the Legacy

student magazine issue1 I 2025

Al Hekma International School

# Importance & strategies of group work in a classroom

In our life, we are constantly surrounded by groups of people. Whether you're in school, work, or even at home. It is extremely important to know how to work with others, collaborate with them, share ideas, and distribute tasks. One of the best places to learn these skills is school.

Working with others also gives students a sense of responsibility and increases classroom discussions, which can even lead to new friendships. Group work encourages students to support one another and build confidence in their abilities.

When students work in groups, they develop communication, time management, critical thinking, listening, and teamwork skills. These skills help students share ideas more clearly, collaborate with others, understand different points of view, and solve problems more efficiently.

To make group work successful, students should follow certain strategies. One helpful approach is to assign roles to each member of the group. This keeps the work organized and ensures that every student has a task to complete. Common roles include a leader, time keeper, researcher, writer, and presenter.

Communication is key to having a productive group session. Listening carefully and sharing ideas respectfully can lead to better results. Finally, reflecting on the group's performance helps students understand what they can improve for future group works.

In conclusion, doing group work is a necessary part of learning, as the skills gained are very valuable. If helpful strategies are used, communication is effective, and students are working responsibly, they will enjoy group work.

*Written by Sarah Rashed Ameen - GR.7A*

# Students Articles

# Why You Should Do Your Own Work and Not Use AI...

Being honest in school is one of the most important things a student can do. It means doing your own homework, putting effort into your projects, and giving credit when you use someone else's ideas. Sadly, many students today use AI to finish their assignments for them. It might seem like an easy way out, but it actually causes more harm than good.

When you let AI do your homework, you're not really learning anything. The whole point of schoolwork is to help you understand new things and practice your skills. If you just copy what AI gives you, you're missing out on that chance to learn and grow. You might get a good grade, but deep down you'll know you didn't truly earn it.

It's also unfair to your classmates who spend their time working hard. Everyone should have an equal chance to succeed based on their own effort. Using AI to cheat makes things unfair and can even cause you trouble if your teacher finds out. Teachers can usually tell when work doesn't sound like a student wrote it.

Another reason to do your own work is because it helps you build skills for the future. In real life, you'll need to solve problems, think creatively, and make your own decisions. Colleges, jobs, and even everyday life expect you to think for yourself. If you always rely on AI, you'll never develop the confidence or ability to do things on your own.

But that doesn't mean AI is always bad. In fact, if you use it safely and responsibly, it can actually help you learn better. For example, you can use AI to explain a topic you don't understand, to check your grammar or spelling, or to help you brainstorm ideas for an essay. The key is that you should still be the one doing the work—AI should only guide you, not replace you.

When you use AI the right way, it becomes a tool for learning instead of cheating. You can ask questions like a tutor, but you still have to think, write, and understand things yourself. Always make sure the final work is your own words and ideas. If you're honest about how you used AI, teachers will usually appreciate that honesty.

At the end of the day, doing your own work feels so much better. When you finish an assignment knowing you gave it your best effort, you feel proud of yourself. That feeling of accomplishment is worth more than any shortcut. AI can be smart, but it will never replace your own thinking, creativity, and hard work.

So remember: be honest, do your best, and use AI wisely. It's not about avoiding technology—it's about learning how to use it in a way that helps you grow instead of holding you back.

