



BAHRAIN BAYAN
SCHOOL'S WEEKLY

FACULTY AND STAFF

INFO BOX

JANUARY.30.20





BAHRAIN THIS WEEK

JANUARY-30-2020

**26 JAN
27 FEB**

5:00 pm-12:00am

STC Winter Wonderland

'This the season for some snow! STC Winter Wonderland is finally in town!. Gather those near and dear and join us at Bahrain's biggest outdoor winter-themed event this year at STC Headquarter next to Bahrain City Center. Do not miss out on a whimsical snow adventure with delightful rides and a perfect spot to chill out and grab a bite from your favorite vendors! See you all tomorrow! Get ready and be many!



CATEGORY: carnival

VENUE: STC Headquarter next to Bahrain City Center

FEES: 1 BD

**26-30
JAN**

7:00pm-9:00pm

Food is Culture

Food is Culture is a creative experimental project that aims to bridge together the mediums of art and food. Running in parallel with the Bahrain Annual Fine Arts Exhibition, this experiment sheds light on creative processes that take place when two individuals (from different creative disciplines) collaborate. Every year five artists and five chefs get together and work to produce a creative product; be it a painting, installation, video, cake, drink, all or something completely different. The result of their two months' work, which is documented in a short film and a publication, will be presented during the course of the week, where they share and display their collective creations. from 7pm-9pm.



CATEGORY: Exhibition

VENUE: Bahrain National Museum

FEES: Free Entry

**01
FEB**

10:00 AM to 2:00 PM

Outdoor Car Boot Sale

An opportunity to clear out your clutter, get some bargains - AND raise funds for the animals at the Bahrain Animal Rescue Centre. If you would like to reserve a space to sell things please WhatsApp 39801393.



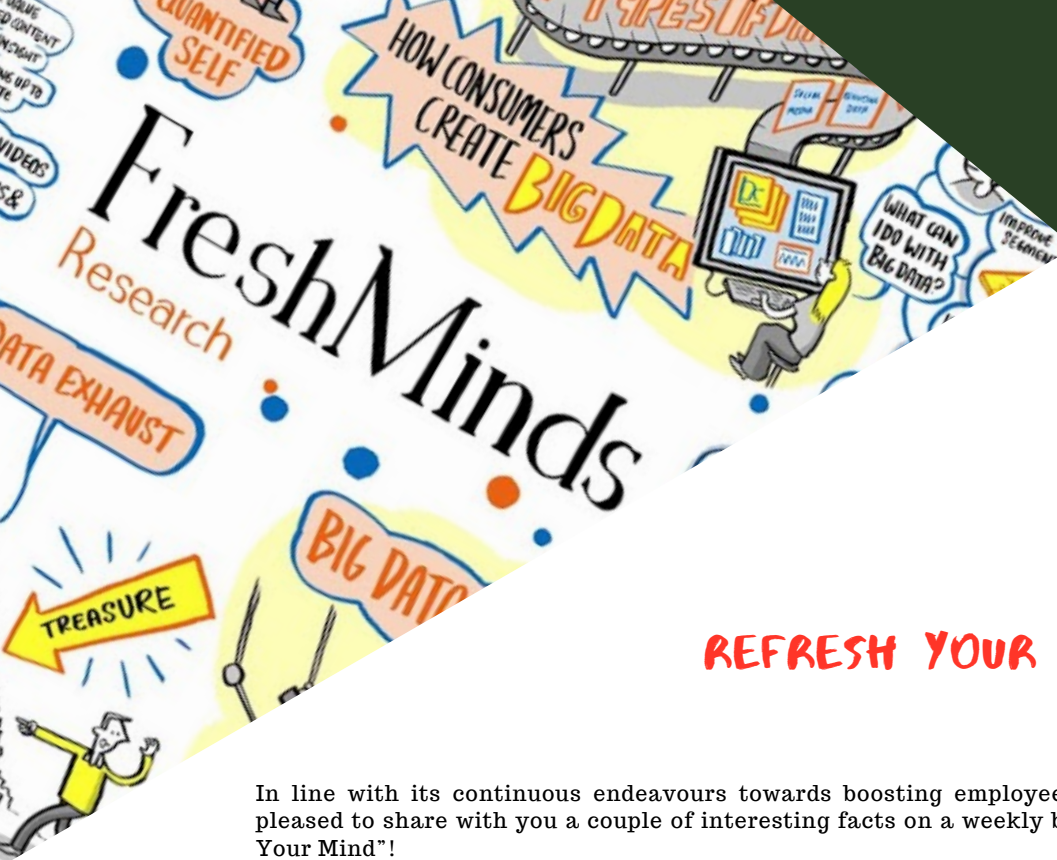
CATEGORY: Market

VENUE: Bahrain Rugby Football Club

FEES: 500 fils

#Note:

To help you find tickets you can always contact the BBS media office



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REFRESH YOUR MINDS !

