



APRIL



A BLOSSOMING  
WORLD

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# THE MONTHLY

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# THE MONTHLY

## EDITORS NOTE

“Spring” originates from the proto-Germanic word meaning “to leap”, an exemplar definition that epitomises our current society.

April beheld as the brutal war in Ukraine waged on. Beheld the ousting of Pakistan’s admired Prime Minister Imran Khan. Beheld the historic confirmation of Judge Ketanji Brown Jackson to the U.S Supreme Court - and so much more. In many ways, human civilisation is constantly peering off the edge of a cliff, mere inches from potential catastrophe. Yet, what is perhaps more comforting, and a more fitting summary of our innate nature, is the ever changing sea of possibility. The world prevails in spinning each day, life preserves amongst the most dire scenarios, and we keenly watch as new replaces old. This was embodied, perfectly, by us, the global community, as we finally emerged undefeated from the deadly pitfalls, shambles, and setbacks of the pandemic; and throughout we clearly see the continuous, adaptable qualities of our diverse societies.

As we commence a fresh chapter of The Monthly, we are not blinded to the legacy left by the previous editors, and the expectations of all our readers. This month, for our very first edition as Editors, we have chosen the theme of a “Blossoming World”. We forever live in a world in flux, a world in development, a world pushed forward by compelling individuals with a keen desire for change; you only have to look as far as this newspaper to see some of them. Our writers are driven by a burning passion to educate, and in doing so provide the strongest foundations of the blooming generation charged with taking on the great world in a few short years - we couldn’t be prouder of them. As individuals, as a newspaper, and as a community, we are constantly learning and adapting; constantly bettering ourselves. It is in this spirit that we aim to shine an educational light, through grasping articles on topics as diverse as the significance of music festivals, the intriguing impacts of insects, an exposé on the reality of water pollution, and advice on how we can all do our part in making this blossoming world slightly better, more inclusive, and more sustainable.

Whilst this is our first edition as Editors, it is also subsequently our last edition of the academic year - as we break for a period of intense study due to the dreaded exam season drawing ever nearer. As Mr Maguire reiterated during our closing assembly, keep your heads down for next month, and we shall reap the benefits of our hard work come results day. A year filled with excitement and joy, of tears and sorrow, of new beginnings and closing chapters - we approach the end. To those graduating and moving on to brighter futures scattered across the vast globe, we wish the very best. And to all our readers, we implore you to reflect on the incredible lessons learned, and, in the spirit of spring, use it to leap forward into the future.

Until next year, with love, your new Editors,

Article written by:  
Manaal, Callum and Dia



# THE MONTHLY

## MELODIES AND SYMPHONIES: THE CULTURAL SIGNIFICANCE OF MUSIC FESTIVALS

The notion of music festivals dates back to the Pythian Games (582 BC) created to celebrate the Greek God Apollo. In the 17th century, music festivals in Europe took the form of small, sophisticated events for classical music performances, reserved only for those of highbrow upbringings. This transformed drastically during World War 1 when lower-class citizens who did not want to enlist took to playing instruments which ultimately resulted in the genesis of jazz music which became firmly embedded in the DNA of early 20th-century US culture. The iconic 1967 'Summer of Love' has become ubiquitous in the discourse of music lovers and is one of many music festivals established in correspondence with the hippie counterculture of the 1960s. The movement rejected conformity and preached ideas of peace, love, and antiestablishmentarianism. Moreover, music festivals took a more covert guise in the late 1980s, as underground techno festivals took place around Eastern Germany as a discrete form of protest towards the Soviet Union and communism; before the fall of the Berlin Wall and the integration of Western media into communist states. Today, music festivals have been injected with various sources of modernity, by incorporating new technologies into the events and performances.

Mariusz Kozak, a professor of music at Columbia University, explained how "music functions as a social glue that binds the minds and bodies of those who create it". Thus, for centuries, music has been used as a canvas for political expression because it creates a sense of emotional connection and social coherence, -



**Jazz clubs (1930s)**

even among strangers. Hence, music festivals have the ability to rally their viewers towards a cause by uniting them under a shared, common experience.

August 15th 1969: around 500,000 folk and rock enthusiasts began their exodus to Max Yasgur's farm in Bethel, New York, to bear witness to the legendary 1969 Woodstock Music Festival. The atmosphere was drenched in psychedelics, melodies and modern incarnations of Bohemianism. The three day phenomenon was suffused with an underlying political agenda- to denounce the US involvement in Vietnam, and drawing attention to the ongoing civil rights movement in the US. Artists in the 1960s, were famous for providing commentary on social ills through the lyrics in their discographies.

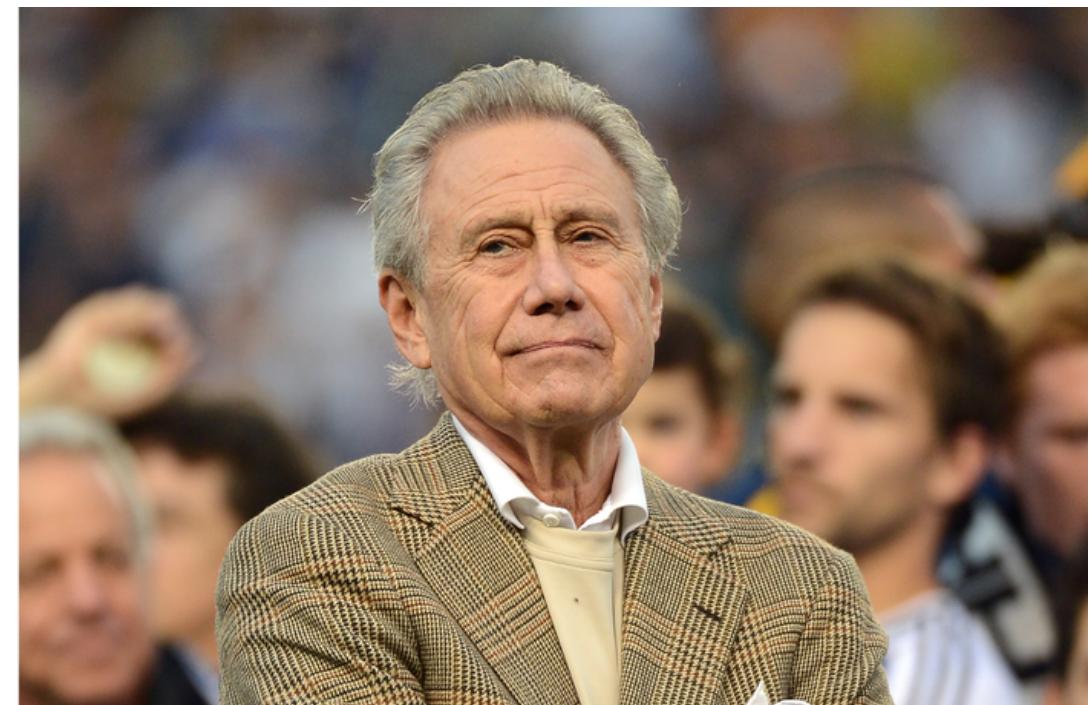


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## MELODIES AND SYMPHONIES: THE CULTURAL SIGNIFICANCE OF MUSIC FESTIVALS

underlying political agenda- to denounce the US involvement in Vietnam, and drawing attention to the ongoing civil rights movement in the US. Artists in the 1960s, were famous for providing commentary on social ills through the lyrics in their discographies. Arguably, the most political performance of the festival was Jimi Hendrix's rendition of the US national anthem 'Star-Spangled Banner'. At the lyric, "the bombs bursting in air", the legendary guitarist created dramatic sounds of planes, bombing, wailing, and other "onomatopoeic evocations of the sounds of jungle warfare." This explicitly conveyed his opinion of the Vietnam War, which reached the zenith at this time. The concert was headlined by other iconic musicians, such as Janis Joplin, Santana and The Who.

The Coachella Valley Music and Arts Festival is an annual music and arts festival held in California, USA. The festival showcases popular musical artists as well as emerging artists and reunited groups and is one of the largest, and most profitable music festivals in the world today. However, critics deem the festival to be elitist as the extortionate price range of \$499 to \$5,366, inhibits lower and middle income individuals from attending the festival. This can be compared to the Woodstock festival which was far more inclusive of all incomes, as tickets initially cost between \$130-\$170 but it ultimately became a free concert when crowds swarmed the venue.



Moreover, Coachella's pristine image has been marred by controversy, as the owner of the festival's parent company, The Anschutz Entertainment Group (AEG) had been donating money to anti-LGBTQ organizations, pro-gun groups, anti-abortion rights groups and conservative politicians. These political beliefs rival those of many artists and concertgoers attending the event, projecting the hypocrisy of thousands of young liberals funneling their money and support to a man who seems to be their political opposite. Appalling! Coachella will take place for the first time after the coronavirus pandemic, from Apr 15, 2022 – Apr 24, 2022, with performances from Harry Styles, Billie Eilish, Doja Cat, The Weeknd, and many more.

On one hand, festivals break routine and help open people's minds to something unique and different. It allows people to strengthen relationships within groups and communities. However, music festivals also have their downsides, such as negative environmental impact due to the significant energy consumption and emissions: Coachella generates an average 106 tons of waste per day. Music festivals have become a significant component of pop-culture today. As music itself does not discriminate against its listeners, music festivals should also be accessible to all individuals.

Article written by:  
**Desiree Menezes (12D)**

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## HUMANS - A BLESSING OR A CURSE TO THE PLANET?

*Passionate journalist Maryam Sohaib unmasks the offences humans have committed upon our most valued treasure - the small blue dot amongst the cosmos: Earth.*

Around five million years ago, our first human ancestors appeared on Earth. Since then, we have discovered farming, fought bloody wars, seen civilisations rise and fall, discovered medicine, and seen revolutions erupt - with the Earth being there to witness it all the while. Indeed, the one common factor that all species have shared throughout the millennia, is our dependence on this planet. Without its maternal-like care and generosity, all organisms that make the Earth as wonderful and diverse as it is, would have been long extinct. To repay someone who has done you a kindness is considered to be part of the basic human nature of gratitude. Yet, when it comes to our biggest benefactor - the Earth itself - we have ignored our duty towards it and have instead chosen to harm it, taking unfair advantage of what it has offered us for centuries of human existence.



We are pushing the boundaries and edging dangerously close to the Earth's limit. This is being done by the shameless cutting down of forests, combustion of fossil fuels, the use of unsustainable resources to fund our comfortable lifestyles, and exhausting the atmosphere by fumes from vehicles that pollute the air. Is it any surprise, then, that the Earth is finally crumbling under the pressure?

Each year on April 22, Earth Day is celebrated - just one day of reminding ourselves why cherishing this planet, and not destroying it, is in the best interests of every living creature. This day aims to raise awareness of the need to protect the Earth's natural resources for our future generations. It forces us to make a choice: what kind of planet will our children inherit? One that has been stressed and exploited beyond its limits and is unfit for further use, or a clean, healthy place that can be enjoyed peacefully by all? Many argue that there are not enough funds to solve the problem, as the economic damage of decreasing our dependence on fuel would be too extensive.

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*However, the problem is not the lack of resources; it is the lack of real interest. Economists themselves are now pressing for change, in fact, as the damage done by not taking action would be far more catastrophic than bringing about change, amounting to over 1% of the global GDP, whilst taking action now would only cost 1% of the world's current GDP. But how can we expect to reverse the damage that has been inflicted over hundreds of years by one day of reflection? This is why Earth Day cannot be limited to one day, but should be celebrated every day by small actions that help save the planet.*

*Overfishing, resource depletion, concentration of land, and increasing energy consumption - are all solvable problems. There is not much that we humans cannot do if we collectively determine to combat climate change and fight for government interference. Human survival depends upon it, and if something is not done urgently, it may be too late for anything to be done at all. We will then be forced to watch as the planet burns, safe in the knowledge that there is no one responsible for it but ourselves.*

Article written by:  
Maryam Sohaib 12D

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## THE PHENOMENON OF

### CLIMATE REFUGEES

**Today, there are more refugees and migrants created by climate change than any war or conflict.**

Refugees. The Oxford Dictionary defines the term as, 'A person who has been forced to leave their country for political, religious, or social reasons. This definition is far too confined. Too constricted. It does not consider the individuals who lack a basic livelihood due to climate change. Due to deforestation. Due to soil erosion. Due to profound poverty and an overflowing population.



With environmental refugees totaled at a catastrophic number of 30.7 million, humanity cannot sit hand in hand, failing to acknowledge the enormity of this crisis. Did you know that "climate refugees" is a concept that barely exists in international refugee laws? If the international system has not yet recognized this dire issue, how can we expect a simple definition in the Oxford dictionary to be accurate and inclusive? However, the loaded question - Where do they go? They don't.

We strive to survive in a hypocritical community where those vulnerable are forced to bear the brunt of lousy policies and incompetent governance that falls short of their expectations.

It is now the beginning of spring. The season of freshness and growth, novelty and support. Let's provide environmental refugees with the support they desperately crave. Let's allow communities to create tight-knit bonds based on mutual protection and longevity. Let's aim to amend the international refugee laws to make room for 30.7 million people, and for those more to come. Let's change the definition of 'refugees' in our dictionaries. Let's take another step forward towards a blossoming world.

