



Global Citizens

newsletter Num.1 Oct 2020

Covid-19 Alarm

Things you need to know



Special parts



Interview

published by Zoha Samadi

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Editor's Note

*There is a gem in the mountain of
your body, seek that mine.*

*O traveler, if you are in a search of
that, don't look outside, look
inside yourself and seek that.*



-Rumi

At first, I want to thank the person who put her mind and time into helping us learn and more than anything taught us to be human, Farzanegan7 great principle Dr. Homayoon Fard and the person who spent a lot of time helping and leading me to handle this project, English international project and competition organizer-Global Citizens facilitator, Ms. Marzieh Abedi. And my special thanks goes to Ms. Maryam Aref, our compassionate English teacher.

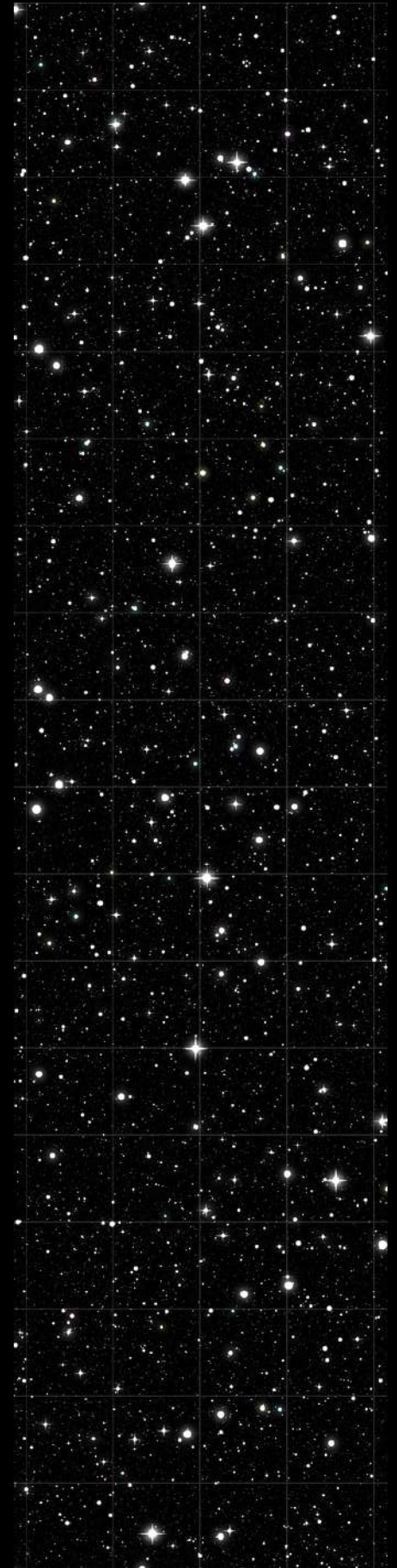
I chose to start my newsletter with a poem of Rumi, my favorite poet, whose poems can infiltrate your heart.

As Rumi tells us the gem we have to find in our life lies down within ourselves.

The purpose of this project is to make an English newsletter from which everyone can learn more and more about English and the ways of making their lives better.

**I hope you enjoy reading this newsletter.
Find the gem inside.
Best wishes.**

ZOHA SAMADI



"GLOBAL CITIZENS" PURPOSE

Our purpose is to make youth connect with the world, improve the quality of their life to change the world, to learn with each other through collaborative projects and to become global citizens and make differences in local and global communities with their peers around the world. "**Global citizens**" is a platform where students can improve their English, research, share opinions and connect with people around the world by project-based learning (PBL) and virtual exchange activities.

Also, students will get valid international certificates after each project and they may even receive prizes if their project gets accepted by the international judicial panel.

INTERVIEW TIME !

An interview with Farzanegan7's principal; Dr. Homayoon Fard

We asked our dear principal; Dr. Homayoon Fard to answer some questions for us and have a little conversation with us.

