

# THE LISA TIMES



BRINGING YOU A MONTHLY INSIGHT TO LEMANIA INTERNATIONAL SCHOOL OF ALTDORF

MARCH 2023



## TRIPLE TALENT

Three Aspiring Artists of LISA



## A HIKE FOR HEALTH

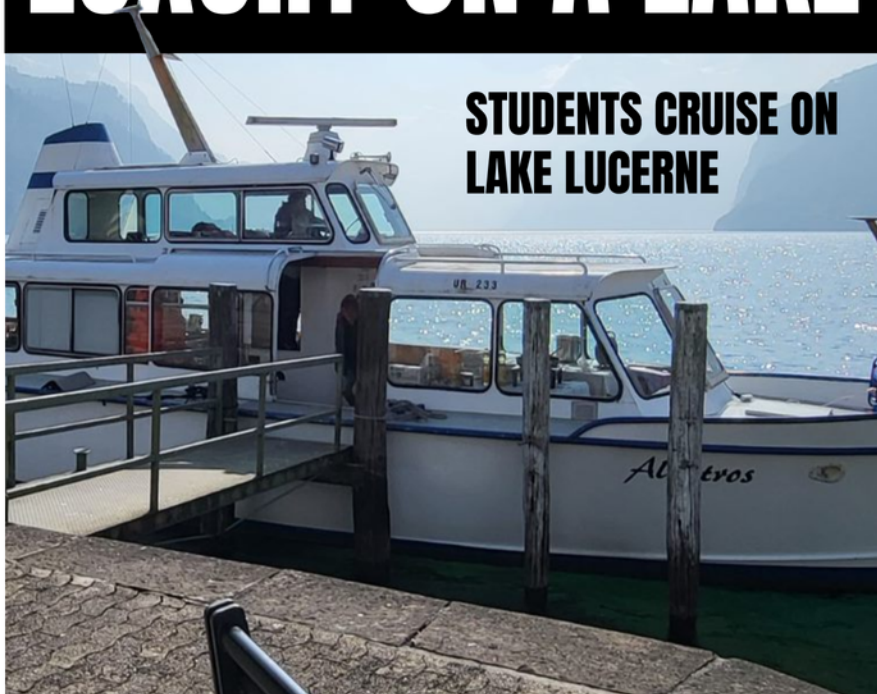
Students Go for Hikes Around Beautiful Mountains in Altdorf



## PERSIAN NEW YEAR

## LUXURY ON A LAKE

STUDENTS CRUISE ON LAKE LUCERNE



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# NEW EDITOR IN CHIEF

Kirsten Lai MYP4



"I am honoured to be given the opportunity to lead and continue our school's newspaper committee as our lovely, current executive, Yoana Yordanova, graduates and begins her next journey in life. I look forward to collaborating with both the club's committee and the school community to produce stunning, monthly publications for parents, students, and faculty to view. Inside, you will find student-written articles of some of our monthly highlights, interviews, top tips, and much more. Be sure to keep updated with life at LISA, and don't forget to thank our hardworking, student journalists!"



