

THE

BENBANNER



ISSUE NO. 3 - MARCH 2021

Gender-Based
Workplace
Violence

Clean Energy

Plastic
Threatens The
Environment



HAPPY
MOTHER'S
DAY

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The FMC General Coordinator In Benban Honors The Company's Team



Dr. Hany Mustafa, Chairman of Health & Safety Home, celebrated with the company's employees on the beginning of the new year as usual. He presented symbolic gifts to all, in addition to rewarding some distinguished employees with certificates of appreciation. Wishing them a successful New Year.



COMMUNITY RESPONSIBILITY PROGRAM MANAGER VISITS BENBAN VILLAGES

The Community Responsibility Program Manager in collaboration with The FMC general coordinator made several community visits to Benban villages and communicated with Community Advisory Committee to introduce the operational steps of the community participation plan.

The manager of Community Responsibility also presented the community responsibility plan to community representatives and stressed the need for community participation in the implementation of the plan and its follow-up.



THE FMC GENERAL COORDINATOR RECEIVES THE AMBASSADOR OF DENMARK

The general coordinator- Health & Safety home- received Mr. Svend Oling, ambassador of Denmark on unofficial visit to the project.

He found out how the station operates during his visit to the "Infinity" site. Mr. Oling praised the efficiency of the project and its work plan compared to similar projects in other countries, as it won three international awards.



WHAT IS CLEAN ENERGY?

Clean energy is energy that comes from natural sources that hasn't any negative environmental impacts.

Renewable energy is a form of clean energy which derived from sources that are constantly being replenished, these energy resources are sustainable – something that can't run out – Like Solar energy, Hydro energy, Wind energy, Tidal energy and Geothermal energy.

The Importance Of Clean Energy

A lot of countries nowadays head to invest in clean energy, even the investment in renewable energy has surpassed fossil fuels investment. According to "cleantechica " website, the global renewable energy market is now worth over \$250 billion. Clean energy has a great environmental benefits, it is a vital factor in combating climate change and limiting its most devastating effects, as in the energy generation processes itself doesn't emit any greenhouse gases and that helps in preventing environmental degradation, it also reduces the air pollution compared to conventional energy like fossil fuels usage. It is considered as an economical and cheap source to generate electricity.

Benban Solar Park

Benban solar park which is located in Aswan Governorate in the western desert is considered as one of the most important solar energy projects in the world, it is the 4th largest solar power plant in the world.

It is a photovoltaics power station that generates electricity using solar panels, the panels collect the energy from the sun and convert it to electricity with total capacity of 1650 MWp.

The presence of this project is a large Egyptian contribution in clean energy investment. It has also opened doors up for the community to be aware of the importance of the clean energy.

Solar Energy Is A Great Example As A Clean Energy Source:

Sunlight is one of the most important resources of energy in our planet, Earth receives a great amount of solar energy daily. According to " International Energy Agency", Solar power is anticipated to become the world's largest source of electricity by 2050, with solar photovoltaics and concentrated solar power contributing 16.11% of the global overall consumption respectively.



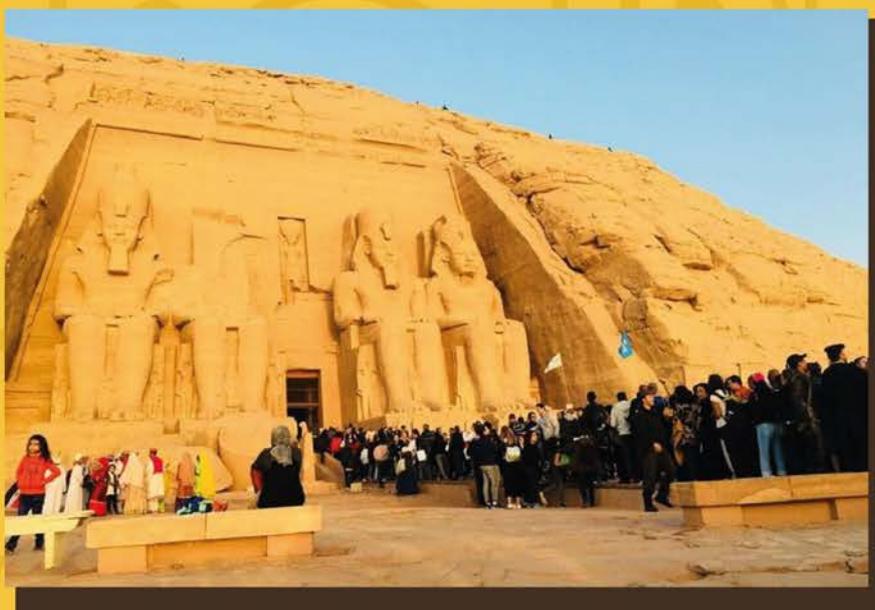
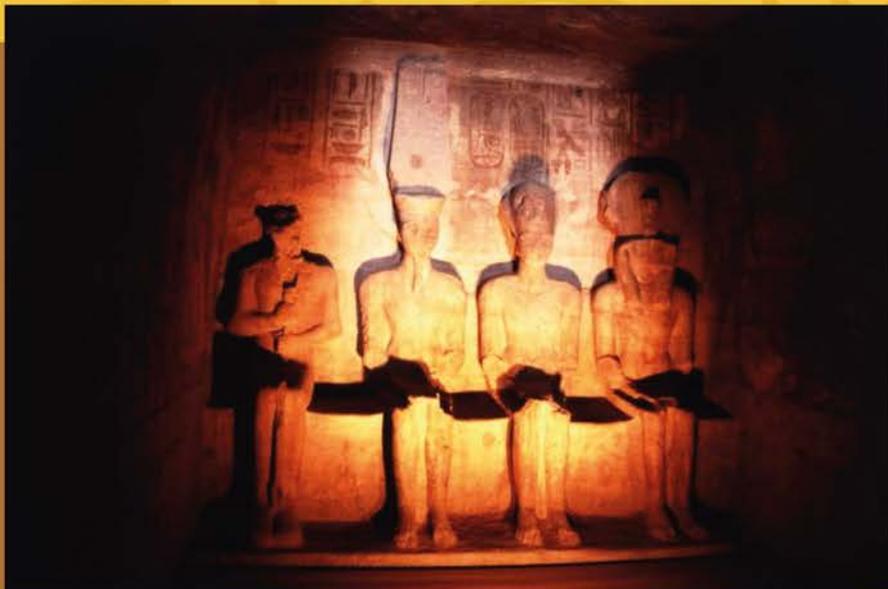
The future of the clean energy

