



CLICK ME

2021

PRESETED BY THE MONTHLY
SEPTEMBER

THE MONTHLY

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SEPTEMBER 2021 ISSUE: A WORLD IN CRISIS

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THE MONTHLY

Editor's Note: A Summer of Crisis



We would like to welcome all of our lovely readers back after a long, and much deserved summer break! We hope that the two months offered plenty of time to rest, recharge and recuperate after a tedious year of school during COVID 19. It can be agreed that school life has now returned to a certain level of normalcy, reminding us of days before the virus took hold of our world as we know it. However, alongside the positive shift in our learning environment, The Monthly is also embarking on a period of change and evolution as our influence has increased, inspiring more students to actively engage with our mission to educate as well as showcase our school community. Therefore, we would like to unveil the re-branding of The Monthly from a newspaper to an official school magazine. This means that we will be able to offer a wider breadth of subjects including our new STEM section which has been added through popular demand from our readers. As an organization we would like to reflect the interests of our readers, so it would be our pleasure to respond to suggestions about what more we could include. In honor of our first publication as The Monthly Magazine, we will discuss imminent issues through the lens of 'A World in Crisis'.

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In the face of a world in crisis, as students, we may often find ourselves in a strenuous position. Whilst many adopt the attitude that we are young people to be protected from such disasters, the reality is that the hanging weight of climate crisis, political contention and humanitarian disaster is one we also bare. Stepping up to succeed as the future leaders - a term which we hear often -

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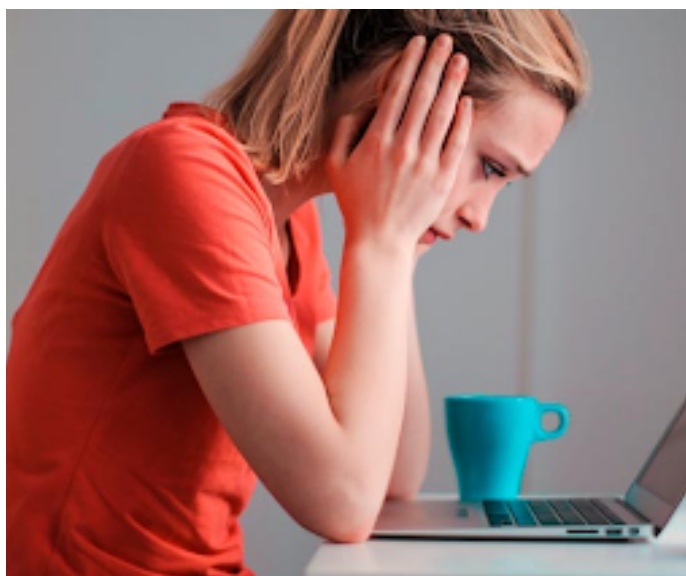
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we have a responsibility to make the world's concerns our own. In a transformative educational system, 21st century skills underpin the curricula which we explore. Global awareness, self-discipline and environmental understanding are just a few of the areas covered in a modern curriculum. We are ambushed with this increasingly foreboding reality of the state of our planet - but how exactly can we take action? We can't all be expected to be the next Greta Thunberg, Yara Shahidi, Amanda Gorman or even Malala, but we can certainly try. Every article, conversation, and thought is a step closer to action. Through avid awareness-spreading platforms such as The Monthly, and the guided help of our education system, we have a bright future ahead to address this world in crisis.

they occur have at least this advantage, that they force us to think." Therefore, when we provide you with a wide array of information, it is not for you to sit and drown in all of the pages. It is instead for you to find information that interests you, and we hope that it encourages you to think.

With Love,

Kaviesh Kinger, Charlotte Rodney and
Anoushka Subin
Editors-in-Chief



Educating yourself about issues around the world seems frightening, draining and often shocking. Gasps and guilt may be many of the emotions we experience when reading our news. However, do not take the opportunity of education to feel guilt over your situation or to experience a personal existential crisis over the state of the world. It is through crisis that we experience pressure to be creative, to think and to expand our abilities. Jawaharal Nehru outlined this succinctly, in saying that "crises and deadlocks when

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Climate Change and Natural Disasters: The Hot Topic

Our planet's climate crisis continues to threaten the stability of our society. Journalist Desiree Menezes explores the continued evolution of society's attitudes towards such a crisis and reflects on some of the year's worst disasters.

As humanity burned fossil fuels to actuate the Industrial Revolution, our planet's temperature began to rise due to the excess carbon dioxide in the atmosphere. Scientists today warn that the rate of this climate change is unprecedented; and along with this, so is the alarming slew of natural disasters observed all around the world.

July 2021 saw floods of epic proportions devastate Europe- severe storms made rivers break their banks into neighboring districts. The catastrophe bore 242 deaths, with Germany (196) and Belgium (42) being the worst hit. The Chancellor of Germany, Angela Merkel commented "we must get faster in the battle against climate change" after visiting the affected areas whose inhabitants lost their homes and livelihoods.



By contrast, an extreme heatwave ravaged the idyllic Mediterranean region during August 2021 that resulted in hundreds of wildfires which ravaged the coastal areas of Turkey and 400 square miles of Greek farmlands and forests. Experts fear that industries that depend on these agricultural resources (i.e, wood, paper, etc.) may suffer in the long run, thereby challenging the employment statuses of thousands between

the two countries. In response, the EU Civil Protection Mechanism mobilised a range of support to these nations, including the deployment of around 1300 firefighters to tame the furious flames.

Most recently, the Category 4 tropical storm Hurricane Ida barreled through Louisiana, USA, conveying Mother Nature's sentiments on the 16th anniversary of the calamitous Hurricane Katrina in 2005. The death toll has risen to 26 in New Orleans as the city grapples with the severe ramifications of the extraordinarily powerful 240 km/h winds and rainfall. Hundreds of thousands of residents are still stranded without power and water, with a staggering 250,000 children unable to return to school. Also, the hurricane accelerated to the Northeastern states, inflicting similar widespread damage. In fact, a recent report from the Intergovernmental Panel on Climate Change (IPCC) linked the intensification of the hurricane to an increase of water evaporation into the atmosphere, brought on by climate change and which resulted in substantial devastation to the affected areas.

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Climate Change and Natural Disasters: The Hot Topic

Now, the predominant topic occupying apprehensive observers around the world is on the course of action to be undertaken to combat climate change. US President Joe Biden recently announced an ambitious plan to have solar energy provide nearly half of the nation's electricity by 2050. At a time when a global pandemic continues to hinder normalcy, the impact of these phenomena on communities worldwide is exacerbating. Hence, it is in our power to increase our climate awareness and push our governments to implement policy to combat this crisis. So, should we be complacent in this crisis; or should we move to force a change for a better future?



