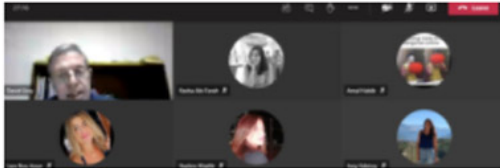




BHS WEEKLY TIMES

2020/2021 Issue 15 --- 17 December 2020



Thursday, 17 December 2020

Online General Staff Meeting

Principal David Gray hosted our last General Staff Meeting of the year 2020, and Term 1 of academic year 2020-2021. Mr Gray thanked all staff for the great efforts they have given this term given the challenging situation with the Coronavirus and in Lebanon in general. All students are learning and they are learning very...

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Monday, 14 December 2020

BHS Gives Campaign: Thank You

During the weekly Senior Leadership Team's meeting, the Marketing Manager, Richard Bampfyde, highlighted the success of the recent BHS Gives Campaign which culminated on the 3rd and 4th of December. To date, the campaign has raised over \$110,000 from 140 donors which is a great achievement, all of which money will go either to those...

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Monday, 14 December 2020

The Emotional Consequences of a Stressful Experience

Dr. Julia Muir gave a very worthwhile video conference to all BHS Staff on 7 December about the Emotional Consequences of a Stressful Experience. Please see below for the link to the presentation slides. The Principal said the following about the conference: "Dr. Muir has a psychotherapeutic approach to managing the aftermath of a stressful experience..."

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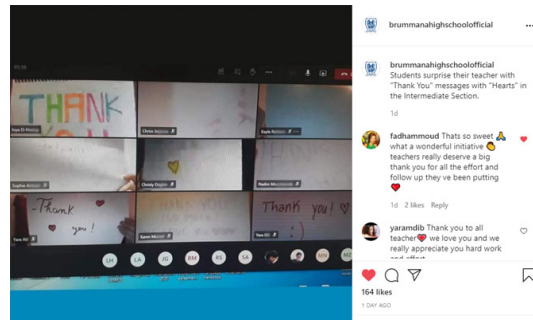
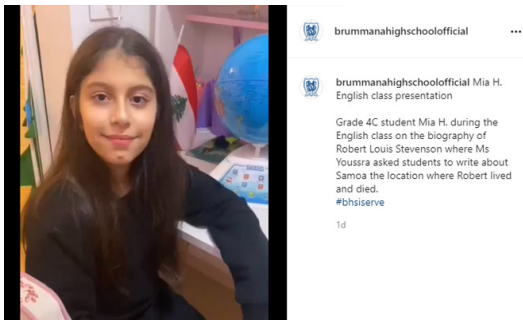


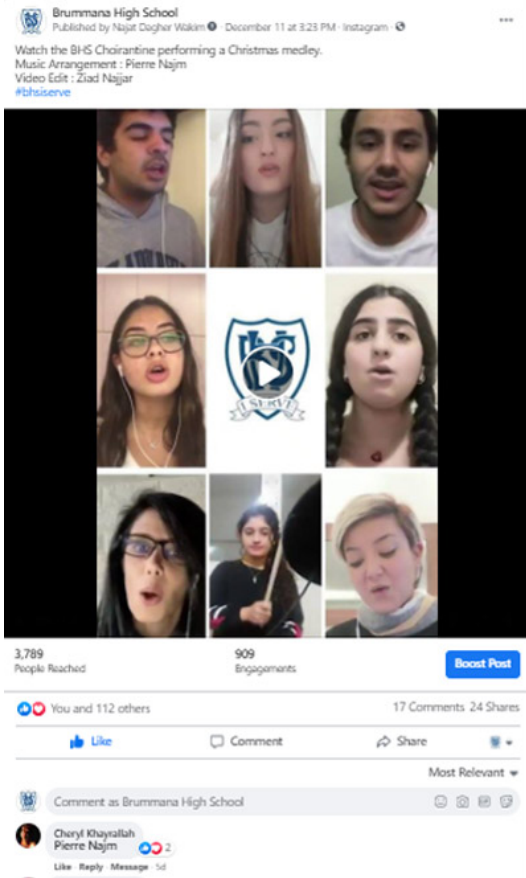
Tuesday, 15 December 2020

Introducing JIGSAW LE Assembly

Last week, Mr Sage Ball, our Vice Principal Pastoral, delivered a small but very worthwhile Assembly to a Lower Elementary class, introducing them to the new Jigsaw programme. Jigsaw is a scheme from the UK, designed for an international audience, which fits in perfectly with our school's Personal, Social, Health and Economic educational curriculum. The...

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Thursday, 17 December 2020

Boarder Hani T.'s Educational Experience

By Hani T., currently studying his A/S Levels in the International Programme Academics have long been an important factor in one's upbringing and preparation for society. From information that determines a child's passion to developing critical thinking that impacts everyday life, it's no secret the type of school your children and young adults join will...

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Home » Updates » Emotional Intelligence

Emotional Intelligence

Share this article:



Click [HERE](#) to read the Medical Department's document on Emotional Intelligence which was prepared after Dr. Julia Muir's conference on the [Emotional Consequences of a Stressful Experience](#).

The document describes how emotional intelligent people can deal with and manage stress, how to identify their emotions and stop worrying, and how to take responsibility for making their lives what they want it to be.

Ref:

Mindtools.com

Psychologytoday.com

Home » Updates » Christmas Menu 2020

Christmas Menu 2020

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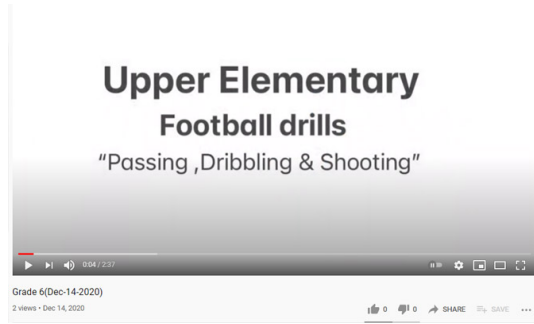
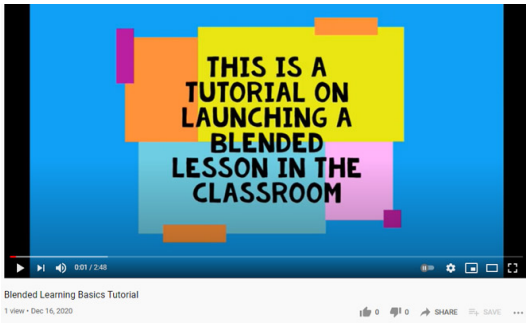
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