Shu Ra2yak?

·What's one thing you would like to see change in your community?

What is a controversial issue would you would like to discuss? Do you think mental health awareness is important in schools? Why?

·Do you think social media impacts your self-esteem and mental health?

What's a goal you set for yourself this year?

Do you have a healthy balance between school and exercise/fun? What's one thing that never fails to make you smile? What is your favorite school tradition we do in Louaize?

Define success.

If you were a meal, what would you be and why? What's your favorite recent trend?

Who's your go-to celebrity?

·What's your favorite song right now? ·Do you play any sports? Indicate.

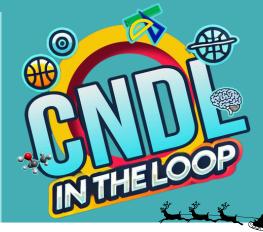




Who here feels like math is a foreign language? Me! But did you know? The word 'algebra' comes from Arabic, meaning 'the reunion of broken parts.' Maybe math just needs some 'reunion' help!

What's Up Next?

- Launching of CNDL Clubs
- Board Games
- Financial Geeks
- Publishes



As Christmas arrives, Beirut comes alive with the breathtaking, vibrant sparkle of Christmas lights, where the city's streets turn into a festive wonderland, casting a warm, inviting aura over the entire city. From the grand streets of Hamra to the alleys of Gemayzeh, decked out in twinkling lights, beautifully decorated trees, and festive displays, the magic of Christmas spreads.

The tree in Martyrs' Square stands proudly, adorned with shimmering ornaments, while festive lights navigate through the boulevards of Hamra, Achrafieh, and Gemayzeh, turning the city into a magical tapestry of color.

The air is refreshing filled with the comforting scent of cinnamon and roasted chestnuts, while the sound of Christmas carols gently drifts through the streets, creating a sense of nostalgia and joy. Cafes are alive with the conversations of families and friends gathered together, sipping hot chocolate and sharing stories. Despite the challenges Lebanon has faced over the past years, the Christmas spirit remains unbreakable—there's always a sense of togetherness and hope. The decorations, the festive markets, and the smiling faces all remind us that, no matter the struggles, Beirut's heart beats with warmth and resilience. In this season of joy, the city invites everyone to slow down, take a breath, and embrace the peace that Christmas brings—a time to reconnect with loved ones and to feel the magic of a city that, no matter the circumstances, always shines brightly. In Lebanon, the heart always beats stronger than everything else going on in the world. Here, love and courage turn every challenge into a story of triumph. The spirit of its people is like a flame that refuses to be extinguished. Lebanon will forever be unbreakable. ~Mia-Angel Abou Ajram



Did You Know? The Truth About Bananas

Did you know that bananas are technically berries, but strawberries aren't? Sounds bananas, f right? Here's the scoop: botanists classify bananas as berries because they meet all the scientific berry criteria — a simple fruit with seeds and pulp produced from the ovary of a single flower. However, that's not the case for strawberries! One strawberry develops from several flowers, so they're considered aggregate fruits.

Wait, that's not all about bananas! They don't grow on trees—they grow on giant herbs! Yes, you've been calling a herb a tree all this time.

They're also natural mood boosters, thanks to tryptophan, an amino acid which helps your brain make serotonin, the happy hormone!

Who knew science could be so a-peeling?

How to Prep for the SAT 📄

Are you struggling with studying for your SATs? Well we can help. Studying for your SATs may seem challenging, but following these steps will help you organize your time and studies in a straightforward way. Step I: Search "Collegeboard" on google. This website will sign you up for SATs and make this process smoother. Step 2: Download the app "Bluebock" on an illegible device, preferably a laptop. This app is what you will be doing your SAT on. At the same time, Bluebook offers practice tests that are almost identical to the SAT you will be taking on test day. Step 3: Look for tutoring centers or study groups that offer SAT practices or, if you would like to study

alone, then Step 4: "Khan Academy" is a website that offers articles and videos explaining each lesson you will need to study. Step 5: On Collegeboard, sign up for your SATs at one of the centers mentioned. We advise that you sign up at least two menths prior. This will assure you a seat at your preferred center. Step 5: When you feel confident enough with the knowledge you've acquired, start with practice tests, refer to step 2 on where to test. Step 6: Time management is a major component during testing. When taking a practice test, you will find a time limit the same as you will on exam day. To manage your time, start by answering the questions that appear easier to you. Once those are out of the way, take as much time as you have on each question. The average answering time for each question is a little above a minute. Make sure you have some time for reviewing at the end. Step 7: If you have the time, review your answers as thoroughly as possible. If there's an answer you are unsure of, guess, it's better than not answering time for each question.

answering. Goodluck, hope you do well. (Gaia Saliba - Grace Bechir)

John 3:16

"For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life."

