

# **THE REVIEW**

**The Voice of ES International School**

**FALL 2016**



**The Conscious Issue**

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## Welcome to *The Review*

Dear Readers:

Welcome to the Fall 2016 edition of our school magazine, *The Review*! The journalism team is excited to share their articles with the main goal to spread consciousness about staying safe on social media, traveling more efficiently and giving your sparetime to the community.

This semester, we decided to be conscious, not only because of the current uncertainty of the global climate in the world but also because we think that it is important to reflect on social issues that affect us and our community.

Happy Reading!

**The Journalism Team**

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Give Some of Your Time to the Community (Page 40-41)



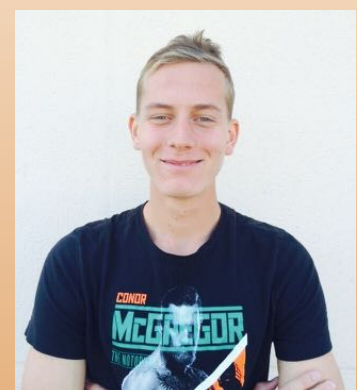
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Caterina Rokke

Grade 12

## Fall Semester Events at ES International School

During the semester, there are many fun events that we get involved in and enjoy. Here are a few of them.

- The Student Council election took place the 11th of October. The students presented their speeches to the students. The student body elected our student council representatives.



Sara Vecchione with her bodyguards Meri Jimeno and Caterina Rokke.



Alexandra Grabko during her election speech.



Anton Korolev during his student council secretary inauguration speech.



Student Council Candidates during the speeches.

- The first excursion of the year was the bicycle excursion around in Barcelona on the 30th of September .



Students getting ready for their bike trip.



Group picture

- The signing of the Second Annual Elementary Constitution was organized by Ms. Wynne on the 30th of October. Each year the students will be able to review, reflect, and amend the rights and responsibilities they feel every member of our community should have and uphold.



Ms. Wynne briefing the elementary students



Sofia Grossschmidt signing the constitution.





- Halloween was celebrated on the 31st of October. Every year, some of the students and teachers dress up for Halloween. Lessons for Elemiddle were Halloween themed. The parents of the elementary children were also invited for a Halloween event, they called the “Elementary School’s Halloween Spook-a-Thon.”



Students dressed up for Halloween seeing Panallets.



Classes were Halloween themed.



Students playing chess during lunch.

- This year saw the addition of extra curricular activities, such as Mr. Lopez’s initiative “chess express” for students and teachers who want to play chess at lunch-time. Guitars Guitars on Tuesdays at 18:30 is Mr. Gaudin’s brain child, where students learn how to play the guitar.



Guitars, Guitars after school club on Tuesdays.



Mr. Gaudin rocking out at Guitars Guitars

- Our yearly Thanksgiving lunch, was a success once again.



Elemiddle students ready for their Thanksgiving



Kirill wins a tennis lesson with Pep Plasin, Thanksgiving raffle





Jordi Ferrer

Grade 11

## ES INTERNATIONAL SCHOOL TRIP

On Friday 30<sup>th</sup> September, ES International High School students went on a bike trip around the Centre of Barcelona. We left campus on a bus at 13:00 for the short drive to Passeig de Colon. We walked through the Gothic Quarter to Plaça Jaume to meet our bicycle guides and collect our green city bikes from the *Fat Tyre Bicycle Company*.

Dani was the guide for our group. She was from Ireland but she knew Barcelona very well. Initially, we had to wheel our bikes on foot through the small, winding streets of the Gothic Area because the streets are pedestrianised. We walked to Plaza del Rey in the centre of the Gothic Area where we were told interesting stories about Queen Isabella and Christopher Columbus.



Barcelona Cathedral

Next stop was the Barcelona Cathedral. We stopped to take pictures and bask in the late Summer sunshine.

We mounted our bikes and rode to The Arc de Triomf and Ciutadela Park outside of El Born. The Ciutadella is a very beautiful park, but I had never been there before! There, we dismounted and enjoyed a snack break.

We rode past Barcelona Zoo near the park on the way to Port Vell. It was a nice day to go to the beach so we rode along the beachfront promenade.

I really liked going on the excursion. The weather was perfect for the activity. It was an exhausting, but fun day.



Getting started at Plaza Sant Jaume



# BEHIND THE SCENES OF SANCHEZ CASAL

## ACADEMY

Sanchez Casal Academy is a large academy with 26 tennis courts, a gym, an elementary, middle and high school student residences, a restaurant, and tactical/technical/psychological support. A lot of young people spend their whole day here, some of them with both tennis and school, others only tennis and some only school. The number of people who come and go through the academy in one day is huge. The courts are always ready to play on, the academy is always clean, the food is always tasty, and if you need transportation to the airport or to off-campus appointments, you can be accommodated.



There are a lot of people who work hard to keep the academy and school functioning well. They not only do their jobs, but they do it with passion.

*I decided to talk to some of the workers and go behind the scenes to appreciate what they do and how important they are to the academy.*

### Nacho Quixano, Physiotherapist

#### How long have you been working at Sanchez Casal?

Since 2001. Physiotherapy was only available in the mornings three times a week in the first year of the academy. The second year in the mornings, 5 days a week, and from the third year 5 days a week, all day.

#### What does your job include?

It is not only the treatment of physiotherapy. My job includes all the scheduling of doctors appointments and other health specialists, insurance, psychological sessions, and I give permission to use medicines when students have tournaments. I am also in contact with all the departments that are responsible for the players: school, gym, tennis, supervisors and administration.



#### What is the best thing about your job?

The best thing about my job is that I get to help athletes recover as fast as possible so that they can go back to sports and their daily routines.

#### What are the excuses the student-athletes give to see you?

The ones I hear the most are that they have a headache, diarrhea, or that they just vomited. These are all the ailments that I cannot test for or see so it makes it difficult for me to do my job sometimes.





Caterina Rokke

Grade 12

**What is the strangest excuse you have heard?**

Once, a long time ago, a player came to my office to complain that he was sick and had a high temperature. I tested him with a thermometer and it showed he had a high temperature. After 10 minutes of discussion, he admitted that while I was not looking, he had swapped my thermometer with a broken one. I then tried again with my own thermometer and sure enough, it showed that he did not actually have a high temperature.

**What is your biggest dream?**

My biggest dream is that the players from the academy succeed in life. Either by going to university with an athletic scholarship or as a professional player.

**David Albert, server at the Masia**

**How long have you been working at Sanchez Casal?**

17 years

**What is the best thing about your job?**

The thing I like the most about my job is meeting new people.

**What is the thing that the kids order the most?**

Patatas fritas (French fries)

**What is your biggest dream?**

I believe I have completed all my dreams. (Editor's Note: David retired in October 2016 after 17 years of service at ASC. We wish him all the best in his retirement!)



**Miguel, Campus Maintenance**

**How long have you been working here for?**

I have been working at Sanchez Casal for 17 years.

**What does your job include and how many hours do you work a day?**

My job includes everything from maintaining the courts, to cleaning the outdoors of the Campus. I work between 7-9 hours a day.

**What do you like the most about your job?**

The thing I like the most about my job is that I meet the academy's needs. I also like being outdoors.

**What is your biggest dream?**

Well... I like my job. I would not change my work. I played tennis in the past, and therefore for me it's almost a dream come true to work in such a reputable tennis academy. If my work helps the players of the tennis academy to become better tennis players, I am happy.





### Oscar Lopez, Tennis Coach

**How long have you been working at Sanchez Casal?**

4 years on and off (I left briefly for Paternity leave).

**What do you like the most about your job?**

I like the tennis the most. Being a tennis coach, this is necessary.

**What is the best place you have travelled to for tournaments?**

Florida in the United States, the Sunshine State.

**What frustrates you the most?**

There is not really anything that really frustrates me but, if I really think about it, players who do not listen to my advice can be frustrating.

