

THE ISA TIMES



BRINGING YOU A MONTHLY INSIGHT TO THE INTERNATIONAL SCHOOL OF ALTDORF

OCTOBER 2023

HALLOWEEN

BEHIND THE SCENES OF HALLOWEEN AT ISA



MYP ARTWORK

THEIR FIRST ART ASSESSMENT



BRITISH UNIVERSITIES COME TO VISIT



NEW PREFECTS OF 2023/24

Kirsten Lai



Michael Grundlingh



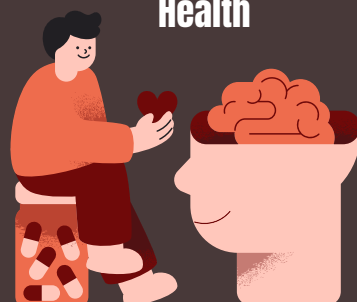
PERSONALITY QUIZ

See what your top 3 animals say about you



5

Steps Towards Improving Your Mental Health



KNOW MORE

Israel-Hamas War Explained



NEW PREFECTS OF 2023/24

Kirsten Lai MYP5

“Leading up to the prefect elections, I remember being super anxious. It wasn’t the public speaking or the speech writing that kept my mind occupied as those were the most enjoyable parts, but the mere fact that we had some amazing candidates running this year. Additionally, each of us were given only 2 minutes to speak our hearts out, which was not a lot of time. I think I sped through my speech as if I was an auctioneer calling out all the bids. There was just so much to say! But, in the end, I only wanted to say the things I knew I was capable of working on. Another thing which wracked my brain was that I actually had a flight on Friday morning. Adamant to do a recording, I thankfully managed to move my flight later so that I could be there in person. Thank you so much to everyone who showed up that day and even more so to all those who supported me! I will genuinely try my best to make a difference this year.”



Michael Grundlingh IBDP1

“My name is Michael and I am delighted to be school president for the year 2023-24. I ran for president because I was driven by a profound love for our school and its community. A love I hope to instil in all. I had a vision for our school: unity, diversity and prosperity; a vision I am thrilled to say we are closer to achieving every day. I never cease to be amazed by the outstanding changes and marvellous growth of our school as a whole for the better. When writing my speech, I found it indispensable to let my thoughts and emotions flow unfiltered from the depths of my heart and soul. I firmly believe in authenticity and cooperation: a deciding factor in our change for the better.”



MYP5's FIRST VISUAL ARTS ASSESSMENT

WHAT MS. YULIJA HAS TO SAY ABOUT THEIR ARTWORK

“Our first small exhibition of this year was the result of our MYP5 students’ works. It was a great experience to see how their ideas developed and where they came from. Communication was the main topic that combined all the works. Students had to create a

PERSONALITY QUIZ

See what your top 3 animals say about you

WHAT ARE THE FIRST 3 ANIMALS THAT COME TO MIND?



↓ scroll down to see your results ↓

collage on a given topic, the rest was their personal artistic decision. What material to use? What to discuss? How to present? How to create? It was a pleasure to see how students were able to answer all these questions by themselves and create unique artworks. We are happy to invite you to read their curatorial rationale to understand the deep meaning behind the visual solution”

Ms. Yuliia

UNSOLVED CONFLICT

Israel-Hamas War Explained



On 7th of October 2023, which is a Jewish Sabbath day, Hamas and other Palestinian armed groups launched the al-Aqsa Flood operation. This operation is a coordinated assault which involves both land and air attacks on Israel borders. However, the Israel -Palestinian conflict is deep and goes back to the early 20th century. After the First world war, many Jewish people migrated to those terrains which were originally occupied by Muslims of Arab origin. Since the Arab population didn't want to accept any other culture. The Arab people didn't like the fact that Jewish people were building their own towns. On the other hand, for the Jews it was a return to the "Promised Land". This conflict is described as deep and difficult to solve as it is an ethnic, religious and territorial issue. Hamas, which is considered a terrorist organization throughout the world, has the full control of the Gaza Strip. The Gaza Strip is a narrow strip of land between Israel and Egypt, and it is the known as the most populated place in the world. Many Palestinians who were forced to flee out from their homes, had to move to live in the Gaza Strip. The long-lasting conflict was further caused by the declaration which came from United Nations in 1948, when the independence of the State of Israel was announced. Since the conflict was never solved and it has been passed on from generation to generation, Hamas attacked Israel. Many people, especially the Queen of Jordan other countries encourage, for peaceful solutions and not to take revenge.

