



4Hands

THE INTERNATIONAL SCHOOL OF POZNAN



International Day - p. 4-5
Carnival - p. 8-9
Easter - p. 12-13



ISoP's New Building

By Ryszard Matuszewski, Chairman of Fundacja International School of Poznan, School Director

The construction of our new school building at the Taczanowskiego campus started on Monday, February 27, 2017, and has been running according to schedule. The new building will be located at the unpaved parking lot (West parking along Wysockiego street) and will house our younger students. The new building is scheduled to be completed by September 1, 2018. On Tuesday, April 11, we held a groundbreaking ceremony officially making the start of construction.



Ryszard Matuszewski (left) with members of the PTA, Volkswagen Polska, general contractor and the architect.

First Day of Spring - Crazy Hair Day

By Monika Kasior, G2 Teacher, and Justyna Borowska, School Psychologist

On Tuesday, March 21, ISoP students at the Taczanowskiego campus celebrated the First Day of Spring. Oh, what a day it was! Many students came to school with crazy hairstyles, wearing colourful clothes, full of joy and excitement. Walking around the school we could see children smiling, laughing and chatting about their creative ideas. Students were invited to the spring show prepared by Drama Club (G3 and G4 students). Action, music and dancing, friendship – everything was there and everyone joined the celebration of spring with great enthusiasm. As every year, special prizes were waiting for the most creative crazy hairstyles in each grade. However, selecting the winners was extremely challenging. We couldn't believe how amazing the students looked with toys, eggs, flowers and cars in their hair! Well done everyone! Without your great commitment and help we wouldn't have had this special day. It gets better and better each year. Thank you all.



Cultures Festival in G1b

By Monika Kasior and Joanna Wawrzyniak, G1b Teachers

On Cultures Festival, G1b class represented England. We made a replica of the Big Ben. We also prepared British flags and we decorated the whole classroom. There was a souvenir shop, a memory game and a table for relaxing and drinking a cup of nice English tea. The tea corner was definitely the biggest attraction in our classroom. We all enjoyed the day!





International Day

By G5a Students

On Thursday, March 30, ISoP students celebrated International Day. It started with an opening ceremony, during which a belly dancer performed. Each class (except G5s), together with teachers and parents, prepared a classroom related to a chosen country. The G5 students, took the role of reporters, who walked around, conducted interviews and captured the joyful atmosphere of this day in their photographs.

(By Maria Rawecka)

THE UAE & GEORGIA (By Franciszek Nowak)

G4b students prepared a classroom that was devoted to the cultures of the United Arab Emirates (UAE) and Georgia. There were many stands that showcased the most important aspects of Arabic and Georgian cultures such as architecture, religion, clothes and food. The buffet served couscous salad, olives, dates, baklava, falafel, etc. Every visitor enjoyed it a lot.

USA (By Julia Andrzejewska & Estera Winkler)

G2a chose to present the USA. There was a wonderful craft stand to visit. In the buffet there were biscuits, marshmallows and popcorn. There was a photo booth with cowboy hats, mustaches and glasses. There was also a game centre with many games, for example: a memory game to match the picture with the words. The children enjoyed it and would like to go there again.

MEXICO (By Oliwia Smolińska & Filip Latek)

G4a chose Mexico. Mexico has a very interesting culture. The students thought of a very interesting stand, which everyone could visit and learn from. Their classroom was really nicely decorated, organized and it had a cheerful atmosphere. G4a students had also a buffet with traditional Mexican food, such as: nachos with various sauces and other Mexican snacks. They had a nice quiz that was really hard to solve. Mexico also had a photo booth where students could take a photo with some props. G4a students wore real Mexican clothes. They showed enthusiasm and involvement so the children wanted to return and visit them again.

GREECE (By Franciszek Nowak)

G3a chose Greece because the students were very interested in that country. At the beginning there was a presentation. After that there was a quiz based on the facts from the presentation. There was a lot of food. The classroom was decorated beautifully in Greek theme and the hosts were dressed in traditional Greek costumes. They prepared a lot of fun activities that taught the visitors about the Greek culture. They also mentioned how to make the most popular Greek food, which later, at the buffet, everyone could taste.

