THE BAYAN POST NEWSLETTER INNOVATIVE. INSIGHTFUL. INFORMATIVE. ISSUE #5-MAY 2017



MESSAGE FROM THE EDITOR-IN-CHIEF



After a threemonth hiatus, the Bayan Post is finally back! Bayanees, I hope you're all well and doing great.

Evidently, the second school semester was extremely busy. With many exhibits, such as the IB Art show and the middle school Math Fair, as well as the numerous ceremonies, including the Senior Gala Dinner and the class of 2017's graduation, this semester has worn us out, students and teachers alike.

Thankfully, the long-awaited summer vacation is only a few days away, and although exams are in the way, hopefully they'll be over in the blink of an eye. There isn't much time left until you can *finally* reward yourself for the effort you exerted this academic year, so good luck, Bayanees, and soldier on!

Finally, I wish you all a happy Ramadan and a month filled with blessings.

AAnd

-DANIA BIN HUWAIL, EDITOR-IN-CHIEF

WWW.BAYANSCHOOL.EDU.BH
Thebayanpost

INSIDE THIS ISSUE:



SCHOOL LIFE

ISSUE #5-MAY 2017

HOW TO ACE YOUR SAT EXAMS BY: JOOD AL SHIRAWI

GRADE: 11



Since we have to be in school five days a week, you might as well know what is going on! What better way is there than to read all about it in the school events column?

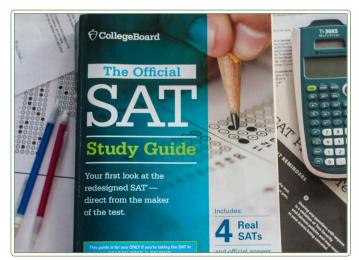
I think we can all agree that no one really enjoys taking SAT tests. I have yet to meet a person who willingly chooses to give up a Saturday to spend over four hours taking multiple tests that seems to be designed with the sole purpose of confusing you. Yet, some have to do it, like those who are planning on studying at a university in the United States.



For so many of us, starting high school is like buying a one-way ticket to stress city. Suddenly, the future is looming; decisions must be made about majors, universities, and careers in a short amount of time. It's definitely overwhelming, as you have to juggle the usual school workload, extracurricular activities, SATs, and university applications.

Perhaps the hardest part is managing my test taking skills. Therefore, I would your time to fit everything in your schedule, highly suggest that you take these courses while still allowing some time for relaxation if you need any assistance in tackling the and spending time with friends. I know this so well because I've been in that situation results.

situation before. Recently, I was under a lot of pressure and stress when the SAT test date was nearing, and only managed to dedicate time to practice two days prior to the test. In reality, deadlines are way closer than they appear, and it requires a lot of will power for you to sacrifice your precious time for studying for the SATs.



Thankfully, the school had arranged an SAT practice course in which students from Grade 10 and above attend a two-hour session twice a week. Some may believe that starting from the 10th grade is unnecessary, but I would encourage them to start early as they will be too busy in their junior and senior years. In those sessions, students will be able to practice answering SAT questions with a trained professional, and will be taught how to make use of some handy techniques. They also give the students the opportunity of taking practice SAT tests so they may see where they stand before actually taking the exam. I attended these courses with other five students before my SATs and found it extremely beneficial, as it helped develop my mindset and improve my test taking skills. Therefore, I would highly suggest that you take these courses

THE MAGIC OF BAYAN By: Yasmeen yaqoobi grade: 11



The hobbies segment aims to showcase the wide range of various talents within the unique student body that comprises Bahrain Bayan School. Think of it as a less gaudy talent show.

You might have once seen a crowd in one of Bayan's hallways and curiously approached it, only to realize that it is none other than 9th grader Salman Al Sekri with a hand full of cards, playing a magic trick on his classmates and teachers. However, there is more to that scene than what it seems.

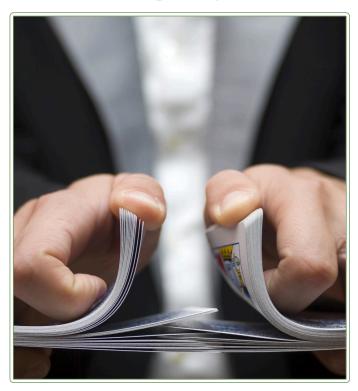
Salman's hobby of magic came from his desire to get along with people and to start new conversations, as he was always too shy to start them himself. Magic was his refuge and key to social interaction; there was nothing was more satisfying to him than watching the glee on people's face when witnessing an apparent act of magic. It allowed him to engage with the people around him and realize there's much more to them than faces lined with stress due to school, and in return, they realized he was much more than the shy, quiet kid!

