



The National
Orthodox School
Shmaisani

Jan-May 2019 | ISSUE 2 YEAR IV | No. 9
Issued Aug 2019

EVOLVE

NOS STUDENTS' NEWSLETTER



Another year Gone like the wind!

CONTENTS

Section	Page
Introduction	3
NOSMUN ... بالعربي	5
Senior Pranks	7
Stand Up Against Bullying	8
Uninterrupted: Is it Worth It?	9
A Word from Our Outgoing Editor-in-Chief	10
Meet the Team	11

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Evolve: NOS Students'
Newsletter



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EVOLVE: NOS Students' Newsletter

WELCOME to Issue 2 Year IV!

Q: What is 'Evolve'?

EVOLVE is an NOS newsletter, run by NOS students with the school's help. It's a space where NOS students can express their thoughts and feelings and share their take on what's happening at school and beyond with our school community and the rest of the world.

Q: Who can join, and how?

The EVOLVE team consists of Grade (9-12) students. You can apply to join by e-mailing: editor.newsletter@nos.edu.jo. You can also ask any of our current team members (listed on the last page) for advice. Although the EVOLVE team consists of Grade (9-12) students, any student from any stage who is interested in writing is welcome to contribute an opinion piece.

Q: Where can I find the previous issues?

Our school administration sends Evolve to NOS students, parents and staff by email. So, you can look for it in your NOS school e-mail inbox. We also post the issues on our Facebook page (Evolve: NOS Student's Newsletter).

A message from EVOLVE Advisor, Dina Ra'ad-Yagham, Head of Communication & Outreach

Dear EVOLVE Readers,

Time definitely does fly when you are at NOS! And the 2018-2019 school year was no exception.

Scrambling between all their different activities, our EVOLVE team managed to get one issue out towards the end of the 1st Semester.

This second issue was supposed to be released at the end of the 2nd Semester, but for various reasons beyond our control, that was not possible... We apologise to our readers for the delay. Still, one of the lessons we hope to teach our students is that one should never give up and should keep trying till the very end. As they say, "It ain't over till the fat lady sings!"

So, technically, before we start the New School Year 2019-2020, this issue brings you some more thoughts from our EVOLVE writers and reporters, focusing more on topics they wanted to address, rather than just covering school news, which is already posted on the NOS official Facebook page.

This issue is short and sweet, but it touches on some very interesting topics on our students' minds, like what to make of the Senior Pranks Phenomenon, how hard should one work at school for an unknown future, and how to deal with bullying.

All our thanks to all our EVOLVE team members, past and present, for never giving up. And special thanks to you, our faithful readers, for never giving up on us.

Happy reading to you all.



EVOLVE

EVOLVE: NOS Students' Newsletter

A Salute to the Man behind EVOLVE



Majd Muna dreamed up EVOLVE back in 2015, and with the help of his schoolmates and teachers, he turned it into a reality. This is the first year that EVOLVE goes on without Majd as its Editor-in-Chief. In honor of his work and as a tribute to Majd for starting EVOLVE, we asked him to send us a message from the University of California, Berkeley, where he is now studying Industrial Engineering and Operations Research, to tell us what made him want to do this. Below is a message from Majd.

Entering sophomore year at NOS, I wanted to showcase my school community's achievements and share that pride with the outside world. NOS had achieved unprecedented athletics wins, acceptances from top-ranked universities, globally high-rankers in A-Level exams. Gaining a wider awareness by people beyond the local community would precisely do them justice.

That's when I resolved to establish EVOLVE, a student-based newsletter, to promote and recognize students' potential in diverse fields of talents and reveal the true human tapestry in the student body. What started as a team of five developed into a team of twenty-five, what started as a struggle to design one digital issue blossomed into eight successful issues, what started as a way to impact the school...impacted me.

As a byproduct, I learned to lead by example, communicate effectively with different school stakeholders, encourage and give opportunities for others to excel, deliver, and experience the true value of teamwork.

Most importantly, EVOLVE engraved a permanent home for pioneers, for those creating the news and for those bringing the news to light, and I could not be more proud.

