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Julia Szpor
It is already too late... Or is it?

Paulina Pietrzykowska
Fine

Erasmus +
OUR EXCHANGE IN DELITZSCH

THREE-WORD POEMS

IB REVIEW

GLIWICE



Gliwice

2020

IB REVIEW

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Dear Reader,

It has been great pleasure to invite you to the latest edition of *IB Review* magazine. What is truly outstanding about this particular edition is the substantial contribution from our students who are willing to share their passions, reflections, creative potential but also worries and anxieties.

Contrary to what you could have read in past editions of the magazine which basically revolved round a series of successful stories, this one humbly asks you to stop for a while and reflect on the pressure and challenges students are facing each day and some possible ways of tackling the problem. Two outstanding texts deal with this particular issue – a short story *Fine* and an in-depth and thoughtful review of Netflix series on the vicissitudes of mental health.

There are also contributions from students who depict their wealth of experience they have gained through their participation in international exchanges and fight against climate changes that resulted in the extensive fires in Australia.

I am always proud to present the creative capabilities of English A students who wrote beautiful love poems as the final composition of the magazine coincided with St. Valentine's Day. Their sensitivity to the beauty of words and the English language itself is something that I find so precious and rewarding. See for yourself and enjoy reading!

On behalf of the editorial panel,

Beata Krupiczka

It is already too late... Or is it?

Since June 2019 there has been a significant number of wildfires burning across Australia. The damage has been estimated at 18.6 million hectares of land burnt, almost 6 000 buildings destroyed, at least 29 people dead and about a billion animals killed with a great deal of species driven close to extinction.

I heard about the wildfires in late December when Australia had already been burning for half a year. I was devastated. I felt powerless and honestly – scared. Our climate has taken a drastic turn and the average temperatures have been rising too quickly for us to withstand. The greenhouse gasses emission is bigger than ever before. Not to mention the amount of CO₂ released into the atmosphere. I felt hopeless.

But then I opened the Internet and saw something that helped me restore my hope. I saw people posting about the tragedy and uniting to donate money to organizations like the Australian Red Cross, Salvation Army Australia, and RSPCA Australia. Famous personages all around the world had already donated millions to help the victims and brave firefighters. I noticed that people around me were finally open to conversations about the environment. I realized: this isn't the time to be scared and sad – this is the time to act. This is the time to change. We should use these tragic events as motivation and a discussion opener. We can't change the world, but we can all start with ourselves.



There's a lot we can do. Not many people realize this, but livestock farming is the biggest greenhouse gas emitting industry (more than the entire transportation sector). Farm animals emit a noxious amount of CO₂; methane gas and excrement that pollute air and waterways. Scientists report that methane is more than 84 times as effective as carbon dioxide is at trapping heat in our atmosphere. Furthermore, agriculture and animal rearing devour 70% freshwater and account for over 80% of global deforestation. Agriculture is the main land use, but the harvest is not cultivated for humans, but livestock. The Earth currently has about 70 billion farm animals, together they weigh more than humans and all other wild animals combined. If we all cut out just a couple of meat meals in a week, it would be a game-changer. Scientists estimate that by 2050, dietary changes could save several million square kilometers of land and cut down global CO₂ emissions by up to eight billion tonnes per year.

By Julia Szpor

We are facing a massive problem with coal-based energy in Poland. To help prevent global warming we consider powering your home with renewable energy and switching to LED bulbs. Many students in our school wanted to speak up about this problem and went out on the streets of Gliwice to protest.



The climate strike took place on the 29th of November when young people fought for the future of their home. Students manifested and on some of their sings you could see catchwords: "The Earth won't save itself", "We're skipping lessons to teach you one!". They went on strike not only against coal-based energy, air pollution in Gliwice but also against a consumer lifestyle.

There are a lot of simple changes we can make that are going to have a big influence. Choosing public transportation, cycling but also electric mobility as a way of transportation. Taking your own shopping bag. Buying products from local businesses. Rethinking another fast fashion t-shirt or going to the thrift store. It's the small things that matter. The number one priority is educating and spreading awareness about this crisis. We can still make things right.

