تتعدد صفاتنا وأشكالنا وألواننا، كما تتعدد طرق مواجهتنا للأشياء، و لكن ما يجمعنا هو شيء واحد، مكان واحد، و عنوان واحد هو عنوان مدرستنا، هذا ما يجعلنا فخورين بما نحن عليه، هذه هي هويتنا، وهذا هو شعارنا، لذلك نحن متمتنون لكوننا أسرة واحدة.

كلما ما نختلف في وجهات النظر، وكثيراً ما نتعرض إلى أحداث تبتعد بها عن بعضنا البعض، ولكن ما يميزنا هو كتابتنا وتعاملنا، ونعد بجهد مثاب حسب كل أفكار الفريق على رأسهم الإدارة المدرسية آخراً إلى النور جريتنا المدرسية التي من خلال سطورها استطعنا ان ننقل أخبار متعددة. وقد خصصنا هذا العدد لتغطية كل الأحداث التي أقيمت داخل وخارج أوراقنا من قبل الطلاب، كما و على سبيل إضافة بعض الأفكار مثل قسم مسلسل الطلبة وقسم الصحة، أما بالنسبة لشكل الخارجي فقد تم استيعاب الفكرة من العمارة والطراز الأندلسي الذي يلا من خلال شكل الحضارة الأندلسية العربية التي ما زالت حية كما كما فيما بإضافة قصيدة بعنوان "أرض الأندلس"، للشاعر "ابن سفر المريني، من خلال صفحات جريتنا.

رئيسة التحرير
نهاية الجضر

في آثر انذار لغيم
والى عفراً في القلب سراً

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Mashrek's Youth

ALICE IN WONDERLAND - MASHREK'S FIRST PRODUCTION

By: Rasha Gammoh & Omar Al Nasser

For years, Mashrek students have been given the opportunity to attend plays in schools all over Amman. This year, they were given the opportunity to attend one of their own, where Mashrek International School proudly presented its first production of “Alice in Wonderland.”

Word of this production spread out quickly three months a head and students’ excitement could not have been more prevalent. Everyone was rushing for the auditions hoping to be a part of this play and only the best were chosen. For months, actors and actresses of various ages pushed themselves to the limits and gave their best in order to present a show worth mentioning. That is indeed what they did.

A splendid job was done by the team of “Alice in Wonderland,” including the actors, the dancers, backstage crew, light and sound technicians and teachers, as their effort contributed to the success witnessed on the opening night. A special thanks should be directed to the Stage Manager Mohammad Khalili, who was constantly devoted to making this play memorable. Here is what Mohammad had to say concerning the play:

“Alice in Wonderland” is an actual movie that talks about a girl named Alice bored and sleepy while sitting with her older sister outside, until she sees a white rabbit talking to himself. She follows the rabbit down a very deep rabbit hole and ends up far beneath the ground where her journey and adventures in Wonderland begin.

Of course, “Alice in Wonderland” would not have been able to come to life if it wasn’t for the determination of Mr. Antony Nesling; our Drama teacher, the Script Writer and the Director of the play. For three months, Mr. Anthony coached the young actors and made sure the school’s head was held high. Mr. Anthony was asked a few questions about the idea itself. The conversation started as follows:

Mr. Antony, why did you choose “Alice in Wonderland” particularly?

“Alice in Wonderland” was the first school production I participated in, so I thought it would be fitting to be the first I direct in Jordan, especially given the iconic image of the philosophical caterpillar smoking a hookah. When I mentioned the idea to Mrs. Shereen & Mrs. Nariman in the Art Department they became very excited about creating an optical, colorful stage picture. Then we presented the idea to Dr. Hana Malhas; she thought it was a brilliant choice – after that there was no turning back.

Do you think choosing the students from different age groups was needed for such a play?

“Yes, certainly. As a student the most exciting thing for me about a school production was to get to know and work with students from other years, who you would traditionally avoid. We had brothers and sisters working together across years and it really helped create a family atmosphere. The older students also mentored the younger ones, which was excellent; specifically, Rita Akroush and Laith Shanti spent a lot of patient time organizing and teaching the Middle School students.”

If you had more time, what would you want to add?

“Addition by subtraction perhaps. I felt in the end, the show was a little long or at least could have used some more pace. It was a lot of difficult, nonsensical dialogue, which could have been trimmed a little. There are other ways to add pace; the way Rama Ramahi, our Assistant Director, chose to handle the transitions between scenes was excellent, with dances and mime, comedy dumb shows using the March Hare & Hatter. Perhaps we could have expanded on these.

Mr. Antony, what are your future plans for upcoming productions?

“Mohammad Khalili, our fantastic Stage Manager, said his experience with Alice has inspired him to direct the first show he participated in, “Oliver Twist”, which is a lovely story and perfect for a school production – but I can’t steal his idea! It is a tricky thing, finding the right ‘fit’ for a community. I am thinking of asking the Mashrek Community. Do Oracle readers have any ideas? Perhaps we could have a vote? The key is to do something original but not too original, like Mission Impossible.”

An impressed attitude was seen amongst everyone that attended the play, whether it was by the performance of the actors, the makeup and costumes that looked like they were taken from the Wonderland itself, or the stage props that never failed to satisfy the audience’s imagination of how Wonderland would be like. Some comments were given by the audience regarding the scenery saying: “The costumes and props were amazing; the way the colors and style of the costumes were organized with the props and the lighting effects were brilliant!”