Hope you enjoy the beautiful answers we received!

- Please introduce yourself for the readers that may not know you and give us a brief explanation of your resume.

HI, WELL I'M HOMAYOON FARD, NOW I'M 47 YEARS OLD AND I HAVE PHD OF EDUCATION AND TRAINING PHILOSOPHY FROM "ALLAME TABATABAEE" UNIVERSITY. I'VE BEEN WORKING FOR 28 YEARS AS A DISCIPLINAR, SOME YEARS AS A TEACHER, ABOUT 17 YEARS AS DISCIPLINARY DEPUTY AND ABOUT 3 YEARS A PRINCIPLE TILL NOW

- Please tell us what encouraged you to enter this field and choose the educational jobs?

ONE OF THE CHILDREN'S FAVORITE JOB'S IS BEING TEACHER; MINE WAS TEACHING TOO, IN ADDITION, I WAS BORN IN A FAMILY RELATED TO EDUCATION, MY MOTHER WAS A TEACHER AND I PRETENDED TO BE A TEACHER AS A KID. MY MOTIVATION TO BE A TEACHER WAS THE LOVE AND PASSION I HAD FOR THIS JOB. AND AN INTERESTING PART OF THIS JOB IS THAT I CAN DO SOMETHING TO HELP STUDENTS TO LEARN AND TO TRAIN "HUMANS".

- Please tell the readers about the difficulties of your job.

ALL THE JOBS HAVE THEIR OWN DIFFICULTIES, AND BEING A TEACHER AND WORSE THAN THAT BEING A PRINCIPLE, ARE NOT EXCEPTIONS. THEY HAVE LOTS OF RESPONSIBILITIES AND IT'S A SERIOUS JOB WHICH HAS A LOT OF OBLIGATIONS AND YOU ALWAYS HAVE TO TRY TO MEET THE NEEDS OF YOUR AUDIENCES. EDUCATIONAL JOBS ARE EVEN MORE DIFFICULT BECAUSE WE DEAL WITH HUMAN RESOURCES.

- Due to these problems, have you ever regretted choosing this job?

I CAN SAY THAT BECAUSE I LOVE WORKING WITH STUDENTS AND I ENJOY IT, I'VE NEVER REGRETTED TILL NOW.

I USUALLY TRY TO REVIEW THE THINGS I NEED TO DO THE NEXT DAY AND CATEGORIZE THEM, AND EVEN IF I MAKE MISTAKE I TRY TO REPROACH MYSELF. I TRY NOT TO MAKE THING A HABIT FOR MYSELF, BECAUSE I LIKE TO FOLLOW NEW THINGS AND TO USE OTHERS EXPERIENCES SO IF WE OMIT AN ACTIVITY OF THE ROUTINE PLAN AND TRY TO BE CREATIVE, EVERY DAY IS A GOOD DAY, YOU ENJOY YOUR JOB AND YOU WILL NEVER BE TIRED OF YOUR JOB.

- Is there something that a student has told you and it remained in your mind and you want to share with us?

EVERY SECOND OF TEACHING IS MEMORIAL, GOOD MEMORIES AND BAD MEMORIES. BUT WHEN I SEE MY STUDENTS ARE GRATEFUL FOR SIMPLE THINGS YOU DO FOR THEM AND THE THING YOU'VE DONE IS NOT INEFFECTIVE, OR EVEN SOME OF THEM STAY IN TOUCH AFTER THEIR GRADUATION; IT WILL KEEP YOUR HEART WARM AND SATISFIES YOU. THE HAPPINESS OF MY COWORKERS AND MY STUDENTS MAKE ME HAPPY TOO.

- What do you wish for your students?

THERE ARE LOTS OF WISHES, BUT THE BIGGEST WISH IS THE WISH OF HEALTH AND HAPPINESS AND I HOPE THEY GAIN ALL THEIR WISHES DUE TO THEIR EFFORT.

- Is there something you want to tell the readers?

