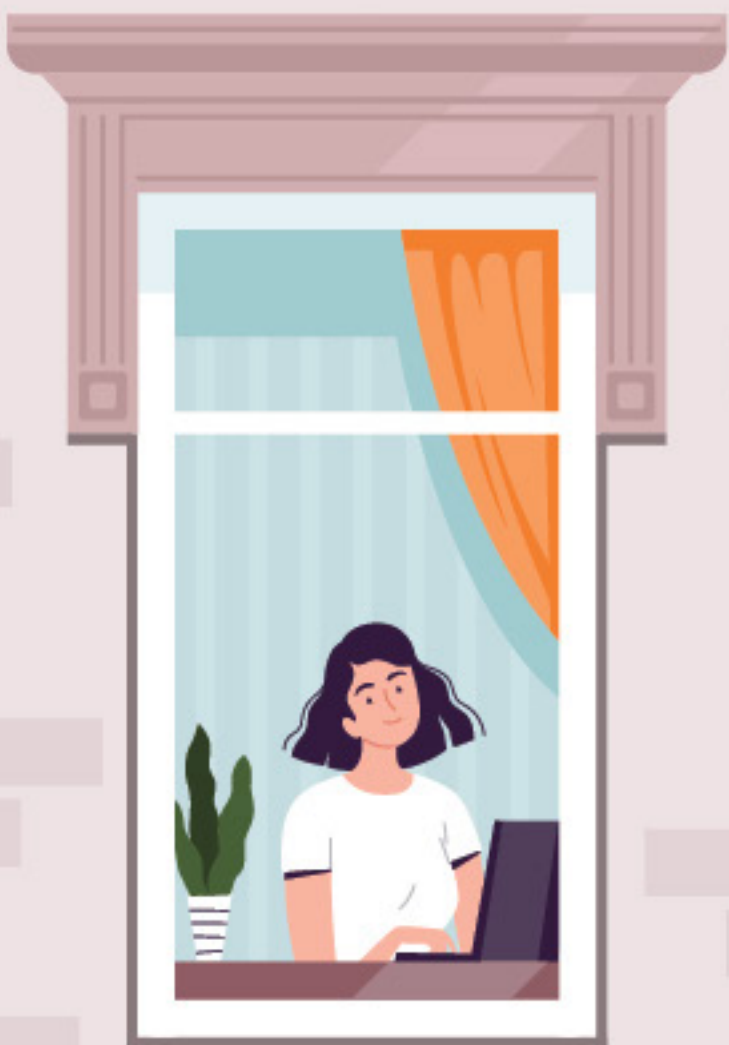


Green Generation

AN ENVIRONMENTAL MAGAZINE FROM BSOE

ISSUE 09



COVER STORY
STAY HOME, STAY SAFE

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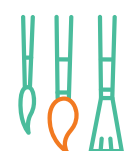
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A LETTER FROM THE BSOE TEAM



Our Green Readers,

We are happy to be back safe and to deliver the 9th issue of your favorite magazine!

The world is presently experiencing difficult and confusing times and we are collectively trying to adapt to new changes. Although we miss spending time outside the house, it is very important that we stick to the laws and remain indoors during this period to break the chain of the novel Covid19- and ensure our health and safety and of those around us.

The situation may not be a walk in the park but rest assured that if we stick to health and safety measures and unite together to fight against this virus, we will come out of this stronger, and most importantly safe and in good health.

There are plenty of creative and fun activities to engage in and pass the time productively meanwhile. Why not dedicate a comfortable space now, make yourself a nice warm cup of hot chocolate, and join us in reading this issue? We guarantee you will find valuable information and ideas that will bring out the artist and craftsperson inside you.

Remember to stay home and stay safe,

Sincerely,

BSOE team,

WORDS FROM OUR CHAMPIONS



Waiting for long to thank Beea'h for this great initiative that started back in 2012. Our school got an invitation to participate in the sustainability award. My Principal handed over the project to me and as a lay man (Does not know how to work on a sustainable project) , I took it and shelved for many days . Near the date of registration, I filled the form and submitted.

And then the story began...

I discovered a new me from love of Marine animals to desert animals , Awareness campaigns , compost to kitchen garden and yes, have come across a new word 'Recycling'. And thus, realized how much damage we are causing to ourselves and other organisms with whom we are sharing this beautiful planet.

With almost every year participation dug out new members having love for the mother nature from teachers to students. Even though I left my previous school, but they have not left Eco friendly activities this is my biggest achievement, passing on a positive attitude to others and make them realize that:



**“ We have not inherited this earth from our parents to do with it what we will.
We have borrowed it from our children,
and we must be careful to use it in their interests as well as our own ”**

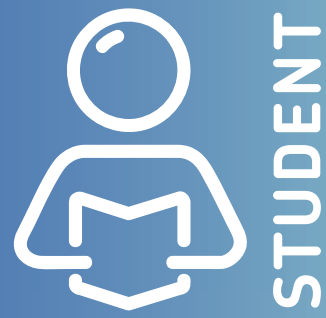
Even when the whole world is suffering from the Corona 19 Pandemic, I have not left loving nature and started plantation from colorful flowers to small vegetables and I am loving it! How can I forget my students? So, I involved them in two activities:

1. Encouraging them to stay at home and leaving only when necessary.
2. Assigning them a project about the positive effects of this pandemic on the environment and they did a marvelous job by collecting facts about various human activities before and after the pandemic.

They also came up with a sense of realization that We have lived our lives with the assumption that , what was good for us was good for the world. We were wrong. We must rephrase it as, what is good for the world, is good for us!

Uzma Rashid
Victoria English School





Recycle today for a better tomorrow

The usage of plastic has been increasing day by day due to its convenience in our lives. From plastic bottles to plastic cutlery the usage of plastic items has increased immensely.

While plastic bottles offer convenience, they also create unnecessary waste in landfills almost %80 of the landfills are caused by single use plastic bottles. The American chemistry council estimates that the average consumer uses 166 plastic water bottles each year and that is 2.5 million plastic bottles are thrown every hour.

It has been found that recycling plastic bottles is one of the best ways to reduce landfills. Recycling not only reduces landfills but also decreases pollution, reduces greenhouse gases and conserves energy.

Bee'ah, one of the leading environmental organizations based in UAE provides the residents an amazing opportunity to recycle plastic bottles as well as aluminum cans through the Reverse Vending Machines (RVM). RVM's are innovative recycling machines that collect plastic and aluminum cans for recycling.

This program is also called as 'you recycle we reward' as recyclers are rewarded through their monthly draw.

How Do the RVM's work?

