

DISNEWS

DELEDDA INTERNATIONAL SCHOOL NEWS
A.S. 2021-2022 N°3





I

Multilanguage corner3

N

Intervista doppia - Palma e Piano4

Welcome Katherine5

Cooking with teachers6

D

Pride month & Dis is love8

Escuela media y los viajes9

Curiosities on teachers10

E

STEM competition12

Kangourou and Personal Project13

Intercultural Eating14

X

Better focus and productivity15

MUN in New York16

Monet et moi18

The Snake Bag artwork "remake"19

The Funny Thing About Time20

Auction - Art in Action21

Primary 1 and the Environment22

Primary 1 & Global Goals23

Baby teachers24

Un'amicizia che cambiò il mondo26

Acupuncture27

I capisaldi del DIS28

Trivia Disnews30

"Hugs not drugs"31



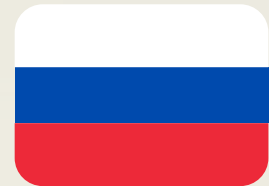
Multilanguage Corner

La diversità è ciò che ci rende unici



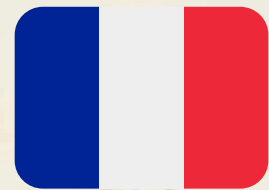
Diversity is what makes us unique

**Разнообразие делает нас
уникальными**



**різноманітність – це те, що робить нас
унікальними**

La diversité est ce qui nous rend uniques



Vielfalt macht uns einzigartig

La diversidad es lo que nos hace únicos



多样性使我们与众不同。



Intervista doppia



Sara Piano



Chiara Palma

Cos'è qualcosa che le ricorda la sua infanzia?

Andare la mare con i miei nonni alla nostra solita spiaggia a Priaruggia tra Quarto e Quinto

Il peluche di un gattino che mi hanno regalato quando sono nata

Qual era il suo lavoro dei sogni da bambina?

Vendere libri, da piccola spesso giocavo a fare il banchetto dei libri e li vendevo a mia madre

Fare il veterinario

Che materia insegna e per quale motivo?

Chimica perché è un po' la mia materia, mi è sempre piaciuto insegnarla

Laboratorio di chimica per riprendere quello che ho studiato dato che sono uscita dall'università solo un anno fa

Qual è il suo libro preferito, la sua canzone preferita e il suo film preferito?

Film: Interstellar; Canzone: le canzoni dei Muse; Libro: Un libro che ho letto e riletto è L'Ombra del Vento

Film: Iron Man della Marvel, il primo; Canzone: I Don't Want to Miss a Thing degli Aerosmith; Libro: Percy Jackson, è il primo libro che ho letto, e che mi ha appassionato

Qual è il cibo più strano che abbia mai assaggiato e pensieri su di esso?

Un insaccato fatto di carne e interiora che ho assaggiato in Spagna, abbastanza traumatico anche per me

Quando sono andata in Romania ho assaggiato un tipo di carne fatto da interiora tritate, un'esperienza a dir poco traumatica

Qual è il modo migliore per passare una giornata di pioggia chiusi in casa?

Film o serie TV, divano o letto e invece che tisanina prosecco

Divano, copertina, film preferito e tisanina

Quel è un cibo che potrebbe mangiare tutti i giorni a colazione, pranzo e cena senza stufarsi mai?

I tortellini al burro e noce moscata che fa mia mamma, sono da morire e a Natale mangio solo quelli

Il gelato

Ha dei piani per quest'estate? Quali?

Voglio prendere la macchina e fare un giro fino in Spagna: andare un po' a caso, dormire e mangiare dove si vuole, trovare qualche concerto e tornare indietro il più tardi possibile

Sono anni che con i miei amici pianifichiamo di andare un giorno a Gardaland, quindi voglio assolutamente passare un giorno della mia estate a Gardaland

Welcome Katherine

I am from Odessa. My name is Katherine.

I danced street-dances. Usually something like Jazz funk. And I sang a lot. I even used to take part in some competitions.