# LUXURY ON A LAKE

## STUDENTS CRUISE ON LAKE LUCERNE

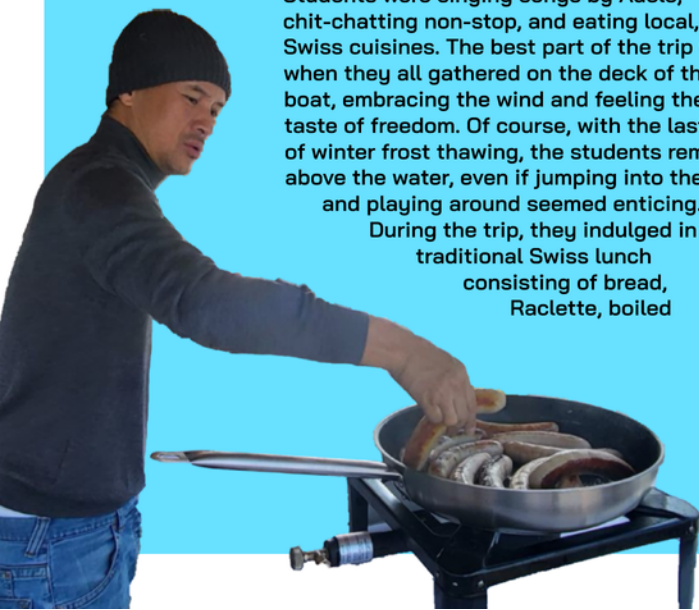
By Junchen Huang

**O**n the 6th of March, our students were offered the chance to take a boat trip on Lake Lucerne. It was a pretty magnificent trip! It was a time for talking, looking at the scenery and eating chips.

Students were singing songs by Adele, chit-chatting non-stop, and eating local, Swiss cuisines. The best part of the trip was when they all gathered on the deck of the boat, embracing the wind and feeling the taste of freedom. Of course, with the last bits of winter frost thawing, the students remained above the water, even if jumping into the lake and playing around seemed enticing.

During the trip, they indulged in a traditional Swiss lunch consisting of bread, Raclette, boiled

potatoes, and the famous Bratwurst sausage. For many, it was a foreign taste; however, students highlighted that it actually seemed and tasted quite unique in a positive way. Succeeding this, they visited a small town off the coast of Lake Lucerne, called Brunnen. With the sun shining and good weather, students danced in the coastal breeze and gazed at the amazing view of clear waters and seagulls gliding around the port. They, nonetheless, enjoyed the journey back even more! People got to know each other again and were talking way more than on the trip there; Sounds of music and chattering filled the cabin! Compared with those stunning sceneries at the Lake, the sound of our students' laughing was even better, for these conversations were just the beginning of new friendships. Just like what was said in Dead Poets Society "medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for"





# LIFE IN A SWISS BOARDING SCHOOL

By Jingfei Fang

**M**ost of the people who live in society are curious about boarding schools and how it truly is. Although a growing interest, it is still a hesitant choice by many, so what is the truth behind this mystery?

As a boarding school in Switzerland, Leman International School of Altdorf devotes great effort to enriching the boarding life of all students. Every weekend, the school will organize a daytrip to broaden the students' horizon in this foreign country. Some examples in March include the trip to the 'Alpamare Water Park', and the boat trip on Lake Lucerne. These activities are of course not mandatory in order to allow students to choose where they want to go based on their interests.



Some students have even organized their own activities to benefit the boarding life experience of others. Earlier this

month, some of our senior students started to hold weekly movie nights to create an environment for all movie lovers to gather and appreciate world renowned films.

Apart from the regular academic curriculum, the school schedules in nightly study hall sessions on weekdays. However, on weekends or after study hall, there are still some small study groups which remain in the classrooms and learn together. Those voluntary actions and discussions are the most beneficial for the students' academic performances as it shows a progression of self-examination and collaborative learning.



# BOOKS N MORE

## INSIDE OUR SCHOOL'S WEEKLY BOOK CLUB

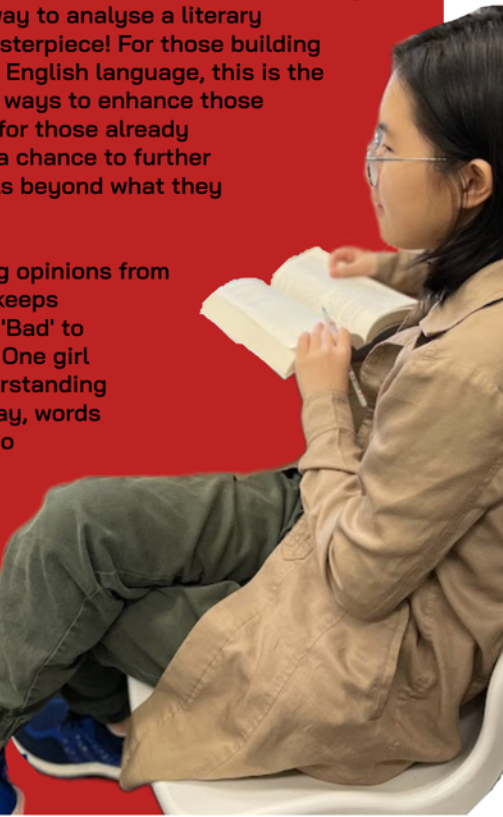
By Bohan Liang



**E**very Tuesday, the book club members gather and host a meeting. This club is a student-led initiative run by Derek Tong and supervised by our English teacher, Ms. Ann. They are now reading the book 1984, starring the ever-watchful Big Brother, and have just finished reading the first part!

