



# The Importance of Academic Writing

Academic writing is an essential skill that plays a significant role in a student's educational journey. It is more than just completing assignments and examinations; it is a way of communicating ideas, presenting arguments, and sharing knowledge in a clear and organized manner.

One of the main benefits of academic writing is that it develops critical thinking skills. When students write essays, reports, or research papers, they learn to analyze information, evaluate evidence, and form logical conclusions. This process helps them become independent thinkers who can make informed decisions.

Academic writing also improves communication skills. It teaches students how to express their thoughts clearly, use appropriate language, and organize their ideas effectively. These skills are valuable not only in school but also in higher education and future careers. Professionals in many fields, such as business, science, law, and medicine, rely on strong writing abilities to communicate with others.

Furthermore, academic writing encourages research and lifelong learning. Students learn how to gather information from reliable sources, assess its credibility, and use it responsibly. This promotes intellectual curiosity and helps build a strong foundation for future academic and professional success.

Another important aspect of academic writing is that it fosters discipline and responsibility. Writing assignments require careful planning, time management, and attention to detail. By meeting deadlines and following academic standards, students develop habits that contribute to their personal growth and success.

In conclusion, academic writing is a valuable skill that benefits students in many ways. It enhances critical thinking, strengthens communication, promotes research skills, and encourages discipline. As students continue to develop their writing abilities, they prepare themselves for academic excellence and a successful future. Therefore, academic writing should be viewed not as a challenge, but as an opportunity for growth and learning.



*Written by Nadeen Hameed Abdulla - GR.11D*

# Students' Articles



# Why is Teamwork Important?

## To start off, what is Teamwork?

Teamwork is when people work as a group or team to achieve a goal efficiently or as the name suggests, it is working as a team.

## How does Teamwork Help?

Teamwork can be useful in many ways, from cleaning up a beach, to creating a complete company and product.

## What are the Benefits of Teamwork?

Teamwork benefits us, and the people we are working with. As a team, multi-tasking becomes easy, and many things can be done quicker. Teamwork can have an advantage in making a product. Ask yourself, would it be easier to brainstorm an idea, make a plan, create a prototype with benefits, improvements, and a final product by yourself, or would it be easier with a group of people that can help you

## Why would people volunteer to work as a group? What would they benefit?

People who work as a group usually get a share of the results or reward. It might be grades, money, or having a clean space to roam around such as a beach. But people don't have to get credit or a reward every time. If they want to help and offer help without wanting anything in return, they may do so.

## Lastly, how does all this make a difference? How is it Important?

Working together is effective, can benefit many people, and be more efficient, but why is this so important? Teamwork is crucial to people in different ways. It can be helping a friend, gaining money, creating something fun, or helping the earth. Everything I just listed, is important to different people.

But how does it make a difference? Teamwork can make a difference, whether it's making someone happy, or saving the earth. These small actions can make huge differences. If Teamwork is used in a community clean-up, many areas of the earth would be clean and safe to everyone who lives or visits there.

## Conclusion

To sum it up, Teamwork helps achieve goals faster, create positive changes, and can be very effective. Remember, Teamwork should be done fairly, and safely.



*Written by Dana Mohamed Almansoori- GR.5C*

# More Than Just Recess

## Why Physical Education is Vital for Modern Education



For generations, physical education (PE) was often viewed as a break from “real” learning—a noisy hour of dodgeball, running laps, and burning off excess energy before returning to math or history. However, modern educational science reveals a much different reality. Physical education is not an intermission from academic learning; it is a catalyst for it. In an era dominated by screens, rising adolescent anxiety, and sedentary lifestyles, PE is one of the most critical subjects modern education can offer. Here is why robust physical education programs are essential for the holistic development of today’s students.

### Cognitive and Academic Benefits

Activity has a profound, direct impact on brain chemistry and cognitive function:

- **Enhanced Focus:** Exercise floods the brain with neurotransmitters like dopamine, serotonin, and norepinephrine, which elevate mood and sharpen attention. A child who has just participated in an active PE class is primed to focus better in their next academic period.
- **Neuroplasticity:** Physical activity stimulates the production of BDNF (Brain-Derived Neurotrophic Factor), a protein that supports the survival of existing neurons and encourages the growth of new ones. Essentially, exercise prepares the brain to learn.
- **Higher Test Scores:** Numerous studies show a strong correlation between physical fitness and academic achievement. Regular movement improves memory retention, spatial awareness, and problem-solving skills.

### Mental Health and Emotional Resilience

The youth mental health crisis is one of the greatest challenges facing modern education. Anxiety, depression, and chronic stress are at all-time highs. Physical education serves as a natural, highly effective buffer against these struggles.

**The Biology of Stress Relief:** Exercise reduces the body’s stress hormones, such as adrenaline and cortisol, while stimulating the production of endorphins—the body’s natural mood lifters.

Beyond the biochemistry, PE offers a unique environment for students to develop emotional resilience.

Learning how to lose gracefully, coping with the frustration of a missed shot, and pushing through physical discomfort all teach students how to manage stress and bounce back from failure in a low-stakes environment.

