



# 4 Hands

THE INTERNATIONAL SCHOOL OF POZNAN MONTHLY



*Christmas Show p. 4-5*  
*Christmas Market p. 6*  
*97 New Year Formal p. 18*  
*ISoP Gives Back p. 28*





## Taczanowskiego Property



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

I am very happy to inform that, after years of negotiations, Fundacja International School of Poznan, on December 16, 2016, finalized the purchase of the property at Taczanowskiego street, guaranteeing this building and its premises for the next generations of our students as well as opening doors for ISoP's future investments and development.

# Congratulations!

Congratulations to the Advanced Group of the ISoP Karate Club members on passing the Karate Exam!

Soi Kang (7.2 kyu), G8  
Zofia Strzałkowska (6th kyu), G9  
Kalina Grygier (5.2 kyu), G6a  
Filip Kajzer (5th kyu), G9  
Mikołaj Nowak (5th kyu), G9  
Jakub Rejek (4.2 kyu), G9  
Daniel Oldenburg (4th kyu), G9  
Jan Włodarek (3rd kyu), G9

Also, congratulations to Sensei Adrian Dąbek (Karate Instructor and IT Teacher) who passed his 2nd Dan exam, judged by the President of the Polish Karate Association Mr. Wacław Antoniak.

Odo Czapracki, G5a, for winning the Wielkopolska Tennis Championships in Doubles.

Patryk Minta, Rafa Dominguez Sahagun and Marcel Zeniuk, K, for taking part in the Lech Poznan Football Academy Tournament. Pictured with their coach and ISoP P.E. Teacher, Mr. Marek Molewski.

Poznań Ski & Snowboard Cup  
Antek Potrykowski, G4b - I place, skiing  
Hubert Źyski, G4b - VII place, skiing  
Ania Grzesiak, G9 - I place, snowboard  
Grzesiak Family - II place

Badminton Middle School Championships  
ISoP Badminton Team - Kajetan Jeziak, GII; Wojciech Markuszewski, GII; Mikołaj Kahl, G10; and Antoni Łojewski, G10 - won all games and second time in a row got the trophy for the best badminton team in Poznan, advancing to the Wielkopolska Badminton Middle School Championships, where they placed third in the state!



Miłosz Molenda, G7, for taking part in the Russian Poetry Recital at the University of Poznan.

Marta Koczub, IBIIa, took part in the XIV Maria Komornicka National Literary Contest and placed third in the youth poetry category. Here is sample of her work:

Nie umiem już pisać na kartce.  
Odbicie ekranu w moich żrenicach  
zmieniło się w katarakty.

Żyję w realiach w których posiadanie  
profilu na facebook'u stało się  
statusem ontologicznym.

Baśń moich czasów nastraja optymistycznie:  
Role się odwróciły - kciukom stało się  
bardziej niż zadość: Dwa krępe karły

niegdyś odpowiedzialne jedynie za spacje  
niezgrabnie skulone pod młotem pięści  
stały się potężniejsze nawet od środkowego agresora  
i serdecznego wskaźnika statusu.

Umrę mniej niż poprzednie pokolenia.  
Nie mogę liczyć na przywilej kompletnego zniknięcia  
skoro zaakceptowałam warunki użytkowania.  
Na brzydkim zdjęciu dodanym dla zabawy  
będę się głupio uśmiechać  
choć moich ust już nie będzie.

#### G6 & G7 Students who have qualified to the next round of the Wielkopolska Subject Contests

Science: Wiktor Tomczak, G7  
Polish: Wiktor Tomczak, G7  
Maja Celmer, G7  
Wolfgang Babut, G7  
Lena Buczyk, G6  
Ewa Saadoun, G6  
Julia Sosińska, G7  
Ernest Winkler, G7  
Natasza Ładziak, G6  
Math: Wiktor Tomczak, G7  
English: Maja Celmer, G7  
Piotr Magierski, G7  
Agata Kniola, G7  
Lena Matoga, G6  
Wiktor Tomczak, G7  
Julia Sosińska, G7  
Zofia Rzeźnik, G7  
Laura Tomikowska, G7  
Adam Pomieciński, G7

#### G8-G10, GI-GIII Students who have qualified to the next round of the Wielkopolska Subject Contests

Math: Aleksandra Malicka, G10  
Krystian Lewandowski, GIII  
Krzysztof Grykiel, G10  
English: Mikołaj Kahl, G10  
Dalia Kraiz, G10  
Krzysztof Grykiel, G10  
Aleksandra Malicka, G10  
Julia Marcinowska, G10  
Nina Dubicka, G10  
Aleksandra Banaszcak, GIII  
Max Mikulski, G10  
Aleksander Stęcel, G10  
Igor Słomiński, G10  
Filip Kajzer, G9  
Chemistry: Dalia Kraiz, G10  
Krzysztof Grykiel, G10  
Physics: Aleksander Stęcel, G10  
Aleksandra Malicka, G10  
Krzysztof Grykiel, G10  
Polish: Alicja Nowak, GIII  
Martyna Wojciechowska, GII  
Krzysztof Grykiel, G10





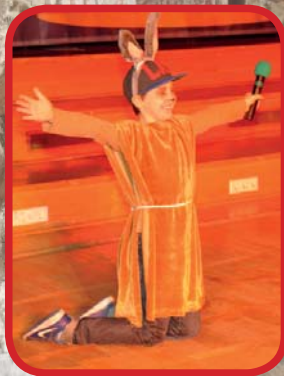
# Christmas Stage





# Christmas Show

Dec. 10,  
2016







# Christmas Market

Dec. 13,  
2016





# Winter Holidays in Russia

By Mariia Boltenkova, G4b

In Russia we have our winter holidays from December, 31, to January, 9. In each city center in Russia there are Christmas trees, ice-figures and ice-rinks.

## New Year



The New Year is the main celebration in Russia. Around two weeks before the New Year Eve, we start to celebrate. Kindergartens, schools, concert halls and theaters host New Year's performances featuring Russian Santa Claus called Ded Moroz and the Snow Maiden - Snegurochka. Children sing New Year's songs, recite poems and children get presents. It's joyful and spectacular. Then, on December 31, at around 10 p.m., people sit at their tables and eat many delicious dishes: red caviar, salads, dumplings, etc. People say: "Good-bye Old Year!" And when the clock at the Kremlin shows midnight, people pick up glasses with champagne and wish each other "Happy New Year!" After that they watch fireworks.



## Christmas

Christmas in Russia is celebrated in January. On January 6, people go to church for several long services and on January 7 people meet with their family for a quiet family dinner. After that begin koliada. Adults and children wear various costumes and go to their neighbors, where they sing songs, tell poems and get presents.