I started reading books and watching videos about astronomy. Actually science and math were my main interests during the last year.

I thought that Italians ate only pasta and pizza. Now I can say that it's not really a stereotype, but the truth. Also I thought that in Italy people are extremely fashionable, however I have already discovered that they are in Milan.

Once a girl asked me if I thought that Italians actively gesticulate while talking. I had never known about this stereotype. However, in a minute I discovered that it is true.

I like Italian architecture. That each house has blinds and Genova looks like a single whole. And the fact that you sort and recycle.

Italians are very stringent when it comes to vaccination. People can do nothing without having it and without wearing a mask. Also if you want to find a flat or ask the government for help and so you need to provide an extensive amount of documents and then wait quite a lot to get what you want.

And living in Italy is expensive. Especially food and an accommodation.

Now it seems hard for me to study here, but I think, if I started studying in this school from the beginning, it wouldn't be so hard. I like that school is focused on practicing and analyzing things by your own. I'm grateful that this school exists because I wouldn't be able to study at an educational institution where everything is in Italian.



In cucina con i prof : un viaggio nella cucina della Prof.ssa Carrara e del Prof. Valentini

La professoressa Elena Carrara e il professore Nicolò Valentini sono cresciuti entrambi in ambienti familiari e domestici dove la cucina aveva sempre un posto a tavola. In America e in Italia, gli insegnanti hanno da sempre percepito l'importanza della cucina e comprendono l'importanza di provare cose nuove.

Oggi ci portano due ricette sfiziose e semplici da preparare. Il prof. Valentini ci porta le linguine al nero di seppia, ricetta tipica ligure e perfetta per una serata con gli amici.

La prof. Carrara invece ci porta la ricetta dei brownies, cibo con cui è cresciuta fin da piccola e che continua a cucinare ai suoi figli oggi .

Brownies

Procedura

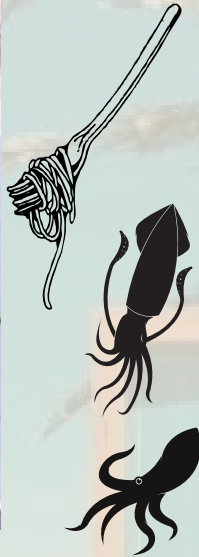
- sciogliere il cioccolato e il burro in un pentolino
- mescolare da parte insieme: uova, zucchero, vanillina e sale
- aggiungere il cioccolato e sopra la farina a poco a poco
- cuocere circa 30 min in forno a 180°
- l'interno deve essere morbido



Ingredients

- 112 cioccolato amaro
- 100 g di burro
- 3 uova
- 300 g di zucchero
- una bustina di vanillina
- pizzico di sale
- 96 g di farina

Linguine al nero di Seppia: Ricetta del Prof. Valentini



Ingredienti

- Linguine, spaghetti, bavette o qualsiasi altra pasta lunga spessa
- seppie per 4 persone
- aglio 2 spicchi
- olio d'oliva
- 1/2 bicchiere di vino bianco
- acciughe sott'olio
- passata di pomodorini 200/300 gr
- sale e pepe
- buccia di limone