Deposit a plastic bottle into the machine. The machine crushes the recyclable and stores it until it's ready for collection by Bee'ah's Tandeef team. A receipt is issued to the recyclers after each deposit. Once the receipts are scanned in the Bee'ah app, it qualifies as an entry into the monthly draw of prizes.

Let's all join hands in order to protect and to preserve our mother earth for a better future.



Jerin Sam Jojy
SHARJAH INDIAN SCHOOL, JUWAIZA





The beauty of natural Jubail Man

Do you love nothing more than a long walk and feeling at peace with nature?

If the answer is yes, there is now a new attraction to add to your bucket list of places to visit in the UAE. Just like most people in the UAE, we've been hearing about Jubail Mangrove Park for a while.

The outdoor attraction was years in the making, but not much was known about the specifics.

We weren't sure what to expect.
Would it be a natural preserve?
Or a boardwalk above the water?

Well, it turned out to be a combination of the two, but somehow the outcome exceeded our high expectations.

The primary attraction isn't the boardwalk or the man-made features, it's the beauty of nature, and the chance to get up close and personal with it.

Jubail Mangrove Park is the first self-contained educational, nature and leisure destination of its kind located on Abu Dhabi's Al Jubail Island, opened on Thursday, 30 January 2020 and is considered as the latest attraction of Abu Dhabi.

The aim of the park and mangrove walk is to provide cultural and ecological information on the trees which have been in the region "since the early days of the emirates", while focusing on the protection and preservation of the natural environment and all the wildlife connected to it.

The mangroves stretch out as far as the eye can see, and the only sound breaking the silence is the occasional bird chirping.

The water is crystal clear, offering a glimpse of the fish and the odd slow-moving crustacean. It also allows us to see the roots of the mangrove trees, poking out from the ground.

Jubail Mangrove Park habitats around UAE

A lot of people don't realize that if the mangroves disappear, so does the shoreline, with this park, you can see what a mangrove really does, holding the soil together, stopping the erosion.

Perhaps this is the real beauty of the park: it isn't just an attraction, but a natural preserve, educating people on the UAE's local landscape and advocating for its protection.

It has specialists for the mangroves, bird life and marine life.

As well as the stunning nature walk, there's loads of activities for the whole family to get involved in such as kayaking through the mangroves, interactive educational lessons and a children's play area.

Mangroves play an important part in the environment of the UAE and beyond, by reducing carbon dioxide in the air, which contributes to positively reducing global warming.

The mangrove forest is home to over 60,000 species of birds and marine life and the natural habitat is Government-protected.

At the end of the day, it's important to take note that Jubail Mangrove Park is an ecological site that allows people to closely interact with Mother Nature.

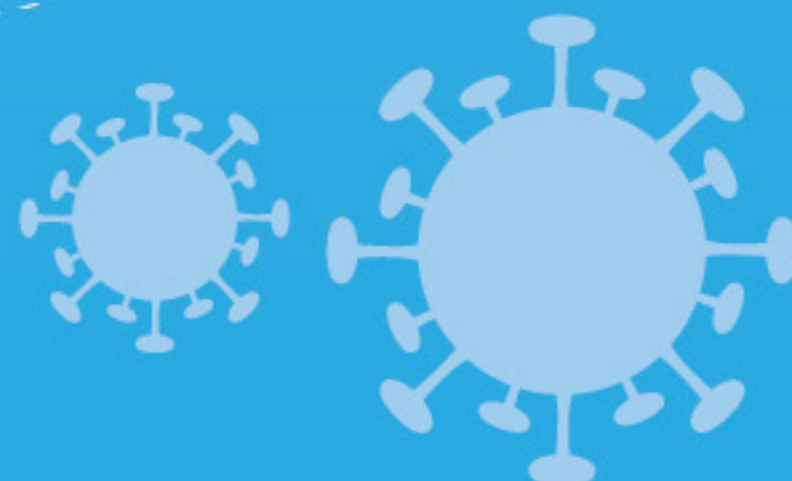
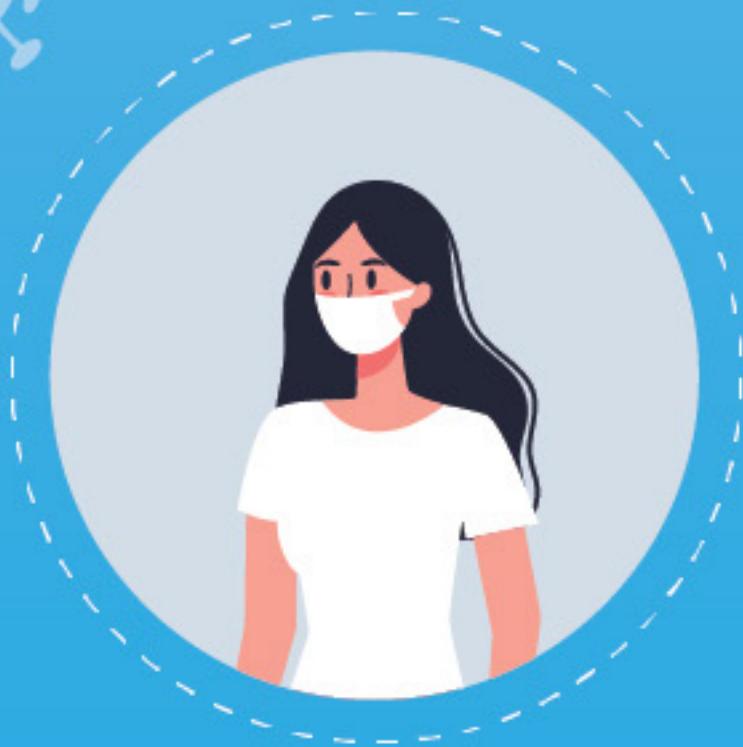
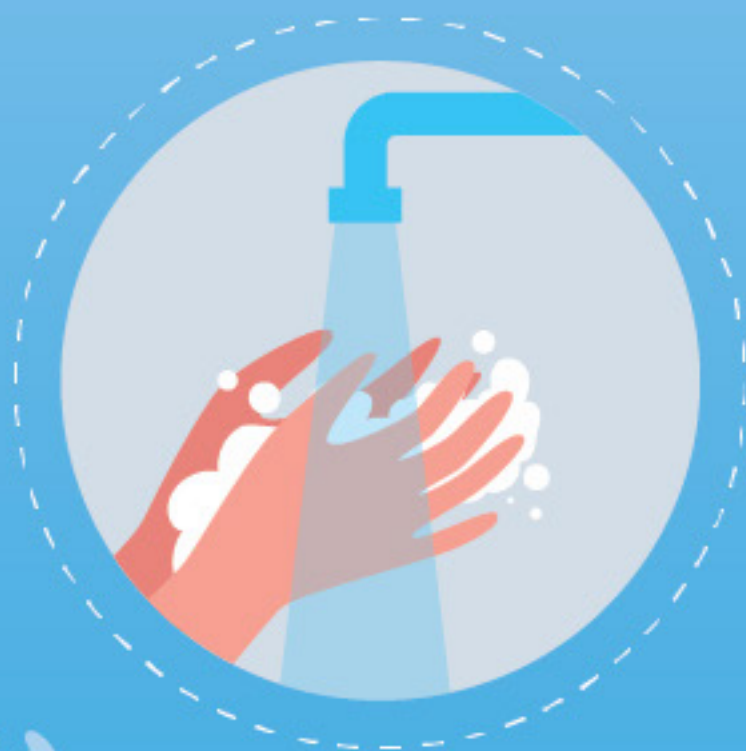
How we choose to behave during this interaction says a lot about us as a species, so let's be careful while visiting this beautiful place.