I WANT TO TELL MY STUDENTS THAT I LOVE THEM AND THEIR FUTURE IS IMPORTANT FOR ME AND I WILL BE REALLY HAPPY BECAUSE OF THEIR SUCCESS. AND I WANT THEM TO BE HOPEFUL, WISE, MERCIFUL AND OPTIMIST AND TRY NOT TO BE SCARED OF LOSING. AND THESE THINGS NEED A LOT OF EFFORT AND THINKING WISELY AND RELIANCE ON THE GOD.

COVID-19 ALARM

things you need to know!



symptoms

MOST COMMON SYMPTOMS:
FEVER
DRY COUGH
TIREDNESS

LESS COMMON SYMPTOMS:

- ACHES AND PAINS
- SORE THROAT
- DIARRHOEA
- CONJUNCTIVITIS
- HEADACHE
- LOSS OF TASTE OR SMELL
- A RASH ON SKIN, OR DISCOLOURATION OF FINGERS OR TOES



prevention

USE SOAP AND WATER, OR AN ALCOHOL-BASED HAND RUB TO CLEAN YOUR HANDS

SAFE DISTANCE FROM ANYONE WHO IS COUGHING OR SNEEZING

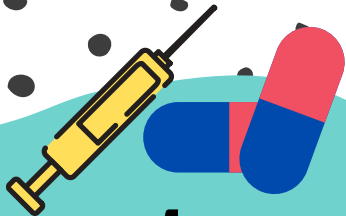
DON'T TOUCH YOUR EYES, NOSE OR MOUTH

STAY HOME IF YOU FEEL UNWELL.

MASKS CAN HELP PREVENT THE SPREAD OF THE VIRUS FROM THE PERSON WEARING THE MASK TO OTHERS.



Treatments



IF YOU FEEL SICK YOU SHOULD REST, DRINK PLENTY OF FLUID, AND EAT NUTRITIOUS FOOD. STAY IN A SEPARATE ROOM FROM OTHER FAMILY MEMBERS, AND USE A DEDICATED BATHROOM IF POSSIBLE. CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES.

IT IS NORMAL TO FEEL SAD, STRESSED, OR CONFUSED DURING A CRISIS. TALKING TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY, CAN HELP. IF YOU FEEL OVERWHELMED, TALK TO A HEALTH WORKER OR COUNSELLOR.



SPORT AT HOME!

During quarantine, as most of the things are online, we spent a lot of hours sitting.

This can cause serious problems for our back, neck, etc.

In the following page we show you some tricks to prevent pain in many parts of your body!



RELAXATION DURING QUARANTINE

After an hour and a half sitting, doing this movements for a quarter can prevent health problems!!



FOOD TIME!

RECIPE FOR

DOLMA



INGREDIENTS



- PAR-COOKED BASMATI RICE
- COOKED YELLOW SPLIT PEAS
- CHOPPED FRESH HERBS (SUCH AS PARSLEY, DILL, MINT, AND CHIVES)
- DRIED TARRAGON AND SUMMER SAVOURY
- CHOPPED YELLOW ONION
- CRUSHED CLOVES OF GARLIC
- TURMERIC POWDER
- SALT AND PEPPER

DIRECTIONS

• THE FILLING:

1. HEAT SOME OLIVE OIL IN A PAN OVER MEDIUM HEAT.
2. SAUTÉ ONION AND GARLIC UNTIL GOLDEN BROWN.
3. ADD IN THE MINCED MEAT AND BROWN IT. (DON'T FORGET TO ADD THE TURMERIC TO THE MEAT.)
4. REMOVE THE MEAT FROM THE PAN AND SAUTÉ ALL HERBS, OR YOU CAN STIR IN THE HERBS ON TOP OF THE MEAT AND COOK FOR A FEW MINUTES.
5. IN A LARGE BOWL MIX TOGETHER COOKED YELLOW SPLIT PEAS, PAR-COOKED RICE, MINCED MEAT, AND THE HERBS.

