

THE BAYAN POST

Introducing this month's theme...

SHIFTING PERSPECTIVES



A MINI LOOK INSIDE

**GLOBAL ISSUES:
UNDERSTANDING AND
EMBRACING CHANGE**



**BY: HAMAD MUBARAK AND
BASHAR ABDULLA**



**STALLION NEWS:
IB AMBASSADORS**
**BY: FARAH JANAHI
AND AMNA YOUSIF**

**STUDENT-TEACHER SPOTLIGHT:
ABOUT MS. ASMA SHARIF**

**BY: MAYAN KHONJI &
ZAINAB AL YUSUF**



A MESSAGE FROM THE 24-25 EDITOR-IN-CHIEF

Dear Stallions,

As we move further into our academic year, I encourage everyone to embrace this month's theme of shifting perspectives. In a world that is constantly changing, the ability to see through different lenses is more crucial than ever.

Whether it's through engaging with diverse viewpoints in discussions, exploring new ideas in your studies, or simply being open to the experiences of those around you, shifting perspectives can enrich our understanding and foster a more inclusive community.

This year offers us the chance to grow together by embracing shifting perspectives that enhance our understanding.

Kindest regards,
Fatima Al Kuwari, Editor-in-Chief



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أدعية وأذكار

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

- اللهم اجعل لنا في كل خطوة توفيقًا، وفي كل عمل بركة، واغفر لنا ذنوبنا واجعلنا من عبادك الصالحين.
- اللهم ارزقنا الصحة والعافية، واغمر قلوبنا بالسكينة والطمأنينة.
- اللهم اجعلنا من الذين يستمعون القول فيتبعون أحسنه، واهدنا إلى الصراط المستقيم.
- اللهم ارحم موتانا واغفر لهم، واغمرهم برحمتك ومغفرتك.
- اللهم اجعلنا من الذين يسعون لنشر الخير، وبارك لنا في أعمارنا وأعمالنا.
- اللهم اجعلنا ممن يحسن الظن بك، ويفوض أموره إليك، ويثق في رحمتك.
- اللهم اكتب لنا السعادة في الدنيا والآخرة، واجعلنا من الشاكرين لنعمك.

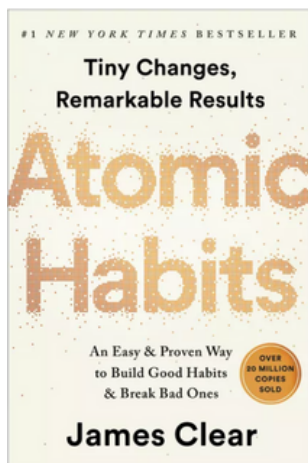
ENTERTAINMENT

BY: SABA SANGOOR & DHABYA AL MANNAI

Atomic Habits by James Clear

James Clear's *Atomic Habits* is a transformative guide that delves into the science of habit formation and the profound impact small changes can have on our lives. Clear presents a compelling argument that improving by just 1% each day can lead to remarkable long-term results. This theme of incremental change is intricately tied to the idea of "shifting perspective."

Clear organizes the book around four laws of behavior change: make it obvious, make it attractive, make it easy, and make it satisfying. Each law provides practical strategies for building good habits and breaking bad ones. Clear emphasizes that habits are not merely actions, but are deeply intertwined with our identity—what we do reflects who we are.



The theme of "shifting perspective" is central to Clear's philosophy. He encourages readers to view habits through a different lens; rather than fixating on goals, we should focus on the systems that lead to those goals. This shift in focus helps to reframe how we approach personal development. For instance, instead of setting a goal to run a marathon, Clear suggests adopting the identity of a runner. This perspective encourages sustainable change, as it aligns our daily actions with our self-image.

Clear's emphasis on small, consistent changes illustrates how a shift in perspective can lead to significant results. By breaking down complex behaviors into manageable steps, he helps us see that our current habits are often a reflection of our environment and mindset. This realization can be empowering; it suggests that if we can alter our surroundings and the way we think about ourselves, we can foster better habits.

Atomic Habits is not just a manual for habit formation, it's a call to reexamine how we think about change. Clear's insights inspire readers to adopt a more flexible mindset, one that embraces the power of gradual improvement. By shifting our perspective from immediate outcomes to long-term identity, we can unlock our potential and create lasting change in our lives. This book is a must-read for anyone seeking to understand the mechanics of personal growth and the profound effects of a simple shift in perspective.

