



MOTHLY NEWS LETTER



global citizens?



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Melanie Fahimi
Farzanegan 7
November 2020



be yourself



In God we trust

To begin with, we have written this newsletter based on many various reasons and goals. For instance, we have mentioned popular books so that students can easily find them and read them if they desire. On top of that, there is a brief biography of some famous people born in November which students may find it interesting. More over, due to the recent circumstances and considering quarantine, some appealing and useful tips related to sports and home-exercising have been presented as well. over all, the topics discussed in this newsletter are all the ones that students our age are more likely to find interesting.



In our way to make this newsletter first of all, we'd like to thank Ms. Homayoonfard, our brilliant principle. Also, we had the help of dear Ms. Abedi as our supervisor and Ms. Saviz, one of the greatest school assistants. Ms. Abedi spent a load of time editing our newsletter and giving us the best and most useful pieces of advice, leading us in our first experience. And special thanks to Ms. Saviz, who participated in the interview part, discussing one of the most essential concerns of students these days.

Not to forget the astonishing story that Zahra Masouminia wrote in two languages which is available on the very fourteenth page of this newsletter.





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Marie Curie

The Nobel Prize in Physics 1903

- Prize share: $\frac{1}{4}$
- Also awarded: The Nobel Prize in Chemistry 1911
- Discovered: Radium, Polonium
- Marie Skłodowska Curie, born Maria Salomea Skłodowska, was a Polish and naturalized-French physicist and chemist conducted pioneering research on radioactivity.





George Eliot


- Mary Ann Evans known by her pen name George Eliot
- an English novelist, poet, journalist, and translator
- novels: Adam Bede, The Mill on the Floss, Silas Marner, Middlemarch


what do we live for, if not to make life less difficult for each other?



 These days social distancing, self-quarantining, and the closure of many gyms have made it harder to exercise due to the

 Coronavirus or COVID-19. In other words, humans are more prone to over-weighting and many issues such as lumbar discs

 other than mental problems including anxiety and depression. One of the most crucial and effortless things that could be done

 to prevent these matters, is doing sports while we spend our time in quarantine.

PRIORITIZE YOUR WORKOUTS

People who put their fitness activities on the same calendar as their regular appointments tend to stick to their plan. You wouldn't cancel your appointment with your dentist because you were busy with work or just didn't feel like it at that moment.

 SAY
IT
OUT LOUD

Tell a friend what your goals and routines are or post about it on the social media. You're less likely to skip a session if you know your friends will be asking about how you got on.





MISS THE GYM? CREATE A HOME WORKOUT AREA.

If you have space available, designate an inviting area of your home to exercise and keep your equipment handy. Try using resistance bands, water bottles, or your own body weight to perform resistance exercises.

KEEP YOUR WORKOUTS INTERESTING.

Watch your favorite streaming show or listen to a podcast or some great music while working out.

TRY SOMETHING NEW.

Find a free video online, subscribe to one of the many online classes available, or download an app to guide you from the safety of your own home.



Technology has highly improved and has various aspects nowadays. one of the most useful aspects are apps available on your phone, simplifying your daily tasks so that you would be able to do a wide range of your activities where ever you'd like to. Litsy is one of the appealing apps that is going to be discussed in this part.



Litsy is an iOS and Android social media application and website that is based on reading books.

It's like an Instagram for books. Litsy is a user-friendly app where you can post photos of your book moments and also become an influencer. It lets you share your favorite books with friends and family and post reviews on books you've read. Take part in discussions or find the relevant topics using specific hashtags.

Some publishers, bookstores, and authors have used the application for promotion of their books.



HISTORY

Litsy was founded by Todd Lawton and Jeff LeBlanc. The website was launched in April 2016. It received 20,000 users from spring 2016 to June 10, 2016.

FEATURES

Users can make three types of posts which are a quick blurb, a quote, or a review and all posts can have a maximum of 300 characters. Posts can be marked as having spoilers when they are submitted. They can also "like" books, upload photos, use emojis, and create virtual stacks of books. Every user has a "Litfluence" score which shows how influential each one of them is on Litsy.



