

COSMO NEWS

The Berlin Cosmopolitan School Primary Newsletter | School Year 2016-2017 | Issue No. 3





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*Photo : J.Vanden Dool
Massage in Class 2a*

EDITORIAL

ADDRESSING THE SUMMER DIP

Mark Johnson
Head of Primary



As students are released for the Summer Break, I am often asked what students' can be doing to keep them at their academic peak. This question stems from years of research which shows that students will lose some of the academic gains they made during the regular school year. This shows up in the data as a "scallop", which is a small dip in the students test scores.

There are some simple things parents can do at home with their students to help keep their mind sharp and thinking academic. Maintaining a regular reading schedule for a child can be beneficial, but if it is a set time dedicating to reading, it may become a chore and the child may lose interest.

One strategy used by Chris Carter, (Grade 1 teacher) is to Drop Everything And Read or *DEAR*. In the family setting, this would mean that the whole family would stop whatever they were doing and read for 20 minutes. Adults modeling reading habits with their children is a powerful reinforcement tool stressing that reading is important and fun. As a PYP school another tool to keep

children sharp is to ask your child questions and then take the time to listen to their thinking. Teachers use the 8 concepts to guide questions in class and parents should so the same with their students to keep their wonderings and thinking alive over the summer.

Find time to ask the following questions as often as you can over the summer:

Form: What is it like?

Function: How does it work?

Causation: Why is it like it is?

Change: How does it change?

Connection: How is it connected to other things?

Perspective: What are the different points of view?

Responsibility: What is our responsibility with regards to...?

Reflection: How do you know?



The "Tolerance" installation in the new Secondary Cafeteria was finally unveiled with a proper celebration on March 30th after months of preparation. Music from the very talented girls from the BCS band Sep10ber made this event even more of a great happening.

We also had the pleasure to welcome Frau Dr. Obermeier, the Schulstadträtin of Berlin Mitte, and many of the hard working people from the "FreizeitHaus am Mauerpark" who initiated this project.

Why Tolerance?

The massive "Tolerance installation" visualises and represents a key value that students think the BCS Secondary School should stand for. The process that led to this result was fully democratic. A public election for the attitude was held at the beginning of the year. All grades 6 to 10 were involved in the process and in the making. Photographs of each student, taken on one of the projects action days, are used as the frame of this unique installation.

Why an Installation?

By erecting a long lasting object, the outcome of this project is not only a visual reminder of the effort and the thoughts that went into it by everyone. It is also a physical object that hopefully creates an ongoing

awareness of the elected and erected value. The Primary School has already created a "Respekt-Denkmal" visible in the back courtyard. Both works, we hope, will last as well as the important idea behind it.



T. Fanore, Organizer







GRADE 5 EXHIBITION



TEXT: LUCY AND ZEPHYR, Gr.5a (With support from K.Svensson and B.Duke) PHOTOS: D.DULLOO



