

# 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

## Covid Then and Now: School Edition

As of March 30, 2022, masks are no longer mandatory in the Kingdom of Bahrain. This new rule applies to all public places including malls, restaurants, airports, and hospitals, but especially to schools, AHIS included. Students are now no longer required to wear masks as opposed to the past two years, when masks, social distancing, and even quarantining were enforced in the aim of preventing the spread of Covid-19.

Two students from grade 9B expressed their preference for in-person school by stating that “In-person school is better because we get to interact with our classmates and participate in school activities like sports and arts.”

This is one of the biggest advantages of in-person school: students are now able to resume their regular school activities. So far, events such as the Think Pink Walkathon, The World Clean Up Day, Model United Nations, Junior Ambassadors Conference, sports matches, and so much more have taken place.

In terms of future plans, each year, AHIS holds an overseas trip to countries across the world. These trips allow the students to travel, explore different cultures and scenery together, and create special memories. Last year, due to the restrictions, the trip had to be local; this year, we are looking forward to travelling thousands of kilometres away for our annual overseas trip!

Students have various opportunities to participate in and get involved in multiple recreational activities in their classrooms. On the other hand, students in online classrooms have fewer options. During online school, students struggled with a variety of problems, such as being productive, paying attention, understanding the lessons, and managing their time. Tests, quizzes, exams, and coursework were all online. Students worked in teams exclusively online. Thus, they became less social. As a result, they did not acquire interpersonal abilities, including leadership, social skills, or teamwork. This affected the student’s mental growth and made them socially unprepared. They couldn’t converse with each other or engage in open discussions in classes.

A senior from 12A supported this by expressing that “Being at home is tough because people struggle with time management, but we don’t have that struggle when attending in person because the school provides us with proper schedules and structure.” Another student, from 11A, communicated his thoughts on this by saying, “I’m very happy to be back to a school where masks are not mandatory anymore because it’s not restrictive of my friend’s ability to hear me clearly when I speak.”

In the end, while it is clear that the covid-19 pandemic impacted different people in different ways, we can all agree that it was a big change that provided us all with new experiences and lessons that will help guide us through life.



*Written by Leen M Elastal, Noor Nabeel Baiq, Omar Khalid Salim, Fatima Majeed Husain - GR.11A*

# How Do You Find the Key?



You try the door handle, but it doesn't work. "Maybe I left the keys in the car?" you think. "Or maybe they're under the doormat?" You try and try to find it but alas, there's no hope. That is the situation that a lot of people face when they're trying to be confident. Confidence is like a locked door; you must have a key to unlock it. But the problem is not with the key itself, it's trying to figure out where it is! Take a step back, and look around you. Your friends, family, classmates, and the people that you choose to surround yourself with all have a big impact on the way you are. The way you feel matters too. Confidence is not just being able to talk in front of a huge crowd or go up to people and start a conversation, it is the belief in one's self and abilities. When you begin to accept your insecurities, recognize your flaws, and spend time working on yourself, that is when you will truly be confident.

But why do we even have to be confident in the first place? "Can't I just sit at home and watch Netflix all day? I won't have to interact with people, I will be free." No,

that is not the correct mentality to follow. Confidence is essentially internal as much as it is external. Having confidence in yourself makes you feel prepared and, on the long run, less anxious in preparation for greater events. It frees you from the unease of talking to someone to ask for even something as simple as borrowing a pen. It rids you from the overwhelming burden and pressure of feeling the need to go out more and expand your social circle because it will just happen naturally!

Confidence also means knowing when to stop; it helps you realize when enough is enough. Confidence helps you achieve your goals and more! Burnouts can affect your level of confidence, so beware! Be happy and be confident, and in order to do that, be kind to yourself.

Building up your confidence takes immense time and effort. It won't pop up suddenly and exist at any given moment. Being confident is more of a gradual process in which you slowly start to accept and have faith in yourself.

Here are some tips that will surely put together a more confident you:

## Set Some Goals and Achieve Them.

Setting goals and achieving them is much easier said than done, trust me, you don't want to end up with an enormous list of unrealistic goals that are impossible to achieve. It is recommended to start with small, possible goals that are achievable within one week. For example, you can start stretching for 5 minutes after waking up and later move on to larger goals in the future. And by the way, make sure to take a step back and look at how far you've come.

