

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

Keep a Summer Journal

Summer is a magical time filled with sunshine, adventures, and new experiences. One of the best ways to hold on to these special moments is by keeping a summer journal. Writing in a journal can help you remember all the fun you have, understand your feelings, and even improve your creativity. Let's explore why keeping a summer journal is so important and how it can make your summer even more amazing.

During summer, you might go on exciting trips, play with friends, or try new activities. Writing about what you did each day helps you remember these adventures forever. When you look back at your journal, you'll be able to relive those fun times and remember exactly how you felt. This way, you can keep your summer memories alive long after the season ends.

When you write in your journal, you pay closer attention to what's happening around you. This helps you enjoy each moment more fully. By focusing on the details of your day, like the sound of the waves at the beach or the taste of your favorite ice cream, you can appreciate the little things that make summer so special.

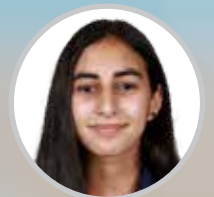
A journal is a great place to let your creativity shine. You can write stories, draw pictures, or even add photos and souvenirs from your adventures. This creative expression helps you discover new talents and makes your journal unique. Plus, the more you practice writing and drawing, the better you get at it.

Summer can bring lots of different feelings, from excitement to nervousness. Writing about your feelings in your journal can help you understand them better. It's a safe place to express what you're thinking and how you're feeling. This can make you feel calmer and more in control of your emotions.

Summer is a great time to set new goals, like learning to ride a bike, reading a certain number of books, or practicing a new sport. Writing down your goals in your journal can help you stay motivated and track your progress. At the end of the summer, you can look back and see all the amazing things you've accomplished.

Your summer journal is like a treasure chest filled with your memories and experiences. In the future, you can look back and see how much you've grown and changed. It's a personal history that tells the story of your summer, making your journal a valuable keepsake that you'll cherish for years to come.

Keeping a summer journal is a wonderful way to capture your memories, understand your feelings, and express your creativity. It helps you remember all the fun and appreciate the special moments. So, grab a notebook and start writing about your summer adventures today. Your future self will thank you for it!



Written by Zaina Faisal - GR.7B

Students' Articles





The Challenges Facing the Working Poor_ Poverty

In the wealthiest nations of the world, it may come as a surprise to many that poverty and financial hardship remain pervasive issues. However, the reality is that millions struggle to make ends meet, often working multiple jobs yet still unable to afford basic necessities.

These are the working 'poor' - individuals and families who are employed, sometimes even holding down full-time jobs, yet live below the poverty line. Their stories shed light on the systemic barriers and personal sacrifices required simply to survive.

One such individual is Sarah, a mother of two working as a cashier at a local grocery store. Despite working 50 hours per week, her meager wages of \$12 an hour leave her unable to afford rent, let alone luxuries. "I'm constantly worried about keeping a roof over our heads and being able to put food on the table," she laments. "There's never enough left over at the end of the month."

The challenges facing the working 'poor' are multifaceted. Stagnant minimum wages have failed to keep pace with the rising costs of housing, healthcare, and other essentials. Many also lack access to affordable childcare, forcing parents to choose between earning a paycheck or caring for their children. Additionally, lack of reliable transportation can make it difficult to maintain steady employment.



Illustrated by Hashim AlHashimy - GR.11B

Beyond the financial strain, the working poor often face stigma and social isolation. "People assume that if you're poor, you must be lazy or uneducated," says Michael, who holds a bachelor's degree but struggles to support his family on his warehouse job salary.

Despite their struggles, the working people exhibit remarkable resilience and ingenuity in the face of adversity. Many rely on community networks, food banks, and government assistance programs to make ends meet. Others take on additional side hustles or seek out educational opportunities to improve their prospects.

Ultimately, addressing poverty among the working class will in the world requires a multifaceted approach - from raising minimum wages and expanding access to affordable housing and healthcare, to investing in job training and childcare support. Only then can we truly build a more equitable society where no one is left behind.



Written by Al Badra Waleed - GR.10A



As the school year comes to a close, I find myself reflecting on the significant milestone I'm about to reach - the transition from grade 5 to grade 6. This move into the upper elementary grades marks an important chapter in my educational journey, and I'm eager to share my experiences and excitement for what lies ahead.

Looking back on my time in grade 5, I remember feeling a mix of nervousness and anticipation. The coursework had become more challenging, and I was tasked with developing crucial study skills and time management abilities. But with the support of my wonderful teachers and my dedicated classmates, I was able to rise to the occasion.

