



GLOBAL CITIZENS

NO.5 | APRIL 2021

STUDENTS LIFE STORY

The student
hobbies in
quarantine days

REWARDED STUDENTS

CAST international
conference
winners

COVID-19 TIPS AND ADVICE

How to recover faster
from covid-19

In the name of God

"Be bold enough to dream and brave enough to try."

Editor's note

Firstly, my team and I want to thank Farzanegan 7's top-notch principal who gave us this amazing opportunity to follow our passion and write this newsletter , Dr.Homayoon Fard, and Ms.Abedi , our wise guide through out the journey of creating with it's ups and downs.

Our special thanks goes to our humble guest of honor and English teacher, Ms.Aref, for joining us in this edition of Monthly Newsletter.

We really hope you enjoy reading this newsletter and find it as fascinating as we do.

Our warmest regards,

Peace.



Kiana KeyvanPazhhh

Sevin Hosseinkhani

Ainoosh Rezagholi Famian

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HEALTH

RECOVERY TIPS FOR COVID-19 OR FLU

- **Stay hydrated**

Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration.

- **Rest**

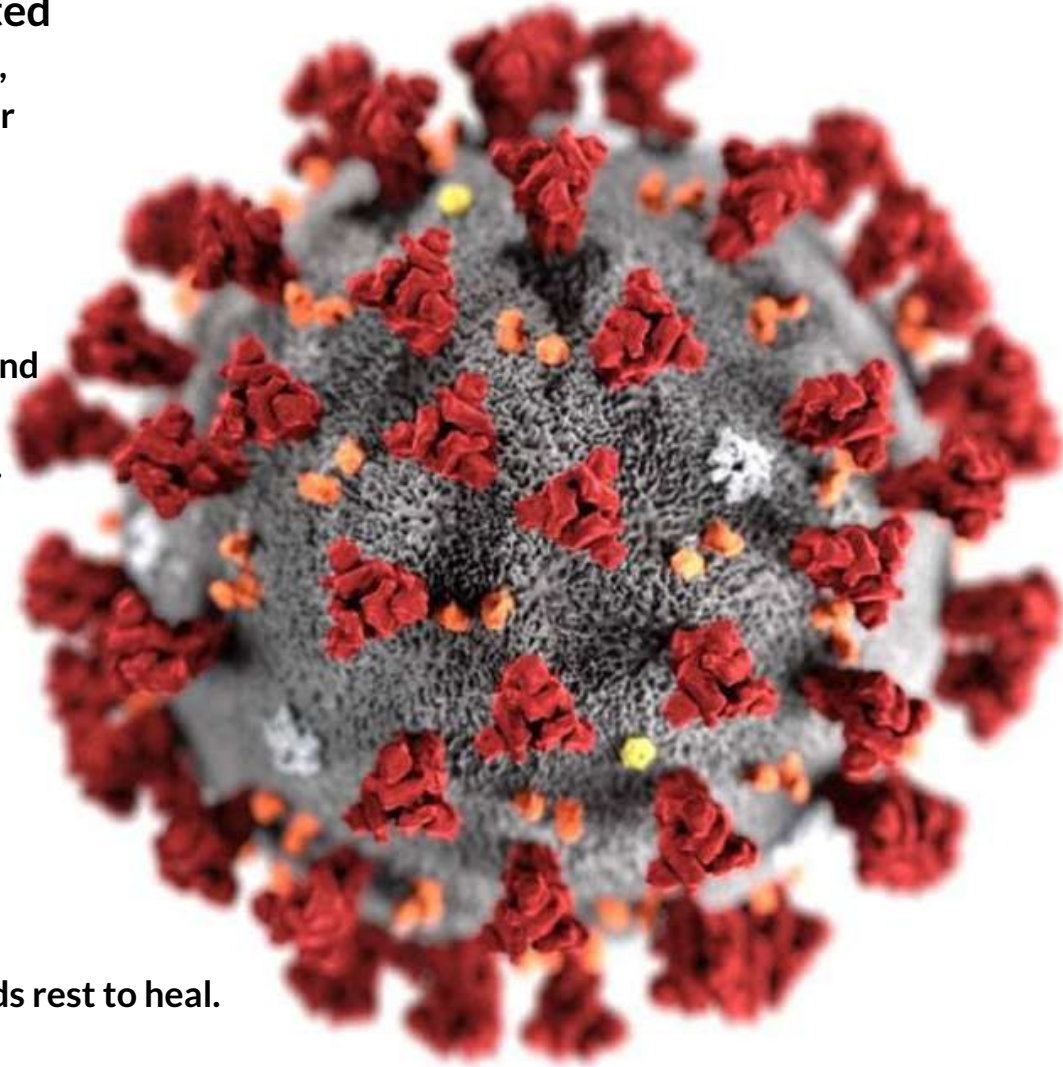
Your body needs rest to heal.

- **Add moisture to the air**

A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion. Change the water daily, and clean the unit according to the manufacturer's instructions.

- **Gargle with salt water**

Gargling with warm salted water (half a teaspoon of salt per glass) will often make your sore throat feel better, albeit temporarily. Try it every couple of hours or so.