During each session, students get to share their opinions about the plots and explore deeper concepts within the text. What an interactive and exciting way to analyse a literary masterpiece! For those building their English language, this is the perfect ways to enhance those skills, and for those already confident, it's a chance to further enhance those skills beyond what they thought they were capable of.

Derek also shared some interesting opinions from other members. "The government keeps cutting words from the dictionary, 'Bad' to 'Ungood', 'Splendid' to 'Extragood'. One girl had a particularly impressive understanding of the text they studied: "In this way, words can only be black and white with no grey areas or room for different interpretations." It is splendid to see our students so engaged in this extracurricular and spending their Tuesday afternoons indulging in such an intellectually stimulating activity.



“

I used to be alone when I read books, and I couldn't help but get caught up in my own emotions and thoughts. But now I talk to a lot more people, which broadens my thoughts and expands my vision

Derek Tong

”





# A HIKE FOR HEALTH

## Students Go for Hikes Around Beautiful Mountains in Aldorf



By Yudie Shu and Zoe Langford

“

Honestly, at first, I was dreading the early morning hike, but once I started, the endorphins really started to overflow and I couldn't stop hiking!

”



On the 10th of March, our DP1 student Zoe Langford organized a hiking excursion around Aldorf that enrolled all students from LISA, stressing the importance of caring for both our mental and physical health.

Being at a boarding school can be challenging, right? It's only a fact that being thousands of miles away from home can be difficult to cope with sometimes, which is why the environment and school life plays such a leading role in how you feel mentally. For her CAS project, she wanted to highlight these mentally tough feelings, whether homesickness, lack of motivation, or depression, and spark a positive change to be a healthier student.

Part of her journey in creating the 'Hike for Health' came about from regularly walking on Saturdays with Mr Robin's hiking club. She wanted to include the beautiful Swiss scenery that surrounds our school and share these hiking trials with people that have yet to witness the marvellous, yellow hiking signs that lead you anywhere and everywhere. One of the challenges she faced with this idea was the fact that not everybody enjoyed hiking or was even willing to walk anywhere. She,

herself, could see that getting everyone to participate would be a struggle, but she wanted to illustrate to students that it was something that would improve their physical and mental health, even by the smallest amount. Often, she thinks hiking isn't always about keeping fit and healthy, but also about being able to talk to new people, converse in valuable conversations, and overall feel better mentally, because doing something physical releases those happy hormones! As a DP1 student, she knows how easy it can be to get caught up in sleeping twenty-four-seven or studying for that summative test coming up; however, a little bit of sunshine and exercise is more beneficial than detrimental!

Preparing for the official day was difficult with uncontrollable issues such as weather playing a massive role in the decision to hike or not. The day of the event was only a little bit wet, so all was not lost, and the hike could begin as planned. As students started to accumulate in the entrance way, as Zoe quoted, "the fact that I was achieving exactly what I had set out to do – improve student's mental and physical health by getting out in nature – seemed more and more of a reality".

