

HAWK EXPRESS

VOLUME 1

ISSUE 4

JANUARY 2025

Winter
EDITION



The year 2025 jumps in with a smokey winter and slightly sleepier students yawning around the campus, finishing the last-minute revision as the exam time is swirling.

The school welcomes the returning teachers and students with much warmth and, of course, the report cards.

ISD also blooms with new winter flowers and hedges planted around by our hardworking gardeners, MYP girls' basketball tournaments kick in and track and field competitions boosts up students' sprit as they stay busy harnessing their skills.



As the long-awaited winter vacation comes to an end, the Hawk Express team would like to wish you, dearest readers, a happy new year. We hope you had a restful holiday, and tell your beloved family, friends and dear ones that you love them. We hope your year goes with wonderful endeavours as your holidays were full of cosy vibes, good food, and the kind of memories that make you smile for no reason.



Whether you were binging your favourite shows, hanging out with your people, or just chilling with a blanket and some hot cocoa, we wish you soaked it all in. And hopped on to seize a wonderful 2025 and make plenty of memories in life at ISD.

Welcome to another new year at the International School Dhaka campus. The cup stays full. You are going to love it.

Thanks to the writers:
Sharika Mostofa
Seoyoon Isabella Hur

A PASSING HELLO TO THE VITAL SPARK OF THE CAMPUS

Rania Rahma Ahmed
Journalist

Gauri Verma
Writer



Photo taken from: Team Building Workshop for Operational Support Staff at ISD, credit: ISD publication

In this collection of interviews, we hear from a wide mix of ISD staff members, each of whom shares their own experiences and reflections on their time there. From security guards to sports attendants, their experiences provide insight into the day-to-day operations of ISD and the intimate ties they have developed with their colleagues and students over the years.

Sabina Yaseen,
Security Guard
Duration at ISD: 2 years and 7
months

“

Best Memory

I enjoy everything about ISD. I have fun working with my coworkers and interacting with the students.

”

Mohammad Faruk,
Head Waiter
Duration at ISD: 25 years

“

Best Memory

Faruk fondly recalls working with a foreign organization and the constant learning opportunities. He enjoys interacting with students and the enriching experiences it brings.

”



Mohammed Belal Hossain,
Official Messenger
Duration at ISD: 10 years



“

Best Memory

Belal cherishes his time spent at the ISD fair and the ISD family picnic, where he enjoys connecting with others in a relaxed and festive environment.

”

Mohammed Sumon,
Gardener
Duration at ISD: 8 years



“

Best Memory

Sumon is touched by how students take care of the staff and the warm interactions he shares with them, making his work environment feel like a family.

”

Manik Sheik,
Sports Attendant
Duration at ISD: 25
years (since 1999)

“

Best Memory

Manik recalls a unique and memorable experience of fishing Shol mach (snakehead fish) at ISD, highlighting the special moments that stay with him.

”



These interviews highlight the close relationships that ISD staff members have developed during their time at the school. Their stories, which range from remarkable interactions with students to cherished community occasions, provide essential insights into the heart of ISD. These employees have become an important part of the ISD family through teamwork, learning, and simple acts of kindness.

মায়া...



লেখক,
মোঃ আবদুল কাদির,
বাংলা শিক্ষক, ইন্টারন্যাশনাল স্কুল ঢাকা।

গুনে গুনে একটি বছর কি করে যে কেটে গেল তার সে হিসেব কোন ভাবেই মেলাতে পারছেন না রাহেলা খাতুন। দরজা খুলে দিয়ে অন্য সব সকালের মত আজকেও অনেকটা সময় তিনি দিয়ে দিলেন জানালার বাইরের কাঠবাদাম গাছটিকে, অথচ আজ থেকে একটি বছর আগে তার এই সময়ের অংশ ছিল অন্য কেউ, দরজার কপাট খুলে দিলেই জামরুল গাছের পাতার ফাঁক দিয়ে কিছু আলো আলতো করে ছুঁয়ে দিয়ে বিছানায় গড়াগড়ি খেত, ফজরের আজানের আগ থেকে তার শখের মুরগিটির অনবরত ডাক যে নিমিষেই উবে যেত তাকে দেখে, একটু পরেই যেন খাঁচা থেকে মুক্তির স্বাদ। সারা রাত পাহারায় থাকা কুকুরটি তাকে দেখেই পায়ের কাছে এসে শুয়ে পড়ত, একটি শালিক প্রতিদিন নিয়ম করে ঠিক এই সময়টায় তার ঘরের কার্নিশ এ বসে চেয়ে থাকত; রাহেলা খাতুনেরও চোখ যেন আটকে যেত শালিকটার ওই চোখে, একটা অদ্ভুত মিলে খুঁজে বেড়াত রাহেলা খাতুন ওই শালিকটার মাঝে!