• THE SAUCE:

SIMPLY MIX THE MOLASSES, SUMAC, LEMON JUICE, WATER, AND SUGAR. THE SWEET AND SOURNESS SHOULD BE BALANCED BUT IF YOU PREFER IT MORE SWEET OR SOUR, YOU CAN ADJUST THE INGREDIENTS TO YOUR TASTE.

• TO WRAP

• TO COOK:

1. NOW PLACE ALL DOLMEH VERY TIGHT AGAINST EACH OTHER IN THE BOTTOM OF THE POT, COME UP LAYER BY LAYER.
2. POUR THE SAUCE OVER DOLMA, COVER AND BRING IT TO BOIL OVER MEDIUM HEAT AND IMMEDIATELY REDUCE THE HEAT TO MEDIUM-LOW AND COOK FOR AN HOUR.

THE MEMORIAL OF

A GREAT MAN

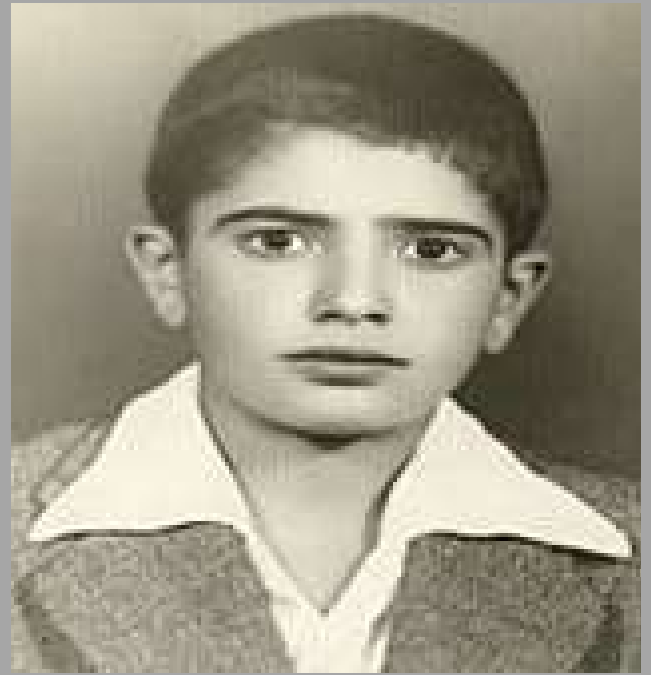


In this part we wanted to talk about one of the greatest people of Iran. As long as the well-known vocalist, Mr. Mohammad Reza Shajarian, has just passed away, we thought it would be a good time to give you a brief biography of this great man.



EARLY LIFE

Mohammad-Reza Shajarian was born on 23 September 1940 in Mashhad, Iran. His father, Mehdi, was a Quran qari, as was his grandfather Ali Akbar. He was the oldest of five siblings, and studied singing at the age of five under the supervision of his father by recitation of the Quran.



EARLY WORK

At the age of 12, he began studying the Persian classical repertoire known as the Radif. He chose the stage name "Siavash Bidakani" in his early career as a singer, which did not last long, and soon he used his real name again. Shajarian started his singing career in 1959 at Radio Khorasan, rising to prominence in the 1960s with his distinct style of singing. Since then his career has included teaching at Tehran University's Department of Fine Arts, working at National Radio and television, researching Persian/Iranian music, and making numerous recordings.

MASTERS

His main teachers were Ahmad Ebadi, Esmaeil Mehrtash, Abdollah Davami, and Nour-Ali Boroumand.

He also learned the vocal styles of previous generations of singers such as Hossein Taherzadeh, Reza Gholi Mirza Zelli, Qamar-ol-Moluk Vaziri, Eghbal Azar and Taj Isfahani.

He has cited legendary Persian tar soloist Mr. Jalil Shahnaz as highly influential to his development, indicating that he has often tried to mimic Shahnaz's playing style in his singing.