### Developing Social Skills and Teamwork

While classroom learning is often individual or organized into quiet small groups, the PE field is a dynamic laboratory for social-emotional learning. Through team sports and group challenges, students develop critical interpersonal skills that translate directly to the real world:

- **Communication:** Students learn to call for the ball, direct teammates, and express strategies clearly under pressure.
- **Cooperation:** PE forces students to work with peers of differing abilities and backgrounds to achieve a common goal.
- **Conflict Resolution:** Navigating disagreements over rules, boundaries, or fair play teaches students to solve problems without immediate adult intervention.
- **Leadership:** Group activities give students regular opportunities to step up as team captains, organize strategies, or mentor a struggling classmate.

### In Conclusion

Investing in physical education is an investment in the academic, physical, and emotional success of our youth. If we want to raise a generation of thinkers, innovators, and leaders who are resilient enough to handle the pressures of tomorrow, we must take care of their bodies just as much as their minds. It is time to treat physical education not as a luxury, but as the essential core subject it truly is.



*Written by Yehia Mohamed Issa - GR.11D*

# A Passport to Anywhere

What do you feel when you read a book? Do you feel excited, curious, happy, or surprised? Whether you enjoy reading or not, books are very good for our brains and even for our mental health.

**One reason** reading is important is that it strengthens our thinking skills. When we read, our brains are active, helping us understand ideas, solve problems, and think more deeply about different subjects. Reading also improves our imagination because it allows us to picture characters, places, and events in our minds.

**Another reason** reading is beneficial is that it helps us learn new things. Books teach us facts, introduce us to different cultures, and expand our vocabulary. The more we read, the more knowledge we gain, which can help us become smarter and more confident.

**A third reason** is that reading is a healthy hobby. Instead of spending hours looking at screens, we can relax with a good book. Reading can reduce stress, improve focus, and give our minds a break from technology.

**In conclusion**, reading is one of the healthiest exercises for the brain. It helps us learn, think, and imagine. When you open a book, it is like holding a passport to anywhere—you can travel to different places, meet new people, and experience exciting adventures without ever leaving your seat.



*Written by Mariam Shaker Alasmi - GR.5B*





# The Importance of Friendship at School

School is not only a place for learning subjects like mathematics and science; it is also a place where students build meaningful friendships. Friendship makes school life more enjoyable and helps students feel comfortable and confident. Having good friends can turn an ordinary school day into a positive and memorable experience.

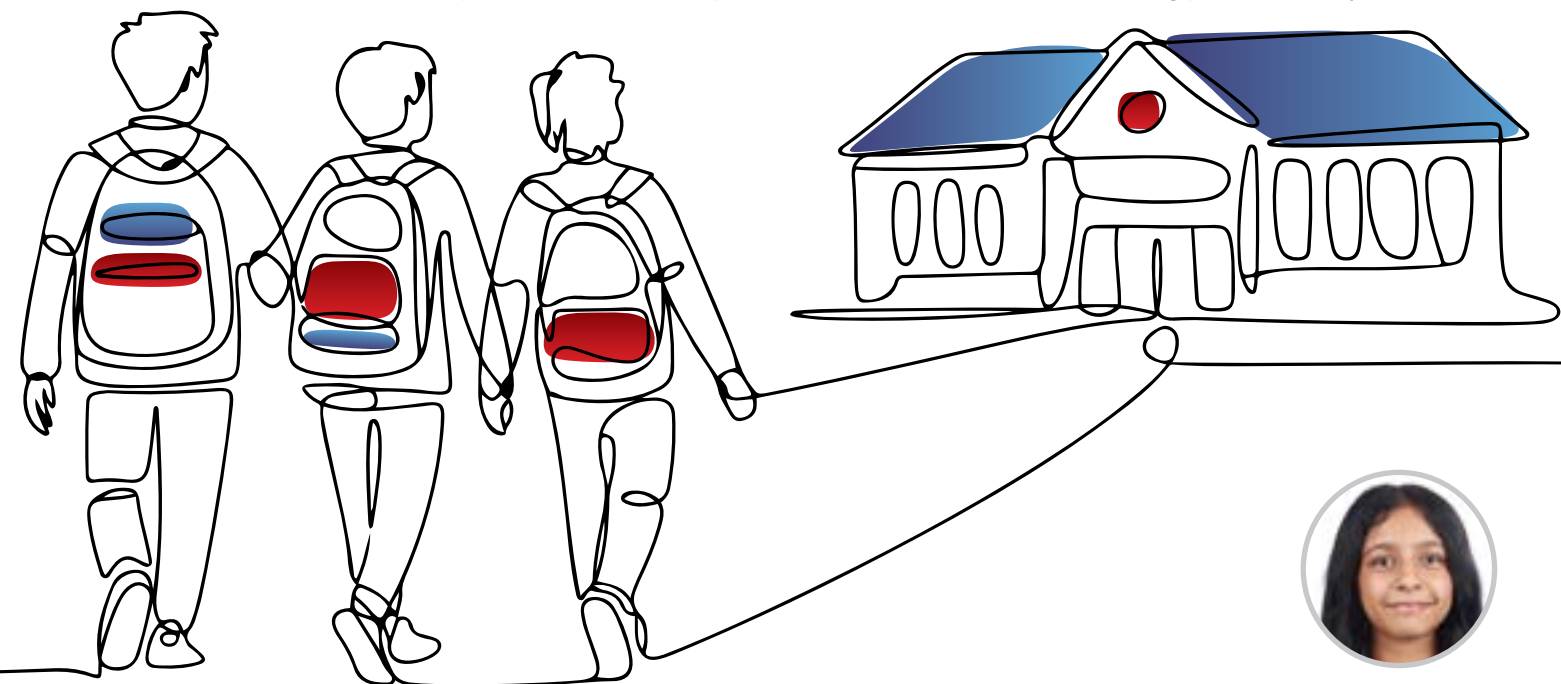
Friends support each other in many ways. They help one another understand lessons, complete projects, and prepare for exams. When students work together, they often learn faster and gain new ideas from each other. A good friend encourages others to keep trying even when schoolwork becomes difficult.

