

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.



Fouad Zaal!

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

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 won't 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



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, 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 1: Search "Collegeboard" on google. This website will sign you up for SATs and make this process smoother. Step 2: Download the app "Bluebook" 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 months prior. This will assure you a seat at your preferred center. Step 6: When you feel confident enough with the knowledge you've acquired, start with practice tests, refer to step 2 on where to test. Step 7: 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 8: 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.



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."

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Authored by: English section,
secondary students



Ayana Writes The Revolution

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 15-year-old student in FSS.

(Scan QR code for Chapters 1 through 4)

Gingerbread Cookies:

- 3 and 1/2 cup flour (440 grams)
- 1 teaspoon baking soda
- Half teaspoon salt
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- Half teaspoon ground all spice
- Half teaspoon ground cloves
- 10 tablespoons unsalted butter (142 grams) (softened to room temperature)

- 3/4 cup light or dark brown sugar (150 grams)
 - 1 large egg at room temperature
 - 1 teaspoon vanilla extract
- Let them rest for 4 hours before baking
Bake for 10 minutes

Recipes



Chocolate Chip Cookies:

- For 8 cookies:
- 200 grams granulated sugar
- 400 grams unsalted butter
- 400 grams plain flour, sifted
- 2 eggs
- 2 teaspoons baking powder
- 100 grams chocolate chips



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 school.

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, I2 CPP students study 2.03h, GS students study 3.12h, and LS students study 4.5h. Grade 12 students as a whole study 2.76h 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.

N.B: Don't worry, most seniors participate in fun activities apart from studying. :)





Pink October



October turned deliciously pink as our senior class came together to organize a Bake Sale for 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 memorable. 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.

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 on 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

Meet the Teacher: Mr. Sami

Recently, three FSS students, Ayana Khoury, Hilda Timany, and Joya Khalife, have interviewed their chemistry teacher/coordinator, Mr. Sami Haddad, with some questions regarding how he would react to common problems students face at school along with questions that would help students understand the life of a teacher in a better manner. Here are the results of this interview:

Question 1- A student confesses his/her attachment to you. How would you feel and what would you do to solve it?

Answer 1- "It depends on the attachment. It can be something positive that helps them change their life or helps them choose their career path since I teach a subject that has many career paths. If it's negative or something that grows into a negative impact on the student's life, I would resort to the counselor or parental engagement, or administrations involved in this to control the issue. If it were to be an attachment based on career path, orientation, and role modeling, I would then be supportive, but, at the same time, I would report this to the administration so that they won't have a problem about the relationship with the students."

Question 2- Would you rather your classes being fully serious, or would you like to include some laughs and side conversations during the periods? Why?

Answer 2- "A dynamic classroom is a very good example of an engaging classroom. So yes, we can add a little joke, cooperate, and add some fun activities where students can express themselves. But, of course, we need to focus on keeping certain limits. Students can't cross the limits and turn the class into something other than a class. Keeping the class's atmosphere while having fun and making students engage in a fun way, I will always allow a little side talks and jokes."

Question 3- How would you describe a perfect class considering both the actions and behaviors of the students and the teacher?

Answer 3- "First of all, I have to set clear objectives and rules with my students to avoid any miscommunications and disruptions, since if you set a rule and don't follow it, or you do not set this rule and ask the students to follow it randomly, then you will be a failure and not an active teacher. So, how do I picture my perfect class? I would start my classroom based on challenges where the students can be engaged in the whole activity. I can integrate design principles related to the chemistry lesson, present them to the students and have them present them. I can then build creativity and problem-solving skills. I would also provide lots of hands-on experiments, where students can do their own experiments and observations, collect data, and draw out conclusions. I would also integrate a lot of technology, technological and accessibility tools just to enhance the learning process for the students. This sums up the way I picture an ideal classroom."

Question 4- If you were to go back in time to when you were our age deciding on your future, knowing everything about teaching along with the positive and negative sides of it, would you still choose to become a teacher? Why?

Answer 4- "Yes, of course I would choose to become a teacher for the fun of it. It is a fun experience, and I like working with teenagers. I like to help them understand the concept of chemistry and provide them with the knowledge I earned. My character is a knowledge giver; I like to give knowledge in any field that I'm good at. So, I like to give this age group a lot of knowledge so that they can reach certain standards for them to be better than me and for them to become masters since I want to see them reach this point."

Question 5- What piece of advice would you give to your students in general? Answer 5- "Go with the flow, and don't pause on a grade. Grades are important but not the most important. Don't try to be people pleasers, not everyone will like you in life or understand your mindset. Be at a distance from everybody, and most importantly, be yourselves so you see that you will be very successful in life."

According to us students, we find his answers highly essential regarding our curiosities and the problems we face at school.



Final School Play

On December 5, 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 "باب السماء" (Bab al-Sama), followed the story of a Lebanese man's journey to heaven, where the Maronite patriarchs held a meeting to discuss the fate of Greater 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 unforgettable 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.

The day began with a traditional Lebanese breakfast featuring freshly baked manakish and knfeh, 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 challenges they and our nation are enduring.

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



The Competition



St. Barbara's Day at College Notre Dame de Louaize brought the much-anticipated The 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.



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.)

