

HAWK EXPRESS

VOLUME 1

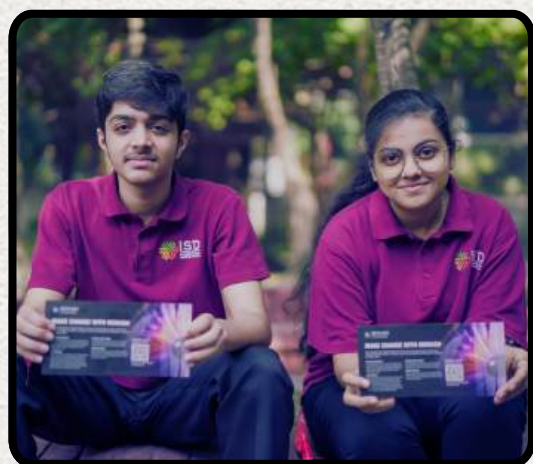
ISSUE 3

NOVEMBER 2024

ISD Students Shine at the Monash University Change-It Challenge



In an exciting and groundbreaking competition, two ISD teams excelled in the Monash University Change It Challenge nationals, with Aditya Varshney (Grade 11) clinching first place and Shaira Nawar (Grade 11) earning third, showcasing their innovative environmental solutions. The competition, which began with a video submission round, invited students to address global environmental issues with creative solutions.



Aditya Varshney's project focused on the environmental impact of water hyacinth. His solution involved transforming this invasive plant into eco-friendly products, such as charcoal briquettes, sustainable paper, and water filtration systems. His innovative approach earned him first place, and as the grand prize, he will travel to Australia to compete in the international finals.

Shaira Nawar took third place with her project aimed at tackling water usage issues. Her solution focused on water conservation and sustainable practices, winning her a cash prize. Her work stood out for its practical and impactful approach to reducing water wastage, aligning with global efforts to combat climate change.

Out of the three teams from ISD that participated in the competition, two teams made it to the finals, representing the school's commitment to sustainability and innovation. In the final virtual presentation round, students were required to present their projects live and engage in a Q&A session with the judging panel. Both Aditya and Shaira impressed the judges with their in-depth knowledge, creativity, and passion for environmental causes.

This achievement highlights the dedication of ISD students to creating a better future for the planet and reflects the school's commitment to fostering innovation, critical thinking, and global citizenship. Congratulations to Aditya and Shaira for their outstanding accomplishments, and we wish Aditya the best of luck as he represents ISD at the international finals in Australia!

Thanks to: Aditya Varshney

CAMP

November 2024

WEEK WITHOUT WALLS WONDERS



Grade 6 to grade 10 had their school camp: Week Without Walls this November, exploring the new horizon of Saraburi, Chiang Mai in Thailand, Vietnam, Bali and Bintan Island of Indonesia. Here is a quick glance...



...until next time.



A QUICK GLANCE AT THE HAPPENING CAMPUS



ISD WINTER FAIR

ARTHUR JAYDEN

The ISD winter fair is a big winter fair with games and a lot of fun. The 2024 ISD winter fair has been scheduled for Saturday, November 30th, 2024, from 10:00 a.m. to 05:00 p.m. at the ISD Campus. With varieties of local food, performances like salsa dancing and ISD's Got Talent and puppet shows that spark up the winter fair. As always, the fair is full of surprises and it is a lot of fun!



ISD BASKETBALL SEASON

AHMED KHAN ARAF

The ISD basketball team is ready to make its mark as the season gets underway. With practices in full swing since the first week of November, the team is determined to sharpen their skills and improve their game.



This season, ISD is having a good run of basketball games with exciting friendly matches. The games are full of promises to be tests of resilience and teamwork as ISD works to rebound from a challenging track record in recent seasons. While the team has faced tough losses, there's an air of optimism among players and fans alike.

"We know we've struggled in the past, but this season is about building back stronger," said team captain Shayaan. "We're putting in the hard work at practice, and this weekend is our chance to show how far we've come."

Coach Mr Jordan has emphasised strategy and unity during training, ensuring the team learns from their previous games and comes prepared. The upcoming matches are not only an opportunity to test their mettle but also a chance to build confidence before league matches kick off.

Fans are encouraged to show their support at the game and cheer the team on. Whether it's an intense rivalry or a moment of triumph, ISD is counting on the community to rally behind them.

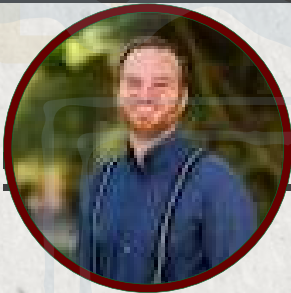
Win or lose, the ISD basketball team is determined to keep fighting, learning, and growing stronger.