Article written by:
Desiree Menezes 12D

THE MONTHLY

Lost in a Warring World: Reporting on Afghanistan

Journalist Manaal Khan delves into the lamentable reality of refugees in our world, a segment of the world's history often explored. Read along to find out how Afghanistan's refugee crisis has been acknowledged by international borders, and how the plight of modern war continues to threaten humanity

Shivering. Scared. Starved. Sheltered in the blissfully prosperous age of our utopian societies, never could such distress possibly exist anymore. Surely modern medicine has absolved all agony. Surely rapid urbanisation has made us all comfortable. Surely the vast internet has delivered education to every child's computer. Surely... surely... surely... A list of convenient excuses can be winded round and round again, for as long as our collective ignorance allows. But the truth is far simpler. Whether our leafy bungalows rest in the peaceful suburbs; or our cosmopolitan apartments glimmer among the city skyline, over 82,000,000 humans have currently been forcibly displaced.

This phenomenon is neither new nor shocking. Since the first human settlers began forming complex social structures, the underprivileged have always borne the brunt of all bad turns. Nowadays, aside from the formidable Mother Nature fighting back against our destructive forces with devastating climate events, the leading cause of refugees is violent warfare. Each drone attack, ambush and siege impacts more than just the soldiers involved. Entire cities have been decimated in the name of power; their ruins a symbol of our innate weakness. Warfare is a malignant virus persisting in the blood vessels of humanity, with no foreseeable cure in sight.

The 20th century promised breakthroughs in communication, transport and technology. Lives would change in this new world emerging on the golden horizon, rapidly globalizing and progressing. Instead, two devastating World Wars rendered over 20



Hundreds of European refugees trying to board a train after WW2

million to refugee status, the repercussions of which topple down into present day. The Partition of India and subsequent wars totaled in 24 million refugees, frantically searching South Asia for a place to call

home. Modern history is littered with dozens of such examples, each magnifying our fatal flaws. Our greed for power and domination, trailing a colossal body count behind with it.

An abominable year for Afghanistan's history, the troubled Asian country is currently undergoing a refugee crisis. Amid the highly controversial US military extraction, the extremist Taliban organisation rapidly gained control, conquering almost every major city. Among rampant chaos, the UN reports almost 2000 civilians killed in various attacks - the real figures remain

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Lost in a Warring World: Reporting on Afghanistan

likely higher. Under their draconian rule, the lives of Afghan civilians are suffocating, akin to being chained in an open air prison. The nation is bracing for arduous months as power struggles ensue. Western nations are weakly scrambling to extract their own citizens from the warzone, forsaking many local allies. Yet, what happens to the lucky few who managed to escape? What happens to the thousands left in a limbo between warring nations and frivolous politics?



**Afghan refugees being flown into Qatar and Bahrain
Us Air bases.**

Hatred has long clutched humanity with an iron grip, often stronger than the forces of compassion can weaken. Hence, we have propelled ourselves into countless wars, strengthened our borders and built impenetrable walls around each other. The effects may not cripple us atop our ivory towers, but entire generations are lost to this malice. Compassion may be a flowery term spoken by the naive, but naivety is a rare gift in a cruel world. As for refugees pursuing an ambitious life far from the torment of war, compassion is the foremost step to peace.



**A US Air Force C-17 Globemaster III airplane packed
with refugees the day of Kabul fell to the Taliban.**

Article written by:
Manaal Khan 12B

THE MONTHLY

The Foreboding Implications of the New Zealand Knife Attack

As ISIS looms ever-present in the backdrop of the media, follow along with our journalist Bader AlRefai as he explores the detrimental effects of terrorism and the simultaneous misuse of religion.

Whoever takes a life, it will be as if they killed all of humanity.” These are the words that were revealed to the world 1440 years ago in the Quran, these are the words that dictate explicitly and clearly the steep weight of human blood in Islam. These are the words that ISIS claims to live by when it calls itself an Islamic State, yet violate and ignore at any chance. During the past decade, since the rise of ISIS, only death and misery have been rampant in the Levant, where ISIS is found. Recently, the world has been forced to wake up yet again to this reality, thought as long gone, when a lone man Ahamed Samsudeen went on a stabbing rampage in a New Zealand shop. But the thing that makes him peculiar is he had already been known as an ISIS sympathizer, and was inspired by ISIS attacks of years past. So some may question what made ISIS appeal to the attacker?



Growing up the perpetrator Samsudeen had been victim to what he claimed to be violent abuse by authorities in Sri Lanka for being of Tamil ethnicity. Slowly this moulded him into being a “highly distressed and damaged young man” as was described by the psychologists report that helped him receive his refugee status in New Zealand. Over the years he had become radicalized due to his neighbours and slowly began getting “brainwashed” as his mother has described. Eventually, this led to him being arrested for attempting to go to Syria to “Fight for ISIS” as he said to a fellow worshiper in a Mosque.

But recently all these years of hatred and malice had built up to a boiling point within Samsudeen and on September 3rd 2021, he had decided his own fate. At 2:20 pm Samsudeen had arrived in the store, and after standing idly for 10 minutes grabbed a knife from the shelves and began stabbing multiple people before eventually being shot to death after refusing orders to surrender.

Whilst the situation by itself is tragic it also is a case of an epidemic that may be on the rise. As ISIS loses more as a group and an entity, it grows further as an idea and ideology. It’s messages of hate and violence were almost perfect for radicalizing Samsudeen into a monster, as it gave him a purpose and an enemy after being abused during his life. Frequently this is evident with people who carry out attacks in the name of any ideology or religion.

At the end of the day, lone killers are only created by hate, and hate is often sowed by a lack of understanding and information. When people are isolated and told that everyone around them is their enemy, the only result is violence and death. ISIS and its followers will continue to claim to follow Islam and spread violence for the near future, there’s no changing that. The only thing we can do to stop people from falling for their lies as a community is to treat people kindly and be intolerant towards lies. But no matter whether ISIS dies out or lives forever, the book they claim to follow will always be against them, citing “Do not let the hatred of a people lead to an injustice.”

Article written by:
Bader Majid Al Refai (11E)

THE MONTHLY

The Prominent Capitol Rioter “QAnon Shaman” Pleads Guilty in Federal Court

Taking us back to the infamous invasion of the US Capitol in January 2021, journalist Rose Salib explores the link between the political attack at the beginning of the year and implications of a satanic calab associated with one of the most notorious participants of the riot.

On January 6th 2021, an estimated 10,000 Donald Trump supporters violently stormed the US Capitol building in Washington, D.C., following the former president’s incessant claims of voter fraud with regards to the presidential election that he had lost to Joe Biden, ultimately resulting in five deaths and numerous injuries. Extensive investigation by the FBI into this attack has revealed that a significant proportion of these rioters, including prominent figures from the mob, are supporters of the far-right QAnon conspiracy theory, shedding a light on the dangerous potential of this supposedly peaceful organisation. But what exactly is QAnon?



