

ing is fundamental, varying the teaching method is necessary. In teaching stories we are able to do some changes such as asking pupils to sit on such as a carpet or a floor instead of their chairs. Also, using a big book instead of their course books. The idea is to break the daily routine and to create an interesting atmosphere. I asked my self, how I am still remembering many of my mother's stories although there were not visuals! I think the comfortable sitting leads pupils to relaxation.

Thus, it makes the affective filter to be opened more (Krashen, 2000). Teaching stories by using the way we mentioned before will be by arranging the pupils to sit in a half circle and the teacher should be in the front of them. In this case, the teacher can use a big book. The pictures are big enough to be seen by all children. Here I have to mention that teacher should take care of his pupils who can not see well to ask them to sit at the front.

One of the important things which could help the teacher to be successful in retelling a story is the storyteller's movements. Movements such as facial expressions and body language could help children to understand and learn the language. Crichton(2005:3) mentioned that " all body movements are a bridge that children can cross and enter into".

Therefore using the body language is very useful to deliver the meaning to children. Really we can say it is an international language and the shortest way to express meaning of new vocabulary. Thus children are able to say the meaning immediately if the teacher for example shows them some crying, pretend to be hungry or afraid.

When the teacher retells his story, he has to share and encourage his learners to interact continuously. Goforth (1998:357) says " Expert storytellers pause to elicit spontaneous responses from the listeners". Such as to repeat some utterances, predict the next event, guess meanings or act something.

Hence, the teacher could assess his/her learners' performance from their facial expression, suspensions or their interaction. I noticed that in grade one in a story called The

Enormous Turnip, the children tried to do some actions without telling them and others told me in L1 some ideas to help the people who were in the story.

The successful teacher also has to use intonation to focus on some important words and to attract their attention. So, he has to change his voice according to the situation and people as possible as s/he can. Furthermore s/he has to take breath after any sentences or group of words to give his children chance to follow and understand.

Final word

No one will dispute the fact that teaching stories is one of the effective methods in learning any language. In this participation I tried to go through and discuss some areas that relevant to teaching stories in English and how can we use that in our curriculums. The benefits that I presented and the criteria which seem fundamental for any successful story, would help the teacher to do his/her best in the class. We have to exploit our experience, knowledge and the new technology in teaching English in order to enable our students to use the language confidently.

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Nutrition

Introduction

HEALTHY eating patterns during childhood and adolescence promote optimal health, growth and intellectual development; prevent immediate health problems, such as iron deficiency anemia, overweight, obesity, eating disorders and dental caries; and may prevent long-term health problems, such as coronary heart disease, cancer and stroke. School health programs can help children and adolescents attain full educational potential and good health by providing them with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating behaviors.

Effects of diet on the health, growth, and intellectual development of young persons

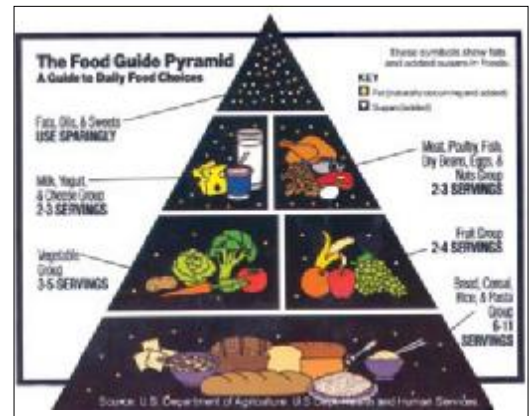
School-based education on nutrition can improve dietary practices that affect young persons' health, growth and intellectual development. Immediate effects of unhealthy eating patterns include malnutrition, anemia and obesity.

Malnutrition

Even the slightest malnutrition can have lasting effects on children's cognitive development and school performance. Chronically undernourished children attain lower scores on standardized achievement tests, especially tests of language ability. When children are hungry or undernourished, they have difficulty resisting infection and are therefore more likely than other children to get sick, miss school and fall behind in their studies.

They are irritable and have difficulty concentrating, which can interfere with learning. They have low energy, which can limit their physical activity. Studies show that skipping breakfast can adversely affect children's performance in problem-solving tasks.

OUR ADVICE IS TO:



1. Educate students and their families about the importance of eating breakfast before going to school or to advise headmaster to ask all students to eat their breakfast (which they should bring from home) in the first 5 minutes of the first lesson.
2. Promote participation in school nutrition programs (e.g., the School Breakfast Program and School Lunch Program).

