of beauty, where the desert meets the sea,  
A safe country, where people and dreams roam free.

Oh, Kuwait! Land of grace and pride,  
Where camels and horses are the best to ride,  
From ancient souks to towers touching skies,  
In the distance, the sound of an oud that cries.

Beneath the shade of palm trees' sway,  
Lies a land where cultures meet along its bay.  
From Bedouin traditions to modern delight,  
Kuwait's Sadu weaves are an amazing sight.

In every corner, stories and tales being unfold,  
Of bravery, resilience, and treasures of gold.  
Your youth is your treasure, their spirit remains free,  
Like Kuwait's falcons flying, a delightful scene to see.

In precious dhows, the men are thriving,  
Hunting for pearls, masters in diving.  
A flock of flamingos nesting in Sulaibikhat,  
From Fall to Spring, when it's time to depart.

From the shores of Fahaheel to Kuwait City's light,  
Your majesty shines, and the shining is so bright!  
From Ahmadi's wells to Jahra's ancient gate,  
Your sea and desert are on my skin, like fate.

Oh, Kuwait! To my heart you're an eternal song.  
Land of fairness, your people standing strong.  
The smell of the coffee pouring from a dallah,  
The rustle of disdashas and people saying Inshallah.

The scent of the bakhoor, the smooth prayer calls,  
The tall minarets, the beautiful mosques' walls.  
A pause for shay, a cozy diwaniya,  
The elder discussing matters of the Wataniya.

So, here's to Kuwait, may your legacy endure,  
You, the pearl of the Gulf, forever remain pure.  
May your spirit fly, forever free and true,  
Kuwait, my beloved, today, I celebrate you!

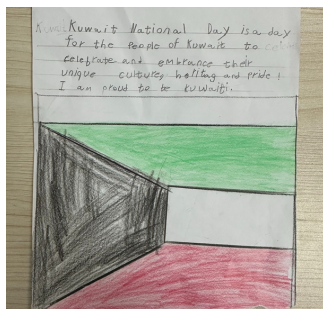
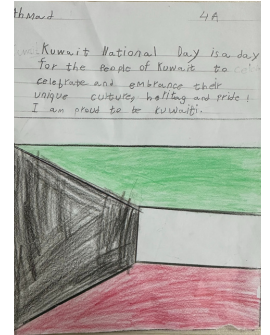
And to the wind I will scream, O' the land of the free,  
Kuwait, my Kuwait, there's no other place, I'd rather  
be.



# Celebrating Kuwait: Elementary Students showed their love to the country

by Editorial Team

In ACBS, Kuwait National Day is the time to commemorate the history and achievements of the nation through music, dances, and colorful displays. Students come together to honor their country's traditions and express their cultural pride with the spirit of patriotism. Most of the students came to school dressed in their traditional attire and they were so proud of wearing it.



National Day festivities provide a platform for students to showcase their talents and creativity through a variety of performances, like dancing, drawings, reading their texts, and singing the national anthem with a lot of enthusiasm. Activities like this promote a sense of patriotism and civic pride among students, encouraging them to actively participate in their nation's heritage and civic life. Through performances that honor national symbols and historical figures, students develop a deeper connection to their country's values and ideals. They are inspired to become responsible citizens who contribute positively to their country.

Thank you, Elementary teachers, for your efforts and commitment, as always.





# KINDERGARTEN ACTIVITIES

by KG Department - Ms. Adela Stankova

## WINTER WONDERLAND

AGBS KG had a fantastic Winter Wonderland Event on February 6th. The classes were transformed as Winter Wonderland with fairy lights, snowmen and snowflakes.

The excitement was palpable when the whole KG woke up to their very own Winter Wonderland on Tuesday morning. The children read all about The Gingerbread Man in their English Lesson and there were lots of beautiful adjectives to describe the wonderful weather we had. Students were wrapped up in warm clothes and braved the cold weather.



The KG Department would like to wish all our students and their families a very happy

Ramadan

## HALA FEBRUARY

AGBS always organizes an impressive event to celebrate Hala February, Kuwait's National and Liberation Days.