## Maintain A Mindset of Growth.

Whenever you're facing a tricky situation, remember Audrey Hepburn's words when she said "Nothing is impossible. The word itself says 'I'm Possible!'" Attempting different strategies and having a growth mindset will allow you to fertilize and make use of your abilities that strengthen your confidence.

## Be Positive.

Don't allow minor setbacks to hold you from becoming a better you. When times of failure come knocking down, the opportunity of trying again is always present. Having an anti-pessimistic outlook will not only benefit your confidence but also help lower your levels of distress and pain in your day-to-day experiences and events.



Written by: *Yasmeen Sameer Masalmeh, AlHanoof Ali Husain, Isa Adel AlKayat- GR.10A*

# CAPYBARAS: One of the Animals of All Times

Many people like to argue over which animal is better. Some might argue that it's the cute cat, while others might say it's the noble lion, and few might say it's the dog, but I think it's the capybara. The capybara (*Hydrochoerus Hydrochaeris*) is scientifically considered a rodent, which might conjure up images of gross small disease-ridden pests such as rats and mice, but is anything but gross or small. In fact, it can grow up to 132 CM in length, 63 CM in height, and weighs between 35 and 68 KG, with the largest capybara ever recorded being a staggering 91 KG!

Capybaras are native to everywhere in South America, except for Chile. You could even find them just walking around in parks in Argentina like you'd find a stray cat. Capybaras are even considered a symbol of support to poor people.

They are also incredibly social animals, living in tribes of up to 100 members, but typically in groups of 20. In spite of this, they have no collective noun. They can routinely be seen hanging out with other animals, including crocodiles. Due to their friendly nature, it is no wonder they have recently seen internet popularity, with users editing videos of capybaras.

After reading all of this, and then googling some images of them, there should be no doubt in your mind that capybaras are truly, one of the animals of all time.



*Written by Humam Mohanad Ismael Ibrahim Alfiras - GR.10A*



# Top 3 Books Students

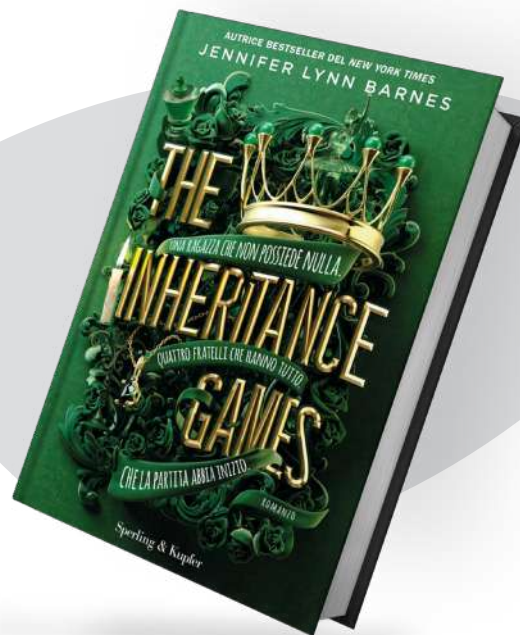
## Should Check Out

*Sometimes things that appear very different on the surface are actually exactly the same at their core*

## The Inheritance Games

Is a compelling mystery that follows Avery Grambs whose life changes forever when Tobias Hawthorne—a multimillionaire she has never met—dies and leaves Avery his fortune and no one knows why. Now, she must move into the mansion she's inherited and solve the many codes within it to uncover the mystery.

This book by Jennifer Lynn Barnes kept me hooked till the very end with all its suspense and mystery. The twists and turns in it blew my mind every time I turned a page. The characters within the story had such powerful dynamics with strong personalities, unique qualities, and fun dialogue which made them feel so real.