I wish EVOLVE the best of luck as I write this from the University of California, Berkeley where I pursue Industrial Engineering & Operations Research, hopefully with minors in Conflict Studies or Data Science.

If there's one thing to mention, it is that the National Orthodox School lingers in the heart forever, never departing.

**EVOLVE Founder & 1st Editor-in-Chief
Majd Muna (NOS Class of 2018)**

بالعربي ... NOSMUN

بناء المستقبل

نورال دبابنة

عُقد مؤتمر نموذج الأمم المتحدة NOSMUN الثامن، الخميس ٢٤/١/٢٠١٩ واستمر لغاية السبت ٢٦/١/٢٠١٩ في قاعة الاجتماعات فندق الشيراتون. الذي نظّمته مجموعة من طلبة المدرسة الوطنية الأوثونذكسية حول مواضيع سياسية واقتصادية واجتماعية تعني دول العالم جمعاء. وقد كان عدد الحضور والمشاركين يقارب ٣٥٠-٤٠٠ طالب من جميع مدارس المملكة الخاصة. وافتتح المؤتمر الإعلامي المميّز الدكتور هاني البديري، الذي أكد خلاله حديثه على أهمية التعبير عن آرائنا وقول كلمة الحقّ مهما كلفنا الثمن

تضمّن المؤتمر تسعة مجالس، ومنها ولأول مرة مجلس يتحدث باللغة العربية تحت مسمى (مجلس الوزراء الأردني). وكان رئيس المجلس الطالبة علياء الطراونة من المدرسة الوطنية الأوثونذكسية ونائبا الرئيس الطالبان رعد أبو كركي وكريم مضاعين .

ومن المجالس التي تضمنها (مجلس الأمن) الذي ترأسه الطالبة ماريما حمارنة من المدرسة الوطنية الأوثونذكسية، وقد تحدثت عن دولة الصين ودولة الفيليبين والأحداث الجديدة عنهما وفيهما مما جعلني أشعر بقدر كبير من الاهتمام الموجود في هذا المؤتمر لمناقشة مواضيع الدول الأخرى وهذا ما يطلق عليه بالإنسانية .

وفيه أيضا مجلس مميّز بمواضيعه تحت مسمى (حكومة الولايات المتحدة) ترأسه الطالب أديب فاقيش من المدرسة الوطنية الأوثونذكسية، كان يتحدث عن "غزو العراق من قِبَل الولايات المتحدة"، هذا الموضوع السياسي والاقتصادي والاجتماعي المهم الذي ما زال يتواجد في خواتمنا نحن العرب. وأيضا كان هنالك موضوع مهم حول قضية "فاليري بليم" التي حدثت بين عام (٢٠٠٢-٢٠٠٣).

أنظرُ أنا إلى هذه الأسامي الشابة وأنا كلي فخر بشبابنا وجيل المستقبل الصاعد الواعد الذي يُبنى الأمل عليه والتفاؤل وأنظرُ أيضا إلى هذه المواضيع الشيّقة التي تجعل الوجدان والخواطر ممتلئة بها لحلّها وعلاجها من قِبَل التفكير الشبابي الجديد الذي كان متواجداً في هذا المؤتمر .

(تتمّة المقال في الصفحة الآتية)



بالعربي ... NOSMUN

تتمة - Continued

تحدّث المشاركون عن نجاح المؤتمر بعد شعورهم بالراحة والسعادة في جميع المجالس، وهذا يدلّ على الروح الجميلة الصادقة المتواجدة بين جميع أفراد الطاقم الإداري المسؤول عن المؤتمر ومنهم: الطالب ليث العواجين، الطالبة ميرا الحاج حسن والكثير من الوجوه المشرفة.

ومع كلّ هذا النجاح هنالك جندي مجهول يقف خلف الطلاب المسؤولين ويشجعهم حول التقدم والازدهار إنّها: المعلمة القديرة تمارا قطامي الداعمة الرئيسية والأساسية لهذا النجاح وللطلاب جميعهم سواء كانوا من المدرسة الوطنية الأرثوذكسية أو غيرها. فلن ننسى دور إدارة المدرسة الوطنية الأرثوذكسية الكبير الذي يشكّل عامودًا دائمًا للتشجيع والدعم النفسي والمعنوي .