'To be called a refugee is the opposite of an insult; it is a badge of strength, courage and victory' - Tennessee Office for Refugees



Article written by:  
Veda Varma 11A

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## THE HOLIEST MONTH IN ISLAM: AN EXPLANATION OF RAMADAN

In the name of Allah, the most beneficent, the most merciful.

Looking around at school, you may notice one thing: the Islamic community has suddenly gained an appetite for fasting. People are becoming increasingly religious and abstaining from food, drink, and sin, from dawn till dusk. This is all due to the month of Ramadan! But what is Ramadan? Many Muslims just know it as that time of the year where their parents tell them to eat nocturnally for a month. What is the purpose of Ramadan? And how is it practiced around the world?



Allah (S.W.T), proclaims in the Quran “whoever of you sights (the crescent on the first night of) the month (of Ramadan), he must observe Saum (fasting) that month” – Quran 2:185. This is one of the Islamic texts that confirm the observance of Ramadan, and with it the followers of the Prophet Mohammed (PBUH) were instructed to fast. Due to this, it was made the 4th pillar of Islam - out of the 5 that are crucial to the religion. The 9th month of the Islamic Calendar was chosen specifically, as it is said to be when the Angel Gabriel first spoke to the Prophet Mohammed (PBUH) inside the cave of Hira. Other Religious dates include the revelation of the Torah to Prophet Musa (Moses) and the Gospel to Prophet Isa (Jesus).

Due to all these facts, the month has high religious significance, even without fasting in mind.

Yet, as mentioned previously, Ramadan is more than just fasting from food and drink, it's also a time where emphasis is placed on the deeds of Muslims. Deeds are valued significantly during Ramadan, and merely abstaining from sin is considered a deed. It highlights the sheer will of people, to abide by Allah (SWT)'s rules whilst hungry and thirsty. However, to dispel one misconception about Ramadan, it's that some things suddenly become considered sins - they don't, other than things that break the fast. Ramadan is also suggested to be the best time to repent, as on the night of Laylat-al-Qadr (When angel Gabriel met with Mohammed (PBUH) ), the Prophet stated “Whoever established prayers on the night of Qadr out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven.”

Whilst much emphasis is while the sun is up, how do things commence once it rests? The entire Islamic community is set alight! Family's gather and proceed to feast like it's going to be their last. Typically, dishes that aren't sighted outside of the month emerge from obscurity. In Bahrain, after hibernating for the whole year, samosas, thareed (revered by the Prophet(PBUH), and Vimto suddenly make an appearance on tabletops. On the streets, crescent moons are sighted alight, and lamps flutter, hanging from ceilings.

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## THE HOLIEST MONTH IN ISLAM: AN EXPLANATION OF RAMADAN



Ramadan is celebrated differently around the world. For example, Fez topped troopers march around Turkey awaking the population with traditional drums so they can eat before their fast begins. A similar practice is done in India's Old Delhi neighborhoods, but instead of drums they cane the windows and doors of the neighborhood whilst proclaiming the name Allah (SWT) and the Prophet Muhammed (PBUH). In Iraq, people can be found in the streets playing board games!



By the time you read this, it will be Eid. In that case, Eid Mubarak! The fasting may have been difficult, but the sense of community that has been cultivated in the past month has reached its apex, and is ready to be realized during Eid with your family! So ultimately, may Allah provide you sustenance and wealth and I sincerely hope that you had a blessed ramadan!

Article written by:  
Bader AlRefai 12E

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## SPRING HAS SPRUNG!

### TRADITIONS OF THE SEASON

Spring symbolises new beginnings and change - flowers bud and grow, and the earth thaws after a cold winter. Across the world, Spring brings with it a whole host of traditions celebrating the season and the holidays that occur during it. These wonderful traditions all play a part in making Spring such a wonderful season.

#### **Cimburijada - Bosnia and Herzegovina**

Also known as the 'Festival of Scrambled Eggs', this festival is celebrated in the town of Zenica on the 21st of March every year. Residents of the town put up tents and scramble eggs to share with friends and family.



#### **Martenitsa - Bulgaria**

Martenitsa are made up of red and white cotton threads twisted around each other. These threads symbolise fertility, health, and abundance and are worn at the beginning of Spring, until a stork or blossoming fruit tree is seen by the wearer - at which time the wearer ties it around a blossoming tree.

#### **Cinco de Mayo - México**

Cinco de Mayo - the 5th of May - commemorates Mexico's victory against the troops of Napoleon the 3rd, in the Battle of Puebla in 1862.

It is celebrated with parades, battle reenactments, and food. While it isn't a celebration of Spring, it is one of the biggest events of the season - celebrated both in Mexico and the USA.

#### **Holi - India**

Holi is a Hindu festival that takes place at the beginning of Spring. It commemorates love, Spring, and the story of Holika and Prahlad. The first night is celebrated by lighting bonfires, the next day people go out to throw brightly coloured powders on each other.



#### **Hanami - Japan**

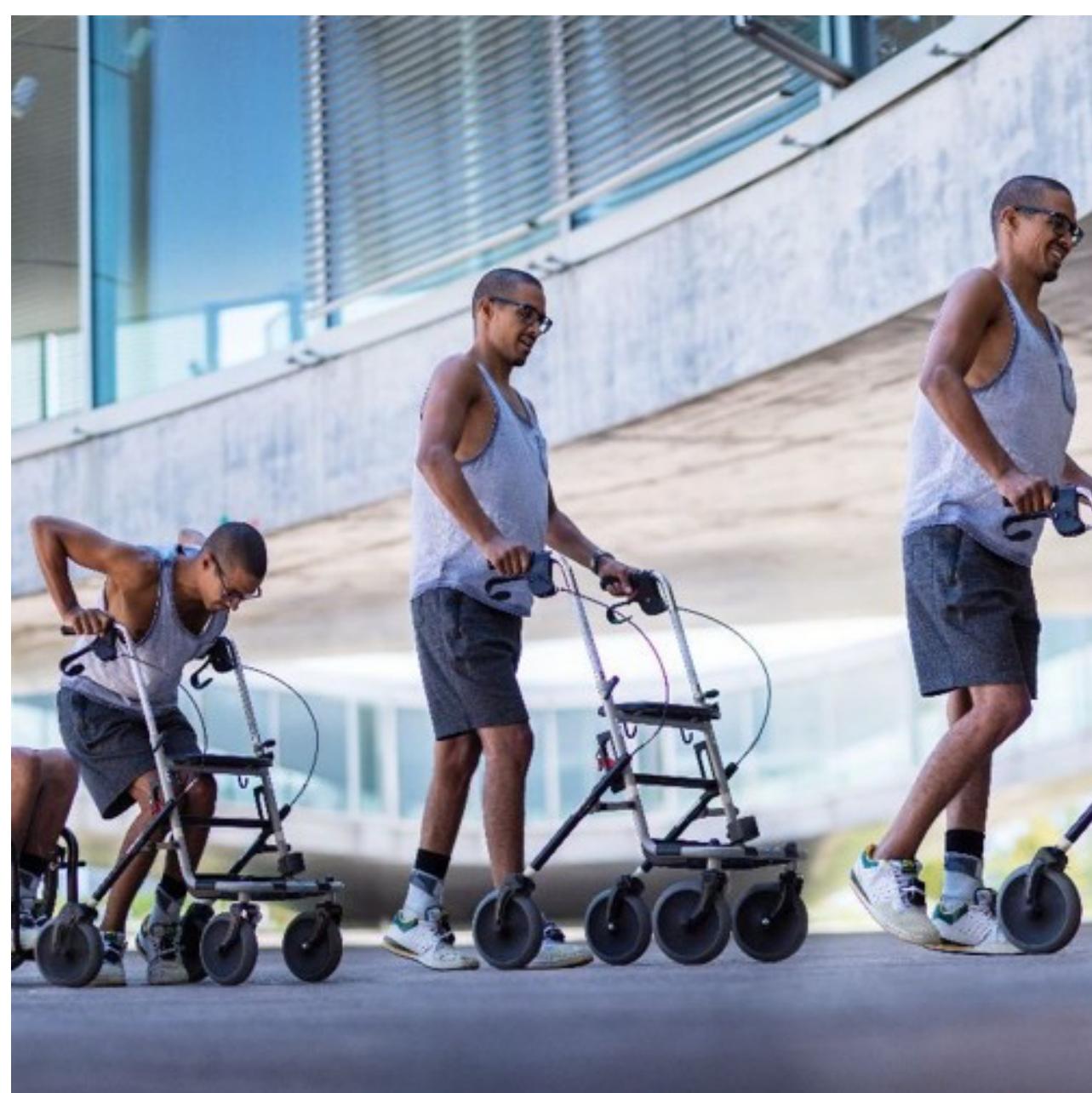
Hanami, 'flower viewing', is a festival celebrating the beauty of flowers by observing the blooming of cherry blossoms from March until mid-May. People often hang lanterns from trees and gather under them - spending time together eating seasonal, often sweet, foods and drinking traditional teas.

Article written by:  
Mariam Ali 12B

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## THE IMPLANTABLE: A NEW HOPE FOR THE PARALYSED

Paralysis affects one in fifty people, in the United States alone - totalling approximately 5.4 million people. Whether the cause entails a vehicular accident, a ruthless fall, or sports, the majority of individuals suffer a considerable deterioration in their overall health. A research team has recently provided these patients with a newfound hope through the invention of implanted brain-computer interface technology, in an attempt to aid patients in regaining motor control and the ability to utilise digital equipment.

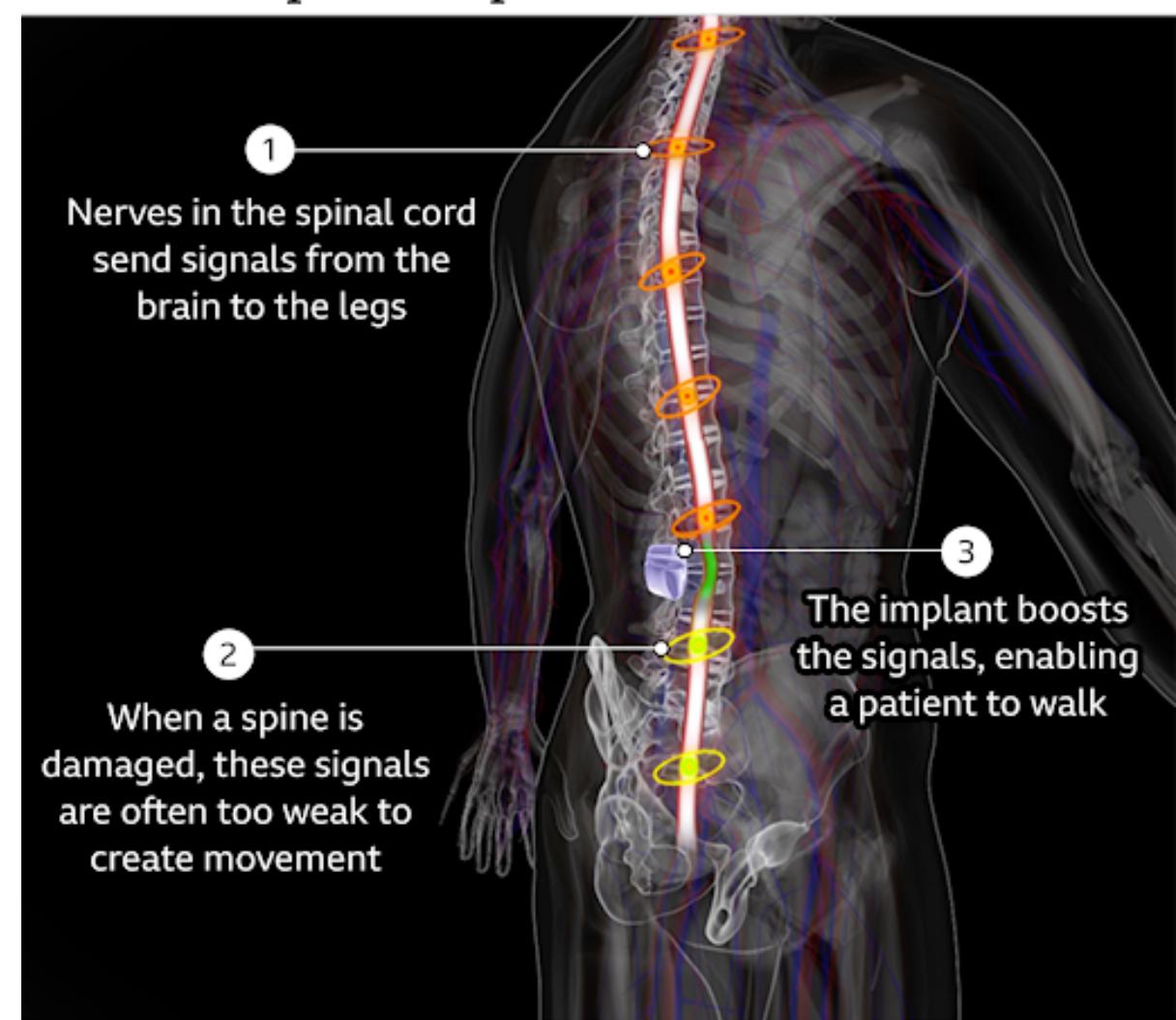


When trauma significantly damages the bundle of nerves that make up a person's spinal cord, the brain's electrical messages are no longer sent to the body's muscles, resulting in paralysis. Epidural stimulation devices, which are small electrode sheets placed beneath the vertebrae of the lower spine, can recreate such commands and stimulate leg movements outside of the damage location.

