

# the legacy

A I H e k m a I n t e r n a t i o n a l S c h o o l

## STRONG BODY, STRONG MIND: The Power of Physical Fitness

Physical fitness is important for our health, and it also plays a serious role in how our minds work. When we exercise regularly, we not only strengthen our bodies, but also increase our energy levels, help improve our mood and enhance our focus. This helps us think more clearly and be more creative. Taking care of our bodies through regular activity supports our mental strength and creativity, showing that a healthy body leads to a healthy mind.

Regular physical activity has many benefits that go beyond just keeping us healthy. For example, exercise increases blood flow to the brain, which helps improve memory and focus. When we engage in activities like running, swimming, or playing sports, we also develop important skills such as teamwork and discipline. These skills not only make us better athletes but also help us work well with others and stay committed to our goals. By making fitness a priority, we not only take care of our bodies but also set ourselves up for success in our studies and daily life.

Physical fitness is important for mental health because when we exercise regularly, we reduce feelings of anxiety and depression. This happens because working out makes our bodies release chemicals called endorphins, which are known as feel good hormones. These endorphins can lift our mood and make us feel happier. Plus, exercising is a great way to take a break from stress and clear our minds. Whether it's playing sports, going for a run, or just hitting the gym, staying active can help us feel more confident and better able to handle life's challenges. So, keeping fit isn't just good for our bodies, it's also super helpful for our minds.

In conclusion, physical fitness is essential for both our bodies and minds. It helps us stay healthy, boosts our mood, and reduces stress. By making exercise a regular part of our lives, we can improve our overall well-being and feel better every day.



Written by Samana Shams - GR.9A

# Students' Articles



# Learning of Tomorrow Today

## AI and Learning

In education, a new dawn breaks as Artificial Intelligence (AI) illuminates the path to a future where learning is personalized, engaging, and transformative. Like the sun, AI in education offers a beacon of hope, promising to revolutionize the way knowledge is imparted and acquired. With the transformative potential of AI in education, personalizing learning experiences and innovative teaching methodologies herald a new era of empowerment and engagement for learners.

AI's integration into education heralds a wave of benefits that are reshaping traditional teaching approaches. Through personalized learning paths, automated grading systems, and intelligent tutoring systems, AI adapts to the unique needs of individual students, fostering engagement and empowerment. AI technologies rise above conventional educational methods, presenting a vista of possibilities that cater to the diverse learning styles and preferences of both educators and learners.

However, alongside the promise of AI in education, a set of challenges looms, casting shadows on this transformative

landscape. Ethical considerations regarding data privacy, algorithmic bias, and transparency demand careful navigation to ensure that AI serves as a catalyst for equity and inclusivity in education. These challenges underscore the necessity for a thoughtful and collaborative approach to integrating AI technologies into educational practices.

In conclusion, the future of education with AI at its core holds immense potential to inspire, empower, and uplift learners across all age groups. Just as the beach embodies a tapestry of joy and bliss, AI technologies in education possess the capability to revolutionize the learning experience, establishing a landscape where knowledge is not only accessible but also personalized and enriching. By embracing the transformative power of AI, educators and students can embark on a collective journey towards a brighter, more inclusive future where the radiant sun of knowledge illuminates the path for all who seek to learn and grow.



*Illustrated by Hashim AlHashimy - GR.12B*



*Written by Al-Hanoof Ali - GR.12A*



**What does the future await?**

# CLIMATE CHANGE: Its Impact on Our Generation

Climate change is not just a distant threat; it is a pressing reality profoundly affecting our generation. Each year, 315,000 lives are lost, 10,967 species are impacted, and a staggering 750 billion tons of ice are melting due to rising global temperatures. These alarming statistics underscore the urgency of the situation, yet many remain unaware of how their daily actions contribute to this crisis. Understanding these effects is crucial for fostering a sense of responsibility and action among young people.