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STUDENT/TEACHER SPOTLIGHT

BY: MAYAN KHONJI & ZAINAB AL YUSUF

About Ms. Asma Sharif

Ms. Asma's experience with the IB curriculum has significantly expanded her perspective on becoming internationally minded, as it emphasizes appreciating diverse perspectives. Unlike other curriculums she has taught, this program stands out for its strong focus on inquiry-based learning, critical thinking, and interdisciplinary teaching. This journey has allowed her to grow both professionally and personally, with opportunities to attend professional development workshops and develop a broader skill set.

Ms. Asma emphasizes that IB is an international program recognized by many prestigious universities worldwide. It offers a rigorous curriculum that allows students to explore a variety of subjects. By encouraging independent learning through unique approaches and fostering creativity, it keeps students motivated—particularly when introduced to CAS. Over time, students come to appreciate how the program emphasizes critical thinking, research, and inquiry standing apart from curriculums that focus solely on memorization. With its emphasis on real-world applications, students value how the program promotes global citizenship and intercultural understanding.

Ms. Asma mentions that her journey into teaching was somewhat accidental. She previously worked as a Chief Accountant but found the routine unfulfilling and mundane. Seeking a change, she considered becoming a teacher, drawn by the appeal of holidays and favorable working hours. She applied for a position as a business teacher, unaware of what the IB program was at the time. While teaching both IB and other curriculums, Mrs. Asma became captivated by the uniqueness of the IB program. Its inquiry based learning approach, global recognition, popularity, and prestige stood out to her. Reflecting on her journey, she humorously notes that she didn't choose IB, IB chose her.



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CULTURE AND HERITAGE

BY: TALEEN ALMOHRI

Shifting Perspectives on Culture and Heritage in Bahrain

Bahrain's culture has always been shaped by its rich history as a trading hub; from the ancient Dilmun civilization to its long-standing maritime traditions of pearl diving and fishing. In the past, Bahrain's heritage was seen as something to be preserved through traditions, monuments, and cultural practices. But today, the way people view culture and heritage in Bahrain is changing. Globalization, urban growth, and new technology have all influenced Bahrain's cultural landscape. The arrival of people from different countries and the impact of global media have led to a mix of traditional Bahraini culture with international influences. While traditional music, food, and art remain important, Bahrainis are now blending them with modern trends, creating a more diverse and cosmopolitan culture.

Bahrain is also working to both preserve and redefine its heritage. The government has focused on restoring historical sites like Bahrain Fort and expanding museums to showcase the nation's history. At the same time, young artists and performers are combining traditional Bahraini culture with new forms of artistic expression, ensuring that heritage stays relevant for future generations. Digital technology plays a key role in sharing Bahrain's culture; through virtual tours and online platforms, the country's heritage is now accessible to people worldwide. Bahrainis are also using social media to connect with their heritage and share it in creative ways. Bahrain's diverse population, made up of different ethnic and religious communities, adds richness to its culture. By recognizing and celebrating the contributions of all groups, Bahrain embraces a broader, more inclusive sense of heritage. Bahrain's heritage is no longer seen as something fixed and unchanging. Instead, it is a living part of the country that grows and adapts with time, blending the past with the present to create a dynamic and diverse cultural identity.



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ART / PHOTOGRAPHY

BY: MOHAMMED ALI & JOOD AL HASHEMI

Shifting Perspectives Through an Artistic Lens



Anaglyph art is a unique concept. An anaglyph artwork consists of one red and one blue drawing overlapping each other. With the use of anaglyph glasses, that include one red and one blue lens, the viewer's perspective of the artwork changes. When looked at through the red lens, the drawing with the blue color is visible, and through the blue lens, the red drawing is visible. This creates a dynamic visual experience for the audience while shifting their perspective of the artwork throughout and engaging them in interpreting different meanings through each lens.

