

JUMEIRAH MESSILAH BEACH HOTEL & SPA BRINGS RESTAURANT WEEK TO KUWAIT

Jumeirah Messilah Beach Hotel & Spa in Kuwait is set to welcome Jumeirah Restaurant Week at the Garden Cafe and Olio. From Friday May 23, until Saturday, May 31, 2014, the Garden Cafe will present a buffet menu with hot and cold appetizers, soups and Asian and Middle Eastern dishes. At Olio, guests can enjoy a special three course set menu that includes soups, salads and Italian main courses. To complete Italian night, Olio will offer a number of homemade desserts.

Hakan Petek, General Manager, said: "We are delighted to participate in the Jumeirah Restaurant Week for the first time. When it comes to dining, Jumeirah is beyond outstanding and we are proud to bring this luxurious culinary extravaganza to Kuwait through Olio and the Garden Cafe. We invite diners to join us and enjoy delectable dishes over extraordinary creative menus during this week."

Recognized internationally for its culinary excellence and creativity, Jumeirah Group's prominent food event invites diners to experience the world's finest cuisine at special rates. Having expanded its range of participating restaurants from 38 in 2012 to over 60 restaurants in 2014, the renowned dining experience now counts outlets from Abu Dhabi, Baku, Dubai, Frankfurt, Istanbul, Kuwait, London, the Maldives, Mallorca and Shanghai.



CAREER COUNSELLING FORUM AT FRENCH SCHOOL OF KUWAIT

On May 21, 2014, The French School of Kuwait organized a career counselling forum. Twenty two professionals, from renowned local and international firms, were present to answer all the queries of the high school students regarding employment and career opportunities in the upcoming years. Furthermore, members of the French Business Council of Kuwait kindly shed light on the demands and requirements of worldwide job markets. Christian Nakhil, French ambassador to Kuwait, addressed the young and conversed with those interested in the diplomatic field.

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THERAPY? BUT MY CHILD IS STILL YOUNG!

Parents often find it difficult to accept that their child requires therapy because of behavioral problems or difficulties in learning, especially when this is recommended by the school or a professional party. "We associate the idea of therapy with a mistake that we as parents could have committed, or an issue that can't be solved. This is why parents become defensive to the idea that their child needs therapy," explains Resha Erheim, M.Ed., Bilingual Counselor at Fawzia Sultan Rehabilitation Institute (FSRI), Kuwait's not-for-profit multidisciplinary physical and cognitive rehabilitation center for children and adults.

Erheim adds, "It is important for parents to accept that therapy is a step to finding a solution to what is affecting their child. This is the first step towards their child's wellbeing". Parents then have a primordial role to play during their child's treatment. "They become co-therapists during the process," says Erheim. Erheim lays out four steps parents can help their child get a more effective treatment.

Step 1: Collaborate with the therapist during the therapy

While parents can have strong opinions to what their child needs, it is important to consider therapy as a collaborative effort between parents and the therapist, where everyone works as a team. Research has shown that parental involvement in a child's treatment improves the efficacy of therapy. "Cooperation and support is a critical aspect to the success of treatment. Together with the therapist, the best way to support the overall treatment of the child is to set and define the roles and responsibilities of each parent at home," says Erheim.

Step 2: Build a mutually trusting relationship with the therapist

Erheim says, "A therapist's aim is to help the child, and also to guide parents in helping their child, not to take sides with the school or any professional party." When a child starts the therapy process, parents must prioritize sharing their concerns, thoughts and daily routine. "Information like this is essential to building the treatment plan, and parents should be comfortable in knowing they will not be judged for their role as a parent. The key is to trust the therapy process and the therapist, it may take time, but it will definitely take a lot of effort," adds Erheim. Sharing concerns also includes discussing issues or a miscommunication without casting blame, and, together with the therapist, place solutions.

Step 3: Focus on supporting your child's therapy process outside the planned sessions

Therapy sessions are effective faster when parents set a routine at home, give psychological support, and provide a stable environment as a whole. "Establish a routine at home, then note your child's responses and involve the therapist in the process. In addition, encourage mutual respect in communication with your child and avoid "you" statements that blame the child for misbehaving, and instead use "I" statements to show the child the correct

behavior and guide them through the change.

Parents are also encouraged to model the behavior they want their child to adopt. "You are your child's first and most important teacher. If you want a polite, self-managed child, you must be a well-mannered and self-regulated person yourself," says Erheim. Therapists encourage parents to increase positive interaction with their child, for example by offering praise when the child does well, and also by paying positive attention to the child and spending quality time in engaging activities.

Step 4: Be open to the therapist's suggestions for new parenting skills

No parent wants to be told what to do. When a therapist brings along suggestions, parents need to listen first, without defensiveness or counter arguments. This point supports the trust that has been built with the therapist. Erheim says, "Don't misinterpret a therapist's suggestions, they are not here to undermine your role as parents. On the contrary, accept the feedback with openness and flexibility knowing that the intent is to improve your child's behavior. Give suggestions a try, as they may often yield good results." "Parenting can be stressful, and you need the support too. Allocate time for yourself to do things you enjoy, or partake in your own supportive counseling as well. Sometimes parents' personal issues shadow and affect their child's behavior," concludes Erheim.