Awareness of how daily choices (like reducing plastic consumption or conserving energy) can impact the environment is essential. Witnessing real-world examples of environmental neglect, such as pollution in local parks, serves as a wake-up call. This understanding fosters a sense of responsibility and encourages individuals to adopt eco-friendly practices.

Research into sustainable solutions is equally important. Exploring the benefits of renewable energy sources, such as solar and wind power, reveals promising avenues for reducing carbon footprints. By advocating for sustainable

products and minimizing reliance on fossil fuels, our generation can drive significant change. Additionally, reducing food waste, a major contributor to greenhouse gas emissions, can further mitigate climate change impacts. Moreover, prioritizing sustainability in food consumption empowers individuals to make a difference.

In conclusion, climate change poses a challenge that demands urgent attention and action from our generation. By understanding its impacts and recognizing the power of individual choices, young people can become champions of sustainability. Each person has the ability to choose the legacy left on the world. Through education and collective action, it is possible to forge a path toward a healthier planet and a more equitable future. Together, a united effort can lead to meaningful change and a brighter tomorrow.



*Illustrated by Hashim AlHashimy - GR.12B*



*Written by Rodayna Deyaa - GR.11A*

If I Could Be a

# SUPERHERO

If I were a Superhero, I would be called "Super Owl". I would help the police to catch bad people by flying in the night, looking for bad people, since I have super eyesight. And also, I will help sick people buy medicine from faraway places which they can't go to, since I have strong big wings that can take me anywhere I want. I want to be a kind and helpful superhero.



SUPER OWL



*Illustrated by Hussain Ali Merza - GR.7C*



*Written by Taraf AlAnni - GR.2A*

# Mind Full or Mindful?



School can sometimes feel like a battlefield, but the biggest fight we face isn't with our textbooks—it's with our own minds. As we navigate throughout school, it's easy to feel overwhelmed. Between academic pressures and the uncertainty of the future, mental health often takes a back seat. But what if we made it a priority?

School might feel like a pressure cooker—constantly juggling grades, extracurriculars, and social life. Stress, anxiety, and depression can sneak in, leaving us struggling to keep up. Mental health struggles don't just stay with one person—they spread like ripples in a pond, touching friends, family, and even teachers. That's why building a supportive community where everyone can thrive isn't just important, it's a total game-changer for all of us!

If we treated mental health like physical health, things would be different. The stigma surrounding it keeps many

from speaking up, but by normalizing conversations, we can create a safe environment for everyone. Schools can hold workshops, host guest speakers, or even start mental health clubs. Just like study groups help with math, support groups can help with life.

Thankfully, schools are recognizing the importance of mental health support, with counselors, psychologists, and social workers becoming essential resources. Peer support is crucial too—sometimes talking to a friend can make all the difference.

Promoting mental health is also fun! Schools can organize events like "Mental Health Week" with yoga, mindfulness, and art therapy. Activities like these raise awareness and foster community.

Together, we can create a school environment where students feel valued and supported—because a healthy mind is the foundation for a bright future.



*Illustrated by Hussain Ali Merza - GR.7C*



*Written by Yasmeen Masalmeh - GR.12A*

# Digital Citizenship: Navigating an Increasingly Interconnected World

An ancient scroll found hidden in a land far away, protected and kept safe by a legion of monks, contains the description of an artifact sought after by kings, sultans, and emperors of old alike. The artifact was a stone tablet capable of sending and receiving messages or signals from anywhere in the world, whether you and your correspondent happened to be in Constantinople, Iberia, or Cipangu. It was also capable of creating highly sophisticated portraits in an instant that even the most talented of court artists could not dream of replicating. The scroll also described the stone tablet to be eerily smooth and compact in design, being able to fit in the palm of one's hand without any trouble, and containing a special stone that can detect whatever is in front of the stone and replicate it into a painting. While it might sound like what I just described is the introduction for an epic poem about an archetypal hero finding the stone tablet and slaying the dragon that guards it, the stone tablet is actually just a metaphor for the humble smartphone you might be reading this very article on. The ancient stone tablet is now accessible to everyone, for the low, low price of 25 BHD, and the ramifications of this are paramount. The average American adult spends 4 and a half hours on their phone daily, not counting the time spent online for work and leisure outside of their smartphone. Considering how digitized our world has become in such a short period of time, it is only natural that it'll take some effort to adjust to it all which is where the concept of Digital Citizenship comes in handy, reminding us that the infinite communication, documentation, and information the internet provides, needs to be handled with care and responsibility, lest you end up hurting others or yourself.