It is worth mentioning that the play had a very “Arabic” spirit in it, as the actors used some Arabic words that made the scenes more interesting and humorous. One of the audience members said: “I really loved the play; the way Alice’s role was divided between four actors was very organized and the content of the play helped in that. All in all, this play is a very good start in the school.” The parents who watched the play were really happy and many of them suggested improvements for next time, including: “The play was a very strong push for other coming plays. I advise the students to be more careful with the sound system in terms of the quality of the sound. Yet, you guys did a great job and your work was very organized.”

It is fair to say that success is a word that identified “Alice in Wonderland,” where the Mashrek Community proved that with hard work, commitment and drive, they will make anything happen. Personally, I believe that the play stood out in several ways, beginning with the props, make up and costumes, to the performance of each and every actor, where entertainment, amusement, attention grabbing and laughter were all part of this exquisite show. With “Alice in Wonderland,” one can only look forward to the next production of Mashrek International School.
GLOBALIZATION

By: Hasan Jamali

Globalization has been one of the most important topics of our lives today. It’s hard for a day to pass without noticing the effect of International Mindedness on our globe, our culture, our country and on ourselves. This topic may have been brought up more than once over the past few years and was even the main topic of one of the major events at the school (The 3rd Annual TOK Conference), but do we really understand the concepts, causes and consequences of Globalization? I think not; it’s a topic we may presume to have understood without an actual deep interpretation of the perspectives at hand. I believe that it is crucial for the youth of this generation to understand this issue properly, as the whole idea of adopting a foreign culture or preserving our own is in our hands.

You might be reading this article wearing ‘Ray Ban’ sunglasses your parents bought you, which you found out you needed after you realized you can’t read the McDonald’s menu from a distance. You searched the reasons for this sudden change in eyesight on your “MacBook”, to find an originally American website telling you that you need an eye exam. Your friends probably found out very soon after you did, since you grabbed your Blackberry and broadcasted that you might have problems with your eyesight. Your dad took you to the doctor, who checked your eyesight using a medical device innovated by Germans and made in China. Well, what you just read is the simplest concept of Globalization.

Globalization relates the concept that you are living in an Arab country but cannot relate to how your parents – who live in the same country as you do – survived before the domination of global brands and products on the life style of every person internationally. You might not realize that you live in a society where what you do, what you use and what you say is something that is considered international and does not have anything to do with your personal and cultural traditions. This happens when certain concepts, products, or logos can be found in every single country, leading your culture and traditions to fade away.

RUN FOR LIFE- ‘READY, SET, SAVE A LIFE!’

By: Rasha Gammoh

Mashrek International School has always been an active contributor to the King Hussein Cancer Foundation, but this year we are pleased to say that the school has surpassed with one of the most exciting events ever held on our grounds; the Run for Life.

In order to be able to expand the hospital and admit more cancer patients, the King Hussein Cancer Foundation needed all the help it could get and Mashrek did not hesitate to offer that help. Students of all ages made a pledge to run around the school field for a certain amount of money they donated, to make each and every run. As a sign of participation and a source of motivation, with the end of each lap, runners were given a rubber band so they can proudly say they were part of this life-saving event.

Nothing less than inspiration was seen throughout the entire event. Whether they were 7 years old or 50 years old; whether they were kindergarten students, teachers, parents, principals or even princesses, they all ran around that field hoping they would save a life. It is fair to say that it was indeed moving to see young children with such enthusiasm pushing themselves to help others and be part of a great cause. Nonetheless, what made this event truly exceptional, was when it was announced that our General Director, Mr. Bassam Malhas sponsored Dr. Hana Malhas and HRH Princess Dina Mired, donating 2500 JDs for the lap that each ran. This Proved once again the significant role Mashrek constantly plays in the local community and their continuous aspiration to make a difference.

By the end of the day, an outstanding amount of money of 32,000 JDs was raised by Mashrek International School. This was more than satisfying for everyone and contentment filled the air. It was quite astonishing for individuals of such young ages to put their heart into such a cause and truly make a worthy change.

Ready, set, save a life... those were the words spoken before the beginning of each lap, hoping a life will indeed be saved.
As we all have heard and seen, Qatar's surprise winning bid to host the 2022 World Cup is being shared as one for all Arabs. Qatar's victory prompted a glowing response to the fact that one of the world's most prestigious sporting events was coming to the Arab world for the first time. The most interesting comment I have read regarding that was on Al Shrouq Online Egyptian Newspaper, which stated: “The Mondial is in the arms of the Arabs.” Qatar, the world’s largest exporter of liquefied natural gas, is one of the Arab world’s smallest states with only 1.7 million citizens. It is also one of the most ambitious countries, with bold plans for sporting and cultural projects.