Procedura

Tagliare i due spicchi d'aglio a metà, togliere l'anima verde e tagliarli a pezzettini molto fini (poi togliere lo spicchio). Tagliare i due filetti di acciughe in pezzettini piccoli. Le seppie di solito me le faccio pulire in pescheria che non ho mai voglia di farlo a casa. Basta trovare la pescheria di fiducia giusta. Partendo dal fatto che le seppie sono già pulite, basta sciacquarle ed eventualmente eliminare i residui rimasti. Lavare bene le seppie sotto acqua corrente. Tagliare le seppie a tocchetti o listarelle (non fatele microscopiche) e lasciare i tentacoli interi. Tenere le sacche col nero di seppia da parte. Tritare il prezzemolo. Grattugiare un po' di scorza di limone. Tagliare il peperoncino. Versare in una padella un po' d'olio d'oliva e l'aglio tritato. Cuocere a fuoco minimo. Quando inizia leggermente a ribollire mettere i filetti di acciughe. Aggiungere un filo d'acqua di cottura per facilitare la cottura delle acciughe. Quando le acciughe saranno sciolte e avranno fatto una sorta di cremina, aggiungere le seppie tagliate. Mescolare e fare rosolare per un po'. Quando l'acqua delle seppie si sarà ritirata a sufficienza versare il vino bianco e alzare la fiamma al massimo per far sfumare. Una volta sfumato far ritornare la fiamma vivace (ma non più al massimo). Far rosolare ancora un po' le seppie e poi aggiungere un po' di passata di pomodorini (o di pelati). Mescolare bene. Aggiungere un pizzico di zucchero (non tanto, giusto un filo per togliere l'acidità) e pepe a piacere. Quando il sugo si è addensato unire le sacche col nero di seppia dopo averle pizzicate o tagliate con coltello o forbici usate dei guanti da cucina quando lo fate che è rognoso da lavare bene). Una volta nella padella schiacciare le sacche con un cucchiaio di legno per far uscire tutto il contenuto (se il sugo è molto addensato aggiungete un filo d'acqua di cottura per far sciogliere meglio il nero). Mescolate bene. Quando mancano 5 minuti alla cottura della pasta scolarla e unirla al sugo e far ultimare la cottura nella padella col sugo così assorbirà di più il sapore e rilascerà un po' d'amido che renderà la pasta più cremosa. Per questo vi serve una padella bella capiente. Se non ce l'avete allora unire la pasta al termine della cottura in pentola. Mescolare bene e servite.



PRIDE MONTH



What is LGBTQ+ Pride Month?

The LGBTQ+ Pride Month is an opportunity for the LGBTQ+ community to celebrate their history and achievements and has been going on since the 1969 Stonewall Riots in NYC.

The celebrations include pride parades, parties, workshops, music festivals and picnics.

This year Pride will be celebrated in Genova the 11th of June; any member of the LGBTQ+ community as well as allies can participate.



ALL

FOR

LOVE



DIS is Love



MIS RECUERDOS EN LA ESCUELA MEDIA

Yo recuerdo mis años en la escuela media con nostalgia y cariño porque fueron años lindos que conservo en el corazón. Me acuerdo de forma especial de mi profesora de Italiano e Historia. Teníamos muchas horas con ella y en tres años se convirtió en una segunda madre para nosotros. Tenía muchos amigos, ahora que estamos en diferentes colegios no tengo más contacto con algunos, pero a otros los veo todas las semanas y ahora los considero mis mejores amigos. Lo peor que pasó en estos años creo que fueron mis ataques de ansiedad y pánico, lo mejor fueron las personas que conocí y el cambio personal que tuve. Tengo muchas anécdotas de aquellos años más la mejor creo que es el último día de escuela. En la primera hora la profesora de italiano nos dijo que teníamos que escribir en un papel lo que habíamos prendido en aquellos años y lo que queríamos decir a los compañeros. Recuerdo que una mi amiga escribió una cosa muy bonita y yo casi lloré porque en aquel momento sentía que todo había terminado.

Esther Lai (MYP4 Green)



LOS VIAJES

Normalmente en invierno esperas ir a esquiar o pasarlo con tu familia en la montaña; yo, en cambio, en invierno nunca iba a esquiar ni a la montaña, pero con mis padres y mi hermano siempre salíamos a países cálidos, como Sudamérica o países del Este. Ese invierno, en lugar de ir a la isla de Phuket en Tailandia como cada año, mi padre decide ir a Bangkok por 3 semanas; Bangkok es una hermosa ciudad, pero mucho tráfico y llena de contaminación. Había decidido ir a Bangkok para mostrarnos cómo junto a la riqueza de esta ciudad está la pobreza. De hecho, un día fuimos a dar un paseo por el río más importante Chao Phraya. Pude notar como pocos kilómetros antes de llegar a los hoteles y edificios altos, había numerosas

familias que vivían sobre estas especies de palafitos en el agua mal reducidas. Niños y adultos, para refrescarse, y lavarse, se tiraban al río sucio, de color grisáceo y lleno de algas muertas. Lo que más me gustó fue ver los templos, budas, monjes vestidos de color naranja, y comer platos típicos, porque me encanta conocer nuevas culturas.