Fine

My dear,

Isn't it funny, how your mood can change completely in a matter of seconds? One minute you're absolutely calm and then, out of nowhere, there you are! One anxiety attack coming your way! Heartbeat accelerates, hands start to shiver and you seem unable to breathe. All the dark thoughts, neatly shoved to the back of your mind, overflow you, destroying everything in their way. Sometimes it takes only a few minutes to calm down, but often you are stuck in this state for a much longer time than you wished. What can I say? Having a mental illness sucks.

Of course I find ways to deal with it. I'm sure most of you do. We survive, trying to salvage some precious moments of happiness everytime we see an opening. Being as normal as we can.

May I be honest with you? Some may find it strange, but I don't share this desire. I don't really want to be ordinary. Sure, it may be caused by the common fear of the person I am without the illness, the me inside of me. But there's more to that. I strongly believe that anxiety makes me see more, notice things that are invisible to many. It's almost like a superpower of sort. And all the heroes suffer, right?

I try very hard to use my gifts for a good cause. I always pay attention to people's

worries and show them my support. I even share my own problems with them, if necessary.

Sometimes you can't really console someone until you convince them you know what you're talking about. So yeah, that's what I do. I like to think of myself as a hope bringer. I usually tell these people it gets better. Right now you're probably thinking, 'wow, they call themselves a hope bringer and yet lie to the person's face'. Let me explain, it's really not like that. I truly do believe that sooner or later everything will start to come along. I mean, look at me! I managed to turn my anxiety around and use it as an advantage! Obviously, it still causes me a lot of pain, however I consider it a price for being granted these gifts. Nothing ever comes for free, that's what my father always told me.

Naturally I didn't accept my illness at first. When I finally realised something odd was happening to me, I felt a lot of emotions all at once. All of them negative. Dread, uneasiness, concern, even anger. I hoped it would go away without any interference on my side. When, to my discontent, it did not, I decided to seek professional help. I can barely remember how many times I visited various doctors who claimed they could put an end to my biggest enemy, anxiety. Their methods varied. Therapy, both individual and in a group, different pills in plastic dosette boxes and newly discovered alternative treatments. I

tried them all. In case you haven't guessed, none of them worked. I admit, I may not have committed enough. In my defense, it seemed, and still seems, senseless to me. There was only one good thing that came from these efforts. They made me realise it's my fate to suffer. After I came to terms with that, everything was clear. I no longer spend my nights sleepless, wondering if the wrong in me can be fixed. I accepted that this is who

I am, who I was always supposed to be. Thanks to that, I possessed the strength needed to survive the attacks. Indeed, they hardly ever leave quickly, but still, they're nothing compared to the length of life. Besides, there are people who have it worse than me. Poverty, crime and diseases destroy their lives every day. It would be simply wrong of me to complain.

All being said I would describe my relationship with anxiety as friendly. I don't do anything against her and she tries not to hurt me too much. Sometimes when I see other people passing by and I can tell they are battling their demons. Losing. I just wish I could help them understand that making peace with the illness is the only way. What good does fighting do? It only brings more pain. Look at me! I am a living proof that being hostile doesn't benefit you, yet befriending the illness does. It's pretty simple, but when I try to explain it to the others they don't seem to get

it. 'How can you just give up?', they say. 'You're letting it take control of your life'. How do I tell them I'm still the one holding the wheel? Some stubborn ones decide to stage an intervention on me, hoping to turn me against my anxiety. She doesn't take it well, and neither do I. It makes me very sad, because often the only way to

get rid of them is to cut them out completely. I've done it a lot of times. This experience taught me not to get involved. Even if someone appears as a friend, it always turns out to be the same old story all over again. In the end, it's just the two of us, me and her. She sticks with me through thick and thin, keeping me away from the risks I shouldn't take. Yes, she sometimes fails in her attempts to protect me. Sometimes it backfires, leaving me more miserable. But have faith in her, just as I do. She is the only one that truly cares. I have no doubt she means well.

If you aren't convinced yet, hear me out. You. Will. Not. Change. My. Mind. Don't tell me I'm sick, don't help me. Don't make up things that simply aren't true. Even if you somehow managed to fool me, she's keeping watch. She will see through your lies and enlighten me. I really hate losing people, so I would appreciate it if you didn't make me cut ties with you too.

After all I would know if something bad was going on with me. Right?

