

Auwaisha had escaped. Hamme ran out to catch Auwaisha before she got too far.

Auwaisha had a dog. When the dog didn't find Auwaisha in the house of her step mother, it went to look for her. When the dog found Auwaisha, they decided to escape together.

Hamme was looking for Auwaisha. When he saw her, he began to run fast. Auwaisha was very scared. Auwaisha's dog told her that she had to slay it and put its blood on a rock, its meat on a second rock and its bones on another rock. Auwaisha didn't want to do that, but she didn't have a choice. She slew her dog and wore its skin. Then she did exactly what her dog told her and she ran away.

When Hamme arrived and saw the meat he ate it greedily as hadn't eaten meat for many years. Hamme thought the meat was Auwaisha's.

Auweisha kept running. She saw some people and asked them to let her live with them and work for them. They agreed and told her to look after the camels. Those people were evil. They told Auweisha if one camel didn't eat they would fire her.

Auweisha accepted because she didn't have anywhere to go. She was very lonely.

One day while Auwaisha was taking care of the camels, she noticed one camel didn't eat. She got scared. She started thinking of a way to make the camel eat, or a way to trick the people she was work-

asked the little boy about what he had seen, but he told them he slept and hadn't see what had happened. The next time the people told a woman to go with Auwaisha to watch her. Auwaisha tried to do the same thing with the woman and walked so far, but the woman knew that Auwaisha had done that in order to trick her.

The woman told Auwaisha that she was tired, so they stopped walking. The woman tricked Auwaisha. She closed her eyes as if she was sleeping. Auwaisha didn't know that and the woman saw Auwaisha rubbing the green grass on the camel's mouth.

The woman told Auweisha she will tell everybody when they came back. Auwaisha was very worried, and without think-



ing she took a rock and hit the woman's tongue. The woman couldn't speak, but she took the people back to the place and showed them what had happened. The people were angry and immediately fired Auwaisha.

Auwaisha was so sad and disappointed; she kept walking and walking. She was like a person on a dark road without a light. She became so tired that she sat down to take a rest.

Suddenly she saw some people coming towards her. They were so kind, they didn't ask her anything but were very upset so see her in such a state and assured her that they only wanted to help and that they were not bad people. Auwaisha decided to trust them. She told them her story and they asked her to come and live with them. When Auwaisha grew up, she married a handsome young man and lived with him happily forever.

This is the end of Auwaisha's story. We must always remember that life is difficult, but the person who has patience will get what he wants in the end. "No sweet without sweat".

— By Asmaa Salim Al-Maqrashiah

Grade: 11L2

Teacher: Raiya Al-Maamari

Al-Hajer Basic Education School Grade (5-12)

#### DICTIONARY

**Poot** = 1 A kind of fruit. Its tree is very large. It's green in color and turns to red and purple. It tastes a bit sour.

**Hamme** = It is a legendary creature, the kind of beast we find it in an old story. This beast is half human and half animal. This creature can also speak and think like humans. He eats humans and lives in the desert.

## English Language competition held in Qurayat

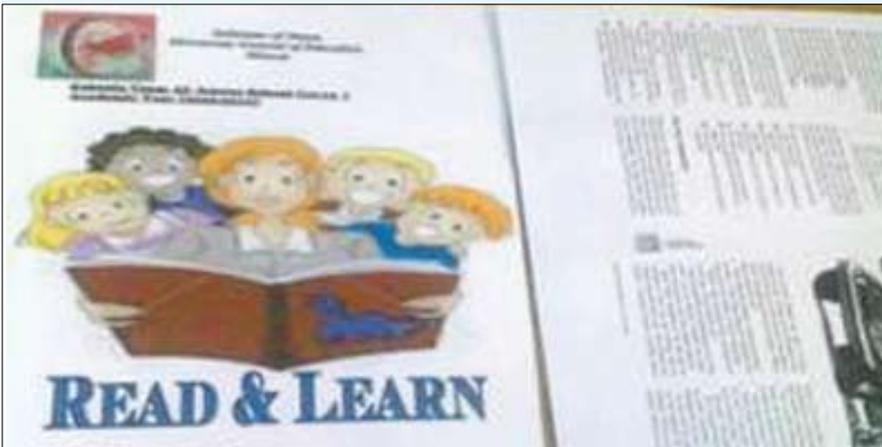


ing to make them think that the camel had eaten. She brought some green grass and rubbed it on the camel's mouth, so it seemed that the camel had eaten lots of grass.

