



School of the Nations

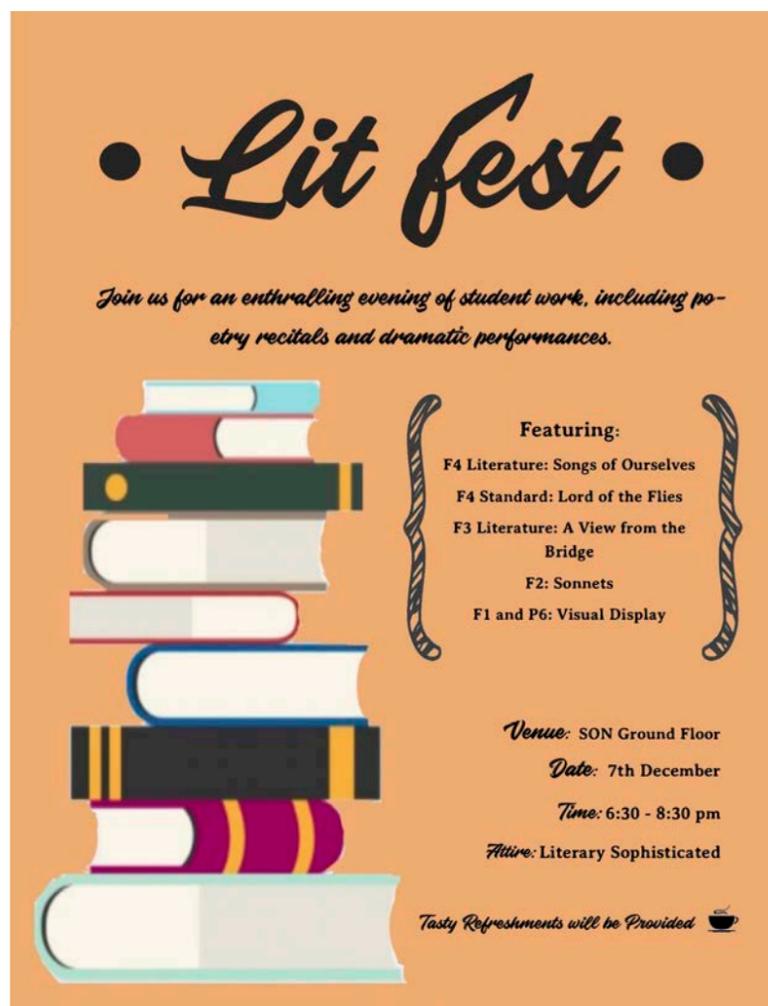
April / 2018



Newsletter club

Throwback to Lit Fest

By: Antonio Chiu



The “Lit Fest” was held and organized by the English Department in December with the aim to provide a platform for literature to be expressed and shared, as well as personal and intrinsic.

The “Lit Fest” featured poetry recitations, drama performances, as well as poetry analysis, with contributions from F2, F3 and F4 students respectively. Personally, I was delighted to be a part of the “Lit Fest” as one of the student judges. With this opportunity, I was able to get a first-hand and close view of these well formulated performances.

The F2 students started off the night with poetry recitations. I especially liked the use of background music alongside the recitations,

which corresponded to the atmosphere of the poetry pieces. It was also remarkable that most performers clearly grasped the tone of their pieces, in order to effectively communicate the emotions of the speaker(s) to the audience. The F3 students performed reenactments of pieces they have studied. Aside from providing intriguing performances for the audience, I think that this is an interesting way to understand and study literature. In class, we normally take on an analytical perspective, predominantly focusing on the text itself. However, reenactments can allow us to closely examine both the internal and external behavioral traits of different characters. In addition, the utilization of dramatic elements and use of props are worth commending; they contributed to a good atmosphere and good interactions with the audience. The F4 students presented poetry analysis; I find their personal connections very striking and the audience is deeply moved by some of the experiences shared.

Overall, the “Lit Fest” was an enjoyable night where students were encouraged to express themselves. I think this event should be carried on for more students to explore the connections between literature and our daily life.

Seussical

By: Lillian Lam

As anticipated, Seussical was performed on December 16th and 18th. It surely lived up to its expectations. From the costume design, set design, to the acting itself, preparation seemed obvious. The actors all agreed that this performance was a memorable experience, and it was even better than they had expected. This year, younger actors were introduced to this originally Middle School / Secondary play, and they exclaimed that they enjoyed it very much. Hopefully in the future, students of different grade levels can continue to work together and develop long-term friendships.