Iron Deficiency Anemia

Iron deficiency anemia is the most common cause of anemia in adolescents and elementary school-going children. Iron deficiency hampers the body's ability to produce hemoglobin, which carries oxygen in the blood. This deficiency can increase fatigue, shorten attention span, decrease work capacity, reduce resistance to infection, and impair intellectual performance.

Among school-going children, female adolescents are at a greatest risk for iron deficiency. Approximately 44% of adolescent girls, between 12-19 years, show evidence of iron deficiency anemia. Our recommendation to prevent iron deficiency is that children and adolescents eat adequate amounts of foods high in iron and vitamin C, which helps the body absorb iron efficiently.

Overweight and Obesity
Overweight and obesity are increasing among children and adolescents. Obesity in young persons is related to elevated blood cholesterol levels and high blood pressure, and some very obese youths suffer from immediate health problems, e.g., respiratory disorders, orthopedic conditions, and diabetes. Being overweight during childhood and adolescence has been associated with increased adult mortality .Furthermore; obese children and adolescents are often excluded from peer groups and discriminated against by adults. They experience psychological stress and have low self-esteem. We recommend that students be encouraged to increase their physical activity and follow an appropriate diet to prevent and reduce obesity. In addition, we need to have guidelines for school and community health programs to promote physical activity among the youth.

Eating Disorders

Eating disorders, e.g. anorexia nervosa and bulimia nervosa, are psychological disorders characterized by severe disturbances in eating behavior. Anorexia nervosa is characterized by a refusal to maintain a minimally normal body weight,

◆ *Continued on page 10*

and bulimia nervosa is characterised by repeated episodes of bingeing (excessive eating), followed by compensatory behaviors such as self-induced vomiting. Eating disorders often start in adolescence, and more than 90% of cases occur among females.

Anorexia nervosa and bulimia nervosa affect as many as 3% of adolescent and young adult females, and the incidence of anorexia nervosa appears to have increased in recent decades. Compared with adolescents who have normal eating patterns, adolescents who have eating disorders, tend to have low self-esteem, a negative body image, and feelings of inadequacy, anxiety, social dysfunction, depression, and moodiness. Eating disorders can cause many severe complications, and mortality rates for these disorders are among the highest for any psychiatric disorder. A person who has an eating disorder must receive immediate medical and psychological treatment.

Dental Caries

Dental caries is perhaps the most prevalent of all diseases. It affects 50.1% of young people between 5-17 years and 84.4% of 17 year-olds. Dental caries is a progressive disease, which, if left untreated, can result in acute infections, pain, costly treatment, and tooth loss. A strong link exists between sugar consumption and dental caries. To

prevent dental caries, children and adolescents should drink water treated with fluoride, use fluoride toothpaste, brush and floss their teeth regularly, have dental sealants applied to the pits and fissures of their teeth and consume sugar in moderation.

Recommendation

To prevent certain diseases and to promote good health, persons more than 2 years of age should follow Dietary Guidelines for Oman. The guidelines raise awareness and inform the public about nutritional requirements and on making healthy choices where food and lifestyle is concerned.

They explain the rationale and application of each parameter on individual and population levels. These national Food-Based Dietary Guidelines (FBDG) for Oman were developed by the Department of Nutrition, under the patronage of the Ministry of Health, in collaboration with the Muscat Division of the World Health Organization (WHO), as part of its commitment to improve the nutritional status of the Omani population in all categories. Specific recommendations are given for specific groups that include pregnant and lactating mothers, the elderly, growing children and others.

The FBDG guidelines will be promoted amongst the population through government organizations

such as primary health care centres, schools, non-communicable diseases and other departments, and through media, schools, restaurants, etc.

Therefore, in general students should:

- eat a variety of foods
- balance the food you eat with physical activity – maintain, reduce or increase your weight
- choose a diet with plenty of grain products, vegetables, and fruits
- choose a diet low in fat, saturated fat, and cholesterol
- choose a diet moderate in sugars
- choose a diet moderate in salt and sodium

Education in nutrition is very important in order to help young persons adopt good eating behaviors that will promote health and reduce the risk of disease. Knowing how and why to eat healthily is important, but knowledge alone does not enable young persons to adopt healthy eating behaviors. Behaviorally based education encourages specific healthy eating behaviors (e.g., eating less fat and sodium and eating more fruits and vegetables). We need to focus on programs that use a behavioural approach to achieve positive changes in students' eating behaviour.