# Christmas Pony

By Anna Kalwani, School Administrator

On Tuesday, December 13, our school was visited by a very special guest - a beautiful Christmas Pony named Aura! Our students enjoyed pony rides at the school backyard under the supervision of a licensed coach Mr. Piotr Matlawski. Thank you Mrs. Edyta Rawecka (mom of Zosia, G1a, and Marysia, G5a) for bringing the pony to our school!





# St. Martin's Day

By Anna Kalwani, School Administrator

Every year on November 11, the City of Poznań celebrates the St. Martin's Day as St. Martin is the patron of one of the main streets in downtown.



On that day St. Martin himself, dressed in a Roman legionnaire's costume and mounted on a horse, heads a colourful parade through the streets of Poznań. The mayor hands him the keys to the city, marking the start of the celebrations.

Rogal świętomarciński, a crescent-shaped croissant filled with almond paste and topped with a sugar glaze, is a traditional sweet treat served all over the city.

Our wonderful PTA members marked that day at our school by distributing rogale to all our students and staff. Thank you PTA!!!



# Thanksgiving

By Emily Krejchik, G7

One of my favorite holidays is Thanksgiving. In the United States it is observed on the fourth Thursday of November. It is a holiday that celebrates the Pilgrims' (early European settlers in America) first successful harvest. The Pilgrims celebrated that day with a big dinner and they invited the Native Americans, who had helped them with the first harvest. The most famous Native American was called Squanto. He showed the Pilgrims how to use rotten fish to fertilize the corn.

Today Americans host dinners and invite their family and friends. We eat dishes like roast turkey, cranberry jelly, mashed potatoes, corn and pumpkin pie.

I really love Thanksgiving!

I wanted to share one of my favorite recipes - Pumpkin Pie.

3/4 cup sugar  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/4 teaspoon cloves  
1/2 teaspoon ginger  
2 eggs beaten  
450 ml pumpkin puree  
1 cup of 30% cream  
1 pie crust  
Set oven to 200 C



Mix spices: cinnamon, cloves, sugar, salt and ginger. In a bowl stir the beaten eggs and the pumpkin puree. Add the pumpkin mix and spice mix together. Gradually stir in the cream. Pour the mix into the pie crust and bake for 15 minutes. Reduce the heat to 180 C and bake for 40 or 50 minutes. Let it cool and enjoy.



## St. Andrew's Day - Andrzejki

By Wiktor Jankowski, G3a

On Wednesday, November 30, G3a played a Polish traditional game of foretelling the future using wax to celebrate the St. Andrew's Day.

At first we melted candles to get wax. Then we poured melted wax through the hole in a key with a ladle. Next we looked at the shadow of the wax shapes we created. We were very excited about the shadows that our shapes would make! Some of us saw cars, some of us dogs and some even had caves or Christmas trees. It was a surprise for me when I saw a motorcycle. Maybe I will get a motorcycle in future? It was a lot of fun and I think that my class really enjoyed it.



## Tolerance Day

By Justyna Borowska, School Psychologist

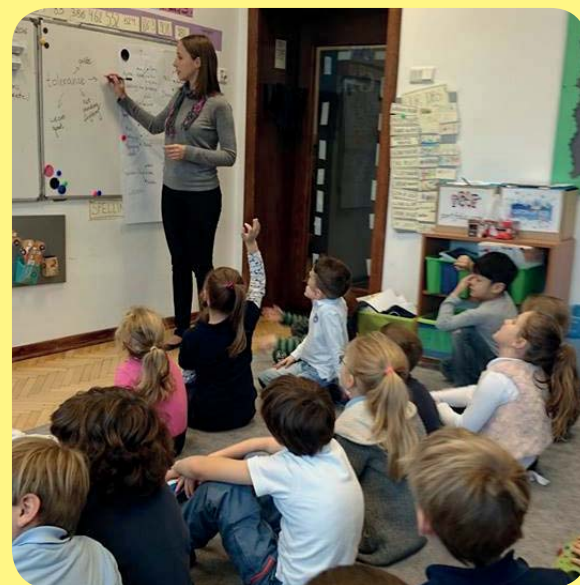
On Wednesday, November 16, we celebrated International Day for Tolerance. Miss Katarzyna Jadzińska, G3 Teacher, and Miss Justyna Borowska, School Psychologist, were responsible for organizing this event.

Every class had an opportunity to experience the meaning of tolerance through drama, stories and art. Students discussed what we should be tolerant of and what we must not tolerate. It was a good opportunity to explain that tolerance means acceptance and appreciation of the world's rich diversity. The goal was to teach children to be tolerant and respectful of people of all backgrounds, faiths and cultures, but to be intolerant of bad behavior such as bullying.

Both students and teachers appreciated the idea of spreading the message that we have a zero tolerance of bullying at school, therefore, we will continue to develop the attitude of tolerance and organize another event in February: PINK T-SHIRT DAY! We can't wait!

"The highest result of education is tolerance."

- Helen Keller







## Community Helpers

By Katarzyna Tabaczyńska, G0a Teacher

During our Unit of Inquiry *Community Helpers Play Different Roles in a Society*, G0a and b students had a chance to meet interesting people and visit exciting places.

We visited a fire station and talked to firefighters, who showed us the equipment that they use every day. We were also very excited when the Grunwald District Police Office, sergeant Piotr Mendyka visited us to talk about his job. Also, some of our parents, who are doctors, came to our classrooms to tell us how they help their communities.

Remember the Emergency Phone Number in Poland: 112!



## G0a&b Cooking Experience

By Monika Młodystach, G0b Teacher

Unit of Inquiry: *Community Helpers Play Different Roles in Our Society*.

Have you ever wondered how it is to be a professional chef? How does it feel to wake up and think that you will prepare lunch for more than 300 people today!? This is our very own chef's - Mr. Adam - and his team's everyday challenge: to prepare delicious meals on time for the ISoP community.

Chef Adam and his team come to the school's kitchen super early every day. At 6 a.m. Chef Adam meets his team and they plan everything together. Everybody has an important job to do. From planning the menu, ordering food, peeling and cutting vegetables, preparing meat, pasta, juicy juice, healthy warm soup, clean cutlery and plates...and off they go! The kitchen is always busy!

Both G0a and G0b students were so amazed and interested... so we decided to become part of it at least for one morning. Chef Adam invited us to the canteen to show us how to make pizza! We learned how to do it step-by-step. We worked hard and finally could enjoy our very own unique mini pizzas. Yum!!!