**What is your biggest dream?**

My biggest dream for work is to have a professional player under my instruction with who I can travel with to important tournaments.  
tournaments.



### Vicenc Escarrá Pálles, Academy Bus Driver

**How long have you been working at Sanchez Casal?**

I have been working at Sanchez Casal for 2 years

**What is the best thing about your job?**

I love working with the children of the academy. Also, my passion is tennis. Therefore I really like working with children who play tennis. They are all really friendly and are well behaved. When I have the time, I enjoy watching the matches.

**What is your biggest dream?**

My biggest dream was to become number 1 in the world in the tennis, which now is impossible.



### Piotr Sowinski, Poland, 12<sup>th</sup> grade student

**How long have you been in the academy?**

I have been in the academy for five years, and this is my sixth and last year.

**What do you like the most about the academy?**

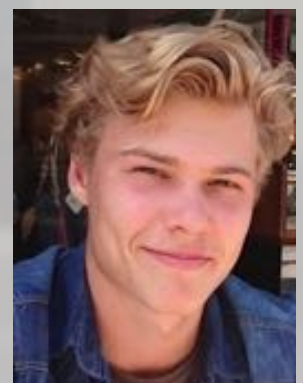
The thing I love about the academy is that it is international; everyone comes from a different part of the world.

**If there was one thing you would improve in the academy, what would it be?**

Honestly, I think the academy is really good as it is now. Maybe less homework in school.

**What is your biggest dream?**

My biggest dream is to finish university and go pro in tennis afterwards.



*The reason our academy works so well, and is so professional is because of everyone that works here. Everyone wants that the academy to be the best that it can be.*



Meritxell Jimeno

Grade 12

## AP Programs at ES International School

This year in our school, two new Advanced Placement classes have been added to the existing AP program: AP Comparative Government and Politics, and AP Spanish; as well as AP Microeconomics, which has been studied in our school since 2015.

AP classes have many advantages. As well as academically challenging students within these subjects, they are another string to the bow when applying for universities. If you pass the final AP exam, you are able to get some credit for college. Another advantage is that AP classes help develop college-level academic skills, since AP classes are geared towards higher education learning.

I asked Ms. Wynne, our high school History teacher, about the addition of the new AP courses and what advice she would give to students who are thinking of taking her class, AP Comparative Government, in the future.

Ms Wynne said: *"For Comparative Politics, the student really needs to be interested in keeping up to date in world affairs. Somebody who is interested in knowing about the world around them as it really is; reading the newspapers, watching the news and programs, nationally and internationally, will do really well in the course. Students also need to be doing research, not because they have to, but because they genuinely are concerned about knowing what's affecting the world around them."*



AP Economics Class







I also interviewed a couple of students currently studying in AP classes to see how they are progressing:

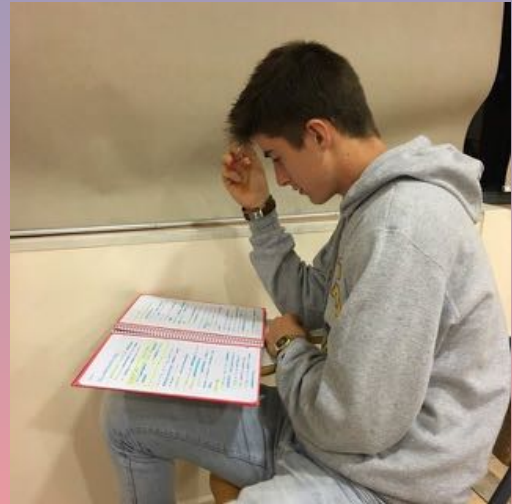
Marc Feliu, 11th grade.

**- Which AP course are you taking?**

*I am currently in Ms. Wynne's class, which is AP Comparative Government and Politics.*

**- Why did you decide to take this class?**

*It is a very challenging class and I think it will be good for my future. As all my classmates say the class is quite tough because of all the reading, but I am sure this class will help us to build college skills such as critical thinking.*



Diego Herrera, 11th grade.

**- Which AP course are you taking?**

*I am taking AP Spanish.*

**- What do you like about this AP class?**

*Well, my first language is Portuguese and I like classes which involve learning a new language. I think I have an advantage since I already speak fluent Spanish, so this makes the class easier for me.*

*I like to communicate in Spanish. I came from a family who wrote in Spanish. My paternal Grandfather was a Spanish poet.*



It can be proven that taking an AP course in your few last years of high school helps you improve your academic skills and critical thinking. It is also very valuable when it comes to applying for universities because passing an AP examination may give you credit at university.



Caterina Rokke

Grade 12

## Should the region of Catalonia be separated from Spain?

Catalonia is an autonomous community of the Kingdom of Spain. It is located in the Northeast of the country, and the capital and largest city of Catalonia is Barcelona. Catalonia is very proud of its identity and language, as you can see in the Catalan flags flying high on the city's buildings. It is one of the richest and most highly industrialized regions, and one of the most independent-minded in Spain. With a distinct history stretching back to the early Middle Ages, many Catalans see themselves as a separate nation from the rest of the country.



"Quatre barres" The Catalan flag



"Casa Batlló" by Gaudí on Passeig de Gràcia

The movement for independence presents many arguments as to why their region should be independent. The separatists claim they have a strong nationhood because of their 1,000 year history, a distinct language and a population as big as other countries. The separatists further argue that it is their right to decide the government that represents them. Another reason Catalonia wants to separate is because of the economy. The region makes up 16% of Spain's population and accounts for 18.8% of the Spanish GDP, compared to just 17.6% from the capital, Madrid. Catalonia is one of the wealthiest regions of Spain.

The region's current unemployment rate is just under 20% compared with the rest of the nation as a whole: 24%. In Catalonia there is widespread feeling that the central government of Spain takes more than it gives back. The schools are instructed in Spanish, while the separatists are pushing for Catalan to be the first language of instruction in their public schools in Catalonia.

In September 2015, there was the third regional Catalan election in only five years. The main separatist alliance and a smaller nationalist party won 72 seats in the 135 – seat regional.

### THE HISTORY OF CATALONIA IN BRIEF

In the 6th century BC, the Greeks arrived in the territory that is now Catalonia. Two cities were founded, Rhode (Roses) and Emporion (Empúries). The Greeks spread ideas of western culture that included political and social beliefs and values about how society should be organized. The Romans took over Catalonia from the 5th to the 3rd century BC. They thought the Catalan language has its origins in the Latin spoken by the Romans, just like Spanish, French, Italian, Romanian and Portuguese.





I asked 5 students from ES International School to weigh in on the big question. *Should Catalonia be Independent from Spain?*



**Julia Sanchez, 11th Grade (from Barcelona, Spain):** No, because I still want to be part of Spain. I feel more Spanish than Catalan; in fact, I do not even speak Catalan because we do not speak Catalan at home.

**Clara Bascuñana, 11th Grade (from Barcelona, Spain):** I do not think Catalonia should be separated from the rest of Spain. Economically, it will cost a lot to help such a small country, and it will be a really complicated process. People do not realize the consequences of the separation. We need to be part of Spain.



**Meri Jimeno, 12th Grade (from Barcelona, Catalonia):** I want Catalonia to be separated from Spain some day, because I think it would really help all the Catalan people to have their own government, we could create a lot of jobs that would decrease the unemployment and improve our economy. As we have our own culture and language, I believe we have the right to have our own country.

**Moshe Rosales, 8th Grade (Venezuela):** I do not think Catalonia should separate from Spain, because they are part of Spain, and it is working out quite well. Why would we change it?



**Alison Doherty, 9th Grade (USA):** I would like Catalonia to be separated because it is another culture, and also it would be better for their economy.

Three of the five students I asked do not want Catalonia to be separated from Spain. The results show us that, whether they agree with separating or not, the students of our school are informed on the current situation, and have created their opinion about it.