The fallacious conspiracy theory claims that a cabal of Satanic paedophiles, comprising primarily of Democrats, were plotting against Donald Trump during his time as the president of the USA. This theory gained further traction as Mr. Trump himself began retweeting and mentioning Twitter accounts affiliated with QAnon. Jacob Anthony Chansley (dubbed the “QAnon Shaman”), was one of the most infamous participants of the attack, as circulating images of him in a bearskin headdress and horns, with the American flag painted on his face, almost became representative of the event online.

He was arrested on the 9th of January for “knowingly entering or remaining in any restricted building or grounds without lawful authority, and with violent entry and disorderly conduct on Capitol grounds”.

Chansley’s lawyer has claimed in court that the protester was “non-violent, peaceful and possessed of genuine mental health issues”. After being held in custody for 8 months, making multiple requests to be pardoned and released, and refusing to eat food that is not organic, Chansley has denounced both Trump and QAnon, in addition to pleading guilty to obstruction in an official proceeding, making him one of the 36 defendants who have pleaded guilty in court thus far. The federal judge has determined that Jacob Chansley is not to be released from jail, asserting that the defence provided by his lawyer was “so frivolous as to insult the Court’s intelligence”. He may now face more than 4 years in jail.

Supporters of the QAnon conspiracy and Capitol attack now claim that the defendants charged at the riot have been unjustly targeted, and that the motivations behind these arrests were largely political, which has allegedly resulted in the planning of another large rally in Washington D.C. sometime throughout the month of September. The Washington Metropolitan Police Department has responded to these reported plans by maintaining an “increased presence” around the city throughout the dates of these speculated plans.

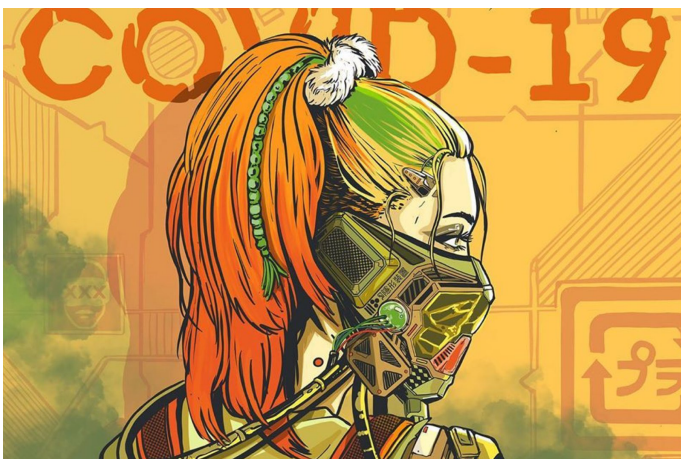
Article written by:
Rose Salib (13F)

THE MONTHLY

The Reality of a (Double) Pandemic

This article touches on topics that may be triggering to some, such as suicide. If you are, or know of someone who is struggling, please reach out to a trusted member of family, staff, or email support360@thebsbh.com.

The Covid-19 pandemic has seen almost five million deaths (as of Sept 13, [statista.com](https://www.statista.com)) and a catastrophic loss of at least 225 million jobs worldwide. This number is around 4x greater than the amount lost during the global financial crisis in 2009. There is no denying that the last year and a half has left people struggling with a multitude of stressors, from physical health to how to keep their job. However, with the rise in vaccination figures, drop in case numbers and gradual return to normalcy, there is a huge topic that is being blatantly overlooked—the implications that the pandemic has had on global mental issues. Hence, in line with both National Suicide Prevention Month and this issue's theme of "A World in Crisis", let's look at some of the detrimental implications of the pandemic on mental health.



To be alone is one thing, but to be completely isolated is another. In fact, a [study](#) conducted on hospital staff who had to quarantine for nine days showed that at the end of this period, many showed symptoms of acute stress disorder. These included symptoms like anxiety, exhaustion, poor concentration

and decreased work performance. This allows us to understand that whilst self-isolation was the safest way to protect ourselves and those around us from the coronavirus, the mental health effects of, essentially, being physically isolated from the rest of society, can be detrimental. Being locked up at home has caused anxiety over the prospect of sickness, feelings of confinement and isolation, insufficient finances, supplies and information and a distressing amount of boredom. And whilst some people are able to deal with that amount of stress, no one can be expected to. Thus, the consequences of being at home for such a long amount of time ranges from issues like insomnia to substance and alcohol abuse.

This is especially prevalent in India. Right now, India is facing a huge mental health crisis. Over the last two years, unemployment rates in India have shot up to as high as 24 percent. This means that people have been struggling to access basic necessities, such as food, water, jobs and healthcare services. This has left the country with horrific mental health statistics, such as the fact that during lockdowns, 40.5 percent of people were struggling with either depression or anxiety whilst over 74 percent reported moderate levels of stress (Indian Psychiatry Society). This is in addition to the approximately 13 percent of Indians who suffered from mental illnesses prior to the pandemic. However, a shortage of therapists and lack of access to psychiatric drugs are making it near impossible for those who want help to receive it.

In an age of sanitiser, masks and hypochondria, people are ashamed to reach out for help. There has always been a huge stigma against mental health, especially when it comes to reaching out for support. In fact, in 2016, the [National Mental Health Survey](#) found that of the 150 million people

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who need mental health care in India, only 30 million actually get it. There's no telling how much worse this figure was made by the pandemic.

that we are facing as a global community , we at The Monthly urge you to speak out and hope that you will stand up for the silent voices affected by mental illness.



But why the stigma?

M. Nora Bouchard, an executive and leadership coach, says that people have trouble reaching out because that entails handing over control to someone, which people “really have a hard time with”. People are also scared of coming across as needy, a fear that has only increased during the pandemic, where the fear of overwhelming someone who is already worried is especially prominent.

In a time where everything already feels so out of control, being vulnerable and sharing that control with someone else can be terrifying. This is why, as a society, we need to move towards being more transparent and open. Mental health is nothing to be ashamed of. With a continuation of these social stigmas, we will continue on our current path towards a global mental health crisis. This is why we need to gain collective willingness to share feelings, create safe spaces and delegate tasks when one is overwhelmed, something that can only be achieved through increased awareness and shifted attitudes.

Therefore, during this month of mental health awareness and reflection on the crises

Article written by:
Tamara Almoayed 13F

THE MONTHLY

Inside a Teen's Mindset

The awareness and the importance of a healthy mindset is skyrocketing every day. With all this being said, a healthy mindset of teens is often avoided or ignored, often paired with statements like “Oh you are just a child you don’t have anything to worry about.” or “Wait till you reach my age, you will learn the harsh truths of the world.”. But people don’t realize the type of mental stress that students/teenagers go through each day.