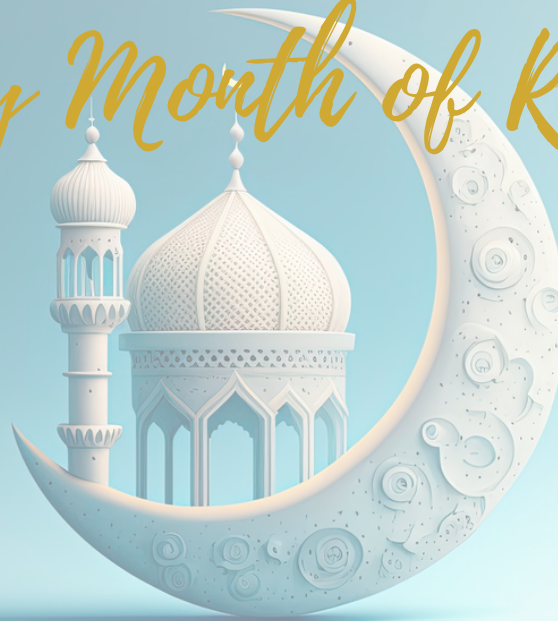
The celebrations took place amidst vibrant music and dance on February 21st. in the Kindergarten wing of AGBS.

The tiny tots came shimmering in the mesmerizing attires in Kuwait's quartet colors. The school came alive with their enthusiasm and festive mood. The Kindergarteners started off the day with an interactive session where the teachers informed and briefed the kids on the significance glorious days of Kuwait. The session intended to instill in the young minds, a feeling of love and respect for their motherland, 'Kuwait'. The vibrant celebration continued with colorful dance performances. Children danced to the tunes of Kuwait National Day songs which infused the spirit of joy and nationalism.





# The Holy Month of Ramadan



by Editorial Team

As the countdown for Ramadan already started, we, Muslims, prepare to embark on a sacred journey of self-discipline, spiritual reflection, and communal solidarity. Ramadan is a reminder that through shared humanity and collective acts of kindness, we can build bridges, foster understanding, and create a more compassionate and inclusive society.

The origins of Ramadan lie in the revelation of the Qur'an to Prophet Muhammad (Peace Be Upon Him) during this month. It is believed that in Ramadan, the gates of heaven are open, the gates of hell are closed, and the devils are chained. This sacred period is an opportunity for us to draw closer to Allah, deepen our spirituality, and seek forgiveness for past transgressions.

Preparing for the holy month of Ramadan has both spiritual and practical aspects:

- Reflect on your goals for spiritual growth, self-improvement, and increased devotion to worship.
- Renew your commitment to observing the rituals of fasting, prayer, and acts of charity with sincerity and dedication. At the heart of Ramadan is the practice of fasting (Sawm), one of the Five Pillars of Islam.
- Through fasting, we experience hunger and thirst, fostering empathy for the less fortunate and underscoring the importance of gratitude for life's blessings. It is a reminder of the privilege of having food and water readily available, prompting reflection on those who endure hunger daily due to poverty or injustice.

- Engage in repentance (Tawbah) and seek Allah's mercy and forgiveness. Use this opportunity to cleanse your heart and soul in preparation for the blessings of Ramadan.
- Ramadan is also a time for increased devotion to prayer (Salah) and recitation of the Qur'an. The Taraweeh prayers, allow us to engage in extended acts of worship and spiritual reflection. Ramadan also fosters a sense of communal unity through shared prayers, iftars and acts of charity.
- Enhance your knowledge of the Quran, Sunnah, and the virtues of fasting to enrich your spiritual experience during Ramadan.
- Adjust your sleep schedule. Sleeping 7-8 hours of sleep per night and taking short naps during the day will help you to maintain energy levels and improve focus during fasting hours.
- Engage in voluntary acts of charity such as feeding the hungry, assisting the needy, and supporting humanitarian causes throughout Ramadan.
- Strengthen bonds with family, friends, and neighbors by fostering a sense of community and solidarity.

**May the blessings of Ramadan illuminate our hearts and minds, and may we emerge spiritually rejuvenated and closer to Allah.**

**Ramadan Kareem!**





by Ms. Karen Sunga - AGBS Nurse

What you eat during Suhoor and Iftar plays a significant role in maintaining energy levels, sustaining health, and maximizing the spiritual benefits of fasting.

Breaking fast is a joyous occasion filled with anticipation, gratitude, and a sense of community. Choosing the right foods and beverages for Iftar is essential for maintaining health and vitality throughout Ramadan.

#### **What to eat and drink after fasting:**

Rehydrating the body is a top priority. Start by drinking plenty of water and consider hydrating beverages such as coconut water, fruit juices, laban, or herbal teas to restore balance, followed by hydrating foods like dates, watermelon, cucumber, and soups. Aim to drink at least 8-10 glasses of water between iftar and suhoor to stay adequately hydrated throughout the night.