# How to be a Healthy VEGETARIAN

Vegetarianism is now quite common in our society. Every day more and more people decide to cut out meat from their diet, either for their love of animals, or for the health benefits it may bring.

Many people have pre-conceived notions about vegetarianism even though there is a lot of information about vegetarianism available. In fact, there is increasing proof that there are many benefits of a healthy vegetarian diet.

Despite common misconceptions, the word “vegetarian” has nothing to do with consuming vast amount of vegetables, although vegetables, naturally, play a large part.

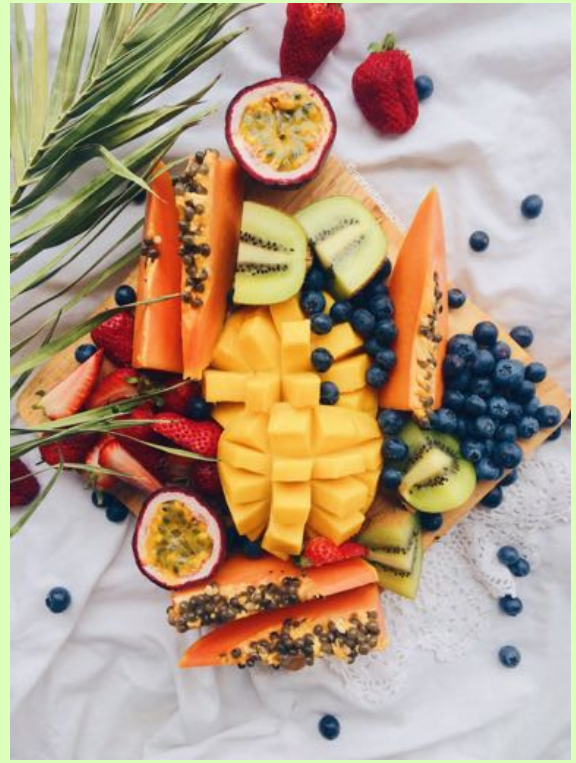
There are many benefits to becoming a vegetarian. Each person has their own reasons for making such a big decision. Vegetarianism reduces the risk of heart diseases by decreasing high cholesterol caused by the high fat content of red meat, and can help to slow down the aging process. Vegetarian lifestyles also help people to avoid toxic food contaminants. like salmonella, found in meat. Vegetarianism also reduces the global warming that vast meat production contributes to.



## Benefits:

- ♦ Helps avoid diseases
- ♦ Avoid toxic food contaminants
- ♦ Reduces global warming





## How to be a Healthy Vegetarian Athlete.

Every athlete's favorite question on vegetarianism is: *Where do you get your protein?*

Protein is needed for tissue repair, building and repairing muscles, building red blood cells and synthesizing hormones and enzymes. Where can you get protein as a vegetarian? Natural soy products, dairy, green leaves; especially spinach and kale, avocados, bananas, olives, nuts, whole grains, some root vegetables (sweet potatoes), legumes, tofu, peanut butter, edamame are all good sources of protein.

Protein is in all kinds of food besides meat, but generally in lower quantities. It takes some effort to make sure you are getting enough protein in every meal but it's not that hard as long as you're committed to variety.

If your goal is to get the amount of protein recommended for athletes by many nutritionists, you need to eat more vegetables to give the equivalent nutrient value as meat.



Manon Desouse

Grade 12

I also thought it would be a good idea to interview two vegetarian student athletes from ES International School. I decided to interview these two students because they opt to be vegetarian for distinct reasons.

How long have you been vegetarian?

*"I've been a vegetarian all my life. I have never tried meat."*

Why did you decide to be a vegetarian?

*"My family are vegetarian for religious reasons and also tradition. We are Hindus and we prefer to avoid hurting other life forms."*

Do you feel like being a vegetarian has affected your life as an athlete?

*"No, I'm just as strong as other guys. Being vegetarian doesn't make you weaker, I have the same protein levels as other non-vegetarian athletes".*

What do you eat to get the recommended protein?

*"To be honest, I rely on supplements: Protein bars, protein tablets and protein shakes help to give me the protein I need".*



NAME: Shivit Dhamija

Country: India

Grade: 11th

For how long have you been vegetarian?

*"2 years".*

Why did you decide to be a vegetarian?

*"Animal compassion and to reap the health benefits".*

Do you feel like being a vegetarian has affected your life as an athlete?

*"I feel healthier, no weakness. Meat can make you feel bloated and sluggish."*

What do you eat to get the recommended protein?

*"I eat a little bit of everything, no special dietary requirements".*

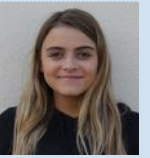


NAME: Wiktoria Nowak

Country: Poland

Grade: 11th





# 10 QUESTIONS YOU SHOULD ASK YOURSELF WHEN CHOOSING A CAREER!

Choosing a career is probably one of the hardest things to do as a student. It's something we all can connect to, because we all panic about deciding what we want to do with our lives. It's really stressful to see that all your friends already decided what they want to do, and you still haven't made any decision. Here are 10 questions that you should ask yourself before choosing a career!

1

## What are your interests?

The people who are most satisfied with their jobs are usually those who love what they do. You need to find a job that you enjoy so much that you won't have to wait impatiently for the weekend to come.

2

## What are your personality traits?

Your personality is very important to consider when you're deciding on a career. If you're an extrovert you'll choose a different environment than an introvert.

3

## What skills do you have?

You can also create a list of your skills; it can be an eye-opening experience that provides confidence as you move toward your goals. Learn how to identify things you excel at, and which will help you find good career matches.

4

## Do you want to work independently?

Some jobs will allow you to work independently, while others require close collaboration with others. It is important to identify which way brings out the best in you.

5

## Are there opportunities for advancement?

Some jobs offer more upward mobility than others. Try to find a job in which you won't feel stuck in a rut (lack of opportunity).

6

## Are there jobs available?

It's important to research the labor market for the careers you're considering. You can research the labour market both globally and locally.

7

## What are your talents and strengths?

Everybody has a talent. You need to learn how to identify them, and that usually comes with experience and knowing yourself. Also, don't forget that talents are developed through practice. Learn how to develop your existing strengths, or learn new ones.

8

## What training or education do you need?

Try to learn as much as possible about additional training or schooling to pursue your desired career path. Research what degrees, licenses, or qualifications you might need to be employed in the fields you're considering.

9

## Where do you want to live?

The labour market for particular occupations varies depending on location. For example if you pursue an agriculturalist career you'll most likely live in a rural area. But if you want to go into finance or even law, you'll most likely find more opportunities in the urban centre.

10

## What are your salary needs?

I put this question last, because money isn't the most important thing when you're choosing a career. But it's still important that you have it in mind when selecting a career. You'll probably need more qualifications for a higher-paying job.





Uma Ferrer

Grade 12

## How Music Affects Brain Performance

Music affects your brain in many positive ways; it has the power to make you smarter, happier and more productive at any age. Music can actually change some people's mood. It can also help you concentrate. But how exactly does it work?

The “Mind Science Gap” website has now proven that music makes you do things better by increasing your positivity and productivity. Listening to upbeat music can improve your mood. Scientists say that music is good for you because it improves attention spans, memory, and even mental math ability. It has also been found to alleviate depression and anxiety by increasing your heart rate and stimulate serotonin, the “happy” hormone.



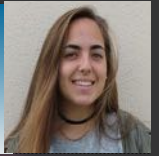
### When athletes exercise

Listening to music when you go to the gym or play any sport improves your workout and performance. Scientists found that listening to music distracts athletes from their “bodily awareness” and so they were more able to push through pain and psychological barriers.

A recent study found that not just listening, but controlling and creating music in time to one's pace had an even more profound effect on perceived effort during a workout.

When athletes listen to music with a faster beat it is proven that they will run or make an effort at a higher tempo, because the beat reaches out to the brain and it makes one more excited about exercising.