The idea of having nothing much to do other than studying is an understatement, although it’s not like having to juggle between professional, family life along with financial expenditure like the adults do. The pressure, expectations that we face are equivalent to those of an adult but often our problems are overlooked.

The pressure of being able to choose their career at the age of 16-17; the pressure of attaining good grades, being proactive, getting into the top universities, having to work in a respectable position earning money to live comfortably. Yes, to stand out, to be leaders, to be unique and one of a kind in a crowd of thousands is difficult. Our parents want what is best for us but unconsciously they are putting this pressure on us to do well and our mental health is often overlooked. They put weights of high expectations, pressure on our shoulders without realizing it.

When you get into the university you want to be able to bag the job you have always wanted. Oftentimes, the most pressure we feel is from our family and external surroundings, feeling as if our love from others is conditional based on our success. However, in feelings of insecurity as a result of this, we must remind ourselves that we are not a product of our achievements, our achievements are a product of us!



Along with these achievements though, comes the unbelievably high standards sourced from social media - where everything is all rainbows and unicorns. Being successful at 13 or 18 is appreciated whereas being successful at 50 or 60 goes unrecognised. Being able to fit into size 2 or 0 are fantasised and having a size 10 or above body with stretch marks, muffin tops, body hair etc is frowned upon. And since we use our mobiles, laptops, pads every day these ideas are finally registered into our minds.

When these pressures grow and we begin drowning into slumps of unhealthy behaviour, our health is often overlooked by us, and those surrounding us. The only way to dismantle these expectations of constant perfection is to have conversations with others about mental health and its significance in development. Not only that, but we must all confront our unhealthy behaviour and introspect within how we feel about mental health ourselves, and how we may sometimes overlook this.

THE MONTHLY

Inside a Teen's Mindset

If you were to ask me which stage of life would have the most unhealthy mindset. I would boldly say that of a teenager. Why? I think the reasons I have listed would be replaying in your head now.



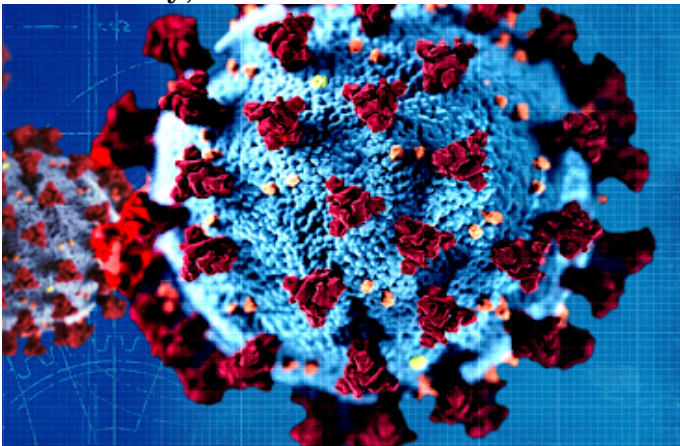
For a positive and healthy mindset, being able to connect with people, especially those you trust the most is the most essential thing to overcome our fears and insecurities. Giving yourself time to heal from the storm you just endured and allowing yourself to focus on your physical health. Being able to realize one's mental health itself is a start at maintaining a healthy mindset. By doing so an individual has been able to reach a state of self-realization. The power that self-realization holds is enormous. There are times where you find comfort and the warmth that you have been longing for in family, friends or even a complete stranger or maybe a piece of paper and pen. The most important thing to keep in mind is to allow yourself to be more open with someone or essentially yourself so that you don't emotionally exhaust yourself. When you feel like you are emotionally exhausted, then it is time to seek advice from professionals. It is completely normal to have visits for professional help, your mental health should be given more importance just like your physical health than the social stigma behind seeking professional help.

Article written by:
Avantika Rajesh 12E

THE MONTHLY

The Delta Variant: Our Latest Enemy

Throughout the COVID-19 pandemic, a multitude of genetic SARS-CoV-2 variants have surfaced and circulated around the world. Variants occur due to a change in a virus's genes. Therefore, due to the fact that COVID-19 is an RNA virus, it is increasingly likely that it will continue to change and evolve. Since the virus's initial debut in 2019, many unknown mutations, that are quite distinct in nature, have emerged. According to John Hopkins medicine, the reason for such "genetically distinct variants" is geographic separation; evidence of this is apparent through variants such as the Alpha from England, Beta from South Africa, most recently the Mu from Columbia, and our focus today, the Delta variant from India.



The Delta variant is a highly contagious coronavirus strain, which was first detected in India, during December of 2020. Within a few months, this variant monopolised the country, before continuing on to similarly act on Great Britain and the USA - where it is now the prevalent strain (approximately 93%). Furthermore, this specific strain has been proven to be 50% more transmissible than the Alpha variant, and twice as contagious as other strains that have emerged. This is mainly due to the higher viral load that is carried by individuals infected with the Delta variant. For example, according to Dr F. Perry Wilson, a Yale epidemiologist, "In a completely unmitigated environment - where no one is vaccinated or wearing masks - it's estimated

that the average person infected with the original coronavirus strain will infect 2.5 other people. In the same environment, Delta would spread from one person to maybe 3.5 or 4 other people". Moreover, according to the CDC, the Delta variant is twice as likely to cause hospitalisations and death among the infected, due to its aggressive nature.

Regarding the FDA approved COVID-19 vaccines, such as Pfizer-BioNTech and Moderna, the CDC states that they are "highly effective at preventing severe disease and death" against the Delta variant. However, they are not 100% effective as fully vaccinated individuals can become infected (known as breakthrough infections) and experience symptoms. Nevertheless, predominantly unvaccinated individuals have been the main culprits of hospitalisations and deaths from the Delta variant. Likewise, a Public Health England analysis showed that mRNA vaccines (such as Pfizer) were significantly more effective - 96% compared to 93% - than non-mRNA vaccines (such as Oxford-AstraZeneca).



According to Florida Atlantic University experts, the Delta variant is projected to last at least until the end of 2021 and therefore individuals should remain cautious through continuing to wear masks, getting vaccinated and social distancing.

Article written by:

Heba Bangash (12C) & Dana Al Marzooqi (12D)

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Charity, Empathy and Evacuees- How a Simple Message became a Local Effort, Overnight!

Read along as “The Monthly” discusses the power of mobilizing oneself to make a difference and take a stand in discussion with Yagna Damani, the organizer of the recent national Afghanistan refugee drive.

