

Why is Mental Health as important as physical health?



Which is more important for you: your physical or mental health? Many people have diverse opinions on this crucial topic. But in my opinion, they should both be treated equally. The link between physical and mental health is complex, and I've done my homework about this topic, and I can confidently tell you about the physical effects of having bad mental health.

Many of us have experienced the symptoms of anxiety, such as a horrible stomach ache before a test, difficulty in breathing, feeling your heartbeat inside your head, and being unable to concentrate.

You might not be aware of it, but anxiety has a huge number of physical symptoms. I've listed just a couple of them... When your mental health starts to get bad, do some of these steps: Take a day off, rest, drink some tea, forget about your problems, and take your time to recover from these symptoms, just like you would with any other illness.

There is no shame in asking for help; it's a necessary step in the recovery process. However, the stigma surrounding mental illness is ridiculous and prevents many from seeking it. The most crucial aspect of maintaining good mental health is being aware of it. Are you feeling sad most of the time? Are you overthinking too much? Are you constantly exhausted for no reason? Ask yourself these questions, and be honest in your responses. If the majority of these questions were answered with a "yes", I have a piece of advice for you from the perspective of a student who cares about your well-being: it's all about figuring out what makes you feel better. You may try going out with friends or spending some time alone. Again, remember to treat your mental health like any other illness.

Recovering varies from person to person, don't let your concern about being labeled as keep you from getting help. At the end of the day, pain makes us appreciative of all the great times, therefore you can't completely understand what happiness feels like until you've experienced some challenges.



Written by Shouq Wesam AlNashaba - GR.11B

The Magic Lamp

Everyone is aware of the magic lamp of Aladdin, but how about the Magic Lamp? Picture an automated lamp which works on its own. Picture of glory of having desk lamp, or a nightstand or a salt crystal lamp or a lava lamp that is able to sense how dim or bright a room is and turn on or off accordingly? Lo and behold: The Magic Lamp. It is a lamp capable of sensing shifts in levels of light, temperature, and motion, all the while helping to make the world a better place!

The Magic Lamp should be equipped with a sensor, one similar to the one that lampposts, or street lights utilize for function. This sensor should be active at all times, in preparedness for the time the sun sets or the lights turn off. Bear in mind that this is not only a desk lamp, but a multifunctional one.

The Magic Lamp will be capable of adjusting its light level depending, not only on the brightness in the room, but on the movement present in it as well. An emergency it is! You forget to turn on the lights! Have no fear; the Magic Lamp is here! What if the speed of the light turning on depended on how sudden the detected movement is? As the motion becomes more abrupt, the sharper the lamp turned on.

Another function that falls under the umbrella of motion-sensitive is the way this repurposes the Magic Lamp as an alarm; having it next to your bedroom's door so the light shines or flashes when the door is open, notifying you know if in a time of danger, or if an intruder is making an attempt to break in, or if there is a potential thief. However, let us suppose there is no thief, but a person really is in your house and it is your aunt,

Margret, coming to pay you a visit or deliver some gifts (even if it were at a suspicious time of night). You obviously cannot frighten her if your Magic Lamp alarm goes off, so suppose a facial recognition camera that is built into the Magic Lamp to recognize the faces of the people you wish it to. This way, Aunt Margret can leave her parcel in your living room with the keys you forgot you gave her.

That may be the case, or your roommate or someone else you live with is coming home from work later than usual. I said multi-functional, did I not?

Only because this lamp is so sophisticated, does not mean it should be limited to just one design; let it have many! Be it tall, small, portable, stationary, pink, yellow; sky is the limit! A tall decorative Magic Lamp may be put in your living room or bedroom and have it in different colors; not only in body or shade, but the light itself. All of this controlled through a pocket-sized remote.

The Magic Lamp may react to the temperature or the mood of the room it is put in and change colors in accordance. You are studying, and you have been at it for hours! You feel a thumping pain in your head, so you decide to take a break. You lie down for a bit and the lamp shade changes from a bright white to a calm orange after sensing a different aura. You then get up and begin! No, you desire only the color green to be projected, so you pick up the handy remote and change the color to green. You change your mind; you do not want the color green anymore, and instead you press a button on the remote that projects the stars of outer space! All this would be possible thanks to the dandy remote control.

