



4Hands

THE INTERNATIONAL SCHOOL OF POZNAN



2018 EARTH DAY

nr 2 / 2018

Congratulations!



Theater

Janka Milejczak, G3b, together with Polski Teatr Tańca performed in a play titled *Wedding Improvements* at Centrum Kultury Zamek. Her next performance is late in spring.



Basketball

On Tuesday, April 17, our International School of Poznan Rams, led by Coach Adrian Dabek, ITC Teacher, played against one of the best basketball high school teams in Poznan. High School number II („Dwójka”) started out strong and established a solid lead early in the game. Our Rams reorganized and started fighting back, playing exceptionally well on defense. During the second half of the game the Rams showed a tremendous determination to win. Unfortunately, in the end neither the 17 points scored by IB III student Aleksander Sitarski, nor the great cheering by the PYP and MS students was enough to win and the game ended in a loss for our thundering Rams. Despite that, the atmosphere was great and both schools, including the coaches and referees, enjoyed a great and clean game. Congratulations to „Dwójka” and good luck next time, Rams.



Streetball Tournament

By Mr. Adrian Dąbek, ICT Teacher, Basketball Coach

On Saturday, May 26, four students of our ISO P Rams took part in the annual Streetball Tournament organized at Szkoła Podstawowa number 35. Aleksander Sitarski, Mason Lin, Darren Wu, and Filip Stankowiak went with Coach Adrian Dąbek to play against some of the best streetballers Poznań has to offer. Out of the 10 teams, which took part, six represented schools. Our Rams fought valiantly but in the end did not have luck on their side. They won 1 game and lost 3, out of which 2 games were lost by just 1 point. If these 2 losses had been wins, we would have advanced into the finals. Besides the main tournament, there was also a 3-point contest and a family fare with lots of attractions. During the 3-point competition, ISO P was represented by 4 ISO P representatives. Aleksander Sitarski, Mason Lin, Darren Wu, and their Coach tried their best. The highest result was achieved by coach Adrian Dąbek, who made 3 out of the 6 shots, but 4 made attempts were required to move into the finals. All in all, it was a great experience and lots of fun was had. GO RAMS!!!

Kangur and FOX

Math Kangaroo Winners! 2018

G3B

🦘 Maciej Mazur

G5A

🦘 Adam Elnur

G6A

🦘 Antoni Baluta

🦘 Stanisław Jankowski

🦘 Nikodem Olejnik

G7A

🦘 Aleksander
Żurkowski

G7B

🦘 Antoni Spaczyński

G8A

🦘 Wiktor Tomczak

G8B

🦘 Dominik Dykcik

🦘 Laura Tomikowska

G9

🦘 Minseo Kim

🦘 Igor Pokrzywniak

G10

🦘 Maurycy Gawłowski

🦘 Mikołaj Nowak

VII

🦘 Mikołaj Danieluk

🦘 Olaf Zamojcin



K2's Trip to the Old Zoo

On Wednesday, March 14, K2a and K2b visited the Old Zoo and took part in a lesson connected to our Unit of Inquiry: *All Living Things Go Through a Process of Change During Their Life Cycles*. The Zoo keeper told us about many interesting facts about geckos, snakes and snails. We looked into these animals' eyes, touched them and learned about their life. We also visited the cold-blooded animals pavillion and saw various types of amphibians and reptiles. We had a close meeting with a Komodo dragon. There were also aquariums with beautiful, colourful fish and a coral reef. We hope to go back there again soon!



Martenista - a Bulgarian Tradition

Julian Sahin, K1, presented a beautiful Bulgarian tradition - Martenitsa - to his class. It is a tradition related to welcoming the spring, which according to Bulgarian folklore begins in March. Martenitsa is a small piece of adornment made of white and red yarn and usually in the form of two dolls, a male and a female. Martenitsi are worn from March 1 - which is called Baba Marta Day in Bulgaria, until the wearer first sees a stork or a blossoming tree. The name of the holiday means Grandma March in Bulgarian.



K2b Students' Interests and Achievements

Piotr Łastowski trains JUDO at the Judo Academy in Poznań. On Sunday, March 11, he took part in a competition winning the first place! He got a diploma and a beautiful medal. Congratulations Piotr! We are all very proud of you!



Lila Kulesza is a big fan of horses. Once or twice a week she spends hours at a stable learning how to become a good horse rider. Lila already knows a lot about horses and enthusiastically shares her knowledge with us.



Maksym Tymowski enjoys playing tennis and skiing. He has already achieved a lot in these areas. He took part in the tennis tournament - Sportoteka Cup - in Puszczykowo and won the first prize! Bravo Maksym!



Marian Kupiszek likes to play drums. He will soon play his first concert. We keep our fingers crossed! Marian also likes sailing, learning facts about dinosaurs and collecting different toys and books about them. One of Marian's achievements is taking part in Kids Triathlon in Poznań as the youngest participant and winning the first prize. Great job Marian!



Timmy Noutsos' hobby is playing with magnetic blocks and building great constructions. We also know he is very fond of cooking. Timmy already makes pancakes on his own. We have a future Master Chef in the group!



Masza Matuszewska enjoys swimming and feels great in the water. She develops her swimming skills and works hard to achieve good scores. Great job Masza!

Grandparents Day

19.01.2018



States of Matter

By Ms. Ania Cholewińska, G2a Teacher



The Unit of Inquiry we recently finished helped us discover states of matter. We learnt about different properties of materials, changes of matter and reasons why people change it. It was great fun to observe and conduct various experiments! We visited Laboratorium Wyobraźni in Poznań, a place designed especially for young explorers.

We also welcomed Mr Błażej Ratajczak, ISoP Physics Teacher, as our guest speaker who prepared a marvelous experiments. Thank you very much, Mr Błażej! We enjoyed your lesson a lot! Now we know that liquids have different density, that non-Newtonian Fluid is soft and hard at the same time and that we can put liquids and gases in different shapes.



G1s Inquiry into Food Products

Our recent UoI's Central Idea was *Food Products Go Through Many Processes Before We Eat Them*. G1 students saw that it is not an easy job to prepare food. At the beginning of the Unit we bought some produce and we made a salad. We also learned how to make bread. We had lots of fun making orange juice as well. We even.... MILKED a cow. Yes, a COW! Check out our pictures!



G1 Guest Speakers

Recently G1s hosted wonderful guest speakers who talked to us about food. The topic was connected with the Unit of Inquiry: *Food Products Go Through Many Processes Before We Eat Them*.

First, Mr. Rudi Joris (Victoria's dad, G1b) showed us how to grow mushrooms. He runs a company which provides farmers with compost which they use to plant and grow mushrooms. Victoria's dad explained the process of mushrooms' growth and he brought some compost so we were able to grow our mushrooms in the classroom! After a few days we had a little harvest in our classroom.

Another guest speaker was Mrs. Małgorzata Drobczyńska (Kasia's mom, G1b) who is a dietician. During her presentation she talked about healthy, unprocessed foods. The students learned how important simple and unprocessed foods are to stay strong and healthy. Kasia's mum brought a healthy snack to share.

Mrs. Anna Matejuk (Kuba Blicharski's mom, G1b) also visited our classroom to share her homemade food with the students. The food was prepared by Kuba's grandma who plants fruits and vegetables in her garden. She takes care of them, harvests them and later she preserves them so her family and friends can enjoy yummy foods all year long.