According to the definition provided by Karen Mossberger, one of the authors of "Digital Citizenship: The Internet, Society, and Participation", digital citizens are "those who use the internet regularly and effectively." In this sense, a digital citizen is someone who uses information technology to engage in society. As a digital citizen, you are rarely truly anonymous,

with any action you take leaving a footprint that could possibly be traced right back to you. As members of the first generation to grow up with the internet right at our fingertips, I am sure we can all remember times when we posted something regrettable, only for it to come back and haunt us later. As the internet got older, its methods of tracing things back to their source became a lot more sophisticated, with workplaces often doing routine inspections on the digital footprint of their employees, to make sure they have not said something that could damage the reputation of the company.

This responsibility goes beyond just making sure that you are kept safe from embarrassing posts. You can use the internet pretty easily for actively malicious purposes. With billions of people using the internet, it's not hard to find a few who are on the lower end of the bell curve that you can use for money, attention, or just plain sadistic entertainment. Now while it might be funny to laugh at the utter bottom feeder's endemic exclusively to the internet, we have to remember that cyberbullying ruins the fun for everyone else, and can often have disastrous real-world consequences. There are several cases of cyberbullying spilling out of cyberspace and into the real world of day-to-day people trying to get by. It's often advisable that you get your kicks from funny cat pictures instead of the misery of often very troubled people.

As the internet sinks its long gross tentacles deeper into our daily lives, we will soon see that our routines will become one with the internet, the line between cyberspace and reality blurring evermore. As we come to terms with this, we should be as careful and responsible in the cyber world as we are in the real world, ensuring we do not infringe on the carefully constructed personas we all need to navigate the hum-drum living of modernity.

"No matter where you go, everyone is connected."



Written by Humam AlFiras - GR.12A

# A Candle's Light

A simple change can be a tremendous one when put into another perspective. Many candles need to be enlightened by the fire we own, but some voices are never heard. Only lucky candles are the ones that are healed well by others. We should heal all candles no matter how they appear to us.

Sometimes, those candles do not only need flames, but they need to be put in a safe place. A place where they can feel like they could light and sparkle, a place where they could be as luminous as they could, a place where they can be merry. As long as we are enlightened, it is not too late to change someone's life for the better.

These candles that represent us, that flame that represents finance, and that place that represents emotions are all reality. They are not only metaphors and similes, but they are realities that happen to millions.

Many people, young or old, white or black, educated or not, have the right to be safe. They all have the right to feel happy, and they all have the right to have shelter.

We, as humans, can help all of them in such simple ways. Even if it was a simple smile that gives hope, even if it was a simple wish that would spread happiness, even if it was a simple financial help that would gift a future, it all could change someone's life for the better.



*If we light a lamp for  
somebody, it will also  
brighten our path*

Buddha



Written by Rodayna Deyaa - GR.11A

# Global Citizenship:

## Embracing Unity in a Connected World



In today's fast-paced, interconnected world, the concept of global citizenship has never been more relevant. With advancements in technology, communication, and travel, the world has become a global village where actions in one part of the world can have profound effects on others. But what does it mean to be a global citizen, and why is it important?

Global citizenship goes beyond national identity or cultural boundaries. It means recognizing that we are all part of a larger, interconnected community. A global citizen sees beyond their country's borders, acknowledging the shared responsibilities and rights that come with living on this planet. It involves understanding, respecting, and valuing diversity, while also advocating for the well-being of all people, regardless of where they come from.

