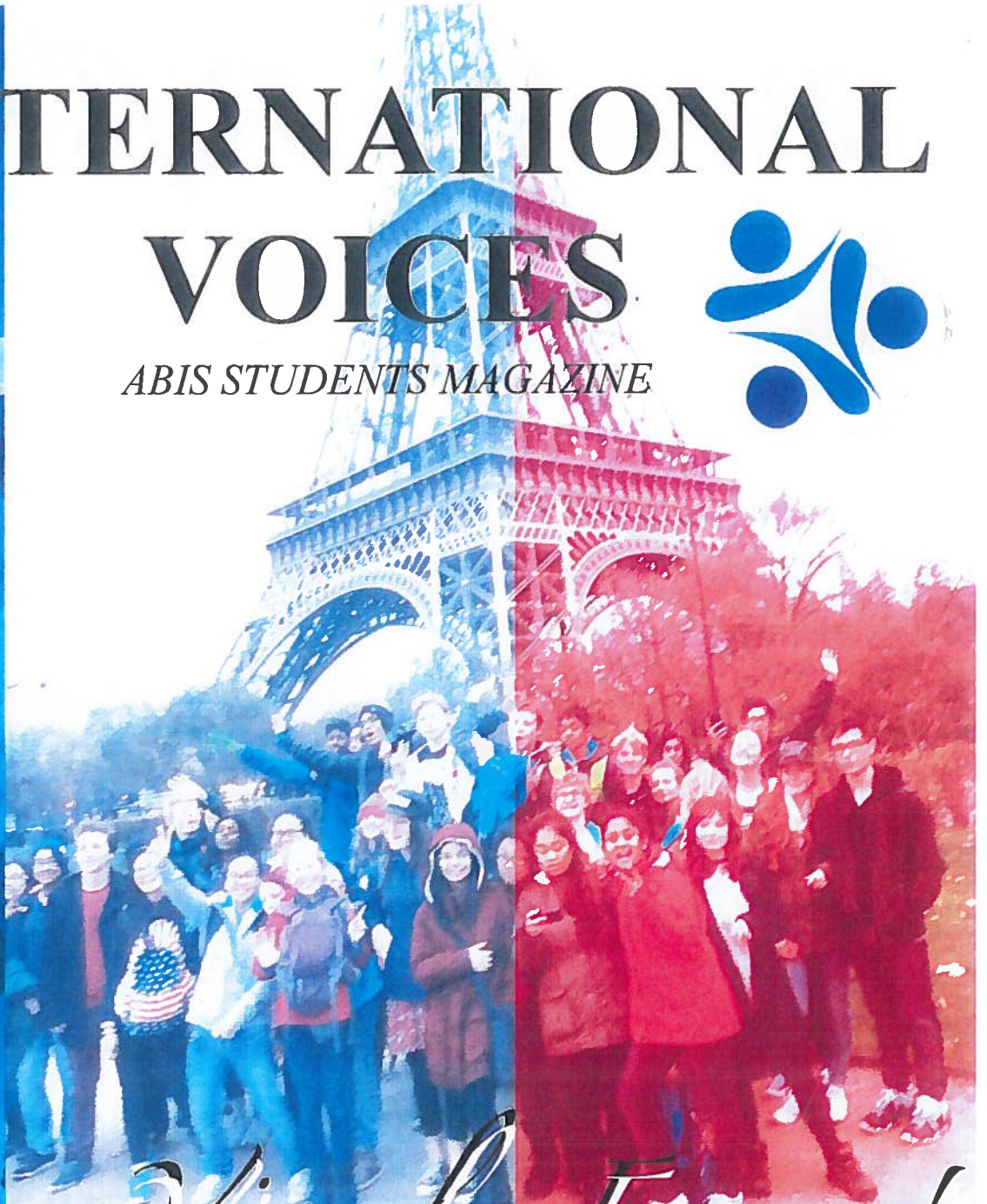


INTERNATIONAL VOICES

ABIS STUDENTS MAGAZINE



Vive la France!

Photo credits: Trisha Centric, grade 10

School news

News

Culture

Fashion

Meet the new students!

Scientists discover water on Mars!

Life in Oman...

Schooled & Styled!



Paris Trip Reflections

“ Le voyage à Paris a été super! Je suis très heureuse que j'ai visité Paris! Je m'amuse, et je l'aime!