ITALY (Maya Kalwani & Martyna Jabłońska)

Another culture to explore during the ISoP Cultures Festival was Italy. It was chosen by G6a students. In there, the students had a chance to get some typical Italian snacks, like pizza ice-cream, and spaghetti. Also, the visitors could complete quizzes after a presentation of each stand and get little tickets that could later be exchanged for sweets. Moreover, there was a chance to learn some simple Italian words. One presentation also contained a list of places that are best to visit (for example: Rome, Venice, etc.). Students could also learn about some famous fashion brands that originated in Italy (like Moschino, Armani) and famous people, who were born there (Giorgio Armani). It was a true journey to Italy

JAPAN (by Ian Rychlewicz & Hania Schellenberg)

G7 students chose to present Japanese culture, because Japan is a very unique country, much different from Poland, and also because Japanese art is very interesting. G7 students showed various classes how to use chopsticks and also how to do Karate. They made sushi and drew tattoos with Japanese characters that represented animals from the Japanese calendar. Another stand was devoted to the Japanese Festival of Hanami (Cherry Blossom Festival), where students could make their own cherry blossoms out of paper. The students could also learn about modern Japanese art (anime and manga) or taste Japanese sushi rolls with soya sauce and super hot wasabi. The effort put into preparing the decorations, activities and presentations was truly impressive!

BRAZIL (Odo Czapracki & Robert Minta)

The ISoP journey around the world took the students even to Brazil. The G3a students chose this country because one student is from Brazil and other students thought it would be nice to inquire into that country. There were many stands with activities about Brazilian culture and a food stand with traditional Brazilian food. Students could eat some coconut sweets and learn about food, football players and about Brazilian money that is called real. The music in the background added to the truly Brazilian energy that filled the whole classroom.

FRANCE (Par Igor Krzyszkowski et Allan Crow)

The G1a students chose France. They decorated the class and had some amazingly delicious food. They had many flags hang around their class, a French restaurant and the Eiffel Tower. They also had a buffet with French toasts, sausage bread, croissants, marmalade, grapes, cheese and biscuits. G1a also wore nice traditional French clothes. G1a has chosen France because two students from their class are French. G1a also really enjoyed making all the preparations. They also said they couldn't wait till next year.

As every year, the ISoP students really enjoyed the Cultures Festival. They learned many important facts about each presented country. It was a really enthusiastic day for everyone, even the parents. Let's hope the ISoP students will have as much fun next year!

(By Maria Rawecka)



INTERNATIONAL DAY





INTERNATIONAL DAY

MARCH 30, 2017





UKS Ichiban Shotokan of Poznan - UKS ISoP

By Adrian Dąbek, IT Teacher and Karate Instructor



From December to February the UKS ISoP Karate Club, which is in part sponsored by the PTA, held exams for all three groups. We are proud to announce that everyone passed the exam and we are now taking the next steps to mastering this incredible martial art.

Beginner: Maksymilian Bona, G5b - 9.2 kyu; Arkadiusz Dudka, G4a - 9.2 kyu; Adam Elnur, G4a - 9.2 kyu; Marta Gajewska, G4b - 9.2 kyu; Giorgi Kiknadze, G4b - 9.2 kyu; Borys Manikowski, G4a - 9.2 kyu; Mikołaj Michalczuk, G4a - 9.2 kyu; Seungmin Ryu, G4a - 9.2 kyu; Michał Taylor, G4b - 9.2 kyu; Mika Tomczak, G4b - 9.2 kyu.

Intermediate: Wincent Szewczyk, G5b - 9.3 kyu; Maksymilian Horowski, G5b - 8.1 kyu; Julia Bush, G6a - 8.3 kyu; Adam Pomieciński, G7 - 8.3 kyu; Wiktor Tomczak, G7 - 7.2 kyu.

Advanced: Soi Kang, G8 - 7.2 kyu; Zofia Strzałkowska, G9 - 6 kyu; Kalina Grygier, G6a - 5.2 kyu; Filip Kajzer, G9 - 5 kyu; Mikołaj Nowak, G9 - 5 kyu; Jakub Rejek, G9 - 4.2 kyu; Daniel Oldenburg, G9 - 4 kyu; Jan Włodarek, G9 - 3 kyu.

Each karateka will receive the official diploma from the Polish Karate Association (Polski Związek Karate - PZK) and those, who changed belt colors, will get belts sponsored by the International School of Poznan.

I am also happy to report that I have passed my 2nd Dan black belt exam under the Vice-President of the PZK.

Congratulations to everyone!!!

Badminton Tournament

By Michał Pyda, PE Teacher

The Second Annual ISoP Badminton Tournament took place on Thursday, February 23, 2017. This year we had 29 students competing!!!