One of the most crucial qualities of a global citizen is empathy. By putting ourselves in others' shoes, we can better understand different perspectives and experiences. This fosters respect, tolerance, and peace, bridging gaps between diverse cultures and communities. A global citizen is also open-minded, adaptable, and willing to learn from others, recognizing that every culture and individual has unique strengths and insights to offer.

Education plays a pivotal role in fostering global citizenship. Through learning, we can develop a deeper understanding of global issues such as climate change, poverty, inequality, and more. Schools, universities, and educational programs teach students about different cultures, perspectives, and histories, encouraging them to think critically and empathetically. This awareness empowers individuals to see themselves as part of a larger community and inspires them to take action for positive change.

One common question about global citizenship is whether small actions can make a difference. The answer is a resounding yes. Simple acts like reducing waste, conserving water, supporting fair trade, and recycling can collectively lead to significant environmental benefits. Social media allows individuals to spread awareness about global issues, creating a ripple effect that inspires others to take action. If global citizenship becomes a widespread trend, it can create a movement that drives substantial change.

Becoming a true global citizen isn't without its challenges. Prejudice, cultural misunderstandings, and fear of the unknown can create barriers. Advocating for human rights and equality might lead to backlash or criticism, but this can be overcome through education, dialogue, and an open-minded approach. By building bridges of understanding and empathy, global citizens can help break down these barriers and create a more inclusive world.

Global citizenship fosters a sense of unity and shared responsibility. In a world facing challenges like climate change, pandemics, and political instability, cooperation across borders is crucial. By thinking beyond national boundaries, we can work together to find solutions to these global issues. Embracing a global perspective helps us understand our interconnectedness and our role in creating a sustainable, peaceful, and equitable world.

Students have a unique opportunity to lead the way in promoting global citizenship. It starts with education—by reading books from diverse authors, watching films from different cultures, and engaging in discussions about global issues, students can broaden their understanding. Simple actions like supporting sustainable practices, being inclusive, and standing up against prejudice can make a big difference. With the rise of digital platforms, students can also use their voices to advocate for causes they believe in, from climate action to social justice.

Global citizenship is about more than just awareness; it's about action. It's about understanding that we all share this world and that our actions can make a positive impact. By fostering empathy, advocating for equality, and promoting sustainable practices, we can build a world where diversity is celebrated, and everyone is treated with respect and dignity. Together, as global citizens, we have the power to create a future where peace, understanding, and cooperation prevail.



*Written by Houraine Elbardakheny- GR.8B*

# Departments News





# رحلة في فكر ابن سينا



# علماء غيروا العالم!

في عالم مليء بالإبداع والتفاني يتألق طلبة مدرستنا في قسم اللغة العربية للمرحلة الابتدائية من خلال سلسلة فيديوهات فريدة تحت عنوان «علماء غيروا العالم»

يستعرضون فيها حياة وإنجازات علماء عرب وعالميين بأسلوب شيق ومشوق.

تابعونا في هذه الرحلة الممتعة والملهمة واكتشفوا معنا كيف أن هؤلاء الطلبة يروون قصص النجاح والتحدي التي قام بها هؤلاء العلماء الذين غيروا العالم بإبداعهم وتفانيهم.

انضموا إلينا في هذه السلسلة الرائعة لتتعلم سوياً ونستلهم من إرث هؤلاء العلماء العظماء.

# Wellbeing Blog

Wellbeing Blog





# Wellbeing,

## The Gateway to Happiness.

Well-being is the state of self-love, making those around you happy while you make yourself happy, and it is an important part of self-esteem. Essentially, well-being is like giving gifts on a birthday, which brings joy to everyone involved.

Well-being encourages people to be themselves and demonstrates how others should be treated in a mindful way. I have shown well-being in many different ways, from giving to others to helping people in need. Well-being has

improved my self-esteem and motivated me to persevere. It benefits everyone, providing motivation, promoting health, and enhancing mental well-being.