The future is renewable energy, due to the growth of population and the increasing demand for energy and the consumption of ' fossil foils ' as a conventional energy which is finite resource, that makes a lot of countries head to invest in renewable energy as a sustainable solution in the future, and at the same time to protect our world from any environmental impacts.

Abu Simbel Temple Solar Alignment



Every year, Aswan Governorate celebrates the "Sun Festival", the solar alignment phenomenon at Abu Simbel Temple in Abu Simbel city, it takes place twice a year, once on the anniversary of King Ramses II coronation on February 22 and once on his birthday on October 22. the sunlight aligns on the face of king Ramses II statue for 15 minutes.



The temple opens its door for the visitors at 3:00 am to witness the phenomenon, the crowds line in front of the temple gates waiting for sunrise to watch the sun rays pass through the temple into the temple's Sanctum to illuminate the face of the statue of the pharaoh. In the presence of many Egyptian folklore bands who perform their dancing and musical shows at the temple yard.

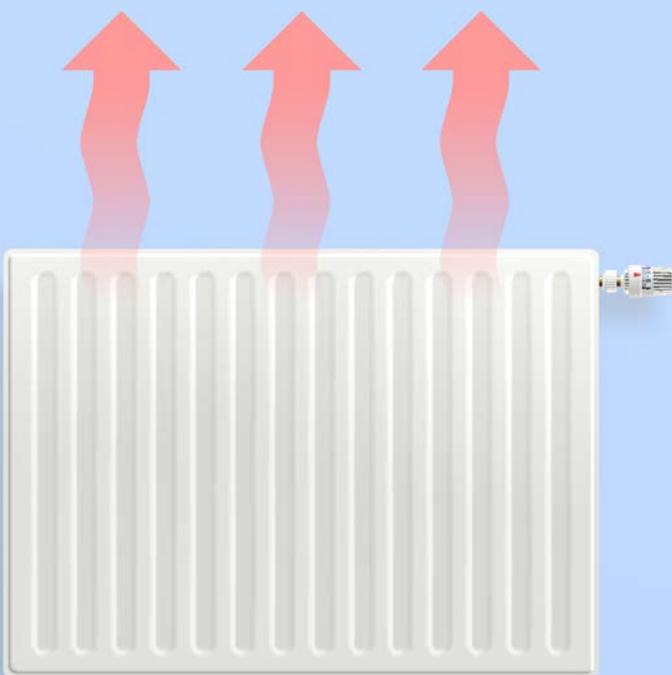


HOUSES FIRES CAUSED BY HEATERS



With low winter temperatures, people buy and use space heaters inside homes to protect themselves from the cold and despite its importance, they pose a serious risk to the disasters and fires inside homes and these space heaters, whether electric or gas-powered, cause a great danger to the whole family in addition to the physical damage that might cause.

Many occupational safety experts constantly warn of the wrong behaviors of using space heaters, which cause short circuit and then causes fires in houses, and that's because of buying "anonymous heaters" due to their low prices, and also the lack of maintenance of space heaters periodically. There are several security requirements and standard specifications that must be provided in all electrical appliances, including electric heaters that are used in homes.



The frequency of fire incidents increases in winter due to electrical appliances in general and space heaters in particular, which result in loss of lives in addition to material losses because of these fires.

Here are a set of recommendations and warnings to avoid fires caused by the use of electrical appliances and space heaters and to protect yourself and your family, you must follow safety rules and regulations to prevent the occurrence of fires as follows:

- Do not use electrical appliances that are anonymous and cheap.
- Check the operating instructions for each electrical device and check the required safety signs in its brochure before it is turned on.
- Electrical heaters should be checked and made sure that they are dust-free, and ensure the safety and quality of the wires and sockets periodically.
- Avoid running space heaters for a number of long hours and leaving it while sleeping
- Do not use any electrical joint with heavy-duty devices - such as electric heaters - and plug them directly into the socket.
- Make sure that all internal and external electrical wires are inside the insulated pipes.
- Cut off the power when you do housework such as washing walls, ceilings and floors.
- Avoid placing electrical appliances next to liquids to prevent a short circuit.
- Do not place the space heaters near the furniture in your home as well as clothes and furnishings.
- Extend the wires away from places of moisture and heat.
- Do not allow children to sit near the heater.
- Turn off the space heater when the room reaches the required temperature.

In addition to the previous advices, there are important numbers for emergencies: Emergency 122, Ambulance 123, Electricity emergency: 121, Fire Station: 180

Reference:
<https://www.elwatannews.com/news/details/4521616?t=push>

WORKPLACE HOUSEKEEPING

When the word “ Housekeeping “ comes to our mind, it reminds us of cleaning floors and surfaces, removing dust and organizing clutter, but Housekeeping is not just cleanliness, it means much more at workplace, Workplace housekeeping is an important safety key that must be applied to prevent hazards at work areas.