## When babies are born

All babies are born with the potential to become musicians and they usually react to songs with enthusiasm. The ears of babies are well developed soon after birth, so they can respond to music very early on believes Diane Bales, associate professor of human development and family science.

Encouraging babies' natural fascination through music can strengthen your relationship with the baby, develop their language skills, and open the door to exploration and fun.



## Music helps you study

Many researchers, as well as students, who think listening to music helps memory have called the practice the "Mozart Effect." However, nowadays many students are not actually listening to Mozart anymore, as they would rather listen to music that is currently popular, so the effect may not be the same. It is also unclear what effect volume levels has on the cognitive and concentration processes.

Many students listen to music to ease stress and anxiety, which helps with the cognitive process, (Cokerton, Moore and Norman 1997). However, some scientists dispute this finding and claim that music has more of a distracting effect on cognitive tasks. (Furnham and Bradley, 1997).







Meritxell Jimeno

Grade 12

# Living in Barcelona

Living in Barcelona is such a privilege for most of us. When many people think of the Catalan capital, the first things that cross their mind are the beaches, the laid-back summer atmosphere, and the year-long mild weather. These things are here to be enjoyed, but the many tourists flocking to Barcelona for its attractions can also impact the city in negative ways. What makes Barcelona so great? And what are the negatives?

## Pros:

- Barcelona is a multicultural city which counts many nationalities amongst its residents. 16.3% of the total population of Barcelona is non-Spanish which makes the city very International.

- Eating at the beach: whether it is “bocadillos”, a paella or some fried calamari, on Sundays people go to the sea-front promenades to enjoy meals and snacks . The weather in Barcelona tends to be sunny, and it is never too cold to go outside and enjoy the weekend.



Barceloneta Beach with the view of the W Hotel

- You don't know what to do at the weekend? Go to a Barça game! Barcelona has one of the best football teams in the world. The shield of FCB even has pride of place on one of the mosaics on show in the Cathedral of Santa Maria del Mar situated in the Ribera neighbourhood of Barcelona.

- Tourism makes a big contribution to the Catalan economy. It provides 15% to the total Gross Domestic Product (GDP) of the region. Tourism creates new jobs, therefore the unemployment in Barcelona decreases.

## Cons:

- A stroll through the city's most famous street, Las Ramblas, requires a lot of patience, especially if the people blocking your way wear oversized Mexican hats. Las Ramblas is the most popular tourist street of the city; and no matter what time it is, it is always crowded. Pick-pockets also note this, and prey upon unsuspecting tourists. If possible, locals tend to avoid the area.

- Noise pollution. People, commercial activity, traffic and animal biodiversity are a source of sounds and noises which characterize the urban space. Traffic is by far the main source, and the local government is taking measures, with on the spot fines (“multas”) to combat it.

- Even though it can be a positive thing, tourism can be a negative for the city too. Barcelona is the 5th most visited city in Europe, and it broke its record number of tourists with 7,57 million guests staying in hotels. Tourism leads to what we call “tourist flats”, where renters sublet rooms and apartments without express permission from the owner, which is illegal, but is becoming more and more popular.



The hordes on Las Ramblas





For students, living in Barcelona can be a great experience. We asked some people from the campus what they like and don't like about the city.

***Eleanore Mihaylova (Bulgaria) 11th Grade***

+ I like the evening life and shopping in the city. I really like going to the centre to spend time with my friends, taking advantage of the many stores and malls the city has to offer.

- I hate the traffic. Especially if I'm in a rush. The taxis always take so long if you want to go into the city at peak times.



***Caterina Rokke (Italy & Norway) 12th Grade***

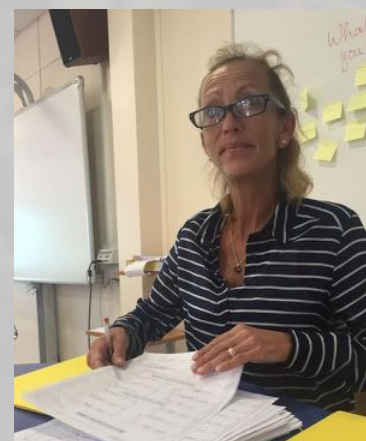
+ Actually, Barcelona is my favorite city. I love it because there is always a lot to do. One can go to the beach, shopping, cinema, theatre, museums, or just chill out with friends in a plaza. You can never get bored. Also, I like Barcelona a lot because of the weather. It is perfect for tennis.

- In my opinion, the city is very polluted and sometimes smells very bad. It feels like you are in a humid bubble, especially in the summer because it gets so hot and there's very little breeze.

***Dr. Boerekamps (Holland) Science teacher***

+ I really like the culture in Barcelona. There are a lot of theatres, art galleries and live music. I really love the variety of restaurants where you can eat food from all over the world.

- One thing I don't like in Barcelona is the metro. It's always so hot, humid and busy on the station platforms!



***Moshe Rosales (Venezuela) 8th grade***

+ I like living in Barcelona because there are many different cultures here.

- I don't like that the city is so busy. There is always so much traffic. When I am hungry, it annoys me even more.





# Social Media Influences Fashion and Trends

Social media is very effective in popularizing the lifestyles of celebrities, which makes young people look up to them. Nowadays, all the fashion and lifestyle trends are usually set by Instagram-famous accounts, such as the Kardashians or Selma Gomez. Famous people have a large number of followers who want to copy their image and their lifestyle. In turn, however, all this can lead to both positive and negative influences.

## The Rise of Social Media:

We live in a world that revolves around social media. A lot of teenagers are focused on becoming popular on websites such as Instagram, Youtube and Facebook. The hype around social media began not so long ago when regular girls who featured a lot of talk about fashion and make up on their personal pages suddenly became visible to many, and then, ultimately, famous with millions of followers. These “overnight sensations” spurred on more and more girls to upload their own similar videos on Youtube and Instagram to gain popularity. This led to a trend of young people becoming successful bloggers who set the precedent for other teenagers. Social media is a way to gain attention and praise, which can be addictive. Nowadays young people can also become rich on their pages by product sponsorships and advertising. This was an unimaginable concept 10 or 20 years ago.

## The Dangers of Social Media:

A danger of the popularity of social media is the pressure to *be* a certain way. The majority of popular people on social media are already models and celebrities. Teenagers follow extreme diets to achieve the “ideal” body weight and looks. Unfortunately this may result in epidemics among young people who can suffer from psychological problems and disorders like bulimia and anorexia.

Another negative trend of social media is that more and more people project an ideal life. More and more people upload pictures that portray the lifestyle that they don't really live on a day-to-day basis, which can leave people feeling dissatisfied with the reality of their own lives. They are constantly comparing their lives to others, or in some extreme cases, can lead to crippling debt as people struggle to keep up with trends and spend far beyond their financial means.



Instagram model promoting Fit Tea

## Social Media and its Influence on Fashion:

Related to the fashion industry, social media has been crucial in spreading trends. In a few clicks, posts are sent around the world. In the past, fashion shows could only be viewed if you went there in person or if you watched them at a certain time on TV. These days, every single image from the fashion show can be shared on Instagram, Twitter, Tumblr and Facebook almost in real time so that people can view and purchase items from the collection. This results in a boom for the fashion market and this opened up a new market to the designers. Also this allows ordinary people to start their own online stores and sell the clothes and the jewellery that they make.



Inspiring photos on Instagram



Popular Instagram diet



Fashion pages on Instagram





Social media influences many people, especially young teenagers. Many young teenagers look up to their favourite celebrities. A positive is that with social media you can get an idea about new trends and fashion. Also you are privy to intimate details about the lives of your favourite celebrity, satisfying your voyeuristic urges. But it also has negative effects because people are so into it that they are living their lives on Instagram or on Facebook. They forget about reality. People can copy someone's style or look but don't have to forget to stay real and unique.