If you want to improve your well-being, you can adopt healthy habits, such as eating well and exercising. You can also be kind to others and work hard on what you love. With well-being, you can achieve anything; even if it takes time, it reflects your hard work and determination.



*Written and Illustrated by Hussain Ali Merza - GR.7C*

# Recharge Your Life:

## Simple Steps to Boost Health and Happiness

Feeling sluggish, stressed, or depressed? It might be time to focus on your health and wellbeing. Eating healthy foods like fruits, vegetables, and whole grains gives you the energy to power through your day.

Exercise isn't just for athletes. It's a great way to feel good, both physically and mentally. Find something you enjoy and get moving. Physical activity can help reduce stress, improve your mood, and even help you sleep better.

Getting enough sleep is crucial for your overall health. Aim for 8-10 hours of sleep each night. When you're well rested, you'll be more focused, alert, and less likely to get sick.

Strong relationships are like a safety net. Spending time with friends and family can help you feel happier and more supported. Don't be afraid to talk to someone you trust if you're feeling stressed, anxious, or down.

Even if your friends are feeling sad or stressed make sure that you can always comfort them and make them feel better just like they comfort you when you feel down.

Remember, small changes can make a big difference. Start by focusing on one or two healthy habits at a time. By taking care of yourself, you'll be better equipped to handle life's challenges and reach your full potential.



*Written by Fatima Abduljabbar Ahmed - GR.6A*



# The Power of Well-Being:

## A Path to a Balanced and Fulfilling Life

Well-being encompasses a holistic approach to health, integrating physical, mental, and emotional aspects of life. It involves maintaining a balanced lifestyle that promotes happiness and resilience. Physical well-being can be achieved through regular exercise, nutritious eating, and adequate sleep, which together enhance energy levels and overall health. Mental well-being is fostered by nurturing positive relationships, practicing mindfulness, and managing stress effectively. Engaging in hobbies and activities that bring joy can also significantly boost emotional health. Additionally, setting and pursuing personal goals contributes to a sense of purpose and fulfillment. Ultimately, prioritizing well-being not only improves individual quality of life but also fosters a supportive community where everyone can thrive.

By making small, consistent changes, such as incorporating daily physical activity or dedicating time for self-care, individuals can enhance their well-being and lead more satisfying lives.



*Written by Mayan Nemer - GR.6A*

Games

Games



# Crossword

## Cyber Security

Z A O T Y B F I R E W A L L Q  
 E N C R Y P T I O N S Z W L S  
 J S Z Z R N S I J O N V W W E  
 T P L J F C P J Q Y I L W I C  
 N O S P A M Y Z D M F P S L U  
 X O X Y P S W B O H F I Q Y R  
 H F D Q H W A K M C I M G U I  
 Q I A C I R R J A I N E O C T  
 T N D N S L E N I S G E S Z Y  
 C G W H H A G A N P K T Z G H  
 R F A F I W H A C K E R O Z E  
 I O R G N L C Y B E R H M L Y  
 M C E C G R N T W E R O B B U  
 E L L A W O R M K O E K I U S  
 Y Y C A V Z R N H M J E E S D

PHISHING

SNIFFING

ZOMBIE

ENCRYPTION

SPYWARE

FIREWALL

WORM

SECURITY

HACKER

SPOOFING

SPAM

CRIME

CYBER

ISP

ADWARE

DOMAIN

D S E F M H N R Z A V C X X  
 S U I X E O X W R O M V T T E  
 U B B O R E M L N R G C E C W  
 X T M H R E E B X C T N G R O I  
 E Z O R E K E C A H M I F A F R  
 H G Z L K P N V G V H H M G C  
 X Z S E G S I N E T S N D N L  
 L C O E N I V J R R I C V I O  
 I U G W I C M K V M H O D F H  
 R X O I E H O B M S P X X O X  
 U T S P E W D Z X W V S O N  
 C I M T I X O J P C F L T F L  
 E M M A N O J I S N R Z Z S J  
 S T M Z S N O I L P X R C N E  
 O T T V M E R I F B X L O V Z



Written by Omar AlMahmood - GR.11C

# Advice corner



**FAILURE**

**IS**

**SUCCESS**

**IF WE**

**LEARN**

**FROM**

**IT**

# Fail Forward: Turning Setbacks into Steppingstones for Success

Failure is often seen as something to avoid, but it's one of the most valuable experiences you can have. Every failure is an opportunity to learn, grow, and come back stronger.