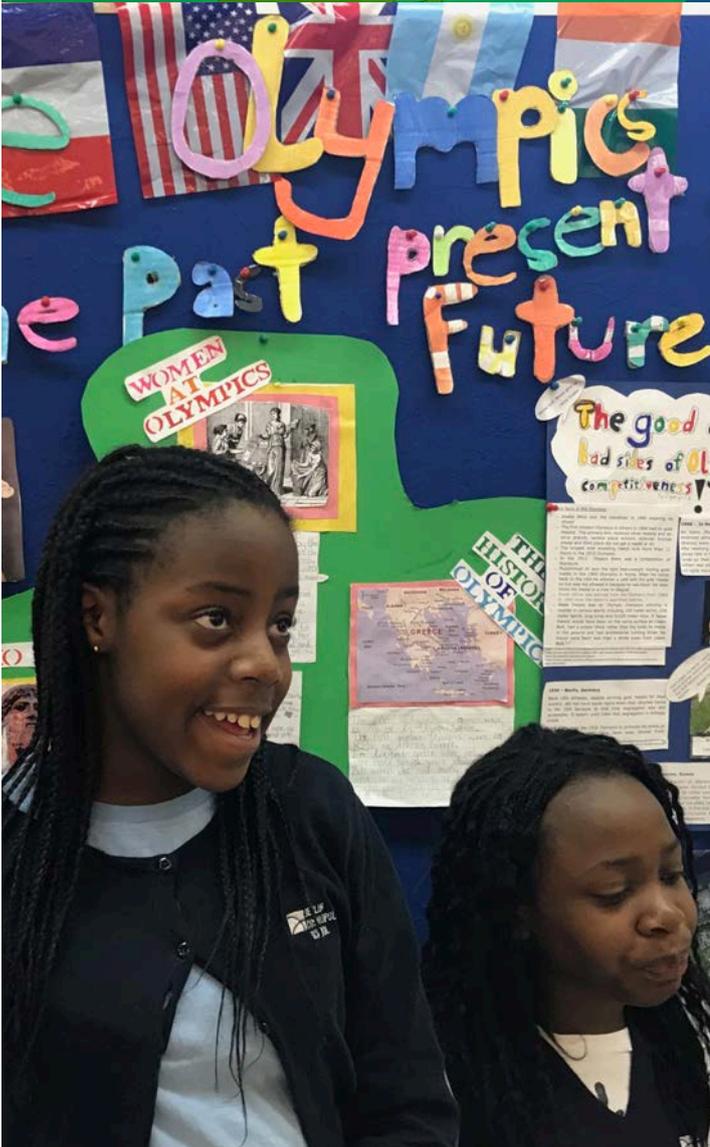
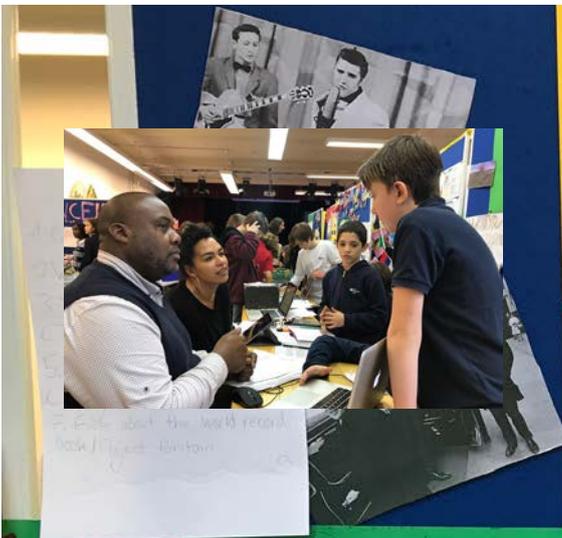
The exhibition is tough but it is also rewarding in the sense of self-accomplishments. We learned so much. It wasn't just about the grades. It was a great experience that we will never forget because it helped us to grow as people and as PYP students.

The exhibition requires hard work, dedication and being prepared for the finish line. Being prepared is the key to success! Not only in the exhibition but in life as well!! :)

Here, the 2016-2017 5th graders have come up with some advice on how you can accomplish your goal during the exhibition. We hope that this supports you!

1. DON'T WAIT TO THE LAST MINUTE TO DO YOUR WORK.
2. CHOOSE YOUR EXHIBITION GROUP MEMBERS WISELY AND MAKE SURE YOU ALL HAVE SIMILAR INTERESTS.

3. BE INDEPENDENT AND THINK FOR YOURSELF, CONSISTENTLY SHARING YOUR THOUGHTS WITH OTHERS
4. TAKE ACTION.
5. CHOOSE A CENTRAL IDEA THAT YOU ARE PASSIONATE ABOUT.
6. THINK BEFORE YOU ACT.
7. THINK ABOUT THE DIFFERENT SOURCES YOU COULD USE TO GATHER YOUR INFORMATION.
8. UNDERSTAND THE PYP LEARNER PROFILE TRAITS BECAUSE THEY ADVISE YOU THROUGH LIFE.
9. QUOTE BY MARTIN KIRKETERP: "HAVE FUN AND ENJOY THE JOURNEY".