*I asked four students from our school about how they use Social Media and their thoughts on how other people use such websites:*



**Nicole Pavlova, 12th Grade:**

*"Social media affects fashion by publishing and promoting products and trends that people think are stylish. For example if you see some clothes on an influential celebrity, you will want to get it also.*

*I explore the fashion pages and I get inspired by some styles people post. It gives me more ideas about clothing combinations."*

**Elinore Mihaylova, 11th Grade:**

*"People look at fashion trends online and try to copy the style of models, in order to perhaps feel better about themselves. In my opinion people nowadays aren't unique in their style because there is so much style copying going on.*

*I try not to be a maniac about fashion, but sometimes I just can't help it, and if I see something nice on a fashion page, I want to buy it."*



**Arthur Ganeev, 11th Grade:**

*"It became much easier for people to interact and connect with each other because of social media.*

*It doesn't influence me at all, but I guess other people will get influenced by advertising, which creates a need for the products that companies want to sell."*



**Luciana Rabines, 12th Grade:**

*"Instagram, for instance, influences fashion by enabling users to post photos of clothing which obviously allows others to see it. It doesn't influence my style though, because I dress however I want."*



# Staying Safe On Social Media

Staying safe on social media is an ongoing issue. A lot of people have experienced problems related to their activity on social media. Keeping your identity, finances, location and address secure should be of paramount importance. Being unaware of what you post or the audience for that post can make you a target for theft or bullying. It can also limit your chances of entering college or getting a job.

## Theft

In order to stay safe on social media you have to watch everything you post. There are a lot of cases where people have been robbed because they posted their locations and addresses on social media websites or shared holiday photos while away, publicizing to the world that their homes are vacant. People who share a lot of their personal information have become targets for identity theft or fraud: people have been tricked into giving out their credit card numbers and have had their money stolen. The social group who is most affected by social media and its dangers are teenagers. In order to stay safe, teenagers should limit the amount of information that they share, and in some cases, it's a good idea for parents have more awareness about the social media accounts of their children.

## Trouble With Getting Into A College

The other problem of social media is the content that's posted. Before posting something inappropriate, you have to think about who might see your profile. Nowadays, many colleges will check your social media accounts as part of the application process. Students who have earned good grades in high school and provided a good personal statement have been rejected due to their inappropriate posts on social media. Sharing racist or otherwise offensive content has left negative impressions that has affected college applications.

Colleges have also found applicants Instagram accounts that contain evidence of underage drinking or the consumption of illegal substances. In order to not risk rejection, it is best to stay away from controversy. Things posted online are permanent. Imagine having a Facebook account for a long time. It's easy to forget the silly things posted six years ago. In order to avoid misunderstandings and embarrassment, before applying to colleges or jobs, it's a good idea to check the history of your account to make sure you are always presented as positively as possible online.





## Be Careful When Applying For A Job

Similarly, when you apply for a job, your social media will be checked by potential employers. Companies are always looking for employees who radiate a professional image. If a company finds inappropriate posts, you risk rejection. Social media is very effective in getting an insight into people's lives. Many people want to appear more professional on their job application when in reality, they love to party and share the evidence on Instagram. In this case the company may reject you.



Overall, as described above you have to be very careful about your social media activities. Social media can be used for good things, such as sharing information with friends and family, but it also can be used against you. The main advice would be to always check and think twice about everything you post. Also limit the personal information you share, which can then make you a target. Stay safe!





Uma Ferrer

Grade 12

## New Student Focus: Adham And Yaseen The Al Ramlawi Twins

This year we have two new students who are identical twins, Adham and Yaseen. Twins are interesting. They are usually emotionally close and know each other as well as they know themselves. They always have someone to talk to and to spend time with. Who wouldn't want to have a twin?

### Types of Twins:

**Identical twins** occur when a single fertilized egg divides into two. Identical twins tend to look alike and share the exact same genes. 1 in every 285 sets of twins born is identical. (Statistics from [www.twinstwice.com](http://www.twinstwice.com))

**Fraternal twins** occur when two separate eggs are fertilized by two separate sperm. Fraternal twins do not share the exact same genes. They are usually no more alike than they are to their other siblings.

### Let's get to know the Al Ramlawi Twins...

#### *What is it like to be have a twin?*

Yaseen:

"You don't feel lonely because you always have someone to spend time with".

#### *What is the best thing about having a twin?*

Yaseen:

"You have a special bond with your twin and weirdly, we always want to do the same things."

#### *Have you ever swapped places?*

Adham:

"One time we swapped places in class at our old school and nobody realised!"

#### *Do your parents ever confuse you?*

Adham:

"Not usually, but when they are not focusing, yes they do confuse us."

#### *Who is older, and by how much?*

Adham:

"I'm older by two minutes"







**And as individuals...**

***What are your distinguishing features?***

**Yaseen:**

“My hair is different: I usually wear it higher on the top and shorter at the sides. I don’t have any freckles on my face but I do have like a dimple at the end of my nose. “

***What are your hobbies or interests?***

“I like to play tennis, x-box and World of War craft”

***What is the best thing about your brother?***

“He likes to do whatever I do and he is always happy.”



Is this Adham or Yaseen? Can you get it right?

***What are your distinguishing features?***

“I put my hair to the right while my brother puts it up, I have small beauty spots all over my face, I’m taller by two centimetres and my teeth are whiter than his.”

***What are your hobbies or interests?***

“I like to play tennis, X-box and World of War craft”

***What is the best thing about your brother?***

“He likes to do what I do! He also helps me prepare for tennis matches and he helps me with my homework.”



Is this Adham or Yaseen? Can you get it right?



Daniil Alekseev

Grade 12

# Q&A with Mr. President

Our school has its own council which is elected by the student body. Every student could try to become a School representative, however, you have to prepare a good speech and be prepared for the work that the role includes.

This year the student elections were very interesting. The school had two presidential candidates: Edgar Urmanov and Sara Veccione. Each candidate had a very good speech and interesting plans for the future year.

After election day, we found out that Edgar Urmanov won by a majority of votes. Our student body thought that he was the best person for the job.

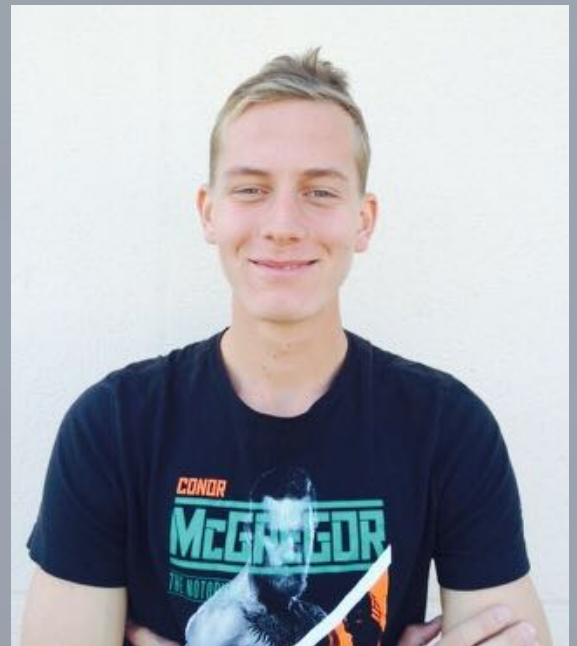
I asked Edgar what plans he has for the future year:

## **-Are you happy to represent our School as the Student Council President?**

I am more than happy to represent our school as the President. I've been a member of the Student Council since my first year in the school in 9th Grade. This job requires a lot of responsibility, but it's truly a pleasure because it gives me and the other members of the Student Council a great opportunity to serve our community.

## **-What are your plans for this academic year?**

One of my main ideas, which has already been put in place, is to have small conversations with every single student in our school. This helps us understand our student body's main concerns and the things they would like to change. The data we have collected so far is very helpful. As a result of these conversations, we started working with new charity organizations, for example Tennis Aid, and we are currently working on organizing more school excursions.