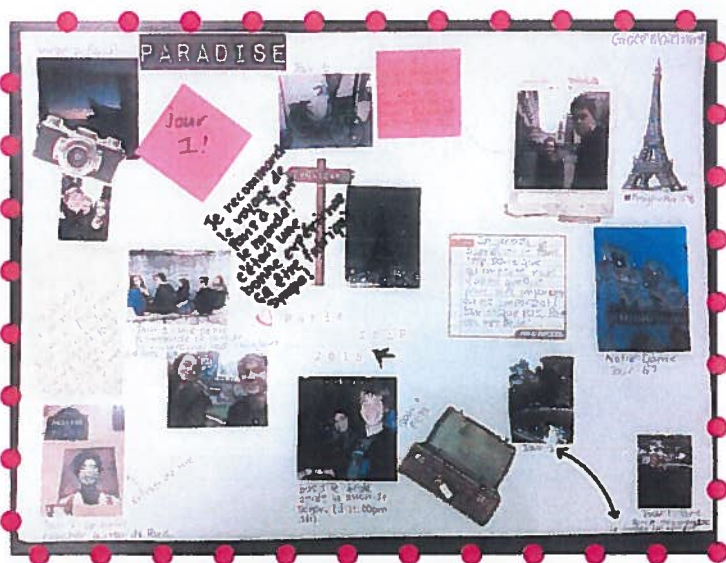
J'ai pris beaucoup de photos avec les autres téléphones portables, donc il n'y a pas beaucoup de photos (par exemple, le Tour Eiffel!) J'ai visité beaucoup, beaucoup d'endroits et site touristiques! Par exemple, le Printemps, la Tour Eiffel, le Louvre (et la Musée du Louvre), l'Arc de Triomphe, le Panthéon, et le Musée de l'Immigration. Aussi, nous sommes allées à l'école qui s'appelle "Paris Langues," dans le bâtiment de FIAP Jean Monnet, où les élèves (qui ne sont pas habitent avec les familles français) dormaient.

Pour moi, la nourriture et les plats Français sont super et délicieux! La famille que j'ai m'habité est super et très chaleureux. Les parents sont très gentils: elle s'appelle Nabine, et il s'appelle Michel. Il aime sa famille, et aime bavarder pour m'améliore le français après le dîner. Je pense que je l'améliore le français, parce que c'est très différent quand je parle avec les autres, ce n'est pas comme pour parler avec mes amis ou avec ma professeur en Français.

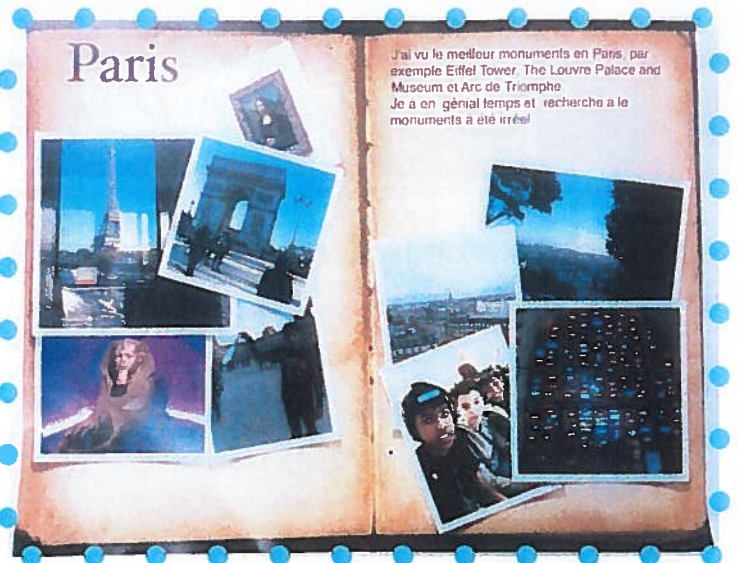
Si vous avez une chance,
ALLEZ!

~ Christine Nolido, Grade 9

Here are some other students' work!



~ Grace Marchmont, Grade 10



~ Shalin Govender, Grade 9

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The French study week:

On Friday the 18th of November 42 of ABIS students from grade 6 to grade 12 took a plane journey off to Paris on a study week. Below are some of my favourite photos I took.



My favourite part of this trip was when we went to Le Centre Culturel, it was so much fun, because it was where people went to practice dancing, yoga, and is where some very meaningful art is put on display. Some of us started to take part in the dances and yoga and Jay'a even started doing gymnastics. Another place I really enjoyed was the park we went to on the first day we were allowed out.