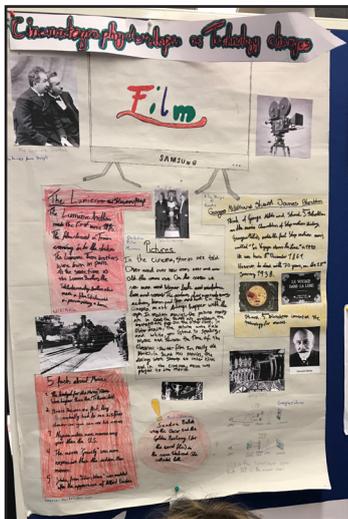
1. Finish your work before the finishline.
 2. You should not be scared because you know much more about your topic.
 3. Choose a topic ^{where} that you are interested
 4. Choose someone who has the same interest like you.

The Exhibition is ...
 Long, stressful and Fun.

tips:

Think before doing stuf
 Dont choose your friends as group or you will have ~~many~~ fights.
 the exhibition was stressful, fun, and hard.
 We got informations from the internet & Wikipedias or books.
 try to get many informations
 have fun by doing things

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tips:

1. be in a group with someone who has the same interest
2. Dont wait until the last minute
3. be loude if you speak
4. if you are shy try to over come it
5. try to solve your problems also in the group.
6. have fun learning new things

WELLNESS

MESSAGE

in the classroom



Ms Rambjør about her project at BCS

I started massage with students during my internship at BCS in 2009. It was a project I wanted to try as I had read that massage in school had so many benefits. Research shows that massage can release the hormone "oxytocin", also called the "happy hormone", which can reduce stress and anxiety. Massage teaches student what is a good and what is a bad touch and brings the class together. Experience from schools that follow a massage program, suggests that students don't bully others students that they have massaged.

When I came back to BCS in 2012, I continued my project and arranged massages in certain classes on a weekly basis. This year I have weekly massage sessions with five classes. The students usually sit two and two together while I tell them a massage story and they follow my lead. Sometimes we also lay on the floor to get extra relaxed or we listen to meditation music.

My experience is that massage has been very positive for our little community and brought me many good memories and moments with so many different students at BCS. My ambition is that massage sessions always will be offered to students at BCS.







AFTERNOON PROGRAMME

TATAMI SOCCER



More than just a warming-up game!

Originally invented to warm up before practicing Judo, it changed to an independent kind of sport which our school offers during the afternoon club time. But what is it about and what is 'Tatami' in the first place?

Tatami is a type of mat made out of rice straw. Until today it is used as flooring material in Japanese-style rooms. Tatami mats are rather soft but not too soft and therefore they are also used as traditional flooring material to practice Judo. Nowadays, not all Judo clubs have Tatami mats as flooring material. In other countries they use other mats as their 'Judo mats'. With either mat, someone eventually started to play soccer on them but with different rules than in the traditional ball game.

To honor the Japanese tradition to not wear shoes on Tatami mats Tatami soccer players also have to play barefoot. Unlike soccer/football the players are not allowed to have any physical contact. One team consists of three players and no goalkeeper. The pitch is much smaller and also the football goal is only one meter in height and width.

The BCS Judo and Tatami Soccer coach, Mr Sàlim Thees says this way of playing soccer is about being active and having fun - especially if the players don't know how to play traditional soccer/football. It is very easy to understand and get into the match and therefore recommended to everyone!