RESULTS

Girls:

gold medal - Ella Krick, G5b

silver medal - Maria Halasz, G7

bronze medal - Natasza Ładziak, G6a

Boys:

gold medal - Odo Czapracki, G5a; Aleksander Bednarz, G6b (ex aequo)

silver medal - Wojciech Glaser, G7

bronze medal - Ksawery Downar Dukowicz, G6b





Wielkopolska State Subject Contests

By Anna Kalwani, School Administrator

Krzysztof Grykiel, G10, is the Laureate of the Wielkopolska State Subject Contest in Physics, receiving 45 out of max. 50 points. Krzysztof is also the Finalist of the Wielkopolska State Subject Contest in Chemistry.

Dalia Kraiz, G10, is the Laureate of the Wielkopolska State Subject Contest in Chemistry, receiving 47 out of max. 50 points, which is one of the best scores in the State!

The following G10 students are the Laureates of the Wielkopolska State Subject Contest in English: Nina Dubicka, Dalia Kraiz, Aleksandra Malicka and Julia Marcinowska. Congratulations!!!



FOX English & Math Kangaroo Competitions

By Katarzyna Jadzińska, G3 Teacher, and Aleksandra Dejewski, Math Teacher



On Tuesday, February 28, some G3, G4 and G5 students participated in the 2017 FOX English Language Competition. The participants had to solve a multiple-choice test based on language skills and content of books *Aladdin* or *Robin Hood*.

On Thursday, March 16, some students participated in Math Kangaroo Contest, solving a number of math problems. We are all waiting for the final results! Good luck!



Carnival Gala - Celebration of Joy

By Agnieszka Donaj, Kate Kudlinska and Kasia Richter - the 2017 Carnival Gala Team

On Friday, February 17 we celebrated Carnival Gala. The school was decorated with dozens of balloons and student-made carnival posters. PYP students spent the day enjoying fun activities. There were two Disco Rooms, where Mrs. Marta Niewiadomska, G4 Teacher, and Mr. Eby Nwoko, Music Teacher, taught dance routines. Moreover, we had inflatable equipment in the GYM (a bouncy castle, sumo suits and darts) supervised by the staff and the PTA members. Mr. Alexander Owsianowski (Makary, K, and Maksym, G1b) and Mrs. Asia Markisz, Art Teacher, took many amusing and professional photographs of each class in their carnival costumes. In addition, in every classroom there was a craft station - children decorated their photo portraits with beads, glitter and feathers to add a carnival touch to them.



Many thanks to the above mentioned helpers and to Mr. Krzysztof Kudlinski, English Teacher, Mr. Bogdan Wojtkowiak, School Custodian, and Mr. Ziemowit Stuper, IT Support, for their involvement in the preparations.



Carnival Gala



Val
la

Feb. 17, 2017





A Gentleman in G1a!

By Agata Brzezińska, G1a Teacher

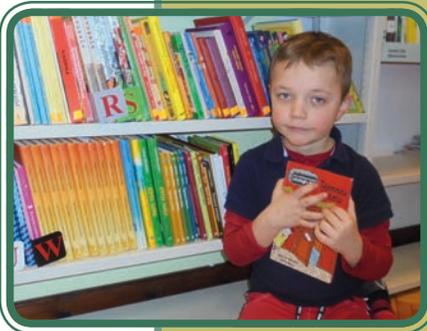
On Wednesday, March 8, we were celebrating Women's Day. The girls from G1a got beautiful flowers from the boys. One boy from our class turned out to be a real gentleman. Szymon Dudka was wearing a very elegant jacket and he had his hair done nicely. He told that this it out of respect for the girls in his class. The girls were very surprised and felt really honoured that Szymon was so elegant and that he did it for them. Well done, Szymon!



G1a's Bookworm

By Agata Brzezińska, G1a Teacher

We have a real bookworm in G1a! Ignacy (Ignaś) Kulesza loves reading books. His reading skills are beyond his grade level. He can't wait to get a new book from the school library. He visits the library once or twice a week and always comes back with an interesting book. What is more, he is so enthusiastic about reading that he starts reading the new book right after coming back from the library. Our bookworm loves the series about little detectives Maja and Lasse, written by Karl Martin Widmark and Helena Willis. We think Ignaś is a great example for others that reading can be a wonderful and exciting adventure. Keep reading, Ignaś!



G1 students love learning with Lego!