Mariantonietta Spera (MYP4 Green)

CURIOSITIES ON TEACHERS



Mr. Andreani

"I was born in Pesaro, where I lived until I moved to Milan to study at the university. During those years, I lived for a while in Australia and in the United States, before moving here to Genova. My course of study involves a master's degree in modern philology and I speak good Italian (I hope) and English, I try my best; I am in love with the Spanish language and I am trying to improve in this language by reading, watching movies and speaking to Senor Caraballo y los profes del colegio del DIS. I speak also un petit peu de Français y nada mas. Other languages I'd like to learn are Arabic or Japanese. I decided to be a teacher while completing my studies as I had a couple of opportunities to assist teachers in classes (starting with elementary school to then go to the university level. For me, at the end, the perfect balance was high school). I like my subject because, even though several students don't realize it at first, in the end, the course connects people across ages, times, and genres and makes us understand the importance of communication and concepts like empathy. My greatest passion is sports, I find exciting all physical activities that require a strive to do your best, mostly running and swimming. I also like to read, write (in the past when I had more free time I used to write short stories. I'll try to go back to that if work allows me to do so), travel and planning travelling. For students: remember to take advantage of any single opportunity that is given to you by your teacher here at school even though it is coming from a field where you think you are not the best or the most appropriate candidate, because you never know, from any challenge, from any new situation, you can find new ways in the journey of your life."

"I was born and lived in Genova. In my city, I love the mountains overlooking the sea if compared to other places such as France, Lombardy and Switzerland. I have a degree in physics and I enjoy this subject as it investigates the very large and the very small trying to use the same means and theories. Physics is challenging also because it has both a theoretical and a practical part. I speak Italian and English and I also know Latin but I don't speak it... Another language I'd like to learn is German. And travelling around the world is one of my passions (I am looking forward to planning new exchanges and school trips for the MYP!). I decided to be a teacher after the birth of my second daughter, as I thought it was a quieter job; I then found teaching was amazing but really hard! And remember to study some physics everyday ahaha!"

Ms. Colucci

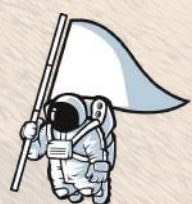
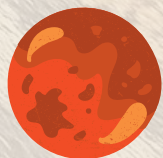
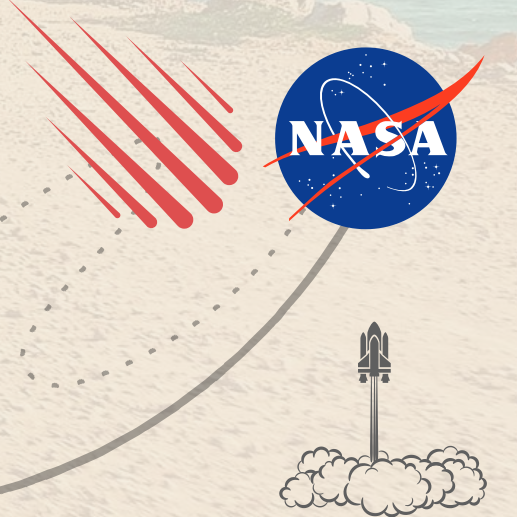
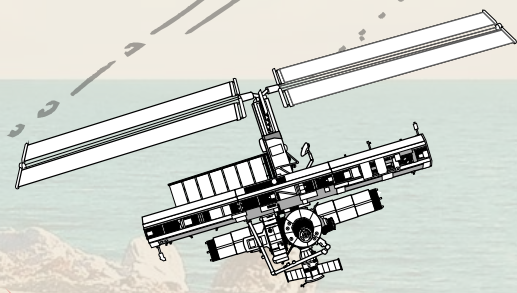
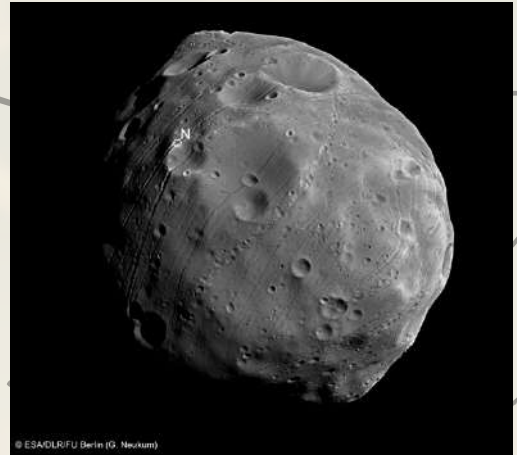