Friendship also teaches valuable life lessons. Students learn how to communicate, cooperate, share, and respect

different opinions. These skills help them build strong relationships and become responsible members of society. Learning to be a good friend is just as important as earning good grades.

In addition, friends provide emotional support during challenging times. Whether a student feels nervous before a test or upset about a problem, a caring friend can offer comfort and encouragement. This support helps students feel less stressed and more confident.

In conclusion, friendship plays an important role in a student's life. It helps students succeed in their studies, develop social skills, and enjoy school more. Strong friendships create happy memories and make the school environment a more welcoming place for everyone.



*Written by Zaima Ahamed - GR.7B*

# Departments News





مدرسة الحكمة الدولية  
ALHEKMA INTERNATIONAL SCHOOL

# وَهجُ الحِكَايَاتِ

قِصص قِطْبِرة مِن وِجْدَانِ طَلَبَةِ  
مَدْرَسَةِ الحِكمَةِ

2025-2026



لقراءة المقالات كاملة:

يرجى زيارة الرابط التالي للاطلاع على المجموعة الكاملة من تأملات وقصص الطلبة: [\[أدرج الرابط هنا\]](#)

# وَهَجُ الْحِكَايَاتِ

تُعد مجلة (وهج الحكايات) نافذة أدبية مميزة تسلط الضوء على نماذج من إبداعات طليتنا في فن القصة القصيرة، حيث تجمع بين جمال اللغة العربية، وثراء الخيال، وحدثا التكنولوجيا في تجربة تعليمية ملهمة تواكب روح العصر. جاءت فكرة المجلة ثمرة مشروع تربوي يهدف إلى تنمية مهارات الكتابة الإبداعية لدى الطلبة، بعد دراستهم لآليات القصة القصيرة وعناصرها الفنية من بناء الأحداث، ورسم الشخصيات، وتوظيف الزمان والمكان، وصياغة الحكمة بأسلوب مشوق. وقد أتاح المشروع للطلبة فرصة التعبير عن أفكارهم ومشاعرهم وتجاربهم من خلال قصص حملت بصماتهم الخاصة، وكشفت عن مواهب واعدة وخيال واسع وقدرة مميزة على السرد والتصوير. ولم تقتصر التجربة على الكتابة الأدبية فحسب، بل امتدت لتشمل توظيف تقنيات الذكاء الاصطناعي في تصميم أغلفة القصص، مما أضفى على المشروع بعدًا بصريًا مبتكرًا جمع بين الفن والتكنولوجيا، ومنح الطلبة مساحة أرحب للإبداع والتجريب. لقد استطاع الطلبة أن يحولوا أفكارهم إلى أعمال متكاملة تجمع بين النص والصورة، وبين أصالة الكلمة وسحر التقنية الحديثة. ويجسد هذا المشروع التعاون البناء والتكامل المثمر بين قسمي اللغة العربية والتكنولوجيا، حيث التقت المهارات اللغوية بالإمكانيات الرقمية في نموذج تعليمي حديث يعزز التفكير الإبداعي، ويشجع الطلبة على توظيف التكنولوجيا بصورة إيجابية وهادفة في خدمة التعلم والإنتاج الأدبي. إن (وهج الحكايات) ليست مجرد مجلة مدرسية، بل مساحة تتألق فيها أصوات الطلبة، ومنير يحتفي بإبداعاتهم، ورسالة تؤكد أن الكلمة حين تمتزج بالخيال والتكنولوجيا قادرة على أن تصنع أثرًا مضيئًا يبقى في الذاكرة.

أ/ محمود بدير



# المفتاح الذهبي

بقلم  
علي جناحي

كنت أمشي في زقاق المدينة القديم عندما لمحت على الأرض: مفتاح صغير، ذهبي اللون، يلمع كأن الشمس خبأت بداخله سرّاً لم أره من قبل. التقطته بحذر، وارتجف قلبي بقشعريرة غريبة، وكأن المفتاح كان ينتظرنني منذ سنوات. لم أستطع تفسير شعوري، لكنه كان يشدني إلى شيء أكبر مني، شيء غير مرئي.

في اليوم التالي، وبينما كنت أرتب مكتبي، لاحظت باباً صغيراً خلف رف الكتب لم أره أبداً. كان مغطى بالغبار وكان الزمن تجاهله، لكنه بدا لي حياً بطريقة غريبة. دفعت المفتاح... فانفتح الباب بصوت خافت، ليكشف غرفة مذهلة: كتب تطير في الهواء وكأنها حية، رسائل معلقة تتحرك ببطء، وضوء خافت ينبعث من كل زاوية، يملأ المكان بهدوء غامض.

