

ALBAYAN: "NATIONAL WITH WORLDWIDE HORIZONS"

إنها البيان. "الوطنية بأفاق عالمية"



10
JUN
2021

INFO
BOX

BAHRAIN BAYAN
SCHOOL'S WEEKLY



BAYAN SCHOOL NEWS

Dear Bayan Family,

The National Task Force has just announced the extension of the measures for mitigating the spread of COVID-19 for another two weeks, until June 25th. Therefore, we will continue giving staff members the choice to work remotely from home or from campus. Faculty and Staff wishing to work on campus are welcome to do so provided they inform their Line Manager/Principal and abide by the infirmary's rapid testing schedule while on campus.

For the end-of-year checkouts, Principals will arrange with their staff members to come on campus, clear classrooms/offices, submit their keys, and sign off for the year.

HR and Security will continue to coordinate with Principals to monitor staff attendance.

If you require further clarification, do not hesitate to contact your line manager or me.

Thank you and stay safe,



STAY SAFE!
STAY POSITIVE!

GENERAL NEWS IN BAHRAIN



BREAKING: The Ministry of Health just announced that the National Medical Taskforce has called for the extension of the closure period of many services in Bahrain, from Friday June 11th until Friday June 25th

So, what's open?



And what's closed?



These aren't allowed



Keep a note of these



GENERAL NEWS IN BAHRAIN



Bahrain Officially Crossed the 1 Million Mark for First Vaccination Doses

The Ministry of Health just announced that The Kingdom of Bahrain has now crossed the 1 million mark for the first dose of COVID-19 vaccinations, which means that 80% of the eligible population are now more protected against the coronavirus! After seeing a surge in cases towards the end of May, the island set tougher measures to curb the spread of the disease, along with ramping up vaccination capacities. The Pfizer vaccine has also been made available to children aged 12 -15, which significantly reduces the spread of the disease and offers protection to the young as well.

GENERAL NEWS IN BAHRAIN



Children Under 12 Are Now Being Given the Pfizer Vaccine in Latest Trials

In the latest developments of the coronavirus pandemic, vaccine maker Pfizer-BioNTech has now begun distributing vaccines in a trial stage among children under 12 years old. On Tuesday, the pharma giant announced an advancement in their Phase 2/3 using lower doses than those currently given to adults – with 10 micrograms of each dose given to kids between 5 and 11 years old, and 3 micrograms of each dose for those 5 and younger. Children have been considered as super-spreaders of the virus, unknowingly contracting it and passing the disease onto more susceptible segments of the population.

GENERAL NEWS IN BAHRAIN



HM King Hamad Issued Directives to Ensure Bahrainis Abroad Receive Vaccines

The Cabinet praised His Majesty King Hamad bin Isa Al Khalifa's royal directives to ensure that Bahrainis living abroad receive the vaccine against the coronavirus. The Cabinet has since assigned the Ministry of Health and the Ministry of Foreign Affairs to coordinate with countries where Bahrainis reside to obtain approvals and kickstart vaccinations as per HM the King's directives, and in accordance with the domestic requirements of those countries. This comes as part of the initiatives led by the Crown Prince and Prime Minister, His Royal Highness Sheikh Salman bin Hamad Al Khalifa to achieve the best treatment services for all, locally and globally.

GENERAL NEWS IN **BAHRAIN**



Bahrain is Second in the MENA Region on This Child Rights Index

Bahrain just moved up 30 places in an important child's rights index called KidsRights Index! The island has ranked 28th globally, and comes in second among all the countries in the MENA region, only behind Oman (which ranked 21st). KidsRights is the 'only global ranking on how countries worldwide are adhering to children's rights'. The index takes into account life, healthcare, education, protection, and child rights environment to calculate overall scores. Among the MENA region, Oman leads with rank 21, followed by Bahrain ranked 28th, Egypt ranked 34, and Qatar at rank 39. The UAE came 71st globally, and Saudi Arabia ranks 157th.

THINGS TO DO AT HOME

NETFLIX



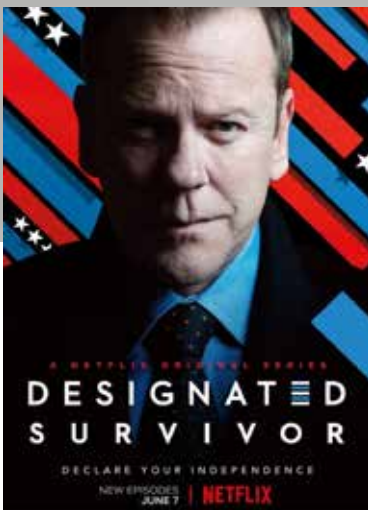
The Last Kingdom

As Alfred the Great defends his kingdom from Norse invaders, Uhtred - born a Saxon but raised by Vikings - seeks to claim his ancestral birthright.



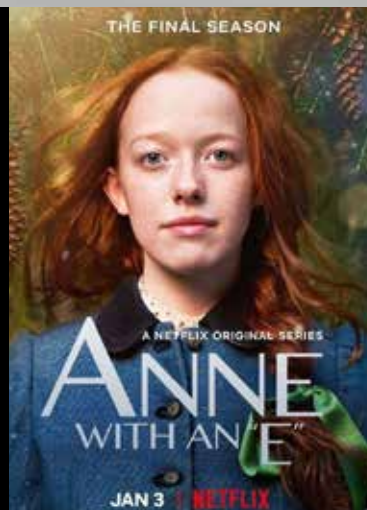
Virgin River

Seeking a fresh start, nurse practitioner Melinda Monroe moves from Los Angeles to a remote Northern California town and is surprised by what and who she finds.



Designated Survivor

A low-level Cabinet member becomes President of the United States after a catastrophic attack kills everyone above him in the line of succession.



ANNE with an "E"

The adventures of a young orphan girl living in the late 19th century. Follow Anne as she learns to navigate her new life on Prince Edward Island, in this new take on L.M. Montgomery's classic novels.

**A selection of series for you to start
binge-watching this weekend!**

EASY RECIPES

IMMUNITY BOOSTING SMOOTHIES



Orange Smoothie

2 Servings

1 carrot
1 banana
1 whole clementine
1 inch knob fresh ginger
1 cup freshly squeezed orange juice
2 tbsp lemon juice
1/4 tsp turmeric powder
1/8 tsp ground cinnamon
1/3 cup plain yoghurt
1 cup ice
Sweetner: honey/agave syrup (optional)



Green Smoothie

1 Serving

1 frozen ripe banana
1 cup frozen pineapple
2-3 cups organic spinach
1 knob fresh ginger, peeled
(about 2 inches of ginger)
1 knob turmeric root, peeled
(about 2 inches fresh turmeric)
1/2 tablespoon manuka or raw honey
1/8 teaspoon freshly ground black pepper
(or a just couple grinds)
1/2-3/4 cup almond milk or coconut milk

EASY RECIPES

IMMUNITY BOOSTING SMOOTHIES



Red Smoothie

1 Serving

*1 small pre-cooked beet
1 blood orange, peeled
1 tsp freshly grated ginger
6 oz freshly squeezed orange juice
1/2 cup ice*



Oat Smoothie

1 Serving

*1/2 pear
1/4 cup Rolled Oats
1 cup Oat Milk
2 tsp wildflower or clover honey
1/2 cup ice
1/4 tsp cardamom ground*



HOPE YOU ENJOYED THIS WEEK'S INFO BOX

Looking forward to your feedback!

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