



The British School of Kuwait

Higher Phase Newsletter

Edition No.2

Thursday 26 September 2019

(I)GCSE, AS and A-Level Results

Welcome Back!

Congratulations to all of our students who sat examinations in the summer. Below you will see the combined grade percentages as well as a list of the top candidates at each level.

To all students, we wish you a huge welcome back for the 2019-20 academic year!

(I)GCSE		AS Level		A Level	
Grades	Percentage	Grades	Percentage	Grades	Percentage
9+8 (A*)	37%	A	31%	A*	14%
9-7 (A*/A)	56%	A-B	52%	A*-A	36%
9-5 (A*/B)	85%	A-C	73%	A*-B	72%
9-4 (A*/C)	95%	A-D	87%	A*-C	91%
		A-E	98%	A*-D	99%
				A*-E	100%

We hope you have enjoyed the summer break and are keen and ready to get started with whatever challenges lie ahead.

Please note that all members of the BSK family are here for your support. If you need help or simply have a question, feel free to ask anyone!

Top performers at (I)GCSE

Cian Williams 12.2 (4784) – 10 9s, 1 8
Farah Badr 12.1 (1482) – 8 9s, 1 8, 2 A*
Vedanta Mohanta 12.4 (9684) – 7 9s, 2 8s, 1 A*

Top performers at AS Level

Ali Shamohammadi 13.2 (4794) – 5 A
Noor Al-Kadi 13.2 (4668) – 4 A, 1 B
Ali Alobaidan 13.1 (4884) – 4 A
Maria Elias 13.1 (3590) – 4 A
Siddhant Singh 13.1 (2082) – 4 A

Top performers at A Level

Alexandru Moraru – 3 A*, 1 A
Rashid Karam – 2 A*, 2 A
Imaan Khan – 2 A*, 1 A, 1 C
Ali Alshaarawy – 1 A*, 4 A

HIGHER PHASE PRIZE GIVING

We are currently preparing for our first new event of the year, the Higher Phase Prize Giving.

This will take place on Wednesday 23 October at the Jumeirah Hotel.

Students who were in Years 9, 10, 11 and 12 during the previous academic year and were successful in either an individual subject or across the board will receive an invitation. We expect this will be a fantastic evening and are looking forward to it immensely.

New Head Boy and Head Girl

University Destinations



Congratulations to Maria Elias 13.1 (3590) and Hashem Hashem 13.1 (513) on being selected to represent the school as Head Boy and Head Girl for the academic year 2019-20.

Congratulations to all of our Year 12 and 13 students who have left BSK to pursue their degrees at a wide variety of institutions. Here is just a small sample of their destinations:



More details of BSK examination results and university destinations are available on the school website:

<https://www.bsk.edu.kw/article/2019/9/15/students-excel-in-june-2019-examinations>

How to build better habits? – Vidhi Sharma 10.8

All of us have goals that we want to achieve, that we dream of but we do not make enough effort or do not have the habits to support our goal. It is said that it takes just 21 days to build a habit. Once you have achieved this, it must continue for other 90 days. This is known as the '21/90 rule', but where do you begin? Here is some advice to help you form better habits:

Begin with small habits

Smaller habits require less energy and time and this makes them more sustainable. Do not start with habits that require a lot of energy and time because these are said to be inconsistent in their routine. In addition, planning habits that require great energy can lead to procrastination.

Develop your environment

A powerful catalyst for developing a habit is surrounding yourself with motivation towards your goal as well as all the resources you will need. Another proven effective method is staying away from distractions while developing your new habit. For example, if you are trying to build a habit of reading each night before bed, a noisy environment like being in front of a television or a ringing phone might distract you, which might lead to you competing with the distractions around or struggling with them, leading to your focus being completely taken away. Meanwhile if you keep your bedroom free of gadgets and distractions, this will help you channel your focus on the book. In this way you will not have to compete with your environment in order to focus.

Find you free time

Eliminate steps that require higher energy, like doing your habit just after school when you are already tired. So, pick a time in which you are not exhausted. For instance, waking up twenty minutes early and doing your habit for 15 minutes might turn out to be a more suitable time than in the evening when you have to complete your homework.