By Agata Brzezińska, G1a Teacher

We all know that we can build something out of the Lego blocks. But did you know that you can also create a great story? Yes, you can! This task was challenging but we managed to create wonderful stories with a plot, setting, characters, problem and solution to it. During our Unit of Inquiry we have already learned that these are all important elements of a good story.





G2b ice cream

By Clara Colombo, G2 Teacher

We are now studying about states of matter so we decided to put our knowledge into action and we made...

ICE CREAM! We used:

- ice cubes
- 2 cups milk
- 2 spoons salt
- 3 spoons sugar
- 1 spoon vanilla extract
- plastic cups
- 2 resealable bags
- food coloring
- M&M



First we took a large bag and put some ice cubes inside, just enough to fill about half of the bag. Next we added some salt into it. Then we took a smaller bag and poured some milk, put sugar, food coloring and vanilla extract in it. We made sure that the sugar dissolved completely. Later we took the smaller bag and placed it into the bigger bag with the ice and salt mixture. We had to squeeze out any extra air and seal the bag. At the end we started shaking it for 5 -10 minutes. From time to time we had to check what was happening with the mixture. It turned out that the mixture hardened. Voila, ice cream was done! We used the M&M's as topping and it was DELICIOUS!!



Drama, Drama!

By Justyna Łukasik, G2a Teacher

This school year G2 class has a completely new Unit of Inquiry. Our Central Idea is: Ideas and feelings can be expressed through the elements of drama. We've inquired into the history of drama, creative movements, pantomime, impersonation, mask work and more. We had lots of fun with drama charades. We also went to a theatre to watch a popular play titled *Hansel and Gretel*. But the most exciting part was yet to come! We decided that our final project would be our own play. Both G2s wrote their own play scripts to well-known fairy tales. We chose *Hansel and Gretel*, *Snow White* and the *Seven Dwarfs*, *Ugly Duckling*, *Snow Queen*, *Sleeping Beauty*, and *Little Red Riding Hood*. The students put a lot of effort in preparing the shows. They organized props and costumes, decorated the scenery, and learned the parts. They were very proud to invite their parents watch the performances!





Easter





April 11, 2017





G4 at the WTK TV Station

By Katarzyna Richter, G4b Teacher

In January, the G4 class went on a trip to the WTK, a local TV station. We wanted to learn more about media to gain a better understanding of our Unit of Inquiry with the following Central Idea: Media is a tool, which influences our perception of the world around us. The visit was hosted by Ms. Aleksandra Kopielnicka, who showed us around. She explained what TV journalists do at work and let us visit various rooms: a recording room with soundproof walls made of sponge, a television studio from which programs are broadcast, a news department where journalists gather information, etc. It was a very educational trip!



G4's Trip to the Merkury Radio Station

By Mariia Boltenkova, G4b, and Katarzyna Richter, G4b Teacher

On Thursday, January 5, G4b class went on a trip to the Merkury Radio Station. We were invited there by Mr. Marcin Źyski (Hubert, G4b). He is the Music Director at Radio Merkury, which means that he chooses songs that are played throughout the day. We listened carefully while Mr. Źyski explained what it was like to work at a radio station as well as how music and radio shows may influence our perception of the world. He also discussed the difference between commercial and national radio stations. In a special room, where presenters run their shows, we all said 'Good morning Poznan!' on air. This trip was fun and it helped us understand our Unit of Inquiry with the Central Idea: Media is a tool, which influences our perception of the world around us.





Use of Technology in Pharmaceutical Business



By Estera Winkler, G5a

Our Unit of Inquiry is about technology. On Monday, March 20, G5 students welcomed Mrs. Karina Hupało (Mikołaj, G5b, Marianna, K), who told us about the role of technology in pharmaceutical business.

Some years ago she worked at GlaxoSmithKline (GSK). The company's motto is to do more, feel better, live longer. In order to develop their products, they rely on advancing technology. GSK manufactures very important medicines, for example: Fenistil Gel, Voltaren, Avodart and many, many more. The medicine that they make help fight diseases such as epilepsy, depression, AIDS, migraine, etc. They also make softgel capsules - the little containers made from gelatine. To make softgel capsules they need soya oil, water and gelatine. It is very hard to make softgel capsules because there are many complicated steps. Mrs. Hupało told us that on each capsule there used to be an ink mark. Later, the company invented a special machine that, instead of ink, uses laser to make these marks. Mrs. Hupało also explained how important it is to remember about safety rules when working with different chemicals. She showed us a special uniform that protects scientists from the high-potent substances, that can be very toxic. They need to wear a white outfit with a hood, double gloves and protective glasses.