RESULTS

THE FIRST

This is how you see yourself

THE SECOND

This is how others see you

THE THIRD

This is what you truly are

Inspired by Ms. Ann's MYP5 lesson activity



UNIVERSITY FAIR

MR. BLAKE

“On 3rd October 2023, we had the pleasure of hosting a small number of British universities. These being Goldsmith's, University of London, University of Cambridge, University of Southampton, University of Leeds, and University of Warwick. The morning began with a presentation from the respective institutions on what it is like to study in the UK. This was an amazing opportunity for our students to learn more about admissions requirements and application procedures in a more familiar setting. This was followed by a mini fair where our students could ask specific questions to each university representative. We are already looking forward to the next university fair in April 2024.”



5 Steps Towards Improving Your Mental Health

A Psychology Student's Insight

Jackson Izsa

Happy Mental Health Day, ISA! To celebrate this year's Mental Health Day, I would like to present 5 steps to you which should help you to improve your mental health!

1. Get enough rest at night

Sleep is important, I'm sure you know that. Too little sleep is unhealthy, but so is too much sleep. For teenagers, it is recommended to receive between 7-8 hours of sleep each night. If you go to sleep around 22:00 (10 p.m.) and wake up around 5-6 a.m., you should get enough rest every night to feel energized and prepared for your day! This will improve your mental health by removing any unnecessary exhaustion from your day, as one major cause of stress for students is feeling too tired to do anything.

3. Avoid procrastination

Procrastination is an interesting subject because most people think procrastination is the same as laziness. However, procrastination actually occurs when people care about their work. People procrastinate because they do not want to fail or do poorly on their work, which is why procrastinators always say, "I'll do it later".

To the procrastinators reading this, you're not being lazy, you're probably looking for the right time to do your work, or when you believe you'll have more energy to do it. Although, the best time to start is now, try getting into the workflow now so you won't have to worry about failing or missing your deadline in the future. If you have enough energy to put aside your work and do something else, then you definitely have enough energy to start working!

2. Promote hygienic practices

At first, this may not sound like something that can improve your mental health, though there are reasons which explain how practicing proper hygiene can improve your mental health. For instance, humans often avoid unclean settings or people due to our subconscious motivation to stay healthy. If you don't practice proper hygiene, it may lead others to avoid interacting with you, as they may believe that doing so will make them sick. This can lead to a feeling of isolation, which can negatively influence your mental health. Practicing proper hygiene will not only allow you to feel fresh and healthy, but it may cause others to subconsciously feel better being near you whilst avoiding the negative feeling of isolation.

