

## MESSAGE FROM THE EDITOR-IN-CHIEF



Nothing says "back to school" better than an unexpected (yet much needed) one week delay in the start of school. Off to a great start, aren't we?

However, nothing *really* says "back to school" than a clichéd "welcome back" message, so here you go: welcome back, Bayanees! I hope you all had an amazing and memorable Summer break.

.... Ah, don't you just miss those?

Let's face it: you probably don't. Maybe you are too indulged in your self-destructive routine of binge-watching TV shows until 4 AM, and you are not ready to let go. While it is perfectly normal to feel that way, perhaps you should not think of this time of year as the end of all the fun and entertainment. Think of it as the start of a new journey: a journey of self-exploration, personal and intellectual growth, and a vast array of opportunities.

What better way is there to maximize your potential this year, you ask? Start or do something new! Befriend the new kid in class, get to know your teachers better, run for student council, join your favorite sports team, participate in a club or, better yet,

start one! The Bayan community is a great place for you to take the first step towards improving yourself as an individual, whether it be academically, socially, mentally, or physically.

So chug up your coffee, zip up your backpack, and adjust your necktie: you have an entire year of hard work to go through, but hopefully a rewarding ending to anticipate.

In the words of Roman poet Horace: "Begin, be bold, and venture to be wise."

-DANIA BIN HUWAIL, EDITOR-IN-CHIEF

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## THE BIG BANG BUILDING

BY: JOOD AL SHIRAWI

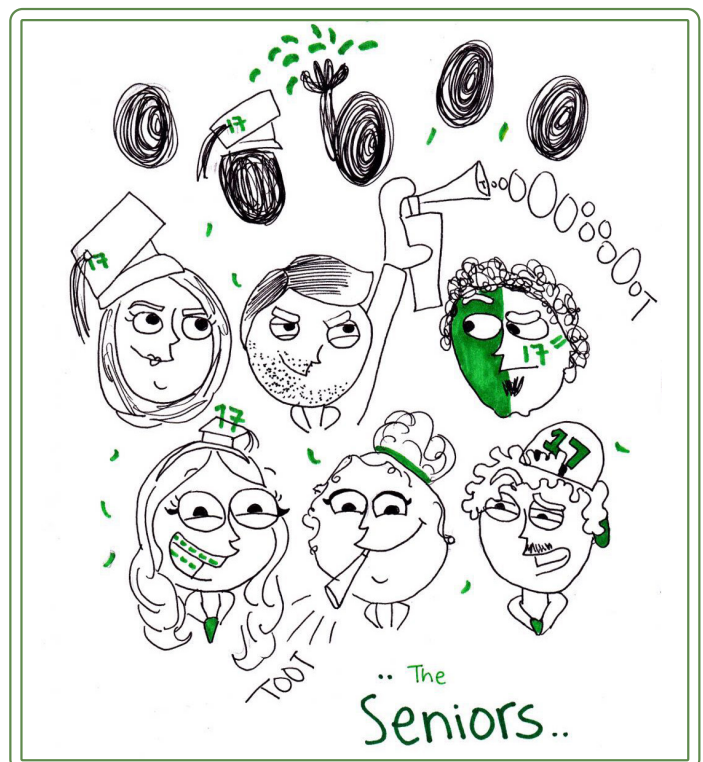
GRADE: 11



*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?*

After two months of being away, we return to see that there is a new addition to our school. Standing proudly in place of the old sports tent is our brand new science building. Board member Mr. Jassim Al Shirawi was kind enough to be interviewed about the interior of the building and the reason behind executing this project.

The construction of the science building started roughly a year ago. Since then, students have only gotten a glimpse of the exterior of the building, which has the same architectural design as all of the other Bayan School buildings. However, many are curious as to how it looks like from the inside. According to Mr. Al Shirawi, the building consists of four new labs and five classrooms, as well as offices, bathrooms, faculty areas, and a multipurpose hall. The four labs each serve a different subject: chemistry, physics, biology and even robotics. Mr. Al Shirawi expressed that the robotics lab is a special part of the science building as "it will give the students the ability to apply their knowledge of scientific principles and software into practical use." This facility is a very exciting feature that will surely set Bayan School apart from all the other schools in Bahrain. In fact, many students have already expressed their enthusiasm over the robotics and specialized



BY: ALYA AL QASSAB  
GRADE: 12



When asked about the reason behind the construction of the science building, Mr. Al Shirawi stated that, "the school recognizes that science is an important part of the curriculum and that this is a part of the continuous development of the school". Essentially, it is the school's goal to improve services and upgrade facilities to create a suitable and safe environment for the students to learn in.