My favourite days of the trip was the first day even though we were not allowed out of the hostel. I still found it fun because we could just relax and sleep our jet-lag off, there was still things that we could do in the hostel. We played games, we played outside on the hostel's back-garden but. The teachers also organised a conference room for us so we could play games like charades, word association, and pictionary. I also liked the second day which was the first day we could go out, we went to the park and were allowed to go into groups and go around the park, we also took a long walk around Paris looking at the older architecture.



I loved the day when we went to Le Centre Culturel. On that day we walked around Paris looking at architecture and we also went to a place where they sell art work, and there were a lot of little shops. When we were leaving we walked down some staircases and it looked as if we were on top of Paris. This



was also the day when Madame Gerlan shouted at some African men who were stealing money from some of us by saying they had change but didn't and then not giving back the money.



By: Courtney

MEET & WELCOME

the new students!



Name: Aqeel Jacobs
Age: 16 years old (grade 11)
Nationality: South African
Favorite color: Black
Favorite subject: T.O.K
(theory of knowledge)

How do you feel in ABIS?

ABIS is really nice and everyone is friendly and there are no bullies.

How do you feel in Oman?

Very happy being in Oman because I always wanted to live in Oman. I have visited Oman many times before, and there are friends who are friends with my parents for 16 years. So, I knew a lot of Oman.

Have you visited some other places in Oman?

I have visited Muscat and it was impressive because of the infrastructure.

Do you feel comfortable with your classmates?

Classmates are all very nice and we get along with each other. My best buddy is Jed. I sit and chat with them, mostly about school stuff like homework and IB.

What are your hobbies?

My hobbies are listening to band music by Thirty Seconds to Mars, Three Days Grace, Fall Out Boy, Twenty One Pilots....



How do you feel in ABIS?

It's good, I had no clue what's going on on the first day and the schedule was complicated to understand but then my friends helped me and now I am comfortable with it.

How do you feel in Oman?

Oman is good, they are opened to new cultures and they respect other. I lived in Saudi Arabia before so it feels really open and there is less restriction so it feels way better.

Have you visited some other places in Oman?

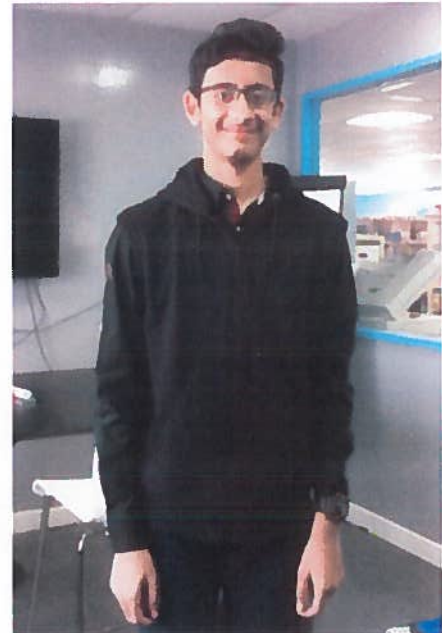
No, I arrived from airport in Muscat and that was it, but I am planning to visit some other places in Oman.

Do you feel comfortable with your classmates?

I really have nice friends and they are very polite. Sometimes if I have a problem with understanding IB curriculum they help me to understand it way better and they tell me what the expectations are so I can meet the expectations.

What are your hobbies?

My hobbies are mostly about sports, I like playing badminton, cricket, table tennis, and when it's really hot I like to swim.



Name: Harshit Sharma
Age: 15 years old (grade 11)
Nationality: India
Favorite color: light and dark blue
Favorite subject: Chemistry

MEET & WELCOME

the new students!



Name: Julio Gonzalez
Age: 12 years old (grade 7)
Nationality: Venezuelan
Favorite color: Light blue
Favorite subject: Maths

How do you feel in ABIS?

I feel very good and the teachers are really good. I am 95% comfortable in the school.

How do you feel in Oman?

I am so-so in Oman, because it's very hot.

Have you visited some other places in Oman?

I visited Muscat and it was better than Sohar.

Do you feel comfortable with your classmates?

My friends are good and very nice, they are also friendly, I play basketball and football with my friends.

What are your hobbies?

My hobby is playing video games like PS4.