The most astonishing part I read was that Qatar would build up to 12 eco-friendly, carbon-neutral stadiums. For the first time ever, all of the stadiums will harness the power of the sun's rays to provide a cool environment for players and fans by converting solar energy into electricity that will then be used to refresh both fans and players. When games are not taking place, the solar installations in the stadiums will export energy into the power grid. During matches, the stadiums will draw energy from the grid. This is the basis for the stadiums' carbon-neutrality. The upper tier of 9 of the stadiums will be removed after the Mondial. The Doha Port Stadium will be completely modular and will be deconstructed following the World Cup. During the event, the capacity of most of the stadiums will be between 40,000 and 50,000 fans, with one much larger stadium for hosting the opening and final matches. When the Mondial ends, the lower tiers of the stadiums will remain in Qatar, able to accommodate between 20,000 and 25,000 fans. The smaller stadiums will be suitable for football and other sports. The upper tiers will be sent to developing nations, which often lack sufficient football infrastructure.

It is to be noted that the reason behind tackling this subject was a wish of mine. Since Jordan has been suffering from the deficiency of football stadiums, I really hope that my lovely country will get a portion of the aforesaid donation.

BEHIND THE SCENES

By: Nehaya Al Jafari

Behind each person’s personality is a certain horoscope that translates his/her actions, in addition to the prediction they offer for a person’s future and descriptions of their personality. Horoscopes are based on the day of birth or the year of birth, whereby the most common horoscopes are upon the sun signs and planets as adopted from the ancient Greeks. The planets that are taken into account to figure out horoscopes are: the Sun, the Moon, Mercury, Mars, Venus, Uranus, Saturn, Jupiter, Neptune and Pluto.

Some facts about each horoscope:

Aries (March 20th- April 18th)
Aries are usually arrogant, adventurous, independent, competitive, impulsive, dynamic and courageous. Aries are born leaders and strive to succeed. Family and friends are important to Aries.
Compatibility: Gemini, Leo, Libra and Scorpio.

Taurus (April 19th- May 20th)
Dependable, stubborn, practical, warm hearted and reliable are just some of the Taurus’ characteristics. Family and friends are also important to the Taurus, however they do not accept insults well.
Compatibility: Capricorn, Scorpio and Libra.

 Gemini (May 21st – June 20th)
Geminis are typically expressive, curious, versatile, witty and adaptable, not to mention good communicators. Geminis are also occasionally pessimistic.
Compatibility: Virgo, Libra and Sagittarius

Cancer (June 21st – July 22nd)
Sensitive, romantic, lazy, emotional, shy and sympathetic are some of the characteristics of the Cancer. Compatibility: Pisces, Aquarius and Scorpio.

Leo (July 23rd- August 22nd)
Leos are generous, loyal, creative, optimistic, boastful and confident. Leos love to entertain and also to be the center of attention.
 Compatibility: Scorpio, Leo and Capricorn.

Virgo (August 23rd – September 22nd)
Virgos are competent, intelligent, rational and picky. They are also perfectionists and love to be adored.
 Compatibility: Taurus, Pisces and Gemini.

Libra (September 23rd – October 22nd)
Characteristics of these individuals include: loyalty, caring, devoted, sociable, cooperative and indecisive. Libras are trustworthy yet possessive.
 Compatibility: Taurus, Aquarius and Aries.

Scorpio (October 23rd – November 21st)
The Scorpio is motivated, passionate, intuitive, temperamental, clever, sarcastic and suspicious. Scorpios are great at saying one thing while thinking something completely different. They love money.
 Compatibility: Capricorn, Pisces and Leo are good matches for the Scorpio.

Sagittarius (November 22nd -December 21st)
Jupiter rules this sign and it is represented by the archer. The Sagittarius is faithful, impatient, generous optimistic, blunt and enthusiastic.
Compatibility: Taurus, Virgo, Aries and Gemini.

Capricorn (December 22nd – January 19th)
Capricorns are shy, careful, responsible and very practical. Capricorns are shy yet faithful to their friends and family.
Compatibility: Taurus, Virgo, Cancer and Leo.

Aquarius (January 20th – February 18th)
The Aquarius is sincere, independent, intellectual and charming. Most Aquarius like to be alone yet they are fun to be around.
 Compatibility: Libra, Aries and Gemini.

Pisces (February 19th – March 19th)
Pisces are loving, compassionate, dreamy and sensitive, as well as timid and impractical.
Compatibility: Aquarius, Scorpio and Cancer.
Art Exhibition
A part of the IB Visual Arts course is a display of the students’ artwork of the 2 year Diploma Programme. This year’s Art Exhibition was held at the school by: Lougain Dawodiah, Abdalrahman Malhas, Yazan Kadoura, Sameer Saadoun, Lamis Sharkawi, Leen Froukh, Hussien Nasiri and Saif Zammar.

Activity Show
Every year the MYP and PYP students perform various types of activities, dances, acts and talents at the end of the scholastic year. This year’s Activity Show consisted of numerous international dances performed by the students. The dances included: Jordanian Dabkeh and Circassian dance.

The Dutch Embassy Organizes a Cleaning Campaign
On Wednesday May 9th, the Dutch Embassy in cooperation with the Greater Amman Municipality organized a cleaning campaign which included the separation of waste for the purpose of recycling in the Rabieh Al Atfal area.

The Dutch Ambassador, Piet de Klerk participated in the campaign with embassy staff as well as a group of students from Mashrek International School (grades 9 – 11).

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THE PERSONAL PROJECT: A STUDENT’S GREATEST DREAM, OR WORST NIGHTMARE?