Overall, it is safe to say that this building will be a valuable addition to our school campus. With the new labs, classrooms, and facilities that the building contains, it could only lead to a better quality of education for the students of Bahrain Bayan School. The future doctors and science geeks of Bayan will surely be thankful to the school for providing a place to discover the magic of science.



## BAYAN'S OWN STARRY NIGHT

BY: YASMEEN YAQOUBI

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.*

A brightly colored hand and a pen behind an ear are both defining features of Bayan's very own 11th grader, Zain Ali. She has been drawing ever since she could remember, and kept on going because it felt right and natural. People soon began noticing her natural talent and genuine love for the craft, and thus began encouraging her to continue.

Zain's adventure into the world of art started with rudimentary drawing classes, then graduated to more advanced ones when she eventually took a college course. This class instilled a deep appreciation for professional artists and made her realize that pursuing a career in art isn't as easy or glamorous as its usually portrayed.

Through exploring different art mediums, Zain stumbled upon animation. She fondly recalls that she "loved animation and it dazzled [her], because the thought that people spent hours working on storyboards and frames for a 3 minute clip amazed [her]. To [her], it was something that made impassible things come true, that made imagination come to life on a screen".

Zain admires a plethora of artists, from Salvador Dali to Vincent Van Gogh. Surrealism is awe inspiring to her because of its complexity and convoluted nature that is thinly veiled by utter chaos. She looks up to Van Gogh, because in her eyes, "he lacked conventional talent, but still pursued a career in art. Despite the fact that his paintings were not as crisp and perfect as others, he still chose to express himself through them and show them to the world."



It is obvious that Zain not only admires talent, but the hard work and sheer dedication that artists pour into their work. If any of you share Zain's love for art, be sure to geek out with her, and prepare for a whirlwind of artistic raving.

# THE TURMOIL OF TODAY'S WORLD: THE SYRIAN CRISIS

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.*

It should come as no surprise that Syria has been battling a brutal war with itself since March 2011. However, the situation is worsening as a result of dwindled aid supplies, overcrowded hospitals, and destroyed infrastructure. What is more terrible is the effect this leaves on children. More than 5 million Syrian children are suffering from bombings, starvation, and diseases. Living a life of despair, loss, and broken dreams, they have nothing left to save their shattered childhood.



In the aftermath of a devastating airstrike in Aleppo, a city in Syria, five-year-old Omran Daqneesh sits with a bloodied face inside an ambulance after he was rescued. The world is heartbroken and shocked by his reaction, as he did not shed a single tear. Usually, affected children would be found unconscious or crying, but Omran was simply stunned and speechless at the chaos he miraculously survived from.

It is devastating recognizing that, while we complain and moan about our trivial problems and privileged lifestyles, some people are living through the calamitous effects of war and barely receiving any aid. Despite the many viral videos and images on this crisis, many people cannot seem to open their eyes and realize that something has to be done. It seems as if people are becoming immune and desensitized to these regularly occurring tragic events only because they are not happening to them.



We should not let ignorance take over our minds and blind us from what is truly happening. Syria is just one proof that our world is slowly falling apart because people easily give in to the idea that the world is unfixable. Many questions come to mind on this catastrophe, is humanity dead? What is the fate of Syrian children? What can we do other than pray for them? The world is silent, but we can take a step forward by recognizing the issue. In face, the least we can do besides raising awareness is to donate to charities and organizations that support the cause. Our small efforts can make a huge difference and we can then prove that hope is not far from reach.



## GROWING UP

BY: ZAIN AL BASTAKI  
GRADE: 12



*A flawed human being writing about the beauty of the chaos that is within all of us; bringing silent broken voices to life on paper because maybe when we realize we're not alone in suffering, we can find peace.*

Look back at your life a year ago. I can tell you one thing for sure, it changed. The fact of the matter is that life doesn't pause for us, even when we need it to sometimes. Time passes and things around us shift and evolve but more importantly perhaps, we shift and evolve. Now, that might be scary to many of you, whether it is the prospect of becoming an adult, having to face the real world without a mediator, or the simple concept of change; this article is for you guys.

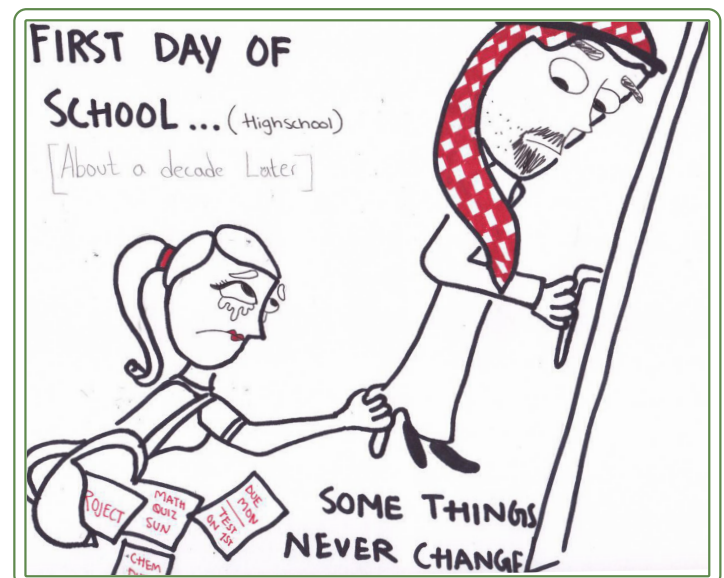
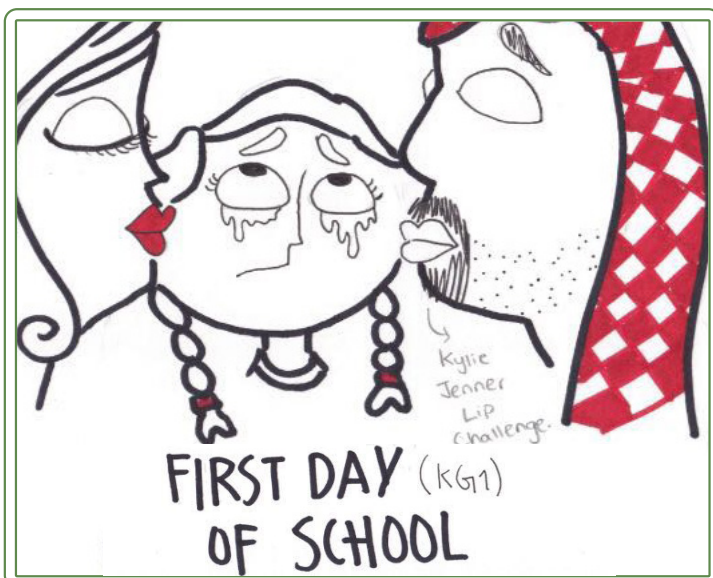
Change and growth are two inevitable truths. Do you choose to avoid them? Go for it, they'll happen anyway. They'll happen and you'll miss your life trying to salvage a dissipating childhood. Instead, choose to

embrace change and growth, and by doing so you'll live and not just survive.

Feel, live, love, accept. Accept that you're growing and your life is changing, but you know what? It's great because every age comes with it's own set of pros and cons; recognizing that makes growing up so much easier. With every year you get more responsibilities, but you also get more freedom and independence. We need to focus on the positives, accept the negatives, and embrace life in that light. I urge you to not let life pass you by numbly trying to hang on to the past; you'll miss the experience.

Cry, yell, break. Sometimes you have to, but then pick yourself right back up and keep going. That's where growth happens.

I'll ask you once again, look back at where you were a year back, and appreciate your journey and growth. You are extraordinarily strong and brave for surviving another year and I am here to tell you that I am extremely proud of you. Next time life beats you down, open your heart and mind to change and growth because I promise you, it isn't at all as bad as it seems.



BY: ALYA AL QASSAB  
GRADE: 12

## UNIVERSITY APPLICATIONS... WHERE DO I START?

BY: BASEL AL JISHI  
CLASS OF 2016 ALUMNUS



*I bet you thought you'd seen the last of me. I write about stuff that include, but are not limited to, personal opinions on universities and their time-consuming application, as well as cool engineering stuff I come across.*

Have you started thinking about where you want to go to university? Well, you should be soon.

To the beloved juniors and sophomores, work on finding out what you want to study in university. That way, you can make sure to take prerequisite courses that suit your needs for the field you want to study. Also, make sure that you want to study something you are passionate about. Even if it can get you a lot of money, don't pursue a career you are not interested in.

As for the seniors, it's that time where you should start applying to university. Are you completely lost on how to apply and what you should do? If so, please continue reading. The most important thing you should know about applying to university is, it does not matter where you end up, because in the end the opportunities you gain will be unique and you will learn something there and even have fun.



When researching for a university, you should look at whether or not they offer the major that you want. This can be done through UCAS (UK-Universities), or Common App (USA-Universities). Moreover, if you take IB, you need to get your predicted grades from Ms. Yasmeen as soon as possible, as it is an important factor to consider when applying to UK universities. However, for US Universities, you would want to achieve a high score in the SAT (more on that with Ms. Nawal). Additionally, when looking at universities, the overall ranking of the university doesn't matter, but rather the ranking of the university for the specific major that you want. You can find information on that through league-tables online that show the ranking of UK universities for your major. Another important factor to look at when researching is also the location of the university, the programs it offers, and even career placement after graduation.

Moving on to predicted grades, if you did not get your desired ones by October, do not worry yet. You can work harder, and ask again for your predicted grades in November, December, or even January, as long as it is before you submit your UCAS application. It is also worthy to mention that US universities focus on your GPA and SAT, and disregard your predicted grades. They look at you holistically, including your involvement with the community and how you are striving to take classes you are passionate about. Now, you may have good grades, but you should also start working on the essays required for the university as early as possible, to avoid deadlines cramming together. Don't forget to show your essay to your friends and teachers, as they can help you a lot with content and grammar.



# HOW THIS MILLIONAIRE SPENDS HIS MORNINGS

BY: SALEM BIN HUWAIL & FATIMA JANAHI

GRADE: 12



*The environmental segment aims to give students insight into local and global issues that threaten our world, as well as a retrospect of day-to-day habits that harm the environment. P.S. you better recycle this newsletter when you're done.*

Generally, the first thing that comes to mind upon waking up includes pancakes, maple syrup, and a warm cup of tea, but that is not the case for Mr. Yo.

A millionaire Korean investor who lives in Manama, Mr. Yo sets out every morning before dawn to collect trash from his neighborhood, a 13-year old routine. Not only that, but he also spends the time to sort the garbage into recyclables.



What do you do every day at 5 A.M? Don't take it personally, we would probably be in a deep slumber too (sadly).

What's even worse is that, not only do some Bahrainis neglect the importance of a clean environment, but they are skeptical of those who set out for change. This includes Mr. Yo, who experienced a police encounter one morning. When he explained that he was cleaning the area, he was questioned about why he was not in his uniform.

Apparently, it is only normal for municipal sweepers to be cleaning the streets. Unfortunately, it is considered an anomaly for a resident to willingly collect trash from his own neighborhood.

We live in a society where people think it's okay to throw an empty bag of *Lay's* out the car window, or stick a piece of gum under the desk. The lack of environmental awareness and indifferent public attitudes are major factors that have led to severe pollution we face today. According to "Akhbar Al Khaleej", the amount of patients diagnosed with cancer has been increasing throughout the years due to the poor environmental conditions.

Then again, you think there isn't much waste in Bahrain to be collected right? Wrong. Bahrain produces an unbelievable 1,314,000,000 kg of waste each year. This means that every individual, including you, generates 3 kg of waste per day, on average.