- **Feed your cold**

Your body also relies on a healthy, well-balanced diet to get well, so make sure you're having frequent, nourishing meals and snacks.

STORY TIME

Students in quarantine

Well this quarantine was a good experience to entertain myself with something we have in our house

As the matter of fact at first I couldn't take my hands off my phone and it wasn't something new and a volume of the homework we had was too much and there was a lot of pressure on me and also not going out of the house made this pressure even worse so I decided to refresh my mood

The first activity I did was practicing my "Hip Hop" dance which I'm so interested in and fortunately refreshed me both mentally and physically

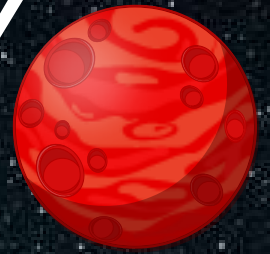
The second thing I did was watching a lot of movies I wasn't able to watch because of my school condition

And yeah I watched them all in quarantine specially action and science fiction movies witch mainly include:"John wick" and "Avengers "

At the other hand quarantine had another advantage for me and that is not going to school because school was a very stressful place for me and that's a relief that I could keep my distance from that place for a while
Thanks for paying attention ♥

Written by: Arina Hosseini

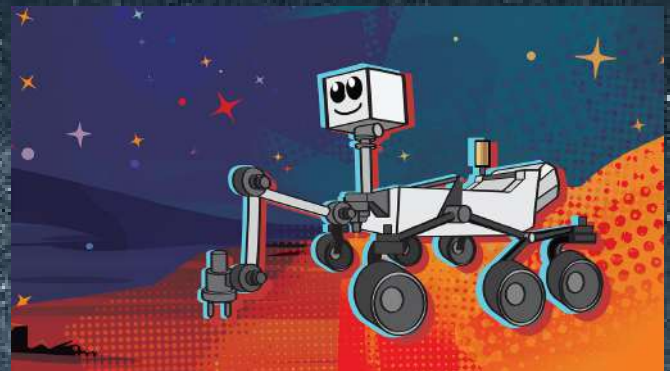
TECHNOLOGY



Mars here we come!

The NASA Perseverance rover safely landed on Mars after its 292.5 million-mile journey from Earth, the agency confirmed. The rover landed itself flawlessly, according to the mission's team.

"Percy," as the spacecraft is affectionately called at mission control, sent back its first images of the landing site immediately after touchdown, which shows the rover's shadow on the surface of its landing site of Jezero Crater.



FAMOUS MAN

Ramin Djawadi

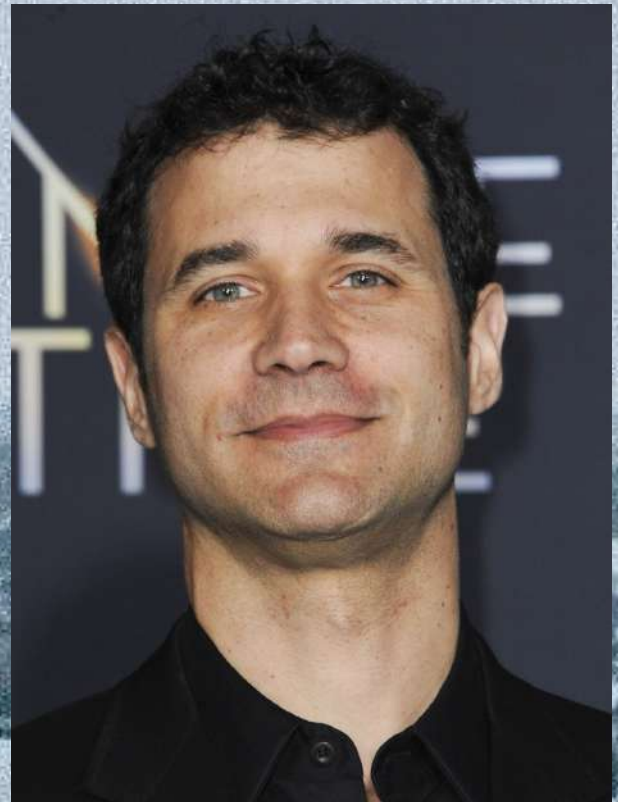
Early life

Djawadi was born in Duisburg, July 19, 1974, to an Iranian father and a German mother. He went to Krupp Gymnasium in Duisburg, West Germany and studied at Berklee College of Music.



Career

He is known for his scores for the 2008 Marvel film Iron Man and the HBO series Game of Thrones, which were nominated for Grammy Awards in 2009, 2018, and 2020. He has scored films such as Clash of the Titans, Pacific Rim, Warcraft and A Wrinkle in Time, television series including Prison Break, Person of Interest, Jack Ryan, and Westworld, and video games such as Medal of Honor, Gears of War 4, and Gears 5. He won two consecutive Emmy Awards for Game of Thrones, in 2018 for the episode "The Dragon and the Wolf" and in 2019 for "The Long Night".