His love for magic started from emulating tricks he watched on YouTube (specifically videos of David Blaine), but eventually, as he practiced more often and started getting better, he adjusted some of the tricks and even created some of his own. This alerted some of his family members as they recognized his passion and talent for magic, and even supported him in various ways. His uncle got him a CD of

an encyclopedia of magic tricks, and his brother served as a test subject for many of his tricks before he performed them in front of people at school. Seeing all this support gave Salman a significant confidence boost, but as I interviewed him, I found out that he sees magic as a sole hobby than something he intends to pursue a career in.

As he progressed in magic, the main purpose of this hobby has changed for him. Originally, he took up the hobby to open up to others and make new friends. Now, he does it to observe the awe on people's faces when he performs a trick, and to feel the satisfaction upon looking at their surprised expressions once they realize they've just been tricked!

Salman carries around his pack of cards everywhere he goes, for he never knows when the perfect situation will arise to show off a trick or if anyone needs a pick-me-up. So the next time you spot him, never be hesitant to approach him and ask to see a cool unique magic trick.



STUDENTS' CORNER

IT'S THE LITTLE THINGS By: Zain Al Sakhi Grade: 11

The social awareness segment of the Bayan Post aims to address a host of worldwide issues in hopes that the message delivered is not only heard, but also remembered.

We live in a world full of luxuries. By luxuries, I am not necessarily talking about a big house or a nice car or a designer watch, but those basic necessities like water, food, shelter, etc. Some people don't even own the bare minimum, but they make use with what they have. They feel content and grateful even though their lives are in shambles, and you wonder to yourself, "how could they possibly be happy?". In fact, I experienced such a moment at a school trip during the February break.

A few of the 11th grade students, including myself, went on a charity trip to Thailand, and it was one of the most meaningful and inspiring experiences of my life. We were exposed to real and raw adventures; the one that clung to me the most was teaching Thai kids English. They would find joy in the simplest things; they were very in touch with nature, unlike us who can't spend an hour without our phones. During breaks, they would entertain themselves merely by fiddling around with grass. Seeing their simple and underprivileged lives really awakened me and forced me to appreciate the little things in life. When it was time to eat, kids as young as six years old got their own food and fed themselves without an adult supervising or helping them. They were taught to be independent

and respectful, and that just filled my heart with both warmth and sadness.



Having lived their lives without luxury, these pure and innocent kids were still satisfied with what they had. After this experience, I realized how shameful it is that we tend to feel unpleased with things that don't go our way, when in comparison, life is so generous with us. We need to learn to be as grateful as these kids who wouldn't even breathe a complaint when they felt bored. Everyone we met in the school was so humble and down-to-earth, utilizing the natural sources around them efficiently without damaging them. It was so refreshing seeing this beautiful authentic mindset where they appreciated their surroundings and made use of every little thing. Their lives were not be the most grand or luxurious, but I still wanted to partake in it because of their organic approach to life.

It is integral to learn to appreciate our blessings and to lend a helping hand to those in need. Life is way too short for us to feel disheartened over trivial issues and neglect the things that truly matter.



BIAS BY: ABDUL AZIZ AL KHAN GRADE: 11



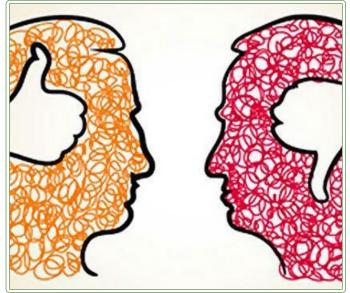
This is an opinions column. Hehe. (Editor's note: the opinions expressed in this column reflect the author's own views and not the newsletter's as a whole).

If I had a list of things I hated the most in this world, bias would be at the very top. Now, I get it... isn't something you could really erase from this world, but its existence is still very irritating. Bias is basically when you look at something or someone differently because of a preconcieved assumption regarding them. This bias can influence important decisions, including picking who gets a certain job or role... such as Secretary General in BayMUN (luckily for us, Dania, the previous MUN student director, is the physical incarnation of forgiveness and purity of heart).



Now, the issue with bias is that it is everywhere. Whether it's your bias against truth is... other people's biases against there is light at the end of every tunnel...

