

NOVEMBER 2024

# THE KNES GAZETTE

KNES DIGITAL GAZETTE



## “HUMANITY”



KUWAIT NATIONAL ENGLISH SCHOOL

مدرسة الكويت الوطنية للإنجليزية

A British International School

# EDITORIAL

KNES DIGITAL  
GAZETTE

**Humanity** (noun)  
1. *compassionate, sympathetic, or generous behaviour or disposition.*  
2. *the quality or state of being humane.*

## Embracing a new School Year with a call for Humanity.

As we embark on a new academic year, we ought to be reminded of the values that hold us together as a community. This year’s gazette theme, “humanity,” is not just a word - it is a call to action. In a world that often seems to have lost its sense of balance - where conflicts, misunderstandings and literal warfare seem more frequent than compassion and understanding - I believe it is essential for us to return to the core qualities of being humane.

Only by nurturing empathy, respect, and unity can we hope to foster true peace in our lives and our world.

The beginning of the 2024/2025 academic year brought with it renewed excitement and purpose for all of us. Together, we have embraced each new challenge, and it is remarkable to think that we are already preparing for December exams.

This term has been filled with moments of achievement, community-building, and growth that reflect the vibrancy of our school.

In this issue, the gazette will bring you stories of these inspiring moments, from academic milestones and athletic accomplishments to club activities and service projects. Each of these reflects our shared commitment to excellence and, above all, to humanity.

As you read, I hope you find a reminder of the values we strive to uphold—values that not only make us better individuals but also contribute to a more compassionate world - the values enshrined in our Mission Statement.

Thank you for joining us on this journey. May the remainder of the term be as fulfilling as the beginning, and best wishes for success as we approach the end-of-term exams and the holiday season beyond.





# EARLY YEARS FOUNDATION STAGE

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## Early Years: Preschool.

During our recent school trip to Play Street Museum, the students engaged in a meaningful role-playing activity that highlighted the importance of empathy and understanding in valuing humanity. By stepping into different roles within their community, the children learned to appreciate diverse perspectives and the significance of kindness.

This hands-on experience fostered a sense of connection, helping them to understand how each person's actions can impact others, and reinforcing the values of compassion and cooperation that are essential for a harmonious society.







Pictured: We're from different countries!

# Early Years: KG.



## We're from different countries!

In our diverse school community, the importance of humanity shines brightly as students from various countries come together to learn, grow, and respect one another.

By celebrating different cultures and perspectives, our young learners are developing empathy and understanding—essential qualities for fostering harmony in a global society.

Through collaborative projects, cultural exchanges, and open discussions, they are not only discovering the richness of each other's backgrounds but also building lasting friendships.

This commitment to respect and compassion nurtures a sense of belonging, encouraging our students to become not just good classmates, but also responsible global citizens.



# Early Years: Reception.



“I have 7 animals!”  
- Nourseen.

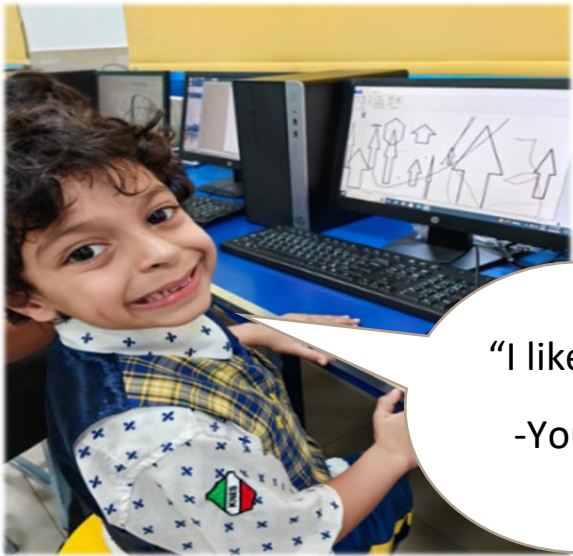
“This is my family. My dad, mum, brother and me.” - Katiea



In our reception classes, we emphasize the importance of valuing humanity through a variety of enriching activities. Our students are learning essential skills like using computers, reading, and writing, which empower them to express their thoughts and connect with others.

Recently, they practiced speaking to an audience, building their confidence and communication skills, vital for sharing ideas and understanding different perspectives. Additionally, our focus on healthy eating teaches them to care for their bodies and the environment.

Each of these activities not only fosters individual growth but also nurtures compassionate, informed global citizens. Check out the attached photos to see our students in action, embodying the principles of empathy and cooperation!



“I like ICT.”  
-Younes



“I could cut my jelly fish.”  
-Ayoub







Pictured: We made animal crowns and read nonfiction books about animals.

# Early Years Foundation Stage – World Animal Day

## World Animal Day

On October 3rd, EYFS, KS1 and SEN students joyfully celebrated World Animal Day with a vibrant array of activities designed to ignite their love for animals.

The day kicked off with an exciting live bird show, where the students were captivated by the colourful feathers and impressive skills of the birds.

Later, they had the unique opportunity to see and even touch a variety of live animals, including a gentle llama, a playful meerkat, fluffy rabbits, and curious iguanas. This hands-on experience not only filled the children with wonder and laughter but also taught them valuable lessons about respecting and caring for all living creatures.

Their enthusiasm was fantastic, making it a memorable day of learning and fun that fostered a deeper connection to the animal kingdom.



“I could paint a whale. I will use blue paint.”  
-Laura



“The tortoise has a shell”  
- Lamar





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# EYFS: National Fitness Day.

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An incredible EYFS fitness day!  
Children showed great sportsmanship  
and cheered each other on.

## National Fitness Day

On September 18th, our school  
celebrated National Fitness  
Day with a vibrant array of  
sports activities that energized  
the entire school!

Students participated in  
everything from football and  
basketball to yoga and relay  
races, all while learning about  
the importance of physical  
fitness for their health and  
well-being. The day was filled  
with laughter and teamwork,  
as everyone embraced the  
spirit of activity and  
camaraderie.

It was a fantastic opportunity  
for students to discover new  
sports, challenge themselves,  
and understand how staying  
active can be fun and  
beneficial.

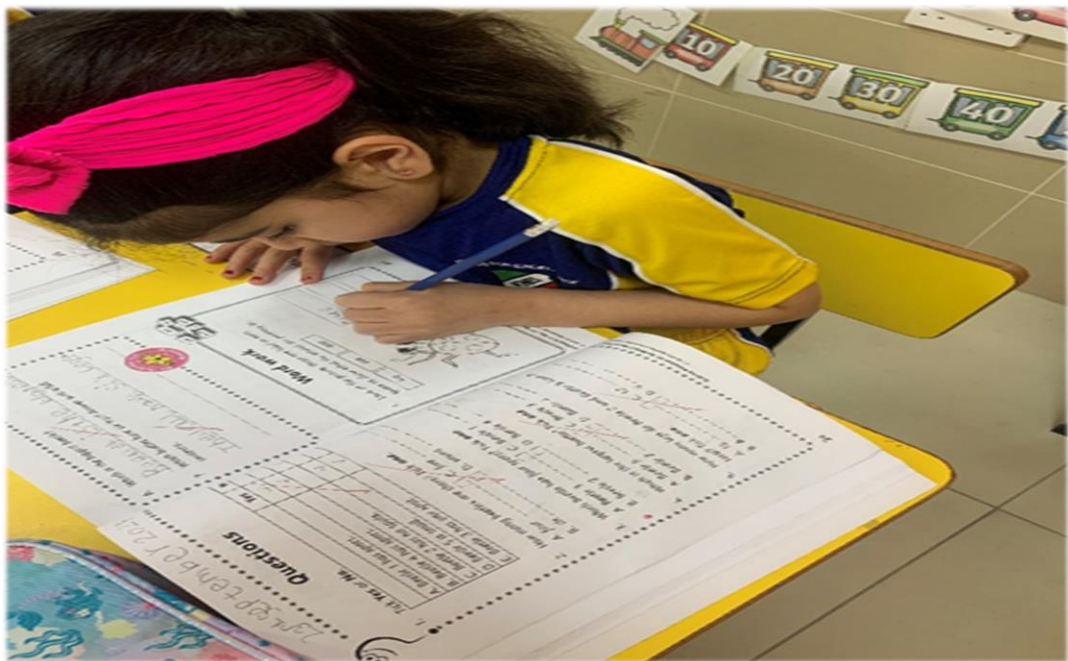




# Primary

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## Year 1



1A Student working hard In English. Completing Comprehension extension work.



1A Class celebration, Children receiving achievement certificates for star of the Week Greatest Achiever of the week and Helper of the week.



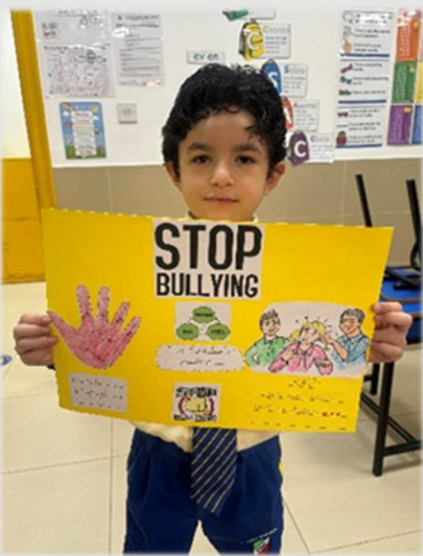
1A Student Focusing hard and completing his math's work on counting back and forward.



# Year 2



Pictured: Year 2A presenting posters against bullying at Assembly.