“This show was probably one of the most incredible I’ve ever done. The memories of performing such a unique role as the Cat in the Hat - you don’t get many roles which just allow you to go absolutely wild - alongside such talented people, will likely stick with me for quite some time to come, as will the show’s inherent message of acceptance and equality. Overall, it’s been an awesome journey from start to finish, and I’m so grateful I got to come along for the ride.” - Chi Ioi

SON Blood Drive 2018

By: Yukie Kwok and Fei Kuan

On Monday, 26th February 2018 from 3:30 to 5:30 pm, a blood donation activity was held in the ground floor. 21 people registered to donate blood, including students, staff and parents.

Who put up the blood donation posters around the school?



With the help of teachers and The Macau Blood Donation Center, the Form 5 planned, organized, promoted, and ran the activity as a part of their CAS experience. CAS stands for Creativity, Activity, and Service. It’s a main part of IB’s curriculum and it encourages students to take part in activities outside of academic studies.

Some of our students, teachers and parents participated!

It was great to see a number of students, teachers and parents helping to co-organize and participate in the event. When people were asked for their reason to donate blood, many of them said, “I know that my blood can help others!”. We hope SON students will continue with this spirit!

How can my blood save other people’s lives?

In Macau, blood is provided free of charge to patients who are in need. This can be separated into 4 parts:

1. Red blood cells: treats anemia, massive blood loss after trauma, and major surgery
2. Platelets: help stop bleeding and are generally used for cancer patients
3. Plasma: contains all blood coagulation factors, treat hemophilia, and severe liver disease
4. Cryoprecipitate: used to treat hemophilia and other diseases with coagulation defect

How well does Macau do with blood donations?

According to the Blood Donation Center, 2.63% of all eligible blood donors donated blood in 2016, or about 14,000 people. This figure is higher than China and most Asian countries, but lower than many others like Taiwan, Hong Kong, Europe and USA.

“Giving blood means a few minutes to you but a lifetime for somebody else.”



Sports Day

By: Justin Cai

With the exception of holidays, Sports Day is the day most students are excited about. This is the day where students get to shine in front of the rest of secondary, and where each of us tries to be the fastest runner, the best jumper, or the strongest thrower. This is the day covered with sweat, blood, and tears. Some get injured, some cheer from victory, and some are beaten by defeat. However, for me, all the sweat, blood and tears does not matter. What truly matters is the school spirit and the happiness we have. This is the day when teachers let go of the classroom dynamic and have fun with the students; this is the day when classmates cheer for each other and unite as a class.



I still remember last year when I fell in my 100m race and badly injured. Since then, I have fear whenever I step onto the race track. However, this year all I got was encouragement and motivation for me to get back on the track. At last, I finished a race of 100m and a relay. I would not have stepped back on the race track without all of my friends and teachers there. This is why I like SON so much - because the entire school community is really a close family. If you were in another school, I am pretty sure they wouldn't want their competitors to participate, as all they care about are gold medals and victories. However, in this school, we learned to care and love each other, and to treat others like our family.

This year's sports day is quite a unique sports day for me. While leading the P6 D group boys, I had a flashback to the time when I was first a part of the secondary sports day, back in P6. I can see the excitement they had toward sports day, where after every event, they come and ask me: "Did I win?", "What are the results?", "What is next?". Their excitement is a great contrast to the emotional feeling I had when I think of the fact that it will be my last Sports Day. From back when I was still naïve, and all I cared about was to winning medals, until today where all I truly care about is enjoying the time with my dear teachers and classmates - through 7 years of participating in Sports Days, I truly have experienced and learned a lot.

At the end of the 1500m race, all the F6 students and IB teachers held hands and crossed the finish line together. Although this should be a happy and enjoyable scene for everyone to watch,

I was quite emotional when we came to the end. It was almost foreshadowing our graduation, after which we will all be separated, and depart for all the different destinations we have in our own lives. Dear F6s, although we have stayed together for 15 years at SON, just like running together for 1400m, after we pass through the ending of secondary, or 1500m, we will all be going our separate ways. This race allowed me to cherish my classmates more and not just dwell on us leaving each other, but become happy that we have completed this milestone of secondary together as a class.

School of the Nations, Sports day! Goodbye and hope to see you in the future!