Thank you to all the guest speakers who visited us. G1 students enjoyed your presentations very much!!!



G1's Trip to a Mushroom Farm



An amazing trip to a mushroom farm was a continuation of G1s' inquiry into processes that food products go through before we eat them. Thanks to Victoria's parents, G1b, Mr. and Mrs. Joris, G1 students visited the mushroom farm located in Bucz. It was a long ride but it was definitely worth it. The students had an excellent opportunity to see the whole process of mushrooms' growth from the beginning to the end. The farmers explained everything and answered all questions our students had. G1s could harvest some mushrooms and they also got a box of mushrooms to take. What a treat! Thank you to Mr. and Mrs. Joris for organizing such an amazing trip!

G4's Education Unit

Monika Kasior, G4 Teacher

On Monday, May 28, G4s were visited by a guest speaker - Mr. Krystian Hadyniak (Tony's father, K2a), who runs a Scale Modeling club in Poznań. The visit was connected with our current Unit of Inquiry: *Children Worldwide Have Different Access to Education So That Their Learning Experience Varies*.

We discussed extracurricular activities that students have access to, which enrich their learning experience through fun. Scale Modeling is definitely one of them. Mr. Hadyniak came to us with a lot of equipment, presented his works and, most importantly, gave the students a chance to make their own small projects. Everyone truly enjoyed Mr. Hadyniak's visit. Thank you!



G1b's Visit to *Potrafię Więcej*

Potrafię Więcej is an association that assists children with disabilities. It is located in Poznań at Rubież 46. Thanks to Mrs. Katarzyna Sawicka (Nadia's mum), G1b students visited the place and took part in some activities that let them experience how difficult everyday situations are if you are not fully capable. Our students met a young girls named Marianka there and they all sang a song together. Thanks to this visit our students learned a lot about being open minded, tolerant, caring and reflective!



Book Day

01.03.2018



G3's Inquiry Into Poetry

SIMILIE

As soundful as onomatopoeia.
As refreshing as air.
As sleepy as a sloth.
As polite as a gentleman.

ALLITERATION

A sharpener should sharp.
Super sidewalk for seniors.
Ella expresses her emotions.
Children cheat by chatting on check-ups.
Football field for footballers.
Tom Tremor travelled to Tunisia and a tucan
travelled to Tunisia too.

ACROSTIC POEM

Smart students
Children learn
Have fun at school
Open their minds
Open their notebooks

Learning is fun!

Students go to school

Teachers teach

Us

Develop our skills

Each child is smart

Nobody is silly

This school is the best!

RHYMING POEM

In a city

Cars are loud

Many people underground

Riding buses

Talking loud

Kids in playground

Shouting WOW!

Everybody dancing now

G1s' Inquiry Into Water

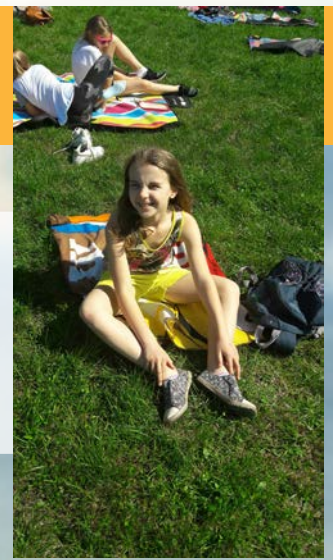
It is spring and it is hot outside! So, in connection with our inquiry into water, we decided to go outside and have... WATER FIGHT!!!



May Break

By Lucille Wloka, G4a

My name is Lucille Wloka and I am 10 years old. I hope all of you had a great May Break. After discussing it in class I can tell you how G4a students spent their break. Some of us were at home playing board and video games, playing outside, going for long walks with their dogs. Some of us were travelling; visiting different countries such as Germany, France or United Arab Emirates.



G2's Inquiry into Human Body



G2's Drama Unit

By Sofie Kalwani, G2a

Our unit is Drama. During our art lessons we made puppets. My puppet is my dog Pancho. We made a Shadow Theater which was a lot of fun. We also went to see a play at a theater in Poznan and we all had a wonderful time. I Love Theater !!!



G2's at a Theatre

By Sophia Sahin, G2b

On Tuesday, March 13, G2s went to a theatre - Teatr Animacji. We went there as part of our Unit of Inquiry about Drama. First, we saw the play titled *O Diabelku Widelku*. After the play we interviewed one of the actors and asked him about his work. Then we went up on stage and touched the props. At the end of our visit, he showed us the puppets.



Meet the Author

By Marta Matuszewska, G3b Teacher

Łukasz Wierzbicki, the author of *Dziadek i Niedźwiadek*, visited our school again. His writing provides opportunities for students to learn historical events in an easy and interesting way. Third grade students had a wonderful chance to meet the author, ask him questions about the book and listen to his presentation. The students were especially happy to get the writer's autograph. His visit motivated our students to read more books, start writing their own stories and make their dreams come true.



Shadow Theatre by the Erasmus Students

On Monday, March 19, Maria del Carmen Buendia Campos and Alba Gallardo Las Heras, two Erasmus students from Spain who did their internships in our school, prepared a very nice shadow theatre for our G1 students. The theatre was a part of provocation for a new Unit of Inquiry: *Stories Convey Meaning and Engage People's Feelings*. The theatre helped to introduce the Central Idea to our students. We had a fruitful conversation about the books, characters, settings and other elements of the stories. Gracias Maria and Alba for your involvement!



PINK SHIRT DAY

By Ms. Justyna Borowska, School Psychologist
and Mrs. Katarzyna Jadzińska, G3 Teacher



On Wednesday, February 28, our students wore pink to support bully prevention awareness.

The idea to organise the Pink Shirt Day in our school came all the way from Canada, where two students - David Shepherd and Travis Price together with their peers organized a high-school protest to wear pink in support of a Grade 9 boy who was being bullied for wearing pink.



The theme for this year's Day of Pink was Make Nice. The phrase acts as a friendly reminder that regardless of our differences, kindness is always a choice worth making. Being kind and making nice is the underlying philosophy behind the anti-bullying movement that we hope will live on beyond the Pink Shirt Day.

Pink Shirt Day is more than a day, it's a worldwide movement. Preventing bullying is a long-term goal, so we prepared different activities for all PYP students to show them how to prevent bullying, celebrate diversity and show kindness all year long in our school!

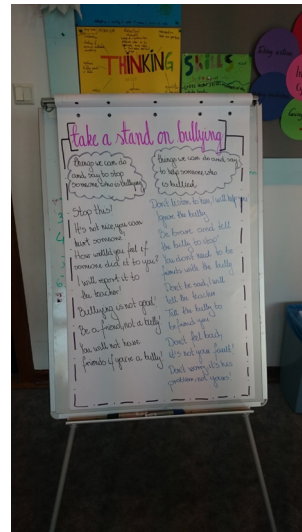


K students talked about playground rules and choices they have to make every day to



promote kindness.