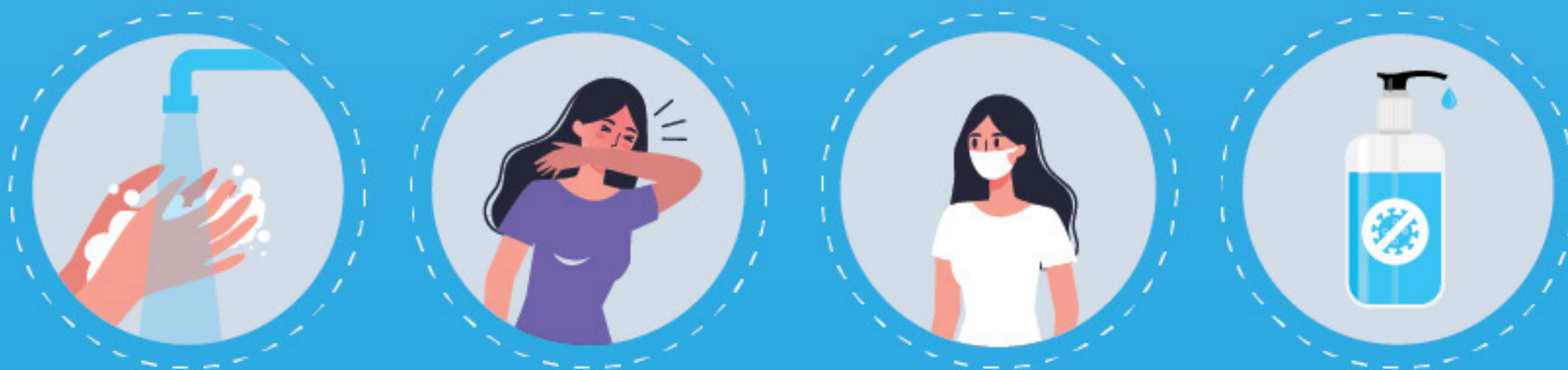
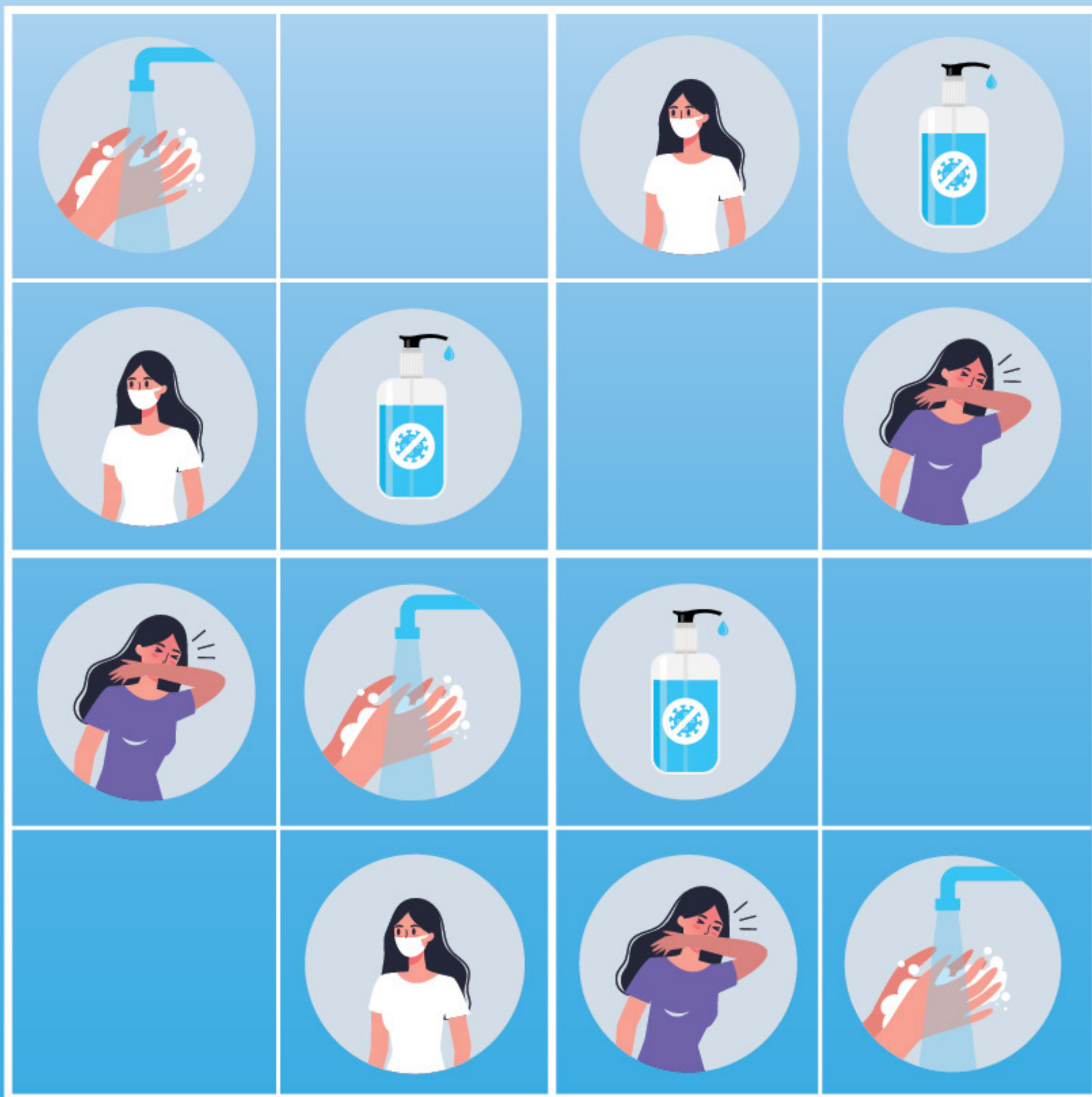
GREEN CHALLENGE



SUDOKU PUZZLE

EACH IMAGE MUST APPEAR ONCE AND ONLY ONCE
IN EACH ROW, COLUMN AND 2X2 SUB- GRID:





GET TO KNOW ME BETTER



Tell us about yourself?