Even people with "total" paraplegia - no movement or sensation in the lower body - have been able to walk after long training and with the use of supportive equipment or a therapist, when such stimulation is turned on.

Moreover, the technique collects movement impulses from the brain and decodes them into movement commands using implanted electrodes. In individuals with severe paralysis caused by brain, spinal cord, peripheral nerve, or muscle dysfunction, it has been demonstrated to restore voluntary motor impulses. Despite the fact that the interface technology is still in its early stages, the FDA has designated the implantable as a "breakthrough device," emphasising the need of bringing this technology to the bedside of patients who require it.

### How the spinal implant works



Although the device has not become widespread yet, three men who were paralysed in motorbike accidents have become the first success stories for the new spinal stimulation device which has allowed

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for faster and easier recovery than previous devices. Researchers report today that the men, who had no sensation or control over their legs, were able to take supported steps within one day of turning on the electrical stimulation. Furthermore, this progressed to them being able to walk outside with a walker, after a few months - a gargantuan improvement. Similarly, Vivian Mushahwar, a biomedical engineer and neuroscientist at the University of Alberta, who did not partake in the research states, "This [result] I would call a big deal. This adds a level of refinement that allows for these approaches ... to make it to the clinic and hopefully help a large number of people."

Unfortunately, however, the nerve-stimulating device will not heal spinal cord injuries or eliminate the need for wheelchairs, although it does raise hopes that the assistive technology may become practical enough for commercial and widespread use, thus improving the quality of life for millions around the world.

Article written by:  
Heba Bangash 12C

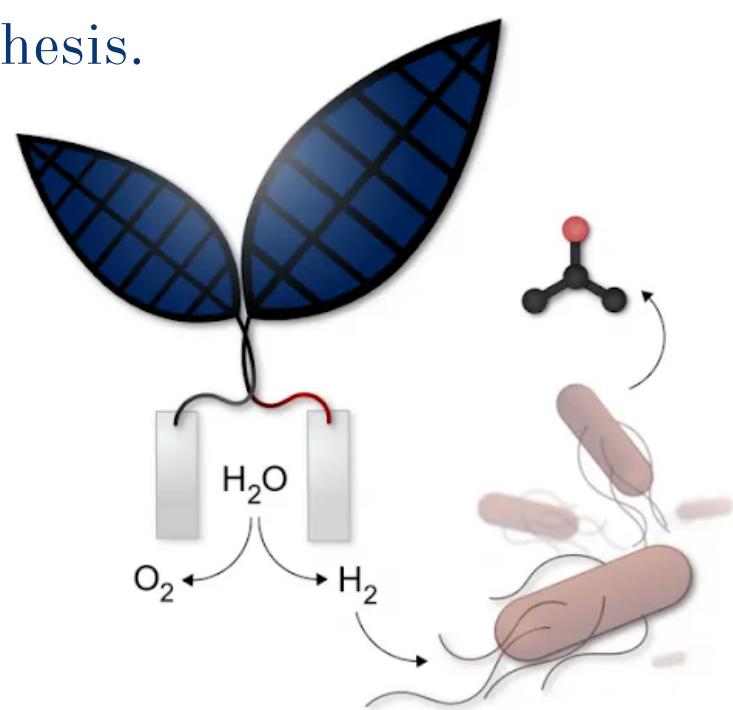
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## WHERE TECHNOLOGY MEETS

### TERRAIN - THE BIONIC LEAF

*It is no secret that our advancing world demands copious amounts of energy. Unfortunately, the reverberations of using fossil fuels cannot be ignored, and thus the world's insatiable hunger for a green, sustainable form of energy continues to grow.*

If only there were a way to imitate plants, which produce their own energy through photosynthesis by using carbon dioxide, to create an environmentally friendly, efficient fuel. This is precisely what chemist Daniel Nocera at Harvard University contemplated and it inspired him to create a process that could essentially replicate photosynthesis.



However, executing this task was challenging, as photosynthesis is a convoluted chemical reaction. According to [thenewscientist.com](http://thenewscientist.com), “[photosynthesis] involves many processes, including capturing sunlight, splitting apart water molecules to yield protons, and joining these protons with carbon atoms from CO<sub>2</sub> to ultimately produce fuel in the form of sugars. In nature, these jobs are performed by proteins that have had hundreds of millions of years to evolve – and they still only manage to turn energy from sunlight into fuel with an efficiency of 1 per cent at best.”

Daniel Nocera teamed up with synthetic biologist Palma Silver of Harvard Medical School in order to attempt to recreate photosynthesis. Their creation is called the bionic leaf, with the name inspired by its amalgamation of biology and technology.

The so-called “living battery” uses a photovoltaic panel that generates electricity. This electricity is then used to split water molecules into hydrogen and oxygen. The system contains microbes (microorganisms) that convert the carbon dioxide in the air to alcohol, which can then be used for fuel. The first version of the bionic leaf was primarily a success, producing 216 mg of alcohol for every one litre of water. However, it had one primary flaw; the catalyst used for the reaction, nickel-molybdenum-zinc, produced a reactive oxygen species that degraded and destroyed the microbes’ DNA.

Thus, the team set out to find another catalyst to speed up the reaction. After a plethora of research and numerous experiments, the team found the catalyst, “We designed a new cobalt-phosphorus alloy catalyst, which we showed does not make reactive oxygen species,” Nocera said. “That allowed us to lower the voltage, and that led to a dramatic increase in efficiency.” According to [futurism.com](http://futurism.com), the change in catalyst led to an efficiency of 10 per cent. This number is staggering compared to plants, which have a photosynthesis efficiency of only 1 per cent. In other words, the bionic leaf is ten times more effective than natural photosynthesis.

In conclusion, the efficacy of the bionic leaf looks promising. While mass production is not currently possible, Nocera believes that this alternative source of energy can be commercially used soon. As a whole, if implemented, the bionic leaf has the potential to decrease pollution exponentially in the years to come, ameliorating our vision for the future of the developing world.

**Article written by:**  
**Pratham Mehrotra 12C**

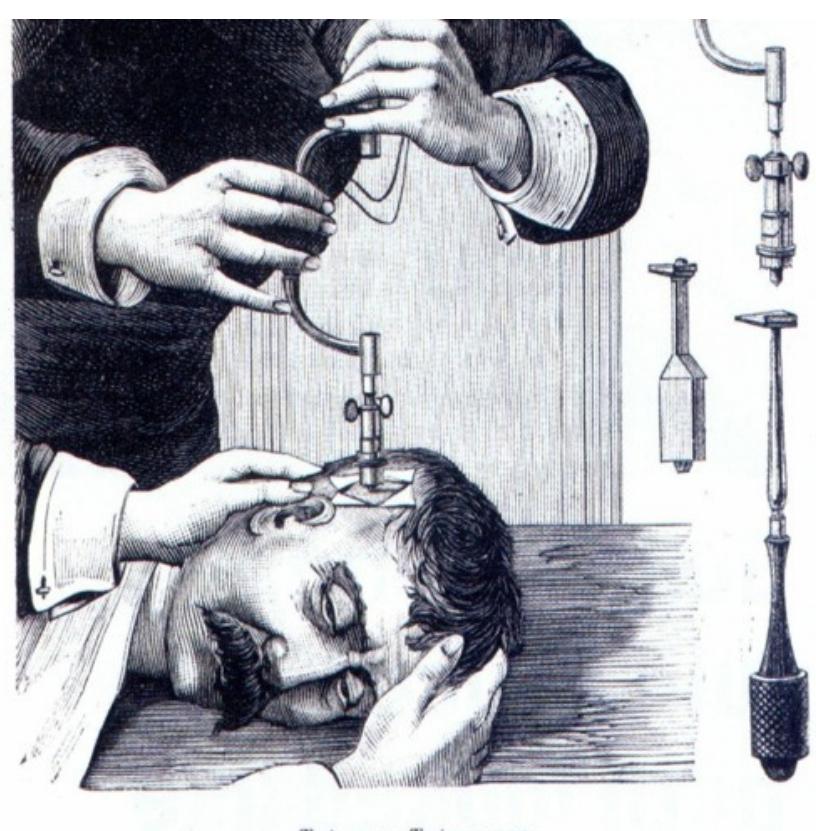
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## THE DARK PAST & UNKNOWN FUTURE OF MEDICINE

*For however long as we have endured ailments, we've made attempts to rid ourselves of them. Along the bumpy road, we have experienced mistakes, bizarre decisions, and brutality. Nonetheless, a potent combination of hard work, profound thought, and serendipity is forever changing the path of medical history - but are these changes propitious, or are we causing more detrimental damage than good?*

### ***Dark past: traumatic procedures***

Medical professionals are expected to operate under the maxim “do no harm,” however history elicits that this has sometimes been easier said than done. Trepanation, the practice of drilling holes into the skull as a method of treating disease was practised thousands of years ago, notorious for being humanity’s oldest and utmost gruesome form of surgery. Using zero anaesthesia, this made for a particularly painful, dangerous, and even life threatening procedure. It is thought to have been a practice to rid evil spirits thought to bewitch the sick or mentally ill. Although, others argue that it was a practical surgery used for epilepsy, abscesses, and blood clot treatment.



TRÉPAN ET TRÉPANATION.

In Ancient Rome, Greece, and Egypt, Bloodletting was a very common practice. Medical professionals believed that illness was due to a little “bad blood” for thousands of years.

The human body was believed to be made up of four substances; phlegm, yellow bile, black bile, and blood - in order to maintain health, these had to be balanced. Those patients with fevers, hypertension, and lung inflammation were diagnosed with an overabundance of blood. Bodily harmony was restored by draining blood; doctors would cut a vein open, and drain some of their vital fluids. Leeches would sometimes even be used to suck blood directly from the skin.

### ***Modern Medicine: what we've learnt***

Some believe that trepanation was the precursor to modern neurosurgery. Procedures similar to trepanation exist today - but, needless to say, they involve a little more expertise and a lot more anaesthetic. For example, craniotomies (accessing the brain by removing part of the skull) are used to perform complicated brain surgeries. We also now replace the bone segment that the surgeon has removed, and don't leave a permanent hole in the skull. Similarly, bloodletting is thought to be the precursor to blood transfusions. By investigating how altering blood volume in the body may influence health, doctors eventually came to understand more and more about blood circulation, characteristics, and significance.

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Moreover, leech therapy has persisted in alternative medicine with some arguing that it can help improve blood flow and may even prevent tumours.

Evidently, modern medicine has developed stupendously, but what is in store for the future of medicine?

### *A Promising Future*

An age of medical miracles is dawning. Stem cell research has been on the horizon for decades - they are undifferentiated, early predecessor cells that have the unique ability to self-renew indefinitely. Stem cells can be obtained in humans from the embryo, foetus, and adult bone marrow, and then differentiated into specialised cells. Bone marrow stem cell transplants for leukaemia are already used routinely. In situ tissue repair may be the most promising prospect of regeneration, where the stem cells already in our bodies would be activated to repair damage. Enormous challenges and dilemmas remain in stem cell research, but the seemingly unlimited potential of embryonic stem cells has created enormous scientific interest in our blossoming world.

### *The Potential Downfall of Medicine*

Modern medicine has made the traits that were once deadly, manageable. Thousands of years ago, patients died as a result of genetic illnesses which, with the help of modern medicine, are no longer death sentences.

Without the development of inhalers for asthma, aspirin for heart disease, or insulin injections for diabetes, would there be fewer people with these debilitating diseases today? Prior to the development of these therapies, acquiring them would have been lethal. Now, modern medicine allows people to survive with them and pass on these genes encoding for disease to their offspring.

Historically, this would not occur as they would have died from these diseases. This means that today, more people acquire and pass on the genes encoding for certain conditions as natural selection is not occurring. Hence, a question arises: is medicine doing the opposite of what we intended - making us weaker, and more disease prone? Are we unknowingly self sabotaging ourselves and our future kind? Though the vast majority of treatments practised in the past are horrific, they remind us of how far we have come - after all, any vision of the medical future requires an appreciation of the past. We are constantly making medical advances, and the future is very promising. However there will always remain a myriad of unknowns in the past and the future of medicine.

**Article written by:  
Dana Almarzooqi 12D**

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## HOW DOES WATER POLLUTION AFFECT HUMAN HEALTH?

More people have died as a result of contaminated water and sanitation in the last century than from any other cause. Every ten seconds, a human being dies as a result of contaminated water, and 840 million people lack access to safe drinking water.

Water has been labelled as the “universal solvent” since it’s the leading liquid on earth that’s able to easily dissolve chemicals, thus making it more prone to contamination. When harmful substances, generally chemicals or microorganisms, contaminate any body of water such as lakes, rivers, or streams, the quality of water is deteriorated and is considered toxic to humans or the environment. This is known as water pollution.