على الطاولة، وجدت رسالة مكتوبة بخط غريب: لكل من يدخل، فرصة لتصحيح خطأ لم يلاحظه أحد.

تذكرت كل أخطائي: كلمات لم أقرأها، فرص أضعتها، لحظات ضاعت بلا اهتمام. أمسكت بالقلم، وبدأت أكتب، وكل كلمة تتحوّل إلى ضوء صغير يملأ الغرفة، كأن الماضي يعانق الحاضر ويغفر لي شيئاً ما لم أجروء على مواجهته قبل اليوم.

حين خرجت، أغلق الباب فجأة، واختفى المفتاح من يدي. لكن شيئاً بداخلي تغير إلى الأبد. شعرت بقوة جديدة، وإصراراً على أن كل فرصة للتغيير تبدأ بخطوة صغيرة، وأن الماضي يمكن أن يصلح، ليس بالمكان الغريب، بل بالإرادة الحقيقية، وبالإيمان بقدرتي على البدء من جديد.



في غابة كبيرة مليئة بالأشجار والحيوانات المتنوعة، عاش فريقان من الحيوانات؛ أحدهما كان مكوناً من الأرانب، الطيور، والغزلان، وبالرغم من حجمهم الصغير وقلوبهم الصافية، إلا أنهم كانوا يعرفون كيفية إسقاط أكبر الحيوانات بعملهم الجماعي.

في الحالة الأخرى، هناك فريق يشمل الثعالب، الذئاب، وبعض القروء، وعلى الرغم من أشكالها المخيفة وأجسامها القوية، فإنهم يخافون ويهربون من أصغر الحيوانات. ذات يوم، بينما تلهو الحيوانات بفرح، ظهر أسد كبير ومخيف، فارتعشت الحيوانات وهربت فوراً في كل الاتجاهات خوفاً من أن يأخذها الأسد كوليمة. كان الأسد يريد كل يوم، وفي خضم كل الفوضى والأصوات العالية، قرر الفريقان أن يختبئاً، فذهب فريق الحيوانات الصغيرة إلى مخبئه الخاص الذي صنعه مع بعضه البعض، وذهب فريق الحيوانات الشريرة ليختبئ بطريقة انفرادية.

فحين هدأت الأجواء وخف الغبار، قرر الأسد أن يأخذ قسطاً من الراحة في ظل الأشجار المجاورة، وهذا هو الوقت الذي قررت فيه بقية الحيوانات الصغيرة أن تصنع فخاً. قد كان الأمر يبدو صعباً في البداية لكنهم كانوا مقتنعين بأن بالعمل الجماعي يمكنهم هزيمة شيء اسمه المستحيل.

بدأوا في العمل، فقد ذهبت الطيور لتجلب كل أنواع الفواكه اللذيذة، وساعدت الأرانب القوارض في جمع الأعشاب لبناء القفص الكبير. بينما كانوا يعملون، كان الفريق الآخر يستهزئ منهم، لكن ردهم الوحيد كان أن يختبئوا من هجومهم لكي لا ينهض الأسد. أخيراً، لقد تم بناء القفص، واستيقظ الأسد ليرى الفواكه في مكانه، فشك في الموضوع وقرر أن يستكشف الأمر. وفي ذلك الحين، خاف أحد الحيوانات الوحشية وقد حاول الهروب، لكنه وقع في الفخ، مما جلب انتباه الأسد، فقفز إلى الفخ. حين دخل الأسد في الفخ أعطت الطيور علامة للأرانب لكي يغلقوا القفص، وهكذا تم حبس الأسد.

مر الوقت، وعادت الحيوانات لكي تطمئن على الوضع، فرأوا فريق الحيوانات الصغيرة يأكلون الفواكه وهم منتصرون على الأسد، فسرعان ما ذهبوا لكي يكرموهم على شجاعتهم، وعاشوا كرمز للحسن والعمل الجماعي، معروفين في كل أنحاء الغابة.

Interviews

Interviews



# Voices of the IB Class of 2026

As they conclude their IB Diploma Programme journey, several members of the Class of 2026 shared their reflections on the experiences that challenged them, inspired them, and helped shape who they are today. Their stories highlight the growth, resilience, and determination that define the IB experience.



## Adam Adel Dawood

Adam's IB journey taught him the power of perseverance, self-discipline, and resilience. Through the challenges of balancing academics, assessments, and extracurricular commitments, he learned to stay focused on his goals and trust his abilities. CAS was one of the most impactful parts of his experience, helping him develop a greater sense of responsibility and community engagement. Adam believes the IB Diploma Programme has prepared him well for his future studies in Business Economics by strengthening his critical thinking, time-management, and problem-solving skills. His advice to future IB students is to stay organized, avoid procrastination, and trust the process.



## Bader Alkuwaiti

Bader's IB journey helped him discover that growth comes from embracing challenges and pushing beyond his comfort zone. Through academic demands and personal experiences, he developed resilience, confidence, and strong organizational skills. CAS was a particularly meaningful part of his journey, teaching him the value of service, creativity, and personal well-being. Looking ahead, Bader believes the IB Diploma Programme has equipped him with the critical-thinking and problem-solving skills needed for success in university and beyond. His message to future IB students is to stay disciplined, start early, and make the most of every opportunity for growth.



