



ALBAYAN: “NATIONAL WITH WORLDWIDE HORIZONS” إنها البيان. “الوطنية بآفاق عالمية”



**17
JUN
2021**

BAHRAIN BAYAN
SCHOOL'S WEEKLY

**INFO
BOX**

GRADE 5 VIRTUAL GRADUATION!



GRADE 5 VIRTUAL GRADUATION!



Congratulations!

GENERAL NEWS IN BAHRAIN



WHO Just Declared Manama as 'Health City 2021'

The World Health Organization (WHO) declared Manama the 'Health City 2021,' making it the first Middle Eastern capital city to receive that claim! This was announced by the WHO Regional Office for the Eastern Mediterranean. During the virtual ceremony, the Health Minister pointed out that Manama's health programs and services are the reason it was declared as Health City 2021. The WHO Regional Director for the Eastern Mediterranean, Dr. Ahmed Al-Mandhari, also talked about how successfully Bahrain's measures to combat COVID-19 were and continue to be, and this has been recognized internationally!

GENERAL NEWS IN BAHRAIN



Economic & Financial Support for Businesses in Bahrain Extended

Following Royal directives from the government of Bahrain, a series of measures to help support businesses in Bahrain have been announced yesterday. The support scheme will be supporting businesses in sectors that were hard-hit by the pandemic. Scroll below for a guide of the support initiatives that'll be extended for 3 months, from June 2021 to August 2021. These announcements are an addition to the earlier announcement of the CBB directive to banks, to offer loan deferral for 6 months. The above measures will go into effect following a review by the Ministerial Committee for Financial and Economic Affairs and Fiscal Balance.

GENERAL NEWS IN BAHRAIN



Bahrain & Dubai Come Together to Develop Bahrain's Largest Rooftop Solar Plant

Dubai's Yellow Door Energy signed an agreement with Bahrain's Sustainable Energy Authority to develop the island's largest rooftop solar energy plant. The panels will cover around 40,000 square metres of rooftop space, and will be responsible for 50% of the mall's energy consumption!

The clean energy project will be expected to offset over 6000 tonnes of carbon emissions, and we're so excited to see Bahrain take steps to make the country more sustainable and eco-friendly!

THINGS TO DO AT HOME

NETFLIX



Sweet Tooth

A boy who is half human and half deer survives in a post-apocalyptic world with other hybrids.



Sweet Magnolias

Three South Carolina women, best friends since high school, shepherd one another through the complexities of romance, career, and family.



Blue Miracle

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.



Awake

After a devastating global event wiped out all electronics and eliminated people's ability to sleep, a former soldier may have found a solution with her daughter.

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

EASY RECIPES

IMMUNITY BOOSTING SMOOTHIE BOWLS!



Cherry Bowl

1 Servings

3/4 cup frozen pitted dark sweet cherries
1/4 of a small banana, frozen
1/2 cup ice cubes
1/3 cup pomegranate-cherry juice
1 Tbsp chocolate whey protein powder
1/3 cup plain whole milk yogurt, divided
3 fresh dark sweet cherries
1 Tbsp raw coconut chips
1 tsp cocoa nibs

Just Blend! Serve ice-cold.



Dragon Fruit Bowl

1 Serving

1 cup frozen pineapple chunks
1 cup frozen pink dragon fruit flesh
1/2 cup kombucha
1/4 cup water
1 Tbsp vanilla whey protein powder
1/2 cup chopped fresh pineapple
1 1/2 tsp raw pepitas
Fresh mint leaves

Just Blend! Serve ice-cold.

EASY RECIPES

IMMUNITY BOOSTING SMOOTHIE BOWLS!



Peaches & Kale Bowl 1 Serving

1 cup frozen peach slices
3/4 chopped kale with stems removed
1/2 cup unsweetened vanilla almond milk
1/4 cup plain low-fat yogurt
2 tsp lemon juice
1 tsp honey
1/4 tsp grated fresh ginger
4-5 fresh or frozen peach slices, thawed
2 Tbsp sliced almonds, toasted

Just Blend! Serve ice-cold.



Golden Mango Bowl 1 Serving

3/4 cup frozen mango chunks
1/2 cup refrigerated unsweetened coconut milk
1/2 tsp. ground turmeric
1 1/2 tsp. honey
1/2 of a fresh kiwi, peeled and thinly sliced
2 Tbsp. pomegranate seeds
1 Tbsp. raw coconut chips, toasted


Just Blend! Serve ice-cold.





HOPE YOU ENJOYED THIS WEEK'S INFO BOX

Looking forward to your feedback!

Email: muneera.mohamed@bayanschool.edu.bh

 Bayan on Call: +973 33244244

 Admin: +973 7712 2244

 Media: +973 3943 0707