Rainwater becomes groundwater when it drips into the ground, entering the crevices and porous regions of an aquifer - which can be the only source of freshwater for people living in remote regions. When pollutants such as pesticides and fertilisers find their way into an aquifer, they make it unsuitable for humans to use. Contaminant removal from groundwater can be difficult, if not impossible, as well as expensive. An aquifer that has been tainted may be useless for decades to thousands of years. As it spreads into streams, lakes, and seas, groundwater may spread toxins far from the initial contaminating source.



The UN claims that the agricultural industry is not only the world's largest consumer of freshwater resources, with farming and animal production absorbing over 70% of the planet's surface water supplies, but it is also a substantial polluter. Fertilisers, pesticides, and animal manure from farms transport nutrients and pathogens into waterways every time it rains. Nutrient pollution, which is produced by an excess of nitrogen and phosphorus in water or the air, is the leading factor in decreasing the quality of water globally and can trigger the formation of algal blooms, which are hazardous blue-green algae. According to Plastic Oceans International, 10 million tons of plastic are dumped in our oceans annually. The Ellen Macarthur Foundation also found that there will be more plastic in our ocean than fish by 2050. Debris from ships, rubbish blowing into the ocean from landfills, and beach litter are all examples of how plastic and garbage may infiltrate water.

Infectious diseases that are distributed predominantly through polluted water are known as water-borne infections. Whereas these diseases can be transmitted actively or passively by insects or dirt, water is the most common mode of transmission, and so they are known as water-borne diseases.



# THE MONTHLY

## HOW DOES WATER POLLUTION AFFECT HUMAN HEALTH?

The majority of intestinal disorders are contagious and spread by excrement, which contains disease-causing pathogens. These infections are more common in regions where sanitation is inadequate, spreading through water sources and directly infecting people who come into contact. Some common water-borne diseases that impact these regions are hepatitis, cholera, and typhoid.

Similarly, chemicals in the water can also be harmful to our health. Residents of Flint, Michigan, faced water pollution as a result of insufficient testing and treatment of their water supply, causing them rashes, and hair loss. Children that drank the water had their blood lead levels doubled - a build-up of lead in the body can cause brain damage.

There are other harmful chemicals present in water such as:

1. Pesticides - These include carbonates and organophosphates. Additionally, chlorides can damage the reproductive and endocrine systems.
2. Nitrates - They're particularly hazardous to newborns who ingest formula milk. It causes "blue baby" syndrome by restricting oxygen delivery to the brain.
3. Arsenic - It damages the liver, produces skin cancer, and causes vascular problems.

Insufficient water supply care is the primary source of water-borne diseases and health concerns in our sources of water. People should take necessary steps to limit the spread of water-borne contagious diseases, for example by:

- Reducing plastic consumption and recycling plastics wherever feasible
- Properly discarding household chemicals
- Avoiding pesticides
- Making sustainable food and beverage choices

As a society, in a blossoming world, we can enhance our techniques for preserving our water supply. The simplest of contributions to decreasing water pollution can make a great difference so for now, all that is required of everyone is that they do their part, no matter how big or small it is.

Article written by:  
Wasan Al Zayani 12B

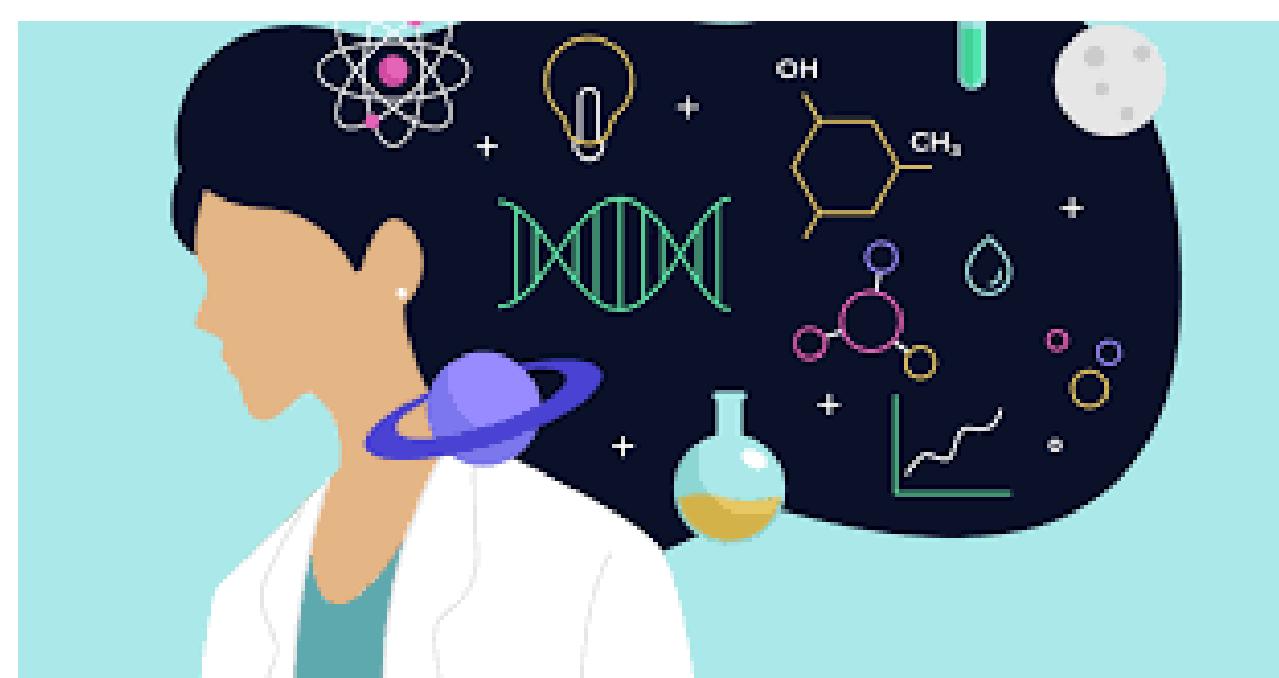
# THE MONTHLY

## THE DARK PAST & UNKNOWN FUTURE OF MEDICINE

We all know about Marie Curie and what she has done for our world - discovering Radium and Polonium, winning two separate Nobel prizes in two different fields (Chemistry and Physics), and being world renowned for her work.

But what about the women who do not receive the same acknowledgement, the women who have had brilliant ideas to make a prominent change to the world, but were denied credit or had it bestowed upon men. I hope to change that with this article, to be able to give credit to the women that didn't get the recognition they deserved.

Let's talk about the discovery of splitting atoms - It was German scientist Lise Meitner who discovered how to split atoms alongside her lab partner Otto Hahn. However, as Meitner was Jewish by birth, when the Nazis rose to power in the 1930s, she was forced to flee the country leaving Hahn with full credit for her work. Meitner had allegedly also written the theory of the fission process but Hahn chose to erase her name when he submitted the research paper and received the Nobel Prize in Chemistry in 1944 for it!



Rosalind Franklin's contributions were mostly known from James Watson's 1968 book, "The Double Helix". In it, Watson describes Rosalind as hostile, emotional, and unable to interpret her data.

Forget about the embarrassment of offending a lady who had been deceased for ten years at the time of Watson's book's release, or the fact that he referred to her as "Rosie," a name she never used! The fact is, had she been alive in 1962 when James Watson, Francis Crick, and Maurice Wilkins were awarded the Nobel Prize for their discovery, many believe that Rosalind would have, or at least should have, shared the stage with them.

Once there occurred a race between scientists to discover the shape of DNA. Although Franklin and Wilkins led independent research groups at the same facility, their work on the DNA mystery unavoidably overlapped. Many scientists thought DNA had a helical structure, but this wasn't proven. Franklin was able to easily recognize the pattern, surprising the other scientists. Watson and Crick reported to the world less than two months later that they had identified the structure of the double helix using Rosalind's data.

Ada Lovelace was an English Mathematician & Scientist, who was born on the 10th of November 1815. She is now thought to be one of the pioneers of early computers. As a young girl, she was fascinated with Maths & Science.

# THE MONTHLY

## THE DARK PAST & UNKNOWN FUTURE OF MEDICINE

At 17 years old, she met a man called Charles Babbage who had designed a cogwheel calculating machine. Ada was amazed by the model that he had made and they soon became good friends. In 1834, Charles Babbage began work on another more elaborate computer called the Analytical Engine. It had initially been thought that Ada had only a small part to play in this, and Charles got the most recognition however, modern research has now corrected this, and revealed that Ada played a huge part in designing it and writing code for it.

Now, what's common between all three of these women's stories? Well one of them is that men were taking their credit and were allowed to. Why? Because for such a long time women have been told to keep their opinions to themselves, and for an equally long time did just that. Luckily we now live in a world where women are increasingly encouraged to share their opinions - a sentiment we must carry onto our future generation of women.



**Article written:**  
Anumita Chaudhry 7A

# THE MONTHLY

## IT'S NOT ALL METAL STRAWS AND RECYCLING!

*Join the interview committee as we explore: environmental preservation, misconceptions of “Going Green”, and initiating environmental consciousness with the Eco Committee.*

“Nature encompasses just plants and animals”. Incorrect! Unfortunately many people have this misconception: that environmental damage is a problem distant from them. In reality, it harms us as well: from the overuse of paper in classes to medical waste in hospitals, not only will animals and plants suffer the consequences.

The two heads of the SECO BSB, Maya Al Shanti and Emmanuella Erhunmwunsee, informed us of the root problem behind a lack of environmental preservation and expose the truth behind living an environmentally conscious lifestyle: is it possible, or is just Gen-Z being “overbearingly progressive” again?



Firstly, how does environmental damage affect humans directly?

Both leaders prevailed on the same point: humans neglect the environment, believing it something they can abuse without observing consequences,

when in actuality, the environment is involved in every single thing we do leading to a multitude of drawbacks in the long term. Ella stated that “if our treatment of the environment affects the animals and the plants; that, is going to affect us directly and indirectly.” She proposed this example: the death of animals and plants due to human impact may cause change in temperatures (direct effect), thus causing a reduction in future food supply since plants are producers of our food supply (indirect effect). Triggering a chain reaction impacting our quality of life: our meals, our health, our economy, and other ecosystems will all be affected when humans treat the environment irresponsibly. Humans make up part of the environment as well, thus it is unfathomable that we think our environmental irresponsibility will not come back to bite us.

Transitively, the societal contribution to global environmental issues.

Besides the well known impact of littering and dumping waste in ecosystems, the interviewees shone light on underrepresented issues in regards to environmental damage. Ella brought up “medical waste”, stating it is normalized at hospital visits to receive disposable bowls, kidney dishes, syringes, and gloves.

All used on a large basis to satisfy the needs of billions of patients. Instead of plastic alternatives, using metal that can be sterilized, and researching sustainable alternatives are better options that can be resorted to. Plastic medical equipment will end up making 18.5% of landfills, and is used as is cheaper and more convenient to provide patients with. This results in the release of pollutants like carbon dioxide - non biodegradable materials are overproduced, overused, and chucked at every empty area within the world.

# THE MONTHLY

## IT'S NOT ALL METAL STRAWS AND RECYCLING!



Maya brought up the waste in the “space industry”, stating that Elon Musk’s “SpaceX” is producing a reusable rocket whilst minimizing waste. She continued that many question her pursuit into space engineering when she’s in the environmental committee, as the space industry is synonymous with waste and pollution. “A zero waste lifestyle will not work as well in reality as it works in theory, there will always be a little waste here and there” but it’s about altering practices and making small sustainable changes which whole communities can substitute instead of harmful practices.

Through a more constructive lense, conversing on institutional initiatives and a more “green” lifestyle, Ella clarified that perfection is not required, just effort and persistence. “Everyone uses plastic”, plastic is so integrated in our lives it is difficult to escape. We must not forsake the quest for a more sustainable lifestyle upon small unsustainable actions like putting paper in a regular bin or overusing disposable utensils. Instead we must attempt to change gradually. Accepting that it will be a long process allows for a more peaceful and less toxic space where everyone can participate instead of blindly conforming to what is “trendy”. Maya and Ella advocated for the reduction of paper in classrooms. They brought the futility of writing notes on paper, when most A-Level students go home and rewrite their notes for more organized revising.

Instead classes could shift to more online activities, leaving testing to be done on paper. Instead of discarding the tests or worksheets, they can be used as exemplar pieces for the next year. Maya stated that engaging in a lifestyle change requires practice that must be enforced at a young age to become normalized. For many of us, simply throw paper away in the bin when we no longer want to use it, however the younger generation can be taught to use the recycling bin instead, and thus the production of paper can be decreased.

We must not disregard that environmental damage is a top-down issue as well. The overproduction of plastic and increase of waste can be reduced with just enough of a push from an authoritative end. Sometimes we obey rules due to fear of consequence, and we may abide by a new rule to avoid punishment, and eventually long practices become an unconscious habit. If governments enforce such legislation on organizations and companies - regarding waste management and use of resources - environmental damage will be reduced on an industrial and economic level. If schools/institutions enforce stricter environmental policies with threats such as detentions, many students may refrain from littering, and after long term implementation they will simply find a bin instead. Thus, a more environmentally conscious lifestyle is healthily and pragmatically established.