As much as this day was something different and possibly out of the comfort zone for many students, it was awesome to be able to see students ultimately come away from it happier and with a new mindset of how to cope when things are tricky in school. Overall, she wanted to make her CAS project a day whereby students were made more aware of their mental health and observe the benefits of getting outside and doing something physical. It has been said that "mental health problems don't define who you are. They are something you experience. You walk in the rain, and you feel the rain, but you are not the rain." - Matt Haig





# TOP 10 TIPS TO IMPROVE YOUR MENTAL HEALTH

By Lingji Wu

The school environment can have a significant impact on a student's mental health, and it is important for schools to provide resources and support to help students manage stress, anxiety, depression, or any other mental health challenges. Check out our top 10 tips down

## PROFESSIONAL HELP

If you are struggling with mental health challenges, seek support from a mental health professional

## PRIORITIZE SELF-CARE

Make time for activities that help you relax and recharge, such as exercise, meditation, or spending time with loved ones

## JOURNAL

Cultivate a sense of gratitude by regularly reflecting on the positive aspects of your life, which can help improve your mood and overall well-being

## BALANCE

Set limits on work or social commitments to avoid burnout and overwhelm

## LEARN TO SAY NO

It's okay to say 'no' to things that don't align with your values or priorities

## COMMUNICATE

Maintain social connections with friends and family and seek support when you need it



## MEDITATE

Mindfulness practices like meditation, deep breathing, and yoga can help reduce stress and improve emotional regulation

## STAY ACTIVE

Regular exercise can help boost your mood, reduce stress, and improve your overall mental and physical state

## GET ENOUGH SLEEP

Aim for 7-9 hours of sleep each night to help improve your mood, energy levels, and cognitive functioning

## EAT HEALTHY

Eat a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean proteins to support your physical and mental health



# TRIPLE TALENT

## Three Aspiring Artists of LISA



By Siyun Lin

On the 20th of March, our school's DP2 visual art students exhibited their work in the dining hall. Each student chose a theme for their exhibition, which were "Isolation", "Apophenia", and "A slash of blue". These were the themes that their paintings had to express, and the things they wanted to express. They had to use different kinds of techniques to show their themes, from oil pastels, to water soluble crayons, to clay, and even photography. This exhibition was really important for the art students as it accounted for 40% of their final grade, equivalent to their IB final exam. Continue reading for a more elaborate explanation of each of the themes from my own personal perspective!

### ISOLATION

Firstly, for my exhibition, I chose 'isolation' as my theme to present the best of my works. 'isolation' in the context of mood seems to be a topic that pessimists would talk about, but it is indeed a common feeling that people go through, and, unfortunately, is gradually becoming an issue for modern people.

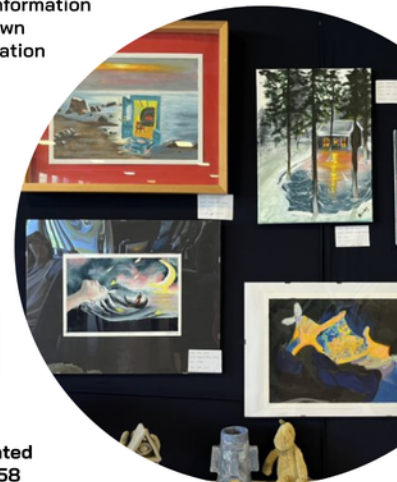
Especially today when a lot of social media has become a necessity and one of our main ways of socializing. Personally, I don't think 'isolation' is a negative word, unless it transforms into 'loneliness'. I interpret the state of 'isolation' as when an individual is getting close to the state of reality, since people are born and leave as individuals.

Of course, why I dedicated so much time to work on this topic also connected to my own experiences, and moments of 'isolation'. In some

moments, I find that it is becoming harder and harder to make friends or even know some people that I could have some relationship with, and I think it's due to growth over time. People around me are more diverse and different compared to the children I knew in elementary school, and it's even more difficult to find someone similar in a boarding school when English isn't my mother tongue. I think since people are all so different, the way they understand each other by using language as a bridge will never be fully successful. People get information through languages and build up their own understanding based on their interpretation of words, their experiences, and personalities; Thus, the connection between people is forever specific to a person and will never truly be understood by everyone at heart. This is the kind of isolation I tried to portray in some of my works, and I wanted to show these invisible bubbles around the individual.