Think of failure as feedback. It shows you what doesn't work, helping you refine your approach and try again with greater wisdom. Many of the world's most successful people, scientists, inventors, and leaders have failed countless times before achieving greatness.

Instead of fearing failure, embrace it. If you didn't do well on a test or a project, ask yourself the question, What can I learn from this? Use setbacks as motivation to improve, not as reasons to give up.

Remember, failure is not the opposite of success, it's part of the journey. By facing challenges with resilience and determination, you'll discover that every stumble is a step toward your goals.



*Written by Ali Nemer - GR.11A*

# The Crucial Role of Teamwork in Achieving Success

In an age where collaboration and interdependence are paramount, the importance of teamwork has never been more pronounced. From corporate environments to educational settings, the ability to work effectively within

a team is essential for achieving common goals. This essay explores the significance of teamwork, its myriad benefits, and strategies to cultivate a collaborative spirit.

## The Significance of Teamwork

The significance of teamwork can be seen across various domains. In corporate settings, for instance, teams are often tasked with complex projects that require diverse expertise. The ability to combine different viewpoints fosters creativity and innovation, leading to more effective

problem-solving. Similarly, in sports, teamwork is essential for success. Athletes must cooperate and communicate fluidly to achieve their objectives, demonstrating that collaboration is key to winning.

## Benefits of Teamwork

**1. Enhanced Problem Solving:** Teams bring together individuals with different skill sets and experiences. This diversity allows for a more comprehensive approach to problem-solving. When team members collaborate, they can brainstorm innovative solutions, challenge assumptions, and identify potential pitfalls.

**2. Increased Efficiency:** Teamwork often results in higher efficiency. By delegating tasks based on individual strengths, teams can complete projects more quickly and effectively. This division of labor allows members to focus on what they do best, thus maximizing productivity.

**3. Support and Motivation:** A strong team environment can significantly boost morale. Team members provide emotional support and encouragement, which can be crucial during challenging times. This sense of camaraderie fosters a positive atmosphere that motivates individuals to perform at their best.

**4. Skill Development:** Working in a team provides opportunities for learning and growth. Team members can share knowledge and skills, which enhances the overall competence of the group. This collaborative learning environment is particularly beneficial in educational settings, where students can learn from each other's strengths.

**5. Accountability:** Teamwork fosters a sense of accountability. When individuals are part of a team, they are more likely to take ownership of their responsibilities. This accountability not only drives performance but also encourages individuals to contribute actively to the team's success.



## Cultivating Effective Teamwork

To harness the benefits of teamwork, organizations and groups must actively cultivate an environment conducive to collaboration. Here are several strategies to develop effective teamwork:

**1. Set Clear Goals:** Establishing clear, shared objectives is crucial. Team members must understand the overall goals and their specific roles in achieving them. Clarity fosters alignment and focus.

**2. Encourage Open Communication:** An environment that promotes open dialogue is essential for effective teamwork. Team members should feel comfortable expressing their ideas and concerns. Regular check-ins can help maintain alignment and address any issues early on.

**3. Build Trust and Respect:** Trust is the foundation of any successful team. Leaders should promote a culture of respect, where every member's contributions are valued. Trust enables team members to take risks and share ideas freely.

**4. Celebrate Achievements:** Recognizing and celebrating both individual and team accomplishments can enhance morale and motivation. Acknowledgment of success reinforces a sense of belonging and encourages continued collaboration.