These activities proved that being fair and showing respect is the kind way to act towards others and ourselves. G1 students had a chance to identify which manners are most useful in different situations. G2 students played a Unit-related Anti-bullying Drama Circle, which was a journey through performing scenarios as the bully, the bullied, the bystander, and the brave. G3 and G4 students read a newspaper article about the history of the Pink Shirt Day and took a stand on bullying and discussed things we can do and say to stop someone who is bullying and who is being bullied. The oldest Upper Primary students also



expanded their vocabulary repertoire by making their own anti-bullying dictionaries and discussing differences between an environment with and without bullying.

Thanks to those activities and commitment of our students we proved that we can all make a difference by pledging to be thoughtful, to be compassionate, and to be kind. It's up to each of us to make a difference, to choose

to be nice and make nice.

Thank you for supporting the Pink Shirt Day!



2018 International Day



G3's Unit

How Inanimate Nature Influences the Life of Plants

By Lennard Rieckmann, G3a

On Thursday, March 1, G3 classes went to Berberys, a gardening centre in Suchy Las, which is owned by Mr. Marek Nicgorski, Max Kłyszewski uncle. We went there because we have a unit about animate and inanimate nature. We learned that plants grow mostly because of the sun and water. One plant that doesn't need so much sun is moss, it mostly needs water. There were animals, too. There were fish that have a breathing hole in the ice. There were birds' houses and bats' houses.

I liked the trip because we learned new things about inanimate and animate nature.

By Emil Olejnik, G3a

On Thursday, March 1, G3 classes went to Berberys, a gardening centre in Suchy Las. We went there because our Unit of Inquiry is about inanimate and animate nature. Mr. Marek Nicgorski showed us various plants and told us how to help the plants survive cold winters.

We also learned about birds and fish and how to take care of them in the winter. He also told us how to feed the birds and when they lay eggs.

We now know that some plants need to be covered with a white protective cloth in the winter. We also learned that some plants cannot be outside because they would freeze.

We liked the trip to Berberys because we learned a lot and we had fun.



G4's Inquiry into Energy

Energy

By Krzysztof Bogdański G4A

G4s inquired into different forms of energy- mechanical, electrical, light, thermal and sound and made a poster about it. Later, we focused on chemical and electrical energy.

Recently we have learned about storage and transformation of energy, for example: solar energy. The sun transfers heat and light energy to plants, humans and animals.

We also learned about renewable and non-renewable sources of energy. Last week we went on a trip to *Mały Inżynier* where we did several experiments related to Energy.

Trip to Green Energia Polska

By Anita Staniszevska, G4b

On Wednesday, April 4, as G4s have now an UoI about energy, both G4 classes went to a biomass factory - Green Energia Polska in Kleczew. First, it took us two hours to get there.

Next, we saw a big pile of paper, plastic and cloth being pressed into pellet fuel that they send to the concrete factory that produces energy. We had to wear masks because the smell was very bad. Then, the man told us about the factory and its purpose. Later, we went into a room where we could touch the pellet fuel.



G4's Trip to *Mały Inżynier*

By Aleksandra Piętka from G4a

Grade 4 is currently discussing a Unit of Inquiry focused on Energy - its forms, sources, storage and transformation.

On Wednesday, March 14, we went to *Mały Inżynier* (Little Engineer) and it was an amazing trip. We made a model of sewage cleaning plant from: a plastic cup, a coffee filter, pieces of fabric, rice and groats. We did other experiments, too. We drew a snake, then we cut it into a spiral, stuck a piece of string to it and we lit a candle. Then, we put the snake above the lit candles. After a moment the snake started to revolve. The workshop leader showed us how lemon can light up a LED lamp. It was a lot of fun there!!!





POP ART

By ISOP Students



G5's Unit About Religions

G5s at the Archdiocesan Museum

By Arkadiusz Dudka, Illyes Dogguy, Midia Saadoun
and Seung Min Ryu, all G5a

On Tuesday, October 10, as part of our UoI about beliefs, we went to the Archdiocesan Museum. We inquired into Christianity and the life of Jesus. There were interesting art and gold artifacts, too.

Our class learned about Jesus and why all the crosses look the same: his head is turned to the right side and his right leg rests on the left one. Do you want to know why? There were two criminals - one on his right and second on his left side. The right one became good in the end and the one on the left didn't change even right before death. Jesus is presented with his head on the right side to show that the good always wins over evil (right=good).

Then the guide showed us the paintings that had the two events presented like it was a comic book. Moreover, the guide showed us the paintings that were eaten by woodworms. The black robes that priests wore when someone important died, e.g. at kings funeral are no longer in use because... they were creepy. The guide also showed us a lot of golden stuff: cups, swords and crosses. He also showed us the sword of Saint Peter.

We had a lot of fun in the Archdiocesan Museum. Most of the trip was about Christianity but some part of it was also connected to Judaism. In the museum there were two Bibles and one Tora. At the end this experience turned out to be something very interesting and exiting. We recommend visiting it to everyone!

Jewish Culture

By Antoni Moś, Mikolaj Michalczuk and Jakub Nowicki, all G5a

Did you know that this is the Star of David and that it is the symbol of Judaism? On Tuesday, January 9, Mrs. Ania Żyska, G3 Teacher, visited our classroom to tell us interesting facts about Jerusalem and Jewish culture. She lived in Jerusalem for some time and this is why she could tell us so many essential facts. Mrs. Ania told us that Jerusalem was divided into four parts, because there were four major religions present there. We learnt that on Friday Jewish people can't cook food or work in any way; they can only relax. They cannot tell the name of God, this is why they write it G_d.

Jerusalem is one of the oldest cities in the world and it is an important city for various religions. Actually, Israel is a very young country.

Mrs. Ania's presentation was very important for our Unit about various beliefs and we learnt a lot! Thank you Mrs. Ania for sharing your knowledge about Judaism with our class!



G5's Unit About Religions

Mr Wasilewski's Ethics Class in G5

By Jakub Moś, Alex Kochanek and Adam Elnur (G5a)

On Wednesday, January 24, Mr. Maciej Wasilewski, Ethics Teacher, visited us to talk about ethics. Ethics is a set of rules that tell the difference between good and evil.

Mr. Wasilewski showed us a video on how monkeys react to different foods. Then, we did an activity on what we like and what we don't like at school. We got two pieces of paper and there were two colored tubes (red and green). On one piece of paper we wrote what we like and on the other we wrote what we dislike. We placed pieces of paper with things we like in the green tube, and with things we dislike in the red tube. It turned out that we mostly like breaks and our friends and we mostly dislike tests.

We learned a lot from this presentation. Now we know what ethics is. We also had fun during the lesson and we hope to attend Mr. Wasilewski's classes soon!



G5's Unit About Religions

IGBO Community in Poznań - Mr. Nwoko's Presentation

By Ellin Seo, Zuzanna Sokołowska, Paweł Magierski and Maksymilian Hess, all G5a

On Thursday, January 18, Mr. Ebenezer Nwoko, ISoP music teacher, visited our class. He told us about the IGBO culture in Poland. The IGBO community was established two years ago in Poznań.

We learned many interesting things, such as: the IGBO speaking people are from the eastern part of Nigeria and are among the first three major tribes with a great history.