I'm truly proud of the progress I've made over the past year, both academically and personally. I've expanded my knowledge in core subjects like math, science, and language arts, and I've grown in my ability to think critically, communicate effectively, and collaborate with my peers. These are all skills that I know will serve me well as I transition to grade 6.

As I look ahead to the coming school year, I'm filled with a sense of eager anticipation. I know that the content in

grade 6 will be even more rigorous, and I'll be tackling increasingly complex problems and assignments. But I'm ready for these new challenges. In fact, I'm especially excited about the opportunity to explore new electives and extracurricular activities that align with my unique interests and passions.

Of course, I know the road ahead won't always be easy. There will likely be setbacks and struggles along the way. But I'm determined to face any obstacles head-on, with hard work, perseverance, and the unwavering support of my teachers, mentors, and loved ones.

As I stand on the precipice of this exciting new chapter, I feel deeply grateful for the incredible educational foundation I've received so far. I'm appreciative of all the educators, mentors, and loved ones who have guided me to this point, and I'm ready to embrace the challenges and opportunities that await me in grade 6. I'm confident that with this strong foundation, I'll be able to take my learning to new heights and continue on my path of growth and discovery.



Written by Mayan Nemer - GR.5A

The Importance of Reading During Summer



Introduction:

Summer is a time for relaxation, fun, and adventure. But amidst all the outdoor activities and sunny days, it's essential not to forget about the importance of reading. Whether it's lounging by the pool, sitting on the beach, or relaxing in a hammock, summer provides the perfect opportunity to dive into a good book.

Preventing the "Summer Slide":

Research shows that students can lose up to two months of reading achievement over the summer months if they don't engage in regular reading activities. This phenomenon, often referred to as the "summer slide," can set students back academically and make it harder for them to catch up when school resumes in the fall. By reading regularly during the summer, students can maintain and even improve their reading skills, ensuring they start the new school year on the right foot.

Expanding Vocabulary and Knowledge:

Reading exposes us to new words, ideas, and perspectives, helping to expand our vocabulary and knowledge base. Whether it's fiction, non-fiction, or poetry, every book we read offers an opportunity to learn something new and broaden our understanding of the world around us. This is especially important for children, whose vocabulary development is strongly influenced by exposure to language through reading.

Stimulating Imagination and Creativity:

Reading sparks our imagination and creativity by transporting us to new worlds and introducing us to characters and situations we might never encounter in our daily lives. From epic adventures to fantastical realms, the stories we read during the summer can inspire us to dream big and think outside the box.

Promoting Relaxation and Stress Reduction:

In the midst of busy summer schedules, reading provides a welcome escape from the hustle and bustle of everyday life. Whether it's a gripping mystery, or a thought-provoking memoir, getting lost in a book can be a great way to relax and unwind. Studies have shown that reading can reduce stress levels and promote mental well-being, making it an essential self-care activity for people of all ages.

Fostering a Lifelong Love of Reading:

Perhaps most importantly, reading during the summer helps foster a lifelong love of reading. When children and adults alike discover the joy of getting lost in a book, they are more likely to continue reading for pleasure throughout their lives. This not only has academic benefits but also enriches our lives in countless ways, providing entertainment, enlightenment, and emotional connection.

Conclusion:

In conclusion, reading during the summer is not just a leisure activity; it's an essential part of maintaining academic skills, expanding knowledge, stimulating creativity, and promoting overall well-being. So, as you soak up the sun this summer, don't forget to pack a book or two and make time for some reading adventures. Your mind will thank you!



Written by Reem Yusuf - GR.7B



THE IMPORTANCE OF CHANGE

In today's rapidly evolving world, the ability to adapt and embrace change is more crucial than ever before. While change can often be unsettling and uncomfortable, it is a necessary and inevitable part of personal and professional growth.

One of the primary reasons change is so important is that it drives innovation and progress. When we are willing to step outside our comfort zones and try new things, it opens up vast new possibilities. New ideas, technologies, and ways of doing things can emerge, transforming industries and creating exciting new opportunities.

Additionally, the ability to adapt to change is a key skill for succeeding in an unpredictable job market. Roles and required skill sets are constantly in flux, so employees who are agile and receptive to learning new things will be better positioned to thrive. Resisting change, on the other hand, can quickly lead to becoming obsolete and left behind.