According to OSHA, good housekeeping implies that a workplace is kept in an organized, uncluttered, and hazard-free condition. Safe work environments lead to healthier workers, higher worker morale, and increased productivity.

Experts agree that all workplace safety programs should incorporate housekeeping, and every worker should play a part. Effective housekeeping can help control or eliminate workplace hazards, it decreases fire hazards, protect workers from injuries such as tripping and slipping incidents and exposures to hazardous products (e.g. dusts, vapors). It also improves a healthy environment at work areas and then more effective productivity.

Basic tips for an effective workplace housekeeping:

MAINTENANCE:

It involves keeping buildings, equipment and machinery in safe, efficient working order and in good repair. It includes maintaining sanitary facilities and regularly painting and cleaning walls. Replace and fix broken or damaged items as soon as possible, such as broken windows, damaged doors, defective plumbing and broken floor surfaces, these conditions can cause incidents and affect work practices.

ELIMINATE FIRE HAZARDS:

- Combustible waste should be stored in covered metal receptacles and disposed of daily.
- Avoid build-up of rubbish that could burn.

- Keep sources of ignition and flammable substances apart.
- Installing smoke alarms and fire alarms or bell.
- Keep passageways and fire doors free of obstructions.
- Have the correct fire-fighting equipment for putting a fire out quickly.
- Carry out a fire safety risk assessment.

CLEAR CLUTTER:

Tidy up workstations, return tools and other materials to storage after using them. Keep aisles, stairways, emergency exits and doors clear of clutter.

PREVENT SLIPS, TRIPS AND FALLS:

Clean up immediately any spills and leaks and Keep aisles and exits clear of items.

PREVENT FALLING OBJECTS:

Place heavy objects close to the floor and out of walkways and Store tools, equipment and materials properly to prevent falling or sharp edges being exposed.

CONTROL DUST:

Use cleaners & vacuums to remove dust, according to the types of dust at the work areas.

Effective housekeeping is an ongoing operation and to avoid hazards, a workplace must “maintain” order throughout a workday. Although this effort requires a great deal of management and planning, the benefits are many.

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- <https://www.ccohs.ca/oshanswers/hsprograms/house.html>
- <https://info.econline.com/blog/11-tips-for-effective-workplace-housekeeping>
- <https://ehs.okstate.edu/site-files/docs/housekeeping-fact-sheet.pdf>



Smoking Increases The Risk Of Infection With The Coronavirus.



Smoking causes great harm to the human body, as it affects many of its systems, especially the respiratory system, and increases the risk of cancer, diabetes, heart and blood vessels, and these diseases put a person at great danger after being infected with the Coronavirus. With the spread of the Coronavirus (Covid-19), smoking becomes more dangerous for a smoker, as it weakens the immunity and the work of the lungs, and this virus mainly targets the lungs, which increases the risk of smokers infection with this virus.

The World Health Organization (WHO) advises to stay away from smoking practices in all its forms and types, as smokers are considered more likely than others to be infected with the coronavirus, for the following reasons:

1- Constant touching of fingers and contaminated cigarettes with the lips, which increases the probability of the virus being easily transmitted to the mouth.

2- Most smokers have lung problems or weakness.

3- The circulation of smoking tools among several people, such as: hookah, which requires placing it in the mouth.



The next question is, do electronic cigarettes cause the same harm and increase the risk of infection with coronavirus?

In fact, yes, electronic cigarettes inhibit the immune and inflammatory response genes in nasal epithelial cells in a similar way to cigarette smoke, which puts a person at risk of infection with the Coronavirus.

Smoking lowers the natural defenses and this allows the virus to enter and take over cells, As Brigitte Gombert, one of the researchers in the relationship between smoking and corona infection, said, "If the airways are considered like the high walls that protect a castle, then smoking cigarettes is like making holes in these walls".

The World Health Organization recommends quitting smoking immediately.

It is the duty of every smoker to quit smoking immediately to preserve his health and the health of his family.

Quitting smoking will help your lungs and heart function to work better from the very first moments you stop smoking.



Within 20 minutes of quitting smoking, your heart rate decreases, and your blood pressure drops. After 12 hours, the carbon monoxide in the bloodstream returns to its normal level. Within 2 to 12 weeks, blood circulation and pulmonary function improves.

After 1 to 9 months, the intensity of the cough and shortness of breath decrease. Quitting smoking will help you protect your loved ones, especially children, from

involuntary exposure to tobacco smoke.

WHO recommends implementing proven interventions, such as toll free help to quit smoking, text message programs to help quit smoking through cell phones, nicotine replacement therapies, and other methods of quitting tobacco use.



Source: WHO website
<https://cutt.ly/Mkb2b2j>



GENDER-BASED Workplace Violence

Gender-Based violence at the workplace is a serious violation of human rights and a form of discrimination, it is a safety issue that we must pay attention to it. It is any acts of violence or harmful practices which is directed against any individual at his/her workplace based on their gender. It includes different forms such as physical, sexual, physiological, and economic harm or violence that could occur at the workplace. Women and girls are more likely to exposure to that kind of violence due to their perseverance to achieve success and dependency in the labor market especially when it comes to male-dominated jobs.

Forms of Gender-Based violence that occurs at the workplace:

- Sexual violence including rape and sexual assault
- Sexual harassment
- Verbal and sexist abuse
- Bullying
- Economic and financial abuse
- Coercion
- Psychological abuse, intimidation, and threats of violence
- Stalking
- Physical abuse including assault, battery, attempted murder, and murder

According to the International Labor Organization convention, **GBV could occur at the Workplace or anywhere is linked to the world of work as follows:**

- In the workplace, including public and private spaces where they are a place of work.
- In places where the worker is paid, takes a rest break or a meal, or uses sanitary, washing and changing facilities.