By: Rita Akroush

Thank God for all the blessings and for the life we are living. On March 19th our school gave us the chance to interact with a group of children in an event called “Care for Change”. Mashrek International School supported these children and provided them with three different physical activities, including: art, physical games and music. There was a set of three groups for those activities, where each and every child had the chance to participate in each activity. An American actor Jim Davis quoted: “There are so many opportunities in life that the loss of two or three capabilities is not necessarily debilitating; a handicap can give you the opportunity to focus more on art, writing or music.” Seeing these children putting all their effort into drawing, gave me an inspiration towards working. For the first group who participated in the art activity, it was pretty difficult for all of them yet they enjoyed it. They enjoyed the music activity as it was new and exciting for them. Later on, they moved to the physical education activity, which was their favorite. Seeing those children enjoy their time touched us and made everyone around them grateful for what God has granted us.

In conclusion, Mashrek International School’s “Care for Change” Day covered many aspects of serving the community. Students had the opportunity to take action in a number of activities which raised the spirit of Community and Service, which is an integral part of the Mashrek philosophy.
On a quest to expand our knowledge, we took off to Istanbul, the capital of Turkey on March 29th, 2012 as a part of our IB subject Islamic History. Students were highly anticipating the visit to the ancient sights and to learn about the magnificent history of the Ottoman Empire.

Our journey began with the visit to Sultan Ahmad’s Mosque, also known to tourists as the ‘Blue Mosque’ due to its blue stone interior. The ‘Blue Mosque’ is a beautiful and huge mosque that reflects the intelligent historical aspect of the Ottoman Empire and the architectural vastness of that era. In addition, we explored the tremendous Topkapi Palace, which was the primary residence of the Ottoman Empire Sultans for a long period of time. At the moment, it is a huge museum where tourists can spot the Ottoman Sultans’ clothing, weaponry, palace properties and other materials such as the Prophets’ and Caliphalts’ belongings. On that day, our first journey ended when we visited “Hagia Sofia” the church which was converted into a mosque and is now known as a famous museum. Aspects of both religious faiths (Islam and Christianity) are displayed and the respect to both is evident within their combination in the museum itself.

An impressive unifying instrument in Turkey is the Bosphorus Bridge, which lies above the famous Bosphorus Strait and connects both the European and Asian continents. Aiming to explore the Turkish culture, we visited the Princesses’ Islands, where we rode horse-driven-carriages throughout the small chain of islands. The site was environmentally friendly, as fueled vehicles were not allowed. Instead, bicycles and carriages were the vehicles used to roam around. We had enough time to visit the infamous heights of Bursa, where we noticed the extremity of the weather in Istanbul. The heights were soaking in snow, while the city was only visited by rainy climates. After a barbeque in the snow and a friendly snow fight, we headed back to our humble hotel.

Our last day in the beautiful capital of Turkey involved three activities. We first visited the superior Dolmabache Palace, the last palace of the Ottoman Empire and were astonished by the prosperity of the Sultans of that era, as 14 tons of pure gold were used to decorate the Palace. The architectural maturity was mostly evident in the Dolmabache Palace. Next on the list, was the well-known Bosphorus cruise, on which we sailed along the separated sides of Europe and Asia. We were also fortunate enough to visit the thriving Grand Bazar of Istanbul, where we witnessed the commercial prosperity of Turkey and concluded that their culture is not only limited to the tourist attractions, but it was evident that everything in the Grand Bazar was made in Turkey! It is amazing how proud Turkish people are of their own products and goods. After experiencing all the aspects of the Turkish culture; from food, clothing, sites and products, we all agreed that Istanbul is one of the most incredible cities to see in the world!

PYP EXHIBITION

At the end of Grade 4 all students participate in the Primary Years Programme Exhibition. It is the culminating event in the life of any PYP school and student; an opportunity for students to exhibit the attributes of the IB Learner Profile that they have been developing throughout their engagement with the PYP and to celebrate their transition from Primary to Middle school.

This year grade four students worked under the theme «Sharing the Planet» where each group investigated and came out with a topic to research about. The process of the exhibition was as important as the outcome, the students experienced real life issues, where they investigated, researched, interviewed, and at the end of this wonderful journey they proudly presented their work to their parents and relatives during the exhibition day.

This process allowed the students to gain many transdisciplinary skills such as; communication and social skills as they divided into groups, communicated together and shared different perspectives. This made them knowledgeable, reflective and inquirers.

Self management skills were evident as they showed their appreciation to the time put into the work and realized the importance of using it effectively. Their research skills were developed, as students were exposed to different resources such as books, websites and interviews, which helped them in answering their inquiries.

Nevertheless, the exhibition day wasn’t the only way the students showed the IB Learner Profile attributes and PYP attitudes. The Student Led Conference was a great experience showing students’ confidence while sharing experiences with their parents and discussing ideas in an amazing, respectful and professional way.

During the exhibition day, grade four students were so enthusiastic and pleased to present the outcome of six weeks of work to the audience. Their work was supported by presentations, creative spectacular models, drama sketches, drawing and games which deepened their concepts and emphasized their understanding of different topics.