MIDDLE SCHOOL GIRLS' BASKETBALL

NUSRAT JUBIDA BHUIYAN



Basketball is a fun and enjoyable sport. Here the MYP Girls' basketball team has had their first friendly match this November 25th against the Grace International School. If you did not get to watch the game, no worries, I will tell you what happened. Although the ISD team only had 2 practices, with teamwork and doing their best, they aced it with a score of 26 points. A shout out to Joie, Azara, Mady, Unaysah, Saanvi, Amreen, Nazifah, Anoma, Safiya, Samaa. And best wishes for the team. Go Hawks!



Olivier Gautheron
Teacher

WHAT GAME WOULD EACH HOGWARTS HOUSE PLAY?



I've often wondered what board games would be most popular at Hogwarts. Would Hufflepuffs enjoy Monopoly? How would a Slytherin feel about Uno? Grab your butterbeer and let's see which games would keep each common room buzzing!



GRYFFINDOR: DUNGEONS & DRAGONS

Bold, adventurous, and perhaps a little too enthusiastic about fighting dragons. Gryffindors would naturally gravitate toward Dungeons & Dragons. It's the perfect outlet for their heroic tendencies. Plus, where else can they rescue an imprisoned goblin, slay a troll, show their bravery in a fight, and argue over who has the most epic backstory? Gryffindors would also totally insist on roleplaying the *exact* moment they charge into danger without a plan. Classic Gryffindor move.



Ravenclaw: Chess



Ravenclaws would dominate at chess. Why? Because it's a game of logic, strategy, and outsmarting your opponent—three things they live for. Between study sessions and brewing experimental potions, these intellectuals would turn their common room into a grand chess tournament. Purely relying on their wits, and with absolutely no luck involved, Ravenclaws would love to play this by the fireside. And yes, they'd probably play wizard chess. Regular chess? Too mainstream.



Hufflepuff: Pandemic

Of course, the Hufflepuffs would pick the cooperative game where everyone works together to save the world. Teamwork is their jam, and Pandemic's "we're all in this together" energy fits them perfectly. Hufflepuffs would excel at keeping the group calm while strategizing a cure for fictional diseases. You can also count on them to bring snacks to game night. After all, what's a global crisis without homemade cookies?



SLYTHERIN: RISK



Ah, Risk—the game of world domination. Naturally, it's Slytherin's favorite. They love a good power play, and nothing screams "cunning ambition" like conquering continents. Slytherins would ruthlessly form alliances, break them, and cackle as they march their armies into Australia. They might even pull out a quill to draft a formal "Treaty of Betrayal." For Slytherins, it's not just a game—it's a strategy to prove why *they* should run the Ministry of Magic one day.



So, there you have it: D&D for the bold, chess for the brainy, Pandemic for the kind-hearted, and Risk for the power-hungry. Who needs Quidditch when you've got board games?



Kindness through Empathy



Thomas William Johnston
Teacher

Empathy before Kindness

Jeremy Rifkin, an American economic and social theorist, writer, public speaker, political advisor says that the most important evolutionary development in our humanity's growth is EMPATHY. It is with empathy that we become more human; it is with empathy that kindness grows.

Empathy is the ability to imagine what it is like to be in the place of another, imagining their feelings, their desires, ideas, and actions. Empathizing is a practice that everyone can get better at. It only takes a few moments to wonder what it is like to be that teacher from that country, or that friend who just lost a loved one, or that homeless man who looks hungry. It is by trying to understand the human plight of another that we ourselves become more human..



This practice is the cutting edge of our growth within our humanity. We become more human by extending our empathy outward towards more and more people. This is a requirement of being a global citizen- to extend our imagination so that we can better understand others in the world. This requires us to shed our culturally biased opinions- not easy for some.

Authentic Kindness requires Empathy

Once we see the humanity in another we cannot treat them poorly. Because we understand their plight, their problems, their views, their humanness, we become more sensitive- we relate to them.

Try this: next time you are in school, pick anyone: gardener, secretary, teacher, friend, stranger, and try to imagine their feelings, desires, ideas, actions- try to understand them from their context- not from yours.

"Crawl into another person's skin and walk around for a while." (paraphrased from To Kill a Mockingbird). "Walk a mile in his moccasins" - North American indigenous poet Mary T. Lathrap (1838-1895). This is our evolutionary empathic impulse that will take us to new heights in our humanity and kindness.



Kindness is defined as the quality of being friendly, generous, and considerate. Let's see if we can make kindness more authentic and really try to understand others by connecting through our shared humanity- our global citizenship. According to Rifkin, we are already hardwired for empathic growth.

Source- Jeremy Rifkin: Youtube RSA Animate- "The Empathic Civilization"
<https://youtu.be/l7AWnfFRc7g?si=15oWz5Uk2KJwHKs1>

STATE OF MIND

THE EMOTIONAL LANDSCAPE

YOU ARE ENOUGH JUST AS YOU ARE.

