

# Issue 4 2022

## Student Boarding Newsletter

*by students, for parents*



Made for *you*



**COLLÈGE DU LÉMAN**  
International School · Geneva

A Nord Anglia Education School





## The Beauty in Nature walk

At the weekend we are given the possibility of choosing from a variety of diverse activities. Every Sunday, the nature walking group leaves the Léman building at 12:00am, and heads to their adventure in nature. We are given many route options, but our preferred ones are the Léman forest or the Léman Port, which meets the lake. During this walk we experience the beauty provided by nature: the fresh air, the flowing sound of the lake stream, and the feel of dirt under our feet. This experience is calming and mind-refreshing during our weekends; a contrast to the busy student life during the week. For one to two hours, you are allowed to explore nature with friends. It is also an opportunity for you to engage in some light physical activity and forge connections with other boarders you may not have had a chance to get to know.

The nature walk weaves the enjoyment of physical activity and my appreciation for the beautiful nature of Versoix. Since I came here, I had always looked for ways in which this foreign country would resemble my own. For that reason, I found a familiar sanctuary in Switzerland's peaceful yet incredibly diverse flora and fauna. The nature walk is my favourite activity because of the escape it provides from the pressure of everyday school life. Perceiving the elements of nature through my senses, without any judgment, is a primary form of 'grounding' and appreciating the present moment. This activity also helped me in the practical sense. Having travelled through most of the nature reserves here in Versoix by foot, I have improved my sense of direction and increased my practicality. Overall, this experience grows with me every time I partake in this activity. Whether I learn something about the natural environment that surrounds me, the wonderful friends that accompany us, or myself, there is always something to look forward to in the nature walk.

Overall, this experience has improved our weekends in both expected and unexpected ways while making both of us more active members of the CDL community. We are grateful to have had this activity opportunity presented to us, and we hope to continue it as more beautiful spring days come. The nature walk has become my favourite weekend activity; it allows my mind to have a 'breather' and to get to know Versoix, as a newcomer in Switzerland. I maintain my loyalty to the nature walk activity for this enjoyable moment it brings me.

**Ana and Rei, New Portena**

## Wellbeing Pillar 4

When you post things do you ever think about other people's safety? Sometimes our posts can affect other people, and it's called cyber bullying. Cyberbullying is bullying that takes place over digital devices like phones and computers. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean context about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. So, before you share anything about people think, or ask them if you can post it.

**Sabina, Concha Annexe**



Young children aren't supposed to use social media, but most kids still do. So I am here to help you understand the minimum age for users on different social media apps.

As you can see most of the age restrictions for social media platforms are 13+. It is especially for very common apps such as 'Tik Tok', 'Instagram' and 'snapchat'. This is very surprising to me as young kids use these apps. There should be a stricter control as kids these days are exposed to an online reality that is far from the real one and they cannot tell the difference yet.

**Manuela, Concha Annexe**

For years, the American Academy of Paediatrics has recommended no more than two hours of screen time for children and teenagers, and absolutely no screen time for children under 2. Most teenagers nowadays have a screen time of 5 hours as an average.

To bring Down the screen time, you can try a one week phone detox in which you don't use your phone. It also helps to (re)connect with others in an offline way and avoids miscommunication.

This could be valuable to discover new activities, learn a new skill and to realize how much time is wasted by being on the phone all the time

**Paria, Concha Annexe**

# PHONE DETOX

As part of Pillar 4- challenge yourself to this Digital Detox

|  | Do you do it <input checked="" type="checkbox"/> | If not, why not? <input type="checkbox"/> |
|--|--|---|
| Turn Off Push Notifications  |  |   |
| At night turn your phone on silent   |  |   |
| Leave your phone on your desk at night   |  |   |
| Do not use your phone for 30 minutes before sleeping                                   |  |   |
| Put your phone on airplane mode during study halls                                     |  |   |
| For 1 hour in the evening, try not to look at your phone                               |  |   |
| Check every day how much time you have used your phone and try to do less the next day |  |   |



# International Dinners



Every month in Olympus Boarding House, instead of our usual dinner in the Lemman Cafeteria, we have the opportunity to have dinner served in our house. The catering team prepare the food for us and deliver it to our House.