FUTURE EYE THEATRE ELECTS OFFICE-BEARERS

Future Eye Theatre, Kuwait, an open arena for theatre people, elected its new office-bearers at a meeting held in Salmiya yesterday. While reviewing Future Eye Theatre's activities over the last one year, the meeting congratulated Shemejkumar K K, Future Eye Theatre Vice president, for bagging the 'Best Director' award in a GCC-wide theatre festival organized by Kerala Sangeetha Nataka Akademi in February this year. The meeting also discussed the new opportunities and challenges before theatre activists in the context of emerging new trends and concepts in a post-modern theatre world. The new office-bearers of Future Eye Theatre are: President -

Sajeev K Peter, Vice president - Shemejkumar KK, General Secretary - Sajeeshkumar P G, General Convener - Subbaraman A R, Treasurer - Deepak L B Nair, Subin Hassan - Publicity and Media Secretary, Joint Secretary - Praveen Aduthila, Rajeshwari Subbaraman - Ladies Wing Coordinator, Krishnakumar - Event Coordinator.

Executive members are: Dr Prathap Unnithan (Salmiya area rep), Raghavan (Mangaf area rep), Biju Samuel, Sunil Shivanand (Fahaheel area rep), Sunil K Cherian, Santhosh Kumar, Madhu Balakrishnan, Gopakumar, Deepan M George, Sreeraj, Geetha Nair and Remya Ratheesh.



FAIPS STUDENTS ENJOY TRIP TO US

Little did we, the students of FAIPS, know that we could reach for the stars even before we imagined about it. We were eagerly waiting for March 19, 2014 as we were very excited about our journey to the US. These opportunities come very seldom and we were lucky enough to have one. When the D-DAY arrived the parents of all the 27 students came to see off their children at the airport. The students who were in the trip were Aarav, Aditya, Ananya, Devansh, Dikshita, Pratheek, Richisha, Sandeepan, Sarah, Sharvari, Sharanya, Shruti, Sooraj and Ziyad of class 8 and Adnan, Aman, Anushka, Dwaipayan, Kushagra, Mediha, Naina, Naman, Manu Hari, Nrupa, Rohan, Suruchi and Yagna of class 9. All of us were extremely excited as the savoring chance had a lot for us in store. After a longish journey of about five hours from Kuwait to Frankfurt we had a wait of 6 hours in the world's second largest airport. After this wait we embarked on a long and tedious journey of 11 hours, and we finally landed in Orlando - The city of Magic.

The first day of trip started off in Sea World, a popular water park there. It was a pleasant surprise, the day we were in Sea World as we came to know it was the 50th anniversary, and so there were many events taking place such as dance, mime show etc. The next was the most mesmerizing experience ever, The Disney World. It was the most wondrous and magical thing we had ever seen, the Magic Kingdom. As soon as we entered the Magic Kingdom we saw an enchanting sight: The Disney Castle, which sent spurts of pleasure through our spine. The next was one of the best theme parks in the US and that was Universal Orlando. It is the second largest resort after the Walt Disney World. It has combined film production studio and theme park features and is composed of themed areas and attractions based on the film industry. The themes of Universal Studios are aimed

at making guests feel like they are in a movie set with rides, shows and attractions inspired by popular films.

For the next three days, we had the NASA camp in which we had to build robots and we had to program them. The first two days, we built the robot and programmed it the way we were assigned to. The last day, we were taken around for a NASA tour in which we saw the launch pads from which many of the successful rockets were launched, the NASA headquarters, a small building but with big ideas blooming inside and then we were taken into a museum in which we saw Atlantis, modules of range rovers, The International Space Station and many more. After this wonderful journey in Orlando, we took a flight and landed in Washington- the Capital of the United States of America. It was a beautiful city.

We visited the Lincoln memorial built in the honor of the 16th president of The United States- Abraham Lincoln. In the building, a huge statue of Abraham Lincoln magnanimously sitting on a chair built in the memory of one of the greatest statesman the world has ever seen. We stood at the very spot on the steps of Lincoln memorial on which Martin Luther King stood and gave that thunderous, vibrant and unforgettable speech - 'I have a dream' that literally took the nation by storm and paved way for a new leaf to be turned in the history of US. Then, we went to see the White House - The house of the President. It is a beautiful house of spotless white marble that shone bright in daylight. We also saw from outside the Smithsonian Museums built in a row. Due to paucity in time we could just squeeze in enough time to have a visit to the Air and Space Museum where in greats like Wright brothers cherished history, developments in space travel were all well exhibited. After a short visit to Washington, we went to New York in a bus, the journey of which

took about seven hours. We saw how the traffic on this busy town slowly built up to the peak as the evening neared. We stayed at a hotel in China Town, one of the well-known areas there. The next day, we went to The Town of Brands - Times Square. It was lined with beautifully designed tall buildings of all the brands of the world. We visited the 9/11 memorial built in the memory of those who had lost their lives in the crash of the twin towers in New York. We also visited Manhattan. We were surrounded by tall buildings everywhere. We saw the duo of the two bridges- The Brooklyn Bridge and The Manhattan Bridge. Then we took a cruise to Liberty Island where the magnificent Statue of Liberty stands tall. The cruise went around the statue as we all watched the statue from the deck of the cruise with awe and wonder. After the hectic journey of New York, we left for Kuwait- not really an awaited moment.

It was the best trip of our lives so far and we will never forget the places, the people and most of all the people who accompanied us on this trip - Jagat Joshi, Vandana - the teachers who were assigned to conduct the trip and set right the naughty students that we are when we make mischief and parents- Surya Prakash and Ramani who chipped in with their share of reprimand for our children whenever required by the teachers. They were all very much concerned about our safety. Without them our trip would have been incomplete. On March 31, 2014, all of us went to our respective homes with only one thought in our mind - the world is a book, and those who do not travel read only one page of it. Our sincere gratitude and heartfelt thanks to our Principal who encouraged us to embark on such trips, Lucy Cherian the chief coordinator of the trip who worked tirelessly planning every minute detail along with our principal to make our trip most comfortable and most memorable one.



Resha Erheim