We are all proud of our grade four students; they reflected what they learned through out the previous years and demonstrated skills of 21st Century students.
WHAT IS SUDOKU?
Sudoku is an entertaining number game where each column, row and bold box should include numbers from 1-9, without any repetition. Therefore, each number must be repeated NINE times. Sudoku is not only entertaining, it also improves problem solving skills, critical thinking and logic as well.

Sudoku solving instructions:
Each bold box should include numbers from 1-9
Each row should include numbers from 1-9
Each column should include numbers from 1-9
Remember:
Numbers from 1 to 9 should not be repeated in the same row or column!

RIDDLES, RIDDLES AND MORE RIDDLES!
* You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
* Pronounced as one letter, And written with three, Two letters there are, and two only in me. I’m read from both ends, and the same either way. What am I?
* What has to be broken before it can be used?
* What is “the more you take, the more you leave behind”?
* What can you catch but not throw?

ANSWERS:
Corn/Chicken (Both answers work)
An eye
An egg
Footsteps
A cold

WORD CHALLENGE!
Try making up as many words as you can from the box of letters below! (You can use each letter more than once!)

S  L  N  T
A  M  W  P
I  E  G  O

1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.  

Sudoku answer key:
1 9 4 5 2 3 6 7 8
9 1 4 5 2 3 6 7 8
2 3 8 5 1 4 7 6 9
1 8 9 6 2 4 7 5 3
9 7 3 8 6 5 2 1 4
4 1 8 2 9 7 3 5 6
6 2 7 3 5 8 9 1 4
1 8 4 9 7 6 2 3 5
3 9 5 4 1 2 8 6 7
TOK CONFERENCE

As students, we are constantly engaging in the process of learning, where we are given answers that are right and answers that are sometimes wrong. However, as IB students we come to learn that in life and even in school subjects nothing is absolute. We begin to question the very basics we have learnt ever since we were kids and a quest for knowledge and truth becomes part of our daily lives. For us, it is fair to say that the Theory of Knowledge subject is rewarded the credit for those thoughts it has implanted in our minds.

Nonetheless, this knowledge we are acquiring daily is not restricted to classrooms only, but an annual event in our school strengthens our understanding of the world’s issues that we face daily. This year, Mashrek International School hosted its Third Annual TOK Conference held by the students of grade 11 in addition to some help from hard working 10th graders. This year proved that year by year, Mashrek students are developing and widening their perspectives positively.

Attending a TOK conference is very beneficial and valuable to whom it may concern. This is because of the knowledge you gain; levels and types of knowledge. This core subject includes every single area of knowledge as well as the issue tackled in the conference ‘International Mindedness’, marking the start of a great event. Perhaps one of the most memorable moments in this conference was the speech of the honorable guest speaker; Mrs. Samar Dudin. Every single person attending the conference was inspired and amazed by Mrs. Samar's thoughts and attitudes towards many aspects of life, as well as the numerous accomplishments she shared with us that made us want to do something bigger and more significant with our lives.

It goes without mentioning, one of the highlights of this conference was the song performed by Bilal Shouly and Emma Avedissian, tackling the issue of Globalization in an artistic and appealing way. It personally made me want to give them a standing ovation as soon as they finished. Great regards go to Bilal and Emma for their wonderful job.

The presentations of the students followed Mrs. Samar’s inspirational speech, where three groups helped develop an understanding of the ‘ways of knowing’: Reason and Emotion, Sense Perception and language. They were assisted by the amusing activities they chose for each and every topic, as well as a small sketch by the reason and emotion group. The activities led to debates being raised by 10th graders. Other groups followed representing the ideas of areas of knowledge, including: History, Arts and last but not least, Ethics. Debates were also a section of this part of the conference as the issues were indeed controversial. It is worth mentioning that the activity of the Art Group was unforgettable, where we were asked to draw any painting we desire but restricted by some rules.

Success is a word to define the TOK Conference this year, not only due to the understanding shared among all parties but also because Theory of Knowledge is essential for each and every one of us; whether it taught us critical thinking or ways to lead a life with balanced and mature thoughts. This is why we believe in the significance of this event and we hope it is pursued annually and conducted as successfully as this year and previous ones.

THE QUICK 10

By: Nihaya Al Jafari

- The Popsicle was invented by 11 year olds who kept it a secret for 18 years.
- Research indicates that plants grow healthier when they are stroked.
- Chocolate Chip Cookies were made by mistake when chocolate in the cookie did not melt properly.
- Wedding rings are worn on the fourth finger of the left hand because ancient Greeks believed that that finger contained the "Vena Amoris", or the "Vein of Love" that ran straight to the heart.
- Ice cream is Chinese food.
- A smile relieves stress. Your body immediately releases endorphins when you smile, even when you force it. This sudden change in mood will help you feel better and releases stress.
- Children tend to learn to read happy expressions between when you are stressed or happy.
- Contrary to popular belief, chocolate does not cause acne.
- Babies crawl an average of 200m a day.
- Happiness has a fragrance; clinical experiments on body odour have proved your scent changes when you are stressed or happy.
Valentine’s Day Bake Sale
On the 14th of February, the Student Council organized a Valentine’s Day Bake Sale aiming to raise funds for the King Hussein Cancer Foundation. Food was collected from all Senior School classes and sold to Primary, Middle and Senior School students during their breaks.

