



 **BHS WEEKLY TIMES**

2024/2025 Issue 03
10 October 2024

WELCOME BACK to school!
We pray you and your families are all keeping safe, sane, and healthy during these terrible times. We are glad the students are back on campus and will try to carry on with a modicum of normalcy to provide the education, hope, and growth that our children need and deserve.

 Brummana High School
1d · 🌐

This Saturday, Brummana 1 Scouts are holding a food and winter necessities drive to help those displaced from their villages in the South and Beirut.
📍 BHS Basketball Court
🕒 3-5 pm
We hope you can contribute to the best of your abilities, together, we rise again!
See more ... [يخاضون لتقريبه...](#)


جمعية الكشافة اللبنانية
Lebanese Scout Association

TOGETHER, WE RISE AGAIN

DONATION DRIVE

October 12 | 3 to 5 PM | BHS Basketball Court

ITEMS NEEDED



FOOD

Preferred items:
- American Rice
- Canned Food (Peas/Corn/Carrots...)
- Tomato Paste
- Beans and Lentils
- Pasta/Spaghetti
Other non-perishable items are also welcome!



WINTER GEAR

- Winter Clothes:
- Coats and Jackets
- Sweaters
- Bottoms
- Hats and Scarves
- Boots
- Blankets
- Mattresses

For more information: 03 640 768 - 71 030 379

 Brummana High School
5m · 🌐

Welcome back to school! It is with great enthusiasm that Upper School students resume another academic year on our lively and vibrant campus. Together, let's make this year full of growth, hope, kindness and unity.
[#BHSIserve](#)



Brummana High School
1d · 🌐

Welcome back, Primary students! 🌟 Here's to a year full of growth and endless learning! Let's make it fruitful together! 🍎📚
#BHSIsolve

Brummana High School
1d · 🌐

Our Infants' Section students are very happy to be at school. Welcome little learners for a joyful and successful year ahead.
#BHSIsolve

Sabine Achkar, Jocelyn Ghoul and 29 others · 2 shares

Like Comment Send Share

Brummana High School
1d · 🌐

From the BHS Medical Team:
Relaxation techniques are essential for students to manage stress, enhance focus, and maintain overall well-being. Here are some effective relaxation strategies that can be beneficial for students.
#BHSIsolve

RELAXATION STRATEGIES

- 1 Deep Breathing
- 2 Progressive Muscle Relaxation
- 3 Imagine a peaceful scene or a place where you feel relaxed and safe
- 4 Yoga and Stretching
- 5 Listening to Music
- 6 Taking Breaks and Physical Activity
- 7 Social Interaction and Support

You are receiving this as a valued member of the Brummana High School community worldwide. Click on each article for full information.
This is a Brummana online community internal email. **You can assist with the growth of this directory by visiting the website and adding Old Scholar email addresses at <https://brummana.ptly.uk>**