## Mohamad Omar Ahmed Hachicho

Throughout his IB journey, Mohamad Omar learned the value of continuous growth, discipline, and self-improvement. The programme challenged him to think critically, manage his time effectively, and approach new challenges with confidence. Among all his experiences, CAS had the greatest impact by helping him develop leadership, communication, and teamwork skills while encouraging meaningful community engagement. Although balancing coursework, assessments, and CAS requirements was challenging, he strengthened his organizational skills and resilience. Looking ahead, Mohamad Omar believes the IB Diploma Programme has prepared him well for university and future opportunities by developing his research, analytical, and problem-solving abilities. His advice to future IB students is to stay organized, start early, and embrace the learning journey.



## Fatima Sayed Hashim

Fatima's IB journey taught her one of the most important lessons of all: never underestimate your potential. Through the challenges of the programme, she discovered her ability to step outside her comfort zone, embrace uncertainty, and grow through every experience. The Extended Essay became a highlight of her journey, helping her develop confidence in independent research and academic writing while exploring a topic she genuinely enjoyed. As she prepares to pursue a future in interior design and architecture, Fatima believes the IB has equipped her with creativity, resilience, and problem-solving skills. Her message to future IB students is simple: believe in yourself, take chances, and never be afraid to pursue your goals.



## Hamad Mohamed Yusuf

For Hamad, the IB Diploma Programme was a journey of growth, confidence, and self-discovery. Through the programme, he learned the importance of perseverance and believing in his ability to overcome challenges. CAS played a significant role in his development, allowing him to build teamwork, leadership, and communication skills while engaging in meaningful experiences beyond the classroom. The skills he gained throughout IB have prepared him for future academic and professional opportunities. His advice to future students is to stay consistent, manage their time wisely, and never underestimate the value of hard work.



## Abrar Mohamed

For Abrar, the IB Diploma Programme was a journey of determination, self-belief, and personal growth. The Extended Essay was the most meaningful part of her experience, as it allowed her to explore a topic, she was passionate about and helped shape her future career aspirations. Through the challenges of managing deadlines and responsibilities, she learned valuable lessons about time management and perseverance. Abrar believes the IB programme has equipped her with important life skills that will support her future success. Her advice to future students is to stay focused, trust themselves, and enjoy every moment of the journey while creating lasting memories.

Students

Artwork



Students Artwork



# Piece of Art



**Abdulla Isa Janahi**  
Grade 5C



**Rawan Abdallah Altahir**  
Grade 12A



**Ahood Abduljabbar Ali**  
Grade 8B



# Piece of Art



**Albadra Waleed Ghanem**  
Grade 12B



**Ayah Imran Ismail**  
Grade 8C



**Elreem Khaled Alyaqoob**  
Grade 8B





**Malk Ramy Ibrahim**  
Grade 8B



**Sophia Rashed Bucheeri**  
Grade 7A



**Leya Rashid Hameed**  
Grade 8C



# Piece of Art



**Fatima Mohamed Alaoud**  
Grade 8B



**Sarah Husain AlAali**  
Grade 5D



**Jana Jasim Jaafar**  
Grade 5B



Jana Jasim



**Noor Hasan Ali**  
Grade 5A



**Alyah Mohamed Abdulrahman**  
Grade 6D



**Sarah Sayed Mahmood Almatooq**  
Grade 11A

Games

Games



# Crossword

## Education

Find the 8 hidden words in the grid below. Words are placed in all directions, so look carefully!

S	C	I	E	N	C	E	B
M	A	T	H	K	R	O	L
H	I	S	T	O	R	Y	O
G	E	O	G	R	A	P	H
L	I	T	E	R	A	T	U
A	R	T	P	O	T	T	S
M	U	S	I	C	X	Y	Z
T	E	C	H	N	O	L	O

### FIND THESE WORDS

- Science
- Math
- History
- Geography
- Literature
- Art
- Music
- Technology



Written by Omar AlMahmood - GR.12B

# Advice Corner



Advice Corner



# Stay Hydrated at School

## Why Drinking Water Matters

Have you ever felt tired, unfocused, or even had a headache during school? One simple reason might be that you're not drinking enough water. Staying hydrated is very important for students because it helps the body and brain work better.

### Better focus and learning

When you drink enough water, your brain stays active and alert. This helps you concentrate in class, remember information, and do better on tests and homework. Even mild dehydration can make it harder to think clearly.

### More energy throughout the day

Water helps your body turn food into energy. If you don't drink enough, you may feel tired or slow during lessons. Staying hydrated keeps your energy levels steady, so you can stay active all day at school.

### Helps your body stay cool

Schools can get hot, especially during busy or active days. Water helps control your body temperature by keeping you cool and comfortable, especially after sports or walking between classes.