Career Talk
Under the patronage of Her Royal Highness Princess Rym Ali, Mashrek International School in collaboration with the Student Council hosted a Career Talk for its Senior School students on the 13th of May.

Deciding what to study in college will leave a major landmark in our lives, as it will guide us to a lifelong career in a field that we desire to be involved in. Therefore, the Career Talk aimed to introduce all students to the nature of different careers through the discussions that were held with the experienced and prominent guest speakers from versatile professions. Consequently, students could clearly start forming thoughts about forthcoming years, allowing them to narrow down their possible career options and offering them an opportunity to envision their future.
HEALTH AND SPORTS

By: Hasan Jamali

Sports are an extremely important part of any person’s life. They are something that one has to keep track of and should dedicate time for. Hence, the Oracle Committee believes that it should have a part in this edition to encourage a healthy lifestyle led by sports and exercise.

You might not have known, but physical activity actually boosts a student’s performance! Research shows that students who take breaks from their academic work to be physically active during the school day are often more able to concentrate on their work and do better academically in general.

Other than that, sports and physical activity are the best way to stay fit. Of course this is known to everyone, but exercise increases metabolism of the human body, which results in burning more calories and building stronger muscles. That is a main goal for any teenager.

It might be hard to begin with a schedule that includes sports into your daily life, especially with the pressures anyone of us faces. However, it is essential to find time for sports – at least 3 times a week – for all of its benefits to human health, spirit and emotions. You should start by creating a plan or a weekly schedule of commitment to exercising and playing sports. Start with something you enjoy doing and have wanted to learn for a long time. You should then buy the correct equipment for this sport, eat the right food to keep you energetic and read about all the precautions that you should take when practicing this sport. Try to balance exercising with other important aspects in your daily life, such as school work and cocurricular activities. Hopefully, this will be an enjoyable journey to embark on. Hard work always pays off and with no pain there is no gain. STAY SAFE AND HEALTHY!

A HEALTHY DIET:

Breakfast:
1/2 cup (125 ml) skimmed milk
1/2 cup (125 ml) orange juice with pulp
1 piece multi-grain bread, toasted, spread with 1 tbsp peanut butter
OR
1/2 cup (125 ml) skimmed milk
1/2 cup (125 ml) cranberry juice
1 hard-boiled egg
1/2 bran muffin

Dinner
1/2 cup (125 ml) skimmed milk
Eggplant and Red-Pepper Pasta Sauce – 1 serving
1 cup (250 ml) cooked whole wheat pasta
1 seasonal fresh fruit
OR
Any kind of salad

You can replace breakfast and lunch by having a brunch once a week:
1/2 cup (125 ml) skimmed milk
1/2 cup (125 ml) orange juice
Buttermilk Waffles
1 whole wheat muffin, toasted
1 seasonal fresh fruit
With an early dinner and an evening snack:
Caramel Almond Tart – 1 serving
1 seasonal fresh fruit

Lunch:
Roast-Beef sandwich made with 2 slices multi-grain bread, 1 slice roast beef, 2 squirts mustard, 1 tbsp (15 ml) low-fat mayonnaise,
1/2 cup (125 ml) alfalfa sprouts, 4 tomato slices and 4 cucumber slices.
1/2 cup (125 ml) carrot sticks
1/2 cup (125 ml) zucchini sticks
OR
Chicken Breast – 1 serving
1 cup (250 ml) steamed green beans
1 cup (250 ml) steamed brown rice

HEALTHY LIFESTYLE TIPS:

- Answer the phone by the left ear.
- Do not drink coffee twice a day.
- Do not take pills or medicine with cold water.
- Do not have huge meals after 5pm.
- Reduce the amount of oily food.
- Drink more water in the morning, less at night.
- Do not use headphones/earphones for long periods of time.
- The best sleeping time is from 10pm-6am.
- Do not lie down immediately after taking medicine, before sleeping.
- When the phone battery is very low, do not answer phone calls.
What is Depression?

By: Nihaya Al Jafari

It is often described as “living in a black hole” or having a feeling of a looming destiny. Depressed people feel: empty, lifeless, helpless, hopeless, angry, aggressive, restless and worthless.

What are the signs and symptoms of depression? Depression varies from one individual to another but the signs and symptoms are almost the same. Having some of these signs does not always mean that you are depressed, but when they become part of your life, then that is depression.

Insomnia, or over sleeping
Lack of concentration
Feeling hopeless and helpless
Lack of control over negative energy and thoughts
Loss of appetite or overeating
Feeling irritated, short-tempered or aggressive
Overdose on alcohol and drugs

What are the types of depression?

There is Major Depression which is characterized by the inability to enjoy life and experience pleasure. It usually lasts for 6 months and is commonly a recurring disorder. Secondly, is the Dysthymia type or the Low Grade Depression which lasts longer than the major depression, at least for 2 years. It is the feeling of mild depression. There is also the Seasonal Affective Disorder or the (SAD); this kind of depression occurs during specific seasons as some people get depressed in fall or winter. This type is treatable and often by light therapy. Finally, the Bipolar Disorder which is known as the Manic type is treatable and often by light therapy.

The Road to Recovery

The treatment of Depression differs from one person to another in accordance to the type and age. Moreover, in almost all situations and cases the best approach towards recovery is a combination of lifestyle changes, social and financial support, emotional skills building and the help of a professional. You can start by living a healthy lifestyle through cultivating supportive relationships, having regular exercise, normal sleeping hours, maintaining a healthy diet and managing stress.