## **-What happens during meetings with other school representatives?**

In the meetings, we discuss new ideas and suggestions. It depends when the meeting is happening. Sometimes we are just checking on progress. Other times we plan the organization of various events. It's a lot of work, but also a lot of fun.

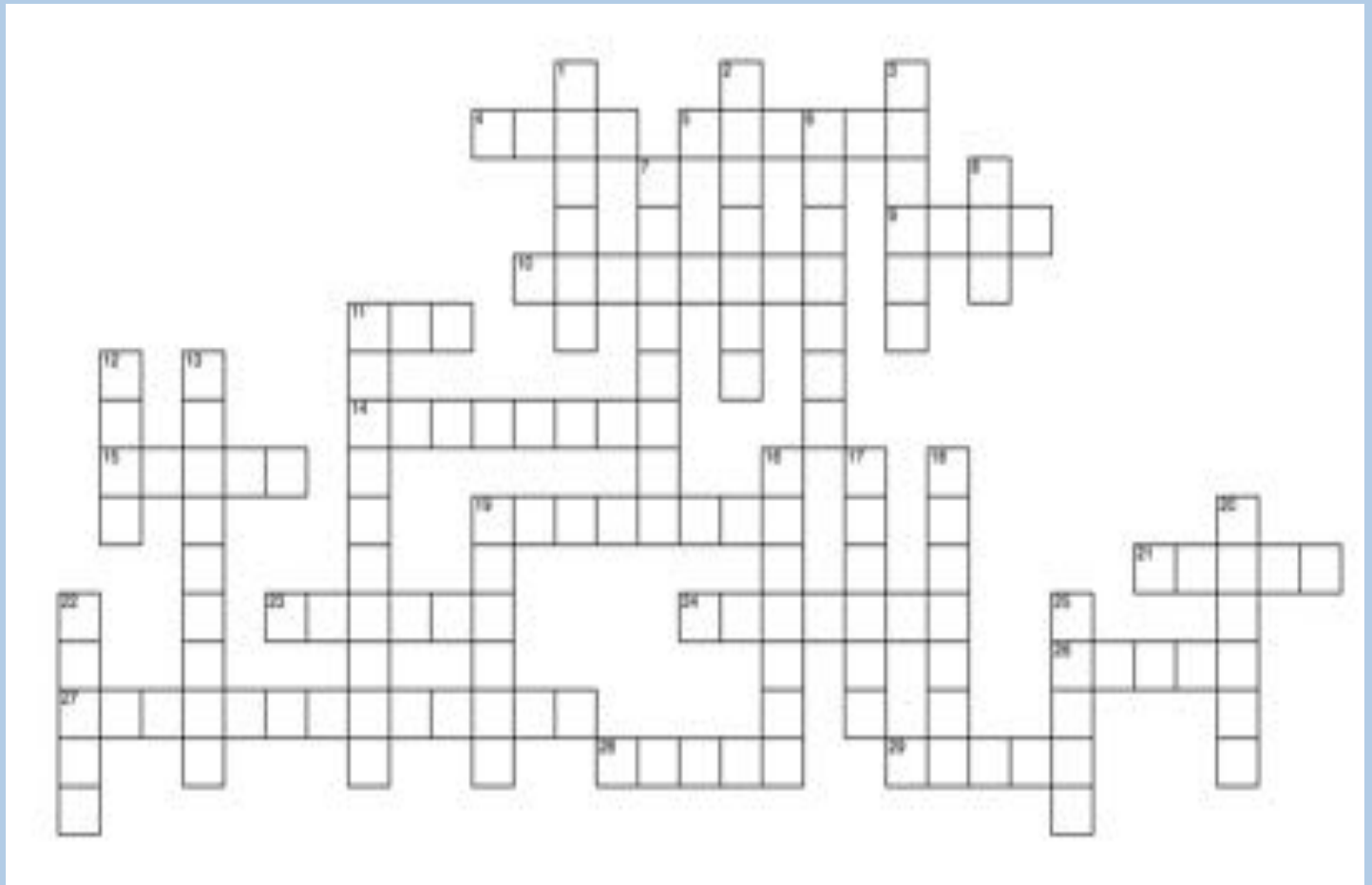
## **-What is your favorite part of being a student council?**

My favorite part of being a member of the student council is that we get to cooperate with each other in order to organize events like Thanksgiving. It's a pleasant feeling when you see other people appreciating your work.



# Campus Competition Time!

Complete the Crossword Puzzle from the clues below. The first correct 3 submitted to Ms. Joyce by January 31 will earn 10 points for their Spirit House!



## ACROSS

- 4. Cold and White (4)
- 5. Head Coach (6)
- 9. Surrealist Artist (4)
- 10. Santa's pets (8)
- 11. Spirit Day Month (3)
- 14. The First State (8)
- 15. Light in color in Spanish (5)
- 19. Paella Day (8)
- 21. The Head of School (5)
- 23. ESIS Egyptian Twin (6)
- 24. 12th Graders (7)
- 26. Name of ESIS Graduated student 2016; Christmas Bird (5)
- 27. Bart Simpson's activity (13)
- 28. Life of Pi animal (5)
- 29. Eastern Religion (5)

## DOWN

- 1. Female Parent (6)
- 2. A gift; today (7)
- 3. German Baroque composer (6)
- 6. High Point in Nepal (7)
- 7. Purple animal on campus (8)
- 8. German Eleven; pixie (3)
- 11. African island (10)
- 12. Killer Whale (4)
- 13. Long, thin pasta (9)
- 16. Cheap Irish Airline (7)
- 17. Campus Maths and Telescope (6)
- 18. Eye accessories (7)
- 19. Popular Sport (6)
- 20. Breakfast and Lunch (6)
- 22. Campus Eating Place (5)
- 25. Transportation common in Amsterdam and San Francisco (5)



Uma Ferrer

Grade 12

## Travelling with Uma

Nowadays travelling is more accessible for everyone because the flights are less expensive. Whether on a short flight or a long haul flight, there are always tips that can be shared which can help you feel more comfortable while you travel. Due to the international nature of the school and academy, students and members of faculty travel a lot for tournaments, visiting family or for leisure. I decided to ask them what makes their journeys more practical and comfortable.

### Caterina Rokke, 12th Grade

**What are the things that you always bring with you when you travel?**

*"As I travel for tournaments, I bring tennis rackets, tennis shoes, but the most valued things to me are my sleeping mask and earplugs so I can sleep properly on the journey and I always bring my mosquito spray and sunscreen if I'm going anywhere hot."*



Caterina Rokke

### Piotr Sowinski, 12th Grade

**What are the things that you bring with you to make you feel more comfortable when you travel?**

*"I always take my own pillow, I take my tennis rackets because I play tournaments, I take my favourite t-shirts for comfort and familiarity, and my credit card because I don't like to carry a lot of cash. I also take my watch so I can check the time in the city I am in."*



Piotr Sowinski

### Matias Metyko, 12th Grade

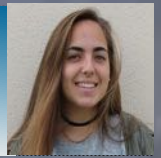
**What are the things you like the most about travelling for tournaments?**

*"The thing that I like the most is that I meet new people and new places and I like to go back to visit them."*



Matyas Metyko





### Meritxell Jimeno, 12th Grade

**What is the thing you like to do the most when you are on the plane?**

*"When I travel by plane I always bring my eye mask and my headphones with me so I can sleep on the plane, if I can't sleep, I like to watch movies on my computer."*