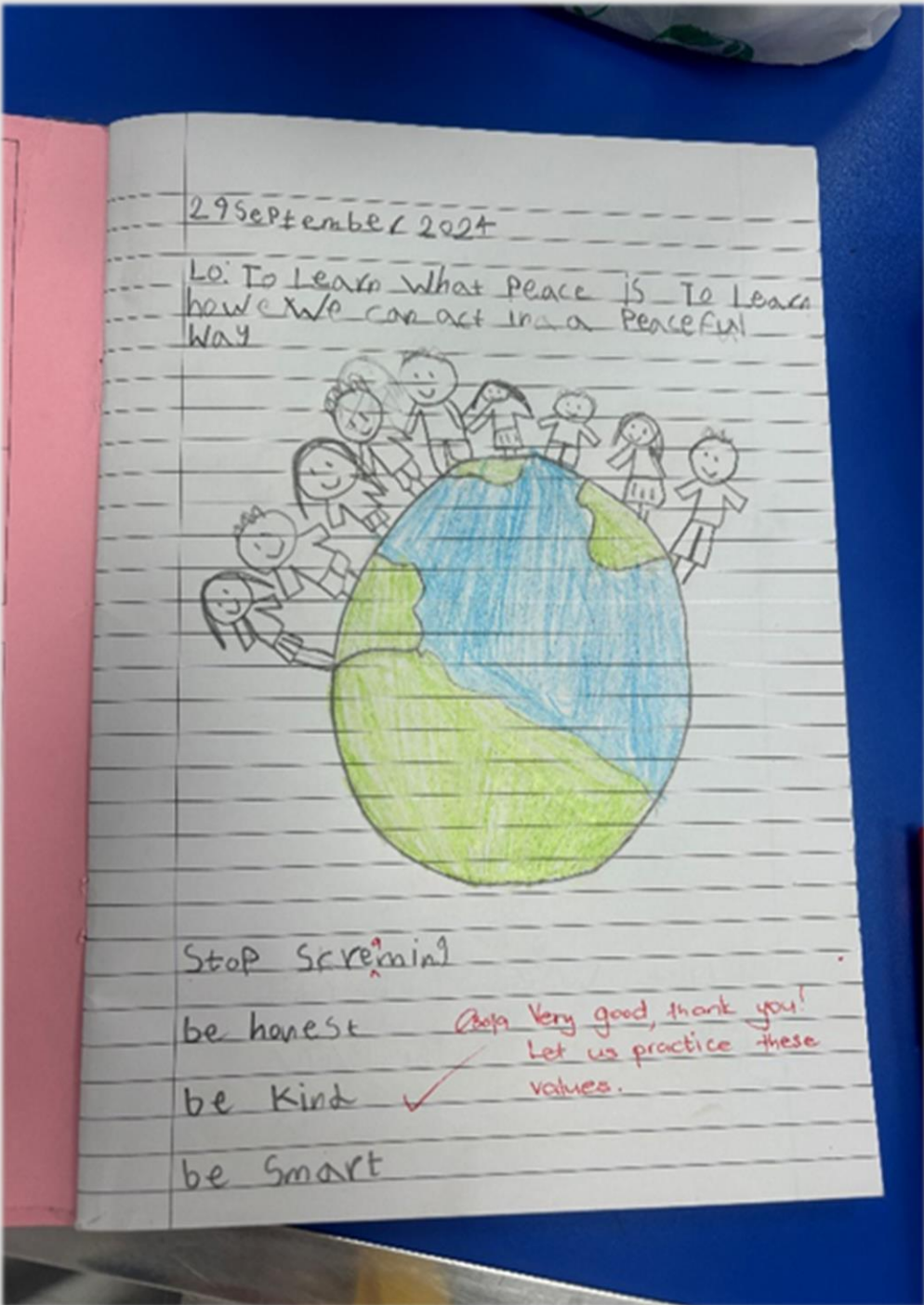


Pictured: Year 2 students present posters against bullying.

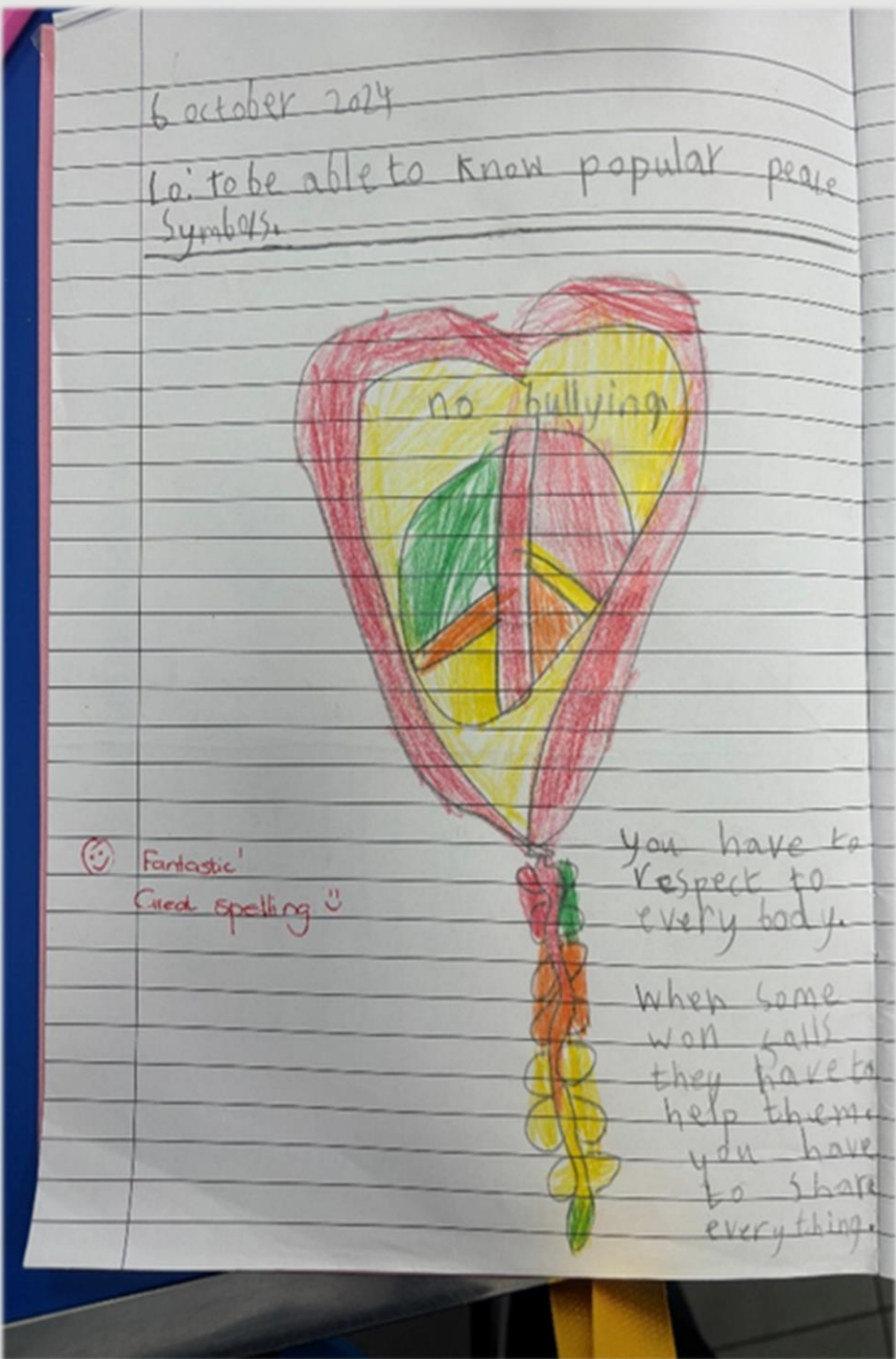


Pictured: Year 2 making friendship crafts.





Farida Galal illustrating Global Citizenship





# YEAR 3

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Pictured: Year 3B have been learning about the importance of being kind and having kind feelings for each other.

## Humanity Day

Year 3B celebrated humanity through the creation of beautiful theme-related art which highlights our ability to love, to be creative and to show compassion to all.

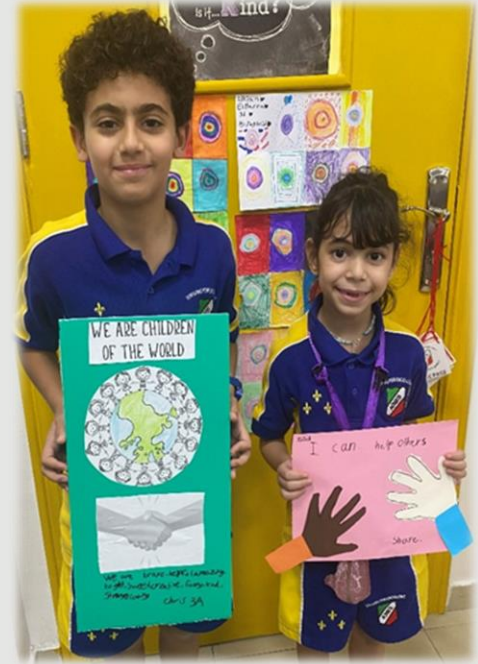
## Humanity Day

Year 3A has been exploring the importance of kindness, learning about the core values that shape us as compassionate individuals. Understanding these values helps students build strong relationships and contributes to a positive, supportive community, preparing them for meaningful lives.



See some more pictures below!











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# Year 4

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Year 4 has been abuzz with excitement and fun this term!

In the first week of school, the students worked on an all-about-me-hoody, which helped them express information about themselves to the class.

Students enjoyed much quiet reading time in the school library as they explored the large wealth of books at KNES.

The trip to National Geographic was an amazing and fantastic experience filled with learning and fun.

The girls in have been working extremely hard on their bench ball skills. They realized that Bench Ball involves passing, throwing, catching and communication skills.

In geography, students have really enjoyed learning about the water cycle. They labelled and decorated their own water cycle.

In English, students have been learning about Haikus. They enjoyed experimenting with different syllables to find the 5-7-5 pattern. We have also worked on the features of an instruction text. Students wrote their own instruction text on getting ready for school.