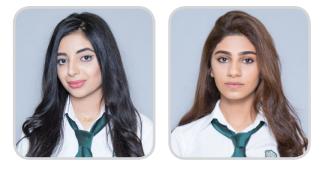
us will affect us all at a point in our lives. Now, what is the solution to this? Be nice to everyone so nobody has anything against you? Be the model person 24/7? You have to be honest with yourself... even if that was possible (it isn't), you can't get everyone to like you. And more often than not, you'll see that those people who are biased against you will have your fate in their hands. Now, let's not just assume that everyone uses their bias against you... maybe these people have hearts of gold. All we can do at this point is just have faith in humanity (which may not be too promising... I know).



There has to be a solution, right? All plagues to mankind have cures...don't they? Well, the only solution to this is... acceptance. Everywhere you go, people will treat others differently because of this built in image of them that they have, and the only way you can move on with your life and not let this drain you to the point where you lose control of your mind and simply break down is to acknowledge that you can't do anything about it. But what a certain restaurant because of a bad you can do is move on to other things... experience, or my bias against biases. It and as always, through all the troubles and is theoretically inescapable. And the sad tribulations, you mustn't lose hope, because

TIPS AND ADVICE

SMART AND STYLISH HAIRSTYLES BY: ASMA AL QATTAN & ZANE GHAREEB GRADE: 12



Between the stress of studying math and reciting poetry, school should be as pain-free as possible. In fact, you'd be surprised at how much your appearance can lift your attitude towards school. This segments aims to rejuvenate physical beauty to further augment our inner beauty.

Most Bayanee girls can relate to the everyday hassle of achieving a presentable appearance while maintaining a good attendance record. For this reason, we have looked into different types of go-to hairstyles that are effortless yet stylish, and still Half Ponytail manage to give you a polished appearance. These hairstyles are time efficient, heatless and appropriate for school.

Twirled Half Ponytail



This hairstyle is perfect for when you want to add a touch of elegance to your everyday school look. The best part? It's effortless!

1. Section your hair into two parts, where one portion of the hair is placed on the top and the other on the bottom.

2. Gather the top layer and take out two strands. Tug the top layer back and away from your face as if you were making a ponytail, but leave out a strand on either side. Use a hair tie to secure it.



3. Twist the two strands tightly so they stay twirled, then secure them to the top of your hair tie with bobby pins.



The widely popular half ponytail is one of the easiest hairstyles. It's perfect for when you're running late, but still want to look put together!

1. Divide your hair in two parts.

2. Gather the upper part and use a hair tie to secure it into a tight ponytail.

BAYANSCHOOL.EDU.BH (O) THEBAYANPOST

SCIENCE SEGMENT

THE FEAR OF LOSING CONTROL BY: NOORA ALHASHIMI & RAWANA AL DAJANI GRADE: 12



Psychology is the science of the mental mind. Unfortunately, the Middle East does not place importance on its study and the role it has on our daily lives. In Psych for Dummies, we aim to educate the staff and students alike on the proper meaning of psychology. We never know, we might have a future psychologist in our hands!

In a society where a lot of the choices we make are dictated by our parents, family members, and community, we begin to think that they possess the absolute power. The reality of the situation is that only we can control the way we act and react to the world. You may think that others have robbed you from your freedom, but the one thing people can never take from you is your mind. It holds the capacity to control the rest of your body: your nerves, your impulses, and your actions.

Where does psychology come in? When one's feeling of lack of control causes them to settle for disorders that trick them to feel fulfilled. For example, eating disorders commonly exist as a result of feeling unable to grasp any part of the exterior world, so those who are bulimic or anorexic, or both, may find themselves clinging on to the one diet.

ISSUE #5-MAY 2017 While this may seem like a solution,

it only opposes the main idea of control; it's simply letting your mind play tricks on you. If you really want to regain your sense of control, there are other methods of succeeding, ones that don't threaten your health. You luckily have social media on your back, helping you express all the thoughts you wish to convey. There will always be people around the world who will understand the struggles you are facing, people who will want to help you get out of it too.



To those reading, you may think that this issue is too tumultuous for the both of us to handle, and our 300-word article does not even resolve a tip of the iceberg regarding these problems many endure, which may be true. However, it just comes to show that anything you use can be a platform, anything you use can be a beacon of hope to those in need, whether it is on a larger scale or a smaller one; like your school newsletter. Finally, please remember that your head is always on your side if you don't let it succumb to your insecurities and aspect they think they can control: their fears. Always know that this isn't the end of you, it's just the beginning.