A SLICE OF MY LIFE



Name: Ishtiaq Jacobs
Age: 12 years old (grade 7)
Nationality: South Africa
Favorite color:
Favorite subject: Maths, Science, P.E, English

How do you feel in ABIS?

I feel great in ABIS, it's very nice, it's very different from my old school, it used to be big but this school is really cozy and friendly. I like the environment, it is spread out and we didn't get to go out that much to play.

How do you feel in Oman?

I think it's nice in Oman, I am just not used to the weather.

Have you visited some other places in Oman?

I visited Muscat, it was good and it is really different from Sohar, it has mountains and beaches.

Do you feel comfortable with your classmates?

My classmates are all friendly and nice, there is no bully. We talk about our home works and just chat. My best buddy is Sachin.

What are your hobbies?

My hobbies are playing football, cricket, rugby and video games.

MEET & WELCOME

the new students!



How do you feel in ABIS?

It's nice and it's better than my old school, the environment is nice.

How do you feel in Oman?

I feel good that I am in Oman because I have lots of friends like in Dubai and all around Oman.

Have you visited some other places in Oman?

Muscat was nice, it was different from Sohar it was busy and crowded and there are malls. While Sohar is small but cozy.

Do you feel comfortable with your classmates?

My classmates are helpful. My best buddies are Zyrele and Mayar.

What are your hobbies?

My hobbies are swimming and painting and baking cupcakes, desserts for my family and my friends. My dad says I cook better than my mom, but I don't believe him (*laugh*).



Name: Wiaam Jacobs
Age: 11 years old (grade 6)
Nationality: South Africa
Favorite color: greenish turquoise
Favorite subject:

How do you feel in ABIS?

I feel happy in ABIS because my teachers and friends respect me. Also, I made lots of friends like Greta, Mayar, Jaira, Coco.

How do you feel in Oman?

I am not used to Oman because it's hot and it's different from Phillipines. Sad thing is that, there is not enough places to spent time.

Have you visited some other places in Oman?

I have visited Muscat, I had spent time with my family, and I liked the malls and mountains.

Do you feel comfortable with your classmates?

I sometimes ask for help to my classmates and they help me nicely.

What are your hobbies?

I like singing and dancing, my favorite singers are Arianna Grande, Talylor Swift.



Name: Zyrele Mariño
Age: 12 years old (grade 6)
Nationality: Phillipines
Favorite color: Light pink
Favorite subject: P.E.



LIFE IN OMAN

Grace's Life in Oman, the first story - Wadi Al Hilti



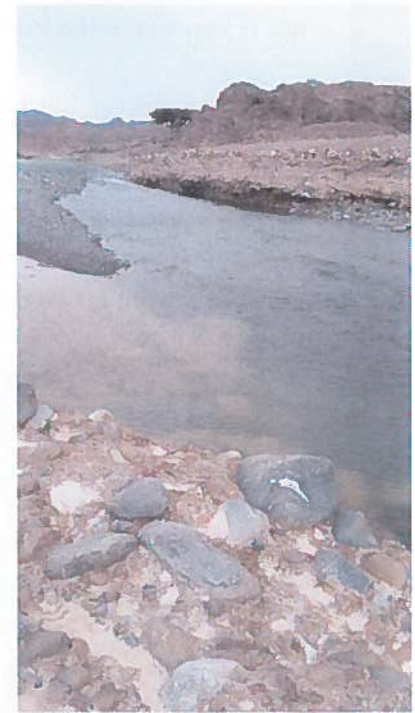
September in Oman is like a miracle. The hot, wet air gradually, and slowly changes! So just one morning, you come out to get in the ride.. And you noticed!!! That the wind blowing on you face feels different, 'it became cooler~~' Yes, that's why I told you, it's miracle!

9th-12th, September there was a rain on the mountains, I was so excited about that news so on 10th September My parents and I drove immediately to WADI AL HILTI after school! We show camels eating the tree leaves in the deserts, and we realized that the trees are green! It refreshed my eyes and my mind.



A few rain drops fall on the car at the entry of the wadi and few more rain drops and few more and it started to falls down like little fairies from the cloud diving on my hand. It tickled and soon it flew away with the wind.

On the way, we stopped by the very first Wadi, which was floating with clear water from the rain that rained on the day before. The water was quite cold as the sun was hidden behind the clouds for two days! I've never felt that cold water in Oman! We started driving again to the top, the more we went up, the heavier the rain got and it went colder. On our half way, the rain got light enough to stop our car on one of the bridges above the Wadi.