SPORTS



Formula 1

- **“What is Formula One?”**

Formula One (F1) is a series of races held at different venues around the world, of the fastest open-wheel, open-cabin, single-seated, four-wheeled autos in the world. There have been a few years when even six-wheeled cars participated in F1.

- **“Formula 1 Drivers”**

Formula One drivers are as fit as most athletes in any sport. They have very high stamina and extremely good reflexes. Driving a race is very demanding both physically and mentally. All F1 drivers lose weight at the end of a race. That is because a lot of energy is spent by the drivers in working the brake and throttle pedals and concentrating on the track.

- **“Formula 1 Seasons”**

A season of Formula One consists of a number of Grands Prix conducted over the course of a year. The F1 season usually starts in March and ends in December. There are 22 venues across the world where the Grands Prix are held.

- **“The World Champion”**

At the end of the F1 season, the World Drivers' Championship is awarded to the winner. The drivers' championship is decided by the cumulative number of points the driver has accumulated in that season.



SOCIETY STUDY

The power of us

Building greater, more sustainable economic growth can improve the lives of everyone in Iran.

This is the goal of inclusive capitalism: using money and investment as a force for good, to create real jobs and better infrastructure to transform

Iran's cities and towns and tackle the biggest issues of our times such as housing, climate change and ageing demographics.

The Power of Us: the future is in your hands.



STUDENTS PROJECT

Project: Music

Members: Maryam Soleimani,
Arghavan Fadakar, Fateme Mosavi, Dorsa Valipor

Grade: 11

• MUSIC



Music is an audio-art which has lots of fans.

Our main purpose to start this project was to spread out a kind of art among teenagers. Our first step in this project has been choosing the tracks that we want to play.

The second step is to practice the tracks at home and become prepared for the concert.

And the last step is having a performance at school in front of teachers and students.

The final consequence is promoting a kind of art among people and give people some good information about music as well as having a good time together and enjoy.

Our materials are our instruments (3 guitars and 1 violin).

We have reached the second step so far.

TRAVELING

DREAMY BEACH

Tang beach, Sistan and Baluchestan province



PHOTOGRAPHY



Photo by: Sania Aghili rad



Photo by: Sevin Hosseinkhani



Photo by: Kiana Keyvanpazhuh



Photo by: Niki Babamoradi

SCIENTIFIC

Time to learn



OBLIVION

(n) the state of being unaware of what is happening around you.



HIRAETH

(n) a homesickness for a home you can't return to, or that never was.



OCCHIOLISM

(n) the awareness of the smallness of your perspective.



UPPITY

(n) self-important; arrogant.



EPIPHANY

(n) a moment of sudden revelation.



LAOTONG

(n) a friendship bonding two girls together for eternity as kindred sisters.



SERENDIPITY

(n) the chance occurrence of events in a beneficial way



SOLITUDE

(n) a state of seclusion or isolation.

WINNER STUDENTS

CONGRATULATIONS

CAST international conference and competition winners:

Health education theme:

Azin Safari

Helia Modami

Negin Khazaei



Engineering design:

Helia Koushki

Maral Hashemi Nasab

Kosar Golij



"wish you the best"

INTERVIEW

An interview has been arranged with Ms. Aref, which we hope you enjoy.

1. Can you please give us a brief introduction about yourself.

- My name is Maryam Arefcol, a mother and a teacher, I am? years old, MA holder in TEFEL (Teaching English as a Foreign Language), TESOL holder from LTI University, Australia, DIP TESOL Student, Teacher Trainer form Arizona University, USA, Media Literature instructor from Iowa University, USA.

2. How are you handling the quarantine situation? What are your hobbies and what keeps you mentally healthy during these hard times?

- This global devastating situation is not handling with a merely solo action, interractional measures which need physical and mental cars could hold it. My family and I have decided to take some regular exercises such as yoga, Pilates, and some fun, entertaining family activities. We act as if nothing happened. I followed my hobbies such as reading books making handicrafts and sewing.

3. How has online teaching affected your type of teaching?

- Since I was familiar with this kind of teaching and learning environment, due to some distant learning of mine, it hasn't really made a noticeable change in my teaching style, because I did the things that I had done before.

4. Do you have a favorite singer? Which of their songs do you like the most?

- Imagine Dragon, believer

5. How do you want to be remembered by your students?

- Inspiring, kind, knowledgeable, a real friend

6. Is there anything you wish to tell your students as your last words?

- Love and be loved

ART

- Art news

Sun children movie

Sun Children , also known as The Sun, is a 2020 Iranian drama film co-produced, co-written and directed by Majid Majidi.

It was presented in competition at the 77th Venice International Film Festival, where child actor Rouhollah Zamani won the Marcello Mastroianni Award.

It was selected as the Iranian entry for the Best International Feature Film at the 93rd Academy Awards, making the shortlist of fifteen films.



Film poster



Press conference of film in Fajr festival

FIND WHAT YOU NEED!

Need:

Someone who is good at playing electric guitar

Need:

Someone who can make a slogan

Let us know if you have any of these skills.





Shah Mosque, Isfahan