ENTERTAINMENT

THE NIGHT CIRCUS BY: ZAIN BUHINDI GRADE: 11



Some books fill us with joy and glee, but some others are just a waste of tree... Let these reviews aid thee in determining the ones in which to flee...

"The circus arrives without warning. No announcements precede it, no paper notices plastered on lampposts and billboards. It is simply there, when yesterday it was not.

Within these nocturnal black-and-white striped tents awaits an utterly unique, a feast for the senses, where one can get lost in a maze of clouds, meander through a lush garden made of ice, stare in wonderment as the tattooed contortionist folds herself into a small glass box, and become deliciously tipsy from the scents of caramel and cinnamon that waft through the air.

Welcome to Le Cirque des Rêves."

People often choose to believe that magic doesn't exist, but what if I told you that those people were wrong? That that the small glimmer of fairy dust you dream of, that bright shooting star you wish on, that coin you toss in the fountain, does indeed bring you magic? Would you believe me, or just dismiss my claims with a nervous laugh?

Well, magic is real, though not in the way you might think it is. What magic is depends on each person's perspective. For example, some may see an illusionist as a talented magician filled with supernatural powers, whereas other simply see a con

artist with the mere aim of playing with their minds. There are always conflicts between those who believe and those who do not. There are arguments bringing in laws of physics and fate, and how things cannot just happen because someone waved a wand. These types of people never get along, they can never hold a civil conversation or stay in the same room for a long period of time... well, at least not until the circus arrives.

Inside Erin Morgernstern's The Night Circus, a world is conceived in which people can forget all their bias and their beliefs and simply live in the moment. This book is not what it says it is. The synopsis of the story is not necessarily a lie, but essentially a glamour shot of the novel. It is a hard book to summarize, but it is basically about two ancient magicians who set their two best pupils against one another in a magical contest. The venue? A mysterious circus that only appears at night. The only problem: the contestants don't really know the rules, or how victory is determined. And when the contestants start falling in love which each other, things get complicated.

I've never been to a circus nor have I ever had a wish to go to one. But after reading this, nothing consumes my mind other than the thought of immersing myself into a night of magic. Admittedly, this is plain folly because a circus this beautiful and enchanting could never be real and could only ever exist amongst the pages of a magnificently written book.

I have nothing negative to say about this book whatsoever; I have no criticisms or complaints. For me, it was a perfect reading experience. So come and read this book, and be prepared to be thoroughly charmed.

AIN'T GOT A SOAPBOX I CAN STAND UPON **BY: ZAIN ALI** GRADE: 11



Your monthly playlist recommending some songs I particularly enjoy! The playlists will often be as diverse as possible in order for everyone to find a song that fits their tastes.

vear, as well as the fact that we've somehow (miraculously) managed to survive it, this of its teenage angst just as I did, opting for month's playlist aims to motivate you a newer, more subdued and rock-y sound, to get past any failures you've had this but still added a guitar riff at the end to stay second semester, and keep a bright look true to their original sound. on the upcoming school years. The playlist also includes some new releases that I 4. What Do I Know by Ed Sheeran particularly enjoy.

1. Beat It by Michael Jackson

Of course. you can't have а motivational playlist without the King of particular song. Instead of focusing on Pop telling you to "show them how funky strong is your fight". One of Jackson's most popular songs, it does not fail in pumping you up and motivating you to exceed other's expectations and to never back down and be defeated. Listening to the song, you can't help but refuse any harsh criticisms 5. Time Lapse by Taeyeon or doubts you received and insist that you are better and stronger than what others perceive you for.

2. If You Wanna Sing Out, Sing Out by Cat **Stevens**

graders facing the pressure of choosing their IB and CP subjects. The reason I chorus, tons of instrumentals, and an electric added this (yet another Cat Stevens') song guitar, making it an absolute experience to is because Stevens' message reads out listen to.

clearly and plainly, and is honestly the best advice I could give to the 10th graders right now: if you feel torn, just do what you want to do. If you want to sing out, sing out, and if you want to take IB Psychology HL because it's what you want to do, then by all means, do it!

3. Dirty Laundry by All Time Low

Added purely because of my overwhelming joy that All Time Low released a new single and *I love it*. The pop To "celebrate" the end of this school punk band I listened to throughout my middle school emo phase has grown out

Also new this month is Ed Sheeran's new album! Though not his biggest fan, I do enjoy a bunch of his songs, and particularly the positivity and laidback-ness of this stress and "the stock markets crashing and exponential growth", Ed prefers to spread positivity and love and understanding through this pretty little acoustic song in his new album.