**Article written &  
Interview written by:  
Yusuf Kamran 12F**

# THE MONTHLY

## INSECTS: THE BANE OF OUR EXISTENCE

To many of us, insects are an annoyance. They are a hindrance. They are nothing more than disease carrying creatures. However, what people need to start realizing is that insects come with quite a few benefits, and without them our ecosystem would fail to exist.

Insects run the planet; with over a million known species they help in many ways, including: pollinating plants, controlling population of agricultural pests, and decomposing animal waste. They are integral to our survival, and the survival of all living things. This is why it is a terrible sign that insects as a whole are going extinct. 2.5% of the insect population is vanishing every year. Studies suggest that 40% of insect species are decreasing in population. This is catastrophic for the future of the planet.



One of the most essential insects in plant pollination are bees. It has been found that 75% of crops produce better yield when bees help them pollinate; they visit over 90% of the world's crops! Additionally, bees help make honey, which is not only used as a natural sweetener but also for medicinal purposes. Unfortunately due to farming practices, global warming and diseases, the population of bees is declining steadily; this poses a huge threat to the future of food supply.

The US lost 45.5% of its bees between April of 2020 and 2021. Many scientists say that without bees, our ecosystem would collapse. We must help repopulate the bees, without them our world will crumble into catastrophe.



Beetles are well-known pollinators and decomposers in the wild. Additionally, as predators they help maintain the population of other insects, such as caterpillars. They too, are losing their population at a steady rate, especially the dung beetles. Many species of dung beetles (such as the Colombian dung beetle) are endangered. This is a big problem because dung beetles help process animal waste and recycle nutrients.

Global warming, loss of habitats, disease, and pesticides are causing the endangerment of all insects.

# THE MONTHLY

## INSECTS: THE BANE OF OUR EXISTENCE

It is terrifying but it's not too late, we can still help! If we start to grow our own mini gardens in our backyards, if we grow native flowers and plants, we will help native insects survive! Another thing we can do is reduce the amount of pesticides we use. Unbeknownst to us, pesticides harm helpful insect populations. They can also spread rapidly and be found in places far away from their application source. This is extremely harmful to nontarget insects, who we need to survive. Lastly, remember to educate! Talk to others about the importance of preserving insects, explain the importance of them in our ecosystem, and help repopulate them.

Remember the words of Jason Salk: "If all the insects were to disappear from the Earth, within 50 years all life on Earth would end. If all human beings disappeared from the Earth, within 50 years all forms of life would flourish."

Article written &  
Interview written by:  
Samira Abbey 11F

# THE MONTHLY

## BEGINNING OF AN END

As we approach almost two years from the start of the COVID-19 pandemic, we are starting to see a return to 'normality' but what got us to that point?

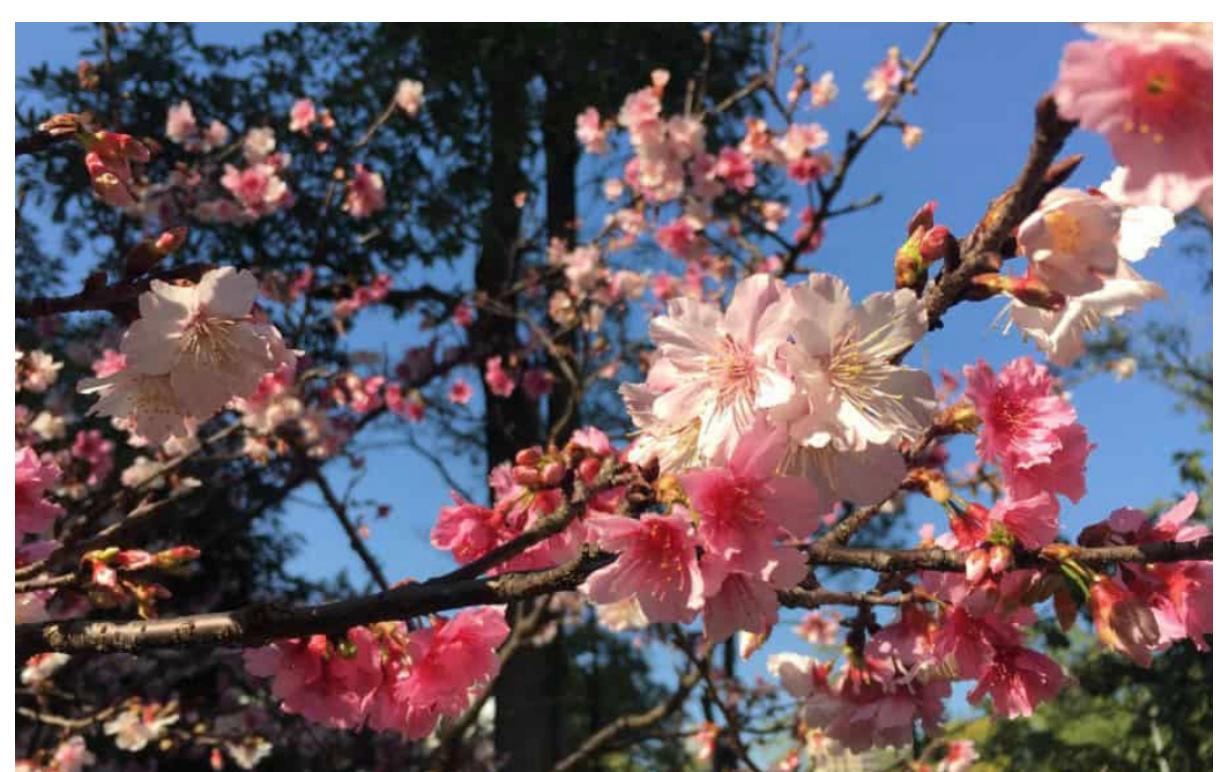
The 31st of December 2019 saw devastating chaos that spiralled into a life-altering announcement: the first reported case of COVID-19. Resulting in disruptions socially and economically, the COVID-19 pandemic led to over 6 million deaths, as well as crippling economies. That being said, a collapse has been noticeable in our peripherals, with the equitable roadmap to the end of COVID-19 being travelled; a true beginning of an end.



Amongst the relaxation of Covid precautions, the first paper examinations are set to take their course in summer, leaving students panicked as they revise for these crucial exams. As we continue further into this attempt at 'normality', the denial of our achievements hitherto can simply not be accepted.

On the 25th of February 2020, in the Kingdom of Bahrain, a starting line for Covid-19 was spotted, and consequently schools, nurseries and universities were suspended for a fortnight leaving a constant hint of uncertainty lingering in the air; fast forward to the 21st of March 2022 where an end is now in view.

A recent milestone for Bahrain has been the removal of masks which has been a harsh implementation since the dawn of Covid. Consequent to the trajectory and government focus on vaccinations, the country further strives for full herd immunity with a record number of 71.5% of people applicable for the vaccine being fully vaccinated at the beginning of April.



The knock on effect of vaccinations is the reduced number of fatalities due to Covid-19, in addition to securing the number of ongoing cases to an average of under a thousand per day, with the same amount of people recovering as new cases are discovered. This statistic has spearheaded the government's decision to remove all restrictions, the main one being the colour system.

# THE MONTHLY

## BEGINNING OF AN END

The world is picking up the pieces of the catastrophe that Covid-19 has caused, but it did teach us something; the interconnection of the globe.

Blossoming like Cherry Blossoms that bloom in April, the world is following suit by additionally blossoming it's way out of the prolonged remnants of coronavirus, thus kickstarting the true beginning of an end.

Article written &  
Interview written by:  
Haniyah Motara 10E

# THE MONTHLY

## 3 FEEL-GOOD MOVIES THAT GOT YOU SMILING AT YOUR SCREEN



### 13. going on 30 - Romance/fantasy- PG-13

You can't have a feel-good movie list without including 13 going on 30! This classic has a wonderful cast starring actress Jennifer Garner. The 13-year-old main character wishes to be 30 because who wouldn't want to be 'thirty, flirty, and thriving!' But as her wish comes true she is not delighted with what she sees. It's whimsical, it's intriguing, it's heart-warming..



### Little women- 2019 romance/drama- PG

The cast, the story, and the cinematography are just a few components that make this a great feel-good movie. The film showcases the difficult gender norms present in the 1860s but proves that women can be the heroes of their own stories and that women are confident, courageous, and determined.



### Mrs.Doubtfire Family/comedy- PG-13

The best thing about this film is definitely the spectacular acting skills of Robin Williams. Mrs. Doubtfire represents love, compassion, and comfort. The extent that Daniel Hillard takes to see his family is touching. Who doesn't like Mrs. Doubtfire?

Article written &  
Interview written by:  
Reema Zowayed 11E

# THE MONTHLY

## BEST DRESSED AT THE 2022 GRAMMY AWARDS



### Doja Cat

Doja Cat was wearing Versace and it was amazing. This look was definitely one of the best looks of the night, she was stunning. My favorite aspect of this gown is the corset detailing which creates an elegant yet fierce look. Not only did the gown have a feminine body-hugging moment but it also was shining all night! The sparkling sheer fabric was show-stopping.



### Rachel Zegler

Zegler went for a more flowy dress for the night and we are here for it! It is fashionable, romantic, and simple. The off-shoulder detailing is spectacular. Additionally, the gray color looks great on her. Not only was the dress breathtaking but Zegler also added sparkling beautiful jewelry to add more glam to the look.



### Timothée Chalamet

Timothée's look for the evening was very controversial and got mixed views. However, I loved his look completely. Chalamet wore Louis Vuitton and certainly gave the red carpet a huge fashion moment by deciding to not wear a shirt and going bare chest. Another aspect of the look is the iconic cropped jacket overlaid with shiny lace, it was remarkable. He was bold and we love it!

Article written &  
Interview written by:  
Reema Zowayed 11E

# THE MONTHLY

## WORST COACHELLA FAILS OF ALL TIME

*In honour of April being Coachella month let's take a time machine back to a lookbook of celebrities' worst outfit fails through the years.*



### Vanessa Hudgens (2017)

Vanessa Hudgens is one of the Coachella icons, however in the past she has made very questionable choices. I honestly don't know what's worse; the brown lip statement or the reflective coin top paired with khaki shorts. All I can say is thank God she left this poorly styled outfit in 2017!!

### Katy Perry (2017)

Like many other celebs, Katy celebrated Easter Sunday in a monochrome white look, unfortunately I can't say I'm a fan of the bunny flats... At Least she's in the easter spirit!



### Rihanna (2017)

"I can't go home yet, cuz enough people ain't seen my outfit," Rihanna captioned this Instagram photo of her \$8,480, crystal-covered unitard ensemble. Although I don't hate it I feel that this choice was a bit too OTT even for her. However it does embody her style and she still looks amazing!

### Kendall Jenner (2019)

As per usual Kendall looks stunning, but this isn't Coachella Holy Grails for a reason... I'm definitely not a fan of the green boots and neon glove combo, honestly it ruins the cuteness and playfulness of the periwinkle dress. And as for the 'coachella' theme I don't think this is very bold. Lets hope she makes up for it with this year's outfit.



