

AIS International Newsletter

Striving for International Mindedness

Christmas Edition

Tuesday, 20th December 2016

Giving Thanks

We are nearly at the end of the first school term. The weeks seem to be flying by! We have had our first snowfall, practiced skating on the icy streets and are now bracing ourselves for the heavy snow! Some of our students would have celebrated Thanksgiving in November. No matter what your nationality, your location or daily life - there is always something to be thankful for.

I often give thanks when I am drinking a cold glass of water - something so simple, yet it is able to give me an intense feeling of satisfaction when I am thirsty! It makes me think how I would feel to be thirsty and not be able to quench my thirst with this wonderful gift! Water - a simple substance can easily be taken for granted. For some it is plenty, for others, scarce.

Challenge yourself to think of something every day that you are thankful for. No matter how small it is - the positive impact it has on your life (or someone else's), might be bigger than you think!

Thank you all, for taking the time to read our International Newsletter!

--Ms. Deborah Nyberg (Editor in Chief)

Some of the Newsletter Crew were asked what they are thankful for...

Kaia: My home and education

Sofia: Education and my family

Suprita: Education and my family

Nithya: Being in an International School and having fun!

Julia: My kind and caring family and friends

...and they are all thankful for being in the International Newsletter and I am very happy to have them in the Newsletter Crew! x

The Christmas Season

Billions of people around the world celebrate Christmas! Although both Christians and non-Christians celebrate Christmas, Christians, by far, make up the majority of people who celebrate it, connecting it to their belief and celebration in the birth of Jesus Christ, the Saviour of mankind. Although the exact birth of Jesus Christ is unknown, Christmas is celebrated on 25th December, each year, at the same time as other festivals (although some countries celebrate it just before or after). Christians use the season to celebrate the birth of Jesus and the advent of his Second Coming, through Bible study, family and fellowship gatherings, and rejoicing through song and prayer. Emphasis is also put on helping the needy and the less fortunate in society, as one of Jesus' main teachings was that people should love one another. One of the ways churches, charity organizations and local businesses help the less fortunate is by collecting food and other practical items to hand out during the season. Many people think that Christmas has become very commercialized, with more money being spent every year, which they feel causes a lot of stress and dilutes the meaning. The Newsletter Crew were very enthusiastic about creating ideas about how people could think less about money, gifts and other material things at Christmas time and more about giving gifts that are free, but priceless!

Merry Christmas and Peace Be With You!

JUL!

The exact meaning of the word Jul is unknown. According to several online sources, it is not a direct translation of Christmas, as it was apparently used before Christianity came to Norway, however, it has become synonymous with the Christmas celebration, for many Christian Norwegians, who celebrate Jul, on 24th December, in the same manner as other Christians around the world, on the 25th.

God jul! Fred være med dere!

The Newsletter Crew

Our Newsletter Crew is made up of talented students who volunteer their time and make valuable contributions to the newsletter. They are dedicated, enthusiastic students who really like the work involved in the newsletter.

The Aim for the Newsletter Crew

Our aim is to give our students the chance to interact with their local, national and global community through realistic work experience.

The current positions we have are

Reporters
Writers
Photographers
Designers

Within these categories are a variety of jobs that the students can choose from. The jobs can be done by any student who is interested in the position, regardless of which grade they are in, as the jobs are given based on motivation, dedication and skill.

Please encourage your child/children to participate in the newsletter. The assigned work does not take much time and is great work experience for the students!

We now have our new Newsletter Crew members on board! A big thank you to those students who volunteer their time, efforts and enthusiasm!



THE MEANING OF CHRISTMAS

Some of The Newsletter Crew have written down their thoughts on the meaning of Christmas.

The meaning of Christmas!

by:Kaia :)

The meaning of Christmas is mostly JESUS! (i)

The meaning of Christmas is not presents, it's family, friends and JESUS!

You have to be thankful for your gifts and be thankful for everything you have!

Celebrate nicely with your family.

Have EVERLASTING fun while celebrating Christmas!

Christmas

by Sara

Christmas for me is a time to spend with your family.

Christmas

by Nithya

I do not celebrate Christmas but I do like spending time with my family

Christmas

by Sofia

Christmas means a lot to me because you get to spend time with your family

THE NATIVITY

SFO MADE A LOVELY NATIVITY SCENE IN THE SFO AREA!



THE GIFTS OF CHRISTMAS

The celebration of Christmas brings thoughts about the wise men giving the gifts of gold, frankincense and myrrh to the infant Jesus. While there are various thoughts on why these specific gifts were given, there is a general understanding that there was heartfelt meaning behind the gesture.

As we approach the Christmas celebration, we can also think of a heartfelt gift that we can give - a small token of love that may or may not cost anything. Spending lots of money on presents that have no heartfelt meaning has become a tradition or habit for many, that is very hard to break. The Newsletter Crew have thought about how we can reduce the stress and cost these habits bring and increase the awareness of why focusing on giving from the heart is the better option for every season.

Christmas Ideas

By Suprita (4th grade)

You do not have to do this but you can if you don't want to waste paper

- Instead of using wrapping paper to wrap a present, you can decorate a box and put your present inside.*
- You can make a present instead of buying a present because you won't spend so much money*
- You can also give a ticket as christmas present, so you that can spend time with your family. For example, a ticket for 20 minutes of daddy time.*

CHRISTMAS

by Nithya (4th grade)

How can we make the giving of gifts more meaningful?

People who do celebrate Christmas:

You can make the giving of gifts more meaningful if you don't always give it to people who are your friends. As for wrapping paper, as my classmate Sara said, we can easily waste paper using it this way and paper costs a lot of money! You can spend that money on a gift (without wrapping paper), or maybe make a donation to people who are living in poverty and need money to feed their family members. It's just as kind as giving presents to your family members.

So I say do your best and have a

Merry Christmas and a Happy New Year!

Christmas ideas

by Prerna

Every Christmas lots of people buy presents. But when we buy presents, do we truly give the presents with our heart?

The Newsletter Crew have come up with some ideas to

Make presents or cards instead buying
Recycle wrapping paper
Show you love the person with your actions
Help with chores or do something nice for the person

Christmas ideas

by Charlotte

Bake something, make origami or decorate candles
Tie presents with string, not tape
Spend time making something
Spend the time with your family

Christmas Ideas

By Kaia

Do not throw lots of wrapping paper away

LOVE your gifts from your parents

Love JESUS and your PARENTS forever and ever!

Having fun at Christmas

by Suprita

You could help your family with the dishes, the laundry, setting the table, etc.

You could help your siblings or even show you are good at something by showing it to your parents or your relatives

You can spend time with your family and do what your parents like to do or play with your siblings

Giving presents that are homemade – they could even be cards. It could be that you and your family

CAROL SINGING

Growing up, I remember going around, door to door singing Christmas carols, as the Christmas season approached. I haven't seen any carol singing, of this kind, in Norway. This year, I will be part of a group of carol singers, that will start this tradition of singing carols door to door, each year, during Advent. ✕

--Ms. Deborah (Editor in Chief)

Here is list of some of the more popular Christmas carols. You can find them on Youtube and Spotify. The links after the songs give you information about when and who composed the carol, as well as a short music sample.

English Christmas Carols

Silent Night

(https://en.wikipedia.org/wiki/Silent_Night)

O Holy Night

(https://en.wikipedia.org/wiki/O_Holy_Night)

Hark! The Herald Angels Sing

(https://en.wikipedia.org/wiki/Hark!_The_Herald_Angels_Sing)

O Come, All Ye Faithful

(https://en.wikipedia.org/wiki/O_Come,_All_Ye_Faithful)

Away in A Manger

(https://en.wikipedia.org/wiki/Away_in_a_Manger)

Joy to The World

(https://en.wikipedia.org/wiki/Joy_to_the_World)

The First Nowell

(https://en.wikipedia.org/wiki/The_First_Noel)

God Rest Ye Merry Gentlemen

(https://en.wikipedia.org/wiki/God_Rest_You_Merry,_Gentlemen)

O Little Town of Bethlehem

(https://en.wikipedia.org/wiki/O_Little_Town_of_Bethlehem)

Norwegian Christmas Carols

Glade jul

Deilig er jorden

Et barn er født i Betlehem

Tenn lys

Na tenner vi var adventskrans

Deilig er den himmel blå



MERRY CHRISTMAS & THANK YOU, CHARLOTTE!



I'd like to take the opportunity to recognise and thank our most dedicated International Crew member, Charlotte, grade 6. Charlotte has been a member right from the start and both supports the crew and myself through her excellent work, ever flowing ideas and moral support! It is students like Charlotte, who make me make that extra bit of effort, even when I am feeling tired, because I know she is counting on me and I in return, count on her, to turn up at my door, asking me for updates and giving me encouraging words when deadlines have passed!

It is very easy to see that Charlotte displays all of the IB Learner Profiles!

Knowledgeable

Charlotte is always willing to share her knowledge about diverse subjects and uses her knowledge to enhance her skills as well as help others enhance theirs.

Reflective

Charlotte is very good at reflecting on past decisions or experiences and using that new understanding to help herself (and others) move forward.

Inquisitive

Charlotte is never afraid to ask questions to increase her knowledge and understanding!

Thinker

Charlotte is always thinking of new ideas and takes on-board the ideas of others

Communicator

Charlotte is known for her excellent verbal communication skills! She also has very good body language when communicating with people - she is an all round communicator!

Open-minded

Charlotte is open for new ideas, solutions and discussions. She uses her excellent communication skills to convey her open-mindedness.

Risk-taker

Charlotte is good at taking on challenges, with a smile!

Balanced

Charlotte takes responsibility for her education and cherishes her family life.