In science, students investigated the effect of different liquids on tooth decay. They used eggs to simulate teeth and saw the effects of the drinks over a week. The students were intrigued by the results.





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# School Trip: National Geographic Museum

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Some highlights from our school trip to the National Geographic Museum.



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## Benchball.

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## Learning about tooth decay.

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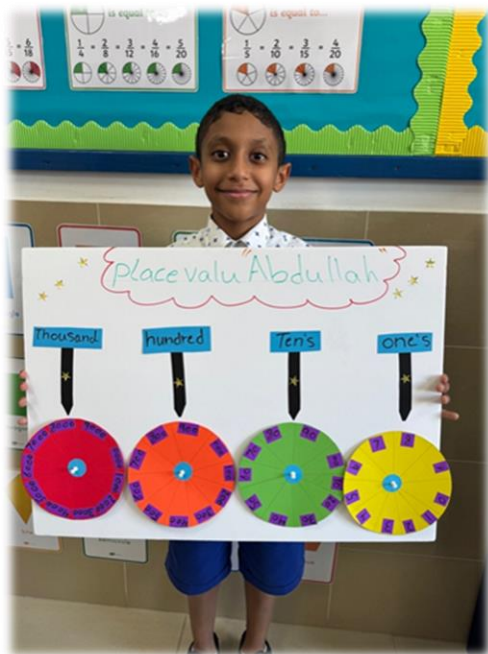
# School trip: Assima Mall.



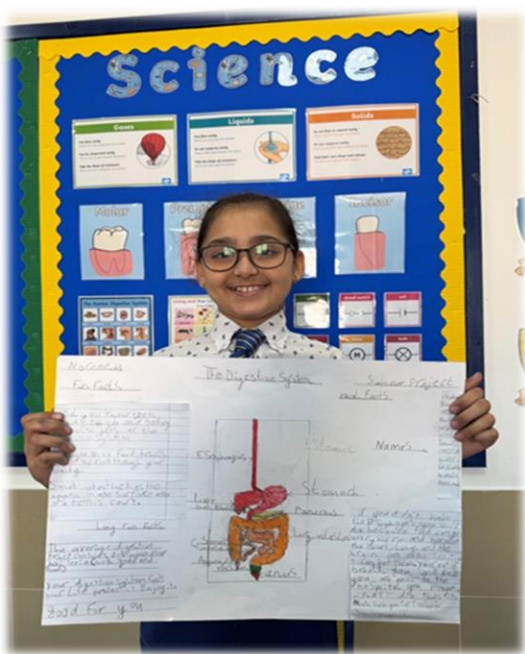
Pupils having a great time enjoying the VR machine.



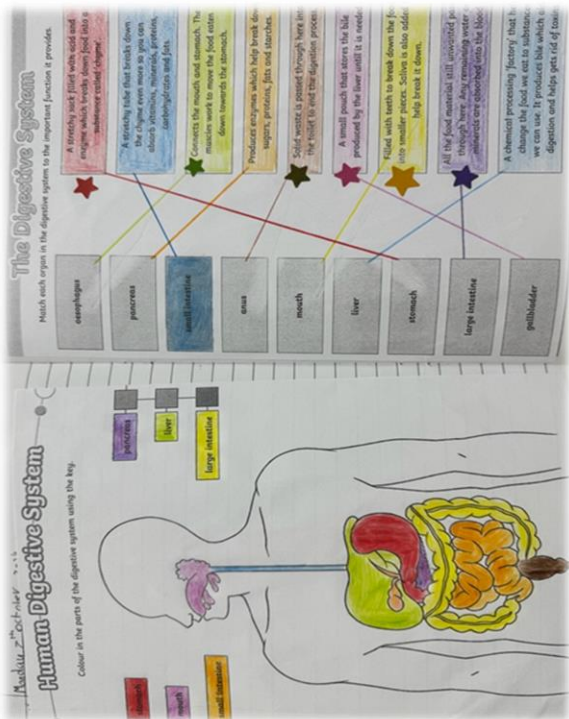
# Wonderful and creative work from some of our students.



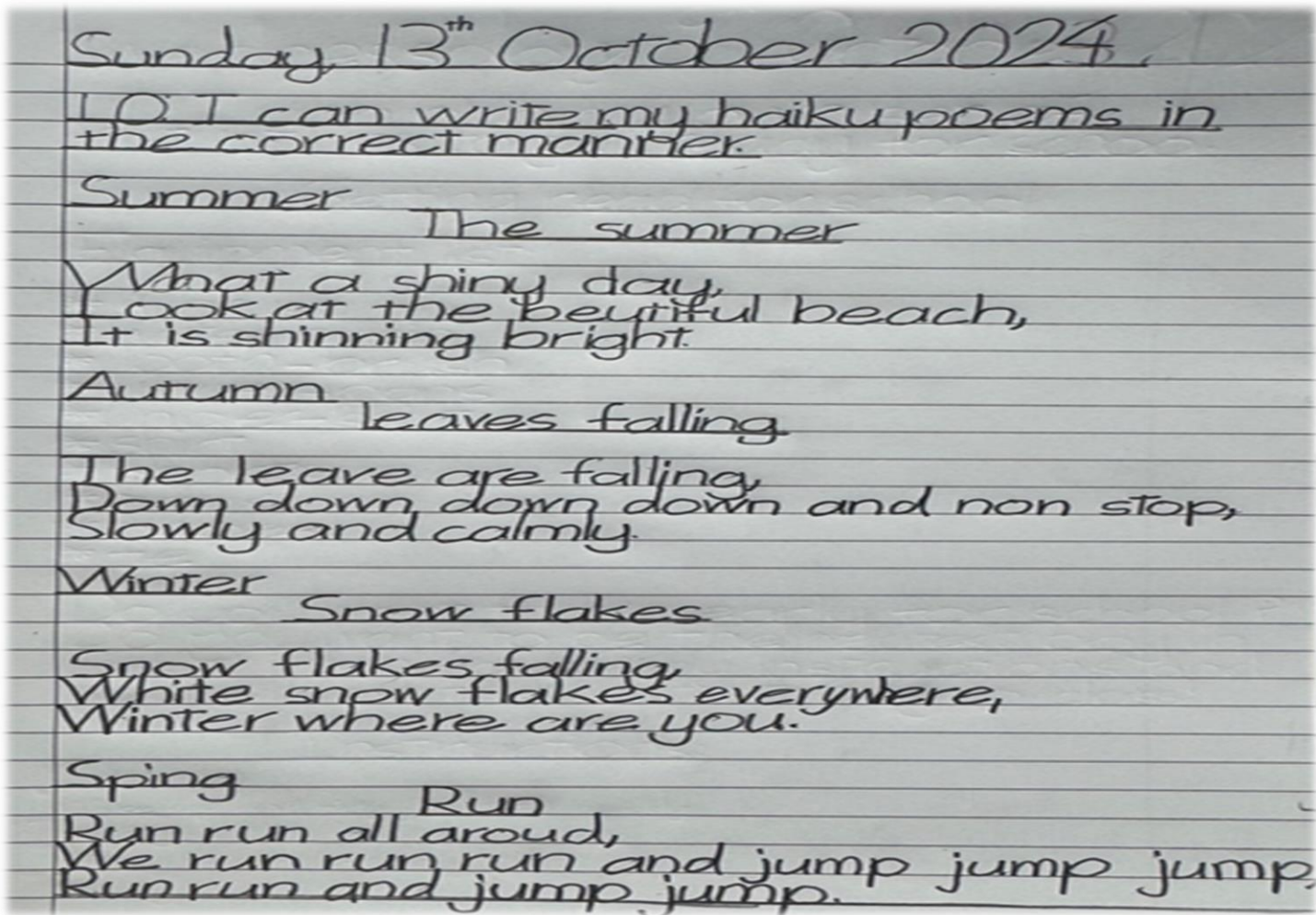
Abdullah created his very own Place Value chart. It is being used in class! 😊



Digestive System diagram by Noreen.



Solaf's colourful science!



Emmanuel with a fantastic set of Haiku poems on Seasons.