Culturally, IGBO have a unique language and their religion is based on both traditional and modern religions centered on the Universal God known as CHI in short. There are many traditional festivals among the IGBO people. One of the most popular celebrations of the IGBO Community is the IRIJI the New Yam festival, which is held at the end of the rainy season, in early August. Yam, palm oil (red oil), salt and libations (in the traditional form of prayer is offered to the gods or deity) or sometimes prayers to the Universal God. Because it is a huge festival, there is a lot of food and drinks. In fact, the New Yam Festival is more like Christmas for the IGBOs. As an organised society, the EZE (local name for kings), elders, the priest, the women, sons and daughters have all collective and specific roles. They believe in strong ancestry and oral transmission in songs, stories and in modern times have managed to use technology in protecting their identity. With these the IGBOs all over the world can always come together as a way of staying close to their culture and home even if they live very far from home. We as a class had a great time listening about all aspects of the IGBO community in Poland and we learnt a lot. Thank you, Mr. Nwoko!



Easter



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27.03.2018

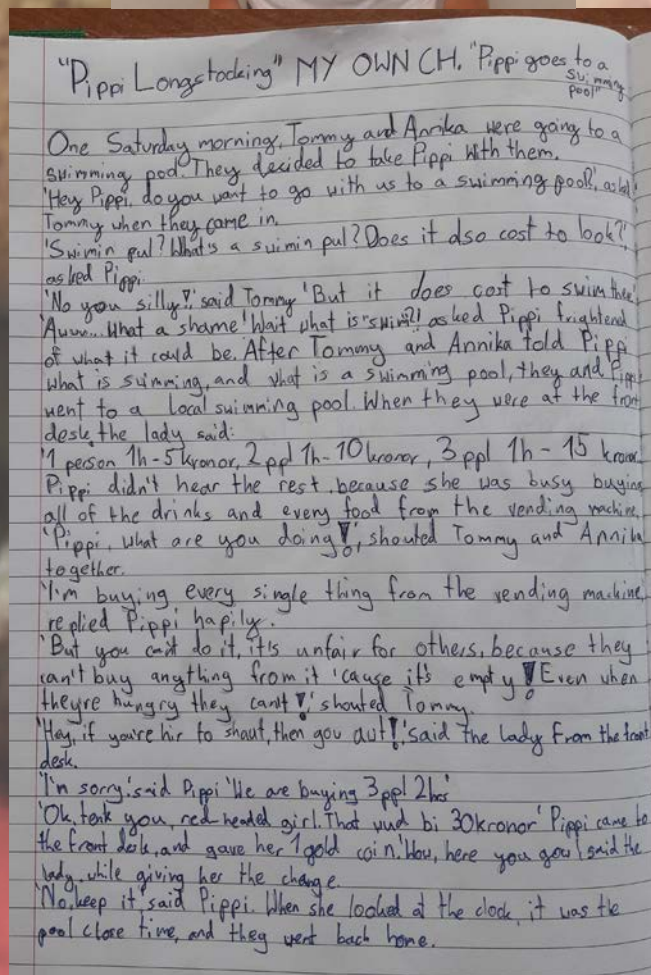
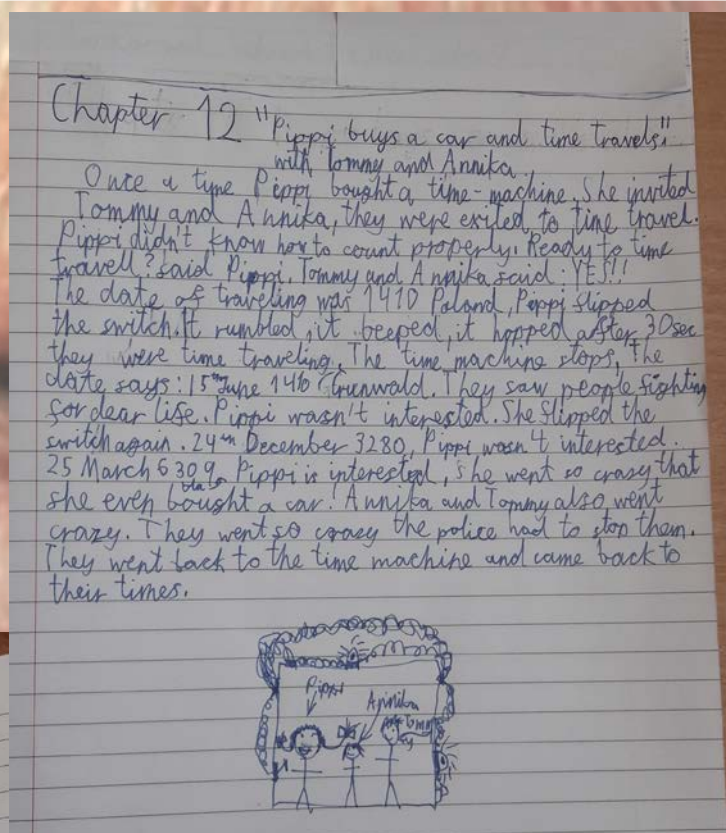


PIPPI LONGSTOCKING - G4's written assignment

By Ms Monika Kasior G4

As a part of our last Unit of Inquiry this school year, the Unit about education and equal access to it, G4a students were reading a book titled *Pippi Longstocking*. Who does not know the story of Pippi, the main character in an eponymous series of children's books by the Swedish author Astrid Lindgren?

Pippi is a red-haired, freckled, unconventional and super strong girl – able to lift her horse. She is playful, unpredictable and does not want to grow up. Her anger comes out in extreme cases. She does not attend any school, so things as multiplication table or spelling rules are unknown to her. She even comes up with a new name for multiplication – plutification and always guesses answers. I asked my students to write another short adventure of Pippi Longstocking the other day. All stories were very creative and funny. Below, you'll find the ones chosen by G4a pupils.



G4s' Fundraising Event: Sale and Art Gallery

By Pearl Nwoko, G4a, and Ms. Monika Kasior G4 Teacher

As G4s' recent Unit of Inquiry was about organizations (Central Idea: *Societies Need Different Organizations That Serve Various Purposes*), we decided to organize a sale and an art gallery as our summative assessment task. We chose two foundations - Parasolka and Dzieciaki Chojraki - as the beneficiaries of our event.

First of all, our pupils chose presidents, vice presidents, leaders and other important roles for teachers and students to make it work. For instance, Mrs. Marta Niewiadomska (G4b teacher) and Ms. Monika Kasior were selected as vice presidents. Representatives of the Parasolka Foundation and Dzieciaki Chojraki Foundation carried out the roles of the presidents.

Both G4s classes decided to have a few stations set up for the sale in our school. G4a had five of them: food and drinks, stationery, toys, books and the art gallery (with our own works displayed and presented in art catalogues created by our ICT Teacher, Ms. Kasia Adamska). In both classes the sale started with a short speech and a song titled Heroes, which we learned on our music lessons with Mrs. Patrycja Straub. Our parents were our first guests.

On Thursday, May 17, the day before the big event, both classes prepared cupcakes for the sale. G4a students made two types: dark/milk chocolate and white chocolate cupcakes. Ms. Agata Brzezińska, G1b Teacher, came to our class and helped in preparations. They turned out delicious and were all sold out the next day.

Our summative assessment - the sale took hard work but surely paid off. G4s collected 4 408 PLN altogether! The money was shared between the two Foundations mentioned earlier. We are glad that we could help others and our teachers were extremely proud of us.