Who Bit The Apple?

By: Khalil Al Wazir

Apple Inc. is poised to sell as many as 4 million units of its new iPhone 4S in its first week, as customers around the world clamor for one of the last products developed under Steve Jobs.

The device, available today in the U.S., Australia, Canada, France, Germany, Japan and the U.K., is projected to outperform last year’s introduction of the iPhone 4, which topped 1.7 million units in its introductory weekend. For the iPhone 4S, most estimates range from 2 million to 3 million, with Yankee Group Analyst Carl Howe predicting sales of up to 4 million.

The release represents the end of Apple’s era under Jobs, who died in October 2011 after an eight-year battle with cancer. The iPhone 4S received mostly positive reviews for its voice-recognition software, speedier processor and improved camera. The device also provides Apple with fresh ammunition in its fight against Google Inc’s Android Software, which appeared on a host of new smartphones in the year-end holiday season.

“It’s going to easily outpace any previous launch,” said Charlie Wolf, an analyst at Needham & Co. in New York. “It helps that the iPhone is available on the three largest U.S. carriers for the first time, which will bring in new buyers,” he said.

Apple has also released an update to its iOS mobile operating system, which customers can download to their existing devices. The software comes with 200 new features and a web storage service for synchronizing photos, documents, music and other files across different Apple gadgets.

Google Competition

While the iPhone is the best-selling single smartphone, all of the devices running Google’s Android Operating System Account for more of the industry’s sales. HTC Corp., Samsung Electronics Co., Motorola Mobility Holdings Inc. and other manufacturers have adopted the software. Google offers Android for free and then makes money on mobile advertising and services. That revenue now accounts for $2.5 billion a year, the company stated when it released quarterly results.

The Red, Black and Green Palm Tree

By: Hasan A. Jamali

Large; majestic and astounding
Tough; much like Iraq
Spreading crowns of greenish leaves;
Bearing dense; moist flesh;
Flesh reminding us of what was
And what might have once been;
Intense honey fruit;
Chimri, yellow; Khial,
Rutub; so ripe and soft
We cannot wait for Tamr
To ease our pains and relieve our worries
Tamr is harvested;
But would it ever last?
Vast date palm orchards,
Once proud, now beheaded, crownless
Bewildered exclamation marks
Pointing towards the heavens
Forever a reminder
Of the past days
Where we used to live
Love and laugh
And Tamr we enjoyed
We worshiped
The Tamr divine
Forever a reminder
Of the guns and cries of death
Of the country lost
Of the flag we take burden
Of the heads that escape
When reminded of Tamr, palms and blood
Of their black, green, and red
Of what was
And what might never
Ever be
Again.
By: Rasha Nuseibeh

This Year IB1 Biology students went on a field trip to the Nature Reserve in Ajloun. There we conducted Ecological experiments, in which the information acquired inside the classroom was applied in nature’s bloom. The students were exposed to the natural environment in the area surrounding the high mountains of Ajloun and the School itself.

We were divided into six groups of four to five students and started with the first experiment, in which we counted certain plant species within a specific area in order to estimate the population size. Then, we went back to school to put back the materials that we were done with and finally headed out to AJLOUN! We started off with a simple yet exciting game in order to prove Darwin’s Theory of Evolution – ‘Adaptation’ in which students were exposed to the natural environment in the area surrounding the high mountains of Ajloun and the School itself.

As we headed back to school, we were amazed by how things worked and they started to examine such a concept by playing with bubbles. The students had the chance to create their own camera of home-used materials and to test it. Additionally, in the second experiment I played the role of a magician and explained to the students how the inventor of this camera thought of it. Commonly, they thought that the camera was invented recently and its inventor was American. When they first heard that he was an Arab “Hasan Ibn Haytham”, they were amazed. The students had the chance to link what they learned in class to real life situations and experiences. Moreover, they felt powerful and unique. Throughout this event, my colleagues and I were able to see how others do not have the opportunities we have each day and that helping them is part of our responsibility as Jordanian citizens.

Finally the Spoons Group won having the highest scores reflecting the adaptation to the surrounding environment. Keeping in mind the treasure hunt that was played at night, including interesting riddles, simple calculations all the way to personal stories, the team and I enjoyed the work there.

THE MYP EVALUATION VISIT

By: Mrs. Nada Nimri, MYP Coordinator

On March 26th, 2012 a team from the IB visited our school for the purpose of evaluating the implementation of the Middle Years Programme (MYP), which was authorized in 2008. During the three day visit, Mrs. Mary Tadros and Mrs. Raghad Al Sheikh met with the school’s educational leadership team, teachers, parents and students.

The MYP Team commended the students for their positive and enthusiastic participation during the visit and also commended the school for the following:

- Promoting open communication based on understanding and respect.
- Promoting international mindedness across the school community.
- Understanding of the IB philosophy.
- Putting in place leadership and governance structures that support the implementation of the programme.
- Enabling the MYP Coordinator to provide pedagogical leadership and support for the implementation of the programme.
- Placing student learning at the heart of its agenda.
- Desire and hard work to continuously improve the implementation of the MYP Programme.
- Providing dedicated time for collaborative planning.
- Ensuring the central role of the Information Resources Centre and Librarian in the implementation of the programme.
- Putting in place systems to guide and counsel students through the programme.
- Developing a comprehensive MYP Induction Programme for new teachers to the MYP.
- Effective communication with parents.
- Providing dedicated time for collaborative planning.