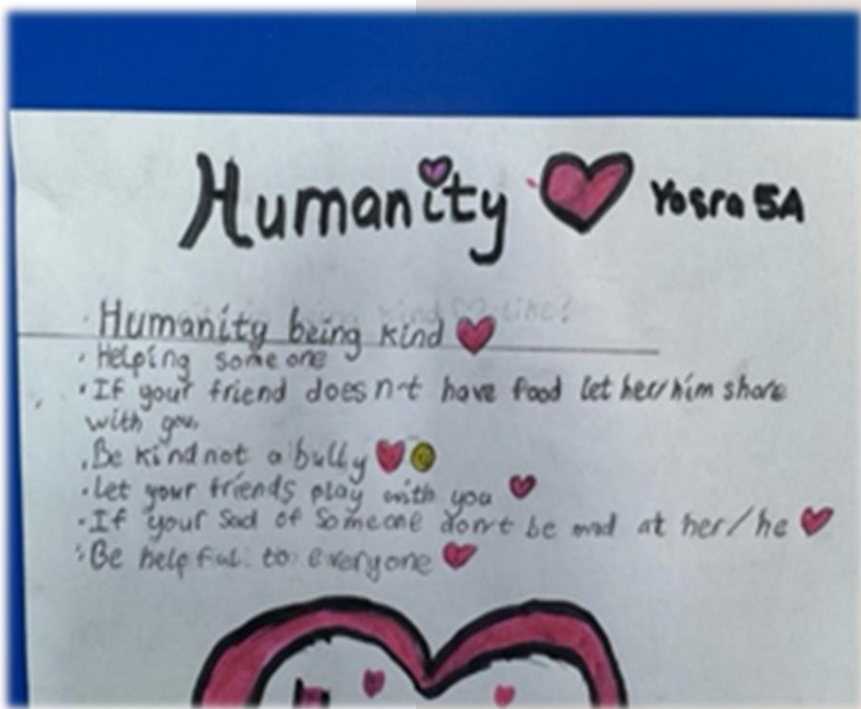
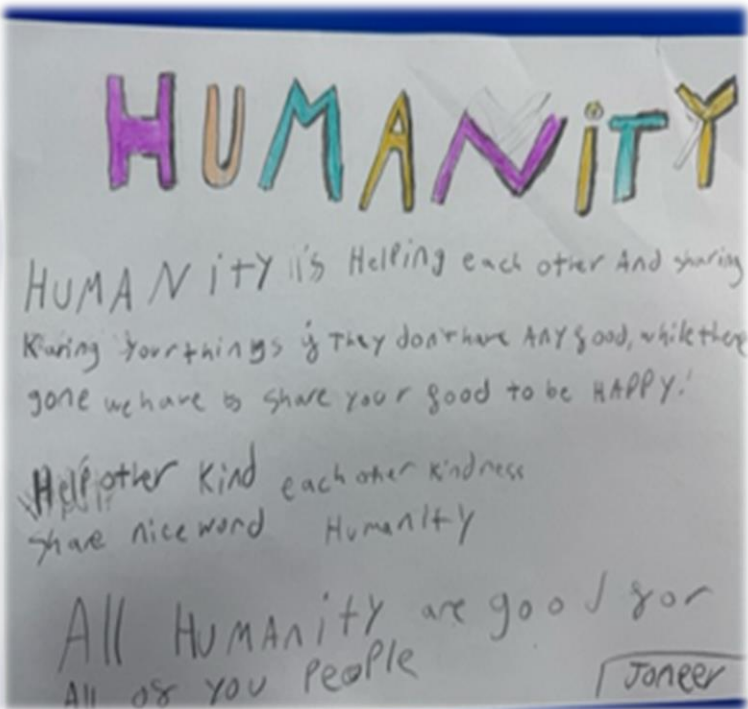
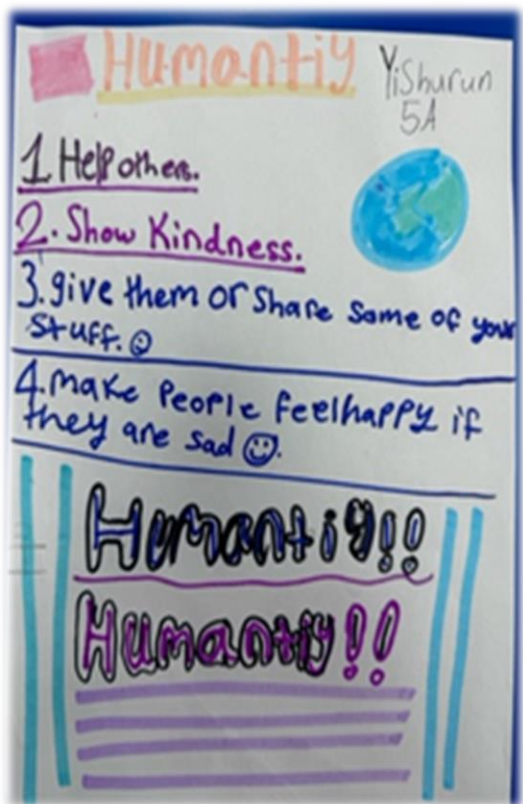
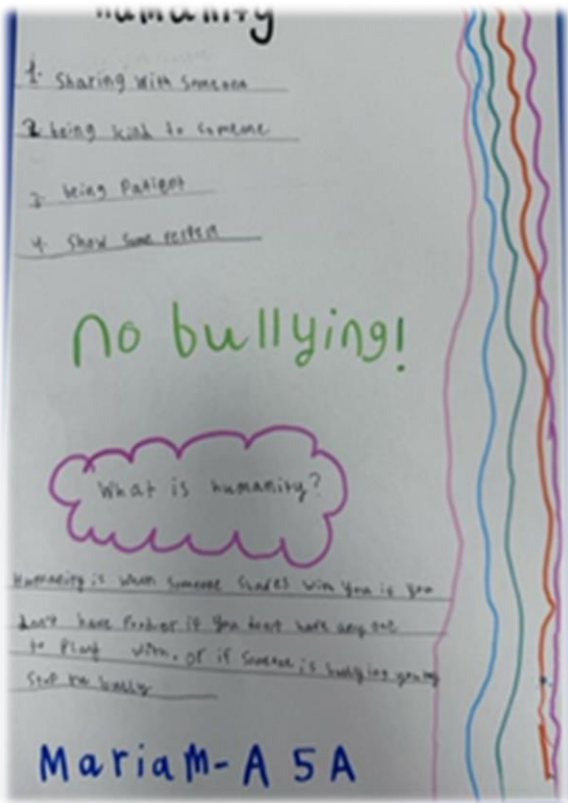


Pictured: Students love their excursions!

# Year 5



What does the word  
“Humanity” mean to us?



## Year 5: Term 1

Our science topic was Properties of Matter, and we had a few fun activities outside.

One of our highlights was our trip to the National Geographic Ultimate Explorer on 10 October 2024.

This term, in art, we focused on South American/Latin American art.

Our writing topic for the term was Mystery stories. We had a lot of fun planning and editing them.

We also worked very hard to improve our maths!



School Trip: National Geographic Explorer.



Latin/South American Art.





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## Year 5 and 6 Benchball Tournament.

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We are thrilled to share the fantastic achievements of our Year 5 and 6 girls' bench ball team! The team recently competed in a highly challenging tournament and secured an impressive 4th place out of 7 teams (KAS, GBA, DBS, NIS, ABS, ATIS).

Throughout the competition, our girls demonstrated remarkable teamwork, resilience, and sportsmanship. They faced tough opponents with determination and never gave up, showcasing their skills and dedication in every match. Their hard work and positive attitude were truly inspiring.

Finishing 4th is a significant accomplishment, and we are incredibly proud of each player's effort and commitment. This experience has not only highlighted their talent but also their ability to work together and support one another.

Congratulations to the entire team for their outstanding performance! We look forward to seeing them continue to grow and achieve even greater success in the future.







Pictured: Students during their excursion.

# Year 6

## All the latest news from year 6.

One of the highlights of this term was our trip to the National Geographic Ultimate Explorer on 10th of October 2024.

Our science topic was “diet and exercise,” and we had lots of fun running and monitoring our heart rates.

The children also had fun dressing up for Scary Costume Day.

Students have also completed writing tasks on what humanity means to them. See the examples displayed below.



Pictured: Students enjoying Costume Day.





# What does "Humanity" mean to us? Year 6.

## Humanity

To me humanity is a co-operating society consisting of the human race. We all have one home, the Earth and it's our responsibility to look after it like a big family. When you come up with an idea you aren't sure if it's a good idea but since we live in a co-operative society that helps each other to accept or reject an idea, everyone is benefited.

However humanity doesn't just describe the human race, it can also be an attribute consisting of kindness, compassion and generosity. Kindness is the quality of being friendly and considerate. Kindness doesn't only apply to humans, it also applies to animals and nature. Kindness is essential and you never know what someone is going through so always be kind. Just one act of kindness can change someone's day.

Compassion is when you understand someone's suffering and try to help. To be compassionate you need to truly feel a person's suffering and not just say that you feel bad for someone. When someone is compassionate towards you, then you immediately feel better which is why it is so important.

Generosity is the quality of being kind and generous. Being generous means putting others before yourself and not expecting a reward when doing something good. Always be generous to people even if they aren't generous to you.

Salman Ali



## Humanity

Humanity refers to every person living on Earth, we all have the responsibility to look after our Mother Earth. To take responsibility we need to take care of plant life and animal life. Humanity also refers to peace all around the world no fights between countries and no wars this all lies in our responsibility. Humanity is also about being kind to others like donating to charity or giving to the poor.

Kindness is also about being generous by giving people food or water. Humanity is also about helping like helping your friends in lessons such as math or english. You can also help people by helping your mom or dad cook or you can take care of them when they are sick or tired or helping by taking care of your sibling.

Humanity is also about being honest or truthful like if you stole something or someone asks you did you steal the pencil you need to be honest say the truth you need to accept what you have done don't lie always be honest. like they say honesty is the best policy! Always clean the Earth always be kind and always be honest

Yaseen

Selam 6B



# Humanity

We are all the same, so treat all people the way you want them to treat you. Don't bully others, if you have more power than them or you have a higher status. If you bully them, people will know how a bad person you are. Being kind and nice, will help the world to be a better place. Full of peace and no wars.

Humanity not only refers to human-being, but also refers for the living animals in the world. Some ungrateful people hunt animals for competition, but if you hunt to survive. It is your right to hunt to survive in any place that you don't have food to eat.

Your kindness and generosity that make people respect you and know you are a better person than who bullies people. Treat people as you want them to treat. This message can make you a better person and you always need to remember it.

Thank you for reading my message

Mariam Maamoun bB



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# School trips and activities.

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## National Geographic



## School Activities





# SECONDARY

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Pictured: Year 7s on their trip to Kuwait National Library.

Year 7 students had the unique opportunity to go on an enriching trip to the Kuwait National Library. The visit was an exciting experience, allowing students to explore various parts of the library in an exclusive tour. The tour included the children’s library, the general sections, which house literature for all ages, and even the private library section, known for its rare and exclusive books donated from the private collection of some of Kuwait’s most esteemed families. They also learned about the library’s role in preserving and sharing Kuwait’s cultural heritage.