This is an example of an anaglyph that separates a merged drawing when looked at through the colored lenses

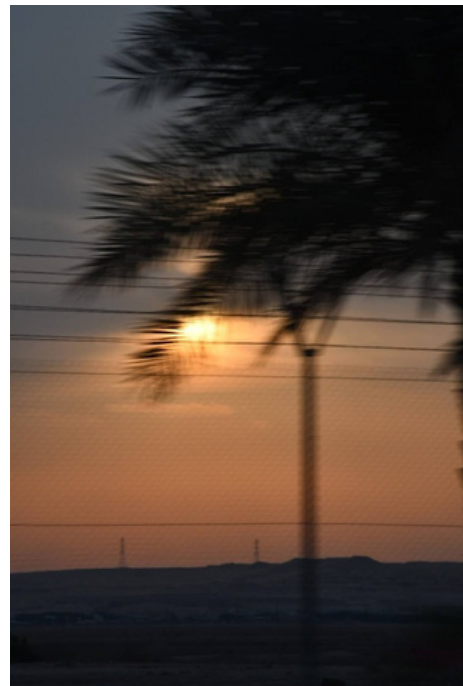
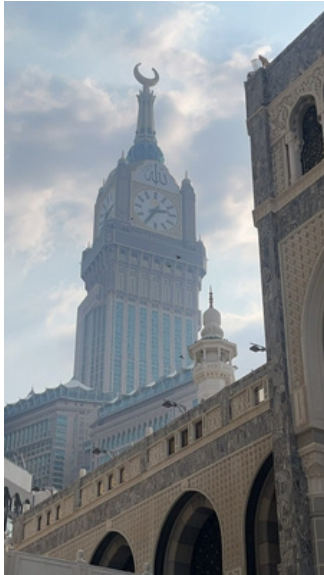


ART / PHOTOGRAPHY

BY: MOHAMMED ALI & JOOD AL HASHEMI

Photography - Shifting Perspectives

**Through the lens we see,
Perspectives shift endlessly,
Revealing what could be.**



This column is open for teacher & student submissions. Simply email your pictures to m.ali.2579@bayanschool.edu.bh and you might be featured in the next issue!

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CREATIVE WRITING

BY: LAYAL HUMAIDAN

I used to always prioritize others over myself. Out of respect, out of desire to help. Out of guilt. While I do enjoy helping others, there are times where I find myself experiencing a sense of mental exhaustion due to that relentless need to provide for others. It can be overwhelming. It can seem uncontrollable. It can also feel like an obligation; perhaps even a burden.

However, this doesn't mean we shouldn't care about others. Rather, it's about understanding personal limits and setting boundaries to prevent us from sacrificing too much. Without boundaries, we may wander aimlessly, going further and further down a difficult path. Giving and giving, yet losing a part of ourselves in the process. If that were to happen, we would not even be able to help ourselves, let alone the people around us. Thus, it is my firm belief that we may care and be there for others as long as it does not drain us in return. It is not selfish to care about one's own mental state. After all, if we don't put ourselves first, who will?

PSYCHOLOGY

BY: TARIQ AL HAMMADI

The Marshmallow Test

The Marshmallow Test, a psychological experiment carried out by Walter Mischel in the 1960s and 1970s, is one of the early works in understanding the trait of delayed gratification and its effects. In the experiment, children were asked to wait for a reward of a larger size where they had an option to take a smaller reward in the present. The results of the study showed that children that were able to put off the consumption of a single marshmallow for a while in favor of a bigger reward later displayed traits of better self-control and were associated with more positive accomplishments in various areas of life including education, health, and social ability. The Marshmallow Test placed great emphasis on self-regulation and the concept of sacrificing short-term gratifications in the hope of attaining greater rewards in the future which made a great contribution to the understanding of behaviors and decision-making of human beings.



STALLION NEWS

BY: FARAH JANAHI & AMNA YOUSIF

Shifting Perspectives

Our school is filled with extracurriculars and activities that affect the way we see the world. This can be seen through the charity club, BayMUN, and the Perspective Podcast. However, a new change is emerging—the role of IB ambassadors.

They are a group of students determined to articulate a positive perspective of the International Baccalaureate to younger generations through various activities they have organized for the school year.