Issue #1 December, 2024 Authored by: English section, secondary students



Adeline Harris, a 16-year-old girl, suffered her whole life with her abusive father, Grayson Harris. Throughout those years, she develops trust issues along with other issues due to her trauma. She refuses to have anyone beside her except her mother, Evie Harris. One random night, the father kills Evie out of anger and has no regret or shame. After that, she knows she had to learn how to live alone, make new friends, even though she's always been incapable, and live independently. Throughout her tough journey, she meets a guy, known as Dylan Burton, in a public therapy session after figuring out their traumas were quite the same. Their bond grows stronger throughout the story, and the rest remains untold.

This book is written by Ayana Khoury, a IS-year-old student in FSS.

(Scan QR code for Chapters 1 through 4)



Seniors Studying

Have you ever thought of the popular debate about which Senior Class studies the hardest? As you know, Grade 12 students have a lot of academic responsibilities that require their utmost effort after schoo To clear up the confusion, we performed a survey to identify the

- average number of hours spent studying by each class after school. Results showed that, on average, SE students study 1.98h, 12 CPP students study 2.03h, GS students study 3.12h, and LS students study
- students study 2050, (b) students study 3120, and L) students stud 4.5h. Grade 12 students as a whole study 2.7bh on average in the afternoon.
- These numbers differ vastly between each promotion and the next, but you can take this as a slight vision into what awaits you in your future afternoons as a senior.
- Please note that these numbers should not be a factor in your decision-making when it comes to your future class, but they should only act as some sort of clarity.

NB: Don't worry, most seniors participate in fun activities apart from studying. \Im



GS vs LS: A Friendly Feud

GS and LS like to pretend they're in a rivalry, but we all know the truth they're just two halves of the same overachieving brain. GS flexes with physics formulas and math equations, claiming they're the backbone of science. LS scoffs, bragging about how GS worlt be able to explain life without them. Despite the constant bickering between CNDL's future engineers and future doctors, they still share 80% of their classes! For example, during their shared math classes, when a GS student is unable to solve a problem, his fellow LS classmate who knew how to solve said problem attempts to bug him with a lighthearted comment about his struggle in his main subject. However, deep down, they're inseparable. While GS calculates how fast an apple falls, LS studies why it's green. After all, you need both to figure out how the world works and why it's worth studying in the first place.

Pic of the Month





🕿 Life as a High-School Student

We are going to be talking about some of the difficulties that we students face nowadays and we hope this article really changes everyone's perspective

One of the common problems students face is academics. Students often feel the pressure to perform well in subjects that might be challenging or unfamiliar. Between tests, projects, quizzes, keeping up with schoolwork can be a constant juggling act.

However, this pressure isn't just about grades but over pressuring oneself to the point where talents and dreams are forgotten so finding a balance between excelling in these courses and managing stress should become everyone's main priority.

Social Life: Friendships and Cliques

The social scene in high school can be a rollercoaster. New friendships form, while others may fade. Peer groups often influence students' choices and behaviors, and the desire to "fit in" can feel overwhelming. High school is also when many people experience their first serious romantic relationships, which come with their own set of emotions and challenges. For some, the social pressure can be isolating, as high school is notorious for cliques groups based on shared interests, appearance or other traits. Going through these social circles can be tricky and many students experience periods of loneliness or exclusion. Despite these challenges, high school also fosters deep friendships and a sense of belonging for many. Students bond over shared experiences, like school events, or working together projects. These friendships can be some of the most memorable and impactful relationships in a student's life

Mental Health: Coping with Stress and Anxiety

The intense academic and social pressures of high school can take a toll on mental health. Many students struggle with stress, anxiety, and depression, especially as they try to meet expectations from their family, teachers, and themselves. It's important for high school students to learn healthy coping strategies and to reach out for support when needed. Schools are beginning to recognize the importance of mental health, with more counselors available and programs focusing on emotional well being. Despite this, dishonor surrounding mental health can still discourage many students from asking for help. Creating a supportive environment and encouraging open conversations about mental health is essential in helping students navigate these difficult years.