# Migration Stories

By Marta Matuszewska, Justyna Łukasik and Monika Kasior, G2 Teachers

As G2 pupils were inquiring into human migration, its influence on societies and individuals, we wanted to write some of the school members' migration stories.

On Wednesday, November 4, in small groups, our students conducted interviews with some of our ISoP families. It was a challenge for grade 2 students but they showed great enthusiasm and engagement. It turned out to be a very successful project! The children prepared informative posters, games and class activities to present their findings in front of their peers. Thanks to this experience, the kids developed communication and social skills, gained more confidence and learnt a lot.

On behalf of both G2 classes, we would like to thank Miriam Thiry, Mike Robinson, Emmanuel Frouin, Leigh Gouws, Kimberly Krejchik, Anna Kalwani, Patrycja Brodziak, Austin Campbell, Ebenezer Nwoko, Kerstin Krick, Lucyna Rieckmann, Martin Tymowski and Juyoung Oh for devoting your time to help our students understand what migration is.







## Trip to the Poznań City Hall

By Agata Brzezińska, G1a Teacher

On Wednesday, November 30, and second group on Thursday, December 1, G1 students visited the Poznań City Hall Museum. This trip was a part of G1's Unit of Inquiry: *Our Host Country Has Its Own Unique Features and Heritage*. The purpose of the visit was to learn about the beginnings of Poland. The students listened to the legends about the Poznań goats; the three brothers: Lech, Czech and Rus; as well as the history of the Poznań City Hall building.



## G1b's Tram Ride Through Poznań



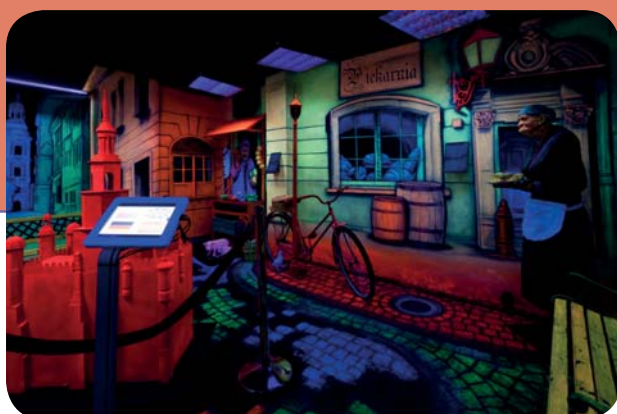


## Blubry - Poznan Legends in 6D

By Agata Brzezińska, G1a Teacher

On Tuesday, November 8, as part of our Unit of Inquiry: *Our Host Country Has Its Own Unique Features and Heritage*, the G1s visited Blubry - Poznan Legends in 6D - a unique museum where visitors can feel the atmosphere of the Old Poznan as well as listen to regional legends and the Poznan distinct dialect. At the museum all the attractions are set up to be experienced with all the senses.

With 3D glasses on, we met the characters of the city legends and saw the murals made in a 3D technique. We also learned why the two goats climbed on top of the Poznan City Hall and the origin of the bugle call played from the tower. We saw a 1.5m model of Poznan City Hall. G1 students liked the special effects – fog, wind and lasers. We also enjoyed the sweet almond scent of St. Martin's croissants.



## G3b's Guest Speaker

By Anita Staniszevska, G3B

Unit: *Learning About Previous Generations Helps Us Understand the Relationship Between the Past and the Present.*

On Thursday, December 1, G3b welcomed Mr. Marcin Michalski as a guest speaker. He is an archaeologist. We learned what archeologists look for, what tools they use, where and what are the archaeological sites. At the end of the lesson Mr. Michalski gave us real fossils and a worksheet to describe them. I think that the lesson was very interesting!



Posters by Miss Ania Cholewińska, G3b Teacher







## G4 Museum of the Ancient Civilizations

By Staś Rzeźnik and Hubert Żyski, G4b

G4 classes recently had a Unit of Inquiry about achievements of the Ancient civilizations. As our final project G4 classes collaborated on creating a Museum of the Ancient Civilizations, which was open to G3 students on Friday, December 9, and to our parents on Monday, December 12. Both G4a and G4b classrooms hosted the museum.

In our museum there were six stands, which focused on the following civilizations: Ancient China, Ancient Mayans, Ancient Greece, Ancient Egypt, Ancient Mesopotamia and Ancient Rome.

We worked on the museum for around two weeks by inquiring into the history of the Ancient civilizations (for example: daily life of Ancient people, their gods and their inventions, which still exist in the modern world). We created posters and computer presentations, displayed pictures and artifacts. We also made games and quizzes to let our visitors check their knowledge about the Ancient civilizations.

It was a great project and the collaboration between G4a and G4b was a wonderful experience.



## Trip to the Museum of Archaeology

By Wiktoria Pawłowska, G4b

Learning about history can be fun! For example during a trip to a museum. And that's exactly what both G4 classes experienced in the first week of December.

In the early morning of Monday, December 7, a bus took us to the Ancient times. On our way to the Archaeology Museum we saw the Poznań Old Market Square. Finally we got there!

At the museum, our guide showed us a presentation about the Ancient Greece and Rome. I learned that Romans invented hot water baths and that the word theatre comes from the word theatron (this is the name of the auditorium seats in the Ancient Greece). Moreover, I learned that in the Ancient Greece during the Olympic Games men were running naked and had olive oil all over them to run faster and women weren't allowed to come and watch them.

After the presentation we made Greek theatre masks. Then we went around the museum and we saw Ancient Egyptian statues of gods, figures of Neanderthals and skeletons. It was a great trip!



# G5 UNIT REPORT - *Reaching Resolutions of Conflict Affect Quality of Human Life.*

By Maya Kalwani, G5a

Our second Unit of Inquiry this year was a unit about conflicts. We were very happy to welcome some of our parents to our classroom!

## Taiwan Conflict

Ian Rychlewicz moved to Poland from Taiwan just a few months ago. His mom is Taiwanese and his father is Polish, but he lived in Taiwan for many years. They both visited our class to talk about the Taiwan-China conflict, which is hard to resolve. Taiwan is a country that is close to China and Japan. Taiwan is a great producer of sugar canes and that is why a lot of people from China went there to work at the sugar cane plantations. Then the Nationalist Party of China - KMT - claimed that Taiwan belongs to China. Everyone in the world started to believe that it is true! At one point China lost a war and had to give Taiwan to Japan. Japan was happy because it wanted to complete a nice line of islands on the map. When Japan lost the World War II it had to return Taiwan to China. Taiwan wanted its independence back and even created its own government but the world still believes that Taiwan belongs to China.