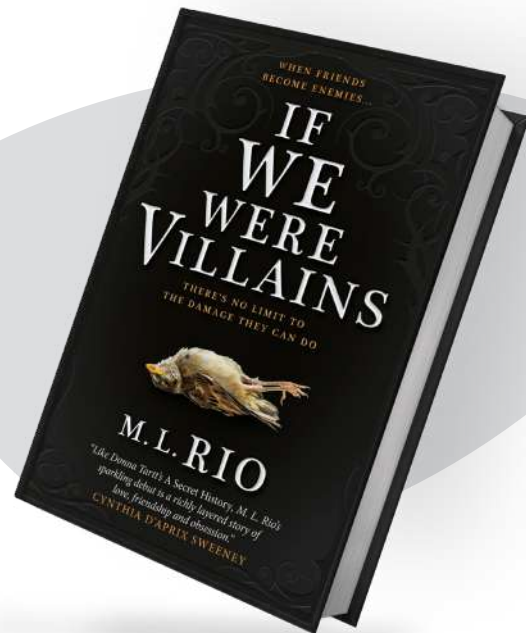


*You can justify anything if you do it poetically enough*

## If We Were Villains

Is a murder mystery surrounding Oliver Marks, one of seven young actors studying Shakespeare at an elite art college. Oliver and his friends play the same roles on and off stage, but when the casting changes, the plays spill dangerously over into life, and someone is found dead. There are so many versions of the story, but only one person knows which one is true.

Created by M. L. Rio, this plot is driven by meticulous character work and staggering narrative revelations which allow for the book to hook you in for hours at a time. It's impossible not to feel caught up in the pull of everything—the thorny tangle of guilt, frustration, and longing.

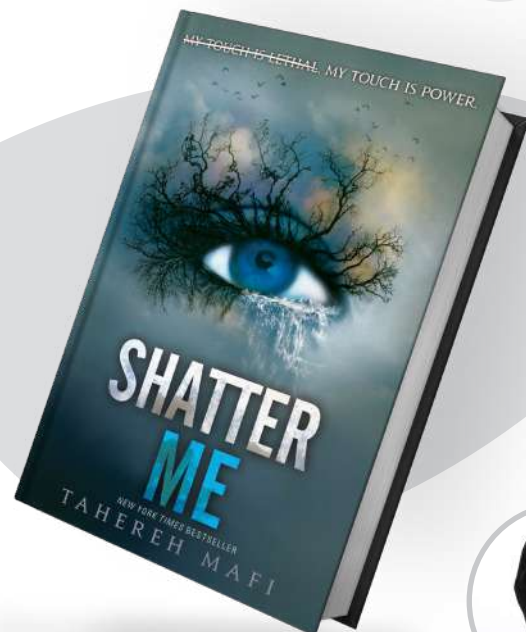


*The moon understands what it means to be human. Uncertain. Alone. Cratered by imperfections*

## Shatter Me

Is set in a dystopian future run by the Reestablishment, an organization set on re-creating the world with one universal language and forgetting everything else. Juliette Ferrars, a girl with an unexplained fatal touch is held captive by the Reestablishment in an asylum because they want to use her as a weapon. Juliette has to make a choice—be a weapon or be a warrior.

The book by Tahereh Mafi has a brilliant writing style and a beautifully unique story. It is captivating, interesting, and filled with so many meanings. Mafi did an amazing job describing Juliette's feelings and emotions which made me really understand her mind. She weaves her tales with such beauty it gives it a dark whimsical feel that suits the story so much.



*Written by Jenan Abduladhim AlHassan - GR.12B*

# Why should Well-Being be a Priority?

The psychological, social, cognitive, and physical skills vital for a student to lead a long fulfilling life is alluded to as a student's well-being. Though it might be simpler said than done, students must take responsibility for their overall wellbeing. You might wonder, how? The well-being of a student may be preserved in several ways. You'll perform better, enjoy school more, and be better able to handle life's obstacles if you exercise, eat well, get enough sleep, and relax. Even though it might take a little more time, taking care of yourself will make you feel better and aid you in achieving more.

Al Hekma International School does favor taking students' well-being into consideration. What they do is provide lessons focused on the responsible use of Internet, the need to adopt a healthy lifestyle, and how to prevent or cope with health problems, in collaboration with those involved, including health and social services, local authorities, and civil society organizations.

Students do share their personal experiences through monthly surveys that our school offers. In those surveys, students are asked to share their feedback about the school and what suggestions that students might include to help make the school a better place.



*Written by Omar Faisal Khawaja - GR.11B*





# Empathy

Empathy is basic human behavior. It is within every single person, and it helps us humanize. You gain empathy from a wide range of physiological capacities that are thought of as being central for constituting humans as social creatures allowing us to be different and understand people and empathize. It is the ability to sense other people's emotions coupled up with the ability to imagine how they are feeling, to engage with them emotionally.

To an extent, empathy is a communication skill. It helps you understand people and what they are going through whether it's from someone you randomly saw or someone you have known for a while. Empathy is a beautiful pitiful feeling that people need to feel at times to know that they are loved and cared for.