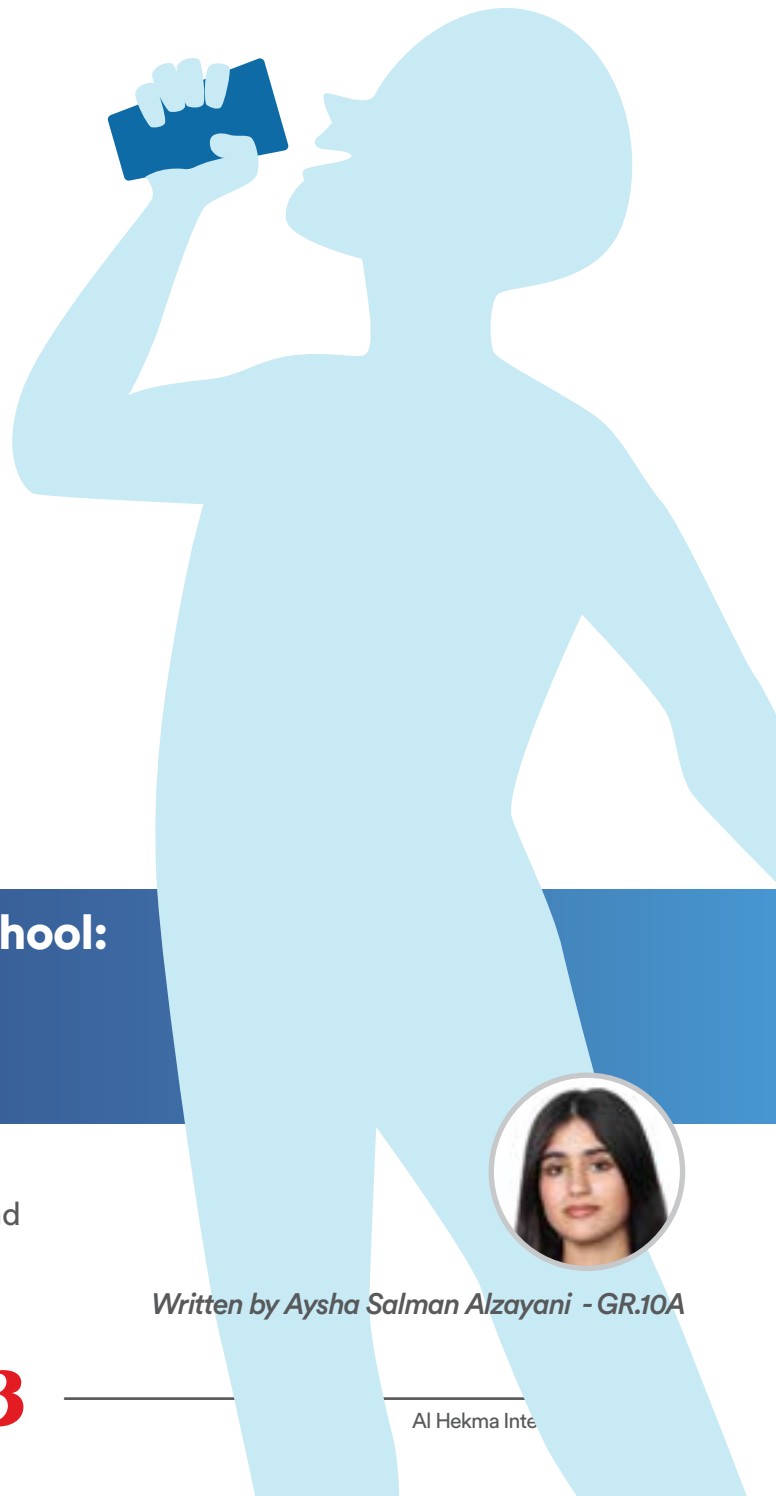
### Better mood and health

Drinking water can also improve your mood. When you're hydrated, you are less likely to feel irritable or stressed. It also helps your body stay healthy by supporting digestion and keeping your skin in good condition.

### Simple tips to stay hydrated at school:

- Bring a water bottle every day
- Take small sips between lessons
- Drink water before and after PE or sports
- Don't wait until you feel thirsty

Staying hydrated is a small habit that makes a big difference. It helps you think better, feel better, and perform better at school. So next time you pack your school bag, don't forget your water bottle!



*Written by Aysha Salman Alzayani - GR.10A*

# Ace Your Exams

# STUDY TIPS



## Create a Study Schedule

One of the biggest mistakes students make is leaving revision until the last minute. Cramming the night before an exam often causes stress and makes it harder to remember information. Instead, create a study timetable several weeks before exams begin. Divide subjects into smaller topics and study a little each day. A schedule helps students stay organised and prevents panic closer to exam day. Remember to include breaks in your plan. Studying for hours without resting can reduce concentration and motivation.

## Stay Away from Distractions

Phones and social media are some of the biggest distractions during revision. A quick five-minute scroll can easily turn into an hour. When studying, place your phone away from your desk or turn on “Do Not Disturb” mode. Studying in a quiet environment can improve focus and help you finish work faster. Some students also use study apps or timers to stay productive by working in short focused sessions.

## Get Enough Sleep

Many students sacrifice sleep during exam season, but lack of sleep can make it harder to concentrate and remember information. Experts recommend teenagers get around 8–10 hours of sleep each night. A well-rested brain works better than an exhausted one. Instead of staying awake late at night, try reviewing your notes earlier in the evening and getting proper rest before the exam.

## Believe in Yourself

Exams are important, but they do not define a person’s entire future. It is normal to feel nervous, but confidence and a positive mindset can make a huge difference. Instead of focusing on fear, focus on preparation. Every study session, practice paper, and revision note is progress toward success.