وأخيرًا وليس آخرًا، كان حفل الافتتاح رائعًا ولكن حفل الختام أروع ومميّز بوجود أدرع الفوز المقدمة إلى أفضل المندوبين وشهادات التقدير لجميع المشاركين. فمثال على الفوز بأفضل مندوبين: حصل الطالب محمد خليل من المدرسة العصرية على أفضل مندوب عن مجلس الوزراء الأردني وحصلت الطالبة نتالي سماوي من المدرسة الوطنية الأرثوذكسية على أفضل مندوب عن مجلس الهيئة العامة (General Assembly).

شكرًا من القلب إلى القلب لكلّ من ساهم وشارك بنجاح هذا المؤتمر الشبابي المشرف من المعلمين المشرفين إلى الطلاب المنظمين والمساعدين والمصورين والمشاركين ، دمتم سندا مميّزا لهذا الوطن.



Senior Pranks

Senior Pranks: A Catastrophe or an Activity

-Johnny Hazboun

They are done all around the world by high school seniors. Some are counted as innocent ways of amusement, while others are said to be useless and unpleasant catastrophes.

During the 2018-2019 school year, as in previous years, the NOS Seniors “entertained” the school with their pranks.

They inaugurated the year with a peaceful protest on the changes of the school cafeteria, especially the price of water bottles), by handing out free water bottles to everyone. That wasn’t a very “harmful” prank. But then things got off to a rough start, before getting smoother, and the Seniors and Administration finally found a middle ground whereby the School worked with the Seniors to organize some fun – but harmless activities.

The problem is that there is a very thin line between what is counted as catastrophic and what is innocent. The students and the school have different opinions on what is ok and what is not. The school worries about the safety of the students (and the school facilities); while the students just want to create memorable moments and have fun.

A proposed solution to the issue, in my opinion, would be for the school to set boundaries for the pranks and to have a specific person for the seniors to check with about the pranks.

At the end of the day, the Seniors need to remember that after they graduate, there will be other generations, and they should think twice about which pranks to pull, in order not to affect the chances of the school allowing future NOS generations to have “harmless” fun.

To Prank...
Or “how” to Prank....
That is the Question



Stand Up Against Bullying

In the previous issue, we had an article about the Jordanian Musician Aziz Maraka and his anti-bullying campaign. So, for this issue, we wanted to share own experience with bullying, which most, if not all of us experience at some point in our childhood. We asked our photo journalist Ibrahim to write about his own experience. He kindly agreed to share his story with others, hoping to let others know that they are not the only ones being bullied.

Just Leave Me Be

-Ibrahim Alyousef

My story with bullying started in Middle School. Up to grade 5, life was great; I had so many good friends. But then I reached grade 6 and the school mixed the students in different classes. It was kind of hard because no one could understand me like my old friends. It felt like I was from a different world. I was surrounded by people but at the same time I was all alone.

I didn't fit in with my class, I was bullied for reasons I didn't (and still) don't understand. I used to go back every day to my house and cry, every second, every minute and every hour of every day. It caused me more and more depression. Then I started making new friends (or at least I thought they were). The stress and depression caused me to get a disease called Irritable Bowel Syndrome (IBS) that is related to the nervous system. After that I got another disease in the Thyroid gland. The doctor was shocked because this disease usually comes to 40+ year-olds.

My main problem was in 7th grade, when my "best" friend started to avoid me. I didn't understand why. Then I realized that she had listened to another girl who told her I said bad things about her. She thought that I was perverted because of a rumor a girl spread about me. So once when I was running during the break, I accidentally bumped into her chest, a very big problem arose at school that included my mother, her parents and many other adults. From that day on... nobody ever trusted me

Some people also bullied me because I like hairdressing (and I am good at it!). But not is not up to them to decide what I should or shouldn't like, and it is not up to them to say I am "this" or "that". No one can know what is inside me except myself, and I know very well, what I am and what I am not.