### APOPHENIA

Apophenia is the tendency of perceiving meaningful connections between unrelated things. It was invented by psychiatrist Klaus Conrad in his 1958 publication on the beginning stages of schizophrenia. He defined it as "unmotivated seeing of connections a specific feeling of abnormal meaningfulness". For instance, 'Conspiracy theories' are the most common example of apophenia—people seeing meaningful patterns in events or information that are likely completely unrelated; I used this element in my creations. Although it is easy to dismiss this phenomenon as a cognitive deficit, I believe it is a very common feature in human nature. Such imaginative connections, fusions, and variations may be able to help express the inner subconscious through art in a funny, meaningful and even ironic way. In this way, I want to build my own inner world and use my imagination to create one full of





randomness and human-machine interaction.

The first thing that inspired me was a dream I had. The dream world itself is based on real life experiences, bringing real thoughts and feelings into the dream world in an unrestricted and illogical pattern, connecting things that would otherwise be impossible or unrelated, but creating unexpected and meaningful pictures and feelings. I drew inspiration from my dreams and identified the themes I wanted to explore, borrowing from the psychological phenomenon. Apophenia. The combination of reality without correctional mechanisms gave me emotions and fantasies of which I could create something new and thoughtful. The things I paint can be a blend of different things or a variation of things and people in real life. When this connection and integration is revealed to the viewer, they are able to feel the artwork according to their own understanding, resonating with it and thus giving it their own meaning.

## A SLASH OF BLUE

The poem, "A Slash of Blue", is an underappreciated piece in the Emily Dickinson canon, dating back to an estimated guess of around 1860. Its early publication may be the reason why not much is expected of it. It initially appears to be merely a vibrant representation of an evening and morning sky, a masterful technique in imagery; But a deeper analysis reveals that "A Slash of Blue" is actually a poem written about warfare. If the date of 1860 is accurate, it is a remarkable and cruelly ironic foreshadowing of the impending Civil War. It is nonetheless astonishing and painfully ironic, both as a sobering contrast to romantic views of war and as a reduction of the idea of elevating human suffering beyond an impersonal ideal of beauty to the level of absurdity. Apart from the significance of its contemporary connection to the Civil War, it is yet another, and strongly persuasive, example of how Dickinson's poetic abilities were at this early stage of her career.

The reason I choose this poem a slash of blue to be my theme is very simple, I love the color blue. I enjoy myself when I paint this color because it brings me a lot of different emotions:

Peace, silence, confidence, even maybe a little bit of humor, as well as sorrow, coldness, and fear. This poem describes the sky, usually blue, as a system of other colors. Some dark colors for the evening or misty sky, and hot, bright colors for the sunset or sunrise. All the paintings in this theme contain the sky or its reflection; they show the sky in different places at different times. I like to stare at the sky, gazing at the clouds moving, and feeling the wind flows. The wind is another thing that I want to describe in my sky. However, you cannot see wind, only feel or hear it. People usually use it as a metaphor for sad love as it is a very mysterious phenomenon. I think the sky reflects everything including the relationships and emotions in the world because it does not have a margin. Reality is a phantom, and all phantoms are real.



### How did you decide on the theme and topics featured in the exhibition?

In my opinion, the creation of art is a process whereby you can express yourself with both feelings and thoughts. I think my theme, 'Isolation', is a common feeling that people experience, and it's gradually becoming an issue for modern people. Especially today when a lot of social media has become a necessity and one of our ways to socialize, and the fast pace life in cities makes people overwhelmed by social. I also experienced this isolation and that is what I wanted to express, and I think it is important to bring this topic in front of people.

### What was the biggest challenge you faced while creating this exhibition, and how did you overcome it?

Running out of ideas sometimes happens, and at the time it is hard to produce any pieces with satisfaction. I will try to find inspiration from nature, by just chilling and walking around to look for something beautiful. For me, when I see something interesting, I instantly have the urge to draw and turn it into a drawing by adding my own things.

### What was your favorite part of the exhibition process, and why?

I love the moment when all paintings are hanging on the wall, it gives me a huge sense of accomplishment all over the hard work.

# INSIDE THE BRAIN OF AN ARTIST

## YUDIE SHU SHARES HER JOURNEY TOWARDS THE DP2 ART EXHIBITION

By Yifei Qiu

### What was the research process you went through to develop the content for this Visual Arts Exhibition?

Most of the time, I come up with the ideas randomly by myself, but I usually try to find as many references as possible for painting it the way I envision. In a nutshell, I come up with an idea, find references, and just draw.