Traditionally, Iftar begins with the consumption of dates, following the example of Prophet Muhammad (PBUH). Dates are rich in natural sugars, fiber, and essential nutrients, making them an ideal choice to restore energy levels.

The main meal should include a variety of food groups such as lean proteins, whole grains, healthy fats, and plenty of fruits and vegetables.

Choose foods that provide sustained energy and promote satiety, such as grilled chicken, fish, lentils, beans, brown rice, quinoa, whole wheat bread, avocado, nuts, seeds, olive oil, or fatty fish like salmon. Fresh salads, roasted vegetables, and fruit are never too many in a balanced diet. If you like soup, opt for homemade soup packed with vegetables, legumes, and proteins.

No Iftar is complete without a sweet treat to celebrate the occasion. Moderation is the key word. Choose healthier dessert options that provide sweetness without excessive sugar or calories, like fruit salad, yogurt with nuts and honey, or date pudding.

Note: Practice portion control and avoid overeating to prevent digestive discomfort and weight gain. Eat slowly and chew your food thoroughly.

#### **What to avoid eating:**

Avoid consumption of sugary foods and beverages such as candies, pastries, soft drinks, and sweetened juices. These foods can cause rapid spikes and crashes in blood sugar levels, leading to energy fluctuations and cravings.

Limit consumption of caffeinated drinks such as coffee, tea, and energy drinks, especially during Suhoor. Caffeine can cause dehydration and affect the sleep, leading to fatigue.

Breaking fast with heavy, fried, or spicy foods can strain the digestive system and lead to digestive issues such as bloating, gas, and heartburn. Instead, choose lighter, easily digestible options that are gentle on the stomach.

Minimize intake of fried and greasy foods. These foods are high in unhealthy fats and calories, which can lead to weight gain and digestive discomfort.

Avoid processed and junk foods high in refined carbohydrates, unhealthy fats, and additives. These foods offer little nutritional value and can contribute to inflammation, bloating, and fatigue.

**Happy Ramadan! Ramadan Kareem!**



# did you know?

## by Islamic Department

- that Surah Al-Rahman is nicknamed the "Bride of the Quran" because it contains a treatment of the fundamentals of faith?
- that the Sheikh of the Messengers is Noah (peace be upon him)?
- that our Prophet Muhammad (peace be upon him) died at the age of 63?
- that the only prophet who was believed by all of his people was Jonah (peace be upon him), who was a prophet to the Assyrians?
- that the prophet who fought in the way of Allah before our Prophet Muhammad was Idris (peace be upon him)?
- that the noble companion whom the angels are shy of is Uthman ibn Affan (may Allah be pleased with him)?
- that Asiya, the wife of Pharaoh, is one of the ladies of Paradise?
- that the first person to call the adhan in Islam was Bilal ibn Rabah?
- that no one has yet entered Paradise, and the first to knock on Paradise on the Day of Judgment will be the Prophet Muhammad (peace be upon him)?
- that the first caller to Islam was Musab ibn Umayr (may Allah be pleased with him)?
- that the first prayer that the Prophet (peace be upon him) performed was the noon prayer?
- that the first thing that a person will be asked about on the Day of Judgment is the prayer?
- that the first person to convert to Islam from the Persians was Salman the Persian?
- that the place where Abraham (peace be upon him) was buried is the city of Hebron in Palestine?
- that the first person to write down the Hijri calendar was Umar ibn al-Khattab (may Allah be pleased with him)?
- that Ayat al-Kursi is the greatest verse in the Quran?
- that the period between the prophethood of Noah and the prophethood of Adam is ten centuries?
- that the first child born to the emigrants in Medina was Abdullah ibn Zubair, the son of Dhat an-Nitaqayn Asma bint Abi Bakr (may Allah be pleased with her)?
- that the first person to be called the Mother of the Poor was the Mother of the Believers, Sayyida Zainab bint Jahsh, the wife of the Messenger (peace be upon him)?
- that Eve was named so because she was created from a living being, namely Adam?
- that the Prophet Musa (peace be upon him) is mentioned in the Quran 131 times?
- that our Prophet Muhammad (peace be upon him) is mentioned in the Quran four times?
- that the number of years between Noah and Korah is ten centuries?
- that the number of years that Noah called his people to Allah was 950 years?
- that Abraham (peace be upon him) was born in the city of Bayl in Iraq?
- that the title "Father of the Prophets" was given to Abraham (peace be upon him)?
- that Abraham was buried in Hebron in Palestine?
- that Madyan is the land where the people of Shu'ayb (peace be upon him) lived?
- that the people of the thicket are the people of Madyan?
- that the number of prophets and messengers mentioned in the Quran is 25?
- that the companion who was called the Messenger of Allah's Messenger (peace be upon him) was Amr ibn Umayya al-Damri (may Allah be pleased with him)?
- that the number of surahs in the Quran is 114?
- that the number of Meccan surahs in the Quran is 82?
- that the number of Madinan surahs in the Quran is 20?