## Apartheid Conflict

Allan Crow's father is from South Africa and he came to our classroom to talk about the Apartheid. Apartheid was a system of racial segregation and discrimination in South Africa. It all begun when diamonds and gold were found in South Africa. The British wanted to steal them so they ruled over South Africa. Black citizens were separated from Whites citizens. There were separated benches, bathrooms, entrances, bridges, etc. Luckily Apartheid officially ended more than 20 years ago.

## Berlin Wall

Antonia Steidle is from Germany. Her mom came to tell us about her childhood in Germany. After Germany lost World War II, it was divided so it wouldn't start another war. The Berlin Wall was built. The Wall separated Berlin into West Berlin and East Berlin. The Soviet Union, France, the United States of America and the United Kingdom each got a sector of Berlin. Antonia's mom told us that these were very hard times.

## Conflicts Close to You

My dad also visited us and we had a conversation about conflicts around the world and the conflicts closer to us, the ones within our class.

He told us that when you close all your five senses, your inner eye opens. Your inner eye looks at who you are. You know if you behave well and if you treat other people right. Being mean to others creates conflicts. If it is easy to create a big conflict in a small class, imagine how easy it is to create a big conflict in the world. So it is very important to be nice and not to talk badly behind people's backs.

## Romeo and Juliet

As part of the unit we also read children's version of Shakespeare's Romeo and Juliet as it features conflict. Then we put on a play. We had lots of fun getting it ready!



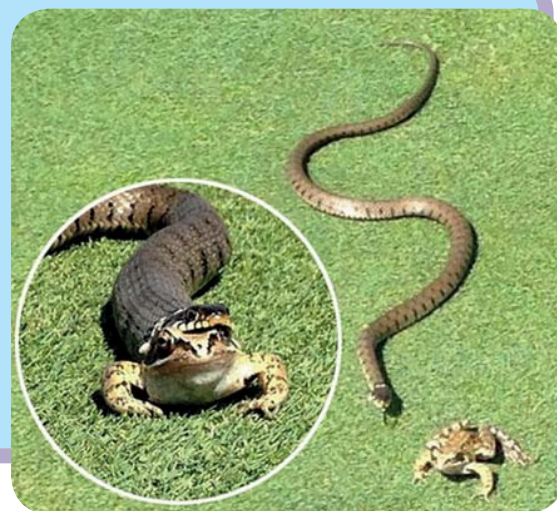




## Snake in my Garden

By Maya Kalwani, G5a

Last summer I found a grass snake in my garden. When I got closer, I saw that it was attacking a bull frog! The snake grabbed the frog by its leg and tried to swallow it. The frog was much fatter and bigger than the snake and I was sure the snake will not be able to eat the frog! Yet, after around 16 minutes, the snake swallowed the frog whole and slithered away as fast as it could!



## Energa

By Michał Pyda, PE Teacher

We were very happy to host Energa Sailing Team at our school. Professional coaches talked to G2,G3,G4 students and showed them their sailing boat. They also presented the history of sailing. The students could sit in the boat and try how it works. Hopefully some of our kids got interested in sailing and will try out this sport in the near future. KEEP CALM AND SAIL :)



## G6 at Poznań Philharmonic

By Olaf Szajrych, G6a

On Friday, November 29, both G6 classes visited the Poznań Philharmonic. We went there with Mrs. Izabela Malinowska (Music Teacher) and Mrs. Julita Gawęcka (Spanish Teacher). First we took some pictures by the Philharmonic and next to the statue of Adam Mickiewicz, which is situated at the Adam Mickiewicz Square, right in front of the Poznań Philharmonic. Then we went inside and we saw musicians playing music. It was beautiful so we clapped! We also had a chance to see the instruments. It was a great trip and we learned a lot.





# G6's Great Greek Adventure

By Sylwia Kołodziejczyk, Polish Teacher

Our G6a and G6b classes recently studied the secrets of Greek gods and goddesses. In order to make it easier to remember the names of the gods and their attributes, each student chose one god and learned his/her story. When we were all familiar with all the gods and goddesses, we hosted a real Greek Gods' Feast. We had a lot of fun! The last part of our Great Greek Adventure was a trip to the National Museum in Poznań, where we attended a very inspiring lesson.







# G7 New Year Formal

By Zofia Rzeznik, G7

On Friday, January 13, G7 class held a party, which we called the G7 New Year Formal. Noale Buttner, Maria Halasz, Maja Celmer, Emily Krejchik and I were the main organizers. With the help of our classmates, our parents and the ISoP staff we decorated the gym. We had a red carpet, backdrop, balloons, lights, etc. We also chose the Queen and the King of the Formal. At the party we danced, played games, had a lot of cake...and yummy treats that were prepared by the students. Thank you!!!

We would like to thank Mr. Michał Pyda, our Head Teacher, for helping and supporting us!!! We would also like to thank our parents who helped us organize the Formal, especially Mrs. Marta Celmer, Mr. Jakub Celmer, Mrs. Kimberly Krejchik and Mr. Keith Krejchik!





# Does Santa Claus Exist?

By Mikołaj Szyszka, GI



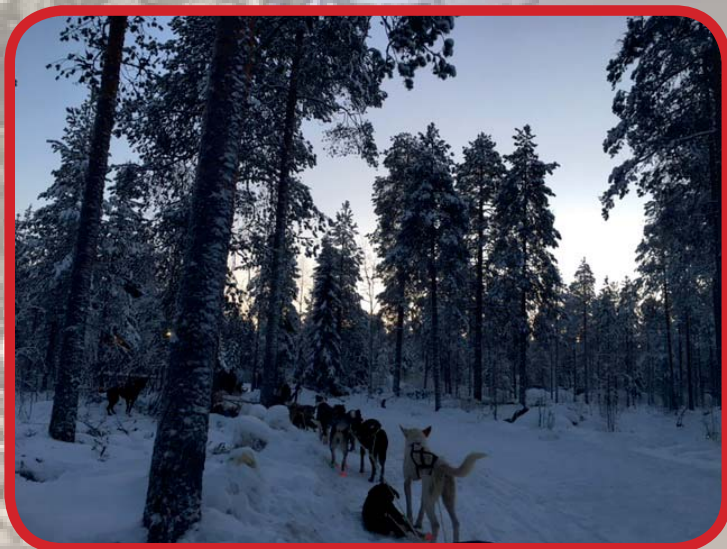
Every child wonders if Santa Claus really exists so my brother (Szymon, G0b) and I decided to investigate! Our dad had an amazing Christmas surprise for our family! On the first Saturday of December he took us to Lapland, Finland! Lapland is located far North from Poland (1,800km) and it is on the Arctic Circle.