HONOURS

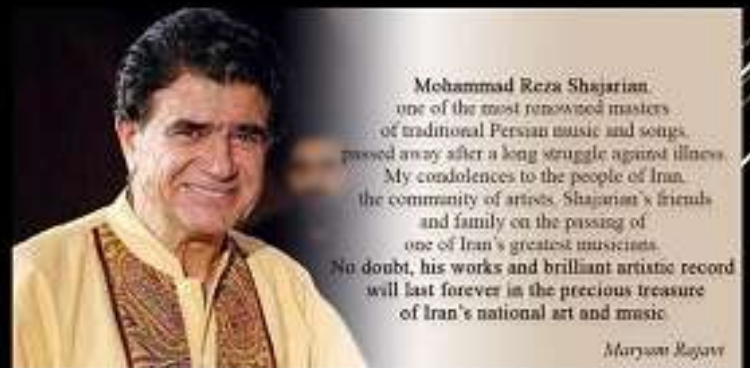
Recognized as a skilled singer in the challenging traditional Dastgah style, THE UNESCO Picasso Award(1999), The UNESCO Mozart Medal(2006).

"Greatest living maestro of Persian classical music"
LA TIMES(2017). NIRT Golden Cup (1977),

Nominated for Grammy award in Best World Music (2004, 2006), Nushin Medal (2008), One of NPR's 50 great voices.(2010), French National Order of the Legion of Honour (2014), National Order of Merit (2014), Aga Khan Trust for Culture (2019)

LATER LIFE

In March 2016, Mohammad Reza Shajarian revealed that he had had kidney cancer for the past fifteen years. MR. Shajarian transferred to hospital on 27 January 2020 and had a successful surgery. He was released from hospital on 25 August but was hospitalized again on 5 October. he passed away on 8 October 2020 at the age of 80 at intensive care unit of Jam Hospital in Tehran. A private religious ceremony was held following day at Behesht-e Zahra in Tehran, before his body being transferred to Mashhad. He was buried at the Tomb of Ferdowsi in Tus, Mashhad, on 10 October.