# EVOLUTIONARY JOURNEY OF ARTIFICIAL INTELLIGENCE: UNVEILING THE DEPTHS



by IT Department - Mr. Ahmed AISayed

## Introduction:

The realm of Artificial Intelligence (AI) stands as a testament to humanity's relentless pursuit of innovation and progress. From the rudimentary algorithms of the past to the intricate neural networks of the present, AI has traversed a remarkable evolutionary path, redefining the boundaries of what machines can achieve. In this article, we embark on a journey through the annals of AI development, delving into its various stages and elucidating the intricate tapestry of technologies that constitute its fabric.

- **The Dawn of Artificial Intelligence:**

The genesis of AI can be traced back to the post-war era, where pioneers like Alan Turing laid the groundwork for computational thinking and machine intelligence. Early AI systems, characterized by symbolic reasoning and logical inference, heralded a new era of computational problem-solving. However, the quest for truly autonomous and adaptive systems remained elusive, prompting researchers to explore novel paradigms and methodologies.

- **Emergence of Machine Learning:**

A pivotal moment in AI's evolution came with the advent of machine learning, a subfield focused on enabling systems to learn from data and improve their performance over time. From classic algorithms like linear regression to more sophisticated techniques such as decision trees and support vector machines, machine learning provided a framework for encoding knowledge and extracting patterns from complex datasets.

- **The Rise of Deep Learning:**

The ascent of deep learning represents a watershed moment in AI history, catalyzed by advances in computational power and algorithmic innovation.

Inspired by the structure and function of the human brain, deep neural networks revolutionized the field, enabling machines to autonomously learn hierarchical representations of data. From image recognition and natural language processing to autonomous driving, deep learning algorithms have propelled AI into realms once deemed unimaginable.

- **From Narrow to General Intelligence:**

While AI systems have made remarkable strides in mastering narrow domains, the quest for general intelligence – the ability to understand, learn, and adapt across diverse tasks and contexts – remains the holy grail of AI research. Recent efforts in the pursuit of Artificial General Intelligence (AGI) have led to the development of more holistic and versatile systems, albeit with significant challenges and ethical considerations.

- **Ethical Implications and Societal Impact:**

As AI technologies continue to permeate every facet of our lives, questions surrounding ethics, accountability, and societal impact have come to the forefront. Issues such as algorithmic bias, privacy infringement, and job displacement necessitate careful consideration and proactive measures to ensure that AI serves the collective good and upholds fundamental human values.

## Conclusion:

The evolutionary journey of Artificial Intelligence is a testament to human ingenuity and perseverance. From humble beginnings to the brink of transformative breakthroughs, AI has transcended barriers and unlocked new frontiers of possibility. As we stand on the cusp of a future shaped by intelligent machines, it is imperative that we navigate this landscape with wisdom, foresight, and a steadfast commitment to harnessing AI for the betterment of humanity. For in the depths of AI lies the promise of a brighter tomorrow, where innovation knows no bounds, and the human spirit soars ever higher.



# AGENDA FOR MARCH

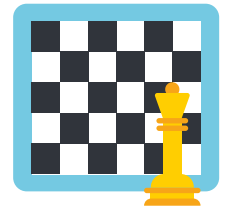
3RD QUARTER EXAMS  
WILL START ON THE  
17TH OF MARCH

**GOOD  
LUCK!**



KG AND ELEMENTARY  
SCHOOL WILL HAVE  
SPORTS DAY ON THE 5TH  
& 6TH OF MARCH.  
BRING HEALTHY SNACKS!!

IF YOU LIKE TO PLAY BOARD GAMES,  
BRING YOUR FAVORITE GAME WITH  
YOU TO PLAY WITH YOUR FRIENDS.  
THE "BOARD GAMES CLUB" IS OPEN  
DURING BOTH BREAK PERIODS.  
BE A MEMBER!



## KINDERGARTEN ACTIVITIES:

- 19TH - FAVORITE BOOK DAY
- 26TH - STEM DAY  
(SCIENCE TECHNOLOGY ENGINEERING MATH)



## 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 and Instagram*



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