We would like to say a big THANK YOU to Ms. Agata, Ms. Kasia, Ms. Patrycja and everyone who either participated in the sale or helped in making it happen! We believe that events like this one can inspire others to make one's contribution to the lives of people in need.



Congratulations G5!

25.05.2018



G10 & GIII National Exams



IB DP Graduation



Congratulations Class of 2018!

MY WINTER BREAK

By Amelia Szygenda, G4a



In the beginning of the winter break I went to Warsaw. As soon we arrived we went to the Warsaw Uprising Museum. There were a lot of things to do, see and touch.

There were some things to do for kids too. My sister was very happy about the fact that she could make post office stamps that looked like they were from the war time. There was also a 3D movie filmed from a plane's perspective and it showed what Warsaw looked like during The World War II - how it was destroyed. It was very scary for me.

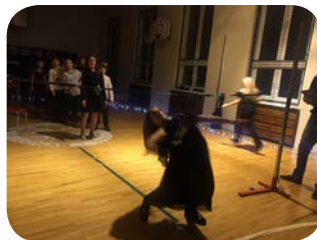
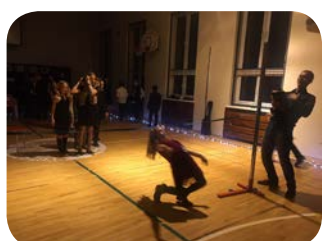
I wouldn't like to live in the war time, firstly, because I would not want to be taken prisoner, secondly because I wouldn't like to live in a ruined city.

Toward the end of the winter break our family went to Strzeszynek because my father wanted to ice swim. Before he went swimming, my sister Victoria and I played on the new playground. Later, we went on ice and I was sliding for the first time in my life and it was fun. Then I looked at my dad how he was getting in the water. Although it was only his second time ice swimming, he didn't scream. Some days later I asked my dad if we can go ice swimming again. My dad agreed. It was hard to get in the water because it was very, very cold. I only put my legs up to my knees in the water. When I got back on the bridge my feet were sticking to the surface. Unfortunately, I got sick the next day.

2018 White Schools Austria & France



G6 Carnival Gala



Personal Project G10/GIII



Wielkopolska Math League

By Tomek Śliwiński

On Friday, May 25, we celebrated the culmination of the Wielkopolska Math League as well as the Math Olympic Games. We also attended the Magic Squares lecture presented by Mr. Bzdęga, PhD.

I am proud to announce that our very own Maksymilian Mańko, IBII, received a third degree award! Congratulations, Maks!

I was very happy to be the coorganizer of the Junior League and that this year the tests were also available in English!

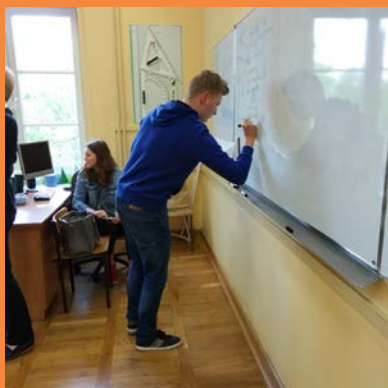


Math Victory

On Friday, April 27, our ISoP mathematicians played a math match against a team of students from Gimnazjum Dwujęzyczne im. Karola Marcinkowskiego. I am proud to announce that our team won! The final score was 47 to 21 for ISoP!

Our team members are: Mikołaj Nowak (capitan), Daniel Oldenburg, Maciej Wierzbicki, Hubert Perliński, Franciszek Celm, Martyna Wojciechowska, Mikołaj Szyszka, Igor Pokrzywniak, Aleksandra Iwaszkiewicz and Wiktor Tomczak

Special thanks to Ms. Aleksandra Dejewska, Math Teacher, who coaches our math club members.



Myth By Michalina Czapska

Sum say that love cannot last 4ever
Th time passes by,
People forget & die
There is nothing except th laughs,
Captured on th beautiful, everlasting fotografs.

Carelessness By Julio Ramirez

Carelessness is a gift bein abl 2 leav sth bhind
Movin on soonr rather thn l8er
Nt worryin about consequences or punishment
Doin whtevr u wnt, jst bcuz u thought 'y nt'

By Marta Halasz

I've made every effort
& strained every nerve
2 find my heart of gold.
But during this journey I've tripped
& tumbled
& found the darkness difficult 2 withhold.

Music and Time By Maurycy Gawłowski

Yest'day I was thinkin bout it
Wy do ppl listenda music?
Theres much to do in dat time
N as they say Time Flies
So we needa wonder bout
Somethin els

The Rhine By Deniz Avcioglu

Evrything was looking fine
As long as the sun ws over Rhine
The past ws calm and boring
Untl th engines started roaring
Th rain of bullets has begun
Th shots were fired ovr Rhine

By Filip Kajzer

I walkd 5 mils
Searching 4u
I walked 10 mor
Hopin I would find u
But I nvr did

Now I am sitin here
Hopin some day
U wil find me
Not knowin it
Ur env lookin
4 me

Lifeless Lessons By Jere Savolainen

Chemistry lessons r borin'
But still I try not 2 b ignorin'
I can hear all my m8s snorin'
Idk how I made this poem,
It might have bn th work of my mind flowin'

A Pic By Anna Grzesiak

Wait, I'll send u a pic
Y, u can jst show me it.
Don't mak n effort 2 come any closer.
I don't no y won't we talk.
I don't no y won't we write.
We ar 5 feet apart

On our English classes we talked about various problems we are facing nowadays: violence, how scarce the world's resources are, how greedy countries and individuals can get and how to help our planet. Below you'll find some poems written by G7a students on those topics.

I WISH I COULD SAVE By Alan Paczkowski

I wish I could save the planet
The trees are leaving the soil

I wish I could save the planet
The water is covered with oil

I wish I could save the planet
It's being stripped out of iron and coal

I wish we could all try to save it
So that the planet could stay for ever for all

WATER By Adriana Kobriger

It is the origin of our life.
It will be the cause for war and strife.

It brings us comfort, rest and health.
It's our blue planet's major wealth.

It makes up most of who we are,
we transport it near and far.

It's the baseline of our fate,
but we'll only know when it's too late.

~IT NEEDS TO STOP~ By Claudia Ramirez

It needs to stop.
The fights we record
on our phones.

It needs to stop.
Having to live in constant fear
that your child won't come home.

It needs to stop.
The petty arguments
in the classroom.

It needs to stop.
That we duck when
We hear the slightest 'boom'.

It all needs to stop.
The arguing.
The violence.
It needs to stop.

EFFORTS By Nikodem Czapski

The world is dying.
We have to keep trying.
We have to help the whales.
And protect their tails.
The dark, green woods,
And the extincting goods.
We need every helping hand.
It cannot be the end.

NON-RENEWABLE RESOURCES By Tomasz Szczotka

We use many resources
and all of them are our energy sources
they can be renewable or not
non-renewable destroy our planet a lot

the pollution is very bad
because of that kids can't play and are sad
there are many non-renewable sources
but coal is the most used one to generate sources

they aren't burning only coal
if they want they can burn a plastic pole
they burn trash every day
because they don't have to pay

so please try using renewable sources
to create eco-friendly forces.