**5. Engage in Team-Building Activities:** Participating in team-building exercises can strengthen relationships and improve communication among team members. These activities help foster camaraderie and trust, which are essential for effective teamwork.

## Conclusion

In conclusion, teamwork is an essential component of success in various contexts. The ability to collaborate effectively enhances problem-solving, increases efficiency, and fosters a supportive environment that encourages growth and accountability. As organizations and communities continue to navigate complex challenges, the importance of teamwork will only grow.

By embracing collaboration and cultivating a spirit of teamwork, individuals and organizations can unlock their full potential, leading to innovative solutions and lasting success. In a world that increasingly values interdependence, the ability to work together effectively is not just beneficial; it is vital for thriving in today's society.



*Written by Dana Aljar - GR.11A*





## The Importance of Participating in **Extracurricular Activities** at School

Extracurricular activities at Al Hekma International School are important opportunities for gaining new skills and knowledge and experiencing horizons and enrichment for their education. This could be effectively translated into the development of the fundamentals of teamwork, leadership, communication, and time management through involvement in sports, clubs, and leadership training classes—skills that will actually benefit a student’s career long after the academic years have passed. While a student leads in a sports team or participates in the debating club, they learn to develop confidence, resilience, and critical thinking—all helpful baggage in academic and personal life.

Besides, extracurricular activities were found to enhance academic performance. Most students who are involved in after-class activities normally perform well in class because of the discipline, concentration, and proper time management acquired out of class. These experiences teach students how to balance responsibilities, stay motivated, and build a sense of accountability that serves them in their classroom engagement and study habits.

These activities also help develop a sense of community and belonging, since, through the same interests, students get to know one another. Al Hekma’s varied extracurricular activities bring the students together in such a way that they get to create a supportive atmosphere that helps them feel connected and motivated. This feeling of being part of something enhances their confidence, helps make friends, and adds positively to the school experience.

Beyond these personal benefits, extracurriculars prepare students for college and careers. Colleges and employers seek candidates with diverse experiences, and participation in these activities signals qualities such as commitment, discipline, and the ability to work well with others. Extracurriculars build leadership through opportunities like student council, where students practice skills including decision-making, organization, and problem-solving—skills necessary for future success.

Certain sports, particularly physical activities, enable students to live healthy lifestyles and understand the benefits of keeping fit. Such a balance in academic and physical health boosts their mental well-being, enabling them to become more productive. In conclusion, the extracurricular activities offered at Al Hekma enable students to explore their interests, realize their potentials, and be well prepared for a bright future: acquired skills, forged friendships, resilience for lifetime—that enriches their experience at school.

Such activities at Al Hekma International School mean so much more to the students in terms of creating character, resilience, and well-roundedness than academics can alone provide.