However, the highlight of the day came when students visited the braille section, where they had the chance to meet a blind guide who gave them an interactive demonstration of braille—a system of raised dots that enables the visually impaired to read. Students were captivated as the guide explained how braille is created and showed one of the specialized machines used to print it. The experience brought a new perspective to Year 7, as they learned how braille is both a language and a form of independence for the visually impaired. Many students had never seen braille in action, or ever had to consider how blind people “read,” and the hands-on interaction made it even more impactful! Our visit to the braille section wasn’t just informative - it was also full of surprises. The guide engaged students with a fun quiz on what they had learned, with the chance to win prizes like perfumes for correctly answering questions about braille. Well done to our winners!

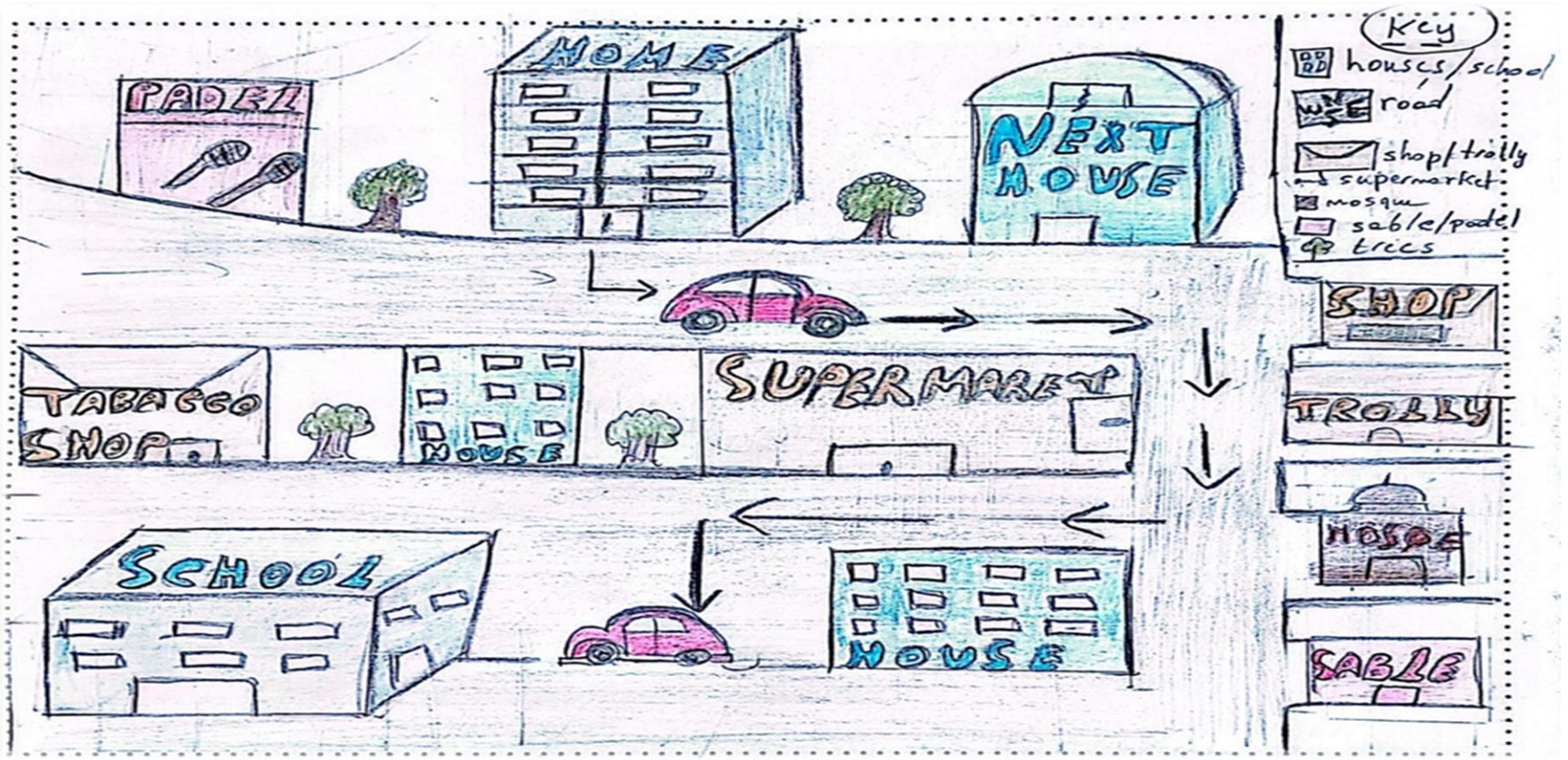


## Year 7 trip to the National Library of Kuwait

Throughout the trip, students gained a lot of new insights. They learned about the importance of libraries and the role they play in our lives. This trip to the Kuwait National Library was more than a tour - it was a lesson in empathy, understanding, and the power of knowledge. Students left with a deeper appreciation for reading, learning, and supporting others - regardless of their differences.







Pictured: A mental map by Kareem Nasser El Sayed

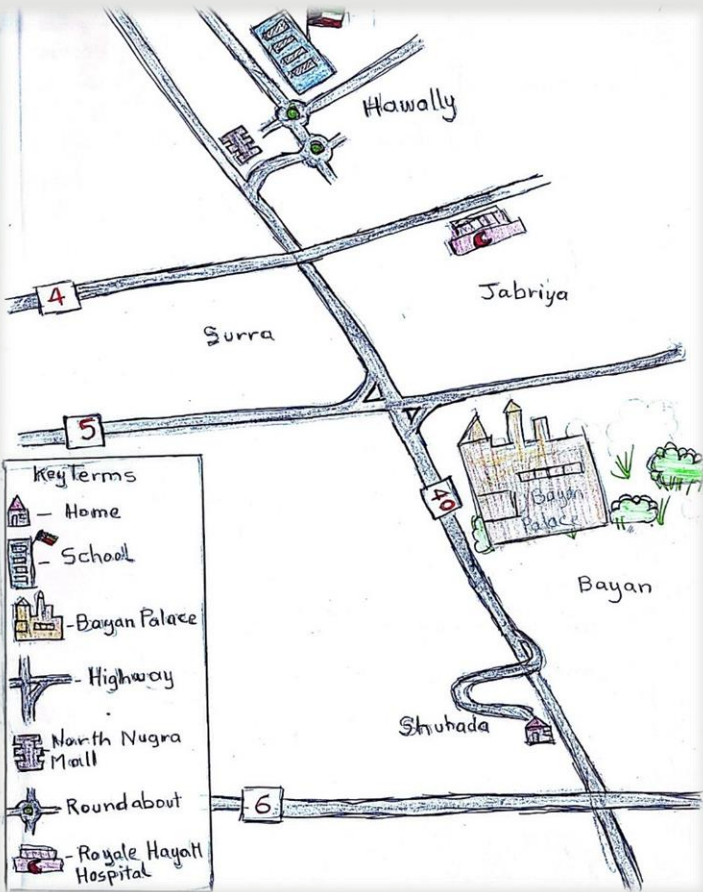
# Geography

Year 7 students were tasked with learning about their surroundings and maps using a mental map. Mental maps are ever-changing summaries of spatial knowledge and serve as indicators of how well students know the spatial characteristics of certain places. Drawing of a map helps students learn about mapping, their neighbourhoods, and immediate surroundings.

Drawing is a creative activity which is best used in geography when trying to express one’s interpretation and understanding of their surroundings.

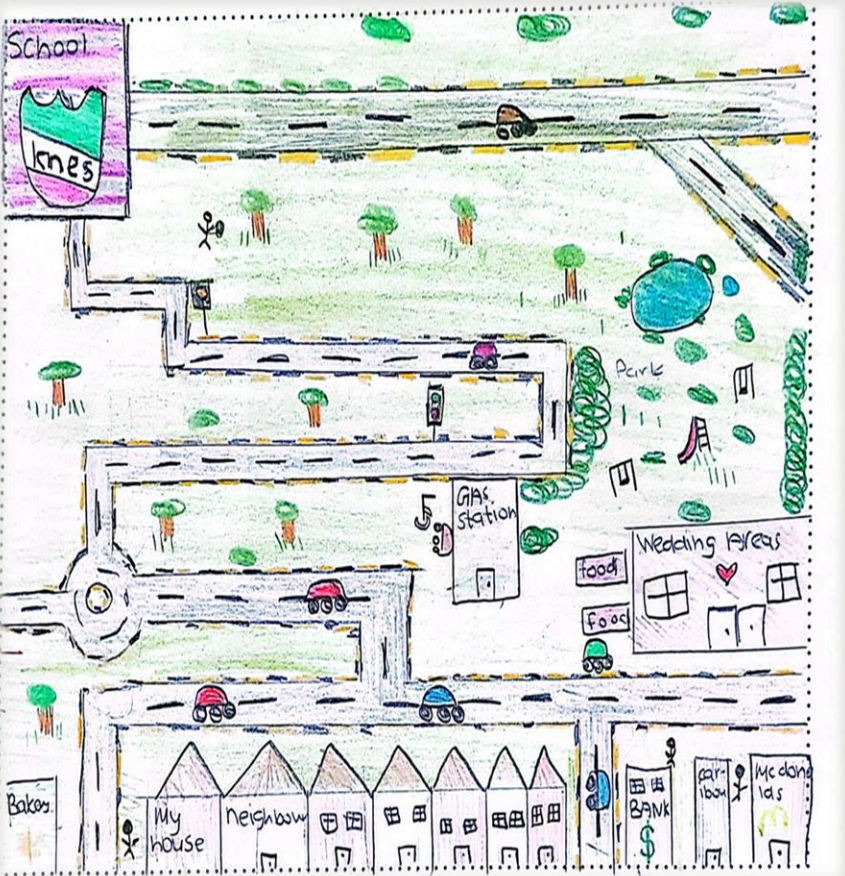
This exercise gets students to practice spatial thinking ability in preparation for using ordnance maps which are drawn to scale. Understanding the way people view different regions can also help us in understanding each other’s perspectives and opinions about geographical locations.