Quarantine Diary

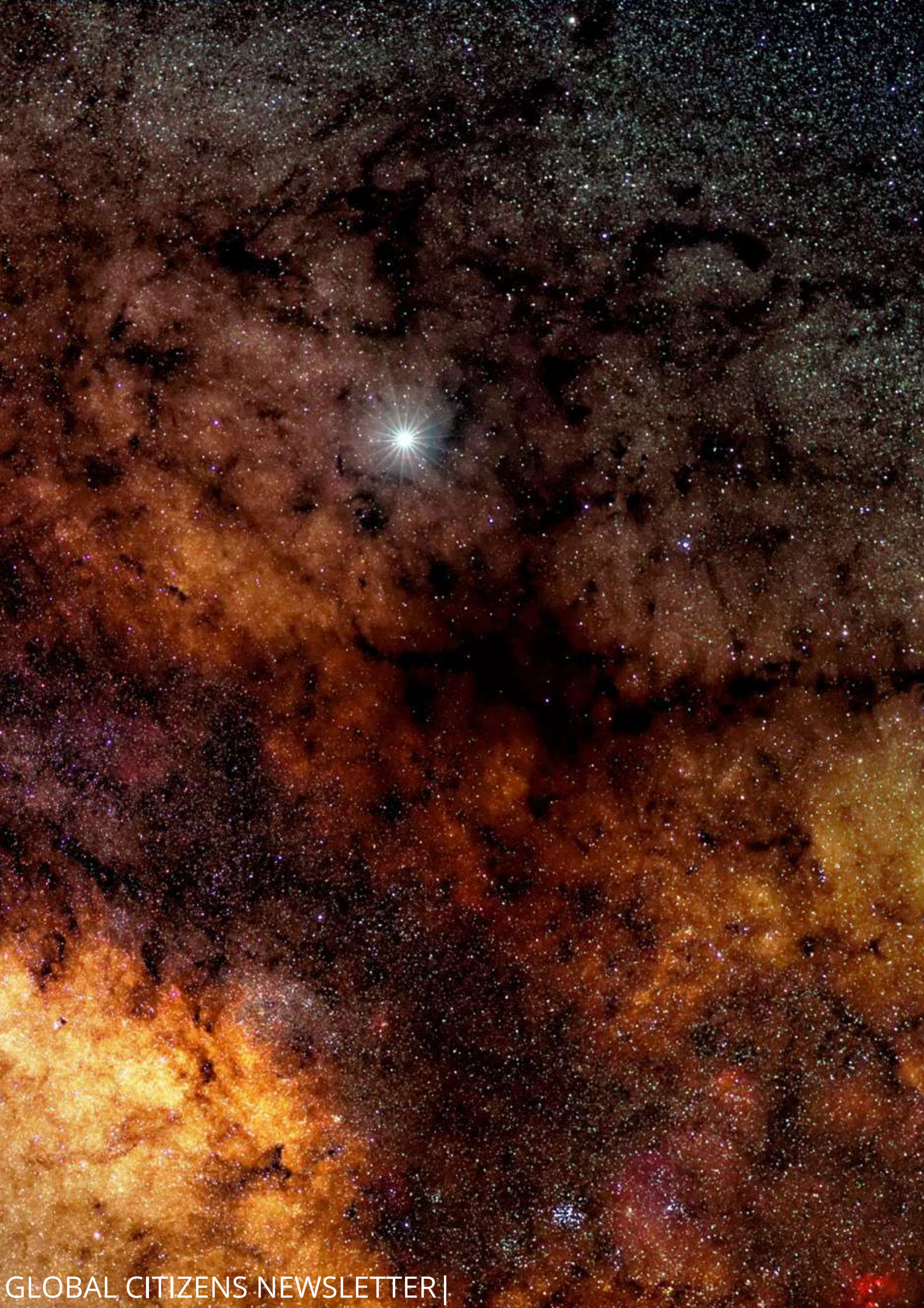
There was a free bird who never thought it would be caught in a cage one day. All this happened on Saturday night when the foxes arrived in Iran from China and the forest's crows announced that : "Make a cage for yourself , birds make a cage !" The horror shook the bodies of all the birds. Who would have thought that one day the fox will come back again, the fox who took the lives of many birds a hundred years ago last time in such a brutal way. The birds built the cages, although the door was not closed and could be released at any time. But the fox's fear had made everyone its prison guard. I was also a bird in a cage that lasts for two months.

I have not felt the warm rays of the sun on my face until now and I have not seen the wind. The foxes were out and I was in the cage. I used to see other birds, but now we are only tweeting . This wasn't leisure time because it was full of jungle's textbook lessons and exercises because all birds like me have to graduate from this jungle next year and just study this book, A book we don't even know what is the future of it ?studying for an absurd goal that may not be? We will continue on this path only hoping that we may reach the goal one day , it is not important when the foxes will go , next year ,tomorrow? .because the foxes will finally leave one day. **WE KEEP GOING!**

- ORIGINAL TEXT; BY RASHIN RAHNEMOON



photo by Alireza Vafa
AlirezaVafa.com



English PROJECTS

Color Psychology

The psychology of color is based on the mental and emotional effects colors have on sighted people in all facets of life.

In art therapy, color is often associated with a person's emotions.

Color may also influence a person's mental or physical state.

There are also commonly noted psychological effects of color as it relates to two main categories: warm and cool.



Dorsa Mirhosseini



Arina Dehghan



Parmis Banitaba



Hanieh Goudarzi

CLASSROOM COLOR

One of the insignificant issues in the schools, is the color of the classroom walls . For the most of the school, White is usually chosen for classrooms, while it can tire students eyes, reduce concentration, and make students feel lethargic and bored. Using different colors and their effects can make students more efficient. Colors consciously or unconsciously have a great influence on students behavior. The color of the classroom walls should be chosen according to the level of education of the students.