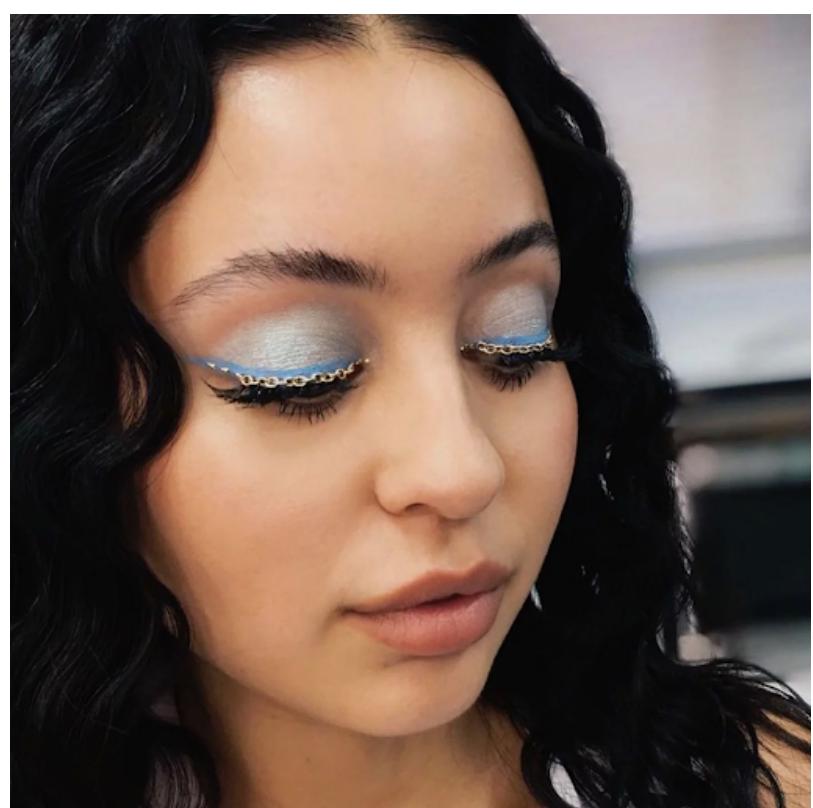
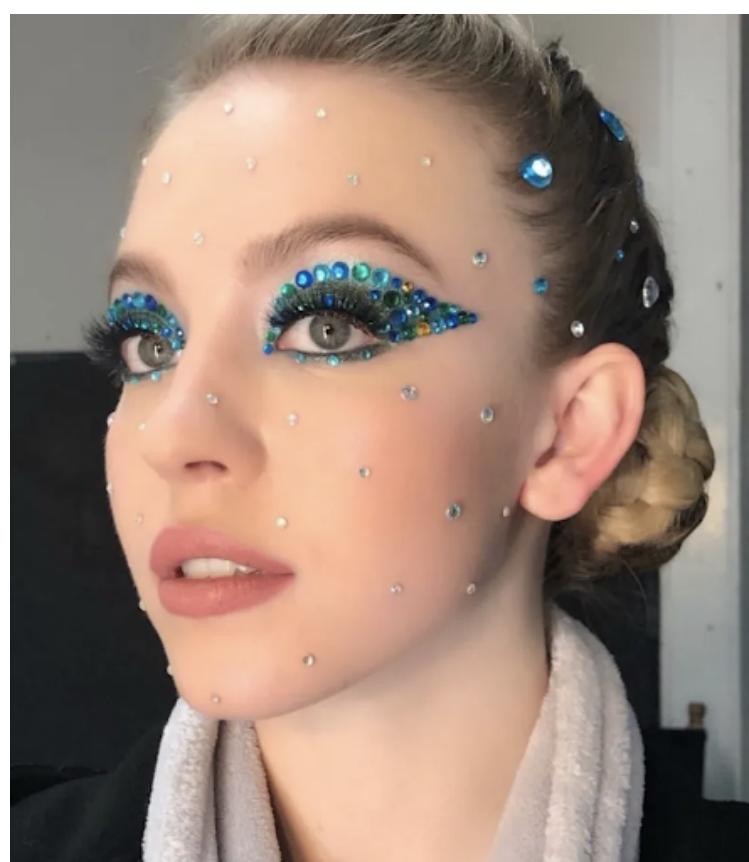
Article written &  
Interview written by:  
Reema Zowayed 11E

# THE MONTHLY

## EUPHORIA'S IMPACT ON

### FASHION

As we all know euphoria has hit the entertainment industry by a storm when it first premiered on HBO max in the summer of 2019. Ever since the release social media have taken their own take on the various different outfit, makeup and even room aesthetics that all revolve around the show.

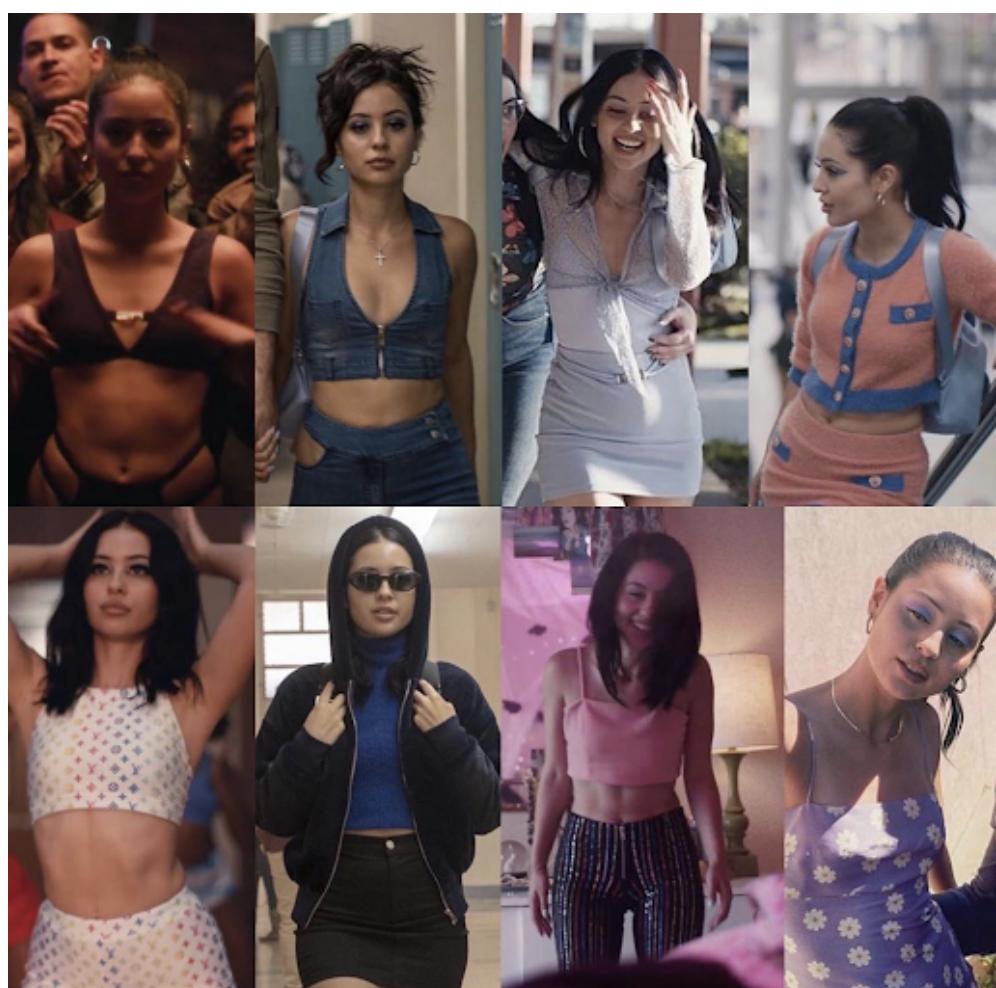
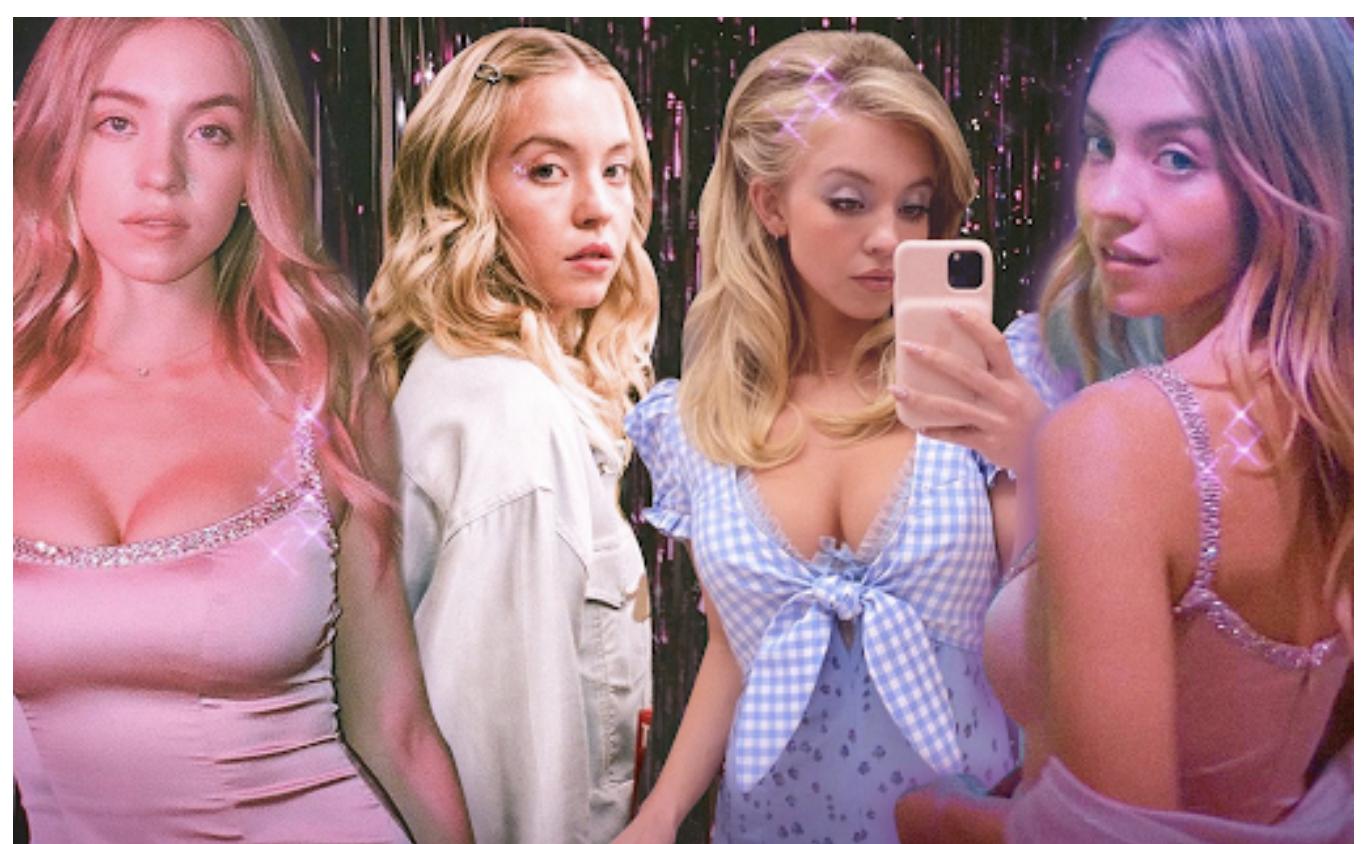


#### 1. Eye makeup

Euphoria has sparked an overuse of gems and vibrant colours in the makeup industry, fans all over Tiktok and Instagram are posting their take on crazy eye looks and gems to really achieve the 'Euphoria Look'.

#### 2. Clothing

Euphoria fans have also taken it among themselves to make 'Euphoria' a new style trend, they've gone so far to even make themselves choose which cast members style they are more similar to. Either Maddy Perez (played by Alexa Demi) a grunge Y2K style or her best friend Cassie Howard (played by Sydney Sweeney) a more girly, floral patterned and a warm colour palette.



# THE MONTHLY

## HOW TO STAY

### SUSTAINABLE AT SCHOOL

As the world becomes more environmentally aware, sustainability is implemented in almost every aspect of our lives. From renewable energy resources being used in industrial companies, to paper straws being used in coffee shops, many people have done their part to encourage sustainability. However, despite these efforts, it is vital to remember that you must do your part too.

We attend school 35 hours a week; this accounts for a large chunk of our lifestyle. Below, we have written a few ways you can be more environmentally friendly in school and do your part. By using these, we could collectively make a much larger impact than you'd think.

#### 1 - Sustainable School Supplies

Our school supplies accumulate a lot of waste - this is something we never seem to realise. By simply swapping out standard A4 notebooks for recycled paper, you can reduce a large percentage of waste produced daily. Refillable pens are another option: instead of throwing pens away once they run out of ink, we can opt for pens which can be refilled with ink cartridges. This decreases our plastic consumption as well!

#### 2 - Recycle as much as Possible

When you have scrap paper that you don't need, do not throw it away in the regular bins! Most classes have recycling bins which you could simply use instead. Recycling is the most common, yet the most effective way to help the environment and is very easy to do. Although we only have paper recycling bins in school, you could take any recyclable items to any recycling centre across Bahrain.

#### 3 - Pass Down Your Resources

Buying revision guides, textbooks or any other resources that an older sibling or friend already has (assuming they no longer need them) is quite unnecessary. By doing this, we are only increasing the amount of waste produced as we will probably end up throwing them away when the time comes. So for people completing their GCSEs or A-Levels this year, think about saving your resources to pass down to year 10s or 11s; you could even donate some to charity!



**Article written:**  
Diva Bhatia 11A

# THE MONTHLY

## LIFE POST-GRADUATION: PATHS AND OPPORTUNITIES

There is not one way to continue life once you leave secondary school. Various opportunities could be provided should you seek out for it. Here are some ways to grow as a person post-graduation:

### 1. Go to university

The most popularised path post-graduation. Going to university gives you access to further education that can be beneficial for any careers you wish to pursue. Additionally, you'll be able to expand your interpersonal skills and your knowledge of what you want to be. University helps you with making many important decisions, and can be the first step towards supporting yourself in a multitude of ways.

### 2. Get a job

This pathway can be done on its own or you may even have a part-time job during university. Getting a job allows you to explore the available career options that suit you best.

It can also provide access to networking opportunities and work experience which will be beneficial should you decide to apply for other jobs later on. It'll also give you a kickstart to being able to financially support yourself and maybe even others (eg: family).

### 3. Take a gap year

This option helps one discover what else they can do in the meantime should they not go straight to university after graduation. Taking a gap year can give you opportunities to work on your CV, find other passions and skills you never knew you had, and so much more. Should you choose this path, do not worry - most universities are open to it as you may have experiences that are linked to your course, and have matured as a person.

Many resources are available nowadays to research the opportunities you can explore post-graduation. For example, starting a business and becoming a successful entrepreneur. Use the internet, talk to your teachers and counsellors, converse with your parents. Find what's best for you and make the most out of it.