Don’t “just lament with some friends over coffee” as Nishat puts it, but instead force yourself out of a routine of complacency. Yagna Nishat may not be the most recognizable of names but she has certainly earned her place in the pantheon of local heroes. Mrs. Nishat, born and raised right here in Bahrain, showed kindness beyond belief when she led the local Afghanistan evacuee charity drive, bringing clothes and more to evacuees transiting through the island for processing before moving onward to their destinations.

“How can I help?” was the question Yagna Nishat had asked upon hearing that evacuees, who were “coming with literally[...] just the clothes on their back” to Bahrain. The instant enthusiasm to engage in helping others in the community was inspiring. That alone merely gives a glimpse into the situation many of the evacuees were in after having “been stuck outside the airport for God knows how many days” and highlights the significance of helping others in need, especially when the gravity of global issues often leave victims helpless under the relentless brunt of tragedy.

“Seize the opportunity”, even if “charity is not convenient” is the perspective that Nishat adopts. Avoiding making excuses for not being charitable and not listening to the pleas of others is a key takeaway from our interview with Yagna Nishat, something all students can work to incorporate in the future. Don’t try and wait for the perfect charitable cause to come through the door for as Mrs. Nishat says “that happens a dime a dozen” but instead “when something comes your way, do it. It’s as simple as that and that’s really what happened with this Afghanistan donations drive”.



Charity may not be convenient, after all “very few of us... can sit there and write a fat cheque right?” but Mrs. Nishat’s example shows inconvenience is not to stop us. Running the charity drive was “far from convenient”, “You’re all guns fired or you’re not” yet Yagna Nishat pressed on because “you roll with it”. “If you have a charitable heart, which I really do believe that inherently all humans are good and are kind, seize the opportunity”. That doesn’t mean running a charity drive by yourself but by being kind to people, donating to causes you can, and organizing to help others we really can make a difference, indicating a change in attitude

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Finally, we learn charity comes with many rewards. First and foremost this to those who needed aid receiving it, when people's lives are improved even if only a little, but also to you for your charity. If you are worried about getting into charity then note that Yagna Nishat details the most rewarding part of her charity work was "the sense of accomplishment. I mean it was like a total adrenaline high. It was seriously euphoric. The end result is so gratifying". Working to support others creates an attitude and belief system filled with excitement and adrenaline, and provides more merits than one may consider on base level.

Thus, as we concluded our interview inspired and enthusiastic to create change, we finished on one final value of benevolence, it's significance summarized succinctly with the quote "if you're going to be anything, let it be being kind".



Article written by:

Callum Laing 11D and Yusuf Kamran 12F

THE MONTHLY

Discussing Small Businesses and the Covid-19 Crisis

Join our interview team as they engage in insightful discussion on the effects of small businesses from the Covid-19 crisis!

The Covid 19 crisis has undoubtedly affected everyone globally. Including but not limited to students, parents, companies and especially small businesses. Entrepreneur's have been greatly affected by the current global crisis because of the economic shutdowns and lack of consumer confidence. As an interviewer at The Monthly I had the great pleasure of interviewing the founder of a new health-centered cafe called "Unicorn Noms", Muneera Obaidli and the founder of Slime Sellers Bahrain, local student entrepreneur Layan Esfahani. We had the opportunity to discuss the effects of the Covid 19 crisis on their businesses and their mindsets as entrepreneurs in different industries. Throughout this interview, our interviewees touch on numerous significant topics such as business strategy, the role of social media and reacting to crisis in relation to Covid-19 crisis. Muneera and Layan offered great advice to young entrepreneurs, and this interview can definitely expand perspectives for those interested in the economy!

Click on the picture down below to watch a video of this interview.



Article and Interview by:
Myron Saad 11C
Video Editing by:
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THE MONTHLY

Greta Thunberg: An Inspiration or an Attention Seeker

As the controversy behind young climate change activist Greta Thunberg is explored, discover how she maintains her activist priorities in the face of the world's critical lens

Greta Thunberg. Viewed by many as an inspiration, yet also labelled as 'mentally ill' by many others who neglect the rising issues caused by climate change. This article will allow While she may be a 16-year-old who's criticized for her actions, she is a 16-year-old who's taking action, and that must be applauded and appreciated. w you to recognize the significant impacts Thunberg has made. Politicians and authorities alike believe that she is ill, and that the impact of the environment should be led by 'scientists' rather than by a "mentally ill Swedish child".

Greta Thunberg has become a household name, with her devotion to help mitigate climate change, she has allowed others to take action themselves. Her success came from her empowering messages, and more importantly, Thunberg keeps her promises. Powerful institutions such as the US Congress and The United Nations have been challenged by her, and the world continues to see her words followed by her actions. Therefore, Thunberg's influence inspires strength and courage within others like her, to fix crucial issues that have a dire impact on society.

Furthermore, Thunberg has shown her dedication by refusing to travel by airplane, as it emits large amounts of gases that contribute to global warming. Thunberg's actions include skipping classes on Friday which is called Fridays for Future. This inspired many around the world to do the same, countries such as The United States, Finland, Denmark and The Netherlands joined her to make a stance on protecting the future of our world.



While she has been a true motivation to millions worldwide, she has also been proclaimed an "attention-seeker" by many. A recurring issue with Greta Thunberg is that she encourages demagoguery and scaremongering. Furthermore, she has been accused of spreading terrifying rumors, which lay fear in the minds of many. Some have even claimed her teachings to be "distorted" and "fanatical". The issue highlighted in her methods isn't the fact that she's a 16-year-old, but rather that she is supposedly a clueless 16-year-old whose ideologies are impacting policies that affect billions every year.

While she may be a 16-year-old who's criticized for her actions, she is a 16-year-old who's taking action, and that must be applauded and appreciated.

Article written by:

Veda Varma (10A) & Nada Al
Mosheky 13A

THE MONTHLY

A Microscope on Positives in the Pandemic

In the face of a pandemic which has been catastrophic for many, Ahmed Mansoor looks at the positive mindset which we should all endeavour to adopt during a challenging time. It is time to zoom out of the close lens on the world and piece together what is broken. After all, what is a disco ball but thousands of pieces of broken glass!

When the world is in crisis: in war or a pandemic, and when everything is dark and miserable, you need to carry your lantern in front of you to see how beautiful the world around you is.

The last two years were full of many hardships and obstacles - especially with everyone self-isolating. This meant that we missed the essential social interaction and physiological comforting necessary for us to combat stress and other difficulties. Nevertheless, we should not allow ourselves to sink into the pit of negativity and failure. Otherwise, we may destroy all our success and deprive ourselves of our will and determination.

We should aim to challenge the negative mindset in the interest of creating a fulfilling life where many of our dreams are achieved. Therefore, we must take great care to find positives in the world around us and never allow the darkness of negativity to shadow our dreams.