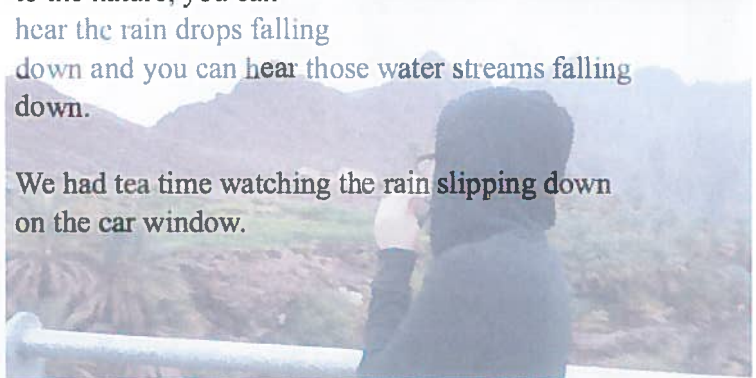


We saw few more wadis on the way to the very top wadi.

Wadi al Hilti is surrounded by many big mountain ranges, and when it rains, thin streams of water falls down from the mountains! If you close your eyes, and concentrate all your sense

to the nature, you can hear the rain drops falling down and you can hear those water streams falling down.

We had tea time watching the rain slipping down on the car window.



After the tea time, we drove up again to the very top Wadi. When we stopped by the very top Wadi, I couldn't believe my eyes! It was floating with water and the farm next to it was covered with green plant after drinking all those fresh rain.



It took us one and a half hour to reach the end of Wadi al Hilti. It seems like a long time but it's not if you watch the fascinating views on way!

And this is secret, but I will tell you there was another amazing view! Can you see that?

I felt like the sun came out to see us out. You know what the sun said? It said, 'Come back again, good-bye.'

Don't you want to see the sun? Don't you want those little fairies from cloud land on your hand?

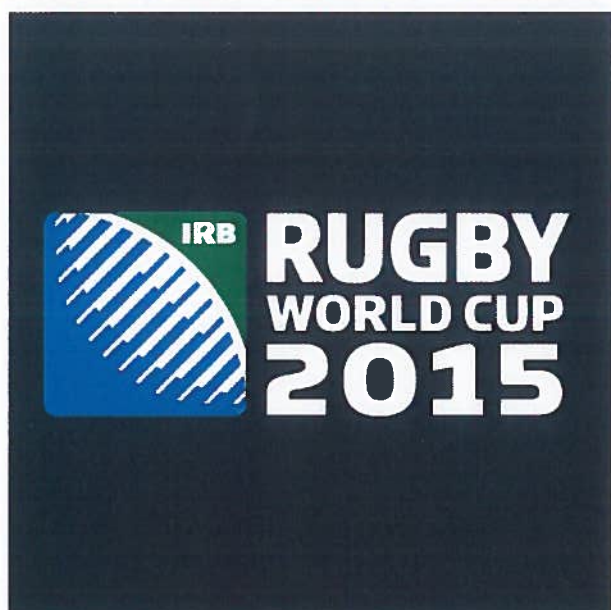


narrow two point win over South Africa in the semi-finals.

As the curtain came down on a spectacular tournament, World Rugby and England Rugby 2015 paid tribute to the 20 teams, 19 match officials, 6,000 volunteers, 11 host cities, 13 match venues, 42 team bases, 15 fanzones and millions of fans who have played a crucial part in delivering a successful and exciting Rugby World Cup 2015.

Over 2.47 million tickets were sold across all 48 matches, including over 100,000 child tickets, through official channels with an average of 98 per cent of tickets sold across all venues. This included 120,000 tickets that were purchased through the tournament's official resale service, a safe and secure platform through which fans could sell their unwanted tickets to other fans at face value. The final ticket breakdown for the tournament was as follows:

- 85 per cent sold to fans through public sale.
- 6 per cent sold to fans through supporter tour packages.
- 3 per cent sold to fans through hospitality packages.
- 6 per cent sold through commercial programme.



[Above: This is the logo of the 2015 rugby world cup that was held in England.]

England Rugby 2015 has generated over £250 million in ticket revenues, delivering an £80 million surplus to World Rugby and a £15 million surplus to the RFU to be invested into the development of rugby.