When Auwaisha came back with the camels the people told her the camel was very thin, so maybe it hadn't eaten, but she told them the camel ate a lot. The people doubted what she said, so they told a little boy to go with Auwaisha while she was watching the camels and see what she did. Auwaisha knew she had to do something to stop the little boy discovering what she was doing. She walked for a long way until the little boy got so tired that he lay down and went to sleep and couldn't see what she did.

When they came back, the people

# Read and Learn project



**R**EADING is very important skill in English language. English teachers should encourage students to read, both in and out of class. Improving students' reading skill will lead to an improved ability to speak and to write.

Read and Learn is the name of the reading project which has been established in Zubaida Om Alameen School (10-12) for grade 12 students. This project was the brainchild of our supervisor, Aisha Al-Rubkhi. She supplied the school with a collection of good short stories suitable for different levels. The stories are colour coded to indicate the different levels; students are free to choose any story according to their level.

To enhance the reading of each of the stories, our supervisor, Aisha, also provided a sample of good questions such as pre-reading questions, a dictionary in the form of a paper, and a form that could be used to write a summary for each story. Some key answers were also provided for some of the stories. The English teachers were all very enthusiastic and open to the idea of this project and appreciated the support of their supervisor, Aisha Al Rubkhi.

The project was implemented by Grade 12

teachers, Zawan Al-Nadabi and Amal Al-Hanashi. As teachers we helped our students by explaining the aim and the idea of the project. As a result students took it very seri-



ously. We also taught them some helpful reading strategies such as skimming, scanning, and reading for details. Teachers explained the questions sheets. For exam-

ple, students were shown the pre-reading questions and the dictionary page. Teachers also guided the students in how to write a summary for each story. All of the above enabled the successful implementation of this project.

## Acknowledgment

This project would not have been possible without the effort of the whole team of Zubaida om Alamen English language teachers, our supervisor and headmistress. We would all like to say thank you to our dear supervisor, Aisha Al-Rubkhi, for initiating the project, providing the stories, the questions, and the wonderfully colourful project cover page.

Another big thank to the Senior English Teacher, Fatma Al-Moqaimi for her guidance and for organising the papers inside each copy. Much appreciation and thanks goes to all the English teachers, Fatma, Anisa, Zawan, and Amal for preparing the project booklet copies. Special gratitude must be extended to Zawan and Amal for running the project in their classes. A special thank to Saida Al-Sobhi, the headmistress of Zubaida School for her support and encouragement throughout the project.

— By Amal Salim Al Hanashi, Teacher



## 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

# Home or Away Barcelona is Ahead and Home or Away Real Madrid will stand again

By Khalil Al-Belushi, MOE

THE classico of the globe concluded its 2010 scene with another repeated victory for Barcelona over Real Madrid (0-1) on the arena of Santiago Bernabeu itself on April 10th, 2010. There were many incidents to be inscribed in the minds of both teams' maniacs. Many fans had been waiting for this mini-annual, enthusiastic and dramatic carnival to kick off. Actually such matches are played inside stadiums by players and outside stadium by fans.

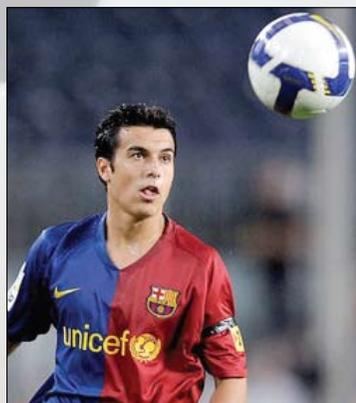


## Santiago Bernabeu Stadium

Back again to that night when Lionel Messi was — as usual to be — the star of every match which Barcelona had already played in this exceptional season for this young Argentinean star. He made Barcelona ahead after 32 minutes in the first half. While Real Madrid was trying to retrieve their conscious from the historical and catastrophic loss (2-6) on the same arena of Santiago Bernabu in 2009, the other younger 22-year-old, Pedro Rodriguez made the

wounds of Real Madrid painful by the second score at 55 minutes in the 2nd half.