Let us take the pandemic as an example... Instead of mourning the situation, we should celebrate our ability to adapt to the exponential deterioration of global health. Although the pandemic was an emotional roller coaster, many people managed to fulfill incredible achievements and discover new talents. It is fascinating to hear how

quarantine enhanced many of our skills and opened many new opportunities for us.



In addition to thinking about the positive events, we must hold essential characteristics like motivation and determination. Other skills include setting a realistic goal with a clear plan to achieve it. These characteristics will create a focused person with no time and effort to waste on thinking negatively. Obviously, there will be many obstacles - especially when the world is in crisis - but generally, you will find that you are able to overcome the challenges and difficulties.

A pessimistic mindset can not only have negative effects on the individual but can also affect the community. Therefore, our role is to spread the magic dust of positivity to all our friends and family. Furthermore, our role includes giving the necessary support and advice when our friends are facing difficult challenges.

We must Be Aware that negative thoughts can be fatal and we should never follow their footsteps. This is a sincere invitation to look at the world with positivity, even if you need to use a microscope at times!

Article written by:
Ahmed Mansoor (13F)

THE MONTHLY

September Talent Showcase: Hidden Talents!

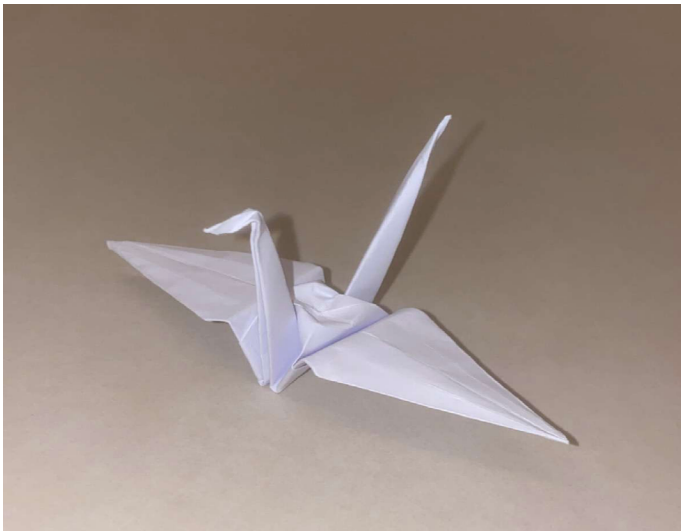
This month, join our talent submissions team as they showcase some of our most interesting and impressive students in the BSB! If you would like to submit a talent submission to The Monthly, please do through our official email.

Paper Cranes

By: Anon, Year 11

Type: Craft

A time-lapse of the creation of origami cranes.

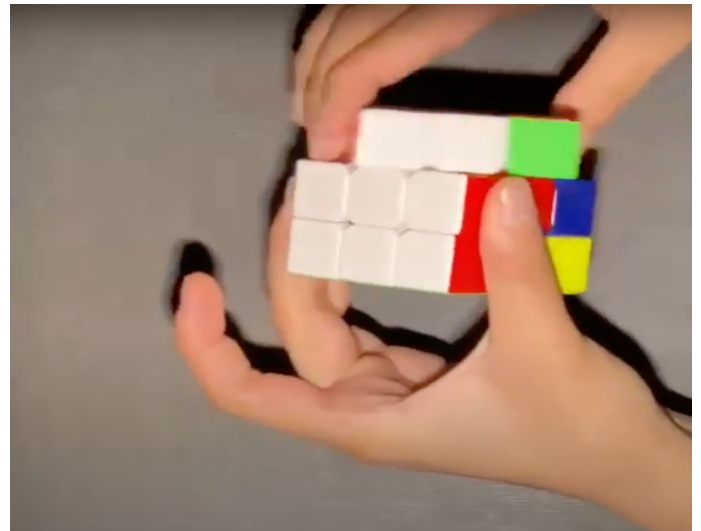


Rubik's race

By: Anon, Year 12

Type: Hidden Talent

A time-lapse of a rubik's cube being solved.



Click on these images to watch a time-lapse!

R2-D2

By: Rayyan Amin, 12A

Type: Lego build

A lego model of R2-D2 from Star Wars.



Article written by:

Dana Ahmed (12E) & Jahnavi Nair (13E)

THE MONTHLY

Celebrity Catch-Ups with Trending!

Here is some of the drama that happened over the summer. Spent summer offline? Don't worry, the Trending team has got your back!

Rihanna officially becomes a billionaire

According to Forbes, Rihanna is now a billionaire and the world's wealthiest female musician. She is now worth \$1.7 billion, making her second only to Oprah Winfrey. But it isn't her music that has made her so prosperous. The value of Fenty Beauty, of which she now owns 50%, accounts for the majority of her riches (an estimated \$1.4 billion). Her investment in Savage x Fenty, which is worth an estimated \$270 million, and her profits from her career as a chart-topping musician and actress account for the majority of the rest. In a June 2019 interview with Sarah Paulson for Interview magazine, Rihanna said how she didn't plan on developing an empire or being an entrepreneur; it just happened as she pursued her music career and explored other creative avenues.



Is the Met Gala losing its prestige?

In an effort to bring the Met Gala into the social media age, this year's event is bypassing more established fashion industry figures in favour of younger talent. "I've been told that a lot of influencers are on the guest list." The Post spoke with a celebrity agency whose clients have been regulars at the event in the past. "I've heard that Facebook and Instagram have taken so many tables, and that's put a lot of people off going, alongside the mask mandate." The development of TikTok, the world's fastest-growing social media site, coincided with the COVID-19 pandemic. Unlike precursor applications such as YouTube and Instagram, TikTok's popularity has spread well beyond the platform, taking its place in mainstream culture and is producing some of the internet's "largest" celebrities. It's evident that viewers aren't excited to see a larger number of influencers attending an event that has



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Celebrity Catch-Ups with Trending!

traditionally been reserved for huge celebrities — but as more social media moguls break into the mainstream, this could become a trend we see more of in the future, whether we like it or not.

Marvel's 'Shang-Chi' on Asian representation

Marvel's first standalone film portraying an Asian hero, "Shang-Chi and the Legend of the Ten Rings," has been released starring Simu Liu. With a predominantly East Asian ensemble, the film has already sparked debate about whether it can match the cultural relevance of "Black Panther." Debates on the release of this film have become nuanced, with principles like justice, equality and representation being common in arguments supporting the merit of Shang-Chi. The theory is that if Shang-Chi succeeds at the box office, it will demonstrate that Asian American tales are worth investing in, and that viewers want to see Asian American faces on the big screen, and that superheroes of Asian descent are just as valid as their white counterparts.



Not So Sweet, Sour Controversy.