By Paulina Pietrzykowska

ERASMUS + OUR EXCHANGE IN DELITZSCH, GERMANY

EU programme called Erasmus + is a wonderful opportunity for students to practice language skills, to get to know new cultures and to make new friends. Our school has been taking part in this programme since September 1st 2018. During this time we have cooperated with three schools:

1. Bataafs Lyceum from Hengelo in the Netherlands
2. INS Les Aimerigues from Terrassa in Spain
3. Christian-Gottfried-Ehrenberg-Gymnasium from Delitzsch in Germany

The coordinators of the programme in our school are Mrs. Sonia Świtońska and Mrs. Eliza Obławska. Student's exchanges include three trips to partner countries. In March 2019 nine students with teachers went with the first group to the Netherlands, and later in June the entire Polish team hosted all the countries in Poland. The student's assigned to the German group received German

students in June 2019, they went to Germany in September. The last trip is scheduled for March 2020 in Spain.

Since we were on an exchange in Delitzsch, Germany, we would like to provide you with some details about our stay there. It was 6 days long. The first one was an orientation day when we visited the German school, participated in English lessons and got to know all the German students. We stayed at students' houses. This was the opportunity to learn about the new culture and see how people live there. What is more, during the exchange we explored the largest cities in the region - Leipzig, Berlin and Dresden. In each of those cities we had guides who showed us the landmarks and the most crucial places related to the project and provided us with some historical facts. Within those five days we made close friends with many people from other countries. We still keep in touch.



On the last day it was very hard for us to go back home and say goodbye to our foreign friends. Furthermore, some of them want to visit us in Poland during their holidays. This exchange programme was a great opportunity for all the students who took part in it. We improved our language skills because all the time we were talking to other students in foreign languages. Not only English, but also Spanish and German. We can truly say that it was a wonderful experience and we would love to go back in time.

The exchange allowed us to delve into the subject matter of places which in the past were part of the industry, but over time have only become part of culture. We can truly say that after the exchange we are richer not only with new language skills, but also with amazing and positive experiences related to the culture and history of individual countries.



By Julia Bojar and
Aleksandra Słaboń

“alive”

this one evening when you are in the middle of something
and this thought enters your mind:

how amazing it is to be alive

to look at the pink sunset
to feel the softness of your sheets around you
to laugh with people that you love
to feel pain in your feet after a long walk with your friends
to take a deep breath of cold air
and to have the scent of sun on your skin

to be captivated by a person, a book or a song
to sing and dance (even alone)
to be able to look into the past, into the future,
to focus on a moment
to cry of happiness
and to cry of sadness

and how long does it take to lose all those little things?
in everyday life they are nothing but grains of sand,
spilling out from between your fingers
one by one until none is left
and-

sometimes it's good to stop for a while
this one evening when you are in a middle of something
and think:

how amazing it is to be alive

by Aleksandra Pucek

Why is love?
Paulina Pietrzykowska

People always ask
 What is love?
 Trying to understand
 This unexplainable concept
 At least not
 In our words
 But we know
 The great secret
 They keep asking
 The wrong question
 I'm no wiseman
 But to me
 'Why is love?'
 Seems more important
 Maybe I'm crazy
 But I think
 It exists for
 Me and you

The forsaken lovers

Love and Laugh
*Alicja Wawszczak and
 Zuzanna Broja*

The Valentine's Day
 Has come today
 Love is charming
 Love is upsetting
 They laugh together
 Giggling of silliness
 Chuckling of happiness
 'till the day
 They lose love
 Of their dream
 Now or never
 Make love together
 Until it disappears
 Memories reappear with
 Love and laugh