My name is Haya Aldoseri and I am an environmental specialist.

I who hold a BSc. in Environmental Sciences with a concentration in Biology and Ecosystems and a minor in Psychology from the American University of Sharjah.

I've worked in the environmental field in the UAE and both the public and private sectors in Bahrain as an Environmental Specialist and Engineer.

I've actively worked over the last few years to spread environmental awareness on various eco topics such as waste reduction, organic gardening, plant-based foods, afforestation, and urban planning.

I have over 15 years of experience in the environmental field.

I've delivered lectures, talks and workshops to both children and adults in Arabic and in English. My vision is to make earth a better living place, and my main mission is to act on climate change by enabling people to live more sustainable lives.

Through my online presence mainly on Instagram (@Green.Sprouts), I connect with people intellectually and address their questions to enable them to live more sustainable lives.

For more information visit my website
www.greensprouts.me

Tell us about some of your environmental initiatives.

I've worked on many initiatives to help the environment and the biggest one was the tree planting initiative in Bahrain. I've worked with municipal council representatives to pass a legislation that limits planting palm trees and encourages planting more local shade trees to improve the air quality in Bahrain. The legislation passed and was approved by the Minister of Municipalities Affairs and Urban Planning in 2019. Since then, Bahrain has been heading towards planting more trees to reduce costs and improve air quality and people's health.

How do you see the current public health crisis impacting the environment?

The current health crisis is painful and terribly sad on so many levels. However, the environmental impacts of limiting the movement of 4 billion people are enormously positive.

We've noticed unprecedented low levels of air pollution especially in nitrogen oxides in many regions like China, Italy, France, Spain and the Arabian Gulf region as well.

Air pollution causes far more deaths annually than the current covid-19 virus, so this pandemic, despite its tragic consequences, may have a silver lining.

For example, In China 6 million people die every year from air pollution related conditions, while Covid-19 deaths in China are less than 5000 cases (statistics of May 2020).

However, plastic pollution has reached a very high level and that's mainly due to the heavy use of face masks, gloves and the precautionary measures taken that lead people to over consume single-use plastic such as plastic plates, delivery packages, etc.

On the other hand, wild animals have been roaming cities freely which has never happened before.

Thousands of flamingos that had deserted wetlands in India for decades are back, baby sea turtles that are almost never seen on some beaches are now hatching from eggs and entering the ocean, and the best news of all: wild life trade has been banned in China which will have a tremendous positive impact on the biodiversity of wild ecosystems in China.

What are the main positive impacts of COVID-19 on the environment?

Overall, covid-19 was a wake-up call for all of us and made us pay attention to the environment. And now many cities are determined not to go back to "normal" after lockdown is lifted. Rather they've decided to choose more sustainable choices for the future. A good example is Milan who is working on increasing the number of bike and pedestrian lanes and reducing the number of car lanes in an effort to reduce cars in the city to help the environment and improve people's health. Many lessons can be learnt from this health crisis to help the environment.

The air quality has improved dramatically over a very short period of a few months. This has never happened before in human history. And when production lines are slow or stopped, the extraction of natural resources is slower. This gives nature a much-needed break from the continuous destruction of biological ecosystems like forests, mountains and rivers.

What healthy and environmental habits can people start practicing while staying at home?

A good and important healthy habit to do now is to go outdoors in gardens or balconies. We need enough sunlight to get vitamin D which boosts our immune system.

Going out in nature reduces stress levels that many of us might be going through. A walk around the block (if allowed) can also increase serotonin levels which makes us happier overall.

In addition, we can all work on reducing our plastic consumption at home by simply switching plastic water bottles with metal or glass bottles filled from home water filters.

Another smart move is to switch plastic grocery bags with reusable cloth bags. All in all, reducing our overall consumption has remarkable positive impacts on the environment and we should always keep that in mind.

Would you encourage students to choose environmental science major to proceed their higher education? Why?

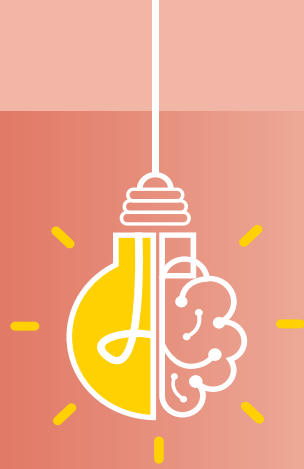
Definitely. Studying Environmental Sciences opened many doors for me and gave me the basic and important education to help the environment.

Understanding the science of Earth helps us be good stewards of the planet. Not to forget, it is also a very enjoyable and eye-opening major.



Haya Aldoseri
Environmental Specialist

DID YOU KNOW



FACTS ABOUT COVID-19:

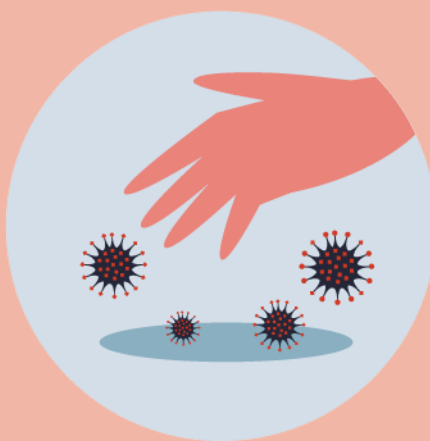


THE VIRUS
WAS FIRST IDENTIFIED
IN **WUHAN** CITY - CHINA,
AFTER AN OUTBREAK IN
DECEMBER 2019

THE MOST COMMON
SYMPTOMS OF
COVID-19 ARE **FEVER**,
TIREDNESS, AND
DRY COUGH



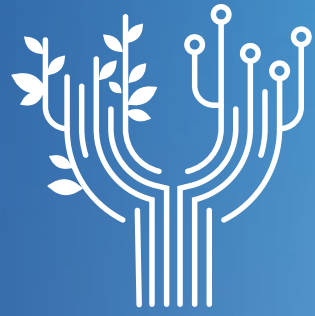
COVID-19 VIRUS
CAN BE TRANSMITTED
IN **ALL AREAS**,
REGARDLESS OF
CLIMATE



THE VIRUS CAN
BE TRANSMITTED
THROUGH **TOUCHING**
YOUR **EYES** OR **NOSE**
AFTER TOUCHING AN
INFECTED SURFACE

PEOPLE WITH
CHRONIC LUNG
DISEASE OR MODERATE
TO SEVERE **ASTHMA** ARE
AT **RISK** OF BEING
INFECTED BY
COVID-19





Environmental Impact of Social Distancing

After the outbreak of the novel Covid-19 virus, mandatory laws and restrictions were outlined enforcing social distancing and prohibiting people from leaving their homes. When this sudden shift occurred and human activities were reduced, our mother earth started recovering and the flora and fauna are thriving like never before.