On a personal level, embracing change can foster important personal development. Stepping outside our routines and familiar patterns forces us to become more flexible, resilient, and open-minded. It challenges us to develop new perspectives, problem-solving skills, and confidence in our ability to handle uncertainty.

Of course, change is not always easy - it can be stressful, disruptive, and scary. But it is precisely because change is difficult that it is so valuable. The struggles we face when adapting to new circumstances are what push us to grow and become better versions of ourselves.

In the end, the importance of change boils down to this: it is the engine that drives progress, the pathway to new opportunities, and the catalyst for personal transformation. While it may not always be comfortable, change is essential for individual, organizational, and societal advancement. Accepting and even celebrating change is key to thriving in the modern world.



Written by Jood Thani - GR.9C

Savouring the Summer

As the longer, warmer days of summer approach, it is tempting to succumb to the allure of leisurely relaxation and unstructured free time. However, the seasonal shift can pose a unique challenge in maintaining the cognitive acuity and productivity cultivated throughout the academic year. It is imperative that individuals employ strategic measures to safeguard their intellectual capacities and sustain their mental prowess during this period of respite.

According to a longitudinal study published in the *Journal of Educational Psychology*, students can experience a significant decline in academic performance and cognitive skills over the summer months, a phenomenon known as the “summer slide” (Cooper et al., 1996). The researchers found that students, on average, scored lower on standardized tests at the end of the summer than they had at the beginning of the break, with the greatest losses occurring in mathematical and reading comprehension abilities. This alarming trend underscores the necessity for proactive interventions to mitigate the erosion of hard-earned intellectual gains.

The preservation of intelligence and brain power during summer break necessitates a proactive approach to learning and skill development. Engaging in consistent mental exercises, such as reading comprehensive literature, tackling challenging puzzles, or pursuing intellectually stimulating hobbies, can effectively prevent the erosion of critical thinking skills and innovative problem-solving abilities. Moreover, intentionally allocating time for focused study and self-directed research can fortify an individual’s knowledge base, ensuring a seamless transition back into the rigours of academic life.

A growing body of research has highlighted the cognitive benefits of engaging in mentally stimulating activities during periods of reduced academic demands. A study conducted by the American Psychological Association found that adults who regularly participated in intellectually challenging pursuits, such as reading complex novels or playing strategic board games, demonstrated higher levels of fluid intelligence and enhanced executive functioning skills compared to their less engaged counterparts (Stine-Morrow et al., 2008). Additionally, a longitudinal investigation published in *Psychological Science* revealed that individuals who maintained a habit of lifelong learning exhibited slower rates of cognitive decline and a lower risk of developing age-related neurodegenerative conditions, such as Alzheimer’s disease (Ghisletta et al., 2014). These findings underscore the importance of proactively nurturing one’s intellectual capacities during the summer months to safeguard long-term cognitive health and academic success.

Alongside the preservation of intelligence, the maintenance of productivity during summer break is paramount. By establishing a balanced routine that incorporates structured work periods, individuals can harness the benefits of increased free time to advance personal and professional goals. This may involve dedicating time to writing, coding, or pursuing independent projects that align with one’s aspirations. Additionally, the summer months present an opportune time to develop valuable skills through online courses, webinars, or specialized workshops, ultimately enhancing one’s overall productivity and competitiveness.

Research has shown that individuals who maintain a structured and purposeful routine during periods of reduced academic or professional demands tend to experience greater levels of satisfaction, productivity, and overall well-being. A study published in the *Journal of Occupational and Organizational Psychology* found that employees who engaged in self-initiated work activities during their vacation time reported higher levels of accomplishment, self-efficacy, and positive affect upon their return to the workplace (Sonnentag & Fritz, 2007). Moreover, a longitudinal investigation conducted by the National Bureau of Economic Research revealed that students who participated in summer enrichment programs demonstrated improved academic performance, higher educational attainment, and increased earnings later in life, underscoring the long-term benefits of productive summer engagement (Heckman et al., 2010). These findings underscore the importance of maintaining a balanced and purposeful routine during the summer break to cultivate productivity, competitiveness, and overall well-being.

In conclusion, the summer hiatus need not signify a lapse in cognitive vitality and productivity. By embracing a multifaceted approach that prioritizes continuous learning, skill development, and structured productivity, individuals can preserve their intellectual capacities and ensure a seamless transition back into the academic sphere. Through the strategic utilization of this period of respite, one can emerge rejuvenated, intellectually fortified, and poised for success in the endeavours that lie ahead.