If the whole class turns a certain color, it will cause eye fatigue and a sense of anxiety and restlessness in students, so it is better to use different shades of one color or a combination of appropriate colors.

THANK YOU FOR SHARING YOUR RESULT WITH US!

English PROJECTS

Escape room

Helia Momeni, Mahsa Mokhtari, Arina Damnabi, Fatemeh Daryabeigi, Rozhina Jafari, Hadise Arefpanah and Zahra Rahmati

Purpose:

We made this game for amusement, learn to cooperate and how to control our time.

Scenario:

Our escape room scenario is about an author who purchases a kind of mysterious time-worn house and a few days after, he murdered in that house But unfortunately police don't had enough evidences to prove whatever it was murder or suicide, so the author's daughter that her name is Sara decides to go to that mysterious house to prove that her father didn't commit suicide.

When Sara goes to Dolat abad's house she find some evidences and realize who the psychic killer was But the problem was, that crazy murderer notice Sara was there so he decided to kill Sara quickly so Sara rapidly run away and call her friends for help.

Results:

Nowadays our group have a defined scenario and the characters are specified also the idea about theme and designing of the escape room is completed.

We choose some of the cods and passwords but, because of the corona virus we cannot go to our high school and consider the so we are waiting for an opportunity to finish our work.

Our squad has prepared an initial video of our work in which the entire activity of the squad is recorded, we are looking forward to making trailers and brochures of our work to motivate other participating squads into joining in on the escape room.



THANK YOU FOR SHARING YOUR RESULT WITH US!

international competition and conference winners



Hasti Habibi

Hippo 2020:

- Semifinal round
- Final round



Fatemeh Tahmasebi

- The third rank in "International multimedia competition 2020"
IMUN model and STEM

TECHNOLOGY

Find out about Technology!

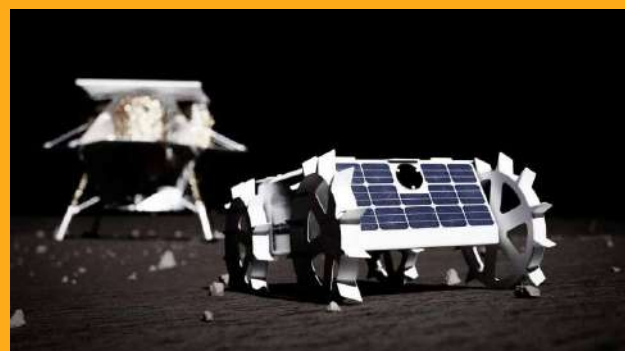
● Energy on MOON!

A researcher at NASA's Langley Research Center in Hampton, Virginia, will look into a concept for generating and distributing power on the Moon.

The "light bender" system would capture, concentrate and focus sunlight using telescope optics. An industry-based researcher with Trans Astronautica Corporation proposed a conceptual method for making soil in space using carbon-rich asteroids and fungi. An assistant professor at Carnegie Mellon University will investigate a lightweight and deployable structure design to allow for kilometer-scale structures in space. The proposal suggests the structure could serve as the backbone of a large rotating spacecraft capable of producing artificial gravity

This tiny rover uses solar panels for energy.

Soon we will be able to use solar panels all over the moon!

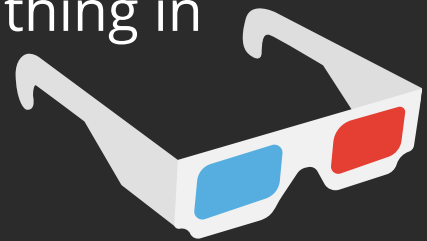


● 3D Movies

To get a good 3D image or video, you have to have two versions of the same thing filmed from the exact angle as your eyes would see it. One for each eye. The old version did this with having a blue and red picture mixed.

To make an animated movie in 3D, animators do basically the same thing. They create two versions of each individual picture.