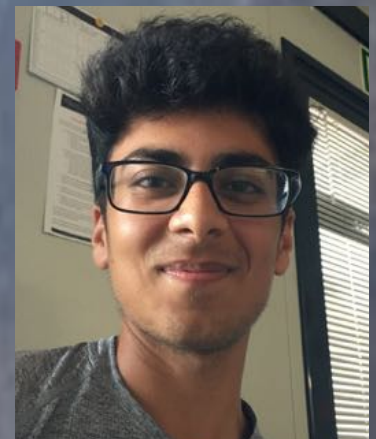


Meri Jimeno

### Shivit Demija, 11th Grade

**What are the 4 things that you always bring with you when you travel?**

*"I need my headphones, laptop, camera and some clothes."*



Shivid Demija

### Luciana Rabines, 12th Grade

**What travel tips would you give to someone who is not an experienced traveller?**

*"Go with enough time so you don't have to rush and risk missing the flight. Wear comfortable clothes and pack at least a day before travelling so you don't forget anything important."*

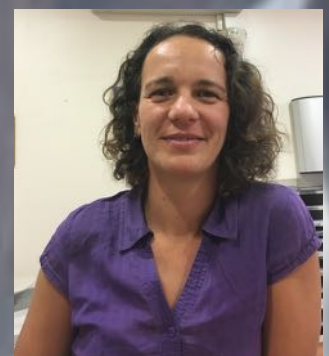


Luciana Rabines

### Adela Gavozdea, Academic administrator

**What tips would you give in order to go through security quickly at the airport?**

*"Make sure you know what things you can't have in your bag. The most common one is to remove water bottles or shampoo over 100ml. Have your passport and ticket easily accessible, avoid wearing a belt and boots because you always have to take them off. Gear yourself up with a lot of patience!"*



Adela Gavozdea

Travelling can be stressful so tips can be useful for travelling more comfortably and efficiently. When you travel it may be wise to follow these so you can be more relaxed and get to the airport with enough time and with the least amount of stress. You should make a list before traveling because you can always forget something you wanted to bring, and then when you arrive to the airport or to another part of the world, you realize you forgot something at your house.





Daniil Alekseev

Grade 12

## Family Winter Vacation Traditions

The Winter Vacations is a time when families forget their problems and misunderstandings, and gather together to celebrate this wonderful holiday. Each family has different traditions passed down through generations. Some families go to a country house and stay there for the vacation, and some fly abroad to celebrate.

In my family, on the night of the 31st of December we have a tradition: My dad builds a trap outside our bedroom door. If we can get through the trap without waking up my parents, then we get to open our presents as early as we like. If we fall into the trap and wake our parents up, we have to go back to bed and can only open the presents later in the day on the 1st of January. The traps get more and more fun every year!

### Why are Family traditions important?

Traditions can be powerful for families. For one thing, they bring families closer together. By nature, traditions take time and commitment to develop. This time together helps make new memories while also remembering the past. Traditions remind us to stop the busy cycle of life long enough to reconnect and nurture existing bonds.

**I interviewed some students from our School to find out what their traditions are during the holidays.**

**Piotr Sowinski, Poland - 12th grade.**

*Do you have any traditions during the Winter Vacations in your family ?*

**-Yes, there needs to be 12 dishes on the table. These 12 dishes represent the 12 months of the year.**

*Why do you think it is important to have family traditions?*

**-It brings us all together, which is the most important thing at this time for us. It should be what the holidays is all about.**

*What's your idea of a good Christmas Dinner ?*

**-To eat sit down and eat with family. Reminisce over the past and open some presents and see everyone in my family happy.**







## Meri Jimeno, Spain - 12th grade.

*Do you have any traditions during your Winter Vacations in your family?*

**-On December 25th we go to my great grand mother's house and she cooks "Galets", which is a Catalan pasta served in a soup.**

*Whats the best gift you have ever received?*

**-A family trip to London. It meant a lot because I was able to spent time with my family. And to spend New Year's Eve in one of my favorite cities.**

*Are you looking forward to the holidays?*

**-Yes I am. I really like that time of the year and love to decorate the Christmas tree.**

*Does your town get decorated at Christmas?*

**-Barcelona, as many of you know, gets decorated especially in the center of the city. One of the things I like the ice skating rink in plaza Catalunya.**



Winter Vacations! Make it special. Although the stress of the holiday season may bring problems, it is a fantastic time. With your family and friends, make the holidays morable for you and your family members!





## Grades 3 and 4



(L-R): Daly, Patrick; Malak, Banu Selvi; Daraban, David.

## Grade 5



Back Row (L-R): Hejazi, Salma; Grosschmidt, Sofia; Jovanova, Iva

Front Row (L-R): Marinova, Patrissia; Miano, Zachary; Kazim, Yasemine.



## Grade 6



Back Row (L-R): Nesari, Neela; Grabko, Alexandra; Reyes, Marie Amandine.

Front Row (L-R): Kolganov, Kirill; Gogeliya, Konstantin.

## Grade 7



(L-R): ;Daly, Alicia; Nesari, Kian; Jovanov, Borjan.



## Grade 8



Back Row (L-R): Khrankova, Veronika; Mkrtumyan, Artem; Pinar, Sarp Súleyman; Kotzen, Nicolas Ian; Varisella, Bonifacy; Morandais, Jean-Christian; Alberga, Eusebio; Elena.

Front Row (L-R): Rosales, Moshe Emiliano; Ortega Gomez, Hugo; Salmerón Catalán, Hugo; Buerov, Fedor; Semenov, Danylo.

## 9th Grade



Back Row (L-R): Zhu, Jiayun; Qin, Xinhang; Mesochoritou, Galateia; Doherty, Alison; Crivitonencu, Karina-Stefania; Sciammas, Ad-die; Shah, Kean; Kanazirev, Nicholas; Miano, Sebastian; Grabko, Vadim; Hotis, Ryan; Marinetti, Franco; Campelo Leita, Rui; Pa-leev, Nikolai

Front Row (L-R): Kaydashov, Ruslan; Dranchenko, Kirill; Madanyan, Hovhannes; Al Ramlawi, Yaseen; Molinari, Vittorio; Weisshardt, Tobit; Al Ramlawi, Adham. Not Pictured: Wilson, Matthew; Arkallayev, Ramzan.



## 10th Grade



Back Row (L-R): Montero de Espinosa, Arantxa; March Okuyama, Clara; Starcevic, Mina; Daly, Karina

Front Row (L-R): Subasi, Kerem; Korolev, Anton; Cheung, Colby; White, Joseph. Not Pictured: Atlangeriev, Bekkhan; Celebidachi, Sergiu.

## 11th Grade



Back Row (L-R): Dhamija, Shivit; Sloan, John Oman; Medina Puigmarti; Ganeev, Artur; Atlangeriev, Alikhan; Batenkova, Maria; Mihaylova, Eleanore; Lopez Giese, Laura; Sanchez-Vicario, Julia; Bascuñana De Miguel, Clara;

Front Row (L-R): Muñiz Hidalgo, Antonio; Feliu Gomez, Marc; Herrera, Diego E. Moura. Not Pictured: Cekirge, Kuzey; Erriad, Danisa;

37 **The Review** Ferrer Ramos, Jordi; Kandathil, Asher; Nowak, Wiktoria.



## 12th Grade



Back Row (L-R): Urmanov, Edgar; Tavana, Arman; Kustudic, Blazo; Makagonova, Daria; Pavlova, Nikol; Stanojkovic, Filip; Marinetti, Dante; Doherty, Kelly.

Front Row (L-R): Bogdanovich, Brian; Metyko, Matyas; Ferrer Tesanovic, Uma; Veccione, Sara; Jimeno Vicente, Meritxell; Rabines, Luciana; Alessabdrini, Giorgia; Machado, Manon. Not Pictured: Denicoloi, Francesco; Leshchenko, Yana; Rokke, Caterina; Sowinski, Piotr; Alekseev, Daniil.

## Student Council



Back Row (L-R): Boerekamps, Jacqueline; Urmanov, Edgar; Atlangeriev, Alikhan; Shah, Kean; Nesari, Kian; Pinar, Sarp Suleyman; Korolev, Anton; Lopez, Manuel.

Front Row (L-R): Gogeliya, Konstantin; Miano, Zachary; Daraban, David.