We needed to get up very early (at 5 am) that morning and take a flight from the Poznan Lawica Airport to Rovaniemi, Finland. After over two hours we finally arrived. The Santa Claus Village is situated just about 15 minutes from the airport. When we got there the weather was freezing cold so the very first thing we needed to do was to change into our snow suits. Then we wanted to meet Santa Claus so we went to the Office. The Santa Claus Village isn't very big so all buildings are within a walking distance from each other. There are: the Office, the Post, the Gift House and the Main Square.

Once we got to the Office we had to wait for more than one hour before it was our turn to meet Santa Claus. However, the wait was nice because we had time to enjoy all the decorations. Everything in that building was moving and that was awesome.

Unfortunately, once it was our time with Santa, we just had a few minutes to talk to him. But it was enough time to ask him about the presents. Santa said that all kids who have been nice will get the gifts that they dream of. YEAH!

We also decided to try a Husky dog ride. Husky dogs are very fast. Their average speed is 60km/h. Then we went on a reindeer ride. At the end of our trip we went to the Snow House, where we could slide on as many slides made of ice as we wanted to. It was great fun! Unfortunately, we didn't have a chance to see the Northern Lights during this trip. In the evening we went back to the Rovaniemi Airport to fly back to Poznań. This was the trip my brother and I will never forget!







The Fire I saw grew greater than a giraffe  
or a tree in the forest.  
The Fire I saw was bright, so bright,  
brighter than the sun at noon in July.  
The Fire was hot, so hot it seared your skin  
just to look at the burning flames.

The Fire I saw was furious, so furious,  
burning and sizzling Pop, Pop- Pop, Pop.  
The Fire I saw was deadly, so deadly,  
the scorched little trees cried out  
"Make it stop! Make it stop!"

That Fire I saw left nothing at all  
no house, no trees, no plants,  
not even a home for a child or a cub.  
*Emily Krejchik*

That fire is as hot as the sun.  
That fire can be so much fun.  
The fire over which is meat,  
the fire makes people meet.  
It shines brightly through the whole night,  
it fights fiercely like a knight.  
That fire is perfect for me,  
that fire that fills me up with glee.  
*Piotr Magierski*

## The fire

I saw something  
It was burning in the forest  
I needed to help but I couldn't  
I felt as if I was frozen

The fire was bigger than a dinosaur  
It was black like coal  
The animals were running  
as if they wanted to win the marathon  
They were as fast as Usain Bolt

It was awful to see  
The blazing forest looked dangerous  
As dangerous as a hungry lion in Africa's bush

It was fire  
*Noale Cosima Büttner*

## The Burning Fire

The fire in the forest was extremely red;  
As red as a laser, magma or blood.  
The enraged fire wolfed down the forest,  
as fast as a rocket, as fast as it could.  
The villages in the woods became an inferno,  
the soot and burned wood, makes everything black as coal.  
The enormous fire, trying to destroy everything,  
burns all of the wood, pollutes the whole area.  
The huge energy released by the fire,  
is so strong, as strong as a bull or lion.  
After the fire, the whole forest is black and scorched,  
it's dry as a bone, and empty like a void.  
*Wiktor Tomczak*

Such a perfect day can turn into a nightmare  
It can happen anywhere at any time  
Just do anything to stop this I don't care  
I don't want the fire to cause any harm

I run as far as my little sore feet can take me  
But every time I try to escape the fire comes in like a herd of buffaloes  
Where should I hide in a cave or in a tree  
No, no, no I can't hide I can run  
the fire is eating the forest like a bowl of cheerios

My heart races as I speed through the woods  
Nobody is around I am left all alone  
My phone is dead good thing that I don't have any goods  
I stop for a break but the fire continues nonstop like a drone

I found a village and wait till the fire stops  
Hours and hours passed and finally the fire has been put down to rest  
I walk down the dark trail as I hear the unpleasant sound of sobs, sobs, sobs  
I'm glad because no more hungry fire beasts will swallow this town  
*Maria Halasz*



# E POEMS

The fire is bright,  
screaming blazes, bright  
as sun in the middle  
of a hot summer day.  
It is so bright that  
it could light up millions  
and trillions of little other  
bonfires in the middle of a dark forest.  
It is burning the green woods like a  
purple Lamborghini.  
It can be seen very easily  
like a golden Rolex with  
diamonds on the kid's hand.  
It is strong as a dinosaur.  
It is huge as a breathing dragon.  
It is saying "give me more"  
and "give me power..."  
power of heat.  
See the ash  
See the ember.  
See the deadly flames.  
Come and see the power of the fire.  
*Wiktor Latek*

## Fire

Fire is a natural disaster  
Destroys everything like a master  
Flames are touching the sky  
People feel like they are going to die  
After it destroys all of the fire  
Ashes fly like after a bonfire  
the sky is dark as coal  
Fire has a dirty soul

It kills all of the nature  
but doesn't like the Roman architecture  
When the firefighters clean  
Happy people scream

They are happy as a child  
And the animals are wild  
*Zofia Rzeźnik*

It was a wonderful day.  
As wonderful as the first day of spring  
after a harsh winter.  
But everything changed in one moment.  
That fire, as red as ruby,  
swallowed everything around it,  
leaving not a single thing behind  
except nasty ashes.  
It was eating as madly  
as most teenage girls in our times.  
We were so scared  
that we turned as pale as the snow in Buffalo  
during a long winter.  
We ran, as fast as a cheetah  
but it spread faster than a nasty rumor.  
That fire, hotter than lava or an intense African Summer  
was bigger than Burj Khalifa.  
Nothing could stop it,  
not even a million liters of water.  
*Maja Celmer*

## The Weak Fire

When I was resting I saw a raging fire  
as light as a feather and hotter than lava.  
I was astonished, I started to scream  
"Help, the flames are going to kill me".  
But the fire was faster than a cheetah,  
so it was coming closer and closer to me.

That fire they said was fierce very fierce  
for many hours it blazed.  
That fire was able to kill small and big living things.

That fire came closer and closer,  
I started to shout, shout and shout,  
my skin got hotter and hotter  
I thought the flames were going to burn me.

Suddenly the fire was as big an elephant,  
but lighter than a feather.  
It started to step back slowly, and slowly.  
I felt I was finally released.  
I conquered the raging fire.

Many said there were a lot of charcoal,  
the others called the place an inferno.  
Only I knew that the fire was very large in size  
but very weak in power.  
*Vincent Gosch*





# The ELJUB Youth Project

By Alex Ney, IBIIIa

What is the ELJUB Youth Project?