I really enjoyed the time spent with Mrs. Hupało. We learned a lot about her work and the use of technology in making medicines.



Buddhism



By Maria Rawecka, G5a

Our current Unit of Inquiry is Religions. On Monday, January 23, both G5 classes welcomed Mrs. Veva Albrecht (Malena, G3a), Mrs. Ewa Pieńska-Norek and Mrs. Edyta Rawecka (Zofia, G1a, and Maria, G5a), who are Buddhists, as guest speakers. The ladies talked about Buddha's (Siddhartha Gautama) life and what Buddhism is. The students had a lot of questions. We learned that Buddhists don't pray!!! Also, that Buddha is not considered a god and that Buddhists believe in reincarnation. The visit finished with a meditation session. We sat in a special position, breathing calmly and thinking about good things. It was a very special moment.



We all really enjoyed the guest speakers' visit and learned a great deal about Buddhists and Buddhism.





Feb. 17, 2017
G6 Carnival



The Snow Queen

By G6b Students

On Wednesday, March 15, both G6 classes went to the Poznan Grand Theater (Opera House) to watch the performance of *The Snow Queen*. This show was an amazing combination of ballet, acrobatics and vocals. We were so happy to see our classmate - Antonina Meissner - on stage performing along the other actors. Another classmate of ours - Marta Bednarz - also a ballerina, had her debut on stage the following day.





Kennings

By Marta Celmer, English Teacher

The kenning is a poem, in which each line is made up of two words joined with a hyphen. The lines have a special rhythm, especially with repeated –er endings. Check out these kennings written by our G6 students!

A TEACHER

By Gabrysia Kozłowska & Emilka Michalczuk

Attendance-checker
Homework-giver
Whiteboard-writer
Class-walker
Coffee-drinker
Test-distributor
Computer-user
Peace-maker

A PANDA

By Alexia Thiry & Wiktoria Zatorska

Bamboo-hunter
Dream-maker
Magic-user
Tree-climber
Cuteness-attacker
Child-lover
Rainbow-user
Cloud-eater
Animal-saver
Fat-fluffer
Hug-giver



TRUMP

By Lena Matoga

Wall-marker
Orange-painter
Money-taker
Money-maker
Mexico-hater
'America-helper'
'America-saver'



THE SCHOOL NURSE

By Lena Buczyk & Natasza Ładziak

School-helper
Health-keeper
Children-carer
Fluoridation-doer
Smile-maker
Bacteria-taker
Happiness-giver
Student-saver

A DOCTOR

By Alan Paczkowski

Life-saver
Pain-healer
Help-giver
Life-extender
Problem-seeker
Medicine-maker
Death-fighter
Organ-replacer



Open House

By Anna Kalwani, School Administrator

On Saturday, April 8, ISoP held an Open House event for students enrolling to our school. They had a chance to meet the directors, see our school as well as talk to our teachers and students. On behalf of the entire ISoP's community, I would like to thank the following students for coming on a Saturday to help us showcase our school:

GII: Franciszek Celm, Patrycja Stefaniak, Olga Kociałkowska, Julia Stachowska, Tytus Felbór, Zuzia Nawrocka, Mikołaj Borowiak, Marcin Glaser, Hubert Perliński

GIII: Julia Boruszak, Makary Mulczyński, Małgorzata Olejniczak

0 Class: Julia Szulc, Marcel Kalota, Dominika Maćkowiak, Yang Yun-Ting



Fat Thursday

By Anna Kalwani, School Administrator

Fat Thursday or Tłusty Czwartek is celebrated in Poland on the last Thursday before Lent begins. Traditionally, pączki, fist-size doughnuts with marmalade filling and powder sugar coating, are eaten all over Poland.

Every year our wonderful PTA serves delicious pączki to all students and staff, making this day oh so sweet. Thank you PTA!!!



First ISoP Pink Shirt Day

By Justyna Borowska, ISoP Psychologist, and Katarzyna Jadzińska, G3 Teacher

On Friday, March 3, we encouraged everyone to express kindness and wear something pink to show that we do not tolerate bullying. While we wish we could take credit for this idea, Pink Shirt Day has its roots in Nova Scotia, started by two incredible high school students. They took a stand against bullying when they bought and distributed pink shirts among all the boys in their school after a male ninth grade student was bullied for wearing a pink shirt during the first day of school.