GLOBAL IMPACT

Record numbers of spectators and viewers have engaged with the tournament. Rugby World Cup 2015 has welcomed millions of fans to host cities, Fanzones and venues, including an estimated 460,000 fans travelling from overseas. Over one million fans enjoyed the 15 official fanzones, spread across the country in each host city plus Rugby, the birthplace of the game, and London's Trafalgar Square.

Rugby World Cup 2015 was the most digitally engaged tournament to date with social media activity exceeding the whole of New Zealand's Rugby World Cup 2011 during the 2015 pool stages. Throughout the tournament, #RWC2015 was used twice a second for the duration of the event and over five million times in total, there were over 270 million video views on all social media channels, the website attracted 25 million unique users and the official App was downloaded 2.8 million times with use in 204 nations.

In a first for Rugby World Cup, fans could also engage with the tournament through augmented reality via the ticket design. Over 300,000 used the Blippar app to access unique content by scanning their ticket including match previews, view from your seat and interviews. The introduction of giant Twitter screens at Twickenham Stadium also allowed over 2,000 fans per day in venue and across the world to display their messages of good luck to the teams.

Water on Mars

Liquid water runs down canyons and crater walls over the summer months on Mars, according to researchers who say the discovery raises the chances of being home to some form of life.

The trickles leave long, dark stains on the Martian terrain that can reach hundreds of metres downhill in the warmer months, before they dry up in the autumn as surface temperatures drop.

Images taken from the Mars orbit show cliffs, and the steep walls of valleys and craters, streaked with summertime flows that in the most active spots combine to form intricate fan-like patterns.

Scientists are unsure where the water comes from, but it may rise up from underground ice or salty aquifers, or condense out of the thin Martian atmosphere.

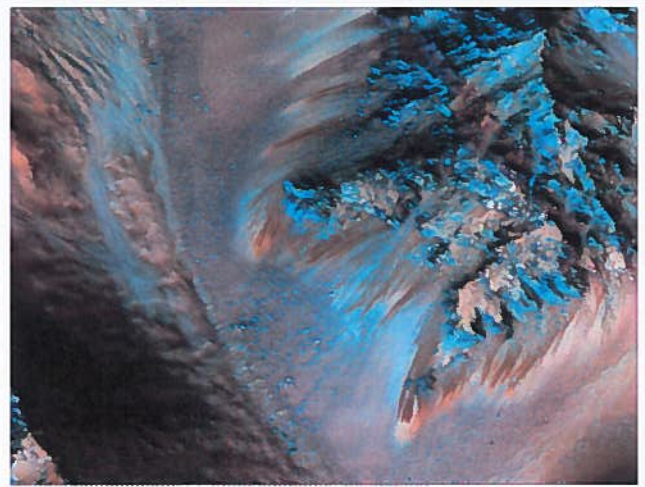
“There is liquid water today on the surface of Mars,” Michael Meyer, the lead scientist on Nasa’s Mars exploration programme, told the Guardian. “Because of this, we suspect that it is at least possible to have a habitable environment today.”

A visual guide to water on Mars

The water flows could point NASA and other space agencies towards the most promising sites to find life on Mars, and to landing spots for future human missions where water can be collected from a natural supply.

“Mars is not the dry, arid planet that we thought of in the past,” said Nasa’s Jim Green. “Liquid water has been found on Mars.”

Some of the earliest missions to Mars revealed a planet with a watery past. Pictures beamed back to Earth in the 1970s showed a surface crossed by dried-up rivers and plains once submerged beneath vast ancient lakes. Earlier this year, Nasa unveiled



[Above: The photo shows blue streaks in mountains on Mars. The blue streaks scientist believe can be traces of salt water.]

evidence of an ocean that might have covered half of the planet’s northern hemisphere in the distant past.

Rugby World cup

tournament owners World Rugby and tournament organisers England Rugby 2015, have hailed the success of the biggest Rugby World Cup ever which saw records broken on and off the pitch. This included tickets sales of over 2.47 million, an official fanzone attendance of over one million, Wembley Stadium recording two consecutive Rugby World Cup attendance records and Bryan Habana equalling Jonah Lomu's Rugby World Cup try scoring record with three tries against the USA during six weeks of competitive and compelling rugby.

The pool stage saw fans pack into the venues to witness some of the most competitive matches of any Rugby World Cup. Highlights included Japan claiming one of the greatest upsets in sporting history by beating South Africa and Romania staging the biggest-ever comeback with their win over Canada. The knock-out stages saw some thrilling rugby which included Argentina's pulsating win over Ireland in the quarter-finals and New Zealand's



What can I ask you that you will give me good advice on?