The European Youth Literature Project, as translated from German, is a 100 percent EU funded excursion for between four and six representatives from each member country. Our school is lucky enough to be offered all the allocated places for Poland. I encourage anyone willing to take advantage of this generous and highly privileged offer in future. The trip is intended to develop 'meaningful connections between youths in a common language - German.' However, in reality the project achieves much more than that.



## My experiences in July

I had the great honour of being chosen by our German teacher, Frau Magdalena Musiał, to accompany her and five other class members for an eight-day trip to a small town of Krems an der Donau in North Austria last July. Despite the large number of willing participants, only six students could attend the meeting, and I, as a representative of not only our school but also of Poland, felt greatly honoured and motivated to perform well during the following week in German and German alone. The trip was entirely paid for by the European Union, including our transport by (rather warm and... cosy) overnight train to Vienna from which we moved on to Krems, a small town of around 30 000 people 70 km away. Upon arrival we were shuttled by a private bus to a large and nicely-equipped building, which had been rented for the time of our stay solely for the ELJUB project. Students from Romania, Hungary, Germany, Austria, Bulgaria, France, the Czech Republic and us from Poland were there amounting to over 70 people. We were divided into rooms of three students, with each roommate being from a different country, attempting to promote the use of German and incite new friendships. We were to spend the next seven days in Krems and one day in Vienna together collaborating on an e-book, which would cover a range of issues raising political, social and cultural awareness. Guiding us through the difficult waters of book writing would be one Austrian author, one eccentric journalist, a few guest speakers and visitors with substantial knowledge in writing and, of course, our eternally patient and helpful country leaders (of which Frau Musiał was one). One of the great journalists, who decided to help us on our endeavour, was the first reporter to interview Nelson Mandela after his release from Robben Island. Our writing task was demanding, and even at times very complex, because we were after all writing in our 2nd (or even 3rd) language on topics, which contemporary politicians are still trying to resolve through lengthy debates and proceedings. However, in terms of reward, there are few things which compare to seeing your own words and your own hard work being published in a book for the world to see.



Of course, writing was not the only thing we did while over in the beautiful City of Krems. A large part of the meeting was getting to know the many other cultures of Europe. We tried food from all around the continent (and contributed ourselves by making pierogi), we learnt phrases from abroad with many z's in them and we even acted out popular phrases in from our respective languages in mime ('nie ucz ojca dzieci robić' was quite an interesting one to act out indeed). During one of the days we played soccer (or football as you call it) in teams made up of all nationalities, which we then followed by a contest of beer crate climbing. I won the climbing contest with a grand total of 20 cases (we did not drink the cases empty

prior to this, of course). On another day we visited the Krems famous Caricature Museum with many peculiar works. On top of all of this there was the town itself. Krems is a fascinating, neat and beautiful old town located along the mighty Danube river, which seemed to dwarf the city in both girth and length. The true beauty of the town really came into its own aboard the river cruise on the last day where the nearby UNESCO-listed valley and neighbouring vineyards snaked around the bends of the





mighty river.

After a sad farewell with our newly-made acquaintances and a digital copy of our 200 page work weighing down our bags and minds equally, we continued on our journey with the next destination in Vienna. We spent an entire day walking around the historic town in a beautiful weather. In the evening we decided to visit the world-famous Prater, which for me was as painful as it was beautiful. I say so not because I disliked anything about being there, but because I was persuaded to go on a ride, which spun around probably upwards of 100 times. Which is 99 and a half times too many for my body leaving me quite ill afterwards.

The July trip ended with the group of us safely returning to Poznan by yet another overnight train; Germanised and proud to have taken part in such an activity.

For me, the trip was not so much an exciting, memorable and free visit to Austria, but a lesson in confidence and fluency of German. Following the trip I had not only made a number of new German-speaking friends, not only had written part of a globally-accessible book and not only created memories, which would last a lifetime, but also made myself more confident, fluent and keen to speak German. And that is why I recommend the ELJUB summer project to all taking German in IB classes.

#### **My experiences in November:**

As a follow-up to the July trip, the participants from most countries were invited again for a highly intensive and intellectual one day meeting with EU politicians in November. Yet again we arrived in our already familiar town of Krems and met our long lost friends from 4 months ago. There was no writing involved during the next day on this trip, however, there was almost 12 hours of talking, listening and arguing a number of points in German with leading politicians. Needless to say we were all very exhausted after this trip but yet again very satisfied with our own abilities in a foreign language. Following our hard and highly intellectual work with the politicians, we stopped by in Vienna to visit some more points of interest such as the Rathaus (Parliamentary building in Vienna) and the renowned Technical Museum of Vienna (which I enjoyed immensely) among other things to continue the educational theme of our visit. We rode overnight by chartered bus back to Poznan the next day yet again under what was almost a spell of confidence and motivation to use German.

#### **In conclusion:**

The ELJUB youth project is something our school is so lucky to have and something which yields such wonderful results that not taking advantage of it would be quite the mistake. The EU has really given us a gift to form memories, friends and develop our language abilities. We as keen students and ambassadors of our school and nation should jump at the opportunity as soon as it becomes available, not necessarily for the aforementioned reasons but for our own sake, basing a rational judgement on my beneficial experiences. I not only encourage and recommend this trip anymore, I dare anyone with the means to go beyond their comfort zones and try communicating with others in a language they are still not 100% familiar with. For me these trips made a world of difference to my German abilities and I am sure that they will for you too. So whenever you hear the ELJUB youth project, raise your hand and say "I want to take part."