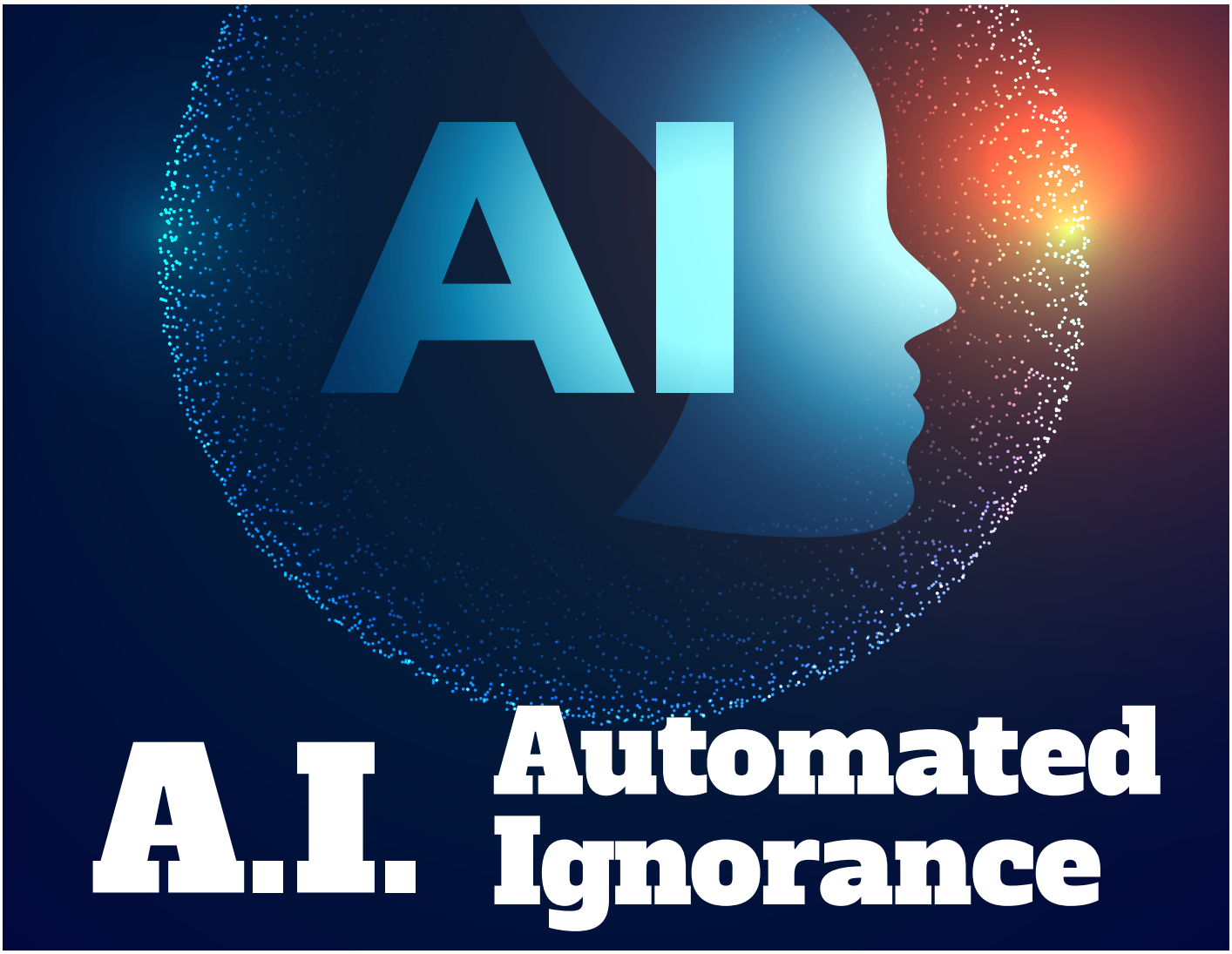
*Written by Lujain Sayed Salman Alalawi - GR.9B*

# Fossils and evaluation

A few days ago, in science class, we learned about fossils and the theory of evolution. I never realized how important fossils are; they're not just old bones buried under the ground, they are evidence that shows how organisms changed over time. It's like they tell the story of life on Earth. We also learned about Charles Darwin, who came up with the idea of evolution following natural selection, which means living things change slowly to survive better in their environments over generations. I thought it was really impressive that fossils can show how one species slowly turned into another over time. I felt amazed thinking about how some species of animals are connected if you trace their history. This made me want to learn more about ancient creatures and how scientists find fossils today.

Learning about fossils and evolution made me realize that science helps us understand how life started and where it was millions of years ago, and that makes the world feel even more interesting to me .

*Written by Elreem khaled AlYaqoob - GR.8B*




# A.I. Automated Ignorance

AI presents itself as a breakthrough, being just used as a tool to simply solve any small-scale problems, but people aren't using AI as the tool it's supposed to be. Instead, it's now used for misinformation, low-effort content, and overall, a worse digital experience. In my opinion, AI should be heavily underutilized by many, as it provides a generally worse digital experience for others.