Reward yourself

Each time you complete your goal, reward yourself with something that satisfies you, it might be to treat yourself to a dessert or to spend some time playing games. These rewards might make your goal more attainable as each time you get a bit of relaxation or free time after completing it.

The chemistry of building better habits:

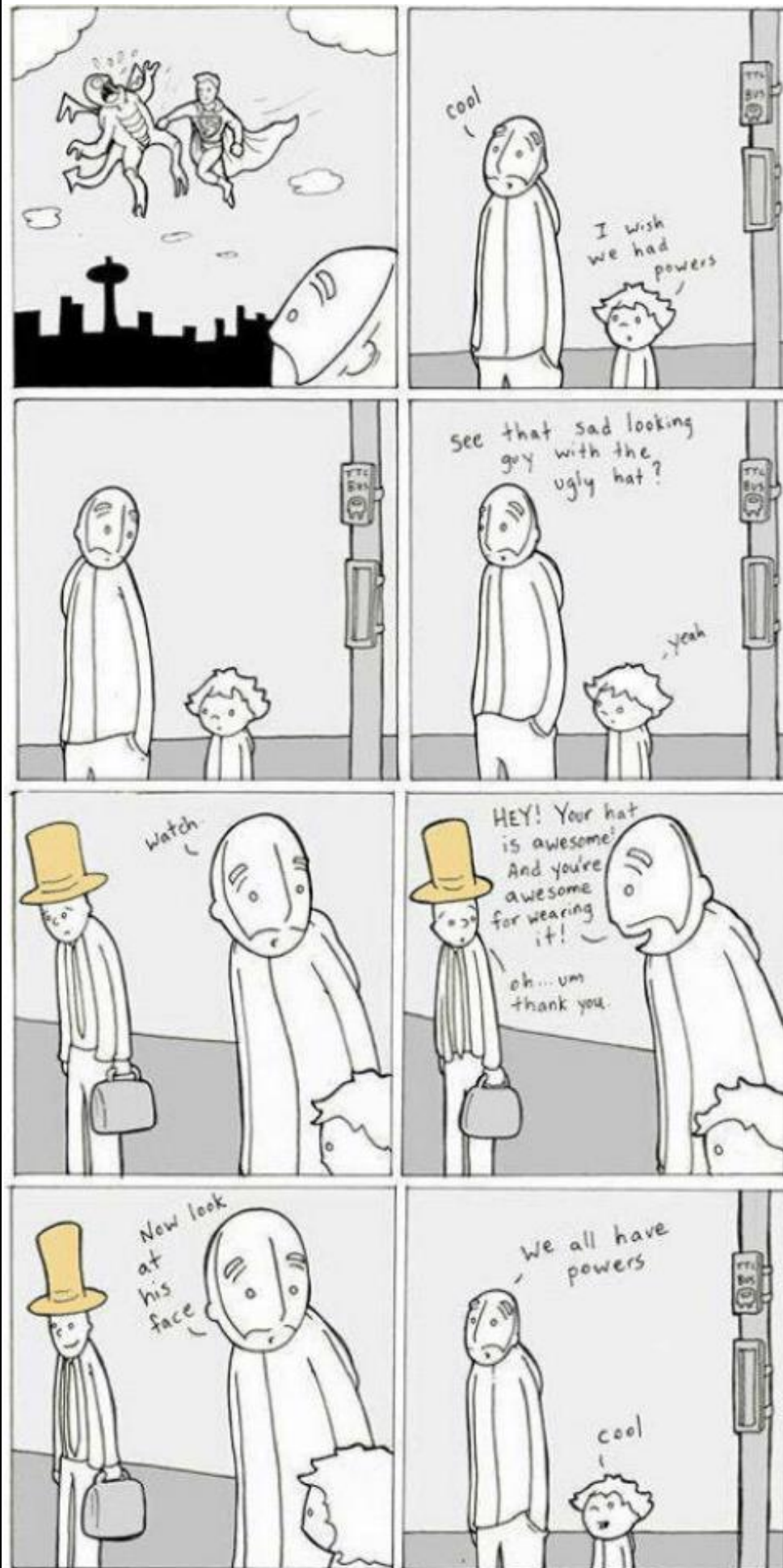
Begin small
Modify your environment
Find a suitable time
Reward yourself

Follow all these methods in order to improve in any habit you're trying, and each time you do them, it might improve your skill but remember to be consistent in your habits.