Dr. Maryam Al-Waili
Senior Specialist - Nutrition
Ministry of Health

A Very Special, Delicious Dish!!

WOULD you like to make a dish that all your family members will like and keep asking for more? You cannot imagine how happy they will be after finishing this tasty dish. Here is the recipe.

Let us look at the ingredients.

- 2 glasses of respect
- 1 glass of faithfulness
- 5 spoons of understanding
- 2 spoons of care
- some belief
- half a glass of patience
- some fun



- a huge amount of love
- 1 large spoon of smiles

How to make the dish:

Put respect and faithfulness in the bowl of understanding and mix them with lots of care and some belief. Then add patience to the mixture

and if you find it heavy, add some fun. After that, cook it well with love and serve it to your family with a very big smile on your face.

I hope you all like my dish and if you follow the instructions, I am sure you and your family will enjoy it.

Written by: Noof Khamis Al-Maqrashi
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Edited by: Mrs. Samia Saif Al-Ma'mari
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Get Ready for Tests

YOU always dream of being successful in your life but how can you gain success without studying hard? You have to study to get good marks. As you know, the semester tests are approaching and you have to be ready for them. Some students feel scared of tests, so I have asked different people about "How the student should prepare for the test". Here is what I have learned.

SOCIAL WORKER

What does the student have to do when the tests are coming close?

Students must:
Keep a schedule of exams.
Plan and organize their study time
Study in a quiet place.
Eat healthy food to get energy.
Be optimistic.

How can the student prepare for the test?

Choose a good place to study.
Never study in a bedroom.
Take rest when he or she is tired.
Pray to Allah for help to do the test well.

How can a student stop being worried about tests?

Have faith in Allah.
Read the Holy Koran.
Always pray.

ENGLISH TEACHER

What are the steps a student should take to study for the English test?

They must concentrate on core vocabulary and grammar of each unit. In addition, they must review the short tests, as they are similar to the semester test. It is important to be well prepared and have some rest from time to time.

Which time is the best for studying?

A good time to study is after having a short nap in the afternoon but the best time is early morning.

STUDENTS

How do you feel when the test comes?

A: I feel scared and worried on the day of the test. I forget everything.

B: I try to relax, so I can answer the test carefully.

C: I feel happy because every time I finish a test, it means we are getting closer to the end and we will have a long holiday!

To sum up, I believe it is important to feel relaxed and study hard for tests. Good organization of time and hard work and are key words to prepare for the tests.

Water world

(THE SOURCE: FRIENDS OF THE ENVIRONMENT, MINISTRY OF ENVIRONMENT & CLIMATE AFFAIRS)

CLIMATE and fishing: As we all know, fish is a main source of nutrition for a large number of people around the world. That is why it is very important to consider the effects of climate change on the number of fish which increases and decreases according to the changes in climate condition. Climate changes and turbulences affect fish in rivers and lakes as well by indicating its existence and numbers. Other man made conditions also negatively affect fish, such as over-fishing and marine pollution.

For example, the numbers of fish increase on the coast of the Pacific Ocean in the tropical area of South America due to the highly-nutritious cold water. However, this is disturbed by the upwelling of warm currents into the area every 5 to 10 years,

forming the famous El Niño phenomenon. Numbers of fish decrease dramatically as well as fishing activities because of this sudden change in climate conditions.

Fish!

Fish is a major source of protein for more than 95% of the world's population. Fish is also important as a source for providing jobs and livelihoods. Worldwide production of fish suitable for human consumption jumped from 27 to 121 million metric tons. Analysts expect that demand for fish will continue to rise with population growth, increased income and diet improvements.



Feelings Mixed Up

THINGS have changed a lot for all or most of the students at our school. H1N1 caused these changes. Many schools are using precautionary measures to protect their students from catching the disease. However, some of the students are still unable to cope with the changes. These are opinions of a few students' when they were given the chance to express their feelings.

"This year was quite a different year for all of us. We didn't go back to school as usual. We had a long summer vacation, as schools were closed because of the swine flu. The swine flu is spreading fast all over the world, so the school gave us advice on how to keep ourselves safe. I wish that everything ends and we can go back to our normal life again."