**Article written by:**  
**Sofia Allam 12A**

# THE MONTHLY

## APRIL SHOWCASE: TRICKS AND TROUBLE

*This month, our talent submissions team showcase work under the theme of ‘Tricks and trouble’: from sport-stemmed skills to tales told by the most unreliable of narrators—read and watch them now!*

Poem: “*The Sun Blinked Out Last Night*”

-Anonymous Year 12

An intriguing poem inspired by the prompt ‘Tricks and Trouble.’

*I saw the sun blink out last night*

*—I saw it bright and clear*

*I watched the stars as they warned in light*

*—they warned that time would near*

*I laughed with them, so full of spite*

*—I did not shed a tear*

*The walls they spoke of prophecy*

*—they blinked and talked in fear*

*The paintings hung low and honestly*

*—they said that I must hear*

*The floor it whispered mockery*

*—the skys, the end, it sneered*

*I search for an opening,*

*the window should be here:*

*These four walls they’re always right*

*but right now I think I...*

*The window is nowhere in sight—*

*but I promise you—I did see:*

*I saw the sun blink out last night*

*—I saw it bright and clear.*

# THE MONTHLY

## APRIL SHOWCASE: TRICKS AND TROUBLE

*This month, our talent submissions team showcase work under the theme of 'Tricks and trouble': from sport-stemmed skills to tales told by the most unreliable of narrators—read and watch them now!*

### Jujutsu

-Maryam Al Hashemi, 12E

A sped-up video of combined self-defense tricks (with a few giggles!)

Click [here](#) to view the video.

Article written &  
Interview written by:  
Dana Ahmed, Maryam Al Hashemi,  
Jahnavi Nair

# THE MONTHLY MAY OPPORTUNITIES

## Mindshift-

<https://www.coursera.org/learn/mindshift>

Mindshift is designed to help boost your career and life in today's fast-paced learning environment. Whatever your age or stage, Mindshift teaches you essentials such as how to get the most out of online learning and MOOCs

## Pre-College Program- Harvard-

<https://summer.harvard.edu/high-school-programs/pre-college-program/#outcomes>

Challenge yourself in college-level academics. Meet new friends from around the world. Strengthen your college application. And, build important life skills that can make your future college experience a success.

## The Health Effects of Climate Change-

<https://www.edx.org/course/the-health-effects-of-climate-change?>

[index=product&queryID=00a81eb771e9fc4024d6c7fba6e2e21e&position=1](https://www.edx.org/course/the-health-effects-of-climate-change?index=product&queryID=00a81eb771e9fc4024d6c7fba6e2e21e&position=1)

Learn how global warming impacts human health, and the ways we can diminish those impacts.

## Online Courses for High School Students-

<https://sce.cornell.edu/precollege/program/online>

You can choose from dozens of regular university courses, work with a Cornell faculty member, study alongside undergraduate students, and improve your college study skills. It's a great chance to earn college credits without leaving home.

## Sustainable Development Goals-

<https://www.futurelearn.com/courses/sustainable-development-goals-people-place-and-environment>

Examine how thoughts and actions by individuals are fundamentally linked to global sustainable goals. You'll be introduced to the United Nations Sustainable Development Goals and discover that when we focus on the everyday experiences of individuals and communities, we can drive transformative change.

Sunday, May 1	Labour Day
Monday, May 2	Eid Al Fitr* Remote provision for Y13
Thursday, May 5	BSME Swimming Championship
Monday, May 9	Remote school for Y13 9th-12th
Thursday, May 12	Y11 Grade Card published
Tuesday, May 17	Y13 Grade card published

Article written &  
Interview written by:  
Ayushi Karani 11E

# THE MONTHLY

## ALI SHEHABI AND HIS IMPACT ON PHOTOGRAPHY IN THE ARAB WORLD

Who is Ali Shehabi? Ali Shehabi is a talented Bahraini photographer who showcases Arab culture in film. His vibrant images create a nostalgic atmosphere which makes his work remarkable. The main reason we picked Ali Shehabi's work to inspire our photos this month is because of his connection with his Arab and Bahraini roots. This allows us to explore the blossoming of Bahrain. In many of his images, you can see a recurring theme of culture; he explores portraiture and showcases traditional clothing.



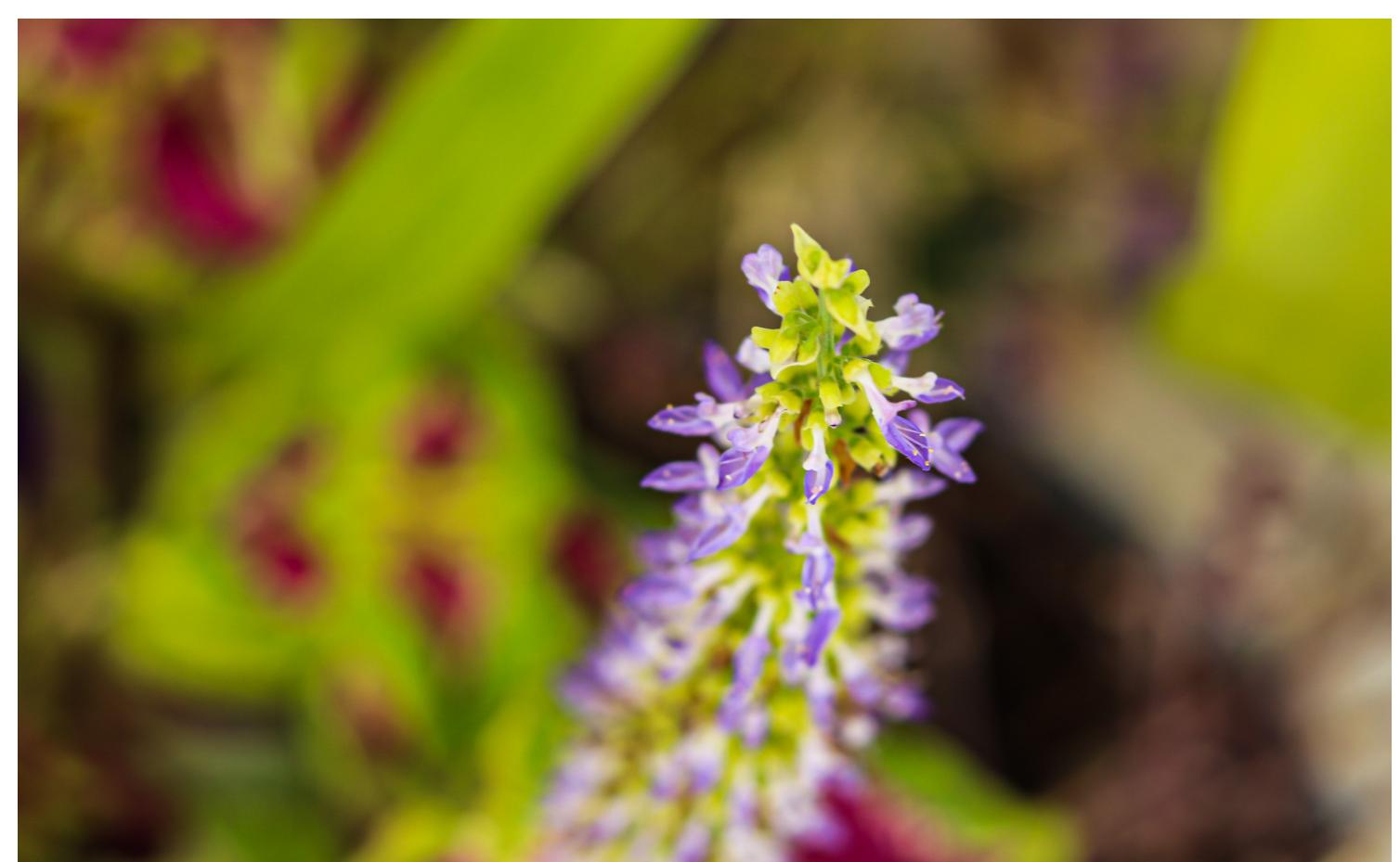
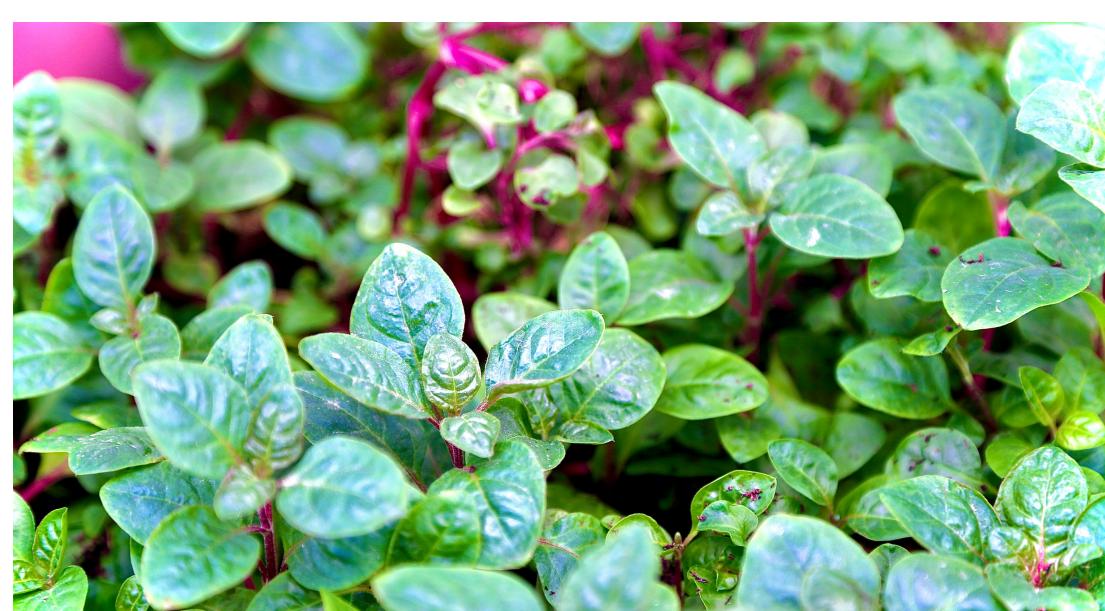
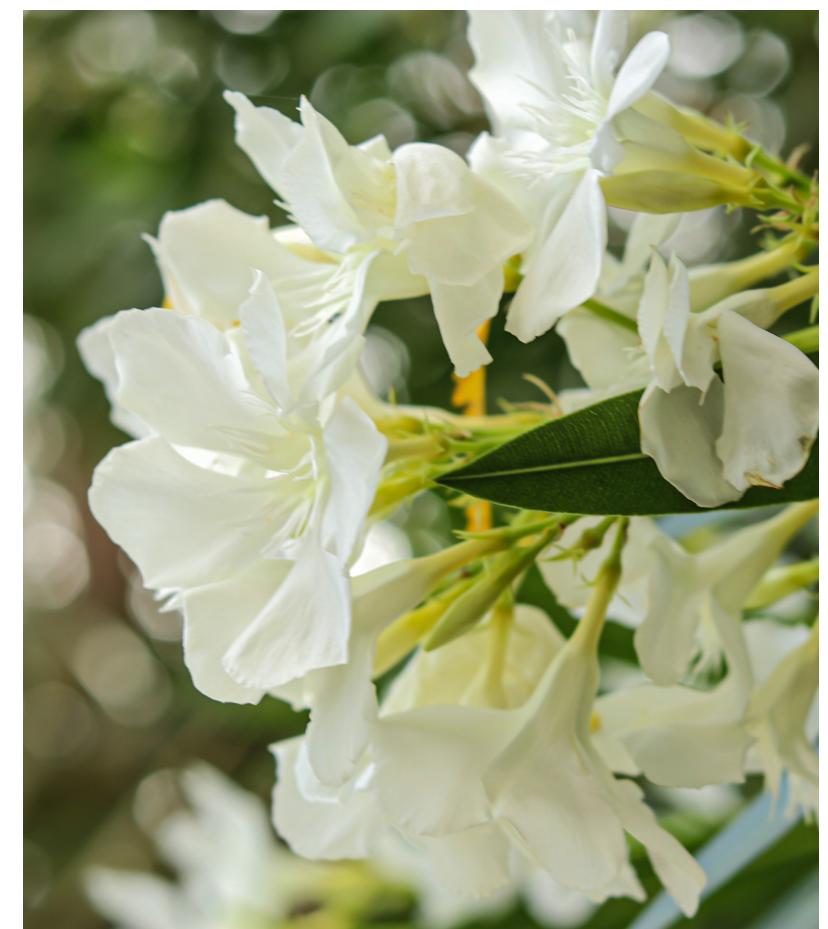
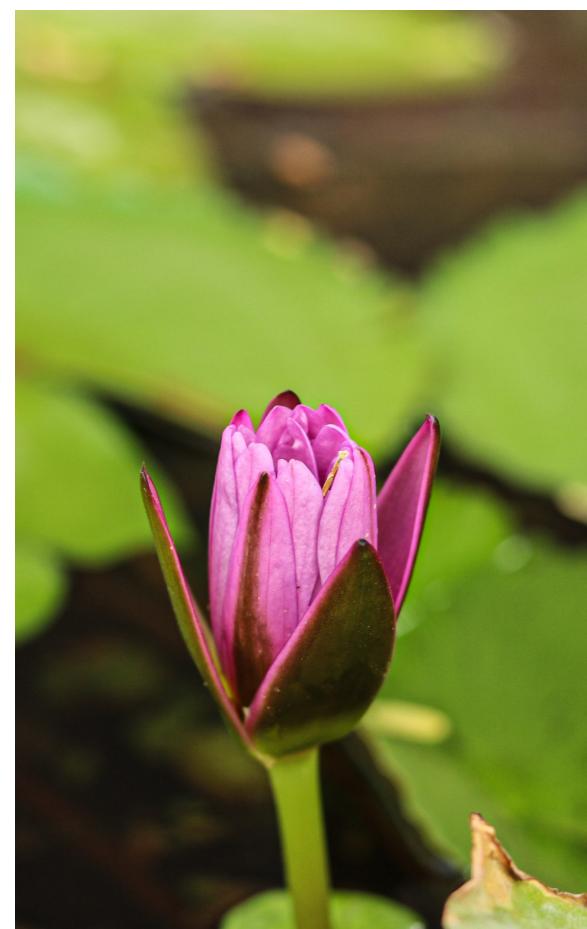
Not only does Shehabi capture portraiture but he also captures nature around Bahrain and the middle east. What started Ali Shehabi's passion for photography? Unfortunately, in 2016 he suffered a terrible accident that left him bedridden for a long period of time. Through this difficult moment of his life, he was introduced to photography and decided that it was something he was interested in. Our main focus is his Arab work however he has explored his photography in other areas as well. His Tokyo work is incredible! He lived in Tokyo and ventured into street photography and took many candid photos there. This differs from his style of photography in the Arab world which is more editorial rather than candid.