স্বামী চলে যাবার পরে এক রকম বাধ্য হয়েই বাবার বাড়িতে চলে আসতে হয় রাহেলা খাতুনকে। জামরুল গাছ, সেই মুরগি, অপেক্ষায় থাকা কুকুর, কার্নিশের ওই শালিক সব কেমন আজ দূরে দূরে, পরিচিত সকাল, সকালের আলো সব কেমন রং বদলাল মাত্র একটি বছরে, শুধু বদলায়নি কিছু আলিঙ্গন, কিছু আবেশ, কিছু মায়া কিছু স্মৃতি, স্মৃতিও কি বদলে যাবে? এই ভাবতে ভাবতে আরেকটি সকাল হলো রাহেলা খাতুনের। জামরুল গাছের পাতার ফাঁক দিয়ে গড়িয়ে আসা আলো আজ যেন আটকে আছে কাঠ বাদাম গাছের ফাঁকে। হঠাৎ করে রাহেলা খাতুনের চোখ আটকে যায় কাঠবাদাম গাছের একটি ডালে। এক বছর আগের সেই শালিকটি যেন আজ ফিরেছে, একা নয় সঙ্গে আজ আরেক টি শালিক। রাহেলা খাতুনের চোখ ছলছল করে উঠে আজ!



ENGLISH TRANSLATION

Maya... (The string of Illusive affection)

Rahela Khatun cannot reconcile how an entire year has slipped by so quietly. Like every other morning, she opened the door and spent a long time gazing at the almond tree outside her window. But a year ago, this time of day belonged to someone else. The moment she opened the door, gentle rays of light filtered through the leaves of the rose apple tree, dancing on her bed. Her cherished hen, which used to cluck incessantly from the early call of dawn until it was freed from its cage, no longer greeted her mornings. The dog, which kept vigil all night, would lie at her feet the moment it saw her. Every day, a small mynah would perch on the cornice of her room, staring intently at her. Rahela Khatun's eyes would often lock with the birds as if searching for a strange, uncanny connection between them.

After her husband passed away, Rahela Khatun was left with no choice but to return to her father's house. The rose apple tree, the hen, the watchful dog, and the mynah on the cornice—all now feel distant. Familiar mornings, the light of dawn, everything has changed its colour within just a year. But some embraces, some feelings, some attachments, and some memories have not changed. Will memories also change one day? As these thoughts consumed her, another morning dawned for Rahela Khatun.

The light that once filtered through the rose apple tree now seemed caught in the branches of the almond tree. Suddenly, Rahela's gaze fixed on a branch of the almond tree. Was it the same mynah from a year ago? It had returned—but not alone. There was another mynah with it now. Rahela Khatun's eyes welled up with tears today.

নবান্ন উৎসব (NABANNA FESTIVAL): THE HARVEST FESTIVAL OF BENGALS

Apsara Bithi Khalid

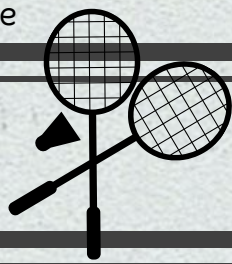
As a rather cosy winter is chiming in, we say goodbye to the beautiful late autumn season, traditionally observed as the harvesting season for Bengalis. The farmer households get busy with harvesting festivals and sharing treats, and rice cakes. music and fables. This is also known as; “Nabanna” (নবান্ন), meaning the “new rice”.