**There are 3 types of empathy:**

## 1. Cognitive

Simply knowing the other person feelings and thoughts. It's also known as perspective-taking.

## 2. Emotional

When you feel physically along with the other person as if their feelings were contagious. This is a deeper way of empathizing.

## 3. Compassionate

With this kind of empathy, we not only understand a person's predicament and feel with them, but we also proceed and insist and move to help.

In some cases, there are some people who lack empathy or simply don't have it within them. It means they have to get in touch with their emotions before they have none left, which can be lethal because you can harm people or behave in a manner you wouldn't even notice is inhumane. Sometimes people lack empathy due to the severe disorders: narcissism, or antisocial personality disorders.

Empathy is a very important emotion because it shapes the world and the people altogether emotionally. It is a strong way to connect with someone and become closer to them.



*Written by Lina Hani Busaili - GR.11B*

# Your Next DESTINATION to Study



Research has shown that an area with minimal interruptions – a quiet, relaxing space increases students' attention and focus, promotes meaningful learning experiences, encourages higher levels of student performance, and motivates students to practise higher-level critical thinking skills.

Studying outside/in public can be really helpful since there aren't nearly as many distractions as there would be at home, and your focus will improve as your stress levels lower.

There are so many great places in Bahrain that are perfect to study in. An amazing example would be Awali library. Studying in Libraries is a great learning environment because the library is a quiet and nice place to work in without getting distracted, so you are set up for success. They also give you some privacy while you are working on big projects.

One of my personal favorite places to study is in Cafe's. Studying in cafe's is a very common thing amongst students and teachers. The ambiance in Cafe's can really get you in a calm and relaxed mood. Another great thing about studying there is that you can easily grab a snack or a coffee if necessary.

Although studying in your own house doesn't seem original, changing things up (including the room and setting) can help. Studying in a clustered or loud room environment can make you feel unmotivated, so quickly cleaning up your surroundings can really help. Setting up a studying desk, and turning off your phone and notifications can help make sure that you are fully focused in your studies.



*Written by Shayenne Farouk Hariz - GR.9A  
Dana Anas Ateeq - GR.9B*





# Carbon Footprint

Our carbon footprint is heavily impacting our daily lives. In fact, driving and electricity usage are some of the major contributors to carbon footprints, which causes a lot of harm to our environment and is one of the main causes of human-induced climate change, which eventually results in urban air pollution and sometimes worse results. Yet, all of these can be tackled by practicing some methods that help reducing carbon footprints and CO<sub>2</sub> emission. Carbon footprint causes a lot of harm to the planet and has a lot of harmful effects on us and the environment. Nevertheless, there are always ways to reduce it.

Carbon footprint has hindered the environment in many ways. It caused a lot of environmental damages like climate change and acid rain. The carbon footprint poses numerous environmental risks: It is the principal source of climate change, it contributes to urban air pollution, it creates hazardous acid rain; and it causes a buildup of carbon dioxide and other greenhouse gasses such as methane, which causes the Earth's atmosphere to warm.