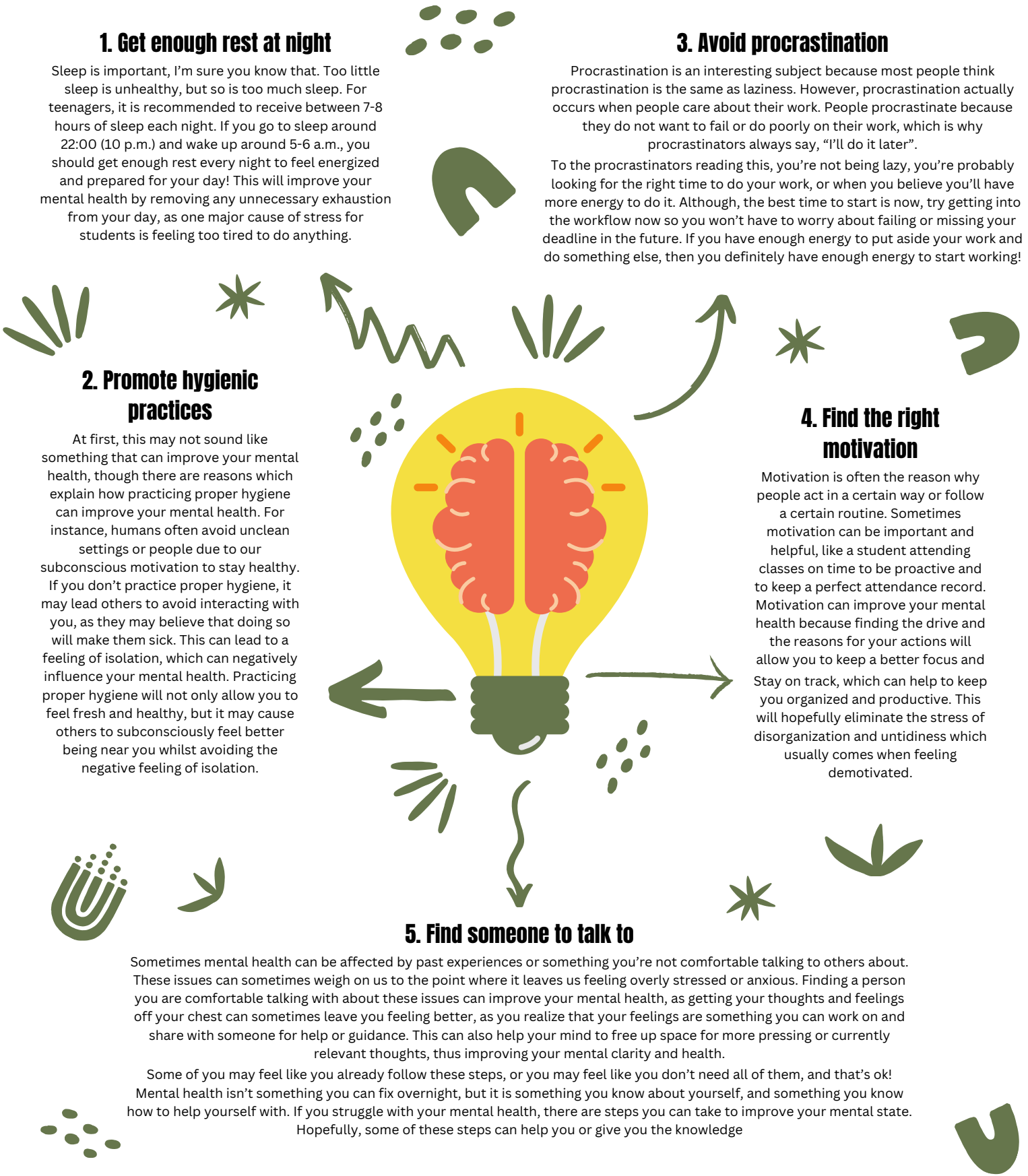
4. Find the right motivation

Motivation is often the reason why people act in a certain way or follow a certain routine. Sometimes motivation can be important and helpful, like a student attending classes on time to be proactive and to keep a perfect attendance record. Motivation can improve your mental health because finding the drive and the reasons for your actions will allow you to keep a better focus and stay on track, which can help to keep you organized and productive. This will hopefully eliminate the stress of disorganization and untidiness which usually comes when feeling demotivated.

5. Find someone to talk to

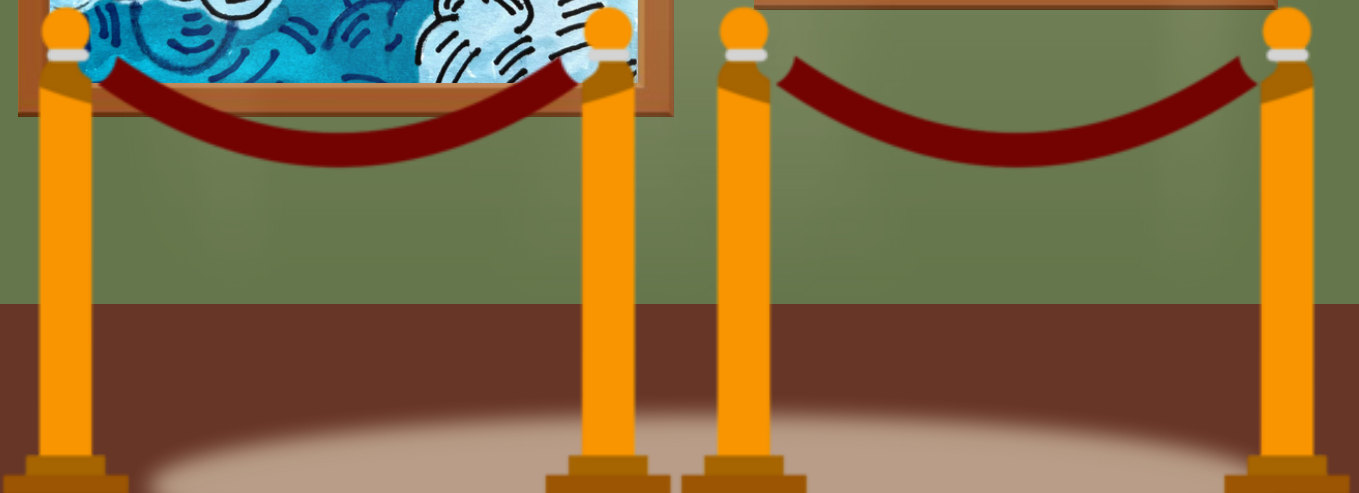
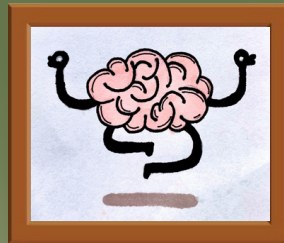
Sometimes mental health can be affected by past experiences or something you're not comfortable talking to others about. These issues can sometimes weigh on us to the point where it leaves us feeling overly stressed or anxious. Finding a person you are comfortable talking with about these issues can improve your mental health, as getting your thoughts and feelings off your chest can sometimes leave you feeling better, as you realize that your feelings are something you can work on and share with someone for help or guidance. This can also help your mind to free up space for more pressing or currently relevant thoughts, thus improving your mental clarity and health.