Written by Hanaa Awf - GR.11A

Departments News



Ministry of Education Gifted and Talented Competition_ Robotics

Al Hekma International School's Computer Department has achieved remarkable success in the Gifted and Talented competition, showcasing their dedication to guiding and supporting students. Through extensive mentoring and support, the department has nurtured students' talents and fostered a culture of excellence.



The students assembled and coded exceptional projects that caught the eyes of the judges, and they won the top three places among all Bahrain schools in the robotics category.

Let's give our talented students the opportunity to share with us their experience and tell us more about own projects.

Ali Nemer from Grade 10: First place winner

I am thrilled to share my incredible experience at the prestigious Gifted and Talented MOE competition, where I, a 10th-grade student passionate about robotics, participated in the Gifted Robotics category. For this competition, I built the Color Sense Robot using the Lego Spike Prime kit and created and edited a video to showcase myself presenting the robot and how it works. Editing the video to effectively demonstrate the robot's capabilities was a rewarding experience, and my hard work paid off when I was awarded first place in the Gifted Robotics category. This recognition was incredibly encouraging and has motivated me to continue exploring and learning in the field of robotics.

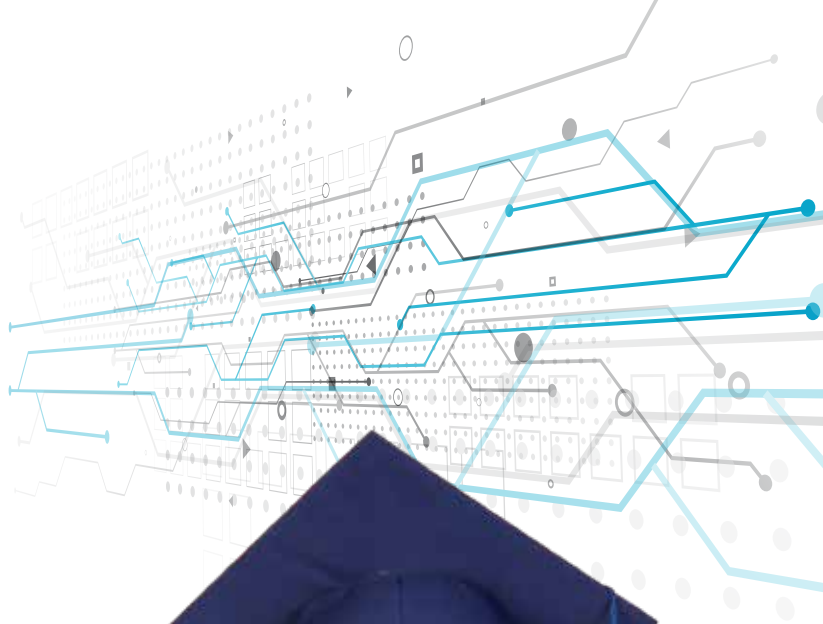




Sayed Ali AlMosawi **from Grade 12:** **Second place winner**

I, Sayed Ali, a student who graduated from AHIS recently, am more than happy to share my experience of the Gifted and Talented MOE competition as a passionate IT student. I modified one of the robots from the Technokids Terrain Robot Kit into a Wildfire-fighting Robot. After coding and assembling, I took time recording the video to ensure it is informative and simple about the abilities of the robot. Of course, getting the message that I got the 2nd place in the MOE Gifted and Talented competition made me overjoyed that my hard work and expertise in technology paid off. This achievement will be one of the founding blocks of entering the technology world and continuing studying in this field.





Askar Urisbayev from Grade 12: Third place winner

I had the opportunity to participate and win third place in the Ministry of Education Gifted and Talented Robotics Competition, where students were tasked with creating robots. After thinking for a while, I ended up settling on a firefighting robot that could be used in factories. The consequences of factory fires can be severe. They can lead to injuries or fatalities among workers and emergency responders, as well as the release of toxic fumes into the environment. As such, swift and effective action is necessary when a factory fire occurs. When creating my robot, I focused on its remote-controlling capabilities to ensure the operator's safety. I equipped the robot with water cannons and mechanical hand grabbers that could be used to move obstructions and suppress any sort of fires that happen within the factory. Thankfully, my efforts were realized, and I was able to claim third place.