SON Tuck Shop

By: Kaizen Theng & Cynthia Li

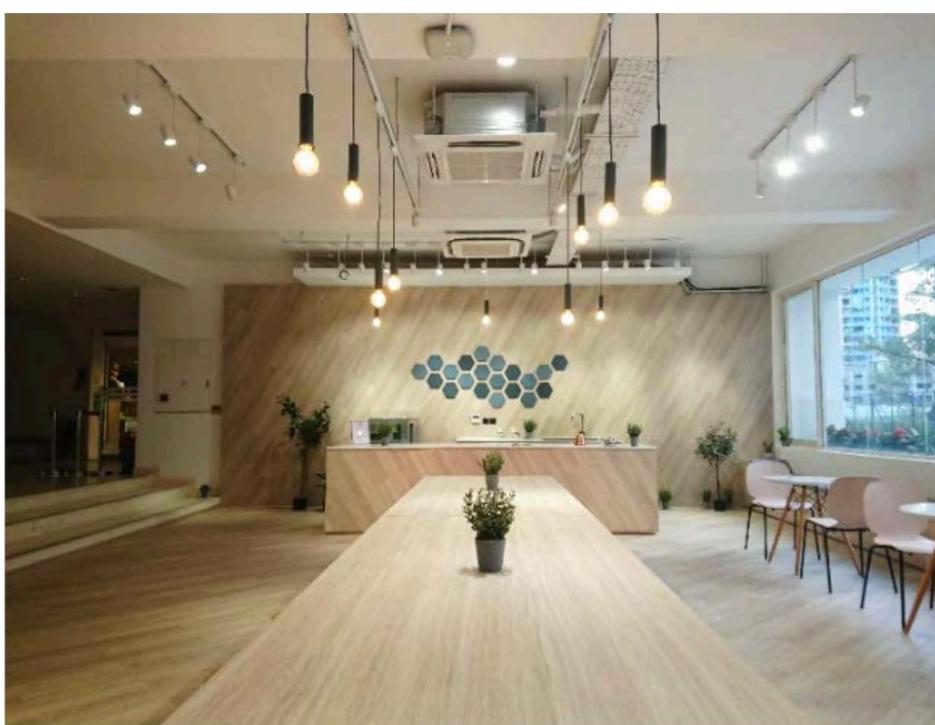
A sunny little corner recently opened up in the lobby of our school. We interviewed Ms Celia to find more about it!

Why did the school want to open a tuck shop?

The school actually wanted to open the tuck shop for quite some time, so we took the idea into much consideration. We wanted to create a space where students can initiate conversations and enjoy more of the school campus.

Where did you find inspiration for the design of the tuck shop?

I didn't come up with the inspiration myself. Instead, we had a professional designer come over, who adopted an open concept to place lots of tables for people who want to use the space. The layout of the tables and chairs are mostly for groups of four, so the space caters for many group activities. The high chairs could also be used if you want to study alone. The space embraces a natural concept, which feels relaxing and helps to generate conversations.



The designer also chose to place a hexagonal decor on the wall behind the counter. The concept was to match and complement the world map that's placed on the other wall of the lobby.

The tuck shop is overall nature-inspired; we wanted to create a bright atmosphere to reflect and merge with the whole school.



Will there be any changes or additions to the menu now?

We will change most items on the menu from March onwards, and hopefully we can change our menu every two months. For the upcoming time we are trying to have more cold drinks, like Americano with cinnamon flavoring or vanilla spice, iced tea, maybe something iced with lemon and honey. For sandwiches, we are trying to explore more possibilities; we want to add tacos, but hamburger is a must.

Where do you get the food?

Certain food items like croissant we do not make by ourselves, instead we have suppliers. We have a range of suppliers for our snacks, but when we see the quality is not good enough, or the supplier is not that stable, we will swap or we will even make the snacks by ourselves. Now for bread, we can't make bread here because it takes a lot of time and we only serve a little every day. We try to control costs to only 30 mop, no more and no less.

Where will the profit go?

Since we don't open it to the general public, we want to set everything at a reasonable price, so currently we can say there is no profit at all since we put what we earn back into the business again. We are at a point where we can balance what we make with what we spend.

Secret Lives Of Teachers

By: Yukie Kwok and Katherine So

Ms. Louisa (K2 Teacher)

Where are you from?

I have lived in London, as well as Scotland

What made you come to Macau?

My husband is Mr. Sheppard, the music teacher here at the school. We both knew about the school as we are believers in the Baha'i Faith. We knew that SON was a very good school, and when we saw that there were two jobs listed, we applied for both of our jobs together.

How has SON been for you for these past few months?

It's been really good. I've been very busy with lots of activities, but it's still great! It wasn't as stressful, however, since I've taught in many international schools in Italy, Africa and Beijing in the past. This is my fourth international school!

What are your interests/hobbies?

I really love travelling around the world; I also love cooking and enjoying great food. To be honest, I like eating food more than cooking it! One of my favorite things to do is to eat out and taste other food from other cultures.

What makes you happy?

I think what makes me happy is just spending time with my family because I have a son who is 21 months old. That's probably like my favorite thing to do. There's also quite a lot in Macau. I love smaller cities - London is too big for me! I like how you can go around easily in Macau, and I love the fact that since we live in Taipa we can walk anywhere we want.

