

Positive Discipline Parents' Workshop

We are excited to share with you the success of our Positive Discipline Parents Workshop that took place on Thursday, May 25th. We were thrilled to see so many parents attend and engage in the different activities we had prepared for them.

During the workshop, parents were introduced to a variety of strategies that can be used to help them deal with their children at home. These strategies included being kind and firm, understanding the brain, and creating a positive time-out area.

The workshop was highly interactive, and parents were encouraged to participate in various activities that allowed them to put these strategies into practice.

Through role-playing and group discussions, parents were able to share their experiences and learn from one another.

The outcome of the session was very positive, with parents feeling more equipped to handle challenging situations with their children. We want to thank all the parents who attended the workshop and made it such a success. We hope that you will continue to use these strategies at home and that they will help you to build a stronger, more positive relationship with your children.

By being kind and firm, parents learned how to set clear boundaries while still showing love and support to their children. Understanding the brain helped parents to empathize with their children's perspective, leading to better communication and stronger relationships. Creating a positive time-out area gave parents a practical tool for managing challenging behaviours in a calm and respectful way.

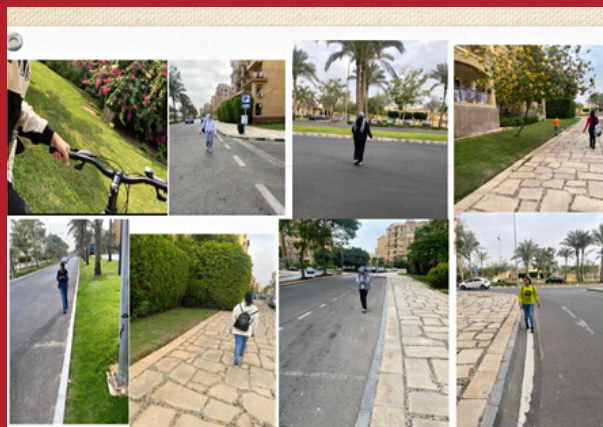
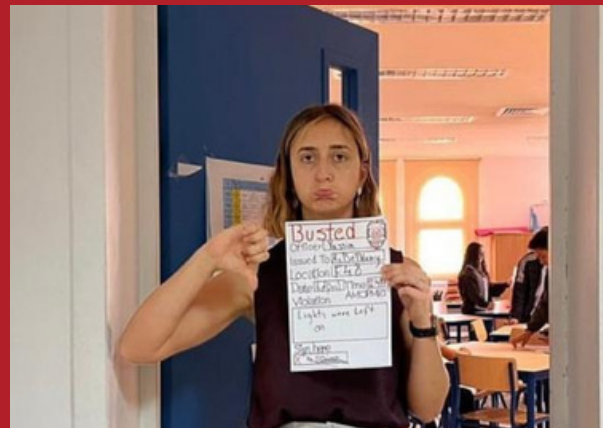


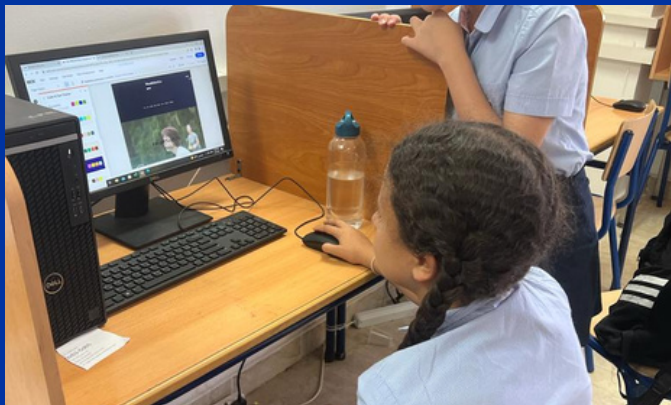
Secondary Students are ready for the Challenge of the Pharaohs

The Challenge of the Pharaohs' final submissions took place last week! We are awaiting the results of the judging panel. BISM Secondary students worked on projects to save plastic and energy and to recycle products. The data they collected were reliable which helped them reach generalisable conclusions.

Some students from KS3 collected data about using a circular economy which produces more sustainable production because raw materials are kept longer in production cycles and can be used repeatedly, therefore generating much less waste. Another group decided to stop relying on cars and start using bikes or walking. Riding a bike is a legitimate climate solution. A moderate increase in bicycling each year could save 6 to 14 million tons of carbon dioxide.

Year 8A team project transformed electricity consumption by school staff, their project was based on (affordable and clean energy) and (Responsible Consumption and Production). Students made sure that the lights, AC and projector in the classrooms were turned off to save electricity. If the lights, AC and projector were left on in a classroom that wasn't being used, they give the responsible teacher a ticket, and stick a busted sign on the door. Most staff members who received a ticket on the first day started to switch their lights off. This is how they saved energy. Proud of all participants' ideas and projects, we can't wait to know the results! We are looking forward to continuing with all our initiatives to remind ourselves if we all did JIT. It would really make a positive transformation which creates a healthier living environment for people everywhere.





“HealthierU” App by year 6 students.

One entry of the BSME Dubai competitions was a group of our Y6 students who have developed a mobile application named “HealthierU” App, this app is designed to create a virtual community where health and exercise are the main objectives while connecting people with different goals and backgrounds. The app provides a platform where you can find various exercise and nutrition tips for you to lead a healthier lifestyle. It also includes monthly challenges that spark competitive spirits among participants, as well as a progress tracker and leaderboards to keep users motivated.

BISM students created this application to encourage sports activities and a healthy community. what makes "HealthierU" super unique and creative is that PE teachers can base some of their lessons on the workouts in this application.

To subscribe to “HealthierU” first download the app and then sign in using Gmail to create your new account, to create the profile you need to choose avatars from the premade ones or make a custom one. Some avatar features will be locked because you will need points to unlock them, and you can get these points by doing the workouts, each workout will have a certain amount of points these points will then add up and you can buy the locked features or earn badges.