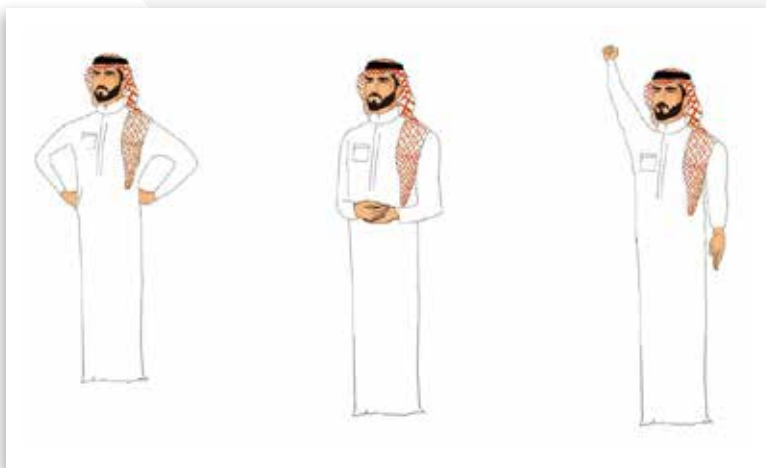
Congratulations to our gifted students, your hard work and intelligence were evidence of this accomplishment that serves as a testament to the department's hard work and pave the way for future achievements.

Digital Artworks





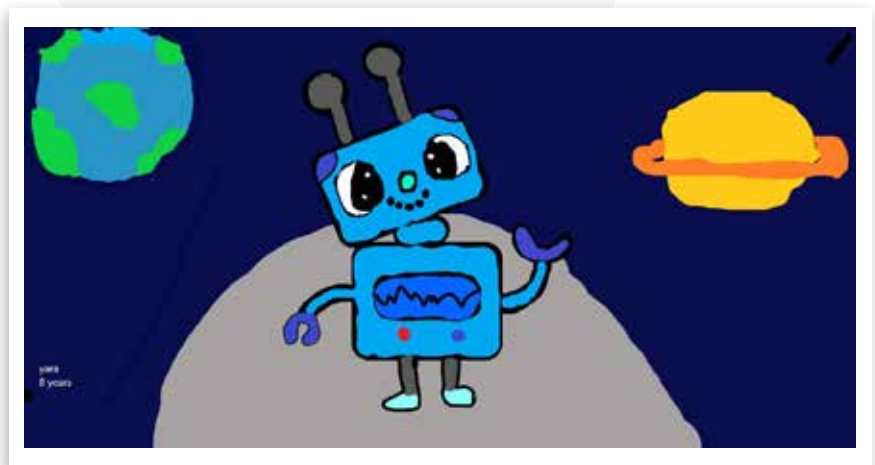
**Illustrated by
Abdulwaddood Ahmed
GR.11A**



**Illustrated by
Hashim AlHashimy
GR.11B**



**Illustrated by
Yara Alsilwadi
GR.2A**



Wellbeing Blog

Wellbeing Blog



Mental Health and Well-Being

At the root of this dilemma is the way we view mental health. Whether an illness affects your heart, your leg, or your brain, it is still an illness, and there should be no distinction

Michelle Obama



Our emotional, psychological, and social well-being are all parts of our mental health. It influences our thoughts, emotions, and behaviors. Additionally, it influences how we respond to stress, interact with people, and make good decisions. From infancy and youth through maturity, mental health is crucial for everyone. It influences our thoughts, emotions, and behaviors. Additionally, it influences how we respond to stress, interact with people, and make good decisions.

There are many solutions to cope with mental health, but the most important part is seeking help and assistance from trusted ones. 'If something inside you feels like it's wounded. It's just like a physical injury. You've got to go get help. There's nothing weak about that. It's strong,' said President Obama. In addition, Fred Rogers once said: "When we can talk about our feelings they become less overwhelming, less upsetting, and less scary."

What is ultimately beneficial to a person and in their best interest constitutes that individual's well-being. Good mental health, high life satisfaction, a sense of meaning or purpose, and the capacity to handle stress are all components of well-being.

Your general well-being is greatly influenced by your mental health. A healthy mental state can help you stay healthy and fend off significant medical issues. According to a study, having a healthy psychological outlook can lower your risk of having a heart attack or a stroke.

To sum it up, mental health affects our well-being. We should all care about our mental health and give it more attention. In addition, we should not criticize and judge anyone, because we don't know what they have been through.