- During work-related trips, travel, training, events or social activities.
- Through work-related communications, including those enabled by information and communication technologies.
- In employer-provided accommodation.
- When commuting to and from work.

The effects of gender-based violence at the workplace:

Gender-based violence causes physical and psychological impacts on the victims that could make them feel insecure at the workplace, it could lead them to suffer from mental health issues such as depression, they might also lose their job due to the pressure they face during work. On the other hand, GBV affects the workplace environment itself, it affects the work quality and productivity.

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https://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100:0::NO::P12100_ILO_CODE:C190

https://www.ituc-csi.org/IMG/pdf/stop_gender_based_violence_at_work_en_final.pdf



Plastic Threatens The Environment

SOURCES: [HTTPS://CUTT.LY/XKB9JNG](https://cutt.ly/xkb9jng)

There is plastic all around us. From soda bottles, grocery bags, to your ID card and food containers and more. Many of these plastics come from materials like petrochemicals, and we use it in many of our daily uses, So, there is a large surplus of this substance, and since it is a difficult

substance to decompose and takes four centuries to decompose and disappear unlike other organic materials, disposal of it by throwing or burning it causes a great danger to the environment. And living organisms, so it was necessary to recycle this material and use it in other ways.

WHAT IS THE MEANING OF PLASTIC RECYCLING?

Plastic recycling means collecting plastic waste and re-converting it into new, useful plastic materials, as the world produces a huge number of plastic materials, reaching 100 million tons annually, and this is due to its many advantages of light weight, low cost, ease of formation and usage into many applications, and therefore its waste is enormous Also, so that this amount is not wasted, processing it to obtain new plastic materials will be the best solution.

WHAT ARE COMMON RECYCLED PLASTICS?

Most of the plastics we use in our daily life are recyclable and are numbered from 1 to 7 depending on the material they are made of and whether they are safe or dangerous.

1. PET

PET (Polyethylene Terephthalate) material is thin and ideal for making low-pressure products. It is used in the manufacture of clothing fibers, water bottles, soft drinks, vegetable oils and mouthwash containers.

Recycled materials:
New materials are produced from it, different from its original, such as auto parts, packaging and packing bags, and tennis balls made of plastic.



2. HDPE

HDPE (High Density Poly Ethylene) material is characterized by its hardness, durability, and ability to resist moisture, and shampoo cans, engine oil, pipe fittings and tanks are made of.

Recycled materials:
It produces baby toys, tubes, trash cans, ropes and storage boxes.



3. PVC

PVC (Polyvinyl Chloride) material is characterized by its hardness and flexibility, and it is one of the most widely used plastics around the world and is used in wire wrapping materials, cooking oil, films, glass cleaners, and more.

Recycled materials:

It produces carpets and mats, cables and industrial bumps.



4. LDPE

LDPE (Low Density Poly Ethylene) material is characterized by durability, flexibility, ease of process and resistance to moisture, as it is a good insulator.

It is used in the manufacture of many household items such as food container covers, bread bags, furniture, paper cups, and others.

Recycled materials:

Make boards, floor tiles, blankets, and waste bowls.



5. PP

PP (Polypropylene) is characterized by its high melting degree and is used in the manufacture of medicine boxes, bottle caps, yogurt container, juice container and ketchup.

Recycled materials:

Boxes, car battery cables and traffic lights are made of it.



6. PS

PS (Polystyrene) is a polymer and used to make egg boxes, disposable plates and cups.

Recycled materials:

Insulation materials, packaging and lighting switchboard are made of it.



HOW IS PLASTIC RECYCLED?

There are different types of plastics. And this makes it impossible to recycle all plastics in the same way. However, there are two methods of recycling plastic.