November

Much have I spoken of the faded leaf; long
have I listened to the wailing wind, and
watched it ploughing through the heavy
clouds; for autumn charms my melancholy
mind. When autumn comes, the poets
sing a dirge: the year must perish; all the
flowers are dead; the sheaves are
gathered; and the mottled quail. Runs in
the stubble, but the lark has fled! Still,
autumn ushers in the Christmas cheer,
the holly-berries and the ivy-tree: they
weave a chaplet for the Old Year's heir;
these waiting mourners do not sing for
me! I find sweet peace in depths of
autumn woods, Where grow the ragged
ferns and roughened moss; the naked,
silent trees have taught me this,—The loss
of beauty is not always loss!
by Elizabeth Drew Stoddard



Title: November First

Artist: Andrew Wyeth

Date: 1950

Credit Line:

Smithsonian American
Art Museum

Mediums: watercolor

Mediums Description:
watercolor on paper
mounted on
paperboard



In this part, some projects done in the previous years by the students of Farzanegan7 are going to be introduced.



To begin with, here is a picture of one of the honors of our school special thanks to Nikta Hashemi for her brilliant artwork.



Three hard-working and creative students have made a fantastic cast with a perfect cooperation about engineering design and succeeded to achieve the place as the best maker.



PROJECT NAME: THE HISTORY OF ENGLISH LANGUAGE - VIDEO AND POWERPOINT

GROUP MEMBERS: PARMIDA JAMSHIDI, ANAHITA TEHRANI, HELIA TAROMI

THE REASON:

We have all started learning English since we were so young and we have spent years reading English books, watching movies and listening music with different accents. Sometimes when you confront something too hard or fun in this language, or when you start learning other languages like German, French, Spanish, and etc. you may ask where do they come from and why on earth are there so many similarities. These questions have led us to this project.

Our Concern and Purpose:

In this project we've paid great attention to the history of English and meanwhile we've noticed about the root of similarities hence grabbed why English has been decided to be the international language.

Outcome:

We've had a short documentary, a presentation through Skype, interesting infographics which the data of all were a wellspring of information. Like most languages, English has evolved through generations of speakers, undergoing major changes over time. By undoing these changes, we've traced the language from the present day back to its ancient roots.



Anahita Tehrani



Parmida Jamshidi



Helia Tarom



congratulations

awarded as the first place for the documentary called "One Two Zero" in the school movie festival

actors:

Mahya Arasbarani

Helia Ghazori

Romina Shamsalizade

Mahsa Mokhtari

Sania Aghili

Sanam Ghadyani

Narges Mahdavi

writers:

Zhino Kermanj

Mahya Arasbarani

Helia Ghazori

Sania Aghili

editors:

Fatemeh Madani

Zeinab Tabar

Nadia Mahyayi

director:

Nadia Mahyayi



A great honor of our school is related to the documentary named "One Two Zero" thanks to all the useful help of some students.

NOW SHOWING



The father of Sampad passed away

Hojatoleslam Javad Ejei, the Representative of Ayatollah Khamenei in European and American student affairs and the founder of the National Organization for Development of Exceptional Talents (Sampad), died of Coronavirus on November 14th, 2020, at the age of 72. The Grand Ayatollah Khamenei said in a message on the occasion of his death: "The formation of Islamic student associations in Europe, the formation of the Iran's talented schools, the paternal management of young elite groups, and building of golden age of earning international scientific medals are among his unparalleled relics."



We are all sorry to hear this news. The father of Sampad, unfortunately passed out because of the corona virus.



THE CORONA VIRUS

Nations around the world have closed their borders and ordered a strict lockdown in order to avoid further pressure on the already overwhelmed medical care system. With more than 4.3 million cases globally and close to 292,899 deaths, novel coronavirus continues to wreak havoc across the globe.

At the same time, scientists and researchers across the globe are racing against the time to develop a vaccine for the novel coronavirus. As of now, almost 100 research groups are working round the clock to develop a potential vaccine for COVID-19.

It is important to note that a vaccine fit for humans usually takes years to develop as it goes through a series of human trials to test its safety and efficiency. The World Health Organization is tracking the potential vaccines for COVID-19 in the clinical evaluation.

one of the attempts out of the many others:

The University of Oxford has developed a vaccine candidate 'ChadoxInCOVID-19' in under three months. The vaccine candidate uses a weakened strain of a common cold virus (adenovirus) and is combined with the genetic material of the SARS-CoV-2 (the coronavirus causing COVID-19). This will enable the body to identify the spike protein of the novel coronavirus. The vaccine candidate is now in a clinical trial level 1 and healthy volunteers have already been injected to check its safety and efficiency.