After the success of driver's license, it is no surprise that Olivia Rorigos's debut album Sour was a No. 1 on the Billboard Hits but the surprising amount of controversy associated with it was shocking! From faulty merch that featured misspelt SOUR bracelets and poor quality tops, to the brutal (song on the album) music video's strikingly similar scenes to that of Rina Sawayama's XS. In addition to that, fans have noted similarities between 'good 4 U' (another song) and Paramore's 'risky business'. Admitting she was influenced by the group, Olivia -



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Celebrity Catch-Ups with Trending!

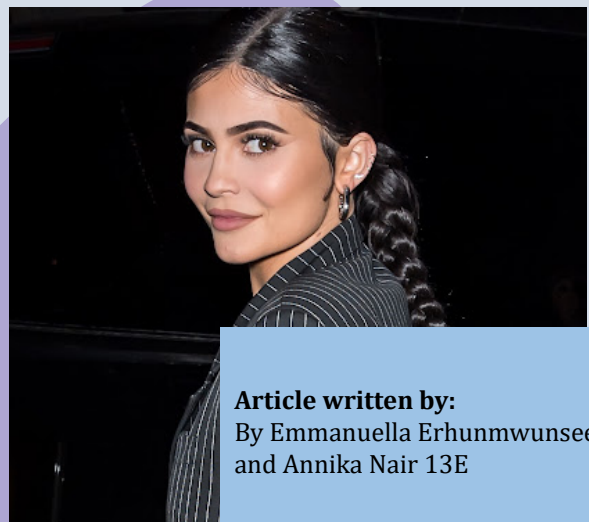
has since made Paramore bandmates and singer Hayley Williams as well as ex-guitarist Josh Farro, co-writers. But this wasn't the first time that Rodrigo had offered writing credits to other artists for their apparent influence on her work — back in July, it was reported that she'd added Taylor Swift, Jack Antonoff, and St. Vincent (aka Annie Clark) to the credits on “Deja Vu,” another one of her top 10 hits. Hey, We love a retroactive queen who takes responsibility.

Is ‘He’s all that’, not all that??

Over the summer, Addison Rae made her acting debut in the 2021 remake of ‘She’s all that’ and the public has been divided. The movie, ‘He’s all that’, features a gender-swapped version of the famous rom-com with Addison Rae as Padgett Sawyer, an influencer who looks to transform the school outcast Cameron Kweller, played by Tanner Buchanan, into a teen heartthrob. Despite Rae being excited at her rising acting career, the public begged to differ with overwhelming negative reviews. Some of Rae’s fans are coming to her defence saying she is not to blame for ‘all’ of the movie’s problems. Rae’s co-star, Buchanan, also came to her defence saying ‘she worked really hard’. Fans are already speculating what we will see her in next as Rae signs another contract with Netflix.

Baby on board <3

In traditional Jenner fashion, Kylie announced she is pregnant with her second child via a cute Instagram video that had fans everywhere crying. Although, this did not come as a surprise to true Kylie fans who spent all summer forming conspiracy theories about whether or not she was pregnant. Though she did not disclose any specific details about the pregnancy, the video includes many scenes of her friends and family reacting to the news and even ends the video with a vignette of Stormi, first-child, kissing her baby bump



Article written by:

By Emmanuella Erhunmwunsee 13B
and Annika Nair 13E

WHATS TRENDING THIS MONTH

THE MONTHLY SUMMER HITS

LISTEN TO THE TOP HITS FROM THE SUMMER HOLIDAYS THAT HAVE BEEN ALL OVER YOUR FOR YOU PAGE AND INSTAGRAM FEED. FROM KANYE TO BTS, THIS PLAYLIST COVERS IT ALL. TAKE A BREAK FROM HOMEWORK AND VIBE TO THESE TRENDING SONGS.

PLAYLIST #8

1



MOON

KANYE WEST

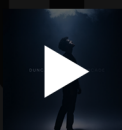
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**MEET ME AT
OUR SPOT**

THE ANXIETY, WILLOW,
TYLER COLE

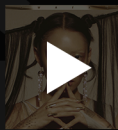
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ARCADE

DUCAN LAURENCE

7



XS

RINA SAWAYAMA

3



BEGGIN'

MÅNESKIN

8



BUTTER

BTS

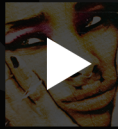
4



BAD HABITS

ED SHEERAN

9



4EVER

WILLOW

5



HEAT WAVES

GLASS ANIMALS

10



MISERY BUSINESS

PARAMORE

THE MONTHLY

Advice: Returning to Normalcy and Remaining Respectful

Returning to Normalcy: How to cope with getting back into a school routine.

Coming back to school this year was very different to last year. With a majority of students returning to campus, we are starting to see the BSB community ease into a “Pre-Covid” environment. For a lot of students, this must have been a difficult transition: from learning online, and possibly losing focus, to returning with full force and being expected to adjust almost immediately.

Here are a few tips to help make this transition slightly easier:

1. Look at what subjects you particularly struggled with last year

This is key, especially for GCSE and A-Level students; focus on what you need to work on, and find ways that you will improve your understanding of them this academic year. You could start by simply asking your teachers for guidance or even watching youtube videos to build on your knowledge.

2. Talk to your teachers or contact Support360 if you're having any concerns

We strongly advise you to take advantage of the extraordinary pastoral care provided by the school. These teachers will offer you guidance to overcome your concerns and support you throughout the year. Support360 is a platform, created with the sole intention to encourage students to reach out and express their queries, so don't be afraid to use it.

[click here for details about Support 360.](#)



3. Take part in extracurricular activities

Whether it's a Beyond BSB lecture or an afterschool club, extracurricular activities are an excellent opportunity to boost your academic skills. They are also a great way to help you adjust to the social aspect of school; which can be quite overwhelming.

4. Organise yourself

Start by creating a study schedule to stay on top of your cycle tests. Assign certain times for you to study, taking your cycle test schedule into account, and get into a routine. This will prevent you from procrastinating and will be extremely helpful all year round.

5. Create small goals to motivate yourself

Setting the smallest goals will encourage you to work hard and challenge yourself. Start simple, create a subject related goal and as the year progresses, develop bigger ones that push you to do your best.

THE MONTHLY

Advice: Returning to Normalcy and Remaining Respectful

How to be considerate of other people's opinions and views

A quick reminder that not everyone will have the same opinion as you do. No matter the topic discussed, there will always be a different perspective to yours. Everyone is entitled to their own opinion, and if you wholeheartedly disagree with someone, remind yourself that they believe their thoughts and feelings are valid (maybe due to personal experiences or circumstances). To respect other people's opinions and views, one must learn to be considerate of them. Here are some tips to do so:



1. Research

There's no point of getting yourself into a heavy discussion if you don't know what you're talking about. It's always best to research topics you wish to discuss in depth - this is also beneficial towards you, expanding your knowledge with different subjects.

2. Don't diminish other people's opinions

Even if you may disagree with someone, try not to undermine them just because they see things differently.