# Lost in the Faculty of Physics at the University of Adam Mickiewicz

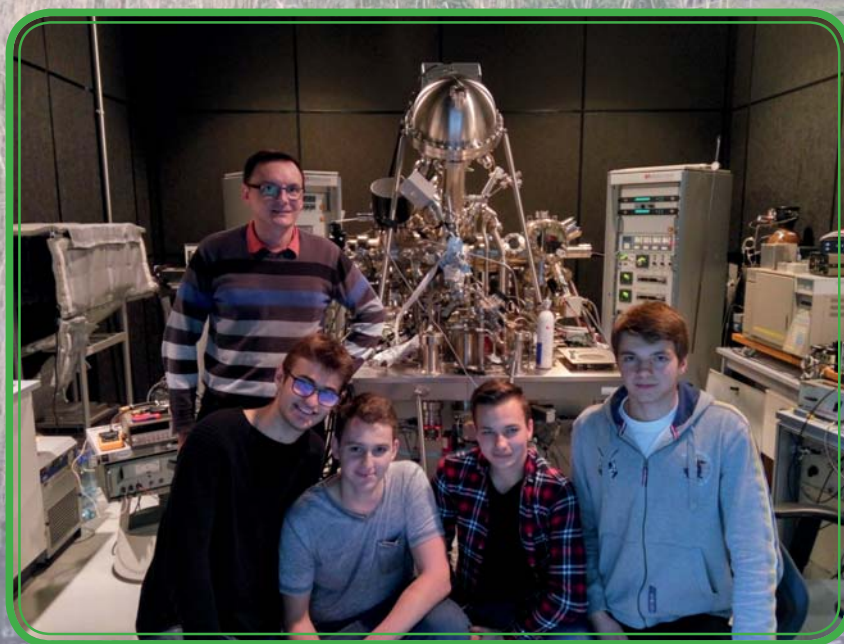
By Alex Ney, IBIIIa

On Friday, November 25, five IBIII physics students and one doctor of physics, Mr Błażej Ratajczak, embarked on a journey to a land far, far away - all the way in the distant realm of Piątkowo (District of Poznań). The students, thanks to the doctor's connections at the University of Adam Mickiewicz, were given the privilege of visiting the world-class facility within the Faculty of Physics, more specifically, the newest Nano-Biomedical Centre. Despite its name, the Nano-Biomedical Centre contained many pieces of equipment highly-relevant to physics.

We, the humble ISoP physics students, were very kindly guided around the enormous new building, visiting rooms with nearly every kind of warning label on them, from strong magnetic fields, to radiation, to dangerous chemicals. Among the vast array of machines were a collection of half a dozen spectrometers, a machine specialising in making nanotubes and another equally impressive collection of machines, which did nothing other than alter molecular structures of materials (such as make some materials porous and others layered).

What was of particular enjoyment was seeing a machine that we had been studying only a week prior - the scanning tunnelling microscope. This machine works by... actually, never mind, it probably won't matter to an average person - it was cool, take my word for it. Finally, there was the ground floor with the piece-de-resistance, in fact a few of them; electron microscopes! Being able to see the million-dollar machines and their operation was certainly fascinating. To just think that behind a thin metal tube, a vacuum chamber containing charged electrons accelerated by a force requiring 30 000-100 000 volts was awe-inspiring. Nothing would compare, however, to the final room. Insulated in thick soundproofing, a reinforced and damped concrete floor, and the looks to match that of the DeLorean from *Back to the Future*, was a colossal electron microscope, which one of the students claimed (based on looks alone) also had the ability to teleport and shift time (little did he know it was actually just a microscope). But what a microscope! Some images taken by the device showed such levels of magnification that the very atoms of a substance themselves were visible in a lattice configuration. Most enthralling!

In conclusion, we, the IBIII physics students would like to report that the visit was very educational and would once again like to sincerely thank Doctor Ratajczak for giving us the opportunity to visit such an amazing piece of world-class science technology.





# What's Colder Than Snow? Liquid Nitrogen, of Course!

By Thomas Bush, IBIIIb

As students in our last year of the challenging International Baccalaureate Diploma Programme, it's not often we get a chance to take a break from all the hard work and go on a field trip. But, having finished our entire Physics syllabus a few months early, ISO-P's Physics Teacher, Dr Błażej Ratajczak, decided we should do exactly that!

Dr Ratajczak planned our trip for Friday, December 2, which would be the second Friday in a row visiting the Adam Mickiewicz University's Faculty of Physics. In fact, we visited his old research department – the Department of Dielectrics – where he worked on his doctorate degree for many years.

Our Physics teacher had arranged an absurd quantity of liquid nitrogen for us, something we couldn't possibly have access to at the school laboratory! Liquid nitrogen is the extremely cold, liquefied form of nitrogen, a gas that constitutes the majority of our atmosphere. Liquid nitrogen can be used to freeze plants, cool machines, or even freeze cream into ultra-smooth iced treats, among many other things.

We conducted a handful of experiments with the liquid nitrogen. The first was observing the Leidenfrost effect, where a cold liquid forms a film of insulating gas below it upon contact with a hotter surface. This means that pouring the liquid nitrogen onto a smooth surface, like the floor or a table, causes it to split up into small droplets, which speedily 'roll' around the surface before warming up and evaporating into the air.

We also used the super cool liquid to condense oxygen! By pouring the liquid nitrogen into a metal cone, the cold temperatures around the outside of the cone would condense any liquid oxygen in the air, causing it to roll down the side of the metal as a droplet of liquid oxygen, and drop off below.

Of course, how can you have fun with liquid nitrogen without freezing things?! We froze rubbers, balloons, and even a ping pong ball, to see how the typically malleable plastics behaved at low temperatures (they ended up incredibly brittle!).

All in all, it was great to do experiments at the Adam Mickiewicz University and I hope that we'll have a chance to go there again. For now though, it's time to get started on some revision before our final exams!

And, for all of you younger readers out there – there is a moral to this story: work hard and your teachers will reward you for it!





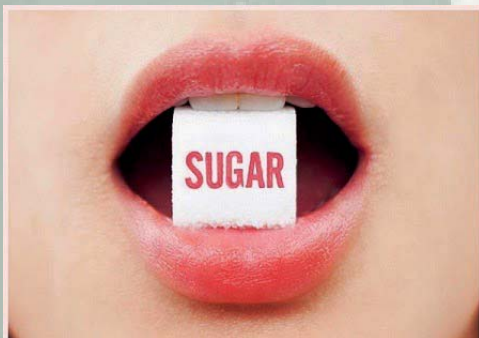


# Health Corner - Impacts of Sugar on Our Health

By Anna-Maria Guner IB IIB

Sugar is almost in every kind of food nowadays. It is not only in sweets, but also in cereals, bread, ketchup, juices or ice cream. An average American consumes 22 teaspoons of sugar a day<sup>1</sup>, which clearly exceeds acceptable levels that equal 9 teaspoons a day.

Why is sugar bad for us?



1. It increases the risk of developing heart disease, diabetes and many more. A high-sugar diet harms your heart and may raise blood pressure. In addition, excess sugar may cause liver to pump harmful fats into bloodstream<sup>2</sup>. It all increases the risk of heart diseases. What is more, high concentration of glucose in your blood is really toxic and may disturb the work of insulin, a hormone responsible for lowering the level of sugar. That is how diabetes forms. It does not matter that you eat regularly healthy food, if it includes too much sugar. Remember, the diseases caused by it may be extremely dangerous.

2. It is highly addictive - once you eat it, you want more. Have you ever tried not to eat sweets? Was it easy? Sugar is even more addictive than many drugs. It causes dopamine release in the reward centre of the brain. There was an experiment conducted in which rats chose sugar over cocaine, because they got more addicted to it. That is why you often lose control and eat more sweets than you want. In order to break your addiction, try eliminating sweets gradually and always eat them after, not before, meals.