Due to that change, data from international space agencies reported noticeable improvement in air quality. A huge drop in air pollution was recorded and the greenhouse gas emissions have also decreased significantly now that few cars are on the roads. This goes to show you how significant the impact of daily human activities is on the environment.

Unfortunately, not all impacts are positive. So many individuals, out of fear of spreading or catching the virus, are dumping their masks and gloves on the streets, therefore, risking others' lives and harming the environment along the way.

We are all keen for our lives to return to normal, but we must use this time to reflect on our bad habits, especially those affecting the public health and the environment, and make better and wiser choices in the future.

These environmental changes should offer insights on what we as collective societies can do to mitigate climate change



FROM WASTE TO ART

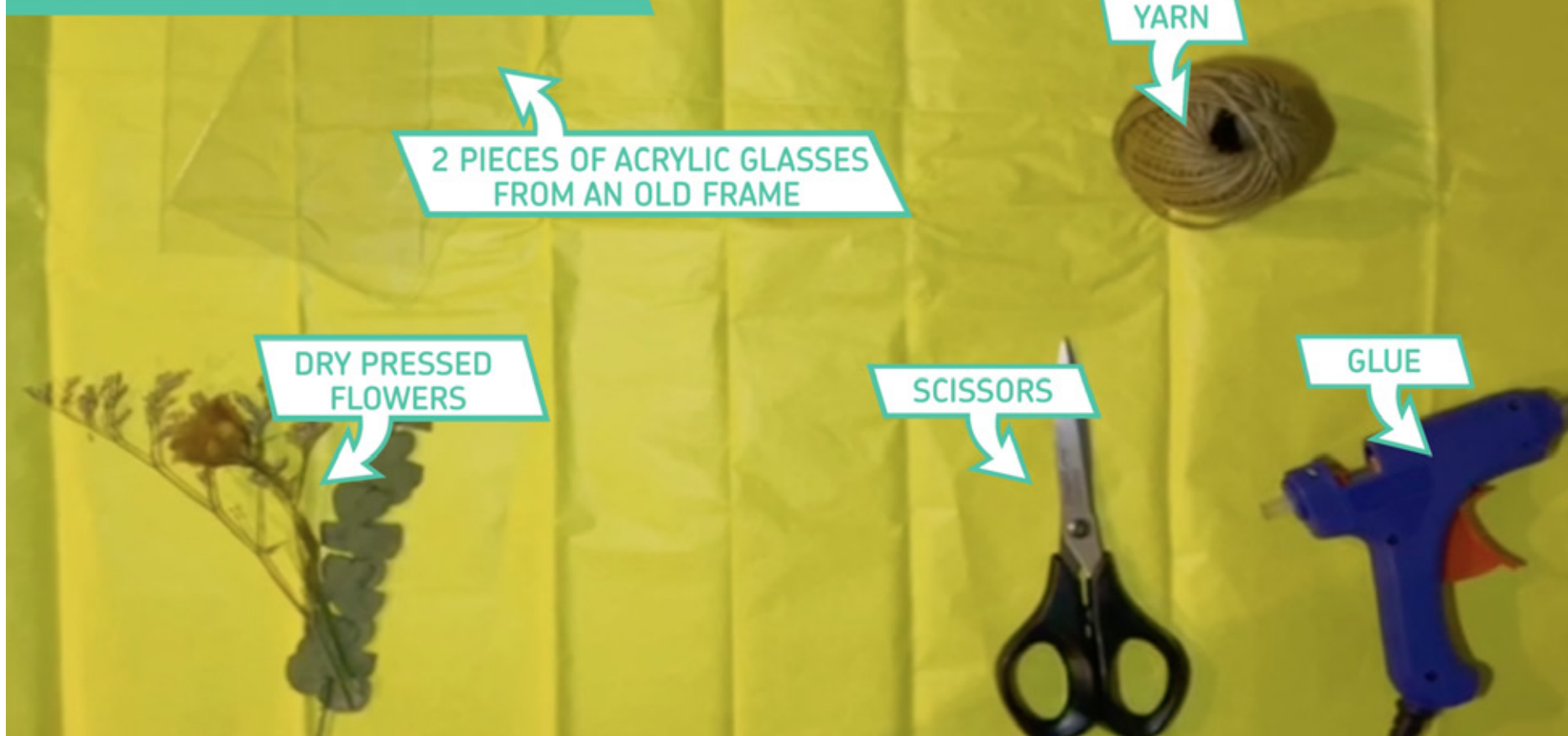


MAKE YOUR OWN FLOWER FRAME

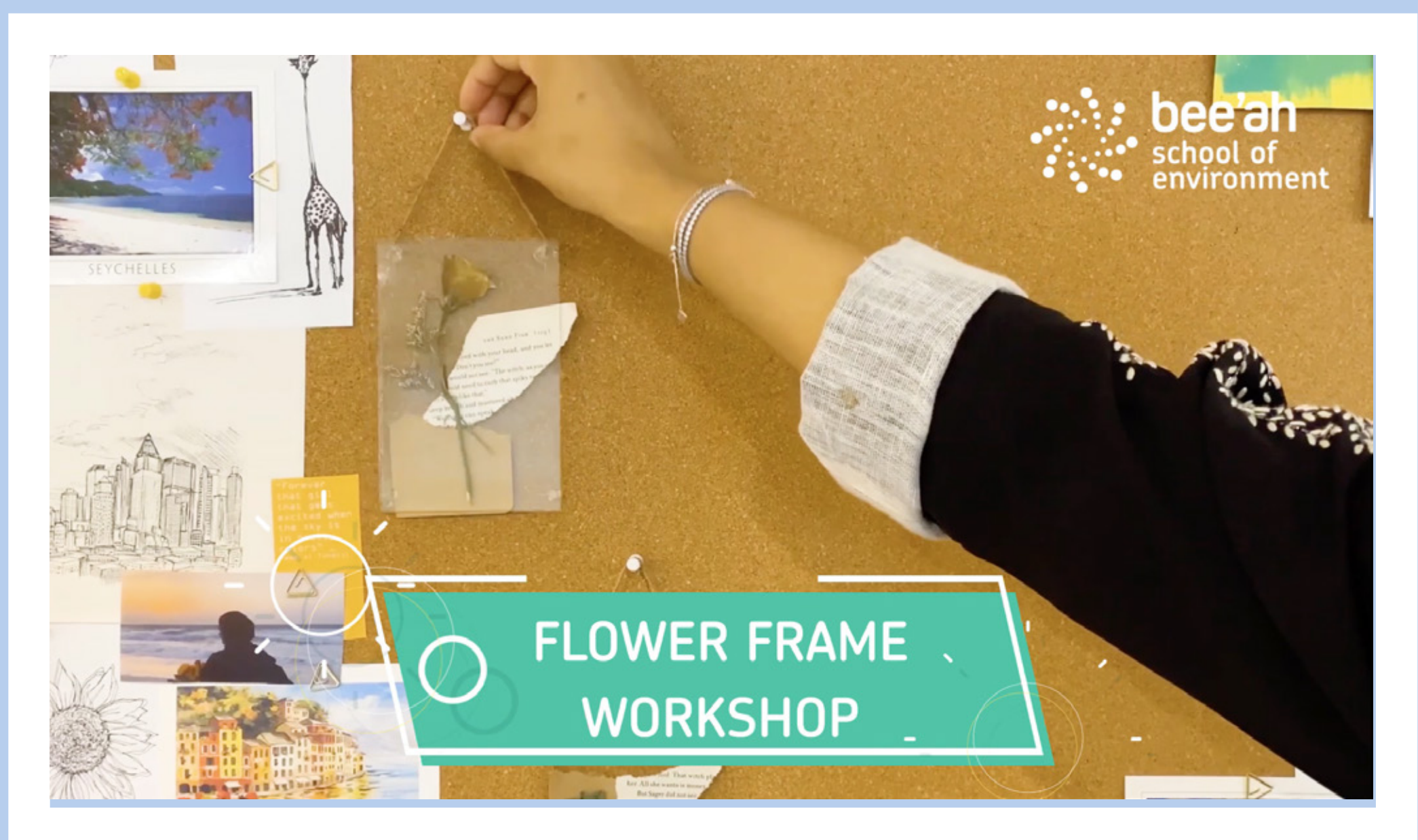


Learn how to make your own flower frame with your own style and design, by following the steps in this short clip.

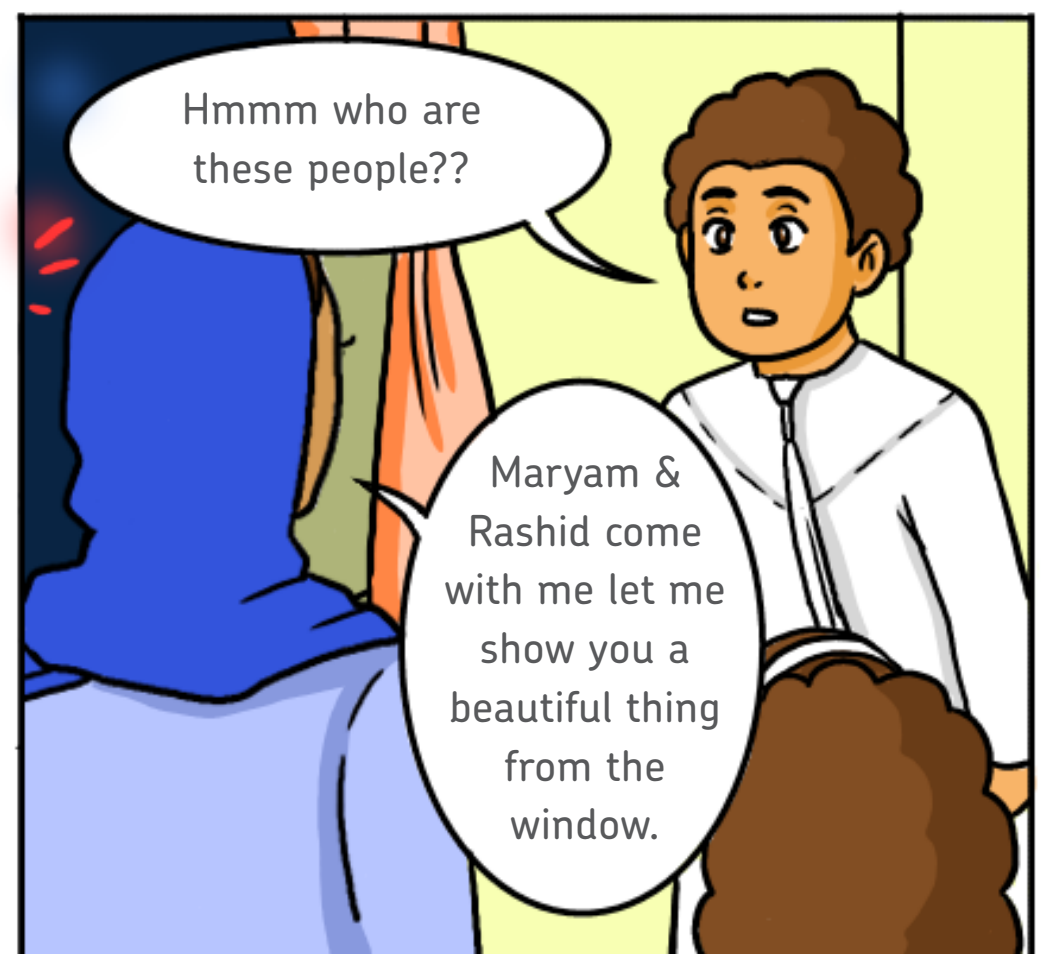
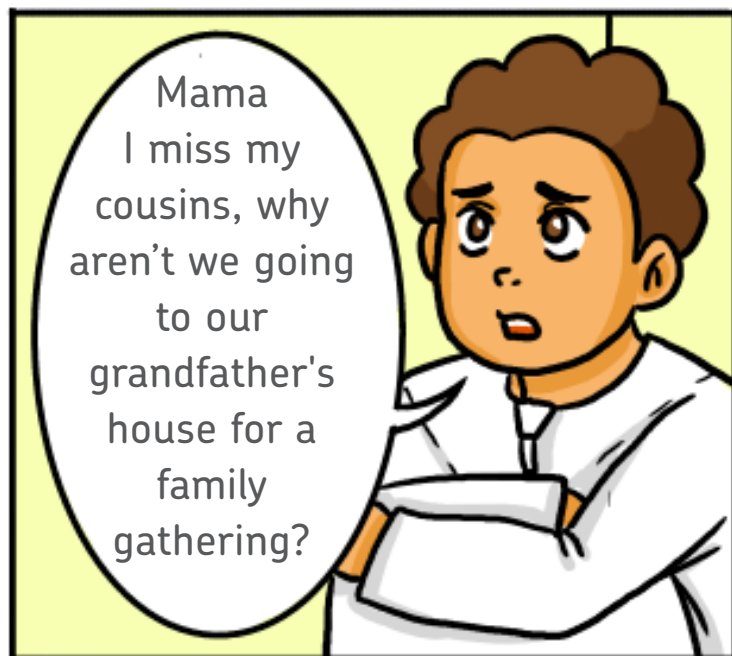
MATERIALS NEEDED:

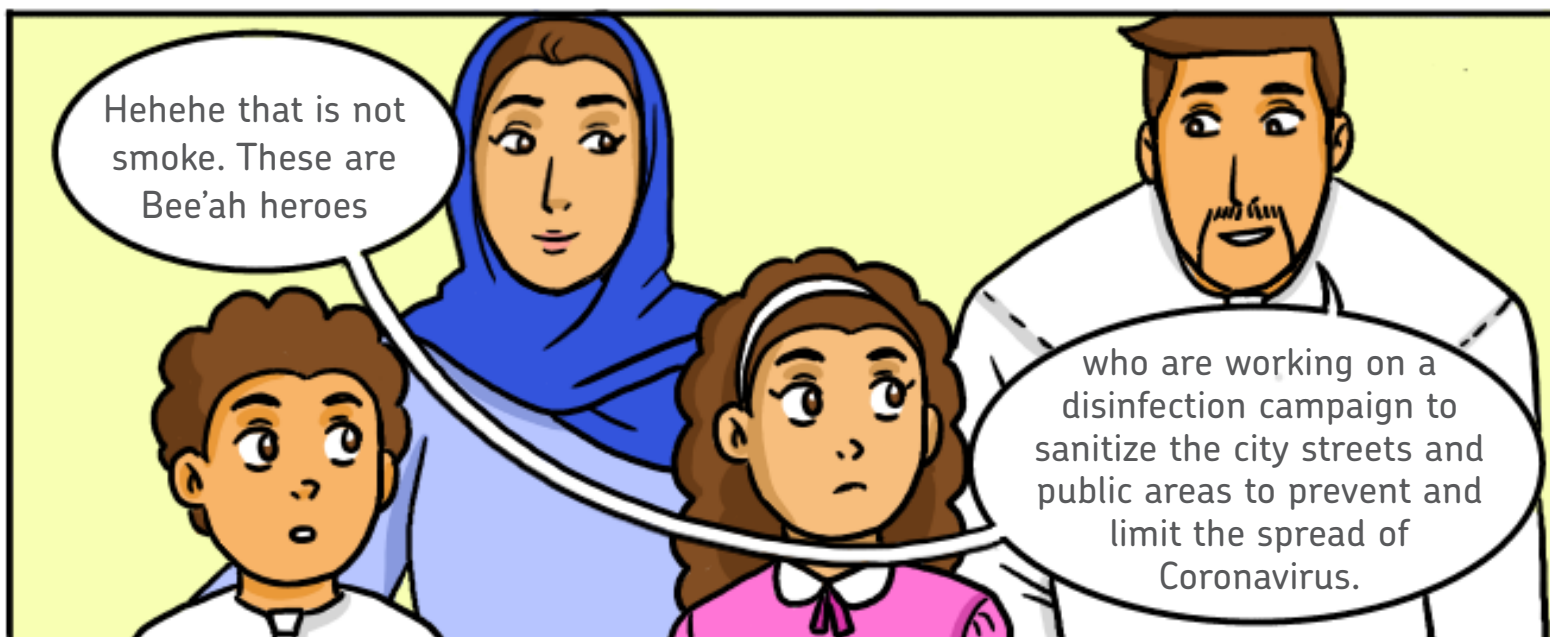
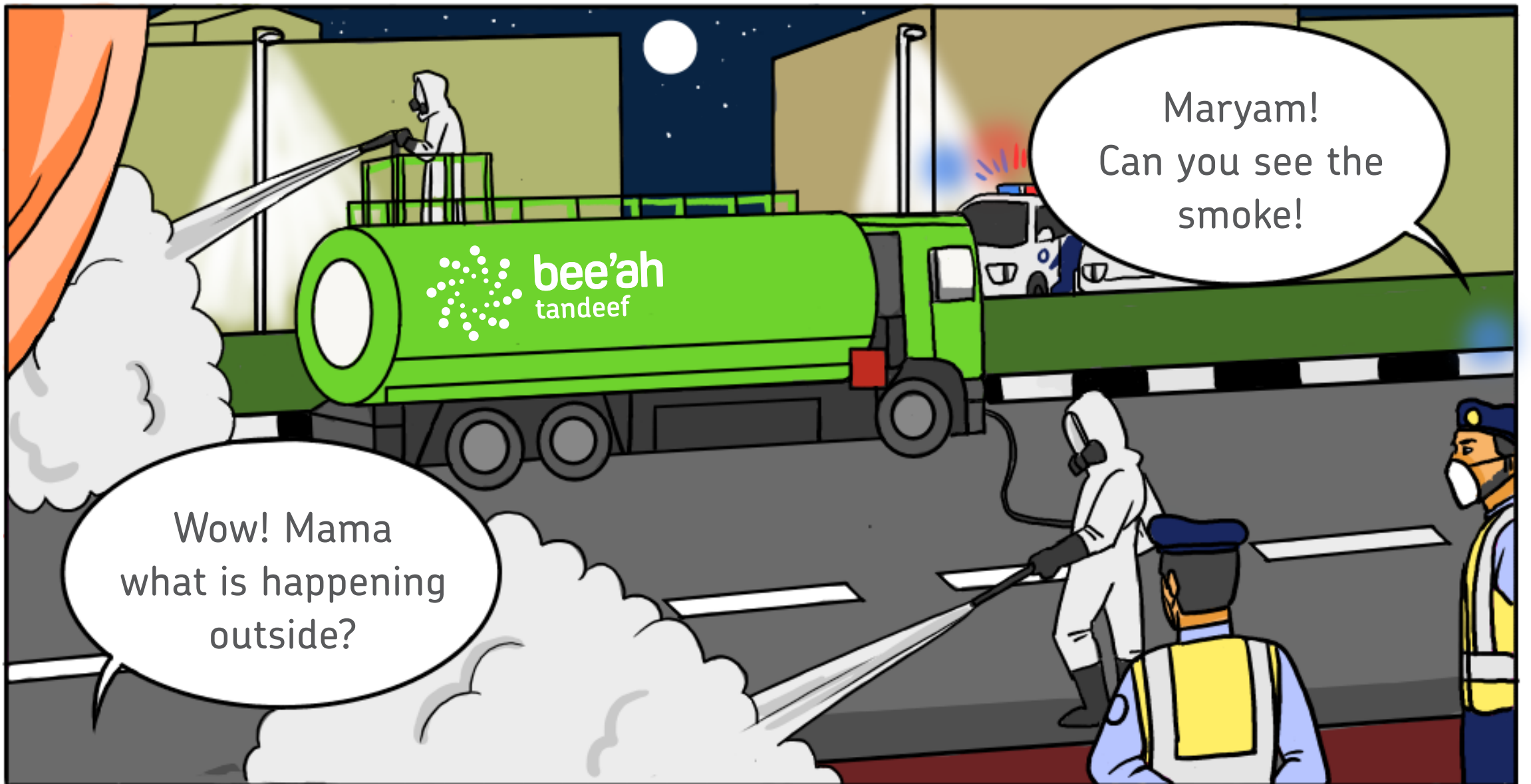