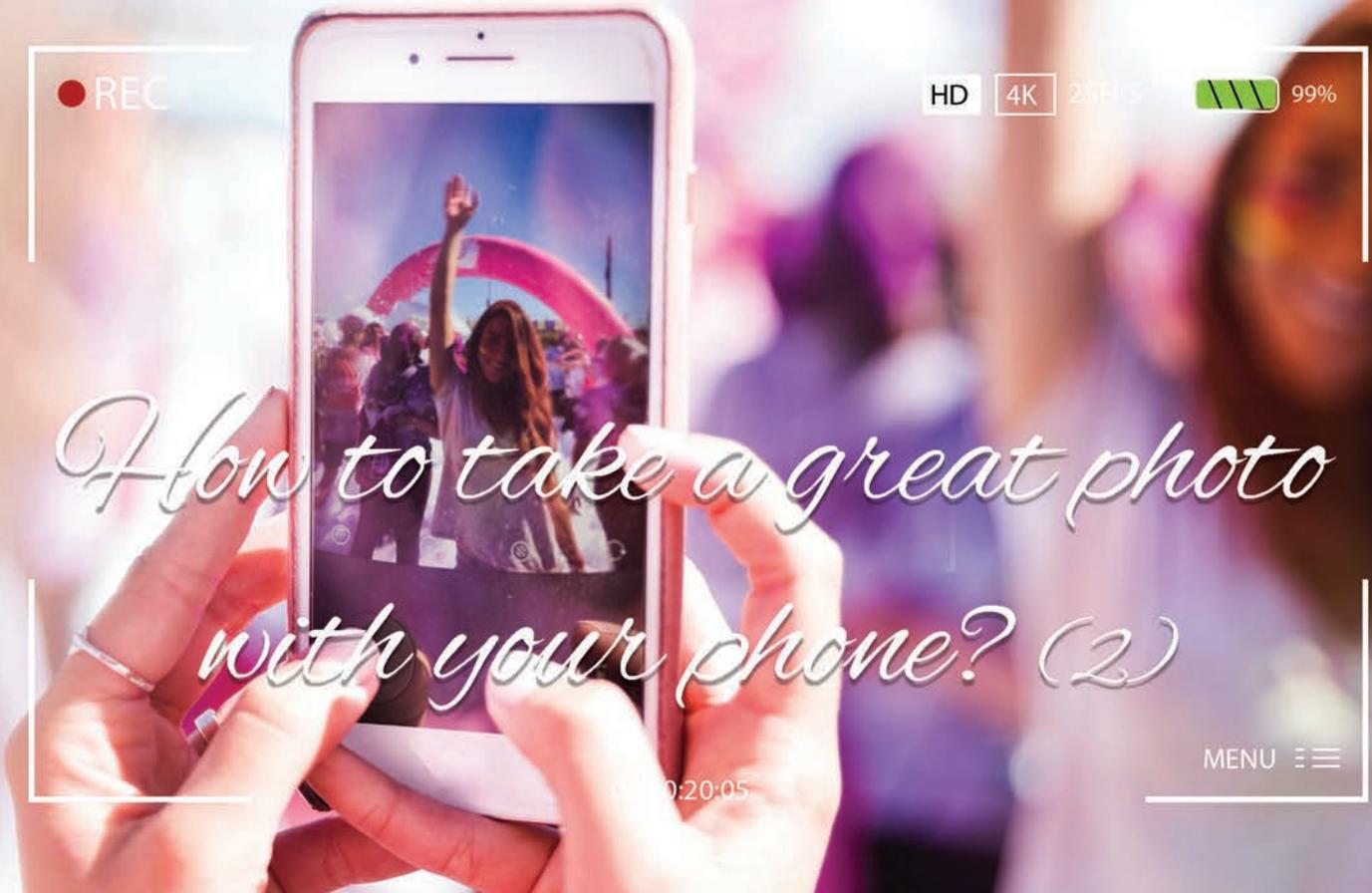
TRADITIONAL RECYCLING

This method is the most widespread and also called mechanical recycling, it is suitable for recycling thermoplastic materials. This method is based on melting, processing, and converting plastic into new plastic products through a process called injection molding.

ADVANCED RECYCLING

Advanced recycling is a process through which the effect of chemicals breaks down plastic material. This method consists of three other techniques. These techniques include pyrolysis, chemical recycling, and gasification. Each of these methods has its benefits, and the choice of which method to recycle will depend on the product you want to obtain.

Although the recycling process is very important to preserve the environment, it faces many obstacles that limit its development and reduce its spread, such as the lack of financial support allocated to it by the state and the high prices of waste collected locally, in addition to the low quality of the new product compared to the original product.

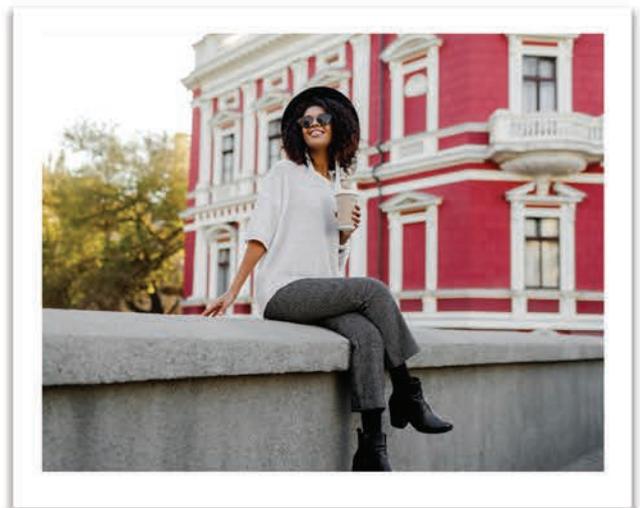
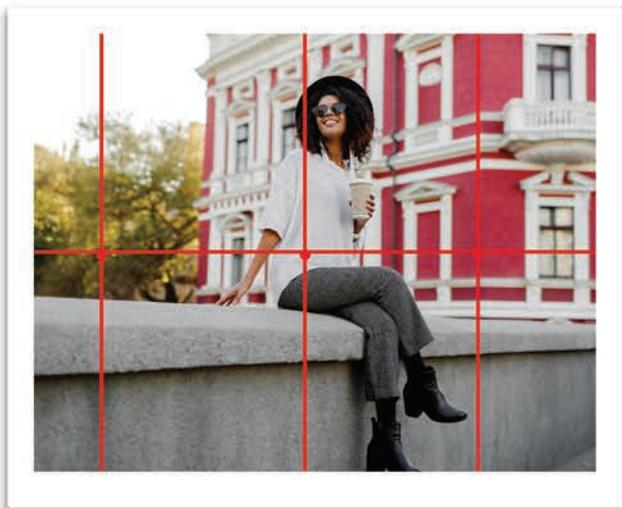


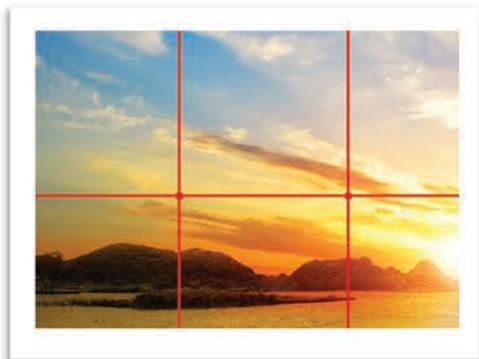
In the previous issue, we discussed a number of things that will help you to take a beautiful photos, And now we continue the subject of photography to learn the rules of image composition, and because there are so many, we will show you the most famous rules.