Written by: **Johiyana Al Rajhi**

"I was in my school, in my class, with my friends, talking with them, studying and having fun. Suddenly, something came and destroyed everything. It was the H1N1 virus. The school made new rules for us. We used to be close while talking to each other, but now we have to keep a distance between us. We use to sit in groups in the class, but now we have to sit alone at our desks. The virus changed every thing we did in the past. So let's pray together to make this illness disappear forever."

Written by: **Fatma Hassan Al-Sheriqi**

To sum up, it seems that the students are confused, but are ready to make the necessary changes. However, this takes time. Their teachers' and parents' understanding and cooperation will make a big difference to the students. They must also protect themselves from the disease and follow necessary procedures. Finally, we pray to God to give us all the strength and faith to deal with the current situation.

Written by: **T.Shamsa Al Saifi**
Marfa Daris School (5-9)

Youth themes

September 8

International Literacy Day
Ramadhan
Back to school

October 5

International Teacher Day

November 4

Unesco Day;
18, the National Day

December 3

International Day of Disabled
10, International Day of
Human Rights

February

Teacher day

March 21

Mother Day

April 22

Earth Day

May 3

Asthma
31, World No Tobacco Day

Turtles

THERE are about 220 different kinds of turtles around the world. Most live in water and come to land to lay eggs. There are two kinds of turtles; one lives in water and other lives on land. All turtles have a shell to protect them from enemies.

What do turtles eat?

Most turtle eat green creatures, plants and few eat meat.

Do turtles build nests for their eggs?

Turtles dig holes on the beach. They lay about 80 eggs, cover them with sand and go back to the sea.

Turtles are in danger because:

1. They get trapped by fishermen's nets.
2. People use their shells for decorative purposes, like making guitars.
3. Many people eat their meat.
4. They use them to make medicine.
5. They eat plastic bags thrown in the sea.

How can we help turtles?

1. Leave them in their natural habitat and do not put them in boxes.
2. Keep the sea clean.
3. Do not buy food or medicines that are made of turtles.
4. Encourage other people to protect turtles.

My Turtles

I love turtles and was given three small turtles as a gift. They were very small but now they have grown because we feed them well. Unfortunately, one of them died. I was not there and I still do not know why she died. I know her two friends miss her a lot. I always think of releasing them into their natural surroundings, but I am afraid they will die outside.

Written by: **Abdul Rahman Al-Hosni**
Grade: 4b
Al-Sahwa schools



My father's surprise

ONE summer before school closed for the holidays, I heard my father say that if my brothers and I got good grades, he had a big surprise planned for all of us. We studied hard and did our best to please him so he could fulfill this promise.

One night as my family was together in the living room; all my family members asked me what I had planned for my birthday. They assumed that I was well aware of the event.

They also inquired what I wanted from each one of them. I immediately asked, "Is it my birthday tomorrow?" Actually, I had forgotten that it was my birthday, as we had just celebrated my two younger brothers' birthdays.

I said, "No thanks", thinking they were teasing me. Every one in the living room laughed at me. They thought that I was joking, and insisted that I tell them what I wanted for my birthday.

I ran to my room to escape their surprised looks and to avoid any more embarrassment because I had forgotten my own birthday.

As I entered my room, an odd feeling came over me. I felt as if someone was with me in the room at that time. I tried to ignore the strange thoughts. Then suddenly, a thought struck me, "Perhaps my family has a big birthday gift for me or maybe my dad will send us to visit our relatives in Manila." I could not get it out of my mind. "Yes, that's it, that's my father's big surprise!"

Mum and I used to talk a lot. I looked into her eyes many times. I could see from her face how she longed for the moment when my dad would surprise her with a gift.

Very often, I felt that my mother needed a break without the rest of us. I mean a vacation without any hassles. When she stayed alone, she could gather her strength.

I changed into my nightgown and brushed my teeth as if there was nothing distracting me. Then, I went to bed hoping that I would fall asleep easily.

Unfortunately, just the opposite happened. I got lost in my world of imagination. I was flying in an airplane. "How does the blue sky look up there? Is the plane spacious? How long will the flight be? Will it be a direct flight or will there be a stopover? Will we fly by day or night?" I kept wondering all the time. I could not answer many questions. I

have forgotten them now.

My mama had told me the story of my first flight. I was only few months old when I flew to Oman with my family. They were returning from the United States of America, where I was born. I do not remember any of it, except what mama has told me.