EXHIBITION

IB DP ART

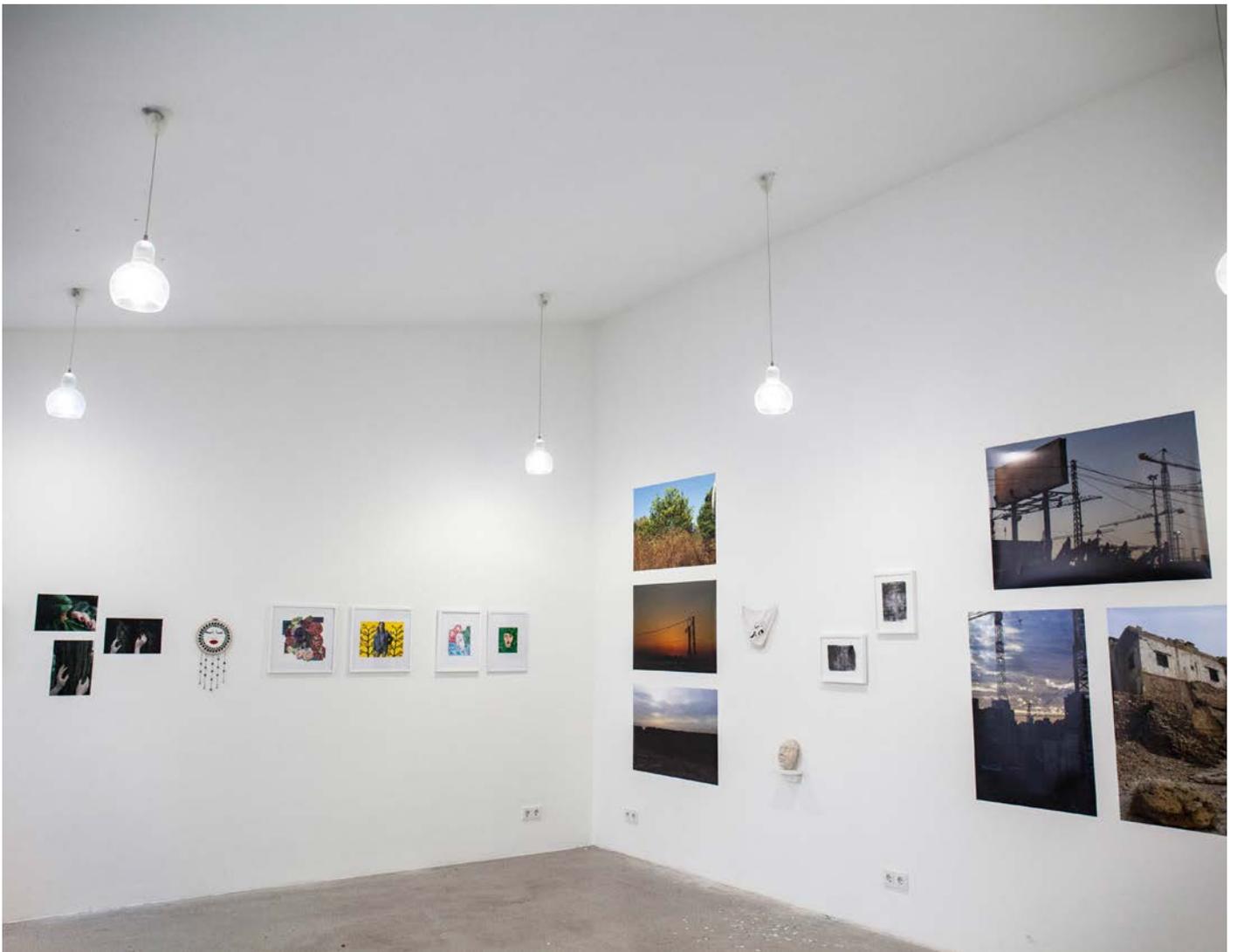


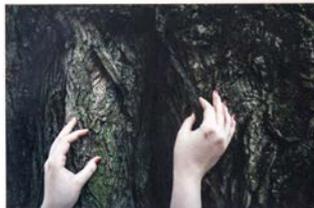
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he International Baccalaureate Diploma Programme (IBDP) Visual Arts students presented their graduation exhibition in March, as one part of their final exam. This exhibition was graded alongside their 'Process Portfolio' and 'Comparative Study' for the final qualification.

The students made a selection of the work they created over the duration of the two year course and curated their show, also writing an 'Exhibition Rationale', specifically to bring their theme to the viewer. We were so pleased with the great reception the students' artwork received from visitors - a true success!