1- The rule of thirds

One of the most important rules for creating an image is the rule of thirds, The rule of thirds is very simple. You divide the frame into 9 equal rectangles, 3 across and 3 down, It produces 4 points of intersection in the center of the image, these points are called strengths, they are the points on which your eye falls when you look at any image, so the thing that you want to photograph must place into one of these points.

This rule states that you place the element you want to photograph in two-thirds of the image, while the last third is for the background.





2-Centred Composition and Symmetry
It means that you place the main subject you want to shoot right in the middle of the photo.

3-Leading Lines
It means that your image contains a line such as a road or curves that lead a person's eye to see the most important element in the image.



4-Reflection
It may be natural, such as a mountain or building reflection on the water, or something of your own making, such as taking a picture of a person standing in front of a mirror.



5-Patterns
It means repeating the same thing countless times, then placing the element that you want to highlight in the midst of this patterns, such as putting a red apple in the middle of a lot of green apples, or a colored pencil in the middle of many black colors, then your eye will turn directly to the different thing. The subject of your photo might be repetition, for example photographing an entire field of sunflowers.



6-Framing
It means that your picture contains a frame that highlights the main subject inside the image, such as if you photograph a mountain through the branches of a tree, so the branches serve as a frame for the mountain.



7-Fill the Frame
Make your photo focused by filling the frame with your subject, leaving little or no space around.



8-Rule Of Space
The rule of space relates to the direction the subject(s) in your photo are facing or moving towards. If you are taking a photo of a moving car for example, there should be more space left in the frame in front of the car than behind it. This implies that there is space in the frame for the car to move into.



9-Break the rules.
The image composition rules are breakable and breaking them may result in much nicer and better photos, but you must have a clear rationale reason to break them. You can also use more than one rule in one image, a picture may contain two or three rules, and this gives it more strength and aesthetics.

For example, this image contains two rules, which are Symmetry and Leading lines. We put more than one image that contains more than one rule, if you can identify them, this means that you are ready to take your own pictures now!

Renew your beauty ... Remove dead skin



Women always want to have the most beautiful possible appearance, so they are constantly looking for everything that increases their beauty and gives their skin and body glow and freshness.

But have you ever thought that a few simple steps, with ingredients available in your home might give you what you want?

In this topic, we will guide you to reveal your beauty, in the simplest way possible.

But Always remember that satisfactory results require two important factors that are not mutually exclusive, Patience and continuance.

Now let's start removing dead skin.

What does dead skin mean? Why should I remove it?

The dead skin is the outer layer of skin that contains old damaged cells. The skin is constantly renewing itself, so new cells are formed in the lower layer, and until they appear on the surface, we need to remove the outer layer, which we call "dead skin" by exfoliating it so that your skin is young, smooth and bright.

Exfoliation is the process that can help your skin to renew its own skin cells continuously, by removing dead skin and give a chance for new cells to grow.

Because when skin cells die, cosmetics and skin care creams will no longer be able to work effectively on your face and other parts of your skin to show off your beauty as before.

It doesn't just depend on your external beauty, but you may suffer from some serious health problems, as a result of bacteria gathering around the dead skin, which causes skin irritation and clogging of pores, which increases the chance of infections and skin diseases such as psoriasis. It can also increase the risk of skin cancer.

How do I remove dead skin?

Now, a logical question comes to your mind: How do I remove dead skin?

You can remove dead skin by exfoliating, use any of the following exfoliating recipes as per your availability for body scrubs

Note: These amounts are relative and sufficient for your entire body, you can decrease or increase it according to your

desire and personal vision.

Brown sugar, olive oil, or coconut oil scrub

1. ½ cup brown sugar
2. 2 tablespoons of olive oil or coconut oil

Mix them together well until you get a cohesive mixture, apply the mixture on your body and rub it gently, do not be hard on yourself, start rubbing from your leg up to your neck and then wash your body with warm water.

Coffee scrub, olive oil or rose water

1. 1/2 cup of ground coffee
2. A tablespoon of olive oil or rose water

Mix them together well until you get a creamy texture, apply it to your body as I explained previously and rub it from your leg up to the neck, then wash your body with warm water.

Note: Scrub your body 1 to 2 times a week.

Now let's move to face scrubs

Sugar, Honey and Olive Oil Scrub

1. 1 tablespoon of sugar
2. ¼ tablespoon of honey
3. ¼ tablespoon of olive oil

Mix the ingredients together well, apply the mixture on your face and start rubbing it in circular motions gently, never be harsh on your skin

Then wash your face with lukewarm water.

Cinnamon and flour scrub

1. A tablespoon of soft cinnamon
2. A teaspoon of flour
3. Little water

Mix cinnamon with flour and add a little water until you get a cohesive mixture, apply it on your face and rub it gently in circular motions, then wash your face with lukewarm water.

Note: Scrub your face 2 to 3 times a week

And finally, let's move to foot scrubs

The foot area needs some extra steps to exfoliate it, it is an area with thick skin, so you need to soak your feet for 15 minutes in hot water until the highest temperature you can bear (be careful not to burn yourself, choose a temperature that you can bear) and put some salt and lemon juice in it .

Until your skin is ready to exfoliate, then exfoliate them using any of the body scrubs we mentioned earlier.

Then wash it with lukewarm water.

Note: Exfoliate your feet once a week.

So dear, you have exfoliated your body, face, feet and removed the dead skin from them. Do you feel the softness and vitality that you got?

After exfoliating, an important step comes, which is moisturizing so that your skin remains smooth and beautiful. once again, we will show you a few of moisturizing masks so that you always maintain your beauty, youthfulness and freshness of your skin.