## Find Your Best Study Method

Every student learns differently. Some students prefer making colourful notes, while others learn better through videos, flashcards, or practice questions. Experiment with different methods to discover what works best for you:

- Mind maps for summarising topics
- Flashcards for memorising facts and definitions
- Practice papers for improving exam technique
- Teaching a friend to test your understanding

Using active study methods is often more effective than simply rereading textbooks.

## Practice Past Papers

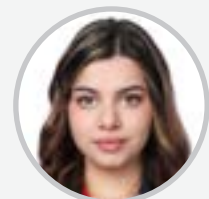
One of the best ways to prepare for exams is by completing past papers. They help students become familiar with question styles, time limits, and common topics. Practising under timed conditions can also improve confidence and reduce exam-day anxiety. After finishing a paper, check your mistakes carefully so you can improve weaker areas.

## Eat Healthy and Stay Hydrated

Food can affect energy and concentration. Eating balanced meals and drinking enough water can help students stay focused while studying. Healthy snacks such as fruit, nuts, yoghurt, or sandwiches are better choices than too much junk food or energy drinks. Staying hydrated is especially important during long study sessions.

## Final Thoughts

Exam season may seem challenging, but with good planning, healthy habits, and the right attitude, students can manage stress and perform at their best. The key is to stay consistent, ask for help when needed, and remember that effort matters just as much as results. So take a deep breath, organise your notes, and start preparing one step at a time. Success is built through small daily actions — and you are more capable than you think.



Written by Ghazal Abdilmohsen Buabood - GR.10B



# Coping with Exam Anxiety: Tips for Success

Feeling nervous before a big test is totally normal. You might feel shaky, have a hard time focusing, or even get a stomachache. These feelings happen to almost everyone, and the first step to beating them is knowing you aren't alone.

## What is Test Anxiety?

Test anxiety is a type of “performance pressure.” It happens when you worry about failing or feel like you need to get a perfect grade. These thoughts can get stuck in your head and make it harder to actually study or remember what you learned.

## How to Spot It?

**In your head:** Thinking things like “I’m going to fail” or “I don’t know anything.”

**In your body:** Feeling sweaty palms, a racing heart, headaches, or not being able to sleep the night before.

## Easy Ways to Feel Better

**Break it Down:** Don’t try to learn everything at once. Make a plan to study small parts of the material each day so you don’t have to cram at the last minute.

**Breathe:** When you feel panicked, try taking slow, deep breaths. It tells your brain to calm down. You can also try a quick stretch or a short walk.

**Think Positive:** If you catch yourself thinking something mean about yourself, stop and flip it. Instead of “I’m bad at math,” tell yourself, “I’ve practiced this, and I’m going to try my best.”

**Practice for Real:** Sit at a desk and give yourself a practice quiz with a timer. The more you get used to the “test feeling,” the less scary it becomes.

**Talk it Out:** Tell a friend or a parent how you feel. Usually, just saying it out loud makes the problem feel smaller.

**Ask for Help:** If the stress feels too big to handle, talk to a teacher or a school counselor. They have great tools to help you manage it.

## The Bottom Line

Anxiety doesn’t have to ruin your grade. By staying organized, breathing deep, and staying positive, you can walk into that classroom feeling ready. Remember, one test is just one small part of your school year!



Written by Noor Ahmed Almurbati - GR.8B

Digital Artwork

Digital Artwork





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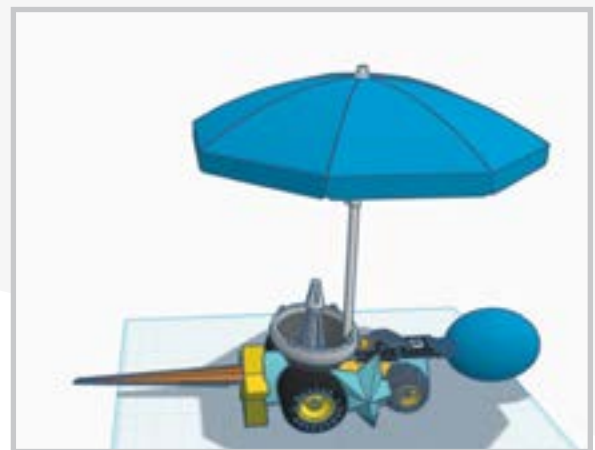
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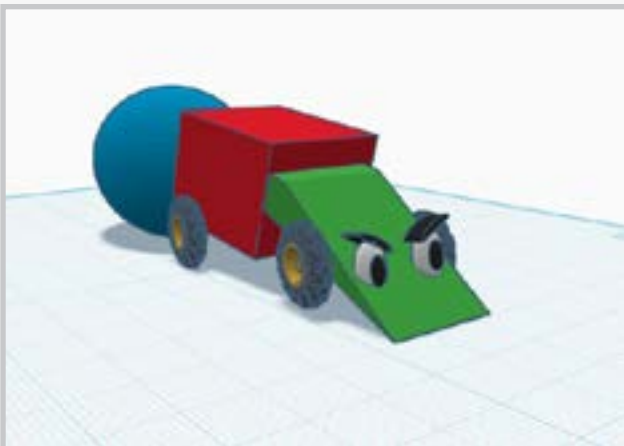
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Achievements

Achievements



# AI Supported Research Methodology Competition *for Sustainable Development and Environmental Issues*

Under the presence of His Excellency the Assistant Undersecretary for Youth Affairs, Mr. Marwan Fouad Kamal, Al Hekma International School proudly celebrates the outstanding achievement of our Grade 11 students in the AI Supported Research Methodology Competition for Sustainable Development and Environmental Issues, organized by the Bahrain Researchers and Inventors Society.