Real Madrid's fans hoped



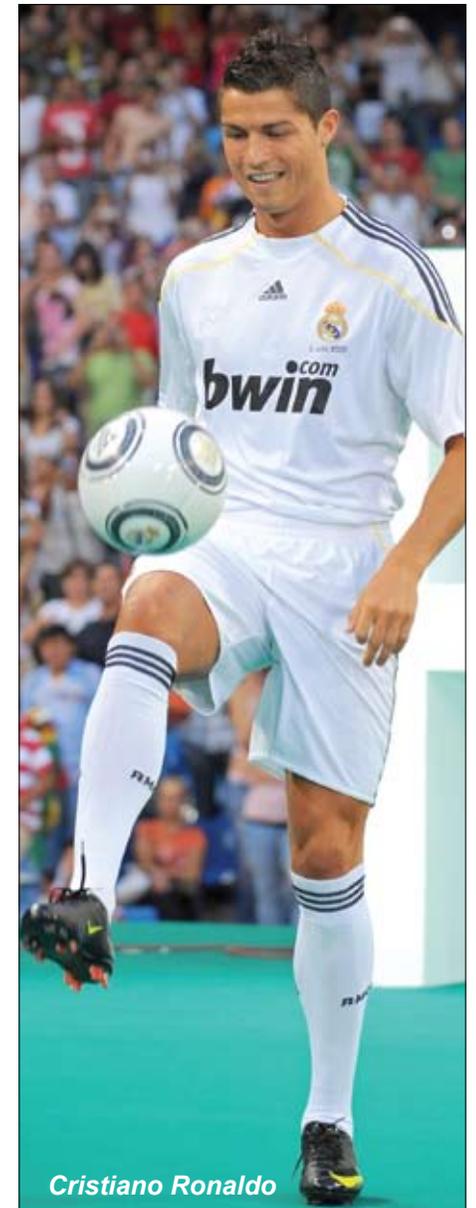
*Lionel Messi and Pedro Rodriguez in action*

and prayed for their star, Cristiano Ronaldo, the counterpart of Messi on the previous annual Fifa best player prizes,

to hold up his team standing again but things went same until the final whistle of the international Spanish referee, Manuel Gonzalez.

Well my dear students... I hope you all enjoyed this long-awaited match. I can't really add any credit-word neither for the winner nor for the loser but I can be neutral making both fans pleased and relived with the following expression:

**Home or Away Barcelona is Ahead and Home or Away Real Madrid will stand again**



*Cristiano Ronaldo*

USE your favourite flavor of frozen yogurt, ice cream or sherbet to "frost" this festive rainbow chip cake.

## Makes: 16 servings

1 box Betty Crocker Super Moist party rainbow chip cake mix

Water, vegetable oil and eggs called for on cake mix box

1 quart frozen yogurt (any flavor), slightly softened  
Candy decorations, fresh fruit or whipped cream

1. Heat oven to 350 degrees F (325 degrees F for dark or nonstick pan). Make and cool cake as directed on box for 13 x 9-inch pan.
2. Spread frozen yogurt over top of cake. Immediately cover and freeze at least 4 hours until firm.
3. Just before serving, top each serving with candy decorations. Cover and freeze any remaining cake.

## PARTY ICE CREAM CAKE



**High Altitude (3500-6500 ft):** Follow High Altitude directions on cake mix box.

**Nutrition Information:** 1 Serving: Calories 260 (Calories from Fat 90); Total Fat 10g (Saturated Fat 2½g, Trans Fat 1g); Cholesterol 45mg; Sodium 270mg; Total Carbohydrate 37g (Dietary Fiber 0g, Sugars 25g); Protein 5g

**Per cent Daily Value\*:** Vitamin A 0%; Vitamin C 0%; Calcium 15%; Iron 4%

**Exchanges:** 1½ Starch; 1 Other Carbohydrate; 0 Vegetable; 2 Fat Carbohydrate Choices: 2½.

\* Per cent Daily Values are based on a 2,000 calorie diet.