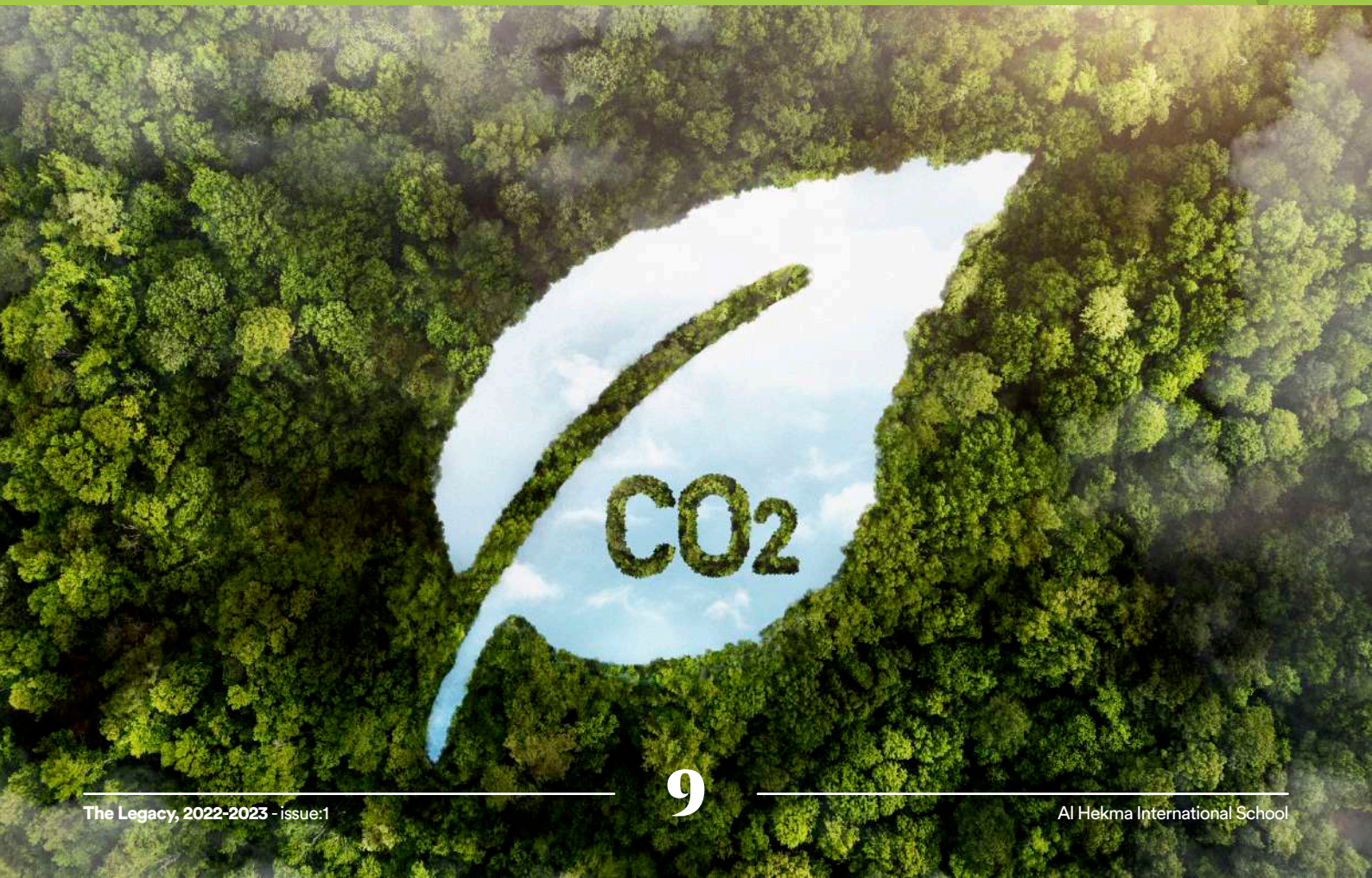
Burning fossil fuels for electricity, heat, and transportation is yet another key contributor to the carbon footprint. The carbon footprint does not only harm the environment, but it also has a direct impact on human life by increasing respiratory difficulties as a result of increased air pollution. Furthermore, carbon emissions kill many animal species and damage food, which has a significant impact on humans and their day to day life.

There are recommended actions to mitigate carbon footprint. As previously stated, carbon footprint has a variety of effects on our lives, but there are reasonable alternatives. John Wooden once said, "It's the little details that are vital. Little things make big things happen." Plants such as Aloe Vera and Boston fern can also reduce carbon dioxide emissions and composting, and recycling can be used for everyday items. Aside from having a smaller carbon footprint, LEDs also consume less energy, making them the most efficient light to use.

Taking everything into consideration, the carbon footprint has a very substantial and detrimental impact on our lives, but we must somehow take this into account and work to reduce it as much as possible to have a better and healthier planet.



*Written by: Raghad Waheed Janahi , Noor Faisal AlNahash - GR.11B*



# MARINE LIFE POLLUTION

Our marine life is crying for help! Do you know why? Oceans are filled with plastic, oils, pollutants and the temperatures are surging. It is a huge global issue that we humans need to solve together as citizens of this planet.

Today, there are many humans who practice sustainable living in their daily lives. About 1.4 billion people in this world are living sustainably

at this moment. What about the rest of the population? Our earth needs our help, and with only the quarter of this world living sustainably there is no positive impact on our oceans and earth. Remember this world is our only home. We don't have any other place to live in. Let's take care of this earth together by making a small difference to help our earth live.

