



2019/2020 Issue 18 --- 30 April 2020



Monday, 27 April 2020

### Call for Peace Initiatives

By Ms. Aline Alam Dr. Maria Montessori once said "Avoiding war is the work of politics, establishing peace is the work of education". I believe there is no such thing as a neutral education system. Education must mold personalities and develop global citizens and peacemakers who are aware of not just the dangers of a potential World War...

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Tuesday, 28 April 2020


### Blog Article: Young Children Have Feelings, Too

We can help our youngsters lead an emotionally healthy life. By Liliame Alam As we near the end of two months of lockdown in Lebanon imposed by the effects of Coronavirus, let us turn our minds to our youngsters at home with us. Their whole world has been turned upside down. Everything they have ever...

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**Brummana High School**  
Published by Richard Bamfylde [?] · April 23 at 5:09 PM · 🌐

As part of The Phoenix Rises art and poetry competition, internationally renowned flautist Wissam Boustany performs his own poem on the flute in this video. The competition for Upper School students has received many entries so far and we look forward to a culmination of the competition at a later date. The performance of the Lebanese Philharmonic Orchestra (LPO) where Mr Boustany will be conducting, and with the BHS competition winners involved, has also been postponed and is likely to be in the autumn now.



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**Brummana High School**  
Published by Richard Bamfylde [?] · April 24 at 3:41 PM · 🌐

The next video in the PE Department's fitness series #bhsiserve #stayhomestayhealthy



431 People Reached 34 Engagements [Boost Post](#)

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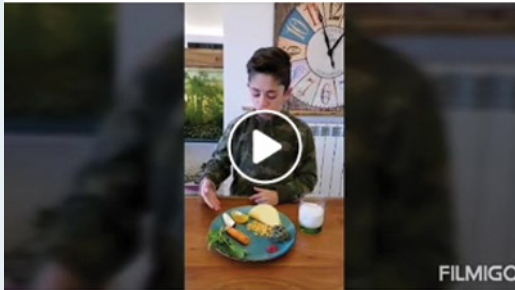
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**Brummana High School**  
Published by Richard Bamfylde [?] · April 26 at 1:29 PM · 🌐

Grade 4 students have been learning in science what a healthy plate consists of and how they can stay healthy #bhsiserve #stayhealthy



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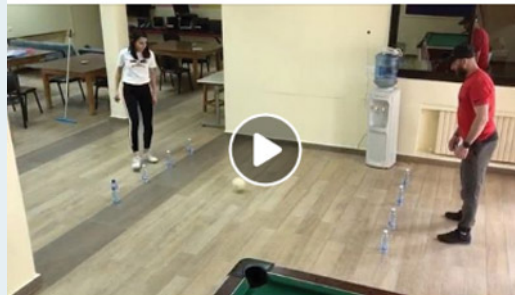
👍❤️ 32 2 Comments

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Most Relevant ▾

**Brummana High School**  
Published by Richard Bamfylde [?] · April 25 at 11:57 AM · 🌐

PE games for the weekend! For Elementary, Intermediate and Secondary Sections (students and parents).  
Game: Hand/Football Knockdown  
Materials: Small water bottles and handmade paper ball  
Note: Can be played with either hands or feet Thank you to our PE Department for providing all these games and workouts  
#bhsiserve #stayhomestayfit



560 People Reached 53 Engagements [Boost Post](#)

👍❤️ 17 2 Comments 1 Share

**brummanahighschoolofficial**

brummanahighschoolofficial Whist in confinement, take some time to develop some material around the topic of peace. Check our bio for a website article full of ideas! As a Quaker school, BHS students learn and understand the importance of peaceful resolutions, both in our local and global community. Feel free to post creations and don't forget to tag the school: #bhsiserve #makerspace #peace