Nabanna is the Bengali harvest festival celebrated on the first day of অগ্রহায়ণ (Agrahayon) which is our harvest season. Traditionally, married women visit their families to celebrate the newly harvested ‘sweet’ rice and make various pithas with their moms, aunts, and grandmothers. After the farmers would harvest the rice, women would grind the dried grains by smashing it rhythmically with a ঢেঁকি (dheki), a large pestle that needs three people to operate it. The person who tosses the grains into the pit and stirs the grains in between the smashes puts a lot of trust in the person on the opposite end. On that note, it must be why women didn’t celebrate Nabanna with their in-laws!



Nabanna is a tradition that celebrates the innate hospitality of Bangalis and beloved time with family and friends. As our journey passes with trying times, we can remember the core value our traditional festival carries and appreciate the hard-working individuals who dedicate themselves to keep up the good spirit.



Winter sports: Badminton

Tisha Varshney
Writer



Badminton is a game which is played by 2-4 players on a rectangular field with a high net which is in the middle. The players, try to score some/many points by hitting the shuttlecock across the net using the racket.

In the winter season, many people play badminton. Believe it or not, Badminton could be an excellent workout throughout the whole winter season. Playing badminton regularly can help strengthen the heart muscle and decrease the risk of blood vessel clogging, which can strengthen the muscles and improve blood flow.

How is badminton played?

Badminton is played by involving the 2 opponents hitting the shuttlecock over the high net and into the other opponent’s side. The game ends when the shuttlecock touches the ground. In the game, only one stroke is allowed to pass over the high net. One badminton match consists of 3 games, with 21 points in each game.

During winter, badminton becomes fun!

Competitive fun/friendly tournaments - Many people organise badminton winter tournaments in community centres or sports clubs which makes it a much fun way to spend a few hours indoors!

Fitness and Health - During the winter seasons, most people often find it much harder to get outside for any sports activities to stay fit. Fortunately, badminton is a perfect indoor workout that can help you improve your agility (the ability to continuously move your body direction, accelerate, or even decelerate. I

Spots for you to play badminton in Dhaka:

ISD:

Playing badminton in this school is nice because, most of the time there are different competitions for different sports like badminton.

Events: The club has hosted events like the Gulshan Club Olympiad, featuring badminton among other sports, indicating the quality of its facilities.

Gulshan Youth Club

In this club, they give well-maintained badminton courts which are acceptable for both enjoyable and mainly competitive matches.

Metroplex sporting

The courts have complex features of high-quality indoor badminton which provide a brilliant playing habitat for experts.

The Advantages of playing Badminton:

Strengthens arm muscles—You can strengthen your arm muscles by swinging the racket repeatedly while smashing and clearing, which helps build strength in the arms.

Improves concentration—You can concentrate better by making quick decisions, such as when the shuttlecock’s speed causes the players to react quickly.

Increased flexibility—Badminton can help increase flexibility. It involves jumping, twisting, and lunging. These movements can help stretch multiple groups of muscles, including the arms, legs, shoulders, and back, which increases flexibility over time.

Heart health - Badminton is an excellent sport to improve heart health because it combines aerobic and anaerobic exercises, strengthening the cardiovascular system.

Improves lung functioning—Badminton is an aerobic sport that can noticeably improve lung functions by increasing respiratory capacity.



STATE OF MIND

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NO ONE'S COMING TO ^{A+}SAVE YOU: OWN YOUR EXAM JOURNEY!

THINK 3D



EXAM KNIGHT: RISE TO THE CHALLENGE

"Think 3D," I would tell my students in London and Beijing.

"What do you mean, 3D?" they'd ask. "I want you to think outside of the box! The letters D, D, D mean **D**ecisions **D**etermine **D**estiny," I'd reply. "Therefore, think carefully about the following decisions regarding your study time and exams. For you, my teenage class, are in for a shock and a reality check when you leave school and travel the rest of the world. The world does not revolve around you. The train or bus won't wait for you. Your maids, servants, and bodyguards won't always be there. No one is coming to save you on your final exam! The world is a beautiful and complex place. The family business you assume is yours won't stay in your legacy unless you earn it. The decisions you make today will either make you or break you. This is the reality of 3D." 'Why do we fall, sir?' 'So we might learn to pick ourselves up!' - With that sobering thought, let's move to some important therapeutic strategies that will help you ace exams, manage stress, and build success.