The IB media ambassadors plan to:

- Lead the grade 10 IB orientation that's coming up.**
- Help the IB coordinator with any IB-related events.**
- Lead the advisory sessions regarding IB courses.**
- Design a pamphlet that will provide information about IB.**

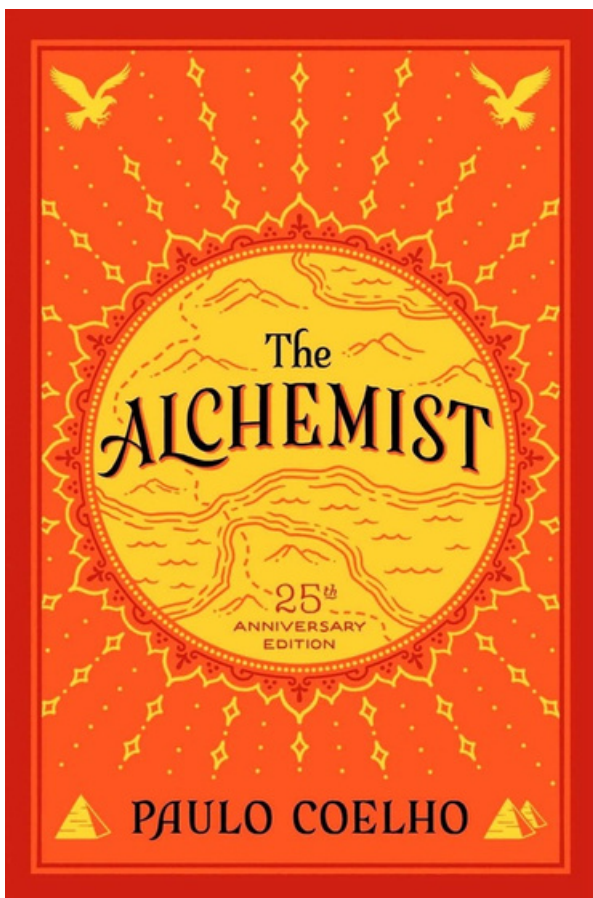


LITERATURE

BY: REEM MEZAAL

Literature has the remarkable ability to transform our understanding of the world and ourselves. Two profound works, *The Alchemist* by Paulo Coelho and *Invisible Man* by Ralph Ellison, explore the themes of identity, purpose, and the pursuit of dreams. Both books compel us to reflect on our own paths and the forces that shape our lives.

The Alchemist by Paulo Coelho

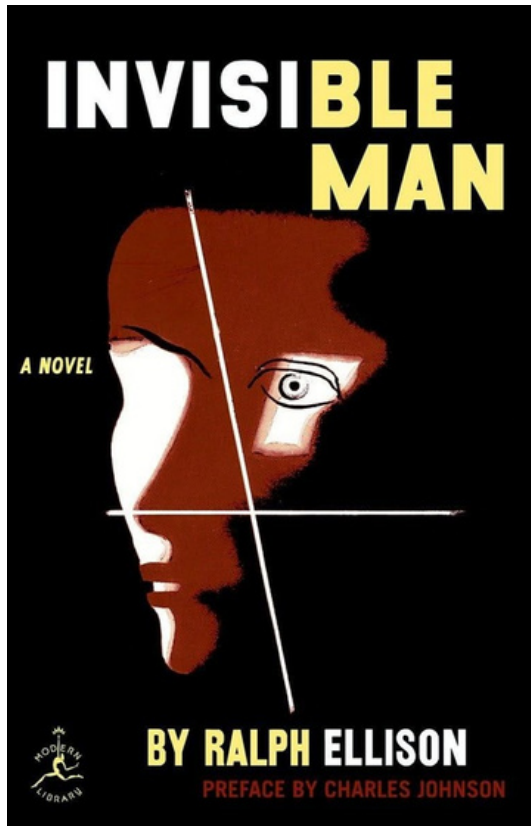


In *The Alchemist*, Coelho tells the story of Santiago, a young shepherd who dreams of discovering a hidden treasure located near the Egyptian pyramids. As he embarks on this quest, Santiago encounters a series of mentors and obstacles that guide him toward understanding the importance of following one's dreams. Coelho's novel is simple yet poetic, weaving together spiritual insights with practical wisdom. The central theme of pursuing one's Personal Legend resonates deeply, encouraging us to listen to our hearts and recognize the signs that life presents. Ultimately, the novel imparts a powerful message about the journey being as significant as the destination, reminding us that fulfillment comes from the pursuit itself.