"Oh, I hope we fly at night so I can see the beautiful stars." Then I thought, "How would I see the world? No, we must fly in the daytime so I can see each country from the plane." These thoughts kept going through my mind. I finally fell asleep.

I was completely lost in my dream. Suddenly I woke up with a start. I put on the light and saw my mama in the room. She was checking on me because she heard me talking in my sleep. The next morning, she told everyone what happened the previous night. Once again, everybody had a good laugh at me. I was so embarrassed.

Days passed and school was finally over. We got our report cards. My father was very pleased with our grades. We asked him about the surprise he promised, but he told us to wait for few days. He would tell us about it at the right time.

One night, while we were having our dinner, my father announced that he had booked a trip for all of us to Manila, Philippines, to visit my mama's relatives.

It was not only a surprise for us kids, but also for my mother who really needed a good break.

We were all very excited and I could not wait for the day we would leave for Manila. The big day finally arrived. We boarded our flight. It was such an amazing experience to travel in such a huge plane. I was amazed by the surroundings at the airport, the shops, people of various nationalities, cabin crews and many other things, especially the blue sky and the clouds - a natural master piece.

We had a stopover at Bangkok, Thailand. The airport was very, very big and I was thrilled to see the giant airplanes.

As much as we were hoping for a smooth and hassle free trip, we had an upsetting experience in Bangkok. The airport security took my baby brother's possessions, powder, shampoo, lotion and even the diaper rash cream.

My dad tried to reason with the secu-

rity officer and asked him to please let us have some things, especially those my brother really needed, but he refused. My dad wanted to keep arguing with him but my mother told him to let it go.

When we reached Manila, I met my mother's relatives and my cousins for the first time.

During our stay, we visited many beautiful and interesting places. One of the things I had liked most was all the greenery and the beach with its fine white sand.

We went hopping from one island to another in a boat. I collected beautiful seashells and brought them home with me to Oman.

While we were in the city, we went to big shopping malls. We went bowling. We visited video arcades and played video games. We ate at different food outlets. We watched movies at big movie theaters.

We also had a picnic at the zoo. I was overwhelmed with the different animals

I was seeing for the first time in my life. I had only seen them in pictures and on TV.

A trip by train was also an exciting experience. The sight of tall buildings and skyscrapers made me wonder, "How do they build these?"

We all spent a good time and had a chance to bond together as a family. Then, it was time for us to come back.

I had mixed feelings. Half of me wanted to stay for some more days and the other half wanted to get back to Oman. School would be reopening soon. I already missed my mama's family. They all burst into tears when we said goodbye and I cried with them too.

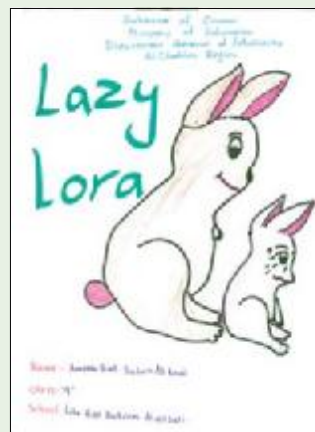
I came back home with plenty of pictures of this unforgettable family holiday. I realized that the holiday was over. It was a new experience. It was so wonderful and memorable. I will always keep it as a treasure in my memory bank. I will be forever grateful to my dad for giving me this surprise birthday gift.

Now, I promise myself to do my best and work harder at my studies. I always want to please my parents with my school achievements. "Who knows what my dad's next surprise will be!"

By: Danah Mohammed
Hilal AL-Reyami
Class: 7/1

Lazy Lora

I WALKED in the land and looked at the sky. I saw a beautiful story. Lora was a beautiful rabbit, but she was very lazy. She didn't help her mother in cooking and washing clothes. Her mother used to say to her every day: "Lora please get up and help me." However, Lora didn't listen to her mother. One day, Lora's mother went shopping. When Lora got up at 11:00, she did not find her mother. She became very sad because she couldn't find anything to eat in the kitchen. She was very hungry. Then, she decided to take a shower. However, she found that her clothes hadn't been washed yet because her mother was so busy. Lora was bored because she did not know what to do. She thought and thought "yes I found it. I will depend on my self." She cleaned the house and washed the clothes. Then, she started to cook a very delicious meal. When her mother returned to the house, she was very happy. She said to Lora, "Thank you my love. You are a great active rabbit."



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