CONQUER THE SHADOWS: YOUR FUTURE AWAITS

Tell yourself this: "I am not defined by these results, but today, I'll give everything I've got."

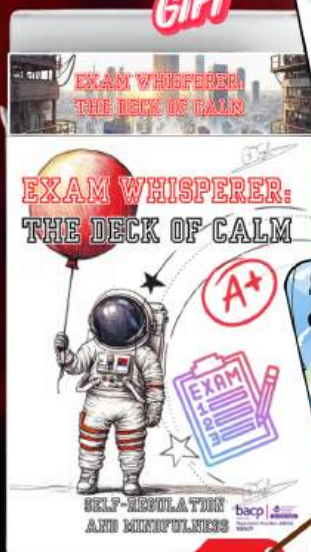
Success isn't some roll of the dice—it's forged by the choices you make, day after day. Stress will always be there, lurking in the shadows, but it's how you face it that reveals who you really are. Embrace the 3D mindset—Decisions Determine Destiny—and watch as your actions carve the path to your future.

Now, go. Face the challenge. Conquer it. The city—your destiny—is waiting.

"I am not defined by these results, but today, I'll give everything I've got."

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MOVIE OF THE WEEK

1. **Visualize the Victory**
See it before it happens. Picture yourself entering the exam room with unshakable confidence. This mental rehearsal sharpens your resolve and fuels your strength.
2. **Tame the Beast**
Divide the overwhelming workload into smaller, manageable parts. One mission at a time—this is how you conquer the chaos.
3. **Reforge Your Inner Voice**
Silence self-doubt. Replace "I'll fail" with "I'm prepared, and I'll give my best." Your thoughts are your greatest ally—or your worst enemy. Choose wisely.
4. **Master the Breath**
Control is everything. Use the 4-4-4 breathing technique—inhalé for 4 seconds, hold for 4, exhale for 4. It's your weapon against chaos, clearing your mind for the fight ahead.
5. **Move Like the Night**
Even a brief 10-minute walk can recharge your energy and sharpen your focus. Movement isn't a distraction; it's a vital tool.
6. **Fuel the Mission**
Feed your body and mind with the right fuel—nuts, fruits, water. Stay clear of the excess caffeine; it's the enemy of clarity.
7. **Guard Your Rest**
Sleep is sacred. Sacrificing it for cramming weakens your mind. Protect those 7-9 hours like your most valuable asset.

FREE



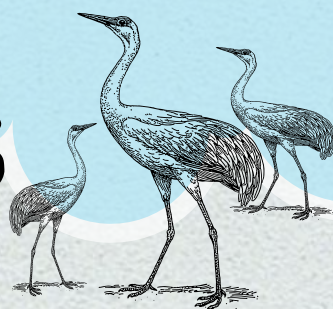


WONDERING WINTER



If you have a walk on the ISD field during a winter evening, you will be saying hello to a variety of birds roaming around, and sitting on the basketball hoop aimlessly, simply enjoying a fine relaxing time. Just like an International School, this time of the year, this land welcomes a lot of birds from foreign lands...

MIGRATORY BIRDS



Nubaid Zaryab Khan
Writer

In the winter, it gets far too cold for many birds that live in the northern parts of the world... So, what do they do? They fly, of course! To be specific, they migrate southward to warmer places they can call home. Take the arctic tern, for example. When their breeding grounds in the Arctic get too cold for them, they migrate all the way to the South Pole, flying up to 72,000 miles! The journey can take months. It is so long that the birds actually get to experience two summers a year!



This, however, is not the only example. The northern wheatear migrates all across the northern hemisphere, including their ancestral wintering grounds of Sub-Saharan Africa. These migratory birds also have a long history. The ancient Greeks were fascinated by these birds' flying routes, and this fascination has carried on to this day. Overall, bird migration is an exciting phenomenon of nature, and a great sight to see!

WRITE TO US,
THE SKY IS JUST
ANOTHER HOME



<https://tinyurl.com/hawkexpresssubmissionportal>