LITERATURE

BY: REEM MEZAAL

Invisible Man by Ralph Ellison



Ralph Ellison's *Invisible Man* offers a stark and thought-provoking exploration of race and identity in America. The unnamed narrator, an African American man, recounts his experiences as he navigates a society that refuses to see him as an individual. Through a series of powerful snapshots of his life, Ellison delves into the struggles against social invisibility and the quest for self-definition. The narrative is rich with symbolism and unique in its ability to demonstrate the protagonist's internal conflict with its narration style.

As the narrator grapples with the complexities of race, culture, and personal agency, Ellison challenges us to confront the societal structures that render individuals invisible. This haunting and eloquent novel leaves a lasting impact, urging us to recognize and affirm our own identities in a world that often overlooks them.

GLOBAL ISSUES

BY: HAMAD M. AL KHALIFA & BASHAR ABDULLA

Shifting Perspectives on Global Issues: Understanding and Embracing Change

Shifting perspectives is essential for addressing and understanding global issues; it enables viewing challenges from various angles, fostering innovative solutions and deeper insights. This article emphasizes the importance of changing perspectives; examining the factors driving these shifts, real-world examples, their implications, and the roles of individuals and organizations in shaping these changes.

Technological advancement is a key driver, revolutionizing how information is shared and consumed. Global access to real-time updates on issues like climate change, economic inequality, and health concerns raises awareness and prompts action. Economic shifts, such as globalization and financial crises, also reshape views. Events like the COVID-19 pandemic highlighted economic disparities and resilience, sparking dialogue on cooperation and equitable growth.

Evolving viewpoints bring both opportunities and challenges. Positively, they foster global collaboration and innovative solutions, as seen in the push for renewable energy and sustainable policies. However, they can also result in political polarization, resistance to change, and media misinformation, which may hinder progress and understanding. Navigating these shifts critically is vital to ensure positive outcomes.

Global issues are challenges that affect people worldwide, such as climate change, pandemics, poverty, and armed conflict. Historically viewed through national lenses, contemporary perspectives emphasize interconnectedness, as seen during the COVID-19 pandemic, which highlighted the need for global cooperation.

GLOBAL ISSUES

BY: HAMAD M. AL KHALIFA & BASHAR ABDULLA

Once seen as a small concern, climate change is now recognized as urgent and dire, driving international agreements like the Paris Accord. Public awareness and extreme weather events have shifted this perspective dramatically.

Global health has evolved from national management to a coordinated global approach, especially highlighted by the COVID-19 pandemic. Organizations like the WHO emphasize the need for global vaccination and health equity.

Individuals and NGOs are crucial in shifting perspectives. Grassroots movements, like youth climate strikes, and leaders like Malala Yousafzai and Bill Gates illustrate how advocacy can inspire change and mobilize action.

Global issues require inclusive perspectives and collaborative efforts. By staying informed and engaged, we can adapt to evolving viewpoints and work towards a more equitable and sustainable future for all.



SPORTS

BY: HESSA BIN THANI & NOOR ABDULHAQ

The Growth That Comes From Change

Change is required for us as it is required for Taekwondo players to advance because it forces us to develop new skills and adjust to different training routines and environments. Accepting change motivates Taekwondo athletes to overcome obstacles, like adapting to new techniques or facing opponents they have never faced before, especially when competing globally. This adaptability not only improves physical abilities but also builds mental toughness, assisting athletes in creating an open mindset that views obstacles as chances to get better.

Changes in the training environment, such as new teammates or coaching can also boost relationships with the community and enhance the learning process. An athlete's comprehension of Taekwondo is enhanced by interacting with others from different backgrounds, which fosters cooperation and teamwork. The capacity to accept change results in personal growth, allowing athletes to advance as martial artists and people.



Furthermore, Taekwondo's process of constant change frequently offers useful life lessons beyond the mats. For example, athletes learn about persistence and the value of resilience in the face of hardship by managing setbacks, such as an injury or a loss in competition. These encounters foster a sense of self-control and resolve; two qualities that are crucial for a variety of areas of life, including academics and work. Taekwondo athletes improve their martial arts skills and develop into more well-rounded people who can thrive in changing environments by realizing that change is a normal and recurring aspect of progress.