Is there something about you that is special that you'd like to share about?

Well, I grew up in partly in the Solomon Islands in the South Pacific, and I spent my childhood climbing on mango trees and going to the beach.

Why do you like to be a kindergarten teacher?

I've always worked with children since I was 16 years old. It just seems like a natural thing to do for me.

What are some cultural differences that you experienced? Is it challenging? Do you like it?

Actually, I like it, it's not that hard! I don't think it is as hard as other countries, I think it's fairly easy to live here. Obviously it will be better to know how to speak Chinese. But overall, it's fairly easy to adjust to this environment and live here, even though I had to learn to speak some Cantonese.

What do you do on Saturdays and Sundays away from school?

So Mr. Sheppard and I have a Junior Youth Group on Sundays, and sometimes we go out for Yum Cha on Sundays with our family.



Mr. Luckey (special needs counselor)

Where are you from?

I'm from Oregon, in the US.

What made you come to Macau?

I've worked in Guangzhou before, and I've worked in Beijing and Nanjing; I've always been attracted to China's culture and as a place to visit, and Macau's is a bit different - it's different than the mainland, of course, but there are also similarities..

What do you miss about your hometown?

Nature. The mountains and the ocean and all the things that are in my state.

Any hobbies outside of school?

Well of course I have my music, and I do some drama too sometimes.

So I've read a bit about you on your website. How did it feel having a part in the TV series "Rong Hong" as a British sailor?

The character I played was kind of a bad guy. It was fun! It was interesting. It's different from when you're doing a play since when you're performing in front of a camera, you know, you can make mistakes and they'll say "cut, do it again". So, you can make mistakes and there's less practice. You have to do things more spontaneously. The director just says if it's good or not, and you keep going. You also have to get used to less of an audience, but there's the production crew and the cameras in your face - which is interesting!.

Do you like it?

Yes, it's really fun!

So how about your music? How did your love for music start?

Well, I play piano and guitar, but I learned piano first. At the time I was living in Colorado, and we used to have a basement and that's where we had our family piano. It was a very quiet place, so I used to go down there and just play where it was quiet and there were no other people. I started doing that when I was about ten years old. So my improvisation kind of developed from that; I kind of just found a way to escape in my music, and that evolved over time. Then the electronic age came with synthesizers and electronic keyboards and digital this and that, and that allowed some of my music to be created with computers. Now, you can interact with computer software and make stuff that would be a little different than what you would make doing things with just audio or if you did them live.

So are you self-taught?

Pretty much.

Can you tell us a bit about your album?

So my album's called "In the Moment" because I created the music in the moment. I used my electric keyboard and recorded my improvisations - and I do many many improvisations and I pick out the ones I like the most, and then I take the ones I like the most to the computer and I enhance them... for example, if I make a mistake, I can fix it on the computer using Midi! Or I can add instruments, like strings. So that's what I did. I had it mastered with a producer in Beijing named Jerome Matthews. He has a studio in Beijing and was able to enhance the album and make it for production into a CD. But there's a lot more involved in that; other than the music, you have to think about the photograph [on the album cover], and the visual presentation of the CD. I had a partner - a photographer from Australia - that made the picture on the cover.

Would you make any music videos for your album?

Yeah, I'd like to, but I haven't gotten around to it.

So since you are a special needs teacher/counselor and music is such a different path, what made you choose this career path?

My first major in college was theatre, but as I was getting involved in that, I kind of realized that at some point I was going to be hungry! So I actually changed career paths to speech pathology, and the reason I was interested in that was because it was more involved in vocals, sound and speech. So it was closely related to theatre. My career in special education came from that, but it really started with my interest in sound.

Have there been any difficulties with this career?

Well, it has taken many different roads because I used to be an administrator for special education for some districts in the US, and when we decided to move internationally, I was in different places in China which was very different from the US. But I've always been a world citizen.

If you want to know more about Mr. Luckey and his music, visit www.john-luckey.com!

Book Review

By: Lillian Lam

Bird Box written by Josh Malerman

How does it feel - walking in a pitch black world, completely aware but unable to recognize what is lurking next to you, behind you, or in front of you? One glimpse is all it takes to drive a person into deadly violence. Five years after it happened, Malorie and her two children are among the handful of scattered survivors. However, her two children are four years old now, and it is time for them to flee to a place where it might be safe. Twenty miles downriver in a rowboat – blindfolded – with nothing to rely on but the children's trained ears, something is following them. Is it a man, an animal, or a monster?

This is a perfect read if you are into mysteries or psychological thrillers; this book keeps you hooked from beginning to end.





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Katherine So (F5)

Yukie Kwok (F5)

Annabell Du (F6)

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David Li (F6)

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Justin Cai (F6)