WATER By Wiktoria Zatorska

Water, water, water
You're the powerfulest of all
From all the fires and winds of all

Water, water, water
You're the powerfulest of all
You make us big, you make us small
You make a small wave and then in a second
You turn it into the biggest one of all.

Water, water, water
You're the powerfulest of all
Thanks to you all our throats are wet and smooth
Water thanks to you we live on this planet
That people called earth years ago.

THE FOOD PROBLEM By Kalina Grygier

food is like the nectar of gods
but there aren't lots
it's disappearing from our sight
and one day it may never see the light
We don't eat everything we buy
because of that we might all die
With no food we'll all be hungry,
Not just hungry
We'll be grumpy.

RENEWABLE RESOURCES By Aleksander Żurkowski

People need them
They rely their lives on them
They use them every day
Sometimes even not knowing about it.

The resources may be different
In different shapes and sizes
They can be used to build
And to make energy.

We need to save them though
Not all of them are unlimited
However some of them are
Like water, wind and sun

We can use them in many ways
By using different machines
Each of them is different
But we can use them endlessly

RESOURCE CONSERVATION By Olaf Szajrych

resources are limited
so save the coal
animals are endangered
so save the owls
driving is needed
we drive using oil
buy an electric car
and don't drill through soil
food is needed
we cook on gas
invite your friends
for a BBQ in your house

The Science of Anxiety

By Anna Burzyńska and Michalina Prycka, both GIII

Many of us have faced the dark symptoms of anxiety, whether writing an exam or having an important meeting. But for some this feeling is difficult to stop even in seemingly normal situations leaving a lasting effect on the quality of life. So what's going on and why are you so anxious?

All animals (especially small) feel anxiety. Humans have felt it since the days they shared the planet with dangerous animals. The scientists found that nearly 2/3 of Americans think about situations that cause fear at least several times a week, for example, about the terror attacks. Anxiety can be useful toolbar focusing the mind when there is a deadline looming, but it becomes a problem when it lasts too long. One of the scientists that was fascinated with anxiety was Sigmund Freud. He recognized that it is found in two major forms: more biological in nature and depended on psychological factors.


When we talk about anxiety we have to definite a few terms. For scientists stress is the extremal stimulus that signals danger (caused by pain). And fear is a short-term response such as stress. Anxiety has a lot of symptoms, such as fear, but it is a feeling

that lingers long after stress is lifted and danger has passed.

Humans break down in a cold sweat, their heartbeats race and blood pressure rises. But rats are free in place. A lot of information about anxiety comes from laboratory tests on them. Scientists have created a map of fear as it „travels” through rats’ brains. It begin when an animal feels stress (caused by electric shocks). Rats remember where this electric shock was and what was going on around when it happened. They learn what places to avoid in the future.

The fascinating fact is that the identical twins are more likely to suffer from generalized anxiety, phobias and panic attacks than fraternal twins. Another incredible curiosity is that children who were anxious are more likely to suffer from depression as adults.

While not fully understood, anxiety is partially triggered by the amygdala and hypothalamus controlling the circulation of cortisol and adrenaline in your body. That causes the flight-or-fight response, which results in the release of epinephrine, increasing



the body's heart rate and blood pressure. The sympathetic nervous system then kicks into overdrive and produces some of the physical symptoms that we see in people with a panic attack. Genetically, 40% of those with generalized anxiety disorder also have a relative who suffers from it, meaning hormone levels are likely linked to your genes. Your environment can also be a factor as certain anxiety disorders are related to traumatic childhood experiences. Varying levels of neurotransmitters may also be to blame.

Many anxiety disorders also show an overactive amygdala and periaqueductal gray area which can have negative repercussions not just on the brain but on our bodies in a longer term. In a study of nearly 300 people over five years those who had overactive amygdalas had a higher incidence of heart disease too as it triggers an increased production of white blood cells in a bone marrow, leading to an inflammatory response which contributes to increase build-up of fatty deposits in the artery. Also some studies suggest that in patients with generalized anxiety disorders, their amygdala is less connected to the areas of their brains that determine the importance of certain stimuli. This means that it may

be harder for these people to distinguish between somethings that's mildly annoying and something that's definitely worth worrying about.

When it comes to treatment, cognitive behavioral therapy helps to identify certain thoughts that lead to the feelings influencing your behaviour and aim to change those initial thoughts to combat anxiety disorders. On the other hand, medications such as SSRIs and SNRIs are often used to prevent reuptake of serotonin or norepinephrine, but can result in many side effects and often increase tolerance with prolonged use. Benzodiazepines are also used to help induce sleep and promote muscle relaxation, but are also linked to dementia in older population.

Needless to say, neurochemical basis of anxiety is extremely complicated and it's not useful to tell somebody to just "calm down" or "get over it." These conditions are very serious so if you or someone you know may have an anxiety disorder, you should definitely search medical help.

Did You Know

Some things in life are surprising. But did you know that there is enough water in Lake Superior to cover all of North and South America with one foot of water? Or that there are more stars in the visible universe than all the grains of the sand on all beaches of the Earth? Also the myth about astronauts seeing the Great Wall of China from space isn't truth, however, you can see the air pollution!

It sort of puts the size of things into perspective. Like the fact that a dust particle is halfway between the size of Earth, and subatomic particle. But an atom is about 99.99% empty space, making everything in the universe mostly nothing. Including your body, which cells are totally replaced every 10 years. Every atom in your body is different now, meaning you have no more in common with your previous self than any

other human being that has lived or will ever live. But it only takes an individual blood cell about 60 seconds to make a complete circuit of the body while the whole network is about 160 thousands kilometers of blood vessels.

All of us often look forward the future, but have you ever realised that we only see the past? It actually takes 80 milliseconds for your brain to process the information, meaning we only live in the past. Despite it can't remember 10 million colors distinguished up by eyes it can fit in approximately 1 million songs, as the storage capacity of a human brain exceeds 4 terabytes, and it produces as much data in 30 seconds as the NASA Hubble Space telescope has produced in its entire lifetime. And also the number of synapses in your brain's' cerebral cortex alone,

you

v

about one hundred and twenty five trillion, is the amount of stars that would fill 1500 milky way galaxies.

Another incredible fact is that if you have made it to your 18, you have on average 3250 - 3500 weekends left in your lifetime. And at any given moment, one percent of the population is always drunk. Also the world's best selling product of all times is an Apple Iphone, after the Rubik's Cube, which has actually 43,252,003,274,489,856,000 possible configurations.

The world of animals can leave you even more speechless. You probably didn't realize that snails are able to sleep from 3 to 4 years, lasting without any food. And did you know that in a population of clown fish, if the female dies, the most dominant

male will become a female? In the wild, the dolphins use special "names" to call each other and while dragonflies have legs they can't really walk on them, they can only use them to land.

History can also give us some mind blowing facts. Did you know that the Tyrannosaurus in terms of time is closer to today than to when the Stegosaurus roamed the Earth? And that Cleopatra lived closer to the first moon landing than to the construction of the pyramids (2630 BC > 30 BC > 1969)?

Strange as it may be, the brain actually named itself. And finally, a physicist studying atoms is really atoms trying to understand themselves.