For the first ISoP Pink Shirt Day we wanted to focus on kindness — a trait we encourage everyone to openly express every day. The phrase “one size fits all” worked for one simple reason: it stood for inclusivity, both in clothing and in our everyday lives. We’re all gloriously different, but we all have the capacity to put kindness out into the world. “Kindness is one size fits all” was more than just a slogan. It’s the underlying philosophy behind the anti-bullying movement that we hope will live on beyond the Pink Shirt Day. After all, kindness never goes out of style.

Pink Shirt Day was also a way to give kids the tools they need to protect themselves from this type of behaviour. Our goal is to continue that effort and reach every single student with the bullying prevention education.





Odyssey of the Mind

By Maciej Wasilewski, ZEN, TOK & Ethics Teacher, Odyssey of the Mind Coach



On Sunday, March 5, five brave, creative and self-motivated G8 students: Marta Buczyk, Aleksandra Iwaszkiewicz, Julia Jagiełka, Natalia Nawrocka and Liwia Tomikowska, took part in the regional tournament of the The Odyssey of the Mind. This is an international educational project that enables to test youngsters' creative problem-solving skills that should lead to both innovating and practical solutions. The idea of the Odyssey was born in the heads of two teachers - C. Samuel Micklus and Theodore Gourleyin - in the United States in 1978. Students from kindergarten to college are to solve problems that range from building mechanical devices to presenting their own interpretation of well-known literary scenarios. Marta, Aleksandra, Julia, Natalia and Liwia prepared a performance titled *Dangers Lying in Wait for Creativity* and managed the short-term problem they faced in the second half of tournament.

Our team qualified to Poland National Finals that will be held in Gdynia on March 31!

If you are interested in taking part in the next year's edition of the Odyssey of the Mind, please contact Mr. Maciej Wasilewski – Odyssey of the Mind Coach - at maciej.wasilewski@isop.pl.



Winter School



Italy - March 9-17

France - March 17 - 26





DAYDREAMING

By Anna Weckwerth, English Teacher

Ever been to a place so remote that you almost forgot that your body remained seated in the classroom? We explored this idea in our WRITING class in an activity called “free writing.” Basically: you write what your mind dictates you for a given number of minutes. Only then you work on improving your text. Here is what 0 Class students created. Take a trip, imagine where they are taking you...

By Antoni Wiśniewski

I've been to an awe-inspiring rainforest in Amazonia; astounded by the exquisite, elaborate greenery that was surrounding me. Imposing plants were cramped all around and I felt overwhelmed by the strength of nature. I felt a great relief from cramped cities and the tranquil sound of rain made the whole scene serene. In front of me there was a beautiful waterfall sloping down the hill. The river that we had seen during our journey to this place was curving around each rock or hill as if it was a snake, winding through the forest.

By Wojtek Trejter

There is a serene lake so different from noisy, cramped cities. The lake is far from the nearest town and stretches alongside the abandoned forest. The air is fresh and smells of trees and ground after the night rain. It is going to be a sunny day, but it won't be really hot. It will be good weather for walking, relaxation or some kind of work. My tent nestles by an imposing oak tree. In front of it, a little campfire is slowly burning. I can see the tranquil sunrise perched over a mountain. Fog seems to slope down through the barren hillside.

By Adam Prinz

The exquisite beach curves alongside the island through which a river winds. This place is extremely different from cramped cities. The tranquil sea is the best place to relax from noise pollution and to breathe the fresh air. Inside the vast rainforest, there is an imposing waterfall, which slopes down a hill. A cabin is set on the beach, from which you have astounding view. Looking from this place will make you feel awe-inspired by nature. The weather is clear and it is perfect for sunbathing.

By Marta Kociołek

Surrounded by hills, the city responds to the needs of the growing numbers of tourists, building lots of new resorts. One of them, a quaint hotel, nestles at the foot of the mountain. It's located in the tranquil district, famous for its variety of cultural attractions. In one of derelict tenements, the Museum of Gold is located. Going down the more cramped blocks one can see the signs of an ancient civilization. It's seems impossible that only a few kilometres away there is a humid jungle full of exotic plants and serene waterfalls. Unfortunately, the agglomeration sprawls and the rain forest might be extinct one day.