We must not also forget about our Earth; this lamp must not harm the environment as others do. This could be a solar lamp. One can place it out on their balcony or patio, or even next to window, and have it gain its charge through the sun's bright rays! If not, the batteries in it should help it last a while. This makes the Magic Lamp more sustainable and convenient.

In conclusion, The Magic Lamp is multi-purposeful. It works independently. It is friendly towards the environment. It is rather accommodating. It is smart. It is brilliant, and it can be your very own spy! So, how about this: make this wish to Aladdin's magic lamp and have Genie grant you the wish of this, indeed magical, magic lamp?



Written and illustrated by AlHanoof Ali Husain - GR.10B



Individualism in LITERATURE

Would you rather be a follower to society, or take your own path in life? This is a topic many writers and philosophers have discussed and talked about. We can also read about this specific topic in Emerson's works "Nature" and "Self-Reliance".

Individualism is represented in books through nature. Nature is represented as the divine which has no limits. Humanity has a serene relationship with the divine roots of nature according to many writers which connects to individualism and a person's personal belonging to nature. According to Emerson, "Our life is an apprenticeship to the truth that around every circle another can be drawn; that there is no end in nature, but every end is a beginning, and under every deep a lower deep opens."

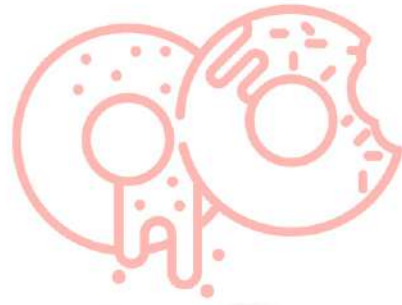
Emerson connects to individualism in his essay Self-Reliance where he shares his vision that individuals should follow their own paths and be the master of their own goals. A person should always seek new mindsets. He connects the idea of being misunderstood as an individual to greatness, and states examples of people in such situations like Socrates who was misunderstood at first. Emerson says, "For nonconformity the world whips you with its displeasure. And therefore, a man must know how to estimate a sour face."

Individualism is also represented other pieces of literature where individuals should go their own way to find happiness. As stated by Thoreau, "Why should we be in such desperate haste to succeed... If a man does not keep pace with his companions, perhaps it is because he hears a different drummer."



Written and illustrated by Ayat Mohamed Abbas - GR.11B

DONUTS FOR DINNER



Dessert before dinner, isn't that everybody's dream? Most people have a sweet tooth. They love eating desserts whenever they possibly can, but what if that practice becomes devastating? As the world obesity rate is on the rise, experts say that people should be cutting down on sugar. People who eat sugar on a regular basis will damage their health significantly.

According to the American Heart Association, the average healthy man should be consuming a maximum of 36g of sugar every day while women should be consuming 24g. By eating dessert before dinner every day, you're looking at twice the amount of sugar that you should be eating in a whole day. Furthermore, an increase in the amount of sugar consumed will also increase your chance of diseases and chronic illnesses such as cancer, diabetes, and heart disease. Many studies have shown that people who consume large amounts of sugar on a regular basis have a lower life expectancy. To add to all of this, you will also experience severe headaches, nausea, fatigue, and stomach aches.

In addition to this, by eating dessert before dinner, you are also harming your digestive system. If you are used to eating cookies, ice cream, cake, chocolate, and all the other foods that are loaded with sugar then your body systems will be heavily impacted. Furthermore, eating desserts before dinner will also increase the amount of fat in your body. Fat that is located around your vital organs will create a great amount of damage. The function of your organs will drop significantly and, in some cases, may stop completely.

In conclusion, eating desserts every day before dinner will be detrimental to your health. Your chance of being diagnosed with a dangerous disease or illness will increase and you will experience pain and discomfort every day. At the end of the day, you should always take care of your health, even if that means giving up desserts.



Written and illustrated by Yasmeen Sameer Masalmeh - GR.10A

Physical and Chemical Change



Today, let's talk about physical and chemical changes of matter! I'm going to start right off to physical changes. First, I am going to show you an example of physical change, and this is an example that everyone uses to show changes in physical properties – water! How? Well, when you freeze water, it turns into ice cubes, and even though it changes state of matter, but it's still 2 hydrogen atoms and 1 oxygen atom, and it's reversible! You can heat water to make water vapor – same, changes the state, but not the substance. To identify a change in physical properties, you must ask yourself – Is it reversible and is the composition the same? If it's yes to both – it's a physical change! Another example is tearing a paper. When you tear a paper into smaller parts, it remains paper: made from wood, only the size and shape changed!