The school’s next evaluation visit will take place in March 2017.

LAB ON WHEELS

By: Omar Al-Naser

As a student in IB 1, I had the chance to volunteer and participate in “Lab on Wheels”. It is an event organized by the German Jordanian University’s (GJU) students and professors. This event aimed to help students from less fortunate schools to study in a different manner. Science was a very difficult subject to teach and there was no room for any practical work in some schools that involves investigations and experiments. Thus, the university’s students decided to launch an event by which they will teach the less fortunate students Science in a fun way.

During my visit to one of the schools in Ain Al Basha in cooperation with GJU, two experiments were performed: the camera and the dry ice. In the first experiment, the students learned how the camera works and how the inventor of this camera thought of it. Commonly, they thought that the camera was invented recently and its inventor was American. When they first heard that he was an Arab “Hasan Ibn Haytham”, they were amazed. The students had the chance to create their own camera of home-used materials and to test it. Additionally, in the second experiment I played the role of a magician and explained to the students how dry ice is formed. They also had the chance to examine such a concept by playing with bubbles.

The team and I enjoyed the work there because the young students were amazed by how things worked and they started to link what they learned in class to real life situations and experiences. Moreover, students developed a sense of pride towards their identity as Arabs, through learning that many pioneers in Science and Medicine were in fact of Arab origin. The children felt powerful and unique. Throughout this event, my colleagues and I were able to see how others do not have the opportunities we have each day and that helping them is part of our responsibility as Jordanian citizens.
بركان الشباب

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ورشة الكتابة

(Objective)

The objective of the lesson is to be able to write a short story in Arabic that expresses feelings and emotions.

(What we will do)

1. Read and discuss a short story in Arabic that expresses feelings and emotions.
2. Discuss the elements of a short story: setting, characters, plot, theme, and style.
3. Write a short story in Arabic that expresses feelings and emotions.

(What you will learn)

1. Read and discuss a short story in Arabic that expresses feelings and emotions.
2. Understand the elements of a short story: setting, characters, plot, theme, and style.
3. Write a short story in Arabic that expresses feelings and emotions.

(Wrap up)

1. Review the objectives of the lesson.
2. Discuss the results of the lesson.
3. Assign homework: write a short story in Arabic that expresses feelings and emotions.

(Additional Resources)

1. Short stories in Arabic that express feelings and emotions.
2. Books on writing in Arabic.
3. Online resources for learning Arabic.
Sports Section

The Cross Country Girls’ Team achieved 1st place in the 4km race and 2nd place in the 2 km race. It was a long, exhausting race that required a high level of tolerance and team work.

The Gymnastics Team achieved 1st, 2nd and 3rd place!

The Boys’ Soccer Team achieved 2nd place! They worked as a team and maintained their sportsmanship...Great job boys!

The Boys Basketball Team achieved 1st place. After long hours of practice and endless effort, they achieved their goal once again. Congratulations!

Seven years ago, I made a decision to become an athlete. The Athletic Department gave me this chance and provided all means of motivation to achieve my goal. Thus, I became an athlete. I became a member of a team, and suddenly I went from being shy and calm to confident and outgoing. I was still given more motivation from every coach and I soon became a captain. I started achieving better grades, made more friends...my whole life turned around. This year, Mr. Munther Shitali approached me and suggested an idea that he and Mr. Ahmad Malhas thought of; creating an athletic committee to serve the athletes in our school and motivate more students to become athletes. I thought that the idea was ideal so we immediately started working on it. We formed a committee, set our goals and made plans. I always believed that I should give others the opportunity that I was given, and finally, I got the chance to do that. I am flattered that I was able to pay back everything Mashrek has done for me by serving the students this year.

President of the Tigers Committee
Leen Dabbas

Tigers; the suitable word that portrayed our performance and team spirit throughout training in order to improve our volleyball and mental skills, in addition to our social skills for next year’s Volleyball Team. We were ‘Tigers’ when being overwhelmed with massive workouts and training, while our coach wanted us to develop our skills through practice to be ready for the upcoming year. We learnt how to increase our team spirit efficiently for the following years, to reach and maintain success. Tigers was the appropriate word that described us; the Senior School Volleyball Team

Vice President of the Tigers Committee
Amjad Al Jafari

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President of the Tigers Committee
Leen Dabbas

Tigers; the suitable word that portrayed our performance and team spirit throughout training in order to improve our volleyball and mental skills, in addition to our social skills for next year’s Volleyball Team. We were ‘Tigers’ when being overwhelmed with massive workouts and training, while our coach wanted us to develop our skills through practice to be ready for the upcoming year. We learnt how to increase our team spirit efficiently for the following years, to reach and maintain success. Tigers was the appropriate word that described us; the Senior School Volleyball Team

Vice President of the Tigers Committee
Amjad Al Jafari

The Boys Basketball Team achieved 1st place. After long hours of practice and endless effort, they achieved their goal once again. Congratulations!