Almost 50% of internet traffic comes from non-human sources. Even worse, a third of all traffic comes from when AI is used maliciously. This is a big deal, as many credible sources and usually correct articles are overshadowed by AI overviews that obstruct main claims. AI is usually flawed at answering with the level of its users. In other words, it's trying too hard to be smart.

Today, AI is very malicious. Especially because of the rise of AI video platforms like Sora, which makes it even harder to identify what is real and what's not. Every day, AI algorithms get trained with more data to try and pose itself as "the next new innovation" when in reality, it's used to regurgitate constant slop with high stimulation.

Some say AI is an example of technological innovation. In reality, AI usually either outputs generic ideas, pure mistakes, or flawed results. It's better to use human-made information in every way, because all AI does it take data from many sources (real or fake) and mashes them together in the same response. Almost 50% of all AI responses contain significant errors in them, which further lets you steer away from the truth.

To conclude, AI continues to be used by many, even though it responds with false and sometimes ridiculous outputs. Almost half of AI responses are false, and it still continues to be used daily by many, which is why you should get involved.

*Written by Hussein Ali Ahmed - GR.8C*

# Drive me Safe to School

One of the most important parents' responsibilities is making sure that their children arrive safely to the school and there are some essential steps to protect children to move carefully around the roads and cars.

**1. Choose a Safe drop spot:**

- Avoid double parking.
- Make sure kids exit the car beside the school door.
- Use safe and official drop of area

**2. Proper Car Safety**:

- Never let the kid sit in the front seat; the front seat is +10 years old only.
- Make sure seatbelt is snug and don't drive fast.
- Follow the traffic road signs and instructions.

**3. Teach Kids Road Safety:**

- Don't run across the road even if you are late.
- Always use cross walk.
- Children must look left and right while crossing the street

**4. Avoid Distraction:**

- Don't use phone's while driving
- Make sure the kids are quite and calm in the car
- Don't search for lost things in the car while driving.

- Always keep a safe following distance—at least 3 seconds behind the vehicle in front—so you have enough time to react to sudden stops or hazard.
- Always slow down and stay alert in school zones—children can enter the road unexpectedly, so reduced speed is required for their safety.

*Written by Aseel Mohamed Alalawi - GR.4A*

# Can We Trust Everything Online? How to Spot Fake News or AI Generated Stories and Think Critically

By the time you finish reading this article, over 5,000 fake news stories will be shared online. The real question is: will you be able to tell what's real and what's not?

For years, the internet has been a main source of knowledge and information. In the past, fake news was easier to spot. Writers were often less polished, making stories less believable and easy to spot out. Today, AI can craft convincing stories that can trick even the most careful reader. The problem is that many people still fall into a rabbit hole of misleading news, story after story, every single day, causing genuine reactions which can cause a person to –sometimes—whole heartedly feel the aftermath effects of the story.

## So, how do we fight back?

It starts with awareness. Before you hit "share," pause and think. Who wrote this? Where did it come from? Does it sound too shocking to be true? Most fake news thrives on emotion, fear, anger, even excitement, just to make you believe before you think. The moment you feel yourself reacting, that's your cue to slow down and question everything. AI-generated stories often look flawless: perfect grammar, smooth flow, convincing details, but if you look closer, you might notice something missing. Real emotion, firsthand experience, or unverifiable facts. Easily looking at the publish date and the creator of the writing could unleash the truth, since most bots are unnamed, using generated users such as "SillySlothGamer882" which prove that it wasn't typed manually, rather searched, or randomly created. People who write fake paragraphs thrive on attention and influence. They carefully craft words to make readers react before they think, mixing just enough truth with falsehoods to make their stories convincing. Some do it for clicks, money, or social media fame, while others aim to manipulate opinions or spread confusion. Their writing can feel real, polished, and trustworthy, but underneath the surface, it's designed to trick you.

The challenge is that these writers' study behavior, emotions, and biases, interests, making it even more important for readers to pause, question, and verify before accepting anything at face value. A good topic could intrigue anyone for clickbait. In this generation, false rumors stated upon celebrities or artists have been hits, ruining the celebrity's public profile and in return, thriving on the outcome effects, gaining them money, popularity, and even a name in social media. At the end of the day, the internet isn't the problem, our habits are.

Every click, every share, every headline we believe without question shapes the world of information around us. Fake news and AI-generated stories will keep evolving, but so can we. By slowing down, asking questions, and thinking critically, we turn from passive readers into informed participants.  Don't just read online, read carefully, question constantly, and think for yourself.

*Written by Remas Mohamed Hassanin - GR.8D*

# Departments News

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# A Great Beginning for Al Hekma International School for the Academic Year 2025–2026!

We are thrilled to announce that Al Hekma International School has been awarded INJAZ's Best Private School of the Year — for the third time!
This prestigious recognition reflects our unwavering belief in the importance of preparing our students for entrepreneurship, innovation, and lifelong financial success.
At AHIS, we nurture entrepreneurial skills from Grade 1 to Grade 12, empowering students with real-world competencies that open doors to global opportunities.
Our students continue to shine in national and international competitions, proudly representing Bahrain and demonstrating exceptional leadership, creativity, and business acumen.
This award is yet another golden milestone in our journey of excellence — and we're just getting started!
Here's to more achievements, growth, and world-ready learners!

# Interviews

Interviews

# Interview with Mr. Naser Naseraldin the PE coordinator

The PE department has accomplished remarkable achievements recently. Could you tell us more about these successes and highlight the accomplishments you're most proud of?

**PE Coordinator**

The PE department is thrilled to share the incredible achievements of our school teams across various sports in the BAS league. Throughout this season, our teams participated in 12 tournaments, showcasing their talent and dedication while competing against 7 private schools.

**Outstanding Performances:**

Our teams secured impressive results, finishing in the top ranks in 9 tournaments. Here are the highlights of their achievements:

**1st Place Finishes (7):**

- Table Tennis Girls Team - 1st Place
- Badminton Girls Team - 1st Place
- Volleyball Girls Team U15 - 1st Place
- Volleyball Girls Team U18 - 1st Place
- Football Girls Team U18 - 1st Place
- Football U18 Boys Team - 1st Place
- U10 Girls Team - 1st Place

**Other Notable Rankings:**

- 2nd Place - 1 tournament
- 3rd Place - 1 tournament

This year has been full of outstanding achievements for the PE department. From your perspective, what key factors or strategies contributed most to these successes?

**PE Coordinator**

These remarkable achievements are a testament to the long-planned development aimed at building strong teams. The success of our school teams in the BAS league is not only due to the talent of the athletes but also the unwavering dedication and hard work of our coaches during practices.

We also owe our success to the invaluable support from our school's leadership team:

- Mrs. Maya Harb, the School Principal
- Mrs. Rana Thikrakah, the Vice Principal
- Mrs. Rasha Al Najjar, the Middle School and High School Assistant Principal

Their guidance and encouragement have played a critical role in fostering an environment where our students can excel. Together, we're proud to celebrate these achievements and look forward to continuing this path of success!

Looking ahead, how do you plan to build on this momentum? Are there new goals, programs, or opportunities you're excited to introduce to further elevate the department?

**PE Coordinator**

Looking ahead, we are committed to sustaining this momentum and achieving even greater successes in the remaining BAS league tournaments throughout this academic year. Our focus will be on providing our athlete students with opportunities to:

- Compete in the Remaining Tournaments: We aim to maintain our competitive edge and strive for high placements in the upcoming tournaments.
- Join Bahrain National Teams: We will actively encourage and support our students in pursuing opportunities to join the Bahrain National teams, allowing them to compete at a higher level and gain invaluable experience.
- Participate in Additional Competitions: Our department plans to identify and engage in various other competitions that will challenge our athletes and help them grow in their respective sports.

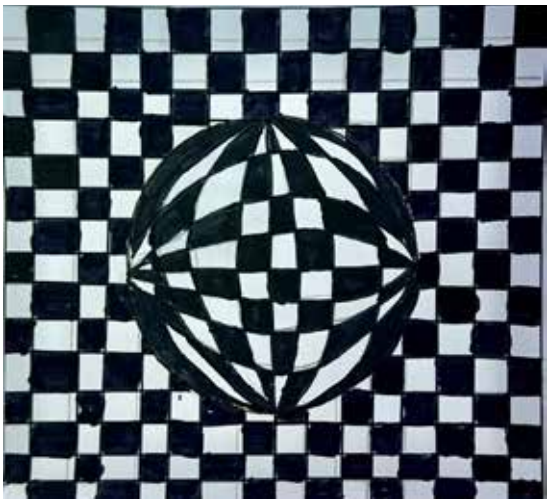
***We are excited about these goals and look forward to nurturing our athletes' growth and success!***

# Students Art work

Students Art work

# Piece of Art

**Dana Mohamed Almansoori**
Grade 5C

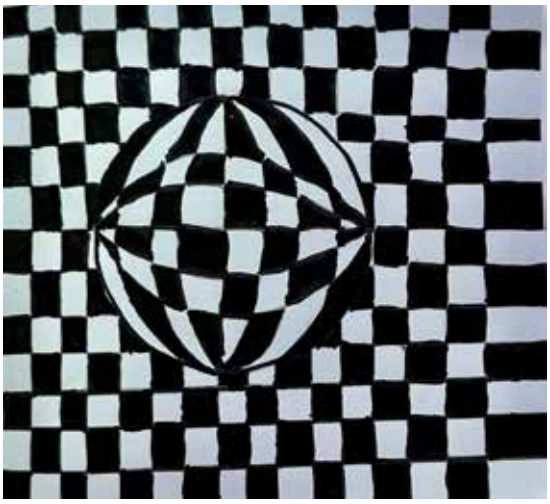


**Humaira Bashar**
Grade 5A

**Jana Hasan Aldallal**
Grade 5B

# Piece of Art

**Sarah Sayed Hashem Hasan**
Grade 5C



**Mariam Shaker Alasmi**
Grade 5B

**Sofia Mohamed Radhi**
Grade 4D

**Remas Mohamed Hassanin**
Grade 8D

**Maariyah Muzammil Ahmed**
Grade 8C

# Piece of Art

**Reem Mahmood AlWasti**
Grade 8D

**Fatima Hamad Aldooseri**
Grade 8D

**AlHussain Isa Yateem**
Grade 6C

**Sophia Rashed Bucheeri**
Grade 7A

**Malk Ramy Ibrahim**
Grade 8B

**Wesal Nedham Abdulrahim**
Grade 6C

# Games

Games

# Crossword

## Education

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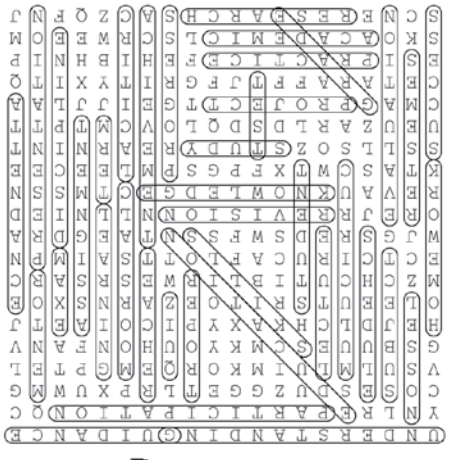
EDUCATION, LEARNING, KNOWLEDGE, CURRICULUM, SUBJECT, CLASSROOM, LESSON, HOMEWORK, ASSIGNMENT, PROJECT, STUDY, EXAM, QUIZ, TEST, GRADE, REPORT, ATTENDANCE, DISCIPLINE, SCHEDULE, SEMESTER, TERM, TEACHER, STUDENT, MENTOR, LECTURE, PARTICIPATION, PRESENTATION, EVALUATION, PROGRESS, ACHIEVEMENT, ACADEMIC, SKILLS, UNDERSTANDING, CRITICAL THINKING, REVISION, RESEARCH, PRACTICE, GUIDANCE, SUCCESS



*Written by Omar AlMahmood - GR.12B*

# Advice Corner

Advice Corner

# The Importance of Limiting Video Game Time

## Why Limits Matter

Video games stand out as a thrilling and enjoyable experience in the modern world of entertainment. They invite us to adventure, let us unleash our imagination, and provide a chance to socialize with others. Nevertheless, despite the enjoyment gaming can bring, it becomes a concern when it occupies a large part of your day. That is why regulating the amount of screen time is important for maintaining a healthy and balanced lifestyle.