It's a terrible feeling when you feel that no one believes you, no one understands you. No one wants to be your friend. I started to think I don't want to continue life like this. I was afraid of life, and angry. But thankfully, there were always one or two good people that stood by my side. These are the people I know are true friends. Now I realise, it is not about how many friends you have, but who your friends really are.

My life is getting better. I am now in 9th grade; the school counselors and my Head of Stage have been a great support. I feel better, and I have friends, and I am taking care of my health. I am still bullied but I know that it doesn't matter what people think of me... this is me and I'll be the person I want to be.

So, I wish everyone would learn from this: That it's not right being friends with only the people in your class, and forgetting about them if they move to another class. It's not right not accepting new students in your class. It's not right spreading rumors about people and judging them; you have no idea what they could be going through in their personal life...

If every person would just think of how they would feel if someone was acting that mean way with them, no one would bully anyone else... if only.

Uninterrupted

Uninterrupted is where we publish articles by contributors (students, teachers, parents, alumni, etc.) concerning any topic or matter of their choice. It could be displaying their opinion about a sensitive topic, sharing a memory or adventure they had, or perhaps showcasing their linguistic skills in one way or another such as poems, fictional stories etc. It really could be anything!

If you would like to contribute to the Uninterrupted Section, e-mail us at: editor.newsletter@nos.edu.jo

As students venture into high school, the game is on, and the pressure is on...most become consumed by what they need to do to get into the right college. The line between what they really like and want to do and what they feel they HAVE to do becomes blurred. It is a very difficult time for them, as you can read in the flood of confused thoughts below.

Is It Worth It?

- Kira Yagham

Is it worth it?

A question that is constantly buzzing in this beehive of mine at 5 a.m.

A question that has insomnia knocking at my door every night.

In fact, that's all I ever think about these days, whether it's at night when I'm alone with the darkness and the white noise ringing in my ears, or when I'm in the cinema crunching loudly on my popcorn; attempting to make the crunching louder than the buzzing voices.

Is it worth it?

Thinking about every move and every breath I take in every single second, and how it will affect my years to come.

How everything I do in this very moment shapes me, and if it will help me become the person I want to be; no, I *should* be in the future, if it will get me into a good university, and if I even have a future.

Is it worth it?

What if I don't live up to anyone's standards?

What if I don't live up to *MY* standards?

Do I even know what my standards are?

Do I even *have* standards?

Are they the right standards?

Or am I just messing up everything even more, as I usually do?

Why are all these thoughts all I ever think about now?

Is it worth it?

Now, because of *all* these restless thoughts and feelings, I am terrified of wasting any second doing things that are pointless for me and my future, me and my future, *me and my FUTURE!* That's all I ever think about. And I just want to... no, I *need* to, focus on the things that will help me get there... wherever "*there*" is.

A Word from Our Outgoing Editor-in-Chief

EVOLVE's Editor-in-Chief is a position usually reserved for NOS Seniors, since it is their last year at school and their last chance. If more than one Senior is interested in the position, selections is based on the number of years serving EVOLVE, and of course, language and leadership skills. EVOLVE's 2nd Editor-in-Chief, Mariam Al-Safi, is a true warrior. She showed a strong sense of commitment. She never gave up, and she came in with lots of great ideas. Thanks so much dear Mariam for "holding the fort" and working faithfully, till the very end.

My EVOLVE Journey

-Mariam Al-Safi

I joined EVOLVE back in 2017 in the position of Media Officer (and who doesn't know how to deal with Social Media platforms?). So, I would say that was an easy one. But little did I know that I was going to become EDITOR-IN CHIEF, which, let's be honest, is a hard job, especially when you never had experience in Editing. I wouldn't be lying if I said that I wasn't expecting it, and, I was super excited. I had to deal with a lot of obstacles: it was the first time I had to interact with so many people and hold constant meetings with a full team, and of course trying to please everyone in the team was hard.

I had a lot of ideas, but the truth is, you need to work hard and have alternative plans because not everything you think of is suitable or can be done.