*Written by Omar Abdulrahman - GR.11A*

# Students Artwork



Students Artwork





**Saqer Kh A L Musaieed**  
Grade 3B



**Sara Mohamed Eid**  
Grade 3C



**Salman Nedham Abdulrahim**  
Grade 3C



**Musa Mohamad Hussain**  
Grade 3D



**Khalid Mohamed AlMulla**  
Grade 5B



**Aya Yunis Alsharrah**  
Grade 6C



**Layan Husain Saqer**  
Grade 5C



**Wesal Nedham Abdulrahim**  
Grade 5C



**Alhussain Isa Yateem**  
Grade 5C



**Ahood Abduljabbar Ali**  
Grade 7B



**Retaj Abdallah Altahir**  
Grade 7B



**Layan Mohamed Amin**  
Grade 7C



**Fatima Ameer Abdulla**  
Grade 8A



**Sara Fakhroo Janahi**  
Grade 8A



**Sama Mahmood Ashoori**  
Grade 8A



**Fatima Jawad Eid**  
Grade 8B



**Ghazal Abdulmohsen Buabood**  
Grade 9B



**Hassa Thabet Almutawa**  
Grade 9A



**Farida Ahmed Abdelkhalek**  
Grade 9B



**Layal Saber AlBastaki**  
Grade 10B



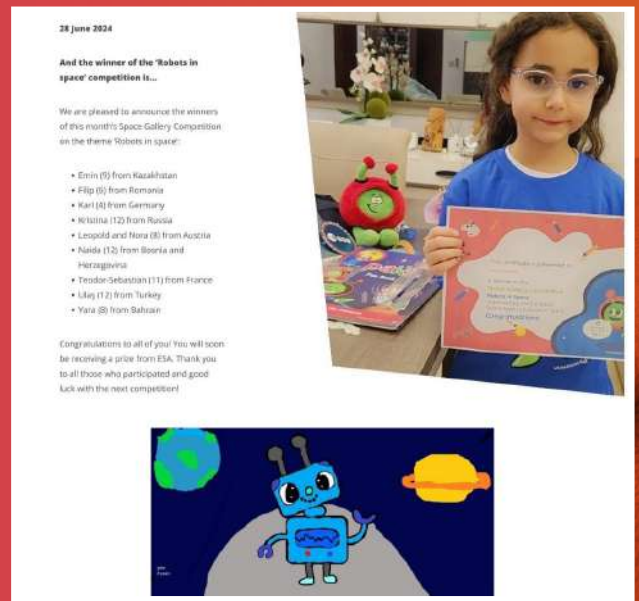
**Albadra Waleed Alghanem**  
Grade 11A

**Interviews**

**Interviews**



# Celebrating the winning of Yara Hatem in the European Space Agency competition “Robot in Space”



**Mayaan**

Hi Yara! How are you? What grade are you in?



**Yara Hatem**

Hi Mayaan! I'm doing great, thank you! I'm in 3A. I recently participated in an exciting robotics competition!



**Mayaan**

That sounds awesome! What did you have to do in the competition?



**Yara Hatem**

We had to create a 3D model of a robot. I decided to design a robot for space! I thought it would be really interesting to incorporate space elements into my project.



**Mayaan**

Wow, a robot in space! How did you come up with that idea?



**Yara Hatem**

I saw the opportunity to join the competition, and I thought it would be a fun challenge. I've always been fascinated by space, so I wanted to create something that reflected that passion.



**Mayaan**

And you won! That's amazing! What did you win?



**Yara Hatem**

Yes, I was so excited! I won some educational and fun books, along with other prizes. It's been a great experience!



**Mayaan**

That's fantastic! What was your favorite part of the competition?



**Yara Hatem**

I loved the creative process of designing the robot and seeing my idea come to life. Plus, meeting other participants and sharing ideas was really inspiring!



**Mayaan**

It sounds like you had a wonderful experience. Any advice for other students who want to participate in similar competitions?



**Yara Hatem**

Absolutely! I would say to look for opportunities that interest you. Don't be afraid to try new things. It's all about learning and having fun!



**Mayaan**

Thank you, Yara! I'm sure many students will find your words inspiring. Good luck with your future projects!



# Achievements



# AHIS Jawik

Our journey with Jawik reached a new high when we competed at the regional INJAZ competition in Dubai. Representing our school on such a big stage was both thrilling and humbling. Standing alongside talented teams from across the region pushed us to think creatively, work harder, and believe in ourselves more than ever.

But what truly made this experience unforgettable wasn't just the competition—it was the journey we shared. Exploring the vibrant city, connecting with other young innovators, and learning from each challenge brought us closer together. We laughed, we learned, and we grew as a team.

AHIS Jawik team shined at the INJAZ AI-Arab Young Entrepreneurship Conference 2024 in Dubai, bringing home these prestigious awards:

- **PMIEF Award: Arwa Alrowaijeh & Abdulwadood Muzammil**
- **Alshaya Group Award: Ali Fuad**
- **Boeing Award: Ward Saleh**

This incredible achievement highlights AHIS's dedication to fostering lifelong learning, leadership, and innovation. Congratulations team Jawik!





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