The last House Dinner was lasagne, prepared salad and citron tarts. During the house dinner, the students, House Parents and Activity leaders sit together to enjoy a meal while sharing stories and creating stronger bonds within the Olympus family. We also enjoyed Kebab and before this homemade Hamburgers.

This variety of food is another way we celebrate internationalism as we have food from Italy, Turkey and America.

***Bruno, Olympus***







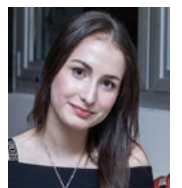
## Weekend effort raises 3500 CHF for Ukrainian refugees

I decided to do a charity project for the Ukrainian refugees during this Ukrainian Russian crisis, selling pins. I designed some pins and had them produced, so that we could go to Geneva at the weekend and sell them to the public. We raised over 3500chf, so it was a huge success. I must give credit to my friends Manuel, Antonio, Luciana, and Bisher who also participated in the charity project.

**Loris, Concha**



We are proud to report that Anastasiia and Tim have given up time during their holidays to help with some important initiatives – Tim with a local soup kitchen in Singapore, and Anastasiia giving supplies to a school in Ukraine.





## Creating AYE- an outlet of expression for Albanian youth concerning education

Last year, I started creating a non-profit youth-led organization called AYE (Albanian Youth Education) to create an outlet of expression for young students in Albania. There are few opportunities for them to voice their concerns about the issues of the educational system there. I founded AYE with three of my closest friends. We have been building up our presence within the Albanian community through our social media pages and in-person events. On the 15<sup>th</sup> of May, we launched our first project in the form of an educational event titled “Youth Talks”, to be broadcasted on Albanian national TV. We believed that to get our voices heard, we would need to build a strong network of connections with Albanian high-school students from various public and private schools.

We created an interactive forum-style event that featured 7 selected students from different schools in Albania entering a debate concerning student life and the overall educational system. The video was filmed in English, with prompts such as: “I am privileged to have an education,” so that we could spread our message beyond borders. It also featured Albanian subtitles to make it more accessible for our national audience. This experience helped me forge important connections with equally motivated Albanian students that I believe will last a lifetime. I look forward to initiating other in-person events, now that Covid-19 regulations have relaxed.

Ever since coming to Switzerland, it has been a challenge to adapt my leadership of the organization from a foreign location. However, this new situation has manifested its advantages thanks to the supportive community of CDL and initiatives such as the “Change the World” action. My current aim is to create a charity event during the April break in which members of our charity and associates can donate school supplies to a selected school in need in the rural regions of Albania. I truly believe in raising awareness of the privilege that some of us have in contrast with the realities of the country in its entirety, beyond the cozy urban lifestyle of the capital Tirana.

Additionally, as an organization, we are currently looking into partnerships with other Albanian charities to help our community on a greater scale. With the completion of this charity event domestically, I aim to include the CDL community in this humble, but meaningful initiative to donate books and school supplies that they do not use anymore to someone who is in need. Thus, highlighting our opportunities and privileges as members of the CDL community, and what we can do to give other people a helping hand, to the extent of our means. Through this action – above all – I want to emphasize the material aspect of having the physical needs for a successful education and the importance that the voice of students and youth has in initiating change.

*Rei, New Portena*





## A Passion for Music

Amir plays at the Conservatoire de Genève and has won Gold and Silver in competitions there, as well as a prize at the London Young Musicians International Competition. Getting this recognition has not been easy; it was my resilience and determination that got me these results. So far, my piano venture has been riddled with sacrifice and hardship, but in the end it all paid off.