Examples of the mind maps have been included below. These were exceptional drawings detailing the path each student takes to get from their home to their school each day. Note how each student may be drawing the same features. Each one of them expresses it differently using different shapes, colour and size, as they see it within their minds.



Mental map by Amira Saber Yadikar

Azyan Taleb 7A

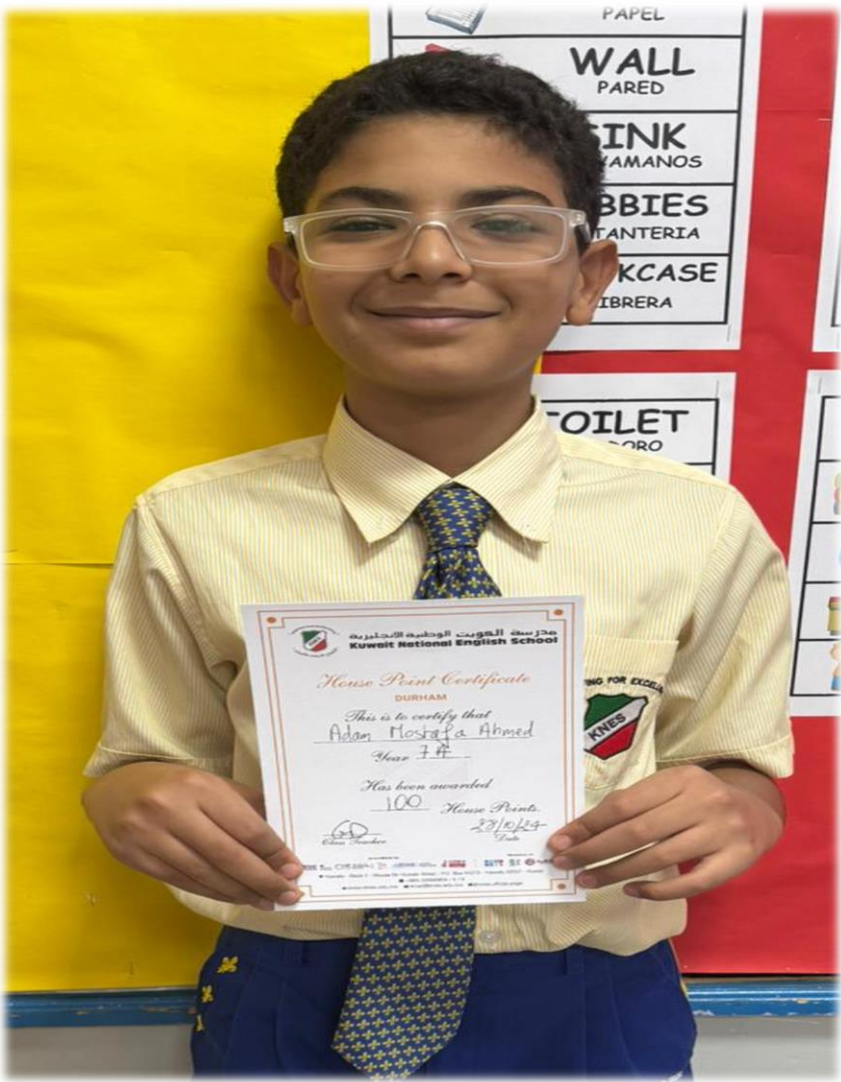




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## In other news...

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Pictured: These two students managed to get a Silver Certificate for collecting 100 house points. A great achievement indeed!

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## Boys' U15 Football.

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The KNES Under-15 boys' football team has had an outstanding season representing their school in the ISACK football league, marked by their exceptional work ethic and sportsmanship. Throughout their journey, the team has demonstrated a fantastic commitment to training and improvement.

What stands out most about this team is their unwavering spirit and camaraderie. They approach each match with a positive attitude, always ready to support one another and learn from every experience. Their gamesmanship is evident in the way they handle both victories and setbacks with grace and humility.

The players have shown remarkable discipline and respect for the game, their opponents, and the officials. This attitude has not only earned them admiration but also fostered a strong sense of unity and purpose within the team. Their focus on fair play and teamwork has been a cornerstone of their development and success.



Overall, the under-15 boys' team exemplifies the true spirit of football, where hard work, respect, and a love for the game take precedence over results. their journey this season is a testament to their character and passion, setting a wonderful example for future teams to follow.





# The Order of Business...

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Pictured: Innovation at the Forefront  
The students of year 9 engaged in a workshop on AI mastery.



Year 10 Enterprise students attend Innovation Camp: Finding solutions to corporate issues.

## The Business Studies Dept. The latest Business news...

The Business Department at our school has started this academic year on an incredibly productive and dynamic note, with a variety of activities that are centred around innovation, teamwork, communication skills, and experiential learning.

These activities not only enriched student learning but also prepared them for the ever-evolving business world by emphasizing practical applications of theoretical concepts.

Teamwork is at the heart of many Business Department activities. Students frequently worked in teams to complete projects, encouraging collaboration, communication, and problem-solving. One such event was Google AI Mastery: Solution conducted by INJAZ in association with STC, Kuwait.

This was particularly evident in the various projects and competitions designed to encourage creative thinking. For instance, students participated in the annual Business Innovation Challenge, where they were tasked with developing innovative solutions to real-world business problems.

Students were encouraged to think outside the box, exploring concepts such as sustainable business models, digital transformation, and new product development.







Pictured: Year 11 students Adam, Mohamad Al Refai and Mohammed Omid engaged in an intense debate against Talin, Faisal and Amal as part of their learning.

# Business Brains Battle...

Students showcase sharp skills in spirited Business debates.

## Developing Communication Skills - Presentations and Debates:

-----Mr Chacko.

Effective communication is a key skill in the business world, and the Business Department took numerous steps to help students develop this competency. Public speaking and presentations were integral components of the curriculum, with students frequently presenting their findings and projects to their peers and teachers.

Additionally, the department organized regular debates on contemporary issues such as globalization, ethics in business, and corporate social responsibility.

These debates helped students refine their persuasive communication skills, while also encouraging them to engage critically with important business topics.







Pictured: Year 7 students are thrilled to wear their white laboratory coats.

# Science Shenanigans...

In the first half term, the year 7 students engaged in numerous hands-on experiments, sparking their curiosity, and building foundational science skills. they learned how to safely handle and turn on Bunsen burners, following lab safety rules. additionally, they explored how microscopes can be used to observe cells.



As part of the acids and bases topic, IGCSE Chemistry students carried out a series of experiments to test for acids and alkalis and made different types of salts.



# Life is Art...

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Pictured: Amira El-Halabouni painted the magnificent Kuwait Towers.

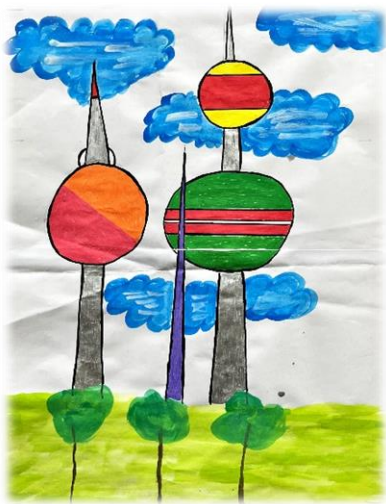
Our art students have been very busy this term, creating some masterpieces!



Amira Yadikar



Hamad Abul



Hoor Alameer



Retaj Al Salman



Sheryl Mikhael

## Art's Role in Education

----- Mr JP.

Art fosters creativity by allowing students to explore and express their unique ideas through various forms. This enhances their ability to think imaginatively.

Art education can enhance academic performance by improving skills like observation and detail, which are beneficial in other subject areas.

Exposure to different art styles and cultural traditions through art education helps students understand and appreciate diverse cultures and perspectives.

Artistic activities improve fine motor skills and hand-eye coordination, which are essential for performing various daily tasks and learning activities.

Art provides a channel for students to express their emotions and feelings, which supports emotional development and helps in managing stress.

Engaging in art helps students develop critical thinking skills as they make decisions about their work and analyse different artistic approaches.

Embrace it!



# English...

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## Speeches / Public Speaking

The Secondary English department has spent some time working on public speaking and speeches, this term. Here, I will share with you some of the outstanding speeches which are all related to our theme of Humanity.

### Racism in 2024 – really? YARA SALMAN (YEAR 9)

My topic for today is about racism in 2024, it's about how completely ridiculous it is to have racism in our present time. This topic has been widely known for an endless amount of time, it's insane how every single country has been facing some form of racism for many years now.

Racism must end once and for all as it's unacceptable and it has many disadvantages that can, in some cases, lead to harmful behaviour.

It's so unfair to witness people with pale skin colour be able to do whatever they desire when other races cannot, for example, because they're "black". This is outrageous and should be stopped and to stop racism, we should start by teaching young children that everyone is a human being.

Whether their skin colour is white, black, or brown, whether they're missing an arm or a leg, they are still human beings and they deserve to see the world the same way all people see it.

The Sky is blue, the sun is yellow, the moon is white and everyone can see them the same exact way because we are all equal, we are all humans and deserve to be treated the same way.

William Shakespeare once said that "Love Looks not with the eyes, but with the mind; and therefore, is winged cupid painted blind." In other words - the way someone looks doesn't matter.

The way they think and their personality and how they interact with the world is more superior than their physical appearance and their skin colour.

Thank you.





# Bullies are weak!

Yara El-Sassy (Year 8)

Today, I want to talk about a powerful truth: bullies are weak. It might seem counterintuitive, but when we look closely, we see that those who resort to bullying often do so out of their own insecurities and fears. They feel the need to assert power over others because they lack confidence in themselves.

Bullies may try to intimidate or control, but their actions reveal their vulnerability. They often struggle with their self-worth, which drives them to put others down to feel better about themselves. When they choose to belittle others, it’s a reflection of their own internal struggles. They may feel isolated, insecure, or even threatened by those they target.