Illustrated by Hashim AlHashimy - GR.11B



Written by Rodayna Deyaa - GR.10A

Games

Games



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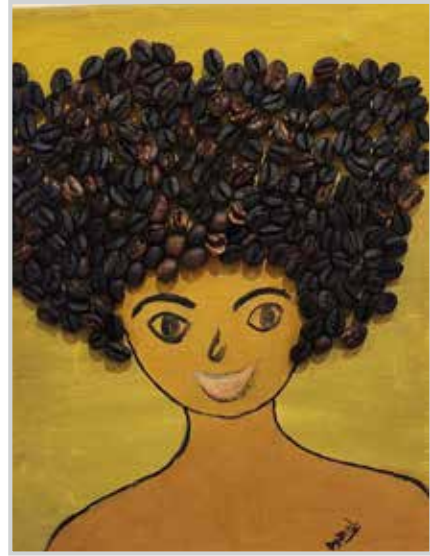
Students Artwork



Students Artwork



Maryam Nawaf Alghanem
Grade 1C



Ameer Muhannad AlZaidanain
Grade 2C



Sofia Mohamed Radhi
Grade 2D



Manar Zakariya Saleh
Grade 3A



Fatima Sayed Mahmood Almatooq
Grade 3B



Fatima Saleem Yateem
Grade 6B



Noor Majed Thani
Grade 7B



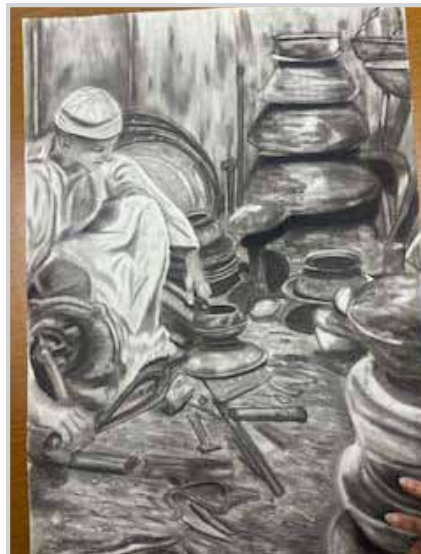
Sama Mahmood Ashoori
Grade 7A



Hamad Mishal Alhellow
Grade 8B



Nourseen Yunis Alsharrah
Grade 9C



Abdulrahman Talal Ariout
Grade 10A

Achievements



STEM Best Practice Summit Team Interview

Recognized as a leader in STREAM education, Al Hekma International School was the proud school selected to showcase its STEM initiatives and its success story of being the first STEM certified school by Cognia in Bahrain at the STEM Best Practice Summit in Dubai on June 15th, 2024. Four talented students presented their innovative STREAM ideas, demonstrating the exceptional creativity and problem-solving skills fostered within the school.

Today, we will get closer to knowing more from the talented students nominated to the summit; Rodayna Dea and Adam Adel from Grade10.



Hi Rodayna & Adam, welcome back! How was your participation at the STEM Best Practice Summit?



Rodayna

Hello and thank you. It was an excellent experience because I practiced several skills, including public speaking and networking. The students there were fantastic, and we had a great time discussing each other's outstanding projects. The best thing is that we not only participated, but also received the award for the most innovative idea.

Adam

It was a great honor to participate in this event. It helped develop skills such as public speaking, the importance of planning, and resilience. We had an excellent time speaking and sharing our project as well as hearing the projects of others. The award was simply the cherry on top.



Tell us from the beginning, how were you nominated?



Rodayna

First, we had to participate in the Bahrain STEMX, which was held online and by our school. Thankfully, we won the best innovative idea. As a result, we were invited to the Stem Best Practice Summit to become a speaker and get awarded.

Adam

Well as Rodayna said, first we had to compete in Bahrain Stem X which was hosted virtually by our school. After creating our project, presentation, and script we presented and won! Allowing us to continue with the main event in Dubai.



What was your project? Tell us more about it



Rodayna

Our project was a solution to eliminate microplastics from your drinking water. Microplastics are tiny plastic particles that can cause detrimental effects on our health. In simple terms, we use a modified compound called hydro silica gels to react with microplastics, resulting in them clumping together and floating. Then, you can just skim them to have water free from harmful pollutants and plastic.

Adam

To summarize, our project was a hybrid silica gel designed to eliminate harmful pollutants such as heavy metals and microplastics from drinking water.





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Al Hekma International School