Article written by:  
Reema Zowayed 11E

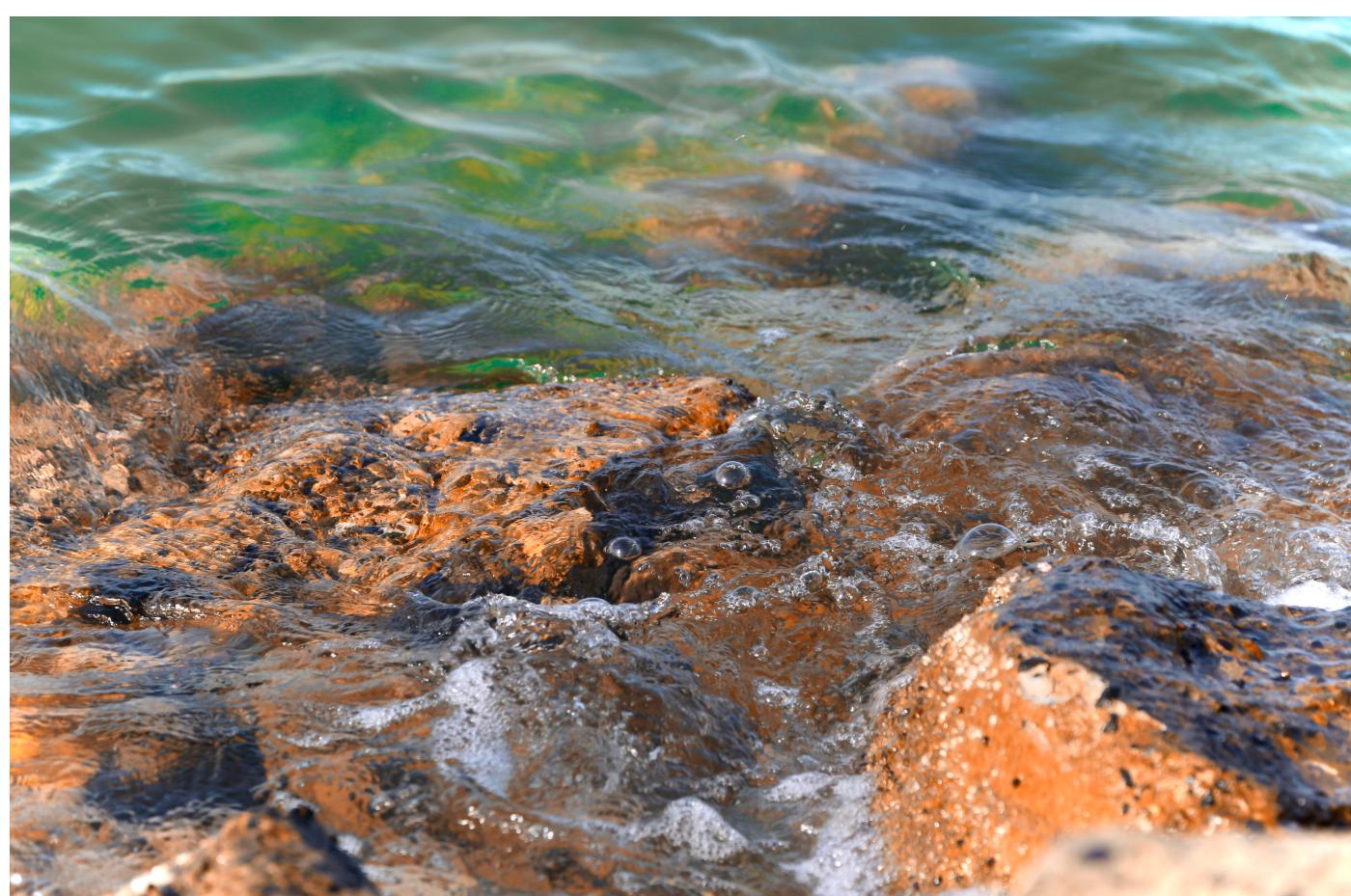
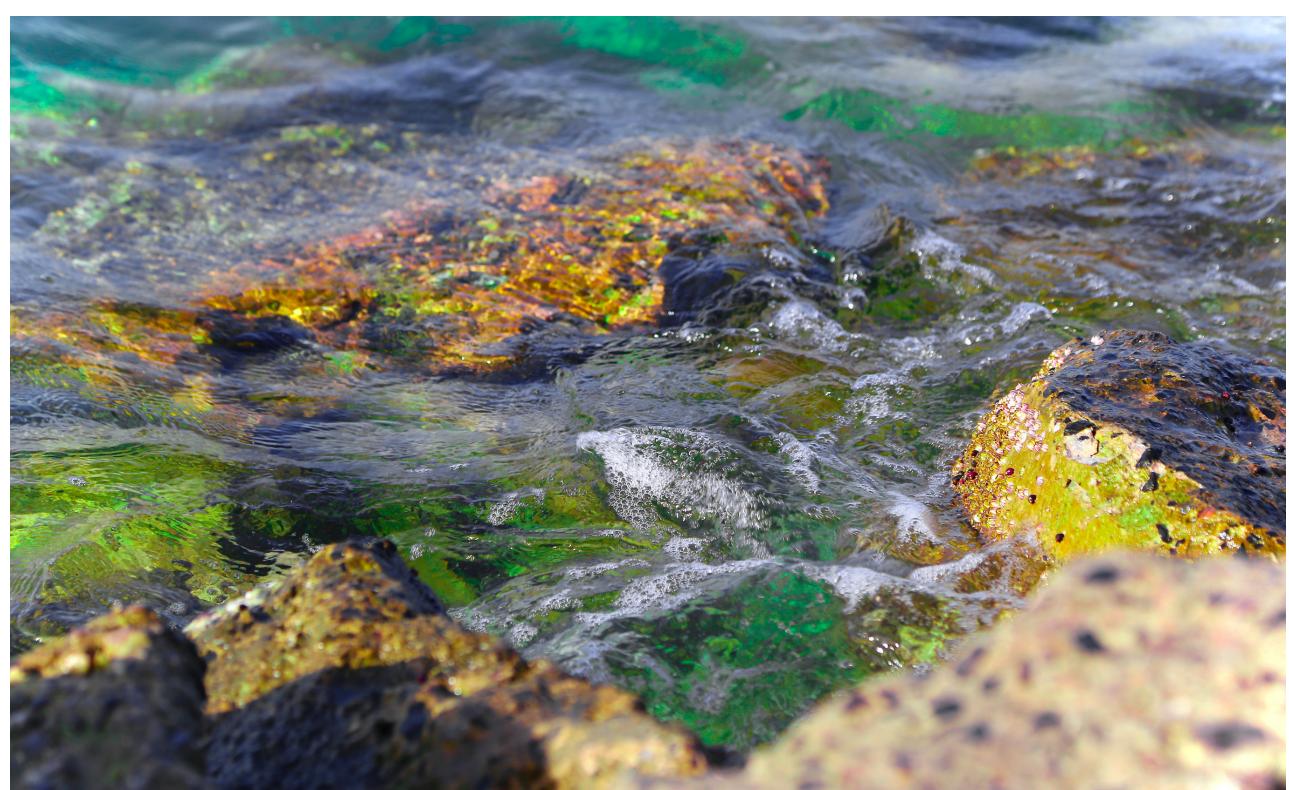
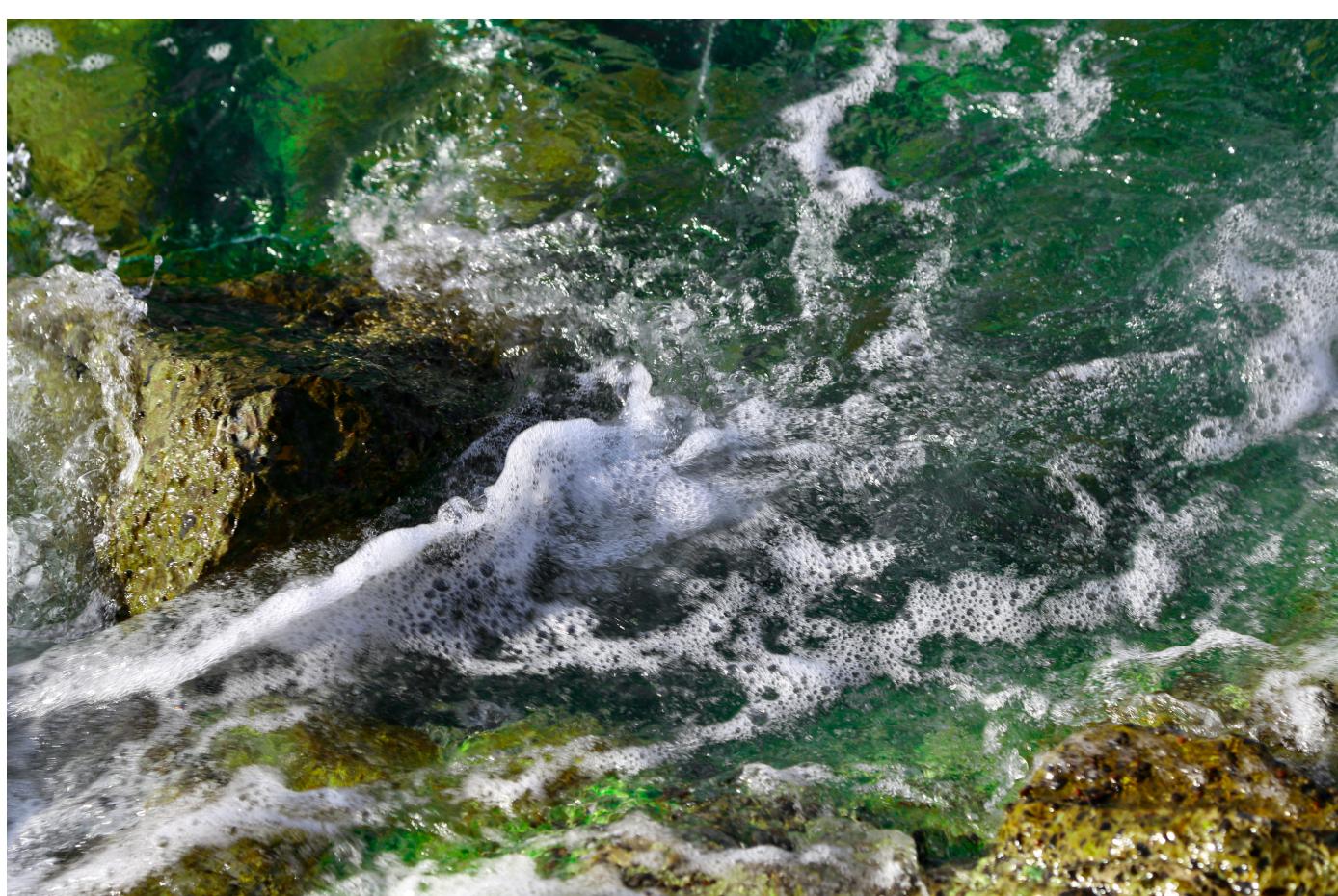
# THE MONTHLY

## BURNING BRIGHT: HOW STEPHEN LESLIE CAPTURES COLOURFUL STORIES BEHIND THE LENS



# THE MONTHLY

## BURNING BRIGHT: HOW STEPHEN LESLIE CAPTURES COLOURFUL STORIES BEHIND THE LENS



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