Bullies might seem strong, but their behaviour usually comes from insecurities and fears. They use intimidation to cover their vulnerabilities, showing that true strength is found in kindness and empathy. By promoting compassion, we can break the cycle of bullying and create a more supportive environment.

Bullies might act tough, but they're actually weak inside. Their need to pick on others comes from their own insecurities and fears. Instead of showing real strength, they hide behind intimidation, proving that true power is about being kind and supportive, not about putting others down.

True strength lies in kindness, empathy, and the ability to lift others up. It takes real courage to stand up for someone who is being bullied, to speak out against injustice, and to foster an environment of support and understanding. We have the power to change the narrative around bullying by promoting respect and compassion.

We must remember that standing up against bullying is not just about protecting ourselves or our friends; it’s about challenging the cycle of weakness that bullies perpetuate. By fostering a culture that values kindness and inclusivity, we can help create an environment where everyone feels safe and valued.

So, let's stand together, support one another, and show that kindness is the true mark of strength. Together, we can make a difference and ensure that no one feels alone in the face of bullying.

Thank you.



## FOR STUDENTS:

### What you should do if you experience bullying.

**Tell a Trusted Adult:** Reach out to a teacher, parent, school counsellor, or coach. Talking to someone who can help is important and can lead to solutions.

**Document the Bullying:** Keep records of what happened, including dates, times, places, and any witnesses. This will help you explain the situation clearly if you need to report it.

**Avoid Retaliation:** Don’t respond with aggression or bullying back. It can escalate the situation and may lead to further problems.

**Practice Assertiveness:** Speak confidently and calmly if you need to respond. Simple phrases like “Leave me alone” or “That’s not okay” can sometimes stop the bully.

**Report to School Authorities:** If bullying happens on school grounds, notify a teacher, principal, or school counsellor. Most schools have policies and can intervene.

**Limit Online Interaction with Bullies:** If it’s cyberbullying, block or report the bully on social media or messaging platforms.

**Consider Counselling:** Talking to a therapist or counsellor can help you develop coping strategies and process your feelings.

**Remind Yourself It’s Not Your Fault:** Bullying is about the bully’s behaviour, not your worth. Keep reminding yourself that you deserve respect and kindness.



# War is the enemy of Humanity.

Ayah Ahlat (Year 8)

Today we are all gathered here to elaborate on an undeniable truth, which is that war is not just confrontation of nations, but it is the greatest enemy of our shared humanity.

“War itself is the enemy of our human race”, is a quote said by Howard Zinn. He was emphasizing the destructive impact war has on our human race. Howard’s perspective reflects the idea that war leads to immense suffering, loss of life and the destruction of different communities and societies.

War often results in economic hardships, environmental devastation, and long-term physiological problems like post, traumatic stress disorder, also known as PTSD, it also leads to anxiety and depression.

Raise your hand if you have lost a loved one due to war.

Personally, I have. About a month ago my mom received a heart wrenching phone call from a family member. My cousin in Gaza had passed away. He was going to a store to get food for his family and the school he was walking by had been bombed.

They found only mere fragments of his remains. Imagine the pain and suffering his parents went through, their child had passed away, and they couldn’t even find his full body. I hope none of you go through anything like that. War is truly traumatic and ruins people’s lives, homes, and health.

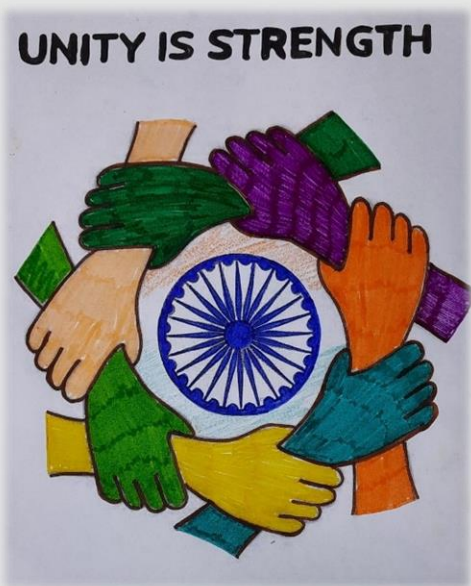
Finally, the last point I want to talk about is education and healthcare. When a country is going through a war, it is very hard to get proper education as schools are usually shut down for security reasons.

Healthcare is also affected . Usually, the hospitals are overwhelmed with the injured. So, surgeries and non-emergency services are cancelled. This tragically affects the sick, they are not able to properly be cared for and may die or see their conditions get worse. Everything today I mentioned, are reasons why war is truly destructive, and is the true enemy of humanity.

We can do better!!

“WAR DOES NOT DETERMINE WHO IS RIGHT. ONLY WHO IS LEFT.”

- BERTRAND RUSSEL





# We are one race – The Human Race.

Jelnar Hana (Year 8)

In a world that often divides us by the colour of our skin, nationality, religion, or background, we sometimes forget the fundamental truth, our differences, although they are real, they are only surface deep.

Our differences are aspects of our rich diversity, not walls that should separate us because of differences we hold, out of our hands that we cannot control.

Behind the differences we hold, we all share the same aspirations. We should all put our differences aside because as humans, we all bleed the same, feel the same joy and pain.

The great civil rights leader, Martin Luther King Jr once said, "Injustice anywhere is a threat to justice everywhere." This quote said by the one and only helps us realise that if one person is denied humanity, all of humanity suffers along. Enslaved people were treated as property and subjected to brutal working conditions without recognition of their humanity. Black South Africans were denied basic human rights and freedom, they were treated as inferior citizens in their own country, they were even reduced to second class status.

In parts of India and South Asia, caste-based discrimination has historically denied lower caste individuals, particularly Dalits (formerly "untouchables") basic human rights.



These examples reflect how dehumanization often precedes acts of violence, exploitation, and systemic injustice. It is truly sickening to me knowing things like this occur around the world even on a regular daily basis.

We now live in a world where it should be seen as absurd to be denied basic human rights, because in the end, we are all one race, the human race. We should respect and treat one another the same because everyone deserves the same opportunities regardless of ethnicity, gender, religion, or skin colour because where we come from doesn't define us as people.

We should all embrace our differences because what makes us different is what makes us unique, everyone in life serves a purpose so let's embrace it. Let us celebrate our diversity, not as a source of division but as a source of unity.

By embracing our differences and fostering an environment of respect and compassion, we can create a world full of just and a world where unity is superior. Together we can build bridges of respect and understanding and pave the way for a brighter future for all of us. "The sole meaning of life is to serve humanity." Said by Leo Tolstoy.

I'd like to sign off my speech with a big thank you for listening!

# Mental Health Matters!

Hamad Abul (Year 8)

Good morning, everyone.

Today, I want to talk about something important: mental health. We hear a lot about staying physically healthy, but mental health is just as important. It's about how we feel, think, and deal with stress in our daily lives.

As 8th graders, we face a lot of challenges - whether it's school, friends, or personal issues. Sometimes, life can become overwhelming, and it's easy to feel sad, anxious, or stressed.

That's totally normal. But when those feelings last for a long time or stop us from enjoying life, it's important to talk to someone, like a parent, teacher, or friend.

Just like we take care of our bodies, we need to take care of our minds. Asking for help doesn't mean we're weak. If someone had a broken arm, we wouldn't expect them to fix it on their own, right?

It should be the same for mental health. Talking about it and asking for help is the first step toward feeling better. So, let's all remember that mental health matters. Be kind to yourself and others, and don't be afraid to ask for help when you need it. Together, we can make sure everyone feels supported.

Thank you.





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# Taking care of the Earth is our Responsibility.

Adam Taha (Year 9)

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Good morning, ladies and gentlemen, my friends, my brothers, and sisters.

I stand in front of you today talking about our home, not my home, not your home but ours, our home, the planet earth. And it's our responsibility to take care of it. Our home gives us food, life and most importantly it gives us each other.

Just remember all the times in your childhood you spent outdoors smelling the fresh air and watching wildlife and the memories of time spent outdoors that we hold so dear to us. Don't you want your children to experience that too? Your grandchildren? Or their children after that?

If we keep living the way we do, none of them will be able to experience that.

There are many ways to help our earth, the most basic one is the three R's, reduce, reuse, and recycle.

Reduce the amount of waste by reducing what you buy, reuse items when possible and recycle items like paper plastic and glass so that they can be reused instead of becoming waste.

Let's say for example that 50% of people on earth have decided to start caring about the earth what would be the effects?

The main effect would be a significant reduction in pollution worldwide and that alone can cause so many changes, for example wildlife and their habitats will live on for many more years and even increase in population.

Caring for our Earth is not merely an option; it is our responsibility as inhabitants of this beautiful planet.

Let us commit to making mindful choices and inspire others to do the same.

Together, we can create a sustainable future where both people and nature can flourish.

Thank you for listening and I hope this has some effect on the way you think about our home, the planet Earth.







Pictured: Students show us their incredible creative skills.

# Biology / Science

## Global Warming...

Year 8 students showcased their creativity by illustrating the causes and effects of global warming, as well as potential control measures. Their imaginative efforts are truly commendable.







Pictured: Year 8A understands why reading is so important!

# The Importance of Reading.

If you want to speak well, write well, and understand well ... then keep reading.

----- MR JEAN-PIERRE

Here at KNES, students from all years have access to both our physical and digital libraries. The library at KNES is filled with a vast range of books – from exciting nonfiction to autobiographies and academic books.

I cannot emphasize enough how crucial reading is. I say this not as a typical English teacher trying to get you to read as much as you can, but because I have extensively studied the effects of reading on the human brain. Specifically, during both my postgraduate degrees, I learned in great detail about child and teenage development – I was fascinated by the hours’ long lectures from expert professors detailing how the brain learns and grows, and the body too.