# THE PERSIAN NEW YEAR CELEBRATING CULTURE

By Haiquan Zhang and Maral Mahdinia

**O**n the 20th of March, our DP2 student, Maral Mahdinia from Iran, organized a special day dedicated to celebrating the Persian New Year. With a beautifully decorated booth and a spectacularly cooked lunch to bring her culture into the school, she aimed to introduce more students to Iran's culture and sentiments.

As we approached the spring equinox and the rejuvenation of nature, we also came the most remarkable celebration for Persians, Nowruz. It has been held in Iran and its neighbouring countries for over 3000 years and marks the beginning of their national calendar.

As Maral expressed, "Being in my last year of high school as the only Persian student gave me the motive to hold this celebration for the first time in our international school, and the joy of carrying out this extremely significant tradition of my land was beyond anything!"

It began by accommodating the 7S's, which were seven objects starting with the letter "s" in the Persian language, a traditional table, special flowers, and a goldfish based on ancient folklore. She assembled them all together to form a cultural masterpiece, bringing Iran to Altdorf. The other highlight of the celebration was the conventional cuisine which was served during lunch for the New Year. The part she found the most memorable was when she was cooking the 'Gheymeh' stew with the help of the supervisors and began telling them the history behind the dish along with the whole tradition of the Iranian New Year, including playing Persian songs.

Although she faced many challenges during the planning of this event, such as finding particular Eastern objects in a European country making her travel from canton to canton, she wishes that it was as joyful for everyone as it was for her herself!



# JUST KEEP SHOOTING

## LISA'S FOOTBALL TEAM GOES UP AGAINST THE KANTONAL MITTELSCHULE URI

By Shanglin Yin and Kirsten Lai







It was a stormy afternoon down at Altdorf, with little to no sunshine. On March 31st, an inter-school friendly football match was organized between our school's male football team and the Kantonale Mittelschule Uri at FC Schattdorf Fussballplatz. With supporters cheering along the sides, we watched an incredible game displaying teamwork, leadership, and perseverance.

Whilst everyone began arriving and gathering around the field at around 4.10pm, our hard-working athletes strategized and prepared themselves for the journey ahead. After some simple passing drills to wake up the body, Mr. Vasileios, our coach, called them in for a team talk. Positions were set and players were ready. Time to begin!

Playing 9-A-Side on the field, our starting line-up began with Dacheng Yu in goal, and worked its way up to Volodymyr Skuratovych at the top. Starting with possession of the ball, first pass back to Nikoloz Lominadze and the game was afoot. Our players strived relentlessly to pressure their opponents, preventing them from infiltrating our half of the field, slide-tackling and blocking each shot taken. A few minutes into the game and we have already seen some amazing passes down the left and right wing, leading to numerous attempts at scoring a goal. With Shanglin Yin taking each corner kick, the rest of our team awaited in the box, anticipating the ball. We had amazing attempts at scoring a goal succeeding a controlled and effortless first touch on the ball, but sadly, the first half wasn't in our favour



with the Kantonale Mittelschule Uri scoring four goals.

Feeling slightly defeated by our 4-0 loss, Mr. Vasileios rounded up our players together and talked strategy. Rotating our line up and mixing up the game tactic, we began the second half with clear skies beaming through the gloomy clouds. A sign of hope! After fighting and preserving through each barricade of defensive players, we finally witnessed our first goal. After an amazing assist by Volodymyr Skuratovych down the right wing and into the box, Shanglin Yin managed to slide the ball into the back of our opposition's net. 4-1. Breaching the end of our small tournament, we successfully obtained 2 more goals, settling the game's score at 7-3.

At the end of the day, all players lined up and shook hands as a sign of good sportsmanship. Our school commends our male football team for their great performance during their first ever inter-school football match, and hopes to see them thrive further in future matches.