Gluten is a protein found in grains, such as wheat, barley and rye. I have met many people who said that they were trying to eat gluten-free food. Once I asked my friend why she was doing so and we had a discussion in which she tried to convince me not to eat gluten. I was neutral about the topic after the conversation, but as soon as I came back home, I decided to find some information about the gluten-free diet.

I found many statements confirming what I had heard from my friend. Some of the advantages of gluten-free diet are:

It is the only “cure” for people with coeliac disease. A human organism has to digest ingested food and absorb the nutrients needed by the body. The absorption takes place mostly in the small intestine. In order to perform its function efficiently, it is lined with villi, which are tiny projections that increase the surface area for absorption. In people suffering from coeliac disease (which may appear at any age) the villi are “attacked” and damaged by the immune reaction caused by presence of gluten. The consequence of destruction of the villi is improper nutrient absorption, which may lead to anaemia, multiple sclerosis, infertility, type I diabetes and many more.

For people with coeliac disease, the only option is not to eat foods containing gluten to stay healthy. Gluten-free diet may also help in fighting other diseases and syndromes, such as irritable bowel syndrome. Eating gluten-free food = eating healthy food.

Firstly, gluten free diet makes you avoid overly-processed food (which usually contains gluten), such as some sweets, flavoured pasta and all ready-to-eat dishes sold in shops. They are unhealthy because their production requires addition of many chemicals and artificial substances. Secondly, gluten-free diet eliminates unhealthy carbohydrates and oils found, for example, in doughnuts and other bread products. Thus, while eating no gluten, you unconsciously stop eating food that is the most unhealthy for you. Gluten-free diet leads to awareness, better health condition and mood.

Each person that decides to start eating gluten-free products has to plan carefully their diet. He or she has to read all labels to find out what particular types of foods contain. Such action leads to awareness of what we eat and what is good for us. Eliminating the unhealthy products, mostly containing gluten, improves your health condition, as you consume a lot of vitamins and antioxidants found in vegetables and

fruits. It also decreases the risk of diabetes, obesity, heart diseases, some cancers and many more. Eating healthy influences your mood as well. Many people claim that already after a few days since becoming gluten-free, they started feeling much better in terms of their mood and energy.

Therefore, gluten-free diet has many advantages, not only for people with coeliac disease, but also for others, as it makes people eat healthy food, which improves health condition and mood. However, there are also some things that you need to remember about, if you are thinking of a gluten-free diet. Firstly, you should talk to a dietitian to consult if you can do it and to have a well-balanced diet. Gluten-free food isn't always so healthy because you can eat only gluten-free biscuits or vegetables. In reality, to provide your body with all the essential nutrients, you have to eat products of different kinds, which means that you need to find substitutes of previously eaten gluten-containing healthy food. You should also remember that not everything with a "gluten-free" label is actually healthy and that you should check its content as well.

Still, many people don't see a point in a gluten-free diet if you don't have a gluten intolerance. All the

advantages of eating gluten-free food could occur in a normal diet if it was well planned, although some studies say something about positive impact of gluten-free diet in, for example, children with autism. I personally think that eating gluten-free food is a good way to gain awareness of what is good for you and it may be effective in becoming more healthy. However, I wouldn't stop eating gluten because I tolerate it and I have a well-balanced healthy diet from normal, gluten-containing products.

Still, if you want to try preparing something gluten-free, here is a recipe for a delicious orange-chocolate cake I have recently made:

<https://www.mojewypieki.com/przepis/ciasto-czekoladowo---pomaranczowe-bezglutenowe>

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Eljub Weekend - the Mystery Trip

By Monika Komar, IBII



Eljub - Europäische Jugendbegegnungen, which in loose translation means European Youth Meetings. And that's exactly what it is. A group of young people meeting in a certain place to discuss important issues of our society... and to have fun, of course. But how does it actually work? Well it's simple: a group of German speaking students go to a city, in our case - Jihlava in Czech Republic, and talk, talk, talk. Let's start from the beginning, shall we? It's 4:30 in the morning on Thursday, March 8. Two students and a teacher meet at a quiet bus station to get on an 8-hour long bus ride to Prague. Everyone is tired, sleepy and anxious at the thought of sitting on a tiny seat for so such a long time. It's now 12:50 and we're in Prague. It's surprisingly warm so we find a cafe with a garden and enjoy the first cup of coffee of our trip. After charging our batteries, we set off to conquer Prague. We start walking around. After admiring the Old Market Square and the streets surrounding it, we find ourselves near the world-famous Charles Bridge, which is a must-see in Prague. After all of the sightseeing we end up in a restaurant with traditional Czech food. We need to fuel up before continuing our journey to Jihlava, which is about a 1.5-hour bus ride away from Prague. Upon arrival, we enjoy a lovely meal with our soon-to-be friends. That's also when the challenge of the trip starts. You may think the drive was the

challenge but no, the real problem is communication. You see, the main language of this trip is German. After dinner we all go to our rooms worn out by the eventful day. The next day the actual project begins. We meet with Jihlava politicians to discuss one aspect of our main topic - The Divided Society. During the meeting we discuss the disparities between generations created because of technology. After the meeting, we eat dinner and have an hour of free time before our next meeting. So our little group sets off with one goal - to find coffee. And we do, and I must say, that it holds the third best position on my coffee ranking of this trip. After enjoying a cup of delicious coffee, it's time to learn more about Jihlava's history and one of it's celebrities: Gustaw Mahler. He was a composer, who lived in Jihlava in the early 20th century. His story gives us insight into another division in society:

nationality. After the visit in Mahler's museum, we are given free time until supper, which allows us to do a little sightseeing. We end up walking around Jihlava, trying to see everything we can. After dinner, during which we make a couple of new friends, we decide to spend some more time together. We end up in a place where Jihlava youth meet up on Fridays and talk and laugh until our curfew. We finish the evening with a round of Karaoke and we go back to our hotel.



Amazing Trip to Jihlava

By Maksymilian Borowiak, IBII

I recently took a part in an Erasmus+ educational project. Together with Monika Komar, IBII, and Ms. Magdalena Musiał, our German teacher, we travelled to Jihlava, which is a town in Czech Republic, a 100 km from Prague. We spent there three exciting days, full of fun and exploring new areas of knowledge. The main topic of our workshops was The Divided Population. In addition we had an opportunity to visit the Gustav Mahlers Museum and the city of Trebic, which is on the UNESCO's Culture Legacy List. On the first day we had a morning workshop with a special guest - Dr Jacob who is a well known doctor of human relations studies at the University of Prague. In the afternoon we visited Trebic and saw the breathtaking Jewish District with two state-of-art Synagogues. Our day finished with a visit to the local pubs and integrating with the local people. On Sunday we left the city at 9 am and headed to the capital city. We had a few hours there to walk around and buy souvenirs.

Summing up, this trip was really exciting and worth taking part in. I would definitely go there second time if I had that possibility.



WrocLOVE

By Joanna Rosik IBII

On Saturday, February 3, when we arrived in WrocLOVE, we had enough time to sightsee before going to a theatre to see a German play *Biedermann und die Brandstifter*, Max Frisch (more about this performance in Dominica's article).

Wroclaw is worth seeing because of the beautiful Old Town. It looked magical to us because of the number of dwarfs scattered around town. It is said that there are more than 350 dwarfs hidden all around Wroclaw and there are all types of dwarfs. We found too many to count, even for the IB DP Math HL students.