I'M A WEIRDO GET LOST

I used to be a teenager. It doesn't seem that long ago; it's tough, I know, in an era where they sang lyrics "I'm Just a Teenage Dirtbag Baby" and "But I'm a creep, I'm a weirdo. What the hell am I doing here? I don't belong here." I could relate to those sentiments—not fitting in, trying to find where I belong, hence the byproduct is hyper empathy.

So, what can I say without sounding mechanical, woke, broke, or *panaceacal? (a new word I coined, meaning 'I got a cure for you all!')

Navigating adolescence can be challenging, especially with academic pressures, social dynamics, and personal identity exploration. So, I just want to say: So stay Weird...

'WONDERFUL, EDUCATED, INSPIRATIONAL, ROYAL, DETERMINED & OPTIMISTIC.'

FINDING 6 VIBES IN THE VOID

1. Embrace the Unknown

Feeling lost can open doors to new experiences and perspectives. Allow yourself to wander outside your comfort zone. This could mean trying new hobbies, engaging with different groups, or exploring subjects that intrigue you but may not be directly related to your studies.

2. Practice Self-Compassion

When you find yourself feeling overwhelmed or unsure, remind yourself that it's okay to make mistakes and experience setbacks. Your worth is not defined by grades or achievements. Be gentle with yourself as you navigate the ups and downs of life, and recognize that every stumble is an opportunity for growth.

3. Set Realistic Goals

In the chaos of school and life, it can be tempting to set lofty expectations for ourselves. Instead, focus on small, achievable goals. Whether it's studying a bit each day for an exam or dedicating time to a new interest, breaking your journey into manageable steps can make the path less daunting.

4. Reach Out for Support

When you feel lost, don't hesitate to seek help. Talk to friends, family, or a mentor about your feelings. Sharing your experiences can provide clarity and remind you that you're not alone. If you're struggling academically, consider forming a study group where you can support each other and tackle challenges together.

5. Reflect and Journal

Taking time to reflect on your thoughts and feelings can be incredibly beneficial. Journaling allows you to express yourself freely, helping to clarify your emotions and experiences. Write about your journey, your fears, and your aspirations. This practice can reveal patterns and insights that guide you along the way.

6. Enjoy the Journey

Remember that life is not just about reaching a destination. Take time to enjoy the moments, both big and small. Whether it's a day spent with friends or a quiet afternoon pursuing a hobby, these experiences contribute to your growth and understanding of yourself.

Sometimes to find ourselves, we need to get lost! It's okay to get lost along the way. Our journey will not always consist of grades and assessments, although it is true that every day is indeed a learning day. Life is about exploration, self-discovery, and embracing the winding paths that lead us to our true selves.

In fact, feeling "lost" or uncertain is a necessary and valuable part of finding one's true self. In a world that often emphasizes achievement and success, it's essential to remember that the moments of uncertainty and confusion can be just as valuable as our triumphs. Here are some Roadmaps to help navigate the inevitable detours on our journey.



**'I AM ENOUGH,
JUST AS I AM.'**





QUIZ BY MR CHRIS MCMAHON

Baby Addition: Episode 1



Below you will find 10 baby photos of various ISD staff members (teachers, administrators and counsellors). See if you can guess who they are.

Clue: the answers are in alphabetical order by last name.



Answers for the October 2024 quiz:

- 1) Augustus Caesar 2) Narcos 3) James Stewart, Kim Novak, Alfred Hitchcock, Barbara Bel Geddes 4) Jean-Paul Sartre 5) 1968 or Mexico City or Mexico 6) Nefertiti 7) Ceylon 8) Picasso, The Weeping Woman (La Femme qui pleure) 9) Ganesh 10) To help the geckos escape

Answers will be revealed in the next edition of Hawks Express.





SINCERELY YOURS...



Hope the golden sunlight cheers you up ever so slightly so you can find the silver lining in living in this doleful city. In this coming winter, as the school goes near to vacation, let's have a cup of tea with a tale.

Imagine a house where you have this one backyard. Green and full of chirping birds. But the silly children from the house, along with the nice neighbourhood, used that space to explore their sweet escapism, they loved the mud, the green and the purity. It is so much fun to play, enjoy the moments, and maybe make a little bit of a mess.

Time has passed with the residuals of memories. Memories that, perhaps the resident birds of the backyard would not feel happy writing in their journal. One fine day, you desired to go to that backyard. And the old mess shocks you to your core, and you throw a hand at the chirping birds.

While we surely deserve our days to be blissful in the space of our house, the chirping birds would like you to know the whole house, with every room and window, is yours. The bliss and the mess belong to you. Just as they belong to the birds and the pretty house plant in your living room, and do not forget to take care. Of yourself, and others, and of the home that we all hold dear. Rightfully so.
Just so we know, no matter how messy children can be, the doleful city still holds everyone close. Like a tired placid parent.

With hope for an undeservingly better future for the silly humans,
-The anonymous Owl



WRITE TO US,
THE SKY IS JUST
ANOTHER HOME



<https://tinyurl.com/hawkexpresssubmissionportal>