I remember those Sunday evenings, where I would return from a 2 hour lesson and call my mum as I told her of how the lesson wasn't good or how I needed to redo this Line on page 5. I felt like a hamster on a wheel, working hard but not getting anywhere. The key here is to never give up, as with the right motivation anything is possible. On the day of the exam, I was terrified: months of anticipation had all lead to this moment, but I kept my composure and when the judges finally announced my name, my stress, worries and anxiety all disappeared.

I played with the joy of playing and suddenly everything came back to me, and I knew that all would be well.

***Amir, Léman 1***

## CDL Art Exhibition

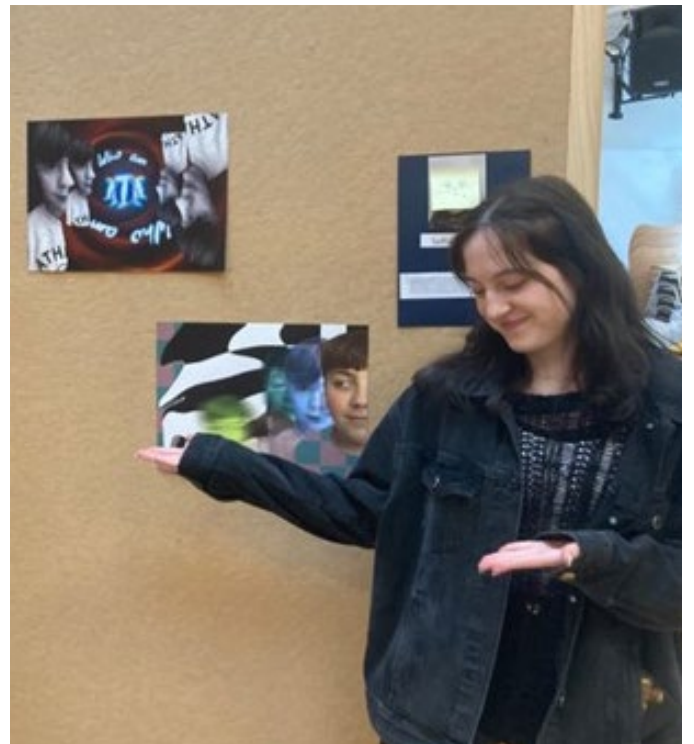
This is a picture from the Grade 12 Art exhibition. The works of art that are showcased and which I am working on in AP are focused to portray childhood and telling a story of my brother living with an invisible friend. I was able to work with different mediums and techniques like digital art apps, charcoal, and monoprints and that made the overall process exciting.

I see art as a great way for people to express themselves, that is why I decided to take up this AP course. It also was a great opportunity for me to make my ideas real and create anything I wanted.

When my works of art were showcased I was worried if they would look good enough in front of others, but it made me realize how everyone is different and tells a unique story which makes it more interesting. I was also proud of having the opportunity I haven't experienced before.

In the future, I am planning to produce more art using different techniques as well as and I am very excited about that.

***Sofiia, New Portena***



## Iman's passion for Badminton

There is a Badminton Club in Boarding, that allows students to learn and progress in this sport- it is very popular. Iman has been one of the leaders in this club- here are his words: Playing badminton simply makes me happy. I love playing badminton because it helps me get rid of my stress and allows me to feel good. It helps me be active and helps me to socialize with different people. I have been playing badminton for 6 years.

I love playing badminton. I think I will keep playing badminton in the future because it benefits all aspects of my life.

The Badminton tournament took place in CDL with 12 people. I played a few matches and I won the final. It was a challenging tournament and I enjoyed it.

***Iman, Léman 1***



## CDL Day and the Grand Prix

Amirhossein is in the Boarding Running Club, regularly taking part in the numerous challenges that we have over the year- here he discusses the Grand Prix race.