Ms. Rice

"I was born in Norwalk, Connecticut USA, I have lived in Connecticut, Vermont, Massachusetts, California, South Carolina, Belgium and now Italy. I have a Masters plus 30 (meaning almost a PhD, but we moved to Italy) in English and my undergraduate was a double major in English and History with a minor in Russian. The languages I speak involve English and Italian with many mistakes and a heavy American accent. I also studied Russian Language and Literature in high school and college. Other languages I'd like to learn are Spanish or French as I love to travel. This is one of my greatest passions together with working with young people, reading, cooking, and living in Italy and in the Mediterranean. My favourite food is either homemade black bean burritos or cappon magro. I decided to become a teacher when I was getting my undergraduate degree, I had wanted to either be a lawyer or an environmental engineer at first. Then I love to read and would like to help students love to read. I also like teaching TOK as I think it is very important to learn when you are a young adult about who you are and how that impacts your knowledge and perspective. I would describe myself as principled and as advice for students I'd say that "Education is the most powerful weapon you can use to change the world." from B.B. King."

STEM - AESOP

After winning the first round (National round) of the SDC (space design competition), several students from both MYP5 and DP1 competed in the second continent-wide European space design competition on the 3rd of April. Our mission this round was made even more challenging and demanding, the students had the task to design a modifiable and highly modular, livable hub that would have to be constructed on one of Mars's moons, Phobos. Its purpose would be to be our solar systems cultural hub. After three days of hard work, our plans and presentations were shown to the judges who would decide the sole winner of the competition. Despite the fact that all groups worked extremely hard with much dedication and great perseverance, only one group would move onto the final international round which is to be held at Nasa this coming summer. Although we didn't win the judges over with our amazing presentation, we are all extremely proud of our results and have left the competition with great new experiences and achievements.



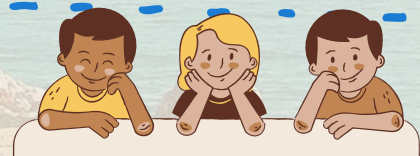


Kagourou



The kangaroo is an annual mathematical competition which has been held in our school for many years. It's an international competition held in 77 countries with more than 6 million students competing from all around the world. There are six different levels of participation from grade 1 to grade 12. "Math Kangaroo has its roots in a popular math competition started in Australia in the 1980s. The idea was borrowed and re-envisioned in France in 1991 where the competition was named "Kangourou Sans Frontières" (Kangaroo Without Borders), in a nod to its Australian origins." In the USA the first Kangaroo was held in a private school in Chicago in 1998. The problems are selected by experts from all around the world and are different for each level. "The Math Kangaroo test is 75 minutes long, regardless of level. Students in grades 1-4 received 24 questions, and those in grades 5-12 have 30 questions. For scoring, 1/3 of questions are 3 points each, 1/3 are 4 points each, and 1/3 are 5 points each. The sum of earned points is the student's result. The maximum possible score is 96 points for levels 1-4 or 120 points for levels 5-12."