## Health Effects of Too Much Gaming

One major reason to limit gaming is physical health. Sitting for long hours can cause stiff muscles, back discomfort, and tired eyes. Staring at a screen without breaks leaves the body feeling tense and drained. Reducing gaming hours and taking short breaks protects your body and helps keep it in good condition.

## Methods for Limiting Gaming Time

There are several simple methods to help manage gaming time wisely. Setting a daily time limit—such as one or two hours—can keep gaming from taking over your schedule. Using alarms or timers helps you stop on time without losing track. Another helpful method is finishing homework and chores before playing, so gaming becomes a reward instead of a distraction. You can also make a weekly routine that includes other activities like reading, sports, or spending time with family. These methods make it easier to balance gaming with a healthy lifestyle.

## Sleep and Daily Responsibilities

Playing late at night can make it harder to sleep, which affects energy, focus, and mood. Too much gaming can also interfere with schoolwork, chores, and family time. Limiting gaming helps you stay on track with responsibilities and feel better each day.

## Keeping Life Balanced

For all these reasons, limiting video game time is essential. Gaming is fun and exciting, but it becomes even better when balanced with sleep, responsibilities, and other hobbies. Setting boundaries helps ensure video games stay a positive part of your life instead of something that takes over it.

*Written by Ali Abdulrahman Aamer - GR.7A*

# READING STRATEGIES

During exams, it's completely normal for students to feel nervous, especially when some questions require careful reading and understanding. But using effective reading strategies can really help you stay focused, understand the text better, and answer questions correctly. Trust me, these strategies can save you time and prevent those little mistakes that often happen when you rush.

One helpful strategy is previewing. Before diving into a passage, take a moment to glance at the title, headings, and any key words. This gives you a general sense of the topic. For instance, if the title says "The Effects of Pollution," you can anticipate that the passage will discuss causes and consequences related to pollution.

Another useful strategy is skimming and scanning. Skimming means you read quickly to get the main idea, while scanning is about searching for specific information like dates or important terms. During exams, skim through the passage first to grasp the overall topic, then scan for the exact answers to the questions. This approach helps prevent wasting time.

Annotating is also a great technique. As you read, underline important ideas, circle unfamiliar words, or jot down quick notes. This keeps your mind engaged and makes it easier to find answers later when you go back to check the questions.

Also, try summarizing. After finishing a paragraph, take a moment to pause and express the main idea in a simple sentence. This helps your brain retain what you just read.

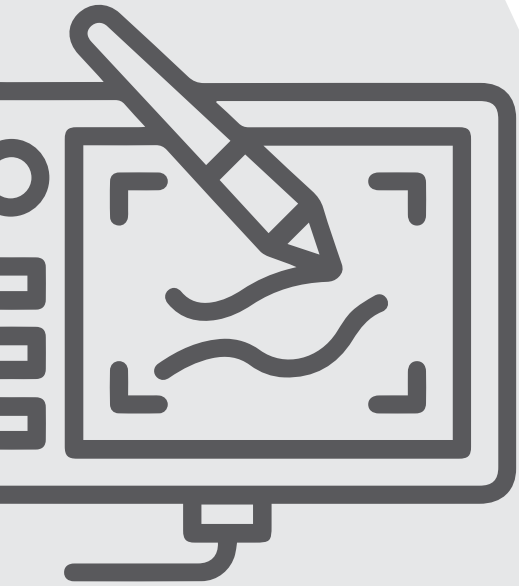
Finally, read the questions before tackling the passage. Knowing what to look for sets a clear direction for your reading, making it easier to focus on the relevant parts.