“Chains of habit are too light to be felt until they are too heavy to be broken.”

- Warren Buffett

Cartoon Competition



The cartoon to the left comes from the web series LunarBaboon.com and is the creation of American artist and cartoonist, Christopher Grady, who specialises in short comic strips that have a positive message.

They are written to make you feel good and in particular he created a series titled "We all have powers" from which this cartoon is taken.

We would really like to include regular cartoons in our Higher Phase Newsletter and we would like these to be the creation of any budding cartoonists we might have in Years 9 to 13.

To encourage this, we are starting a competition.

To enter, please create an original, hand drawn cartoon that is either a 4, 6, or 8 box layout. (this one is an 8 box).

Draw in pencil first, then ink over the lines with a fineline black pen. The cartoon can be in black and white or colour.

Submit this as a scanned copy to sia@bsk.edu.kw no later than Sunday 20 October.

Good Luck!

Sports Calendar

Under 19 Volleyball Boys - Trials starting November

Under 19 Volleyball Girls - Trials starting end of January

Under 19 Basketball Girls - Trials starting November

Under 19 Basketball Boys - Trials starting end of January

Under 19 Football Girls - Every Thursday starting now, please see Miss Lauren (LRL) for further information

Under 19 BSME - Male Athletes for Football/Volleyball and Female Athletes for Netball/Football – please see Miss Hayley (HAK) for further information

Inter-house Competitions this year will be in the following sports:
Football, Basketball and Volleyball, they will take place at the start of each season

Other clubs taking place throughout the year will include: Dodgeball, Cricket and Gymnastics, please check the schedule each week, which will be posted on the PE notice board and online at:

<https://www.bsk.edu.kw/learning/extracurricular-activities>

Sports Leaders Level 3 - every Thursday 14.45- 16.00 – this course develops leadership skills and teaches you how to plan and lead sport and activity sessions. It is worth 16 UCAS points, please see Miss Lucy (LUF) immediately to sign up. A letter has already been released.

Quote of the month

The photos shown below were taken from events during the 2018-19 academic year.

Art Dubai Trip

Sports Day

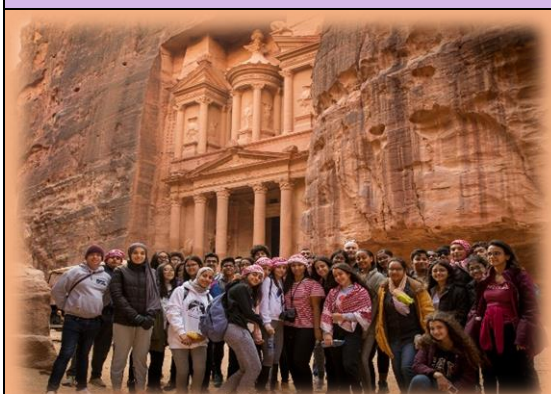
“Choose a job that you love and you will never have to work a day in your life.”

– Confucius



IA Silver in Petra, Jordan

IA Gold in Kathmandu, Nepal



SCHOOL CALENDAR

Week 5 29 Sept – 03 Oct	Week 6 06 Oct – 10 Oct	Week 7 13 Oct – 17 Oct	Week 8 20 Oct – 24 Oct
S29	S6 - Book Club commences	S13 - Book Fair starts	S20 - Consultation Day 09.00 – 15.20; Royal Scot 09.00 – 17.00
M30 -	M7	M14 - (I)GCSE Resit examinations commence	M21 - HP Prizegiving rehearsals
T1 - Inter-House Debating	T8	T15 - Y9-Y13 Tracking grades released	T22
W2 - Inter-House Debating Final	W9 -	W16 - Year 11 Information Session	W23 - Higher Phase Prize Giving 18.00 – 21.00
T3	T10	T17	T24 - Last day of Term 1
F4	F11	F18	F25
S5	S12	S19 - Consultation Day 09.00 – 15.20; Royal Scot 09.00 – 17.00	S26