Yes, another Korean song (I promise to try to limit any more foreign/Korean songs in the future), but since Kim Taeyeon's album "My Voice" dropped earlier this month, it seemed almost necessary to add in my favorite song off of it. "Time Lapse" A song partly dedicated to the 10th is an absolutely ethereal ballad. It flaunts Taeyeon's sweet vocals with a pounding

9

يهدف قسم الثقافة العربية من مجلة

بيان البحريان إلى توعية طالب البيان بشؤون عاداته وتقاليده البحرينية

وكذلك العربية، وبالتالي فإن كاتبة المقالات تحث بأن المواضيع التي تكتبها بشكل شهري بإمكانها أن تلمس مشاعر الطلبة وتبعث روح الوطنية والولاء.

ARABIC ALLEY

الأمانة... أمانة بقلم: رحمة ثامر الصف: الثاني عشر



في هذا العدد، فكرت بالكتابة عن صفة كان العرب منذ القدم يمتازون بها، وهي صفة الأمانة. الأمانة هي أداء الحقوق المعطية للشخص، و المحافظة عليها كحق الله في العبادة، و حقوق الوالدين، و حق الأبناء. الأمانة أساس من أسس الإسلام العديدة، و هي في رقبة الانسان و سيحاسب عليها أمام الله عز و جل يوم الدين، حيث قال في محتوى كتابه الحكيم:

((إِنَّا عَرَضْنَا الْأَمَانَةَ عَلَى السَّمَاوَاتِ وَالْأَرْضِ وَالْجِبَالِ فَأَبَيْنَ أَنْ يَحْمِلْنَهَا وَأَشْفَقْنَ مِنْهَا وَحَمَلَهَا الْإِنْسَانُ إِنَّهُ كَانَ ظَلُومًا جَهُولًا)) [الأحزاب: ٧٢]

هناك عدة أنواع للأمانة، وهي:

 ۱. الأمانة في العبادة: الالتزام بالعبادة و ذكر الله تعالى و أداء الصلاة، و الصوم و بر الوالدين.



۲. الأمانة في حفظ الجوارح: الجوارح و الأعضاء أمانة لـدى المسلم و يجب عليه أن يحفظها عـن الحرام، كالعين التي لها حق في غـض البـصر.

٣. الأمانة في الودائع: حفظ الودائع و أداؤها لأصحابها.
كان الرسول (علم علي (عليه السلام) موضع ثقة الناس في الأمانة، و لقد لقب الرسول بالصادق الأمين.

3. الأمانة في العمل: أن يؤدي المرء عمله على الوجه الأكمل، لأنه يؤجر عليه. وهذا ينطبق على الطالب كذلك فيجب أن يلتزم بدروسه.



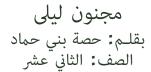
٥. الأمانة في الكلام: حفظ اللسان من الغيبة و النميمة، والالتزام بالكلمة الجادة، فالكلمة قد تدخل صاحبها الجنة.

٦. المسؤولية: كل إنسان مسؤول عن عمل سواءً كان إمام، عامل، والد، أو ابن، فكل عمل سيحاسب عليه في الآخرة.

٧. الأمانة في البيع: أن لا يغش المسلم غيره في البيع أو الشراء، فويل للمطففين. فالأمين يفوز في الدنيا و الآخرة، ففي الدنيا يعمه الحب و ثقة الناس، و في الآخرة يجازيه الله تعالى أحسن الجزاء، و ينال رضا الله و نعيم جناته. أما الخائن، فيخسر في الدنيا و الآخرة. ففي الدنيا، يبتعد أما الناس عنهم، و لا يطيقون مجالستهم. أما في الآخرة، فقد الناس قائدة، فقد قال في حديثه الكريم:

((لِكُلِّ غَادِرٍ لِوَاءٌ يَوْمَ الْقِيَامَةِ)) [مَتفق عليه]

وأخيراً، أود أن أختم حديثي بالقول بأنه يجب علينا أن نجاهد ونعمل من أجل الحصول على خصلة الأمانة، وأن نقتدي بالأنبياء والرسل والنبي المختار صلى الله عليه وآله وأهل البيت عليهم السلام في صدق أمانتهم. كما يجب علينا كطلاب علم ومسلمين أن نرفع راية الإسلام وأهله وراية العلم بالأمانة بكل صدق وإخلاص، فأرجو رؤية ذلك في المستقبل القريب.