3. It makes you fat. Once you are addicted and eat too much sweets, you may get fat really easily. Sugar means calories and that means energy. If you fuel your body with too much energy, it cannot be used, and is stored as fat. That is why breaking the sugar addiction will not only make you healthy, but also much slimmer.

4. It lowers your IQ. The statement was proved by Irish scientists. At first, a normally fed rat was put in a tub of water with a small island in it. The rat easily found the island, therefore a way to survive. Another rat was fed with high amounts of sugar and once placed in the same tub, it could not find the island, meaning it would not find a way to survive.

Thus, remember that sugar may have a negative impact on your brain activity. Do not eat a candy bar before a major test then. Try to eat fruit in the morning, rather than in the evening, when it is easier metabolised. And, of course, limit the amount of your overall sugar consumption.



<sup>1</sup><http://articles.mercola.com/sugar-side-effects.aspx>

<sup>2</sup><http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>



# Impact of Road Salt on Vegetation

By Maria Witkowiak, IBIIa

During winter roads are often covered with a layer of chloride-based salts. It is an effective method used to melt snow and ice present on the roads when the temperatures drop below 0 degrees. Salt dissolves ice, forming a solution called brine, which has a freezing point lower than water. Ice on roads and sidewalks is very dangerous not only for pedestrians, but also for the cars.

Although salt has multiple advantages, unfortunately, it also drastically harms the environment. Brine is absorbed by the soil and lowers its pH. High salt concentration makes it difficult for the roots to absorb water. What's more, sodium ion from the salt attaches to soil particles and makes it more dense or compact. Moreover, when concentration of sodium and chloride ions are excessive, plants absorb these minerals more than others, resulting in deficiencies of particular ions, such as potassium and phosphorous. Plants repeatedly exposed to salt accumulate large amounts of chlorite ions, which are toxic and can lead to leaf damage.

Concluding, people should limit the use of salt on roads, using sand instead. It will not melt the ice as effectively as salt, but it will surely be safer for the environment.

## The Tales of the Iron Maiden

By Martyna Ciesielska, IBIIa

Val Andrade is a Brazilian author of a series of comic animations *Dedicated To The Best Band In The World*, as it is written in the beginning of each video. The animations seem to be unofficial videos of famous Iron Maiden's songs like *Powerslave*, *Run to the Hills*, or *Aces High*. He published his first video in October two years ago.

Iron Maiden is considered to be one of the most famous and successful bands in history. In 2015, The Observer reported that the band had probably sold over 90 million copies of their albums worldwide. In addition, throughout their career, they have performed more than 2000 live performances.

The band was formed in 1975 in Great Britain. They were the pioneers of the new wave of British heavy metal and succeeded in the early 1980s. Iron Maiden has released an incredible number of albums, which include 16 studio albums, 11 live albums, and 7 compilation albums. The most famous include: *The Number of the Beast*, *Piece of Mind*, *Fear of the Dark*, and their most recent one – *The Book of Souls*.

Moreover, the band is famous not only for their albums and shows, but also for their amazing mascot – Eddie – that is present on all album covers, many T-shirts and above all, concerts. The Iron Maiden's shows are very entertaining and include various gadgets and scenarios. Eddie himself often shows up during the concerts, while the band is playing the *Run to the Hills* song.

Eddie, together with the graphics of the albums, probably inspired Val Andrade to create his series *Tales of the Iron Maiden*. He tried to interpret the songs and placed Eddie as the main character of each. His latest video is the one about the already mentioned *Run to the Hills*.

The Iron Maiden performed in Poland in 2014 and recently in July of 2016 during the tour accompanying *The Book of Souls World Tour*. The band is planning to continue the tour in 2017, in countries such as Germany and the United Kingdom, so don't hesitate and order your tickets now.







## Secret Santa Donations for Centrum Wspierania Rodzin Swoboda

By Jakub Nowicki, Borys Manikowski and Jakub Moś, G4a

Christmas is the time of the year when everyone expects Santa to come. But not everyone is as lucky as we are. We think that it is really great to make Christmas special for people in need. So our class organized the Secret Santa Donations for the Centrum Wspierania Rodzin Swoboda. We asked other PYP students to take part in our charity as well. We collected gifts at the back of our classroom and later two students, Jakub Nowicki and Borys Manikowski, together with our teachers went to the Center to give away the gifts. We collected so many presents from you that we had to go there by two cars!!!



We would like to thank G4 and G0 classes and other individuals for helping us. The diploma we got is for all of us! All gifts went under the Christmas tree at the Center. It means that Santa came to the kids at the Center too!!! We love this idea, don't you?

We are sure that we need to make the same donation next year! Making others happy, makes us happy too!

## ISoP's Charity Events

By Martyna Ciesielska IBIIa

December is a time of magic, forgiveness and kindness. It is the month when people meet with their families, sing Christmas carols and buy each other presents. At the same time it is also a special time for charity organizations. Many different charities use this magical ambience to collect money and goods for the ones in need. Szlachetna Paczka, a Noble Box, is a good example of Christmas-related event, organised by the charity of Stowarzyszenie Wiosna.

It is an event recognised all around Poland, which is organised every year in the period of November and December. Volunteers visit families in need and collect information about all the goods they are missing. Then this information is input in an online database, where you can choose a particular family, which you want to supply with the goods they require. Very often these families are very poor and the goal of this event is to improve their living conditions and enable them to start a new, better life.

This year two classes from our school decided to participate in Szlachetna Paczka. IBII and the 0 class decided on a family, where the mother of three kids (ages 6, 7 and 11) suffers from epilepsy and her husband from diabetes. We collected over 2500zł and spent the money on clothes, food supply, a refrigerator and cleaning detergents. After purchasing all those we still had some money left so we were able to buy special Christmas presents for all the family members, including a doll stroller as well as some board games.

Szlachetna Paczka and all the people involved make each Christmas a very special time for such families. Thanks to us they are given a chance of a better and happier life.

However, Szlachetna Paczka is not the only charity event related to Christmas in Poland. Wielka Orkiestra Świątecznej Pomocy (Great Orchestra of Christmas Help) and Podaruj Misia (Give a Bear) are also very well-known charity events organized for already 23 and 11 years respectively. The first one collects money for medical equipment for hospitals around Poland, while the other one sells teddy bears to collect money for the protégé of Foundation TVN Nie Jesteś Sam (TVN You Are Not Alone).

It may be just a small gesture for us, but for people in need it means a lot and can change their lives. Let's remember about helping and supporting others!