3. Be mindful of who you're talking to and where you are

You may realise that someone's opinion may be the polar opposite of yours. Take into account who they are (eg: if they grew up being taught certain things). Depending on where you are, a certain opinion may be the normative thought around the area.

4. Choose your words carefully

Always think before you speak. Adding onto the fourth tip, you don't want to say anything you'll regret later. You don't want to sound like you're targeting an entire group of people when trying to make a point.

5. Try to stay neutral when talking to others

Body language, facial expressions, and tone can implicate how one perceives a person. If someone you're conversing with believes the topic of interest is important, show that you're actually listening and trying to understand. Maintain eye contact. Don't start raising your voice/ try not to sound irritated - escalating and causing a situation won't benefit anyone.

6. Stay calm

If you believe that a topic is getting out of hand, both parties are uncomfortable, or anything in between really, remember to stay calm. Try politely excusing yourself or even asking to change the subject. Not every conversation can end with everyone agreeing with one side. If possible, maybe find a middle-ground and end it at that.

Article written by:

By Diva Bhatia 11A and Sophia Allam 12A

THE MONTHLY

Opportunities: September

Webinar –Kevin Anderson and Zero Carbon Britain: responses to the climate emergency

<https://cat.org.uk/events/free-webinar-kevin-anderson-and-zero-carbon-britain-responses-to-the-climate-emergency/>

Topics covered include “The scale and urgency of climate change now How world leaders, organisations and institutions are responding.”

From Inspiration to Practice: Delivering Net Zero through Local Government

<https://cat.org.uk/events/from-inspiration-to-practice-delivering-net-zero-through-local-government/>

“Gain practical advice from those behind successful net-zero local government projects. The conference will include a keynote address, workshops and panel discussions addressing how local action can help support and drive the transition to net-zero.”

Stock Market Investing for Beginners

<https://www.udemy.com/course/the-beginners-guide-to-the-stock-market/>

“Learn all the Basics of the Stock Market, through comprehensive, interesting and fun lectures!”

The Science of Well-Being - Yale university

<https://www.coursera.org/learn/the-science-of-well-being>

“In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits.”

Mind Control: Managing Your Mental Health During COVID-19 - University of Toronto

<https://www.coursera.org/learn/manage-health-covid-19>

“The intent of this course is to give you a deeper understanding of the anxiety reaction as it relates to various aspects of our current life and give you clear strategies for managing and, in fact, turning off the anxiety response at least for short periods.”

The Sustainable Development Goals – A global, transdisciplinary vision for the future

<https://www.coursera.org/learn/global-sustainable-development>

“Within this course, you will get a historical overview of how sustainability has been understood, as well as a thorough introduction to the SDGs – what they are, how progress can be measured, and how the SDGs are relevant for the management of the global systems supporting humanity.”

Revolutionary Ideas: Utility, Justice, Equality, Freedom

<https://www.coursera.org/learn/revolutionary-ideas-utility-justice-equality-freedom>

“In this course, we will explore those ideas, taking the political institutions and political systems around us not as fixed and unquestionable, but as things to evaluate and, if necessary, to change.”

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Opportunities: September

COVID-19: Understanding the Research Behind the Pandemic

<https://www.futurelearn.com/courses/covid19-understanding-the-research>

“Discover how scientists responded to the pandemic and how they conduct innovative research to develop treatments and vaccines.”

Social Media Team

<https://www.volunteermatch.org/search/opp3397917.jsp>

“Sign up to be a part of the Social Media team, you’d create stories and posts for Instagram and work all things relating to social media.”

Conflict management with Emotional Intelligence

<https://www.udemy.com/course/conflict-management-with-emotional-intelligence/>

“Discover ways to grow your communication skills to manage conflict and develop emotional intelligence in the workspace.”

Important dates this month!	
Monday 4th	Autumn Exam Series Begin + BSME Race 4 Good Challenge Y11 - Y13 Ends
Tuesday 12th	HT1 Grade Cards published (Y9, Y11, Y13)
Thursday 14th	Think Pink Charity Day
17th - 21st	Half Term holiday
18th - 29th	Inspired Festival
Sunday 24th	Staff Development Day
Monday 25th	Y11 Parent Meeting

Article written by:

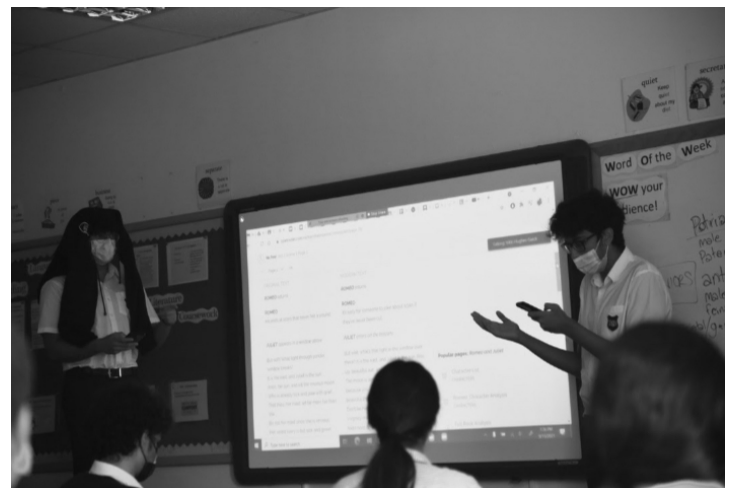
Maryam Zaidi (13D) & Ayushi Karani (11E)

THE MONTHLY

Capturing the Decisive Moments of September

Join our photography team as they make their way around the school, capturing our educational world through a lens inspired by pioneering photographer Henri Cartier-Bresson.

Born in 1908, The French photographer Henri Cartier-Bresson is known as the pioneer and ‘father’ of street photography. It was in 1932, during his year at the Ivory coast, when he discovered the Leica (a camera company). This transformed into a devotion to photography which in the subsequent year led to his first exhibition at the Julien Levy Gallery in New York. Bresson’s fascination for surrealism is depicted in his photography as it captures the essence of everyday life. Bresson’s concept focuses on the ‘decisive moment’, articulating the idea that a photographer must balance being prompt with patience in order to capture the ideal shot. His style adopts a monochromatic palette which excludes the chaotic clashes of colour and thus creates an intimate and documentarian atmosphere. This further emphasizes the photographer’s composition and form which portrays an artistic perspective to everyday life.



To take a photograph is to align the head, the eye and the heart. It’s a way of life”
Henri Cartier-Bresson

Article written by:

Nawraa Ali 13F

Photography by:

Nawraa Ali 13F, Shannon Ventura
13A, Hassan Mahmood 11A

THE MONTHLY

Capturing the Decisive Moments of September