Some of you may feel like you already follow these steps, or you may feel like you don't need all of them, and that's ok! Mental health isn't something you can fix overnight, but it is something you know about yourself, and something you know how to help yourself with. If you struggle with your mental health, there are steps you can take to improve your mental state. Hopefully, some of these steps can help you or give you the knowledge

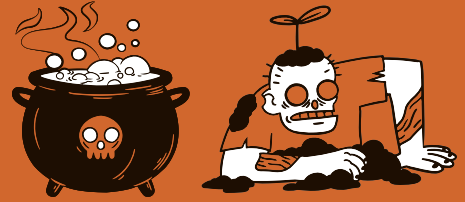


POSITIVITY COLLECTION

By Lam Nguyen



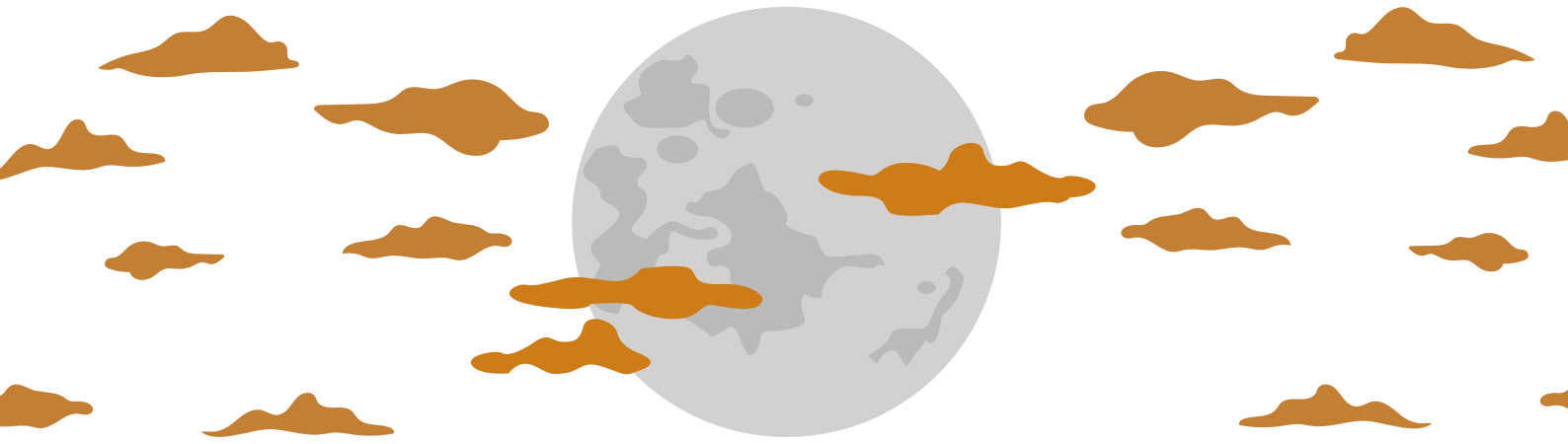
HALLOWEEN



BEHIND THE SCENES OF HALLOWEEN AT ISA



The time of the year when the festivities arrive are always both stressful and exciting. Would you say it's 'stressfully exciting' or 'excitingly stressful'? Halloween can be considered as the start of the festive season because once its finished, then comes Thanksgiving, then Christmas, then New Year, then Chinese New Year, then the celebrations become spread out again.



WHAT DOES OUR FEMALE PREFECT HAVE TO SAY?

"I actually really enjoyed planning and executing this year's Halloween because I got to try something new for the school to experience. I'd say the highlight was definitely the lunch! I love how everything came out spooky and weird looking, but still tasty! This is going to sound a bit crazy but, playing with food has always been something I enjoyed, which is why I chose to have a themed lunch this year; By playing with food I mean making it into something creative! This honestly would not have been possible without everyone who contributed, both students and teachers/admin, so my deepest gratitude for your hard-work!"

Kirsten Lai