In line with its continuous endeavours towards boosting employees' knowledge, PR Department is pleased to share with you a couple of interesting facts on a weekly basis under the theme of "Refresh Your Mind"!

HEALTH

LIFESTYLE TIPS

What we eat and drink can affect our body's ability to fight infections, as well as how likely we are to develop health problems later in life. Here are small tips to keep in mind throughout the new year that will help in making healthier choices; eat a variety of food, cut back on salt, reduce your sugar intake and reduce use of certain fats and oils. These four lifestyle tips can be an easy way to make a positive change in your health.



ENVIRONMENT



AUSTRALIA'S FIRE VS. RAIN

Parts of Australia's east coast have been hit by heavy rain and thunderstorms, dousing some bushfires but also bringing the threat of flooding. Fires have been raging in Australia since September, killing at least 28 people, destroying thousands of homes and scorching millions of acres of land. Now with the heavy rain Australia faces yet another serious threat.

TRAVEL DESTINATION

SINGAPORE

Singapore is much more than the sum of its numerous attractions. It is rich in history yet constantly evolving, reinventing, and reimagining itself. There is so much to experience in Singapore, whether you're an adventurer, foodie, explorer, collector, culture shaper or socializer there is something for everyone. Explore their website (www.visitsingapore.com) to learn more about the attractions this beautiful country has to offer.



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Fun Facts That Will Make You Smile



There have been studies that show that goats , have accents.



Squirrels will adopt other squirrels babies if they are abandoned.

Coronavirus فيروس كورونا

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as MERS and SARS. A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans. The symptoms depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death

To protect yourself, kindly follow below tips:
-Frequently clean hands with soap and water.

-When coughing and sneezing cover mouth and nose with a tissue then throw the tissue away immediately and wash hands.

- Avoid close contact with anyone who has a fever and cough.

-If you have a fever, cough and difficulty breathing seek medical care early.

- Avoid direct contact with live animals.

-The consumption of raw or undercooked animal products should be avoided.

فيروسات كورونا فصيلة واسعة الانتشار معروفة بأنها تسبب أمراضاً تتراوح من نزلات البرد الشائعة إلى الاعتلالات الأشد وطأة مثل متلازمة الشرق الأوسط التنفسية (MERS) ومتلازمة الالتهاب الرئوي الحاد الوخيم (السارس). يتمثل فيروس كورونا الجديد في سلالة جديدة من فيروس كورونا لم تُكشف إصابة البشر بها سابقاً. تتوقف الأعراض على نوع الفيروس، لكن أكثرها شيوعاً ما يلي: الأعراض التنفسية، والحمى، والسعال، وضيق النفس وصعوبة التنفس. وفي الحالات الأشد وطأة، قد تسبب العدوى الالتهاب الرئوي والمتلازمة التنفسية الحادة الوخيمة والفشل الكلوي وحتى الوفاة.

ولحماية نفسك، الرجاء اتباع النصائح التالية:
- قم بتنظيف يديك بشكل منتظم بالماء والصابون.

- عند العطس أو الكحة قم بتغطية الفم والأنف بالمحارم الورقية ومن ثم قم برميها مباشرة واغسل يديك.

- احرص على ترك مسافة كافية بينك وبين أي شخص يعاني من الكحة أو الحمى.

- إذا كنت تعاني من الحمى، أو الكحة أو صعوبة التنفس، فقم بمراجعة الطبيب في أقرب وقت ممكن.

- تجنب لمس الحيوانات.

- تجنب أكل المنتجات الحيوانية النيئة أو الغير مطهية جيداً.



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EVENT TIMELINE

JANUARY • 30 • 2020

2-6
FEB

semester Break

12-13
FEB

Career Fair

- Preschool Events
- Primary Events
- Middle School Events
- Secondary School Events
- Faculty/Staff Events
- Athletics
- Annual Events
- Holidays
- Other



BIRTHDAY WISHES

On behalf of the Bayan Community, we wish you a year full of health, success, love and happiness!

Mona Redha Al Bosta
Maria Teresa B. Agustin
Joanna Villocero
Kirsty Stoddart
Noora A. Rahman Al Khalifa

30/01
31/01
01/02
04/02
07/02