CLICK ON THIS VIDEO
TO VIEW THE STEPS



Quarantine day 16, 8:00 PM

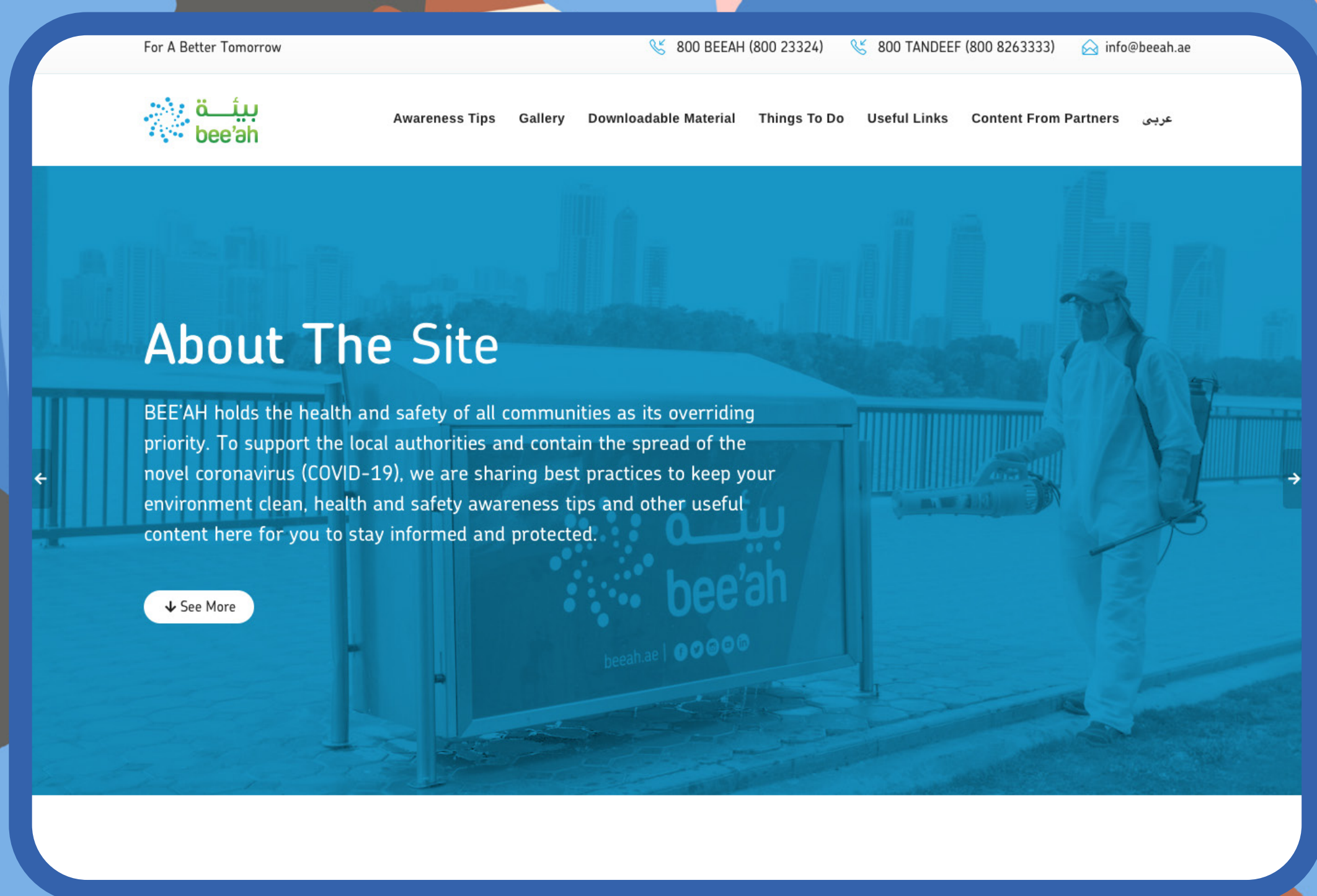




BE FEATURED



BEE'AH IS DELIGHTED TO ANNOUNCE THE LAUNCH OF OUR NEW AWARENESS WEBSITE THAT AIMS FOR A BETTER TOMORROW.



THE WEBSITE IS A RESOURCEFUL PLATFORM FOR ALL SOCIETY MEMBERS



ON OUR WEBSITE YOU WILL:

GET THE PROPER AND RELIABLE KNOWLEDGE
ABOUT COVID-19

FIND OUT HOW TO PROTECT YOURSELF AND
OTHERS FROM COVID-19

LEARN HOW TO MAKE YOUR TIME DURING QUARANTINE
PRODUCTIVE AND FUN. AND MUCH, MUCH MORE

VISIT OUR AWARENESS WEBSITE NOW!

[HTTPS://FORABETTERTOMORROW.AE/](https://forabettertomorrow.ae/)

TOGETHER,
FOR A BETTER
TOMORROW!