**Representing PEACE**

56 likes 2 DAYS AGO

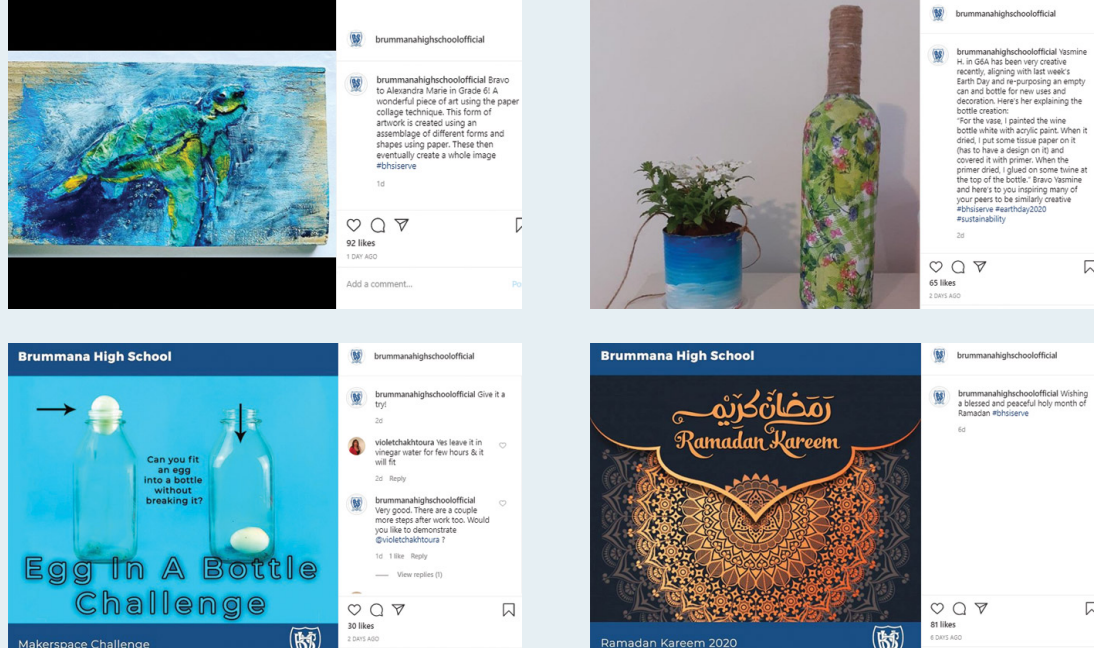
**brummanahighschoolofficial**

brummanahighschoolofficial Upper School Stars Fitness Workout

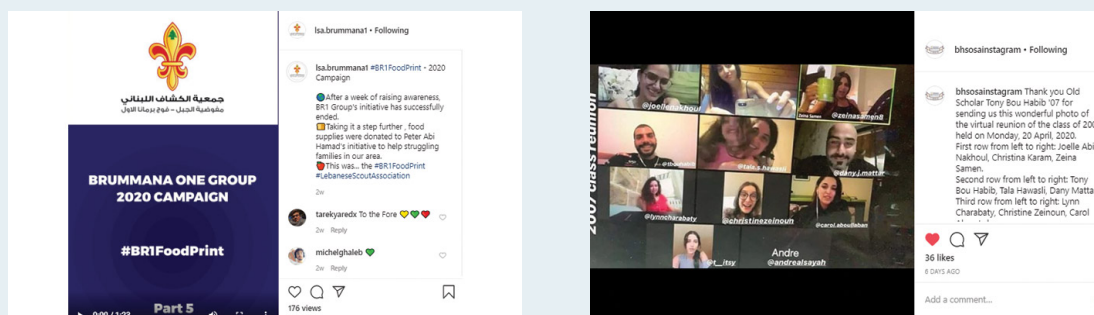


Level 1:  
- 2 rounds each exercise  
- 30 seconds rest  
Level 2:  
- 3 rounds each exercise  
- 40 seconds rest  
Level 3:  
- 4 rounds each exercise  
- 45 seconds rest

418 views 20 HOURS AGO



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