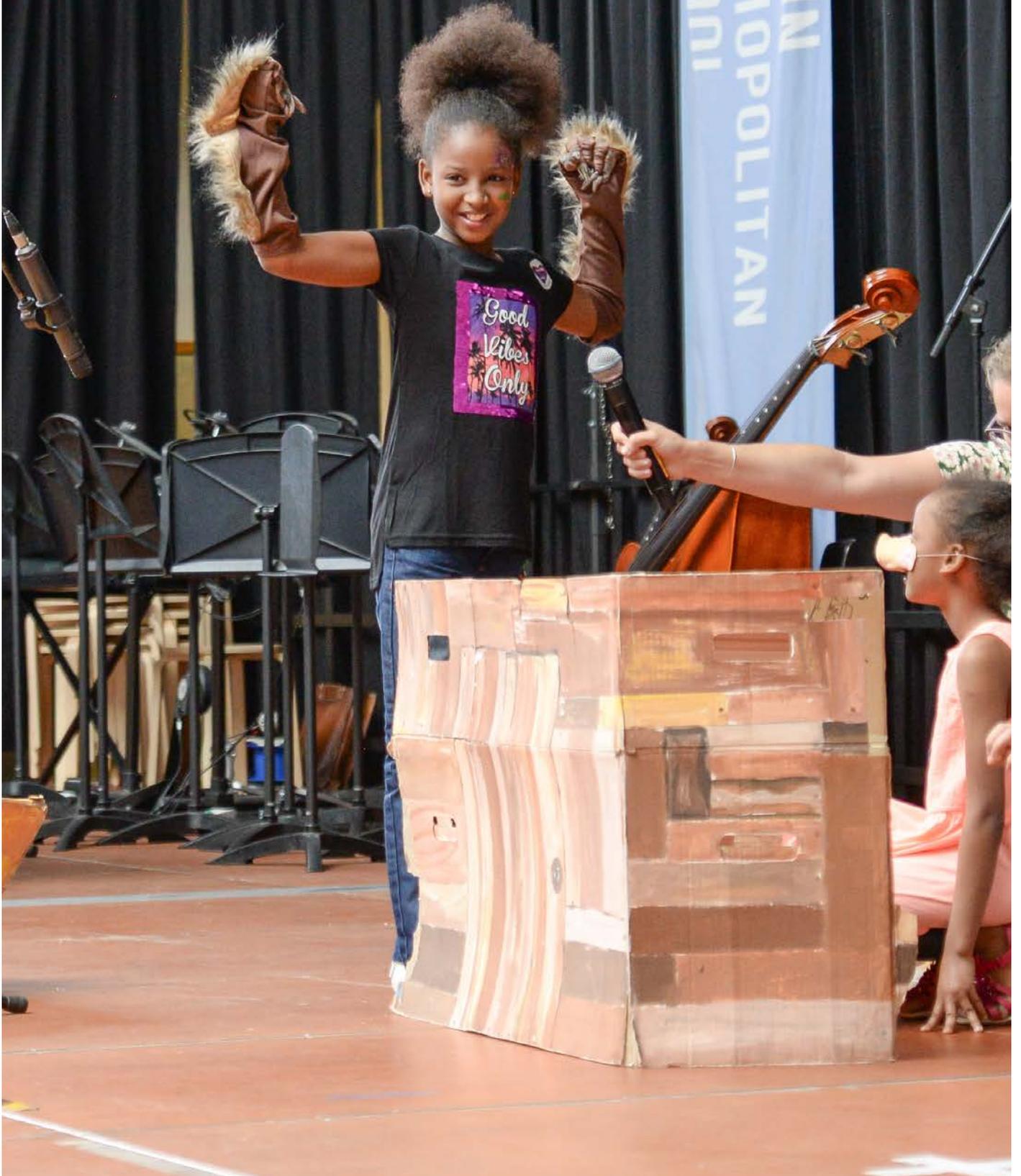




انجمنی کی لطف
 و سہاہی اولاد انکسٹ
 وہاں کی
 اہمیت سے منجھو تو سوت
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 لاشی، مہی، (لاکھت) ا

SHOWCASE

BCS SUMMER SHOW





Making the Summer Show happen

An Interview with Ms.Kahle,
Head of the Extracurricular Programme

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s. Kahle, first of all, thank you very much for organising the fantastic BCS Summer Show. How many days, weeks or months does it take to create such an amazing event?