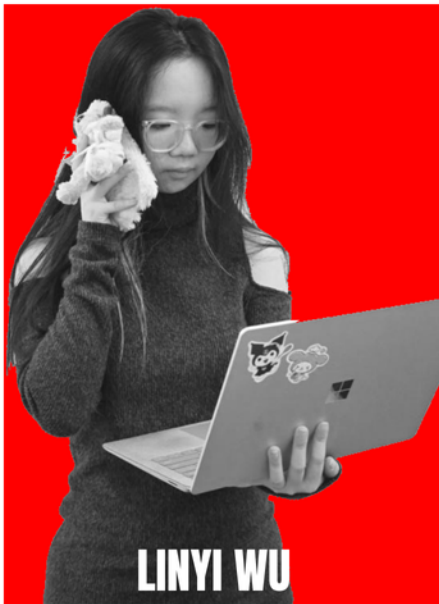
WELL  
PLAYED

7 - 3

Kantonale Mittelschule  
Uri

International School  
Altdorf

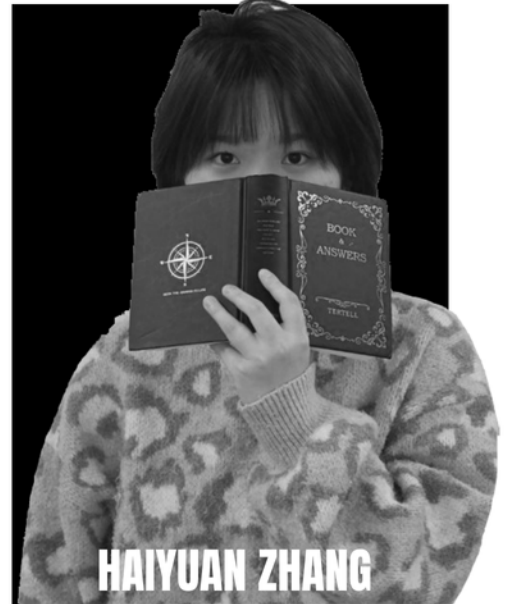




**LINYI WU**



**BOHAN LIANG**



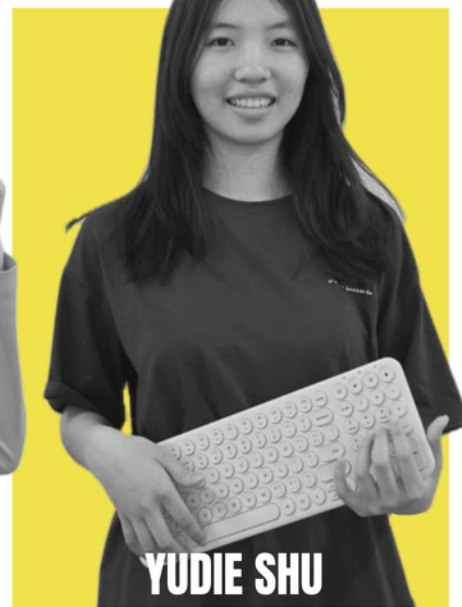
**HAIYUAN ZHANG**



**SIYUN LIN**



**KIRSTEN LAI**



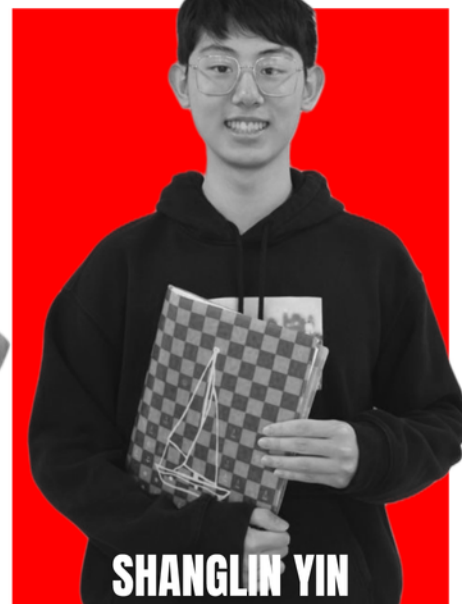
**YUDIE SHU**



**JINGFEI FANG**



**YIFEI QIU**



**SHANGLIN YIN**