يهدف قسم الأدب العربي من مجلة بيان البحرين إلى توعية طلاب البيان بأهمية الشعر العربي، فإن الشعر العربي هو ثقافتنا وعنواننا. وبالتالي، فإن المقالات التي أكتبها تعزز من قيمة شعرنا وهويتنا التي لا تشيخ.



شهد العصر الأموي تمازج واسع حصل بين الثقافات والشعوب من خلال الزواج والمصاهرة، فظهر جيل جديد مـن غـير العـرب، مسـتعربين، قـد سـاهموا في ضعـف اللغـة العربيــة. ومــع انتشــار دور اللهــو والغنــاء، أخــذ الشــعراء يستفيدون من هذه الحرية المطلقة. وفي ظل تدفق الجواري وانتشار الغناء وقبول الناس على مجالسه، انتشر الغزل في هـذا العـصر. فبذلـك، انقسـم الغـزل إلى قسـمين، وهـما الغـزل العفيف والغزل الإباحي. فالغزل الإباحي هو حب ماجن يؤمن باللهو ولا يعرف الخلود، يفتخر الشاعر بتنقله من محبوبـة إلى إخـرى، بـل وفي حـب عـدد مـن النسـاء في آن معـاً. أمـا الغـزل العفيـف، فهـو مـن الفنـون الشـعرية التـى تتسـم بحرارة العواطف الطاهرة العفيفة التى يعبر فيها الشاعر عـن شـوقه وآلام الفـراق والبعـد عـن حبيبتـه. فهـذا الغـزل يبتعد عن وصف المحاسن الجسدية لدى المحبوبة ويقتصر على حبيبة واحدة، على العكس من الغزل الإباحي الذي ينتقل فيه العاشق من حبيبة إلى أخرى، ويقوم بتصريح كل التفاصيل التي تحدث بين الحبيب وحبيبته.



قيس بن الملوح بن مزاحم بن عدس بن ربيعة القبا بن جعده بن كعب بن ربيعة العامري، وقد لقب بمجنون علي ليلى، من أشهر شعراء الغزل العذري المتيمين. فهو من الأس أهل نجد عاش في بادية العرب. أحب قيس بن الملوح بنت له.

سعد العامري، ابنة عمه، فقد نشأ معها وتربى معها وهام بحبها ولكن رفض أهلها أن يزوجوها إليه، فهام على وجهه في الصحاري ينشد الشعر والقصيد في محبوبته ليلى، حتى وجد ملقلى بين أحجار وهو ميت، فحمل إلى أهله.



من أشهر قصائده قصيدة المؤنسة، وفيها يقول:

َعُدُّ اللَيالي لَيلَةً بَعدَ لَيلَةٍ وَقَد عِشتُ دَهراً لا أَعُدُّ اللَيالِيا وَأَخرُجُ مِن بَينِ البُيوتِ لَعَلَّني أُحَدَّثُ عَنكِ النَفسَ بِاللَيلِ خالِيا رَانِي إِذا صَلَّيتُ يَحَمتُ نَحوَها وَمَا بِيَ إِشراكٌ وَلَكِنَّ حُبَّها وَعُظمَ الجَوى أَعيا الطَبيبَ المُداوِيا أُحِبُّ مِنَ الأَسماءِ ما وافَقَ اِسمَها أَحِبُّ مِنَ الأَسماءِ ما وافَقَ اِسمَها خَلياَيَ لَيلى أَكبَرُ الحاجِ وَالمُنى

فقد كتب قيس هذه القصيدة بعد أن سيطر حب ليلى عليه وعلى عقله، فيقول في هذا المقتطف منها بأنه بعد أن هام في حبها صار يعد الليالي ليلة بعد اخرى، طمعاً في لقاءها بينما كان سابقاً غير مهموم وخالي البال. فحين يخرج من البيت، تسيطر ليلى على تفكيره وهو وحيد. فكان حبه لها نقي، وكان دائماً ما يبحث عنها لعله يظفر بلقاء. فحتى إذا صلى، يمم نحوها حتى إذا كانت القبلة ورائه، فهذا ليس بإشراك بل إن حبها قد سيطر عليه وانغرس في عروقه ودمه وأعيا الطبيب أيضاً. فأحب الأسماء إلى قيس إسمها أو ما شابه إسمها، فهو لليلى وهي له. COMIC BREAK



12 WWW.BAYANSCHOOL.EDU.BH

BY: ALYA AL QASSAB GRADE: 12