Most Popular Books Published In November 2020



goodreads
CHOICE
AWARDS
2020

The Midnight Library by Matt Haig

Genres: Science Fiction, Fantasy Fiction

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. In *The Midnight Library*, Matt Haig's enchanting new novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.



The Children of Red Peak by Craig DiLouie

Genres: Mystery, Suspense, Thriller,
Psychological thriller, Horror fiction

David Young, Deacon Price, and Beth Harris live with a dark secret. As children, they survived a religious group that was horrific last days at the isolated mountain Red Peak. Years later, the trauma of what they experienced never feels far behind. When a fellow survivor commits suicide, they finally reunite and share their stories. Long-repressed memories surface, defying understanding and belief.



One of the most important concerns of all countries is the environmental issues caused by many human activities. As we all know, a clear and unpolluted air has a great importance for human beings. But the more humans harm nature and environment, the less likely we can meet this goal. One of these harmful activities is deforestation. Loads of trees are cut down due to many diverse reasons. For instance, agricultural expansion, cattle breeding, mining, oil extraction and etc. On top of that, the procedure of printing books consumes a lot of paper. However, some of the publishers have replaced some other materials that have many benefits for the environment.

One of the common materials used is Bulky paper, which is mostly produced in European countries such as Sweden, is so popular all over the world that in some European countries and the Americas, 100% of novels are printed on this paper.

3.
Bulky paper has the international environmental standard mark FSC.

2.
This paper easily returns to the environmental cycle, does not interfere with its function and does not cause pollution.

1.
This paper is produced in a completely mechanical way.

5.
It does not use any chemicals, including dyes.

4.
Due to the compatibility of this type of paper with the environment, it has also been called the "Green Book."



Hello

I don't know how many quarantine days there are today, and I hope everyone is in good spirits.

The quarantine of the word weird is a little nice and a little sad, it's a bit repetitive and a little bit undiscovered, and I think it's just like life.

But if I were to say, what have I done during this time? And how was I? And what did life teach me?

I have to start like this:

I think people have a direct relationship with what they do and the experiences they gain, and I've tried my best these days to keep my sense of well, at least with the color of my smile, no matter what I wanted to do. To see on my own lips and those around me, well, of course, this long-term quarantine has been a bit boring for all of us, and well, we were forced to spend the night with a series of people and a series of tasks.

So now I want to tell you what I did.

Well, first of all, I tried to make myself and those around me happy.

This can even be a smile.



Then I read a number of my favorite novels; I watched 1 or 2 movies; I did the lessons and assignments my teachers gave me; I downloaded a lot of songs and listened to them and I danced with them; I talked a lot with God; I talked about the beauties of my life; I talked about my dreams, and ... of course, I need to mention that I moaned a little. We often burned food, and the experience I gained from quarantining, as the saying goes, was great, but more importantly, God bless you. And to change the world in a fraction of a second and to see the power of God in these days when my family and I have seen Salim, and I understand much more than ever that he says, "God is out of my mind. "It's closer to you." My other experience is how beautiful and pleasant it is to have a close-knit family where love and intimacy can be seen as long as they work together, and the smile design does not disappear from their lips, and the next thing is that it is better to Instead of pessimism, look at the positive side of something, because if we believed that whatever happened was in our favor, there would be no more sorrow in our hearts.



And last but not least, the quarantine days, although sometimes repetitive, are a rest for all of us to stay away from home and family. Life is fleeting, and as the days go by, it's best to enjoy it minute by minute so that we don't regret it later when we look back because life doesn't have a reversal.