You can ask me anything that you really need help with (but not your homework because I'll not answer your homework). Also, ask me anything you want. You can ask me everything. If you have problems on a particular thing then ask me about it and I'll try to answer it and give you a good advice on it. I hope this helps :)

How to prevent lack of sleep?

If you sleep late because of homework then set a schedule for your homework and projects. Set a time for you to start your homework. If you know your homework will take a long time to complete or if you know that you have lots of homework, when you get home, rest for at least 30 minutes (but the earlier you do your homework, the better) and start doing your homework and I suggest that do your homework from hardest to easiest.

If you sleep late because you just can't sleep at all because you're mind or body is awake, I suggest that you should not pick up your phone or any devices you own because it will only help you stay awake. Instead, read a book (an actual paper back book), or a boring book. Listen to classical music because it relaxes your brain and it helps you fall asleep faster and stay asleep for a long time. Look for classical music in YouTube and it will show a lot of classical music compilation. If these options doesn't work, lay down, preferably on your back, and just close your eyes and don't open them, it's okay if your thoughts are still there, you can keep thinking about them but just don't open your eyes and you will eventually sleep. I hope this helps :)

I sometimes forget we have some homework to do, what can I do to remember?

Put all your homework tasks with the date that it's due on in one document and create a checklist. You will always have to check the document that has all your homework tasks and tick the box next to it if you're done. I have an another suggestion, ask your classmates at the end of the day if you have any home work but I personally think my first suggestion is better because your classmates might forget you have home work to do too. Good luck and I hope this helps :)

How do I write good reflections from my work?

My definition of a good reflection, is something that's meaningful. The first thing that you should do before writing a reflection, is to write down questions that will help you with your reflection. Of course the questions must be related to the topic you are reflecting on. After that, answer your questions and try to answer them as long as possible and after you've done those, organize your answers into paragraphs and after you've done all of those, then start on your introduction and concluding paragraph and you're done! I hope this helps :)

ECO Schools

The wonderful Eco-Schools team have accomplished building the new recycling bin! The frames of the recycling bin are made out of wood, and were worked on by the team leaders. They have been collecting plastic bottles with the help of the primary students in Eco club, to stack them together to create the walls of this recycling bin. What a creative idea!

Below are some photos sharing a few moments during the construction of the recycling bin. Go ECO!



Not only that,
but the secondary's recycling bins
are filling up!
Please be cautious about putting the
paper and plastic in the correct
recycling bins!

FASHION

Fashion
is instant language.

Les dernières tendances de la mode pour
adolescentes...
Par Zyrelle

Beauty corner



If you are going to school but you don't know what to wear! here are some ideas that you need to know, you can wear skirt, with t shirt and style your hair and you look so cute on it. And if winter you can wear jacket, with boots, leggings, scarf, sweet shirt and bonnets.

Especially this coming winter season in Oman most of people are wearing winter clothes to avoid colds, fever, and other related sicknesses during winter season. As we all know during this days, we can also wear this during parties, going to church and other activities because as you can see the pictures above, it's almost the same when you're wearing casual dress and formal dress.

Clothing from winter serves many purposes: It can serve as protection from weather and can enhance safety during hazardous activities such as hiking and cooking. It can protect the person from rough surfaces by providing a barrier between the skin and the environment.

Clothes can be made out of fiber plants such as cotton, plastics such as polyester, or animals skin and hair.

A primary function of clothing is to improve the comfort of the wearer by providing protection especially here in Oman shelter reduces the need for protective clothing. For example, coats, hats, gloves and other superficial layers are normally removed when going most of the time outside the house. In many societies, clothing reflects standards of modesty, religion, gender, and social status. Winter clothing has been made from a very wide variety of materials from leather to woven materials.

During winter season as we all know the prices in most of department store is going high compared with other ordinary days or summer season. And most of winter clothes material is thick that's why it's so hard to make laundry because of thickness and cannot be require ironing apart from these school, school magazine me myself voluntarily gather information about clothing for winter in order to be aware and to give more ideas and choices as winter season.

GAMES

Are you
up for it?

CROSSWORD NG MGA KULAY

Across

- 2. pula
- 4. kayumanggi
- 7. bughaw
- 9. puti
- 10. Itim

Down

- 1. Luntian
- 3. kahel
- 5. Dilaw
- 6. lila
- 8. rosa