Tips for better sleep for your child

Sleep is crucial for everyone but especially for children as it is necessary for developing their mental and physical wellbeing. Children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health. so you must ensure that your child get good healthy sleep. The needed sleep hours for your kids is different according to their different development stages as follows:

- Babies 4 to 12 months old**
12 to 16 hours including naps
- Toddlers 1 to 2 years old**
11 to 14 hours including naps
- Children 3 to 5 years old**
10 to 13 hours including naps
- Children 6 to 12 years old**
9 to 12 hours
- Teenagers 13 to 18 years old**
8 to 10 hours



SIMPLE TIPS FOR BETTER SLEEP FOR YOUR CHILDREN:

1. Set up a bedtime routine:

Set a regular bed time helps your child to feel secure and calm, you can include bedtime routine such as a warm bath, story, chatting with your child before bed.

2. Keep regular sleep and wake times:

The same sleep & wake times will help with a smooth bedtime.

3. Check noise and light in your child's bedroom:

Make sure that your child's bedroom is prepared to be quite with dim lights that will help your child to fall asleep easily.

4. Avoid using screens:

Keeping all screens—TVs, computers, laptops, tablets, and phones out of children's bedrooms, especially at night.

5. Make sure your child feels safe at night:

Some children are afraid to sleep alone or in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help avoiding your child to feel anxious. Some children with bedtime fears feel better when they have a night light.

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you should ask for support.

References:

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>



NEGATIVE EFFECTS OF TECHNOLOGY ON OUR CHILDREN

Despite the great importance of Technology nowadays and how it makes our life easy and quick, it also has negative impacts especially on our children who are surrounded by technology in their daily lives at home, at school, everywhere, and with the increase of using it and that our children have access to screens most of the time like TV, smartphones, tablets and computers, we must be aware of the negative effects of technology on our kids.

Parents use technology devices as a distraction tool for their kids while they are occupied in their daily tasks, they keep them watching cartoons on TV, playing video games on tablets and smartphones for hours without putting any restrictions. Parents must know how the technology overuse could affect their children's behavior.

Negative effects of technology you should to pay attention:

- Relationships and Social Skills Issues:

Kids who use electronics a lot could become isolated and don't spend time with their families and friends around them, which causes interpersonal communication skills issues such as conversational skills & listening.

- Health problems:

Studies have shown that spending time on devices could affect the children's mental health, and cause obesity due to sitting for long hours, also as they don't do any physical activities like playing outdoor.

- Lower school performance:

The more time they spend on tablets and phones the less time they focus on their study and homework which causes low school performance.

- Hurts attention span:

Teachers, parents, and students themselves find that technology can have a direct impact on attention spans. The immediacy of technological interactions makes waiting harder for children. With technology, they aren't forced to wait. They can have their TV show immediately; they don't get bored because they always have something to entertain them. Technology moves fast, instant responses and instant gratification are impacting attention spans for young children and teenagers alike.

- Sleeping problems:

Studies showed that children who spent more time playing video games and watching television had a higher risk for sleeping problems.

- Risk of depression:

Children who excessively spending time on devices are more vulnerable to anxiety and depression.

It's never too late to start making positive changes in your child's life. Make time to spend with each of your children one-on-one. Limit the amount of time that your child spends using electronics or social media. Help build your child's social skills and other interests. Plan a family fun night that does not include electronic devices. Also, be a good model; limit yourself when using electronics in front of your children.

Parents and adults can help children get the benefits of technology with less of the negative effects.

Parents and teachers can watch for quality apps that promote vocabulary, math, literacy, and science. Adults can help make sure kids learn about computer science and IT as part of technology use to give them opportunities for a bright tech future.

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C

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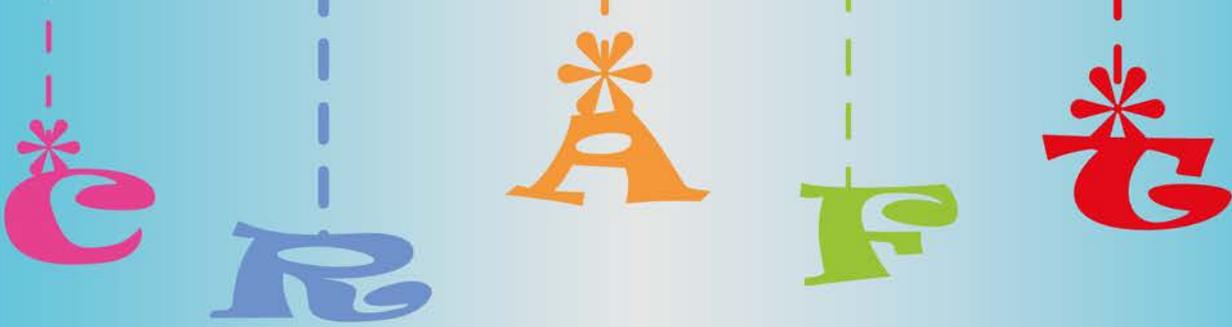
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Flower Button Art card





Steps to make Flower button card



SUPPLIES NEEDED TO MAKE FLOWER BUTTON CARD

- Buttons
- Colorful Cardstock * any color you prefer *
- Glue
- Green foam sheet
- Scissors



1. Begin by folding the cardstock in half.



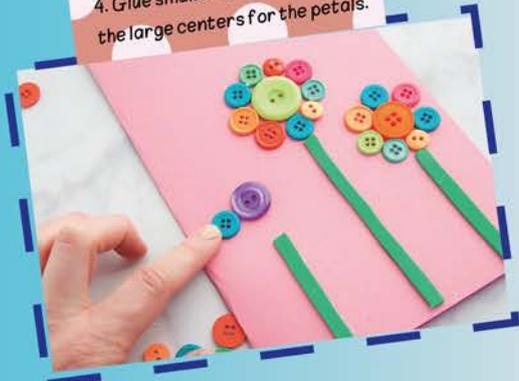
2. Cut some small strips of green foam and glue it to the cardstock.