Next, I'm going to talk about chemical change. An example of chemical change is when you burn a match. At first, the match is rectangular and has an oval shaped part called as phosphorus, but when you light it and hold it long enough, the whole match will burn down and turns into smoke. A chemical change happens when the composition, in this example the wood, changes into a whole new substance, like smoke! Ask yourselves the same question – is it not reversible and does it change the substance. If it's yes and yes – it's a chemical change! Burning is a common way to express chemical change, so that's why I used burning in this example. So now, you'll never ever get confused with physical and chemical change. Just ask yourself - Is it reversible and is the composition the same!



Physical Change



Chemical Change



Written and illustrated by Elan Naffei - GR.6A

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 fire, 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, 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 and illustrated by Rodayna Deyaa Metwaly - GR.9A

The Effects of NOISE POLLUTION



Us humans have always been told not to litter in order to reduce the amount of pollution on the earth, which is true, however, land and water pollution are not the only types of pollution. Noise pollution is one of the main reasons for disturbances in the natural habitats of animals. Noise pollution causes unwanted or unusual behavior, and severely, cardiovascular disorders.

The unusual behavior that has been found in animals is extremely dangerous and even life-threatening to the organisms. For example, studies have shown that a noisy ocean can affect a whale's ability to communicate and navigate, as well as drive them ashore by deafening or frightening them. This is due to the fact that currently, many animals in the ocean use echolocation to communicate with others, which in turn, affects their ability of communication. Furthermore, it has been shown that it also affects the feeding habits of endangered species such as the blue whale, which greatly hastens the blue whale's extinction. This consequence occurs because the blue whales are having to choose between life or death, so if they had chosen to hunt for food, they would have been easy prey to the killer whales, who have been known to hunt blue whales.

An increased risk of heart disease does not only apply to animals, but to humans as well. It has been found that the heart attack rate is 72% higher in areas that have more transportation noise exposure, therefore, people in these areas have seen 3,336 heart attacks per 100,000 people while people in quieter areas have suffered 1,938 heart attacks per 100,000 people. Cardiovascular diseases have been increasing rapidly due to the industrial revolution and how quickly we are developing new buildings and ideas. Hence resulting in more cars, which means more noise pollution, which can especially be seen in bigger cities such as Tokyo and New York. Heart disease have been occurring because high stress has been known to increase the body's cholesterol, thus resulting in an increased risk in hypertension, coronary heart disease, heart failure, arrhythmia, and even a stroke may begin to manifest.

In conclusion, noise pollution affects life on land and water, animals, and humans. It is severely harmful for all living organisms as it disrupts the natural way of life, which leads to multiple biological processes failing. Therefore, noise pollution should be reduced as much as possible before the effects worsen.



Written and illustrated by Loyal Mohamed Husain - GR.10B

Piece of Art



Salman Nedham Abdulrahman
Grade 1C



Hamida Hasan Ali
Grade 2D



Layan Ahmed Nada
Grade 3C





Faisal Ali Alhashimi
Grade 3D



Lelyan Ahmed Nada
Grade 3C



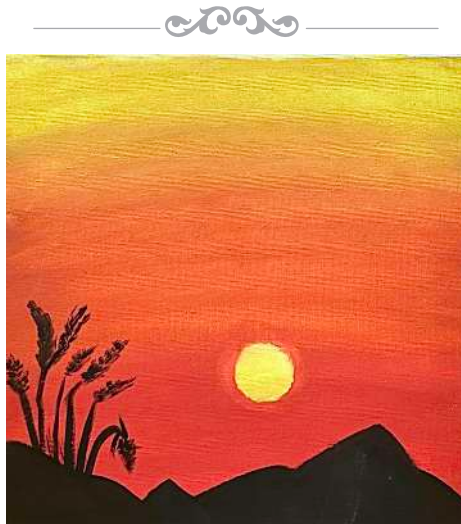
Fares Mohamed Sallam
Grade 3D



Piece of Art



Wesal Nedham Abdulrahim
Grade 3C



Dana Mohamed Abdulrahman
Grade 5A



Abdulla Muzammil Ahmed M.d
Grade 7B



Albadra Waleed Ghanem
Grade 9A



Ward Fadhel Saleh
Grade 10A



Leya Rashid Hameed
Grade 5C



Ayat Mohamed Abbas
Grade 11B



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