By Julia Szulc

I am at the terrace of an imposing skyscraper. The wind is slowly blowing my hair. One half of the city is barren, the other one, dilapidated. The buildings are abandoned and bleak. When I look closer at the once derelict buildings in front of me, I see it's elaborated in every way. The most notable things are old-dated, palace-like windows with golden elements. At first sight, the serene city might seem bleak. But after a while I realize it's awe-inspiring. The whole view overwhelms me with serenity.



Dangerous Winter

By Maria Witkowiak, IBIIa

Thirty percent of Poles declare that they can ski. Eleven percent ski at least once a year, which makes 4 million of active skiers. Comparing to previous years, this number increased due to current fashion concerning healthy lifestyle. Unfortunately, not all downhill descends end well.

During Winter 2015/2016 rescue was called 1 039 times on Polish slopes, where in 54% of the cases calls concerned a serious rescue action. The injuries, however, can be divided into those caused by skiers or snowboarders. As for skiing, most common injuries include bruises or fractures of shoulders, wrists, chests or knees. On the other hand, reckless snowboarding may result in broken ribs or kneecaps, but also concussions. In order to avoid previously mentioned injuries, we should watch out for any kind of collisions and other actions that may result in similar consequences. It is essential to respect few fundamental rules, which will allow you to enjoy your favorite winter sports and avert accidents.

First, it is important to remember that incorrectly adjusted ski bindings account for most of leg and knee injuries. To make sure your bindings are adjusted correctly, you should inform the technician responsible for your equipment about your age, weight and abilities.

Second, have in mind that snow and ice on slopes look significantly similar and it is really easy to skid. Experienced skiers may not have a problem with keeping their balance, but for others it may be difficult. That is why we need to be careful and cautiously observe the surface, on which we are skiing. However, in case you already entered an icy surface, the best advice is not to turn on the ice at all, but try to get onto a powdered snow beyond.

Another important factor is the weather. Climate conditions on high altitudes may change much faster than at low ones. The situation can sometimes change radically within minutes. Thus, remember that several layers of clothing are better than just one. Always wear gloves and warm socks in case the temperature drops. Also, in case mist appears, don't forget about goggles.

It is crucial to have in mind that off-piste skiing is extremely dangerous and you should avoid it at all times. One of the threats include avalanches. Most of the people are not aware of the possible danger or disregard it. Yet, mountains are full of hidden dangers and must at all times be respected.





HERE'S WHAT WE DO IN IBII ENGLISH



By Anna Weckwerth, English Teacher

We had a challenge to make texts out of “pre-written” noun phrases. Here is what students came up with.

Entry to an Interview – Anonymous, IBII Student

Welcome to the America's Evening Talk, today I would like to host one of the most controversial people that America has ever seen. A rock star, who has turned the world upside down. The ultimate identity of rebellion and representative of individualism: Marilyn Manson.

Despite being the horror of every Christian parent, he is an idol of many teenagers. Born in 1969 in Ohio, he attended a Christian primary school. In 1989 he formed a group called Marilyn Manson and The Spooky Kids, which became famous after co-production with Trent Reznor and Nine Inch Nails and releasing the second studio album, the Antichrist Superstar.

Marilyn Manson, whose true name is Brian Warner, created his pseudonym from the names of two American personalities: the famous Marilyn Monroe and infamous Charles Manson. He is known as a performer expressing himself in what he does, who is appreciated by many for being an individual, who's not afraid to say what he really thinks. Being a rebel and an exhibitionist, he is often condemned for his controversial activities, which he calls 'art.' Tearing the Bible, wearing the American flag instead of pants or even the symbols that refer to the Nazis – all of that defines Manson's art and music.

However, is he a true artist or a just an ignorant and courageous subversive? Let's find out from Manson himself. Welcome the Antichrist Superstar!



Introducing iPhone 10+

By Maria Witkowiak, IBIIa

In the modern world people think of phones as their best friends. iPhone 10+ was introduced to shops just last week, but since then it has been collecting numerous positive reviews.

Innovative approach

It is considered to be a world-changing technological breakthrough that will not only make our lives easier but, most of all, faster. This unbelievably smart device is able to receive a call and take pictures at the same time. Some people consider it to be a necessary accessory nowadays, just for its ingenious operating system alone.

Durable structure of the device

Specialists in the area of technology have lately implied that this combination of mechanical and physical perfection is made of extremely resistant resources. This kind of innovative and clever machine has numerous functions and options, which will surely improve our quality of life.