So, what can you do?

Although we wish we could imitate Mr. Yo's diligent morning habits, we know how hard that might be considering our school timetables. However, a 5 A.M. expedition to collect garbage would not be necessary if we stop polluting and start recycling in the first place.

# OUR FUNDAMENTALS OF PSYCHOLOGY

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 psychology, people tend to exaggerate theories and/or make ones up. If you do this, chances are you watch too many movies. Here to correct these fallacies are Noora Alhashimi and Rawana Al Dajani, two Bayan students who once sought refuge in psychology's closure.

## **Common Misconception #1: "Psychology is about "crazy, loony, mental" people."**

Psychology encompasses both normal and abnormal behavior. However, people tend to generalize psychology as the abnormal sect, when in reality its only half the equation. Those who possess normal behavior are oblivious to the fact that they too are included in psychological studies.

## **Common Misconception #2: "All "crazy" people are the same."**

First, people are not "crazy"; this is a derogatory term for those who suffer from

mental illnesses and disorders. Second, there is no specimen on this earth identical to the other (except for identical twins, duh). As cliché as it sounds, every individual is uniquely constructed. The same goes with mental illnesses; each person experiences them differently. For example, two people with the same diagnoses might react differently depending on their surroundings. Also, to assume that they're the same belittles each person's case.

## **Common Misconception #3: "All "crazy" people take drugs."**

It's true that there are drugs that trigger mental illnesses such as depression, anxiety, and bipolar disorder, but that's merely a minor fraction of those with mental disorders. Many suffer from these disorders due to biological (genes), sociocultural (surroundings) and cognitive (mind) factors.

## **Common Misconception #4: "Depression is synonymous to being sad."**

Depression should not be associated with sadness. Sadness, for one, is a temporary emotion for everyone, while depression is a mental state. Unfortunately, this is often overlooked; therefore, we feel obliged to correct the use of the word "depression". For instance, sadness is normally caused by an event, a loss, or a disappointment. As for depression, there doesn't have to be a reason behind its occurrence. Similarly, you can be sad and experience joy at the same time, because emotions overlap. However, with depression, the melancholiness of it lingers, preventing you from feeling actual and legitimate happiness.

Know these, learn them, and apply them.



# A THOUSAND PIECES OF YOU

BY: ZAIN BUHINDI  
GRADE: 11



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

The fabric of the universe is an illusion. There are tears in the cosmos that can be forced apart and entered; one only needs the precise means to open them. A device, for example, that can atomically break down the genetic makeup of a being and force the body to shut down as the subconscious travels between dimensions.

Dr. Sophia Kovalenka's determined stance on the possibility of inter-dimensional communications propelled her and her husband - renowned oceanographer Henry Caine - to the masterminding and creation of the Firebird, the first apparatus that proved her unfeasible claims. It is to be believed by the two physicists that when a decision is made, the universe splits into different worlds, each of which continue on with the consequences of the other possible decisions. The enactment of either slight or radical changes in a specific world would put into action the butterfly effect. The Firebird's compelling essence drives Dr. Kovalenka's assistant, Paul Markov, to murder Henry Caine and steal the device - which he uses to flee into one of the many alternate universes before he could be apprehended by the authorities. This betrayal impels Marguerite Caine to avenge her father's death by pursuing the

murderous con and either surrender him to the law... or death.

Claudia Gray, author of 'A Thousand Pieces of You', conveys a thrilling and enticing presentation of the concept of inter dimensional travel. Gray perfectly describes the cultivating multiverses and confounds the readers' emotions as she makes them question what's right or wrong and who to trust. Even the characters, whose thoughts are accessible to all, are not who they seem, for every being in the book exhibits countless personas from other dimensions that constantly seem to reveal the secrets within.

As Marguerite jumps through fissures in the universe, she takes control over the mind of her alter-selves and learns to adapt to their way of life. On her journey for justice, she ventures into possible realities experiencing unbelievable circumstances that could have been, like a monarch ruled Russia that dwells with past technology or a futuristic London that is much too advanced to comprehend. Unfortunately, the book is not currently stocked in the school library, but keep an open mind if you ever do read it, for any ounce of information can make the journey more prodigious.