### Success

So the frozen cake won't be too hard to cut, remove it from the freezer 20 to 30 minutes before serving.

— Recipe and photograph courtesy of Betty Crocker 2008/TM General Mills All Rights Reserved



# Dear Khalah Asia

*Khala Asia replies. ..*

*If you are worried about something, share it with yO's agony aunt, Khala Asia — she'll help you with your problems*

**Dear Khalah Asia,**

I have a big problem, I usually see bad dreams, but this is not the problem. The problem is when I get up, I feel unable to move! I feel totally paralysed even my tongue; I try to speak, but no voice comes out, even when I scream!

I immediately start reading the Holy Quran once I get this attack and it vanishes bit by bit. This attack happens to me once or twice a week.

Please Khalah Asia, try to find a way to get rid of this thing.

— Hisham

**Dear Hisham,**

Please take it easy and don't panic; there is a solution for each problem we face. We just need to think properly and seek adults' or experts' help.

Bad nightmares are normal during crises and people usually use the 4Rs to overcome nightmares:

1. **Reassurance:** where you give yourself positive messages and sometimes physical reassurance can work.
2. **Rescripting:** where you use discussions, drawings and even writing to draw a happy ending to the dream.
3. **Rehearsal:** where you practice with a friend the new ending of your bad dream.
4. **Resolution:** frequent rehearsal

will eventually make the dream vanish and will give you hints on what are the causes of such bad dreams.

The attack you get after the bad dreams might be a normal reaction and you just need to think positive thoughts and read verses of the Quran before going to bed.

Take care

**Hi Khala Asia,**

My baby's name is Buthaina. She is 8 years old, but I never saw her nails growing. I came to know that she's cutting them with her teeth. I tried hard to stop her from doing such a thing, but all my trials have failed.

Please help me.

— Um Buthaina

**Dear Um Buthaina,**

I can assure you that you are not alone as so many mothers around the world are complaining from the same problem.

Some studies estimate that 30 to 60 per cent of kids and teens chew on one or more fingernails. And, occasionally, a child may also bite his or her toenails.

Boys and girls appear equally prone to the habit in earlier years; however, as they get older, boys are more likely to be nail biters.

Here are some tips that may help you and your daughter:

1. Explain to your girl that people bite nails when they are scared or upset. Watch if she is biting her fingernails at certain times and in certain places such as while learning new things or meeting new people. Encourage her to talk about what is bothering her to relieve stress.

2. Step 2

Try not to nag her to quit nail biting if it is just a habit and not a sign of distress. The extra attention from you encourages her to continue the habit and your constant reminder will make her more nervous.

3. Step 3

Agree to reward her if she refrains from biting her nails. It should be her conscious decision to overcome the habit for the deal to work. Give her a gold star or a sticker to mark the bite free days and give her a special treat at the end of the week.

4. Step 4

Use physical reminders to help her break the habit like taping an adhesive bandage over her nails or painting them. Enhance consciousness about the appearance of their nails.

5. Step 5

Cut her nails regularly and file them close. Children are naturally curious and restless. Frayed nails or rough edges prompt them to bite the nails making it a habit over time. Good luck

**Dear Khala Asia,**

I am 14 years old. My problem is that my mother wants me to become the first student in class. I really study very hard to achieve this goal, but sometimes I don't get first place and my mother gets annoyed. I try to convince her that it's my luck, but she doesn't listen to me. I don't know what to do. Please help me.

— Alaa

**Dear Alaa,**

I can understand your feelings, but I also want you to understand your mom's situation.

All parents long to believe that their children are gifted in some way and keep on pushing them to prove their ideas. As a result some children may respond by giving up; some may be spurred on to try harder.

Your mom shouldn't push you too hard to do well academically. However, she should certainly encourage you to study and to strive to do the best you can.

Choose the right time and sit with your mom; tell her that you will always try your very best because you want her to be proud of you. Tell her that she means the world to you and you will never let her down. Study hard and plan well for your future and don't let TV and sports take you from your books.

Good luck



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