ZAHRA MASOUMINIA
[APR 29, 2020 AT 6:50 PM.]
FROM FARZANEGHAN7



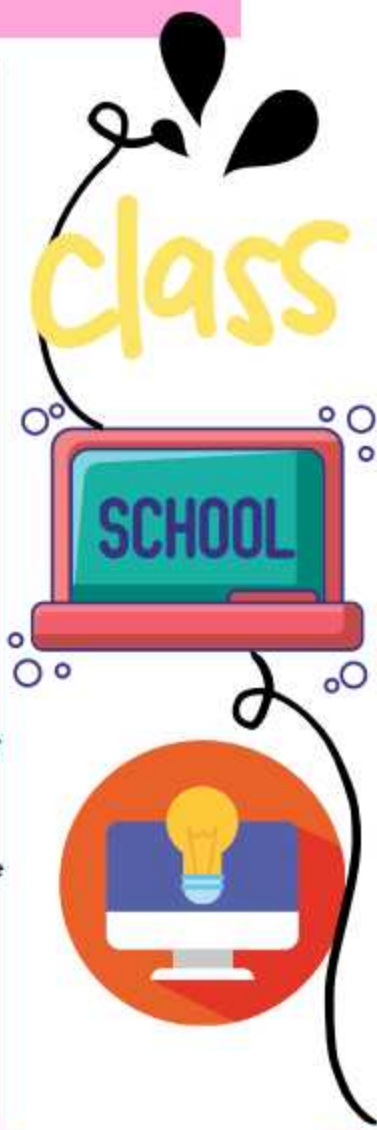
An interview with Ms. Saviz about the online classes.

What are the advantages of online learning?



Actually, every task and event have its pros and cons. There is not a single thing that everyone would completely agree with. So does holding the classes online during the quarantine.

To begin with the advantages, first of all, the students who learn the lessons independently take way more advantage than the other students as they can save much more time, not spending time on the classes in which they prefer not to attend and study more important lessons instead. On top of that, students whose home is far from school appreciate the online classes. Another aspect that needs to be considered is the waste and loss of time in the attentive classes which would be notably reduced by the online classes. Also, there wouldn't be any contractions between the students so student wouldn't be negatively influenced by other students. Moreover, I think that this quarantine wasn't so bad in all. What I mean is that the teachers have recorded lessons while teaching so that the students can rewatch them any time they want and they wouldn't miss a class anymore. Last but not least, the condition of schools and learning would probably become way better than the past. As you know, there are many reasons that the school would be closed during the academic year. Such as air pollution, heavy snow and etc. But according to the current situation, there would be no stop to the procedure of learning and we would be able to continue teaching and learning simply no matter how complex the situation would get.



What are the disadvantages?

Moving to the disadvantages, in the attentive classes there would be much more fun and all the participation and groupwork are crucial factors for an effective learning. Also, online exams and evaluations aren't as accurate as they should be. In attentive classes there were fewer issues to find out the problems of each student and can easily understand if the students have problem learning the new lesson or if they're not paying attention in the class. But now, as many students cheat on exams, the teacher can't understand if they have learned the lessons properly so that means the students would face great problems in the future, including struggling to learn new lessons in the coming curricular years. Additionally, poor internet has created issues for both the students and teachers. One of the most considerable downsides of online learning is the mental issues and illnesses that many people are coping with nowadays. This will highly decrease the quality of learning and it makes learning much harder. In the end, looking at the monitor screen for long hours and sitting on a chair round the clock increases health risks.



Which one is better in your opinion?
Online learning or attentive classes?

Over all, in my opinion, the students should take advantage from every situation and instead of putting their time and energy on overthinking about the cons of it, they should look at the bright side and make the best use of everything. In the prospect of hardworking students, there wouldn't be much difference between online and attentive classes.



If you could change anything about schools, what would it be?

1. Increase school hours in order to do homework in the school and also add free study hours to review lessons of that day.

3. Recognize students' interests and talents and put them in different classes according to their desires from primary school.

DREAM BIG,
WORK HARD,
MAKE IT
happen.

2. More practical work and less theory lessons.

POSITIVE
VIBES



4. Combine subjects with fun to attract pupils' attention.

6. Increase extracurricular classes like sports and art.

5. Focus on students' learning instead of just achieving good grades.

7. Work on other foreign languages than English and Arabic.

8. Add more plants to the schoolyard to provide a more pleasant school space.





Struggling to learn German?
Anahita is here, with her
stunning teaching methods.
All you need to do is to
message her.

@AnahitaTehrani



You looking for a new
decoration for your room?
How about a nice painting of
your favorite sketch? But
paintings are usually so
expensive! Don't worry!
message Maedeh and she'll
paint the greatest sketch for
you!

@mwede0



Ever had trouble with
Japanese?
Needed a friend to help
you?
Anita will be willingly
helping you!

@KIKEIVANI

Hi. I'm Atiyeh. I always
have wanted to play
the flute. But I've never
had the chance to.
I'll be very happy if you
help me to learn that!
@ATI_SO8