3. Glue some large buttons above the green stems, leaving a little bit of space for the petals, then let them dry.



4. Glue smaller buttons around the large centers for the petals.



5. Glue green buttons next to the foam strips for leaves.



And your card is finished! Allow the glue to fully dry before giving it to that special mom or grandma in your life! Then write your special message inside.





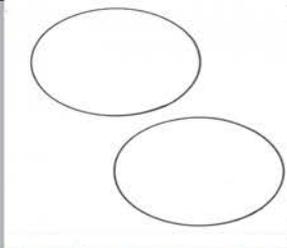
PAPER SPINNER CRAFT



- Supplies needed to make Paper Spinner
- Twine
 - Cardboard
 - Printer paper with circle template
 - Markers
 - Scissors
 - Glue

Steps to make Paper Spinner

1- MAKE 2 CIRCLES ONTO
FOUR PRINTER PAPER.



2- ADD COLOR TO THESE
CIRCLES, THE MORE COLORFUL,
THE MORE FUN IT IS TO SEE
AS IT SPINS.



3- CUT OUT PAPER CIRCLES.



4- USE THESE TO TRACE ON A
CARDBOARD AND CUT OUT 1
CARDBOARD CIRCLE.
GLUE ON THE PAPER CIRCLES TO THE
CARDBOARD. (ONE ON EACH SIDE).



5- POKE TWO HOLES RIGHT IN
THE CENTER OF THE
CARDBOARD CIRCLE.



6- TAKE A PIECE OF TWINE,
OR ROPE, ABOUT 28 INCHES
LONG.



TIP: USE A MATCH TO BURN THE
ENDS OF THE ROPE SO THEY
WOULDN'T UNRAVEL. RUN THE ROPE
THROUGH THE HOLES AND TIE A
KNOT.
TAKE A PIECE OF ROPE IN EACH
HAND WITH THE CIRCLE IN THE
MIDDLE AND GO IN CIRCLES TO GET
THE ROPE TWISTED.



An illustration of a school building with a thought bubble. The building is orange with a dark grey roof and a central entrance with a brown arched door. There are several windows, some with white frames and others with blue panes. In the foreground, there is a green lawn with a path leading towards the building. Two large green trees are on the left side. The sky is blue with white clouds. A large white thought bubble with a black outline is positioned in the upper right, containing the text 'Plan or trouble' in a red, stylized font.

Plan or trouble





The math class



The teacher asked Sameh to solve the problem on the blackboard, but he failed
 She said impatiently, sit down Sameh, I'm going to decrease your grades again.
 Sameh sat and heard the whispers of some students making fun of him since the problem is too easy.
 Sameh felt very sad and started to cry. I was watching him, feeling very sorry for him .

stupid

Alone



On my way home

Salma :Watch out! You were going to hit the tree
 Me :OhGOD! Thanks Salma.
 Salma :what are you thinking? I have been talking all the way and you do not even hear me!
 Me :I was thinking about Sameh, the students are talking about him badly and this pisses me off! I want to help him.
 Salma :Right... I heard some of them whispering and calling him the lonely dull, but how can we help him?
 Me :Hmm...I will come up with an idea to turn Sameh into a lovely and clever person.



Next day

Me Guys, I outlined a brilliant plan in which you should take part to help Sameh.

Anas Are we going to help him with ..the study?

Me No way! We do not have time. We will study and tell him the correct answers on the exam.

Salma Oh my God what?? Will we cheat, Hassan?

Anas You must be kidding! This is forbidden. We cannot cheat, Hassan!

Me we will not cheat, guys! it is a little help for a colleague who is in trouble ... just help.

Anas and Salma were very scared, but I told them everything would be fine. I'm sure we would succeed..



The exam day



4-1

I whispered to Sameh
Do not be afraid. We will help you to pass the exam.
Sameh how.. how will you help me?
I winked at him and said You'll know.

I entered the classroom very excited for the moment when I see his astonishment.
Everyone of us will take part in some question, then we will deliver it to Sameh.





The exam started

I wrote the answer on a paper and threw it so it fell beside Sameh's feet. hesitated a little but he finally took it and was completely amazed.
 Salma was holding two papers in her hand, after Anas threw his paper to her, but she was very scared and confused!
 So, I quickly thought of an idea to help her.



I called the teacher there is a question that I do not understand, teacher.
 Teacher Hmm ... really? I am coming.
 The teacher stood next to me and gave her back to Salma. Now, Salma can give both papers to Sameh without fear.
 Teacher Well, do you understand the question now, Hassan?
 Me Yeah, thank you, teacher.
 I felt very happy when I saw Sameh hold the three papers in his hand. My plan worked!



but after a while

The teacher said out loud
Sameh! What are these papers? Are you cheating?
 The teacher Answer. Sameh ... are you the one who wrote
Sameh Yes. I wrote it.
 The teacher Oh. my God ... you will be punished hard. *Sameh*. go now to the principal's room and wait for me.



Some students started whispering at *Sameh*, but I am the one to blame. It is my fault, but I am very afraid. What should I do?? what should I do??



COVID-19 GOOD TO KNOW

HOW CAN WE PREVENT INFECTION?



Wash Your
Hands Often



Use Hand
Sanitizer



Wear
Face Mask



Less Contact
With Surfaces



Cover Your
Cough & Sneeze



Take Your
Vitamins



Try To Stay
Hydrated



Stay
Home



#STAY SAFE

Find 10 differences between the two pictures



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