On the CDL day I had a lot of fun in different types of activities. One of the best of those activities was the Grand Prix. For the Grand Prix, we had to run 4 laps of 500m (2km in total). I think the Grand Prix running race brought most of the CDL community together. Whether it was those people who actually took part and ran in the race, or those who cheered them on from the side-lines, everyone played their part. From my personal experience, I had a lot of fun. My friends kept cheering me on and I kept going. I cannot wait for the Grand Prix next year already.

***Amirhossein, Léman 1***





## Climbing Club Report

Every weekend we have the opportunity to climb with the Boarding Climbing Club. At this time of the year it is all on walls in-doors, but soon the club will move outside with the good weather. We joined the climbing club when it started, and it's been very enjoyable with all our friends. It made us get stronger in our arms and we have really improved. At first, we were a little scared of the height but now we can climb 20 meters comfortably. Mr. Ronan and Mr. Rodrigo are very nice, and they teach us new techniques to climb better, and we have lots of fun with them.

***Antonio and Manuel, Concha***





## Women in Space. Legends of Space Conference report

On Saturday the 19th of March, we had a once-in-a-lifetime opportunity to see the Legends of Space conference in Lausanne to listen to astronauts and scientists speaking about future space endeavours and past experiences in space.

The conference began with 3 members of the Apollo program: astronauts Dave Scott and Charlie Duke, and Gerry Griffin who was a flight controller in mission control. It was amazing to hear Dave Scott speaking about his experiences being an astronaut in Gemini 8 alongside Neil Armstrong. It was fascinating to hear about him from the perspective of his fellow crew mate. Both Scott and Duke spoke about the vicious turbulence of the lift-off.

It was interesting as well to hear from Gerry Griffin, who had the perspective of being flight director in mission control during the Apollo missions. During the Apollo 13 oxygen explosion, Griffin helped to get the crew back to safety. Before going to the conference, I had only read about the Apollo 13 malfunction and was amazed to be in the audience, listening to the flight director of that mission talk first-hand about his experiences. Next, we were very lucky to be able to see Kathy Sullivan and Ellen Ochoa, two of the first female NASA astronauts in space. Sullivan was the first American woman to perform a spacewalk, and Ochoa was the first Latina in space. It was amazing to hear these women speaking about their experiences in the Space Shuttle missions and see women's representation in space. We were also able to see Claude Nicollier and Jean-François Clervoy, two ESA astronauts. Nicollier, the only Swiss astronaut, flew on several Space Shuttle missions and repaired the Hubble Telescope, which Clervoy was also a member of. Clervoy has also completed missions with Space Shuttle Atlantis and to re-supply the Russian space station, Mir. It was really inspirational to see Nicollier as the only Swiss astronaut, and I feel fortunate to have had the opportunity. We learned about the upcoming Artemis program, which is expected to launch the first crewed mission to the moon since Apollo 17, 1972. The mission will also send the first woman to the moon, a huge milestone. We heard this from the first female chief of flight at NASA, Holly Ridings. This part of the conference was incredibly inspirational as Ridings stated, 'Not everyone can be an astronaut, but everyone can contribute'. We also had the opportunity to hear Mark and Kali Armstrong (the son and granddaughter of Neil Armstrong) speak about what he was like as a father. Finally, we had a lot of fun writing and drawing postcards, which will be sent to space with Blue Origin and then sent back to us stamped from space! We felt very lucky to see these people in real life.

We left the conference full of excitement and determination to follow in the Legends of Space's footsteps and work in space and aeronautics.

***Bice and Coco, New Portena***



# Trips



## Barcelona Trip

What we did in this weekend has been amazing! We visited Barcelona for the weekend. First we went to the Park Guél with tour guide- it was really interesting with the architecture and nature. We ate really tasty food at a restaurant for lunch. We also visited the Hard Rock Café, and that was so cool. We then visited the Sagrada Família, which is an incredible structure to see in real life. On Sunday we went to the stadium which was an incredible - unfortunately Barcelona were not playing that weekend because I would have loved to watch a match. But it was a great trip.

***Bisher, Concha***