## FENG SHUI YOUR LIFE

BY: ZAINAB KHALAF

GRADE: 11



*Cheesy advice is what you're getting. From improving school grades to organizing your life, we have it all. There's nothing like getting advice from a junior with no idea about anything...right?*

Organizing your life is one of the best things you can do. Being organized comes with many pros and is the key to making your life that much easier. Start the year out right with a planner containing all upcoming assignments, due dates and everything you need to know about said specific assignments. A good way to keep track of all your homework is to download one of the many apps available (Suggestion: Myhomework). It is advisable to complete these assignments whilst on your desk; avoid the bed as it makes for an unfit study environment. So, be sure to have the desk clear and organized at all times. The same applies for lockers, binders and pretty much everything; this also ensures that no papers are misplaced or lost; all notes and papers are significant! Having a small notebook can also help and can come in handy when you need to jot down random reminders, notes or thoughts. Lastly, being organized also applies to laying out your clothes and books the night before. In the event that you happen to oversleep, it will reduce your chances of tardiness.

Being organized at school isn't enough if you want to make an impact. It may seem impossible to organize every single aspect of your life, but even the slightest change can make a huge difference. There are

many ways to keep organized that include, but are not limited to, personal planners, calendars, to-do lists, agendas, etc. Start with the basics then build up towards the more complicated tasks to gradually shift without breaking any significant structures. A great place to start is your room; keeping your room clean and organized lifts your spirits and makes it easier for you to navigate and find what you need. Create a simple schedule to clean small parts of your room to get a satisfying end result. When you do this, it will be easier to determine what causes your lack of organization and tackle it. Finally, do remember that you are human and that your memory will fail you, so write down everything you deem worthy and/or important to ensure that the task is completed.

### وداعاً بحلولى... وأهلاً بزمزم

بقلم: رحمة ثامر  
الصف: الثاني عشر



يهدف القسم العربي من مجلة بيان البحرين 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 فيهم.

من الله علينا ببركته في هذا العام الدراسي ٢٠١٦-٢٠١٧ باستقباله تزامناً مع استقبال موسم الحج الأعظم وعيد الأضحى المبارك. وبما أننا على أعتاب موعد فريضة الحج المقدسة، قررت بالتحدث عن مراسم توديع واستقبال الحاج سابقاً في البحرين كأول مقال لي في صحيفة مدرسة بيان البحرين.

ونحن في هذه الأيام المباركة، تلهج ألسن كل من شهد المراسم بذكرها التي تمت خالدة إلى يومنا هذا، لاسيما أجدادنا. وفي حديثي مع والدي وجدي علمت أنه في كما يسمونه الكبار "أيام الأول" كانت هناك مراسم وعادات



وبعد سفر طويل، عند عودة الحاج إلى وطنه ليستقبله أهله بالأحضان بعد الفراق، تقام له مراسم بمناسبة عودته الميمونة. فيقوم أهله بزيارته وكثيراً ما كن النساء ((تجيب)) في هذه الأثناء ويقمن أهل الحاج برشق ماء الورد عليه وتحضير سلة بها بعض المكسرات والحلويات وأحياناً بعض من القطع المعدنية ورميها على العائد، فيجمعها الأطفال. كما يقوم الحاج بتوزيع ماء زمزم على أهله وبعض من التمر الذي جلبه معه من المدينة المنورة.

وفي الختام، اسأل الله بحق هذه الأيام الفضيلة أن يرزقنا طلبة وأساتذة البيان حجة مبرورة زاكية خالصة لوجهه يقر بها أعيننا وتكون شفيعة لنا يوم الورد.