Panorama Racławicka building is a Wrocław landmark worth visiting. It houses an incredible cycloramic painting depicting the Battle of Racławice during the Kościuszko Uprising. I felt as if I were in the middle of a battle. As an equestrian, I was satisfied with the way Wojciech Kossak painted the horses, even those which are very far from the viewer.

The whole trip wouldn't be possible without the best German teacher - Ms. Magdalena Musiał. Thank you!



ZOO

By Hubert Sokolowski, IBII



Our trip to the Wrocław Zoo started with missing the tram stop. It didn't seem a problem for us as we took a short walk to the entrance of the zoological garden. We were mostly interested in the pavilion there called Afrykarium, which is the newest addition to the park. The building of Afrykarium was quite impressive with its size and architecture and gave us a shelter from the biting cold weather for a while. The first animals we saw there were those of the aquarium. Majority of fish and other sea creatures of different species welcomed us as we started our tour. We found a lot of animals interesting, however, we were mostly amused by the stingrays, which were

gliding majestically through the water tank. The walking tour led us through various regions of the world, and not only Africa, as the name suggests. The path also led us through a water tunnel in which we saw young sharks surrounding us. The animals we saw were ranging in sizes from shrimp-like creatures to rather a heavy hippopotamus and sea cows, close relatives of a seal. After walking through the Afrykarium, we still got about 15 minutes to walk freely around the Zoo. Some of us were interested in admiring the penguins and some of us made a quest to find their spirit animal - a sloth. Since it was winter, we weren't able to see the Wrocław Zoo at its best, nevertheless, I find a visit to the Poznań Zoo more entertaining.



Food

By Monika Komar, IBII

The weekend before the winter break, a four-person group set off to Wrocław to see a German play *Biederman und die Brandstifter*. However, since we were already in Wrocław, we should see something more, right? So we came up with our first goal of the trip: food.

We were walking around the Old Market Square trying to find a place to eat and we found a couple of interesting places: a vegan bar and a toast-serving place. We divided into two groups and left to eat at the venues of our choice. I cannot speak for those, who chose the Vegan bar, the toasts, however, were delicious. The place looked (and smelled) amazing and the overall experience was great. 10/10 - would eat there again.

Then, after a while of walking our group found THE place. The heaven on Earth also known as Księgarnia Tajne Komplety. For those of you, who don't know what I'm talking about, it was a bookstore and a cafe in one. It offered books in three languages: Polish, English and German, and it suffices to say that I was in love. While the rest of the group moved on to see *Panorama Racławicka*, I stayed behind to sip coffee and read at the heavenly cafe. The entire trip was 300% better because of this amazing discovery.

But we are not done yet with our culinary travel through Wrocław. We still have two stops to go through. First, tired and hungry after our meeting with the arts, we went back to the Old Market Square to see it in the dark. And there it was, in all of its glory: Burger King. After crowning ourselves the new Burger Kings, we enjoyed a box of fries in our new Empire.

Then came the morning and the ultimate decision: what shall we eat for breakfast? We considered coming back to our kingdom for yet another bucket of fries, when we found a breakfast cafe near our apartment. Without hesitation we rushed over there and enjoyed a lovely breakfast that ended on a sweet note, with a huge cup of hot cocoa with marshmallows. Delicious!

Are you hungry yet? If the answer is yes, then you'll be pleased to hear that this review of the Wrocław trip is over and you are free to go and find something to eat. Bon appetit!



Theater

By Dominika Dołęga-Mostowska, IBII


The main goal of the trip was to see a German play titled *Biedermann und die Brandstifter*. Tired IB DP zombies and Ms. Musiał got to the theater after the whole day of exploring the City of Dwarfs. I'd call the play very unconventional. While we were waiting for the first bell in the theater hall, we got surprised by service agents in the black glasses waiting by the door and two actors were dressed as beggars and played a short scene basically asking for more money from the viewers but they were acting so it was okay. We were seated in the first two rows but the whole audience seemed to be a part of the scene. We felt like we were in the character's house and the actors kept appearing from different corners and kept having eye contact with us, which was pretty awkward. What's interesting, during the play we were laughing but then we realized that it had a deep and sad message.

We would like to thank Ms Musiał for the cool trip!



How to Prepare For the IB DP Exams

By Maria Witkowiak, IBIII



IB Diploma Programme exams are coming up and, as a member of the IBIII, I can tell you that it's tough. However, despite of many hardships, going through it all is doable. In this article I will share with you some interesting facts, which may help you in the preparation for all the challenges you will probably face in IBIII.


The IB DP program emphasizes the importance of finding connections between subjects and the knowledge needed to achieve this. Nonetheless, it is crucial to remember about your health, which largely contributes to the academic success.

One of the most essential components of a healthy approach to learning is maintaining a balanced diet. This, most importantly, includes eating at least three meals a day and not skipping breakfast. According to the Centre for Educational Neuroscience breakfast increases academic performance, especially concerning the most demanding exercises, which involve memory.

Don't forget about vitamins as well as the macro and micro nutrients which need to be ingested for regulatory purposes and are the essential components needed to remain at good health.

Nowadays, the most serious concern is iron deficiency, which may result in anemia and currently affects over 25% of world's population. A good source of iron is obviously meat, however, there are also many alternatives for vegetarians as almost all "green" vegetables are iron-rich. Some of the examples include: spinach, kale, peas or nuts.

Next thing is sleep. I know that it is difficult to sleep 8 hours every day when you have loads to do, but it most often is the case of good time management. That is why, when you start IBIII, a calendar should become your best friend. In this way it is easier to keep track of what is coming up in the following week. It might seem an 'old-fashioned' way of remembering stuff when you compare it to noting things down in your phone, but believe me - it really is a good method. Not only will it help to plan your



day according to the number of duties, but it will also allow you to sleep at least 7 hours a day, which is the absolute minimum to still stay focused the next morning.

It is pointless for me to say how bad it is to drink coffee or energy drinks – you probably will do this anyway. I also do it from time to time. Nonetheless, I'm begging you, have your limits. Not only you may quickly become addicted, but you will surely increase your anxiety and stress levels. Long term drinking of energy drinks may cause severe heart problems and headaches. Trust me – you will have enough problems already and health issues will only make you feel uncomfortable and decrease your ability to stay focused.

There are two types of people in this world. The ones who struggle to concentrate, for whom studying is a real life nightmare; and those who find memorizing the solubility table entertaining, who study constantly without knowing the boundaries of healthy approach to learning. Obviously both examples are exaggerated

and pretty extreme, but the conclusion I'm trying to reach, is that in order to remain fully capable of achieving your goals, it is crucial to take care of finding a balance between school and leisure. A good idea would be to practice some sport, which will not only help you to stay fit but also aid in releasing the tension which accumulates throughout the long week of constant deadlines.

You probably heard it a thousand times already but I just want to remind you that writing internals and the extended essay during the summer vacation is a VERY good idea because there is genuinely no time to do it in IBIII.

Overall, having written the mocks and being a little over a month from the final exams, I can state that following the few simple rules and guidelines mentioned above may truly help you in surviving the IBIII, without becoming an IB DP zombie.

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