General impression

As you can see, the public appreciates the latest technological gadget, which revolutionized the IT market, not only for its multitasking abilities, but also for its enormous capacity and impressive resistance. For that reason, it is considered by some to be the invention of the year that overtook our lives.



A Dream

By Zofia Kwiek, IBIIa

The trees were as big as mountains and flowers were the size of trees. Colours of nature were far from reality and creatures stepping on the island's vegetation didn't resemble in any way animal living on this Earth.

This dream encouraged me to go a little bit further in the topic, especially as it is the latest area of interest. Many consider a dream a spiritual experience, as they can leave their mundane matters behind them. Every dream is unique and unrepeatable that's why it can be considered as an inside to someone's mind. If someone was to gather all dreams they would have the countless amount of stories.

Dreams, however, are not always a positive experience. A dream is a thing beyond human control. They are often a reflection of consciousness and don't represent anything positive. It is actually a horror to many. Whether a person has a dream or a nightmare depends on their situation and a state of mind.



Getting Ready for Summer

By Wiktorja Czech, IBIIa

New Year's resolutions are over! It started to become warmer and warmer so you know what's coming next? It's time to get ready for the summer season! New fad diets followed by all started to take over the Internet and magazines. People began to prepare healthy food based on new, innovative recipes. The long lines to dietitians don't bring anyone down, people recommend specialists to their friends, who take their phones out of their pockets right away and make an appointment for the first date available. There's also a multitude of money earned by catering companies. So-called "healthy" detox cleansing juices are sold everywhere around you, thanks to which, you can be sure they will give you the body you have always dreamed of. Spring is this time when fitness blogs get subscribed by many, personal trainers gain popularity and have their whole days stuffed with clients. To put it simply - an overcrowded gym full of people deceiving themselves that this year it will actually work out, but in reality they just make the whole business work.

Introducing Computers to Students of the Third World Countries

By Aya Kraiz, IBIIa

Have you ever wished for the best quality and speed when doing your school work? Have you ever wished for a revolutionary invention that could give you as much information as you asked for? Have you ever wished for actually anything that could make your life easier? Well then, I have good news. The keyword here is: COMPUTER. But, what is it? Just listen carefully and you will know.

If anyone asked me what a computer actually is, the initial thing that would come to my mind is an immense supply of information. The first time I came to realize how lucky I'm to be using a computer is after my first day in secondary school, as this was the time when I had to write an essay for my English lesson. I really needed a thinking machine as I had no idea what to write about. Fortunately, I had nothing to worry about, since a source of knowledge was to my disposition. Now each of you will be given an electronic brain and writing essays won't be a challenge anymore.

You might as well ask me: how does this thing actually work? How does it look like anyways? This battery-powered instrument, is a programmable electronic data designed to perform prescribed operations and display results on the screen. It's a sophisticated system of programmes that you surely haven't seen before. It might sound very complicated but this compact apparatus is rather easy to use. I hope that introducing this resourceful device to your lives is going to be an unforgettable breakthrough.



isop gives Back



Teddy Bear Day

By Dominika Dołęga-Mostowska, IB1b

On Friday, November 25, volunteers of Fundacja Mam Marzenie - I Have a Dream Foundation, from ISoP (Natalia Bobińska, IB1b; Franek Celm, GII; Dominika Dołęga-Mostowska IB1b; Michalina Jankowska, IB1a; Kaja Przywarta, IB1b; Hubert Sokołowski, IB1a; Natalia Żołądkiewicz, IB1a; participated in the Teddy Bear Day. The purpose of the action was to collect as many new teddy bears and other toys for children with chronic disorders in hospitals on Krysiewiczza and Szpitalna Street. A lot of schools and companies helped us collect loads of toys - more than we had expected! It was a pleasure to see the children smiling - they were happy, surprised and thankful. We would like to thank all of you who brought teddy bears and made those kids smile.



People Help People

By Joanna Rosik, IB1b

On Monday, December 12, the IB1 class organised a bake sale to collect money for a family in need from Luboń's Caritas. They were given coal, a new PC and many other things.

This year we decided to choose a family from the Caritas Foundation as that family had a very touching history. The old woman had a stroke not a long time ago and she takes care of her deeply sick granddaughter.

First we bought all the items on the family's list, then we wrapped the packages and then we delivered the gifts. When we entered their tiny but cosy home with the first two boxes, the family was so happy! They were so shocked that there were so many more boxes in the car. After unloading all the gifts, we had a very emotional conversation.