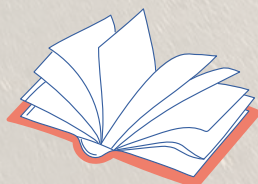
Personal project



The personal project is a project performed by every student in an international school. It consists of a project based on personal interests in which there are two main goals. The first one is the learning goal which is what you want to learn; the other one is the product goal which is what you want to create.

This process must be finished in Myp5 in December to be then exposed to other students and professors. Each student is assigned a supervisor who can be related or not to the project chosen by the student. With the supervisor the student will discuss the deadlines, the progress made, and will make sure that the student has completed all the steps needed to reach the goal.

The personal project is a way to show off passions and personal skills developed through time. The student must respect deadlines and requirements to follow in order to achieve its goal in a correct way.



INTERCULTURAL EATING

La mensa in stile asiatico ha permesso ai ragazzi di provare a sperimentare del cibo fuori dai loro confini abituali, sebbene con qualche piccolo aggiustamento all'occidentale. Ma il primopasso è stato fatto! Adesso le vere pietanze asiatiche ci aspettano, pronti a nuove avventure interculturali.



Le 22 février dernier les élèves de MYP4 et le reste de l'école qui fréquente la can ne ont pu découvrir un plat typique français : le hachis parmentier, à base de boeuf hachée et de purée. Ce plat familial et traditionnel datant du XVI^{ème} siècle est dédié au docteur Parmentier qui a popularisé l'utilisation de la pomme de terre en France, et contribua à la diminution de la misère et de la famine.

En dessert, nous avons pu dégusté une délicieuse crepe au chocolat. Qui ne connaît pas ce célèbre dessert venant de Bretagne et désormais connu dans le monde entier?

HOW TO...

Optimise your workplace for better focus and productivity?

Lighting

- The first 9 hours after awakening *your brain is the most alert* so try having as much **overhead lighting** as possible to facilitate optimised brainwork efficiency throughout the day (**ideally sunlight**, but artificial light works too).
- *Light up your workplace.* Open the window, switch on your tik-tok loop lamp or your LED desk lamp. Having light in **front of you** will help you focus better on your task.
- In the afternoon **turn the overhead lights down** and switch your **screen light to warmer** and apply other variables for focus. You don't want your sleep cycle ruined.
- IN CASE you need to pull an **all-nighter** (yes, we all sometimes procrastinate, but pls sleep is important), try keeping on **only the light you need**. But if you struggle to stay awake, **switch on the bright lights**, it will help you stay alert.



Sounds

- **Avoid** working in the rooms with humming **air-conditioners or heaters**. *White noise is tiring* for our brain and significantly decreases cognitive functions.
- Try putting on **binaural 40Hz beats** half an hour before starting working. That will prompt brain activity. However, **don't keep the beats on more than for an hour**, as they can also increase fatigue after excessive exposure.

Posture and vision

- Place your screen, phone, or book **right in front of your eyes** or even **higher**. When you are looking lower than your eye level, *the brain associates that state with calming and sleepiness* which are the opposites of being alert and focused.
- **Avoid lying down** or tilting back your head while doing work. Getting your feet above your waist level will immediately increase the release of neurons responsible for calming.
- **Mix standing and sitting** positions or **move to the different workspaces** during completing cognitive tasks. It shows to increase cognitive performance and the ability to embrace new tasks.

Timing

- **Give your brain some time** to start focusing. *We can't engage in deep focus immediately.* Be patient, your brain takes at least **6 minutes** to warm up and really start engaging in the task.
 - For every **45 minutes** of deep focusing on one point in the space, get 5 or more minutes of **panoramic vision**. Take a walk, look out the window, relax your eyes avoiding any screens.
 - After every **90 mins** of work, take at least **15-minute break** (no feed scrolling tho)
- Keep in mind that tips are nice and good, but if you keep messing up your **sleep schedule**, ignoring **whole foods** in your fridge, and falling for **checking out Instagram** stories while studying - start with managing that: