

# AIS International Newsletter

Striving for International Mindedness

13th Edition

Monday, 27th March 2017

## EDITION FOCUS: PEACE

I recently had news of the passing of a loved one. Although I am shocked and saddened, I was given an immediate and wonderful sense of peace by Jesus, through prayer. In this world, we look to many different sources for a sense of peace in times of trials, strife, grief, confusion and happiness. I will be asking the Newsletter Crew where they find their sense of peace: The kind of peace that makes you smile even when your heart is broken, that fills your broken heart with hope, thoughts of better days to come and feelings of warmth and comfort. Peace chases away fear and doubt, that often want to take over in challenging times. Peace is finding rest at a moment in time, even when there is chaos. It is not giving up, but accepting things as they are, with the hope, faith and trust of something better to come.

**What if I don't feel peaceful? Can I fake it until I find it?** It is not a good idea to fake anything. Genuine heartfelt feelings enable us to be truthful with ourselves and with others. We have our own will, so we can make the choice to do something peaceful, with the genuine intention of wanting to be a better person.

A while back, I started using, "Peace be with you," as the farewell greeting to my students, when my lesson had ended. They really liked it and I understand why, since peace transcends so many layers of communication and cuts right into the core of our being. To wish someone peace, from the heart, is a pure act of love and to love one another, is the ultimate goal. The Newsletter Crew have come up with ideas about how we can show one another actions of peace in our everyday lives.

Peace be with you all <sup>(i)</sup>

—Deborah Nyberg (Editor in Chief)

## GRADE 10 INTERVIEW

We will be following our 10th grade student, Sophia, throughout the rest of the school year, up to her graduation. We look forward to several interviews with Sophia to record her personal interests and insights about life in the 10th grade.



## PEACE AS EDUCATION

All of the IB Profiles can be used to promote a peaceful environment.

We can use our **inquiry** skills to find peaceful solutions that aim to strike a **balance** between our own well-being and that of others.

We can take this new **knowledge** into discussions, where we can **communicate** these ideas using our critical **thinking** and **reflection** skills, while being **open-minded** to the thoughts and ideas of others. Being in such discussions take **courage**, as we will need to present our ideas, even if there is a chance others will not understand or accept them. Being **principled** will help us stand by what we believe to be right and true, so that we can relay our peaceful solutions to others in a respectful and **caring** way.

The International Baccalaureate® aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

<http://www.ibo.org/about-the-ib/mission/>

## A NEW YEAR

This is our first publication this year so, Happy 2017! Another year, that brings possibilities, challenges and new accomplishments. No matter what your thoughts are about what this new year might bring – one thing is for sure, there are many things to be thankful for!

**A New Year's Resolution:** This is a firm decision made on New Year's Eve or New Year's Day to do or stop doing something over the course of the coming year. Have you made a New Year's resolution?

## 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!

**A BIG THANKS** to all our Newsletter Crew members that work hard on each edition.

## The Definition of Peace

**PEACE**, noun

In a general sense, a state of quiet or tranquillity; freedom from disturbance or agitation; applicable to society, to individuals, or to the temper of the mind.

<http://webstersdictionary1828.com/dictionary/peace>

How would you define peace? Here are some words that are associated with peace.

- Divine
- Love
- Righteousness
- Calmness
- Lack of anxiety or stress
- Happiness
- Contentment
- Healthy
- Joy

## Where do you go to get a sense of peace?

If I am stressed, I count to 10, then take 5 deep breaths. You can also meditate.

**Julia, grade 4**

When I am sad, angry or upset, I go to my room and read a book or lay down - this calms me down.

**Maile, grade 5**

When I am stressed I sit down on the ground and then I just think of nothing and be calm and quiet for a little while, then I usually feel much better than before and I'm no longer stressed. I also just breathe in for 3 seconds, hold my breath for 5 seconds, then breathe out for 3 seconds.

**Sara, grade 4**

I find peace when I speak to my budgerigar, listen to music, sing, draw, write in my diary, run away and breathe fresh air and think.

**Charlotte, grade 6**

I find peace when I draw, talk to my friend, listen to upbeat songs and look at old pictures.

**Pragya, grade 6**

Sometimes, if I can, I like to go in the forest. A lot of the times when I need some quiet time, I like to draw whatever comes to my mind, or listen to Studio Ghibli or dubstep music to find my peace.

Sometimes, what really gives me peace is when I think of my perfect world of fiction in my mind, which I like to draw, after thinking for a long time.

**Amaris Beate, grade 7**

## How can we give peace to others?

Hug one another. Complement each other.

**Julia, grade 4**

You can help them with something when they feel weak and sad. You can also go on a walk with them to calm their minds. You could always go to a nice candy place.

**Kaia, grade 4**

You can give a present reminding them how they played and lived with them and after a few days later, they will become happy again. **Nithya, grade 4**



If someone is upset or sad you can: Give them something they like, give them a compliment or you can take them to a place they like.

**Prerna, grade 4**

You can give them a nice compliment, and tell them how beautiful they are every day. You can give them a picture, maybe of them and yourself, reminding them how much they mean to you.

**Amaris Beate, grade 7**

Show love, give a hug, give a compliment

**Charlotte, grade 6**

You can give simple but kind compliments to people. You can say something like, I really like your outfit today! That is nice and kind and people like that sort of stuff.

**Maile, grade 5**

You can give people peace or comfort by spending more time with them, if they need support. If they are feeling a bit down about themselves, then you can help by giving them compliments and hugs..

**Pragya, grade 6**

I show peace when I share things with my family.

**Maxmillian, grade 3**

You can give hugs to your family.

**Sofia, grade 4**

You can give people peace or comfort them by spending more time with them, if they need support or they are feeling a bit down about themselves, then you can help by giving them compliments. If they are lonely and don't have any friends and would like to talk, then you can talk about funny stuff that happened a long time ago. -**Suprita, grade 4**

## Describe a peaceful place

The most peaceful place that I know is my room. Sometimes I take my yoga carpet and meditate. If I'm not in my room, then I usually close my eyes and think about something I like and I don't get distracted by my surrounding. When I do that I feel as if I have left the world and am living in my mind. It is very relaxing. You should try it!

**Sara, grade 4**

### Forest Dreams

Close your eyes and imagine that you are running barefoot through the forest. You run across the soft moss, you stop, look up to the top of the trees, you see sun rays piercing through the thick layers of leaf that lay on the trees, your eyes slide across the blanket of leaves you spot a hole in the roof of trees the light is blinding your eyes. You look at the ground and see a little bed of flowers in a corner huddled together and there is another bed of flowers in the middle of your path, you keep walking on you walk through the patches of flowers. Once you are on the other side you lay down in the soft moss under a clearing. You feel the warm sun on your face and you feel like you could just drift off into a land of dreams. Minutes later, you get up and keep walking. Soon you come to a stream, you follow it and soon come to a little water-fall (for fairies). You think and listen to the water-fall. You cross the stream, the warm water flows over your feet, you continue till you come to a rocky hill. You climb to the top and lay down in the evening sun. You lay there and doze off... when you wake up your feet are cooled from the water and you decide to go home.

**Charlotte, grade 6**

A place where I find peace, is in my home inside my bedroom because I can do whatever I want and it is very relaxing. Sometimes I like to draw a world I would like to live in and I draw my dream house.

**Pragya, grade 6**

My peaceful place is a dreamy castle where there is beautiful sunshine and a crisp night with beautiful beds for my dad, mom and sister. I think summer, winter, autumn are seasons that are going to help us with growth

**Nithya, grade 4**

## ROAD TO GRADUATION

Sophia started at AIS in the autumn of 2015. She is a bright and confident student, who displays a lot of the IB Profile Attributes.

Nationality: American/Norwegian

Languages: English, Norwegian and some Korean.

Sophia was very willing to share what her passions are: dancing and reading!

### DANCING

Sophia trains with modern, jazz and ballet, 4 times a week at Bølgen Studio in Arendal.

Sophia loves dancing in front of a crowd. She also loves to watch other dancers. She describes dancing as very beautiful self expression.

Her favourite is the Russian Ballet Academy. She also enjoys watching gymnastic floor and dance events.



### Information on Bølgen Studio

Bølgen dance studio has:

Ballet

Pre-point and point (tip toe)

Jazz

Modern

Hip Hop

and other dance classes for younger children

<http://bølgendansstudio.no>

Inspired? Give them a call and see if there is a class that suits your style!

## FUN FACTS



- ★ Sophia started formally dancing when she was 3 year old!
- ★ She has taken cheerleading classes.
- ★ Has done different sports: volleyball, hapkido, track and field and shot put.
- ★ She started competing in shot put in 6th grade, in the USA and was also coached in Norway, where there are very few shot putters. She competed in Bergen, in 2015 and had a rank in the top 3!
- ★ Due to her passion for books, Sophia volunteers in the library, twice a week.
- ★ Percy Jackson books inspired her to read more about Greek Mythology!
- ★ Sophia's goal is to read 50 books a year. In 2016, she doubled this goal, reading over 100 books!
- ★ Sophia buys a lot of books online in the form of kindle or ibooks.

Don't be surprised if you see Sophia's name on the cover of a book one day! She has lots of ideas for stories and keeps track of all her ideas!

### Some of the youngest authors in history

- ❖ Alexander Pope: Wrote his first poem at 12 and his first major work was published at 21 years old. He is considered the greatest English poet of the 18th century.
- ❖ Jyoti and Suresh Gupta: Finished their first draft of their epic fantasy at just 11 years old!
- ❖ Mattie Stepanek: He started writing poetry at 3 years old and went on to be the best-selling author of five poetry books, before he was 14 years old.
- ❖ Daisy Ashford: Dictated a story to her father, which was later published, when she was just 4 years old!
- ❖ Christopher Beale: Completed a novel when he was 6 years old.
- ❖ Dorothy Straight: Is the youngest published author, ever because the story she wrote for her grandmother when she was four years old was published.

## LOVE OF BOOKS

Sophia loves books! She'll read pretty much anything, as long as it has a good plot line.

When it comes to non-fiction, she likes History and Mythology books. Her favourite fiction books in science fiction are dystopian – this is when the story focus on a society that is completely the opposite to the author's opinion or values. Sophia has read the Hunger Games and Divergent series

### Tvedestrand (Book Town)

Sophia enjoys visiting book shops in Tvedestrand, which has gained the name, "Book Town," because of the sheer amount of books it has – around half a million, in a town of only just over 6000 people! Sophia enjoys old 20th century novels due to the old fashioned language and opportunity to learn about the way the society was back then, especially concerning how the values of the young adults and how it compares to our society now.

The different worlds that fantasy books offer, can often sweep Sophia away. They give her a lot to think about – their characters, storylines, hidden morals, experiences. However, she does not just read any fantasy book – it has to have a good plot line.

Have you been inspired to read? Visit a local library!



# THE 10th GRADE PERSONAL PROJECT

The Personal Project is an independent piece of research, probably more time consuming than anything the 10th grade students have done before. It gives the students opportunities to focus on an area of personal interest and to expand their knowledge of a chosen subject. The Personal Project is a requirement from the International Baccalaureate Organization (IBO). Through the Personal Project the students get a chance to demonstrate what they have learned through the Middle Years Programme.

## SOPHIA'S PERSONAL PROJECT

### Project Goal

- Learn more information about the topic of 'learning styles' and use that information, through a website, to educate and help others.
- Create her own website that would be pleasing to look at and contain useful information.

### Challenges

- Limited knowledge of learning styles
- Limited knowledge of website design and creation

### Research

- Research was done via books, internet websites, videos and interviews.
- Dr Erica Warren, an Educational Specialist with a practice based in New York, proved to be a reliable and valuable source of information.
- The book, "Multiple Intelligences allowed Sophia to learn about the different styles Dr Spencer Kagan and Miguel Kagan believed to exist, and how they recommend teachers handle teaching to these styles.
- After some research, Sophia chose Wordpress as her website design tool. Her intention was to explain the different learning styles that professional educators recognize and the style of learning that she had come across herself or in others.

### Time Management

Sophia set deadlines for herself to manage her time and an action plan to manage the amount of work she intended to do. She monitored her progress, throughout the project, by writing in a process journal - this included things she had either finished, important discoveries or vital to her project.

### Taking Action

Sophia set out to create an informative website that could be used by both students and adults. In order to do this successfully, she needed to focus on the appearance, to appeal to both groups. Sophia had eight different people test out the website to make sure she had accomplished her goal of appealing to both students and adults.

### Furthering her knowledge

Sophia started out knowing two different learning styles. Now she can explain eight different learning styles, what they mean and how to work with them. Sophia also increased her knowledge in technology, through the building of her own website.

### Development of ATL (Approaches to Learning) skills

- Demonstrated self management skills by creating a personal action plan and deadlines Research skills thorough investigation into learning styles and website design
- Thinking skills through the transfer of knowledge of the different styles and use of her observations of other students to create questions suitable for her quiz, website, and overall project.
- Communication and social skills were shown by the interviews and emails exchanged with specialists, and collaboration with others when evaluating her product.

Here is the link to Sophia's Learning Skills website

<https://learningstyles101.com.wordpress.com/>

## My sense of peace (continued)

When I get a cuddle from mummy, daddy, Ferdinand and Charlotte. -Maximilian, grade 3

I find peace when I color pictures ,when I play with my friend and when I go to the forest. -Sofia, grade 6

## Peaceful places (continued)

Photography: Yvonne, grade 9

Imagine your feet in a warm silky smooth sand on a endless long beach. The ocean glittering in the sunlight it's fantastic royal blue ocean waving to and fro. You put your feet in the heated ocean. The hot sun on your skin. The water rising against your sides soon you are swimming with the fish. You have gone so far down you can see a palace. You swim to it and open the door. You realized you can now breath. You feel the palace is yours and just yours. You walk around looking. You find a chair sit down and look out onto the silvery royal blue ocean outside the window. You sit and stare you relax watching the ocean. You walk out of the palace and swim to shore. You walk down the the beach hopping and skipping down the pleasant silky sand once again. You walk some more for then you find a picnic. You find you are starved. When you are filled. You look upon the beach you had walked and the adventure you had. You feel it is your ocean your palace and most of all your beach.. You sit there looking upon your silvery sand the royal blue ocean which makes your beach.

Maile, grade 4

*The most peaceful place that I take my yoga carpet and I room then I usually close my I like and I don't get distracted that I feel that I have left the is very relaxing. You should try*

-Sara, grade 4



*know is my room. Sometimes I meditate. Or if I'm not in my eyes and think about something by my surrounding. When I do world and living in my mind. It it!*

I think that my bed is a nice and peaceful place for me to calm down and take a deep breath, then I feel nice and peaceful! The most peaceful place that I know is my room. -Julia. Grade 4

My peaceful place would be a giant house with four bedrooms for my family. Outside it is nice and sunny and I have a dog and a personal swimming pool. -Prerna, grade 4

My peaceful place is a rain statues meditating and a waterfall and a lake. On on the trees there are tweeting and it's sunny. insects. -Maximilian,



forest with lots of Buddha rainbow. There is a the rocks there is moss and vines. There are birds There are deers and grade 3

My peaceful place for me: Relaxing music,soft cushions like clouds and my favorite food. -Suprita, grade 4

I would go to a pool if I wanted peace and I would go with a friend so we could just chill on a chair with a drink. I would also go for a walk and listen to music. - Kaia, grade 4



## General Announcement

I am happy to announce a new position in the Newsletter Crew. Charlotte now has the role of the Assistant Editor. Charlotte has been with the Newsletter Crew since the AIS International Newsletter started in April 2015. She is one of our most dedicated members. We featured her in our December Edition (link below), as a thank you to all of her hard work!

[http://www.aischool.no/wp-content/uploads/2016/12/ChristmasEdition\\_InternationalNewsletter\\_2016-2.pdf](http://www.aischool.no/wp-content/uploads/2016/12/ChristmasEdition_InternationalNewsletter_2016-2.pdf)

Charlotte has already “rolled her sleeves up” and started on her list of responsibilities. Her first goal was to update the Newsletter Crew identity badges and make them available for all crew members.

*Thank you again, Charlotte, for all your hard work! x*

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## The AIS International Newsletter Crew

The Newsletter Crew typically work during their first break one or few times a week. With each newsletter, they learn different skills, that include: time management, IT, communication, teamwork, inquiry, reflection and open-mindedness.



**We look forward to our next edition, at the end of April!**

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### Source Information

Peace and love heart:

<http://www.boutique-jourdefete.com/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/c/o/confettis-autocollants-hippie-peace-and-love-turquoise.jpg>