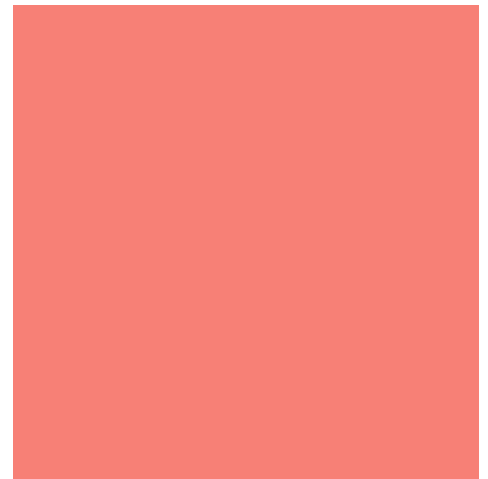
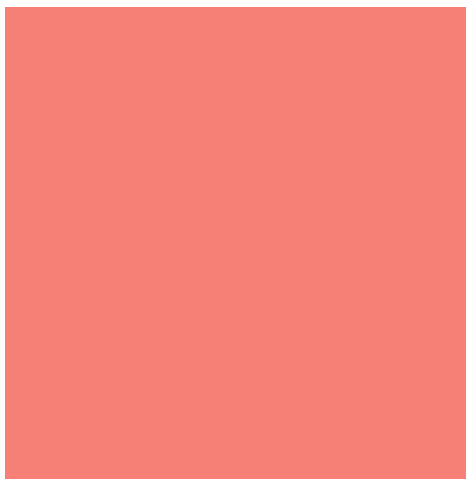
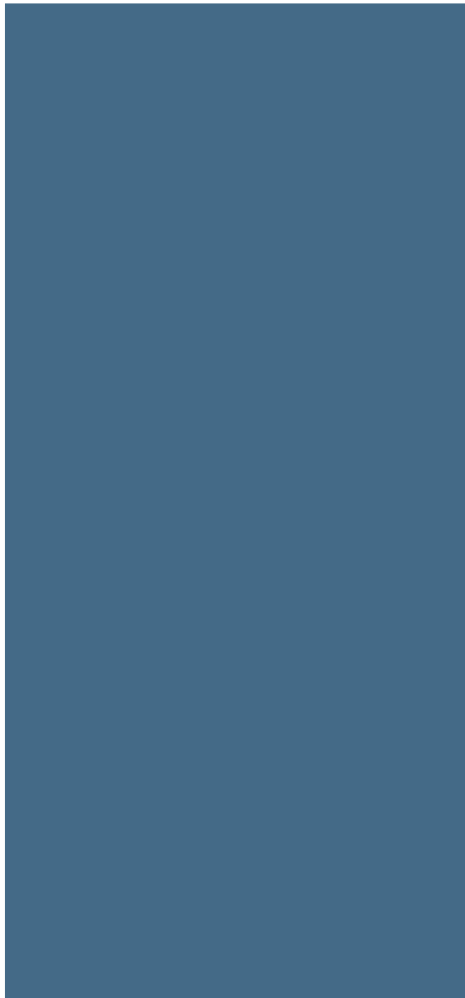
this is for creating perspective for your eye, because that's the reason we see things in a 3D form.





FIND WHAT YOU NEED!

Here you will have a list of the talented students who will perform their talent!



MOVIE SUBTITLES

If you want to make subtitles for movies and TV series, find out the easiest way contact us Telegram ID: @me192abbas
Melika Khalili



TYPIST NEEDED

Someone fluent in typing and editing who can work at least 3 hours a week. With a high pay grade!!! contact us Telegram ID: @neginfarajipoor
Negin Faraji

INTERLOCUTOR NEEDED

Need someone to talk and chat in English! contact us:
Arina Damnabi



MUSIC TEACHER NEEDED

Someone needed to teach GUITAR! contact us Telegram ID: @Hey_Spiderman
Hasti Rezaei