I was so nervous when I was about to get the first issue out. I was thinking, "Is that okay to publish? Will people like it?" And the constant question that was spinning around in my head, "WHO WILL READ IT?"

Moreover, the timing and how busy we were with school stuff and university applications and so on was challenging. I guess our slogan became "BETTER LATE THAN NEVER" ☺.

Would the challenges of this experience stop me from diving into a possible future in journalism?

No, because I was experimenting with how it should be done and experiencing how the pressure of deadlines feels. Also, the school is a safe environment to try new things before you decide if they suit you or not because you have a whole bunch of teachers, advisors and administrators that can guide on what to do and how to improve your ideas.

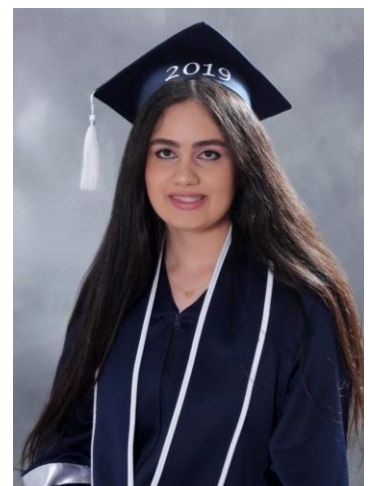
Of course, a newsletter cannot succeed without a dedicated, hardworking, skillful team. Thanks to them that I learned new things that I will definitely be using later on in my life.

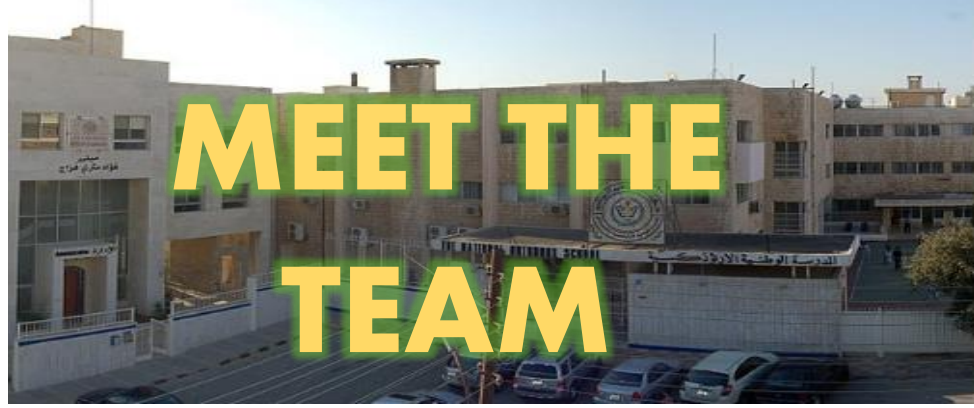
My advice to everyone who wants to join the EVOLVE Team, or the Journalism field later in life, is that you should always be open to comments (good or bad), and mostly listen to what your team members have to say. If you can't agree, find a compromise. Another thing is that you shouldn't be afraid to make mistakes, but you should learn from them. It may cost you a lot at first, but then you will improve, "PRACTICE MAKES PERFECT" as they say.

The last thing I would like to tell you all, and especially EVOLVE's future Editors-in-Chief: put your heart and soul into your articles because you are the only ones who know how to express the students' opinions and talents to the readers. I wish all of you a successful future full of achievements of your own.

It's yet the end of my 12-year journey at NOS, including my journey with EVOLVE, I would repeat everything that I experienced in EVOLVE. I loved every single moment of it.

Now it's time for me to start a new journey. But I will always be there to support and help the future team in publishing EVOLVE if there is ever a need.





A big thank you to all our team members for their hard work. Farewell to our the EVOLVE Seniors. We'll miss you!

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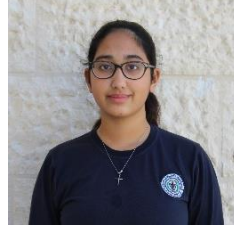
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*Special Thanks to
Arabic Teacher Ms Alia Nofal, English Teacher Ms Tala Saheb
and French Coordinator, Ms Aziza Hamdi for their help*

me and my future