*"Hear them cry, don't let them die - Save marine life!"*

## Ways you could change your lifestyle to help the marine life

There are many ways to live a better lifestyle in order to save our earth, such as: Not using plastic, recycle, shopping wisely, and boating safely. You can use less plastic by trying to replace plastic with other sustainable products. And in case you use plastic, you could recycle it in many ways. A plastic bottle can be turned into a plant pot. By shopping wisely, you can buy sustainable products and buy things that won't harm our planet because there are products that don't compose even after 7 years. Additionally, boating safely also helps our marine life by not killing rare fish species.

## How can these changes benefit you?

These changes can affect you in a good way, I quote "Be A Part of The Solution." Having this mindset can help you save this planet and our home. These changes can help your mental health by making you see that you are helping your home and it can also help you by reducing your monthly bills due to saving electricity. You can see differences in your daily life by having different goals each day and you can see your achievements on a weekly or daily basis. So, start now, for we don't have much time left, small differences can make a huge impact on our lovely earth.



*Written by Malak Imran Ismail - GR.9A*

# Fear of Failure

Have you ever been so afraid of failing at something that you decided not to try it at all? When most of us fear failure, we walk away from our boldest ideas. Instead of being original, we play safe. One of the things that hold most of us back is the fear of failure. Yet, Failure isn't something we should fear because failure undoubtedly helps us learn from our mistakes and be someone harder to conquer.

Some of us are afraid of failure because we believe we must be perfect. If we make an attempt and then fail at it, we risk looking foolish and therefore feel somehow flawed.

Perfectionists believe everything must be done at a high level with no room for mistakes. And if they can't get something done perfectly, they'd prefer not to do it at all. Unfortunately, this type of thinking deprives the perfectionist of real learning and the benefits and value gained from experience.

To go through life without suffering any sort of loss is almost impossible. Those who do so are simply living so carefully that they are going nowhere. Put another way, they just don't exist at all. But, the great thing about failure is that it's up to us to determine whether to look at it positively or negatively. We may choose to see failure as "the end of the world," or as proof of just how weak we are. Or, we can look at failure as the incredible learning experience that it often is. We may continue to look for the lesson that we are supposed to learn every time we fail at something. These lessons are very important as they prevent us from making the same mistake again.

Most of us will stumble and fall in life. Doors will get slammed in our faces, and we might make some bad decisions. But imagine if Michael Jordan had given up on his dream to play basketball when he was cut from that team. Imagine if Richard Branson had listened to the people who told him he'd never do anything worthwhile without a high-school diploma. Think of the opportunities you'll miss if you let your failures stop you. Failure can also teach us things about ourselves that we would never have learned otherwise. For instance, failure can help you discover how strong of a person you are. Failing at something can help you discover your truest friends, or help you find unexpected motivation.

Anyone out there likes to succeed. The question comes whenever there is a fear of failure. If you can no longer embrace the impossibility of making errors, nor understand the value of trial and error in finding the most innovative solution. The more innovative and creative you are, the more mistakes that you make. Learn to adapt yourself. Deciding to stop the errors often will kill your creativity.

Success, in whatever form it takes, is not an easy goal to achieve. Instead, it is developed through a lot of hard work, planning, dedication, and constant belief. At some point in our lifetime, everybody fails. What matters most is to make progress and never give up on achievement. Given the loss, it will happen soon enough. You can't control the future nor can you predict it. So, don't let it stop you from trying. You can say, "What if I fail?" But you could also say, "What if I succeed?"



*Written by Ruqaya Ameer Abdulla - GR.11A*



# Piece of Art



**Faisal Ali Alhashimi**  
Grade 3D



**Zain Sayed Salman Alalawi**  
Grade 3A



**Danya Ahmed Radhi**  
Grade 3B

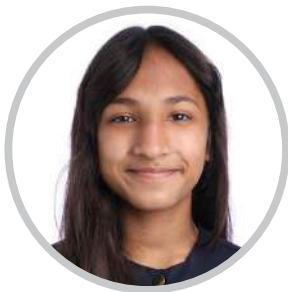




**Myriam Salman Yaqoob**  
Grade 3A



**Nourseen Yunis AlSharrah**  
Grade 8C



**Shaikha Salman Yaqoob**  
Grade 8C



# Piece of Art



**Hassan Maher Rustam**  
Grade 8A



**Noor Ahmed AlMerbati**  
Grade 5B



**AlBadra Waleed AlGanem**  
Grade 9A



**Raja Faisal Abdulmajeed**  
Grade 2A



مدرسة الحكمة الدولية  
Al Hekma International School