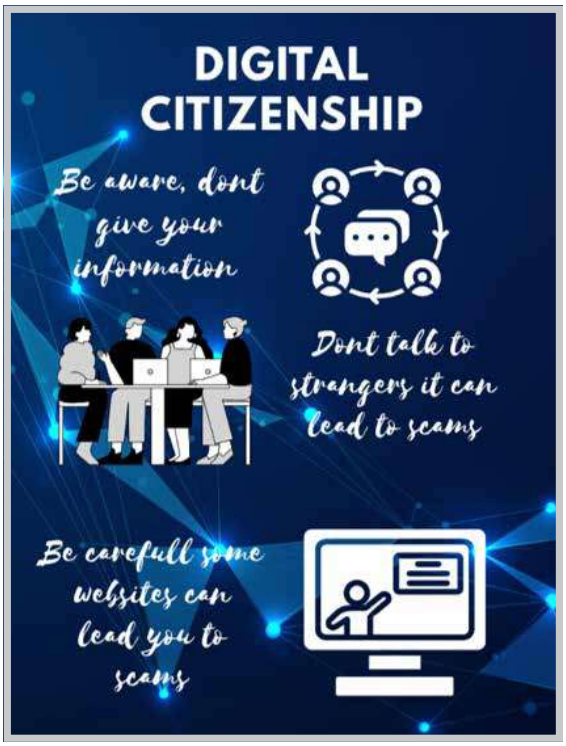
Using these reading strategies can really make a difference. They help you understand questions better, keep you calm during exams, and lead to more accurate answers.

*Written by Lujain Firas Mohammed - GR.9B*

# Digital Artwork

Digital Artwork





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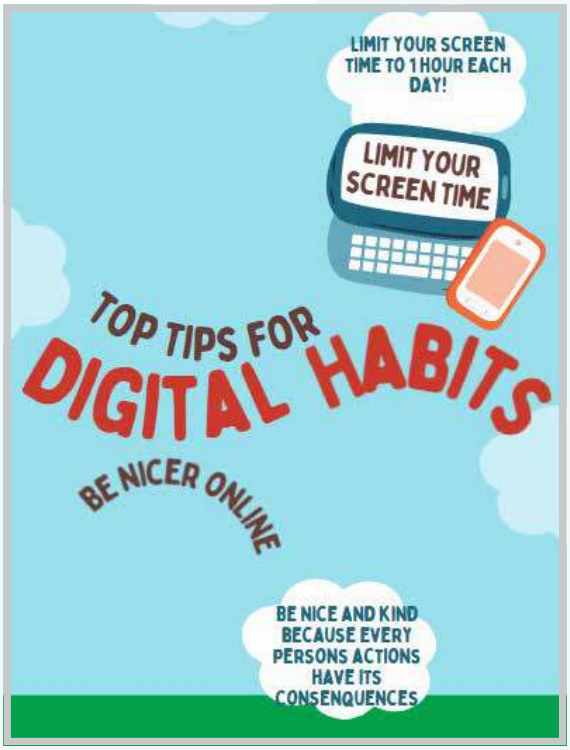

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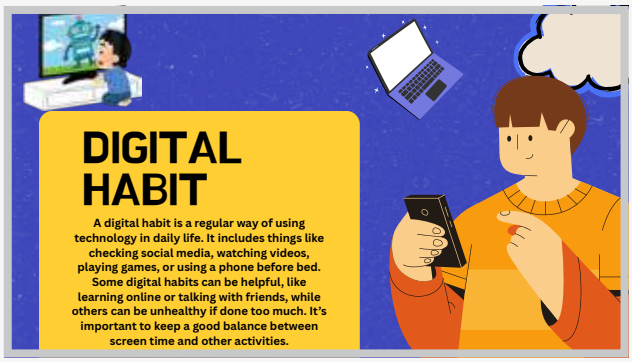

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# Achievements

Achievements

# AHIS Wins 1st Place at AUBH Entrepreneurship Competition 2025!

Our AHIS team proved once again that innovation lives here!