I start the whole planning process two months before the show takes place.

How do you organise such a big show? Where do you start first and in what order do you need to do things?

The first step is to collect all information about the performances, exhibitions, stands and sales. I ask all club teachers if their club wants to participate in the show and what they want to present. And I am trying to get all details in time, e.g. who will be part of each performance, how long will it last, what kind of equipment is needed etc. The next step is to set up the whole programme. Making sure that students, who perform more than one time on stage, have a little break in between. I arrange meetings with the music and dance department and with the catering and facility team. I organise the building up- and taking down times and crews, design the programme flyer, posters, station maps, exhibition and information signs. I inform all staff about their duties and I organise the needed material for decoration and stands.

Last but not least I provide the club teachers with the details when and where their students will perform, and ask them to forward this information to the children. And then, when it's Friday night, after we have finished building up the stage, chairs, sound, stands and stations, and after finishing the sound check, I try to get some sleep and hope that the weather will be fine the next day.

What are the biggest obstacles when it comes to managing the Summer Show?

Coordinating 120 staff members. Making sure that everybody received all information and shows up when and where he/she is needed. And the last minute problems that need to be solved. But... It feels like I got used to these challenges throughout the last 8 years. No matter what happens – I learned to stay calm and





work on plan b. We are all lifelong learners, aren't we?

Who is helping you on the way and how?

There are some wonderful teams who support me a lot. The music department is a big help as they provide me with all necessary information regarding performances, needed instruments and equipment. They help with the sound check and the stage management.

The dance department is the most independent team of all. They prepare the performances all by themselves, take care of hair styles and costumes, guide the students through the rehearsals, and support them on stage.

The catering team works very independent as well. I don't have to worry about the barbeque, staff buffet, cake and drinks – that team does is very well organized. Manuel Mühlner is our stage artist and a very reliable helper as well. Without him we would not have this impressive stage. Reinhard Petereit takes care of the sound. Christina Schönpflug, Claudia Richter and Djuneid Dulloo take wonderful pictures and videos.

The whole afternoon team is very supportive as well. They do not only manage the stations, they also blow up hundreds of balloons, help building up the stage, chairs, sound and stations on Friday night, take over many little (but very important) duties, and make everybody feel welcome. All teachers and those parents, who help building up, taking down, supervising the stands and stations, and supporting the students, are an important part, too. And in the end it is all up to the club teachers and students – as we could not celebrate such a fantastic show without the performances and exhibitions!

You are the Summer Show expert for sure, Ms Kahle. Do you have advice for someone who has to organise an event for the first time?

Yes. My advice is: Appreciation and chocolate! Throughout the planning process, there are many ups and downs. Being in charge of such an event requires to show flexibility, to be open for suggestions, wishes and changes, to always have plan b (and c and d...) – and to keep some chocolate in a secret place, for the tough mo-

ments!

Most important is to be aware that one single person could never organise such a big event on his/her own. And showing the helping hands that you really appreciate their support.

What is your personal best moment of the Summer Show and what was it this year?

A special moment is when the first children get on stage. Every performance and exhibition makes me very proud of our students. This even includes goose bumps and tears! It is wonderful to see what they have learned throughout the year. I love to see happy families in the audience and proud faces on stage.

The Summer Show is a very special event for me. I regard the Extracurricular Programme as an important part of our children's education. It offers our students a chance to open their minds, and to discover other strengths and abilities beyond academic skills. The Extracurricular Programme is a unique opportunity to explore new horizons and share passions, develop friendships even outside of the classroom and gain intercultural understanding. And the Summer Show is like a little summary of it.

My personal best moment of the Summer Show is on Saturday night, when cleaning up is finished, and I sit down with the last helping hands in the yard, share some highlights and the leftover food, and we are all looking forward to our beds!

Is there anything, you would like to change about the Show in the future?

I would love to make it possible for all staff to see the students on stage. As the teachers and educators are helping with the stands and stations, they often cannot see the children performing. That is something I would really like to change. Because I know that our staff is as proud as the parents to see the little stars on stage!









**We wish everyone a
wonderful Summer Break!**

- The Cosmo News Team

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