There are four brain regions that are affected by reading – the visual cortex, the phonological cortex, the semantic cortex, and the syntactic cortex.

The effect of reading on these parts of the brain are, in laymen’s terms:

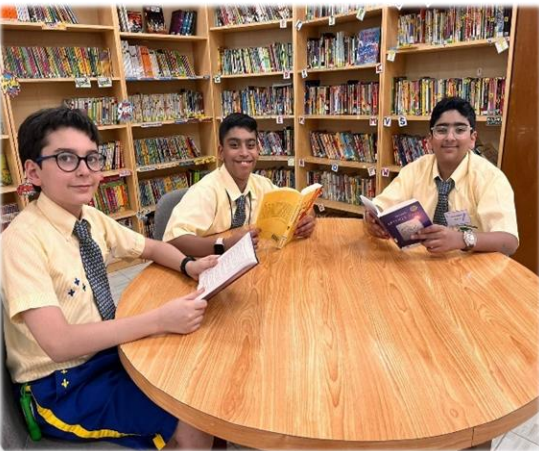
Helping to develop imagination and creativity – which assists us in decision making.  
Language learning, and development of executive functions, emotional intelligence (EQ) and general intelligence (IQ). In other words, reading literally makes you smarter!



Pictured: Ibrahim reading at the National Library of Kuwait.



Pictured: Students enjoying library lessons at KNES.



## Fun Facts about Books and Reading.

**Boosts Memory:** Reading stimulates memory centres in the brain, enhancing memory retention and strengthening neural pathways.

**The Longest Novel:** *In Search of Lost Time* by Marcel Proust is often considered the longest novel, with around 1.2 million words.

**Improves Sleep Quality:** Reading before bed can signal to your brain that it’s time to unwind, improving sleep quality and relaxation.

**Books vs. E-books:** Despite the rise of digital reading, research shows that people remember information better from physical books than from screens.

**Expands Worldview:** Books expose you to different cultures, ideas, and places, broadening your perspective and appreciation of the world.

**Libraries and Space:** There’s a library on the International Space Station, containing books in both print and digital formats for astronauts to read in their free time!





# Beyond the classroom: Meet the Mentors.

In this section of our refreshed KNES Digital Gazette, we put the spotlight on our Secondary Head Students.

KNES DIGITAL GAZETTE



Pictured: The secondary head students. The Head Boy is pictured with our esteemed Academic Director, Mrs Gaythree.

## Getting to know our Head Students.

### Head Boy:

Our head boy, Faisal Al Enezi, is driven by a desire to make a positive impact, inspired by the example of previous student leaders.

He values trustworthiness, honesty, and good communication as essential qualities for leadership and balances his academic and leadership responsibilities by breaking tasks into manageable pieces.

Engaging peers in school activities through active listening, he addresses challenges by finding fair solutions for differing opinions. a memorable moment in his role was receiving enthusiastic support from his peers.

His advice to future leaders is to be authentic, kind, step out of their comfort zones, and communicate effectively.

### Head Girl

A desire to make a positive difference in her school community is what drives our head girl, Bailasan Fadhel Al-Taleb. She is inspired by her family and friends.

Bailasan strives to be a strong communicator and problem-solver, balancing her responsibilities with academics through careful time management.

She organizes assemblies and events to boost school spirit, creating an environment where everyone feels connected and valued. Though balancing her role and studies has been challenging, she remains committed to fostering a supportive school atmosphere.

Her advice to future leaders is to get involved and build connections, and she hopes her legacy will be one of inspiration, inclusivity, and positive change.





Pictured: Year 10 students in the printing room of The Kuwait Times.

# School trip: The Kuwait Times.

Year 10.

On our recent school trip to Kuwait Times, students got an exciting, behind-the-scenes look at journalism and online media production. From the start, we were welcomed with enthusiasm by the Kuwait Times team, who took us on a full tour of their building, offering insights into each department's role in producing one of the most trusted news sources in Kuwait.

The tour began with a visit to the editorial rooms, where journalists and editors work around the clock to bring stories to life. Here, students learned about the entire process of news reporting—from gathering information and fact-checking to writing articles and preparing content for both print and digital platforms. This first-hand exposure to the responsibilities and ethical standards in journalism was eye-opening and inspiring, as students began to understand the hard work and dedication behind every published story.

Next, we moved to the print room, the heart of the newspaper's physical production. Watching the high-tech machinery in action as it printed, assembled, and prepared thousands of copies was truly thrilling. Seeing this production stage brought the concept of traditional media to life, as students saw the tangible result of hours of work in the form of freshly printed newspapers.

The highlight of our visit was an interactive experience in the studio, where students got to participate in a word-challenge on camera. Some students took on the roles of camera operators, sound engineers, and directors, while others were in front of the camera, delivering words and phrases under the pressure of being filmed. This experience gave us a taste of what it's like to work in a studio environment, and students embraced the opportunity to try out different roles in a fast-paced media setting.

We were thrilled to learn that our visit will be featured in the Kuwait Times on November 15, and that the videos we filmed in their studio will be available on the Kuwait Times Instagram page. This unique opportunity allowed us to experience the world of journalism and online media up close, and we returned to school with new knowledge and an even greater appreciation for the hard work that goes into keeping the public informed.

The Kuwait Times team complimented our students, calling them “some of the most well-mannered students” they have ever had the pleasure of hosting. It was a memorable trip, and we all left feeling proud, inspired, and more connected to the world of media than ever before.







# Global Citizenship / Perspective.

## Why do students need to embrace the subject of Global Citizenship?

----- MR CHARLTON

- 1. Understanding Global Interdependence:** Global Citizenship teaches students how interconnected our world is. Issues like climate change, economic inequality, and human rights don't stop at national borders. When students understand this interdependence, they're better prepared to engage thoughtfully with global challenges.
- 2. Fostering Empathy and Cultural Awareness:** Studying global perspectives encourages students to appreciate cultural diversity and understand experiences and perspectives different from their own. This fosters empathy, an essential quality in creating harmonious, inclusive communities.
- 3. Developing Critical Thinking:** Global Citizenship encourages students to look at issues from multiple viewpoints, helping them develop critical thinking skills. They learn to question information, analyze sources, and consider how local actions can have far-reaching impacts.

- 4. Promoting Active Citizenship:** Students learn that they have a role in shaping the world around them. Global Citizenship inspires young people to be active participants in their communities and beyond, advocating for justice, equality, and environmental sustainability.
- 5. Preparing for a Globalized Workforce:** As the workplace becomes increasingly globalized, employers value skills like adaptability, cross-cultural communication, and an understanding of global markets. Embracing Global Citizenship can give students a competitive edge.
- 6. Addressing Global Challenges Together:** The world faces complex, shared challenges, from pandemics to environmental issues. Learning about Global Citizenship equips students with the knowledge and motivation to contribute to global solutions.

### Student work:

#### Thorium as an energy source.

Most of you have heard of uranium- a chemical element that can be used as fuel for nuclear power plants and the nuclear reactors that run naval ships and submarines. Thorium, however, is another element that can be used as an energy source and is arguably much better than uranium and much more sustainable than most other energy sources.

Firstly, it is much cleaner than fossil fuels since it doesn't emit any greenhouse gases- a prospect that we should heavily invest in with the current severity of the climate crisis.

Furthermore, it's much more abundant than uranium, making it a much more appealing choice as compared to uranium, especially when considering the amount of waste uranium produces. While many advocate for use of renewable sources of energy like sunlight and wind, that isn't really feasible due to previous conditions being needed in order to harvest these energies- they are not reliable.

Thorium, on the other hand, provides a stable source of energy. However, adopting thorium as an alternative energy source will have its set of challenges. The main issue is the extremely high and costly infrastructure changes as most of the current day reactors are adapted to uranium. Radioactive byproduct management is also an issue that must be taken into account but when considering the advantages, these challenges seem like a necessary step for humanity.

Many countries are heavily investing in research to make thorium their primary energy source, prime examples being India and China. India has one of the largest thorium reserves in the world, and thorium has long been part of its nuclear energy strategy. India has already made significant progress like developing a prototype thorium reactor- Advanced Heavy Water Reactor (AHWR). Similarly, China has also invested in thorium reactor generators and has already launched thorium molten salt reactor (TMSR) projects in 2021 and aims to soon use thorium as an energy source soon.

-----Kenan Mohamad Al Chater



# Thank You...

KNES DIGITAL GAZETTE



KUWAIT NATIONAL ENGLISH SCHOOL

مدرسة الكويت الوطنية الإنجليزية

A British International School

The entire team at KNES would like to thank our wonderful students, and their parents alike for yet another great term.

## To parents:

Thank you for entrusting us with your most valued, precious children. We understand what they mean to you, and we continually strive to perfect all aspects of our school environment to ensure that your child receives nothing short of the best possible care, and the highest standards of education.

Every individual learner is important to us, and we would like to emphasize that here at KNES, your children are heard, seen, and always put first – in everything we do. We mean that.

Thank you for being on this journey with us.

## To students:

It's nearly "farewell" to term one.

As we continue to navigate our way to December exams, remind yourself of the true reason behind why you attend school: **For your future.** Essentially, you're not doing this for anybody but yourself. What you are able to achieve in life one day, and the way you get to live your life in the future, is determined by the work you're doing here and now. Think about that for a few moments. 😊

Make every school day count. It will be so worth it in the end. We promise.

## IMPORTANT DATES AND EVENTS:

**Winter uniform** - 17th November.

**EYFS: Nursery rhyme assembly** - 17th November.

**EYFS: School trip to Snow Park** - 18 and 19 November.

**EYFS: Winter concert** - 4th December

**KS1 Concert** - 8 December

**KS 2 Concert** - 2 December

**Year 9 IGCSE Option Evening** – 3 December

**COBIS & Debate Mate Virtual Debate Competition** – 6-8 December

**Secondary: Start of First Term Examinations** – 8 December.