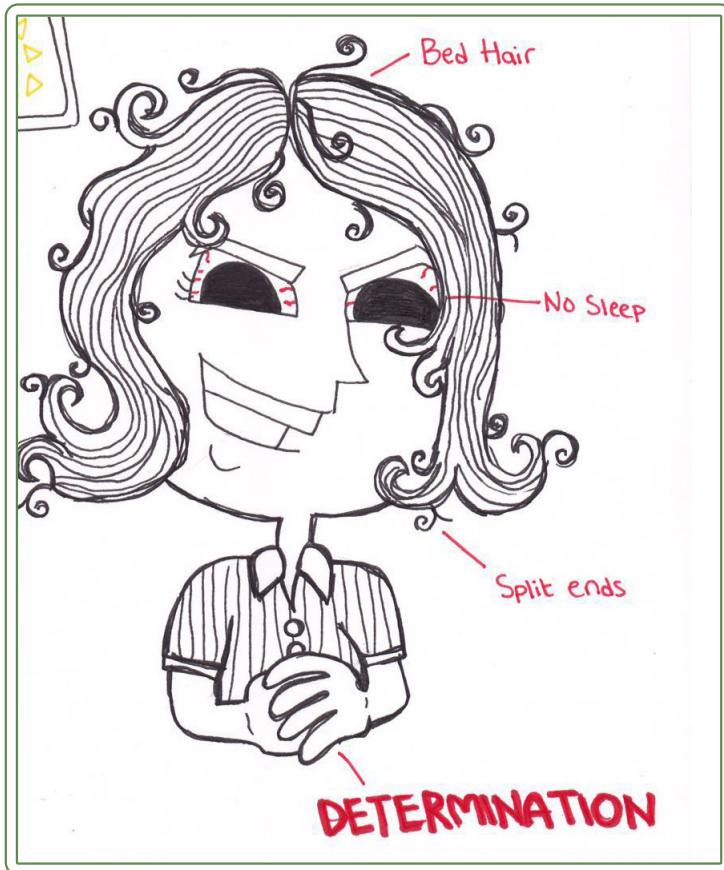
تقام في موسم الحج في وداع واستقبال الحاج الذي يتعرض لزيارة بيت الله الحرام لأداء ركن من أركان الإسلام الخمسة.

من منا لا يعرف الحج؟ الحج هو حجتنا نحن المسلمين إلى البيت العتيق بمكة، قال الله في محتوى كتابه الكريم ﴿وَلِلَّهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنْ اسْتَطَاعَ إِلَيْهِ سَبِيلًا﴾، فالحج واجب على المسلم البالغ لمرة في العمر، وتبدأ أيام الحج من أول شهر شوال إلى اليوم العاشر من شهر ذي الحجة.

فقبل أيام قليلة من موعد سفر الحاج إلى مكة المباركة، كان بيت الحاج يهياً لاستقبال الضيوف من أسرته وأصدقائه. فتقدم ((القدوع)) التي تتكون من بعض الحلويات البحرينية التقليدية والفواكه والمكسرات ولاسيما الشاي والقهوة العربية، ويمتلأ البيت بالدعاء للحاج لعودته بالسلامة وتقبل طاعته وغيرها من الدعوات التي كانت شائعة. كما كانت بعض العوائل الغنية توزع بعض النقود المعدنية كالـ ٥٠ فلس والـ ١٠٠ فلس على الأطفال كونها ((بركة الحاج))، فيقوم الأطفال بوضعها مع ((العيدية)) مع الاعتقاد أنها ستضاعف ((عيديتهم)). كما أن الحاج كان يقوم بطلب الصفح والغفران من الناس حوله وممن قد آذاهم أو أساء إليهم، كما يطلب من والديه وأهل ((الفريق)) براءة الذمة إلى جانب سداذه لديونه قبل توديعهم وهو راحل إلى أشرف البقاع في الأرض.



وفي يوم يتشاجر الأطفال في المنزل من أجل حمل ونقل أمتاع وعفش الحاج إلى السيارة أو ((البليك آب)) أو وسيلة نقل الحاج إلى مكان توديعه، كما يقوم سكان المنزل بالتجمع حول الحاج وعلى ألسنتهم الدعوات له بالعودة السالمة والطلب منه بالدعاء لهم وقد يقام بتحضير ((الشبة)) أو ((البخور)) لتبخير الحاج.



BY: ALYA AL QASSAB  
GRADE: 12