As the only school participants competing alongside universities across Bahrain, our students achieved remarkable success by earning 2nd, 3rd, and 4th place awards, demonstrating excellence in research, innovation, sustainability, and AI supported scientific thinking.

We are also proud to announce that their research has been selected for publication in the scientific book *Sustainability in Action*, highlighting youth led environmental solutions aligned with the United Nations Sustainable Development Goals.

This achievement reflects AHIS's commitment to future focused education, STREAM excellence, and empowering young innovators. Congratulations to all our winners and participants for representing AHIS with pride and excellence!





# مبارك

تبارك أسرة مدرسة الحكمة الدولية للطالب المتميز

عمر عبد الرحمن  
الصف الثاني عشر

اختياره ليكون عريف حفل الميثاق،  
المقام يوم السبت الموافق ١٤ فبراير،  
وذلك بحضور وتشريف حضرة صاحب  
الجلالة الملك حمد بن عيسى آل خليفة  
ملك مملكة البحرين المعظم  
حفظه الله ورعاه.

إنه إنجاز مشرف يعكس تميز  
الطالب وثقة القائمين على الحفل،  
متمنين له دوام التوفيق والنجاح.



Wellbeing Blog

Wellbeing Blog



# The Battle No One Sees

What if the human mind, the very thing meant to protect us, suddenly became our greatest enemy? Imagine sitting in a classroom, surrounded by people, yet feeling completely trapped inside your own thoughts. Your chest tightens. Your heartbeat grows louder. Thousands of terrifying thoughts rush through your mind at once, even though nothing dangerous is actually happening. This is what anxiety feels like for millions of people every single day.

Now, what is anxiety to start it off? Anxiety is not simply “being nervous.” It is a constant war between a person and their own mind. It can turn small problems into disasters and simple situations into nightmares. For someone with anxiety, answering a question in class, speaking to strangers, or even walking into a crowded room can feel impossible.

One reason anxiety has become so common is the pressure of modern life. Teenagers today are expected to succeed in school, look perfect, and constantly prove themselves to others. Social media makes this even worse by creating unrealistic standards. People compare their real lives to the edited highlights of others, which leads to insecurity, stress, and self-doubt.

The saddest part is that anxiety is often invisible. Many people hide their struggles behind fake smiles because they are afraid of being called “dramatic” or “weak.” In reality, fighting anxiety every day requires incredible strength.

We need to spread awareness for those who struggle to speak up for themselves. Those who are able to express their feelings openly should always support the people who cannot. Millions of people allow fear and anxiety to take control of their minds, sometimes leading them to isolate themselves completely from the world. That is how serious anxiety can become.

As someone who has personally experienced anxiety many times in my life, I want to help create a community where people no longer fear simple actions such as speaking, sharing their thoughts, or being themselves. No one should feel alone in their struggles.

If we work together to build a peaceful, supportive, and understanding environment, we can help those who are suffering silently feel safe, heard, and accepted.



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

# Should homework be **Optional?**

In this article, we will be covering whether homework should be optional. We will go over some key deciding points such as facts, tests, etc. However, I think that homework should be optional. What do you think? Should homework be optional or not? Well, you will be able to decide by the end of this article.

## Why homework should be optional:

Homework should be optional because students will be able to have more control over what they learn instead of following the teacher and what they give for homework. Another reason is that due to recent studies, it has been proven that optional homework could be a more balanced and fun way to learn at home. If homework was optional, students could do more independent learning and balance their time easily between school and their family. Studies show that if homework was optional, it would reduce how stressed students are which would be good for their mental health

## What are the cons and pros of homework being optional?

A con of homework being optional is that if students don't do homework at all, studies show that their academic performance will drop significantly. This can be solved with a minimum homework requirement. As an example, the minimum homework requirement can be doing 1 homework per 2 weeks; this can obviously change depending on student opinions. However, this requirement could only be for grade 9 and above. A pro is that, if homework was optional, studies show that it wouldn't affect younger students and even some high schoolers. Another pro is that if students have optional homework, they will have less stress and burnout.

## Counterargument:

Making student homework optional looks good to most people. However, what most people don't notice is that it can highly drop the academic performance of students. Students who were consistently doing homework before homework became optional would most likely have the motivation to continue. However, the students that didn't have any motivation and usually didn't do their homework might just skip it entirely. This can be solved in 2 ways, 1, a points system, The more homework you do, the more points you get which can be used to buy stuff from your school cafeteria or your school might be able to set up a points store. This can improve homework activity. Another solution is having a minimum homework requirement and if you do not meet that requirement, you can get a punishment.



## Conclusion:

Overall, after all these reasons, I still believe that homework should be optional for students. This is because it can reduce stress, it can cause schools to implement new systems, and it allows students to have more freedom of what they are learning to engage students more. After reading all of this, what do you think? Should homework be optional or not?



Written by Fahad Jehanzeb - GR.6A



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