During the AUBH Entrepreneurship Competition 2025, our students were challenged to solve a real business case study about Beyond Catering, a Bahraini company. They impressed the judges with a bold, creative, and fully-developed business solution, outperforming all participating schools.

Representing AHIS:

- Bader Alkuwaiti – Grade 12
- Ali Nemer – Grade 12
- Haya AlAnni – Grade 11
- Hassan Bahman – Grade 11

They demonstrated not only strong business knowledge, but strategic thinking, teamwork, and entrepreneurial leadership. Their presentation stood out for its innovative idea, feasibility, and professional delivery — earning them 1st place in the competition.

# Wellbeing Blog

Wellbeing Blog

# Well-Being: Nurturing Balance, Purpose, and Connection

Well-being is an essential part of a healthy and successful school community. It goes beyond physical health to include emotional stability, mental clarity, positive relationships, and a strong sense of purpose. When students feel supported, respected, and connected, they are better equipped to grow academically, socially, and personally.

In everyday life, well-being is shaped by simple yet meaningful actions. Acts of kindness, healthy routines, effective stress management, and positive social interactions all contribute to a balanced state of mind. Creating space for reflection, empathy, and cooperation allows students to feel confident and motivated while fostering a sense of belonging within the school community.

One of the most powerful ways to enhance well-being is through giving back. When students contribute to their communities, they develop empathy, resilience, and self-worth. Helping others encourages students to look beyond themselves and recognize the value of compassion and responsibility. These experiences not only benefit those in need but also positively impact the emotional and social well-being of the students themselves.

At Al-Hekma International School, well-being is supported through purposeful initiatives that encourage students to take an active role in making a positive difference. Opportunities for service, environmental responsibility, and community engagement help students build leadership skills and strengthen their sense of social awareness.

Within this spirit, the AHIS Impact Team serves as one of the ways students can channel their energy into meaningful action. By participating in service-oriented and awareness-based initiatives, students learn that positive change begins with intention and collaboration. These experiences reinforce the idea that even small efforts can create lasting impact, both within the community and within the individual.

Well-being flourishes when care, responsibility, and compassion are shared. By nurturing ourselves, supporting one another, and contributing to the world around us, we create a school environment where students feel empowered, valued, and inspired to thrive. At AHIS, well-being is not only a goal, but a culture we build together every day.

*Written by Rodayna Deyaa Metwaly - GR.12A*

# What You Told Us at the Beginning of the Year

At the start of the school year, students across the school shared their views through the **Student Satisfaction Survey.** With very high participation, your feedback helped us understand what's working well—and how we can improve together.

## Leadership & School Improvement

### You told us:

School leaders are supportive, approachable, and committed to improving learning.

### We're working on:

- Making school decisions clearer to students.
- Increasing student involvement in school improvement.

## Safety, Facilities & Wellbeing

### You told us:

You feel safe at school, and facilities and health services meet your needs.

### We're working on:

- Clearer communication during emergencies.
- Consistent medical response procedures.

## Teaching & Learning

### You told us:

Teachers are knowledgeable, dedicated, and make learning meaningful.

### We're working on:

- More innovative and student-centered learning.
- Keeping lessons engaging and relevant.

## Communication & Feedback

### You told us:

School rules are clear, and feedback helps you understand your progress.

### We're working on:

- Making feedback more consistent and clear across subjects.

## Activities & Student Life

### You told us:

Activities and sports are enjoyable and safe.

### We're working on:

- More clubs and enrichment opportunities.
- Expanding student-led activities and initiatives.

## Technology & Digital Learning

### You told us:

Technology supports your learning and prepares you for the future.

### We're working on:

- Responsible and ethical use of technology.
- Helping students use digital tools more effectively.

## School Climate & Relationships

### You told us:

The school atmosphere is positive, respectful, and supportive.

### We're working on:

- Strengthening wellbeing programs.
- Continuing anti-bullying and inclusion initiatives.

## In Summary

Your feedback shows that our school is a place where students feel:

**Safe • Respected • Supported • Heard**

Thank you for sharing your voice and helping us grow together.

مدرســـة الحكمـــة الدوليـــة
Al Hekma International School

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