## The Faculty



Back Row (L-R): Wynne, Eimear; Lizardi, Carlos; Greene, Geoffrey; Boerekamps, Jacqueline; Lopez, Manuel; Lawless, Aisling; Hatto, Abigail; Baroni, Simone; Gaudin, Paul; Ferrara, Jennifer; Gavozdea, Adela.

Front Row (L-R): Burns, Joanne; Junquera, Gloria; Rodriguez, Yolanda; Delgado, Gloria; Antuña, Marian; Sandilands, Harriet; Hendricks, Lee; Fulcher, Jamie; Joyce, Natalie. Not Pictured: Jimenez, Laura; Nuñez, Monique

## Emerging Scholars



Back Row (L-R): Montero de Espinosa, Arantxa; Mesochoritou, Galateia; Crivitonencu, Karina-Stefania; Urmanov, Edgar; Herrera, Diego E. Moura; Feliu, Marc; Mihaylova, Eleanore.

Front Row (L-R): Qin, Xinhang; Miano, Sebastian; Shah, Kean. Not Pictured: Lopez, Laura; Korolev, Anton; Veccione, Sara.





Manon Desouse

Grade 12

# GIVE SOME OF YOUR TIME TO THE COMMUNITY

Sometimes the routine of our day-to-day lives is interrupted, and we are confronted by social problems like homelessness and vulnerable people within our communities. Many people would like to help but just don't know how. Many want to make a change. You can make a positive impact to these people's lives by volunteering.

For example, with our Student Council, we raise money for various charities and some students participate in the *Amics de la Gent Gran* program which involves maintaining letter correspondence with local elderly people.

On Campus, Ms. Wynne is currently collecting unwanted, but good quality winter clothing and blankets that will be given to a charity for the Homeless. You can also participate by bringing similar donations to classroom D.

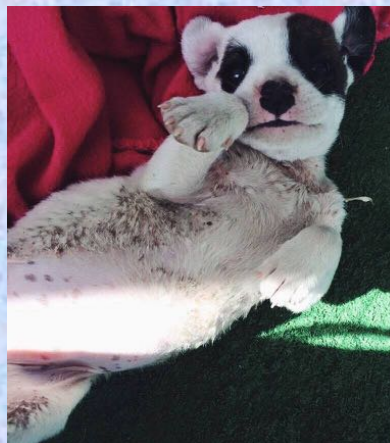
In my spare time, I volunteer at an animal shelter. As a volunteer, I help to clean out the cages and kennels, bathe and groom the animals and give them love and companionship while they are at the shelter. As an animal lover, I find that it's a very rewarding way to spend my time.

## WHY HELP?

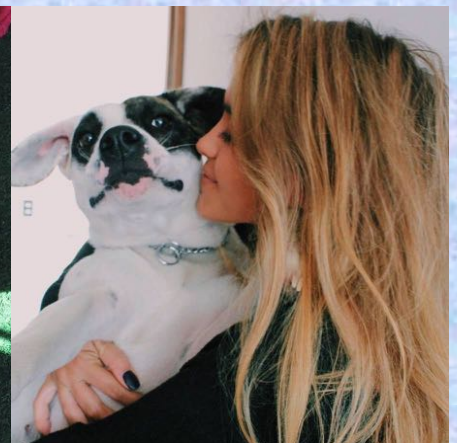
Helping others and dedicating time to a cause is a great way to connect with the community. Helping others is a great way to put personal problems into perspective and be more thankful.



Zachary Miano participating in the *Amics de la Gent Gran* program.

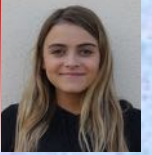


**BEFORE:** An abandoned dog with a skin disease, brought into the shelter where I volunteer.



**AFTER:** Happy and healthy at the shelter waiting to be adopted into a loving home..





# EVERY LITTLE HELPS

♦ Recycle, Recycle, Recycle. In Barcelona, container colour key:

Paper, (blue containers)

Plastics and cans (yellow containers)

Glass (green containers),

Perishables (food waste) (brown containers),

Batteries can leak toxic materials into the ecosystem, so it is important to dispose of them safely and responsibly. When they no longer work, take them to a collection point at your local supermarket, or better yet, use rechargeable batteries.

- ♦ Speak out against racism, sexism, bullying etc. when it happens.
- ♦ Educate yourself about current issues and share with others.
- ♦ Plant a tree in your neighborhood.
- ♦ If you're going somewhere nearby, walk instead of driving, and encourage friends and family members to do the same. It's healthy and better for the environment.
- ♦ Volunteer (+16 years old). You can also check the website **meetup.com** for more information and for local volunteering groups.



**There are many other things you can do that can make a change.  
Be the change you want to see in the world.**

# The Relief Effort: Tropical Storm Erica, Dominica, West Indies

Ms Joyce

On 29th August, 2015, I heard on the news that a Tropical Storm had hit the Caribbean, leaving devastation in its wake. Specifically, the Island of Dominica, West Indies.

The Commonwealth of Dominica, situated in the South East of the Caribbean Sea (not to be confused with the Dominican Republic which is located in the North of the Caribbean Sea,) is home to approximately 72,000 inhabitants. It is where my father's part of the family is from and is where he retired to back in 2003. Therefore, as you can imagine, the news about the storm worried me a lot.



Dominica is known as the *Nature Isle of the Caribbean*. It remains, to this day, naturally rugged and virtually untouched by industrialisation and extensive tourism. This makes for a beautiful island with a separate natural feature for every day of the year, but this also means that in general, there are limited jobs and resources for the islanders. Life under the relentless Caribbean sun is slow and people do not have much. This means that when tropical storms and hurricanes hit, they hit hard.

**Tropical Storm Erica** proved no different. After heavy rain and winds continued non-stop over the course of a week, roads flooded and rivers overflowed. Streams of water surged through the roads and engulfed wooden homes, and all vehicles in the storm's wake pushed the debris out to sea. The force of the excess water caused bridges to collapse rendering parts of the island uninhabitable and out of bounds. Many people had to be evacuated from their homes, so churches and other municipal buildings that were still standing were turned into make-shift shelters.



Flooding outside Coulibistrie Primary School

**This was a cause very close to my heart.** The river village of Coulibistrie on the West Coast of the island, where my dad grew up, had suffered one of the worst devastations on the Island. My family in London and I organised a couple of truckloads of containers to be shipped over containing emergency goods such as tinned food, personal care products and basic household tools. Facebook was instrumental in our efforts. It helped us publicize details about collection points so friends could contribute any items they could spare.



School materials destroyed by the flood





School Furniture destroyed from Coulibistrie Primary School in 2015



School cleaned up and ready for students in July 2016

**Coulibistrie Primary School** was hit badly by the storm. Materials were destroyed by muddy water from the river and streets. For ten months, students of the primary school attended classes part time, sharing facilities with Salisbury Primary School in the neighbouring village.

**Last year, the student body at ES International School and Sanchez Casal Academy**, through events and activities organized by the Student Council, helped to raise money to help towards the reparations of Coulibistrie Primary School. This summer, I travelled to Dominica to meet with the principal of the Primary School, Ms. Benjamin to see how the repairs and renovations were coming along.



Clean up of Coulibistrie Primary School begins at the start of 2016



The interior which had been previously filled with muddy water, is restored.

The Primary school is small and has under 100 students. Ms. Benjamin, the school Principal, was excited to get the children back in their old school at the start of the academic year in September 2016.

"The primary school children had to start school at 13:00h last year because they could only attend Salisbury School after those classes had ended. It was a long day for the children." she said.

Your donations helped with the restoration of the school and these covered replacement school materials for the students so they could start the school year back in their old school building. So on behalf of myself, all the children, staff and villagers of Coulibistrie and its Primary School, THANK YOU!



Ms. Carreta, school governor, and Principal, Ms Benjamin, in July 2016



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