A Time of Self-Discovery

Above all, high school is a time of self-discovery. It's a period where students begin to define their values, interests, and goals. While the challenges of academic and social life can sometimes feel overwhelming, high school also provides the space for students to explore new ideas, make mistakes, and learn from them.

For many students, high school is a time when they first realize their passions-whether it's for a particular subject, an extracurricular activity, or a cause they care deeply about.

(sooo are u guys still reading or did u give up 🤨 if u came this far it's time to wake up! • START MAKING UR OWN LIFE CHOICES AND FOLLOW UR DREAMS. We believe in u) ~ Lou and Steph 12 AP

The Competition

St. Barbara's Day at College Notre Dame de Louaize brought the much-anticipated Th Competition, an annual dance showdown. This year, the English section seniors performed a moving dance themed Hope for Lebanon, competing against numerous talented classes from the French section. After countless rehearsals and unwavering determination, we made history by winning 3rd place for the first time ever!

The energy from the audience played a huge role in our victory, their cheers and support fueling our performance. It was a proud and unforgettable moment for our senior class, proving that teamwork and spirit can achieve the extraordinary.

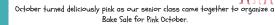




IN THE LOOP

<section-header><section-header><section-header>

Pink October



With the invaluable help of a few dedicated teachers, we spent the night before transforming our outside area to a pink wonderland complete with a vibrant Polaroid photo booth and pink mascots.

On the big day, grades 7 to 12 showed up to support the cause, creating an electric atmosphere of excitement. Tables overflowed with freshly baked cookies, cupcakes, pink lemonade, and even a rented Boba stand that made the experience even more . vemorable. Alongside the music, we spread awareness about breast cancer and the importance of early detection, making sure we raised enough money for charity as well as for our promotion.

The event was a massive success, combining creativity, teamwork, and compassion to achieve our goals.



our senior students starred alongside Joseph Al Asmar and a few Grade 11 students in one of the most impactful events of the year: a school play written and directed by our theater coordinator, Georges Al Rayyes.

The play, titled "عا بواب السّما", followed the story of a Lebanese man's journey to Lebanon. The play weaved a heartfelt narrative about the challenges facing our country and the importance of solidarity as Lebanese Christians.

Immense dedication was needed in order to balance the rigorous demands of schoolwork with memorizing scripts, attending challenging rehearsals several days a week, and working on perfecting every detail from backstage work, decorations, costumes, and sound.

When the curtains rose, we were met with overwhelming positive feedback from the audience, who were moved by the play's message and execution. It was an unforgeHable experience and a proud final performance for us as seniors at College Notre Dame de Louaize, leaving behind a legacy of creativity, resilience, and unity

Independence Day

On November 22nd, our senior class celebrated Lebanon's Independence Day with a deep sense of pride and unity.

Th<mark>e day began with a traditional Lebanese breakfast featuring fres</mark>hly baked manakish and knefeh, paired with vegetables and juice. We enjoyed the breakfast together outdoors while national music set the tone for the day.

As the second recess rolled around the celebration truly came alive. With derbake beats echoing around and the uplifting sounds of national songs filling the air, we, alongside students from other classes, proudly waved our Lebanese flags all around. We even painted the Lebanese flag on our faces and wore army green outfits—a symbol of solidarity with our Lebanese Army in the face of the challow. the face of the challenges they and our nation are enduring

During these difficult times for Lebanon, it was deeply moving t senior class come together with such great adoration for our beautiful Lebanon

St. Barbara's Day

Our senior class celebrated St. Barbara's Day by going on a lively tour to our teachers' houses. At each stop, we spent about half an hour spreading good vibes, laughter, and music, turning every teacher's home into a mini celebration. Dressed in our creative costumes, we made sure to snap plenty of photos to capture the joy of the day.

The evening created a bond that felt even stronger with every stop. It was a night that reminded us all of the joy in community and togetherness—one St. Barbara's Day we'll never forget.

P.S: We ate as much chocolate in one evening as we usually would eat in two weeks. (No complaints.)