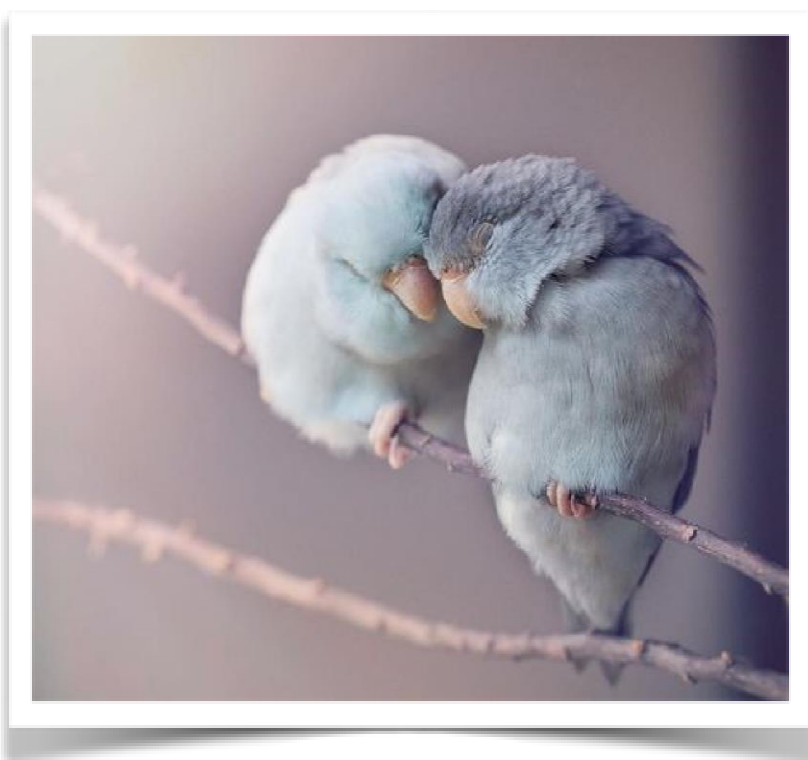
Go away- that's
 all he'd say

Each time, each
 day and night

You know I'll
 hurt your gentle
 mind, I'm rough
 you're too kind

But she stayed
 with him- so
 young, so bold
 until she healed
 his gnarled soul

Her velvet palms his
 branched-like arms
 as roots and
 vines, in one



Sorce:
 Instagram:
 @freyaeverafter_

I can't stand you
Florentyna
Respondek

You supported me
You comforted me
You visited me and
remembered me

I was soaring
I was flying
When you wanted
I was dying

You blank me
You scrag me
You knock me
You drag me

You've played me
Betrayed me

You kill me
You thrill me

I love you
I hate you
I need you
I fear you

I want you
but
can't stand you

Edited by
Florentyna
Respondek

Paweł Golla

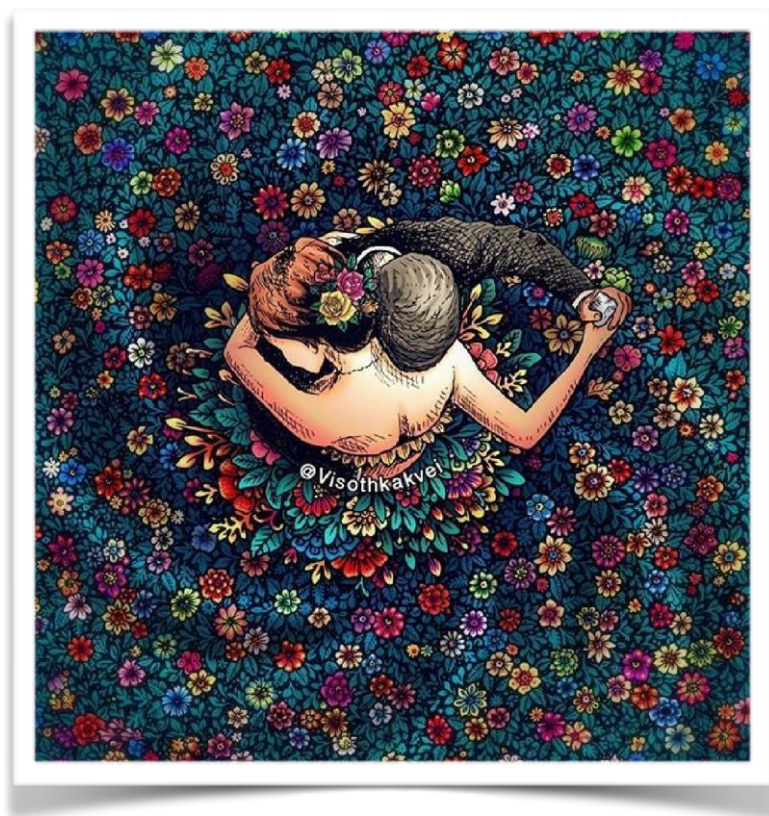
Our love
will be
the diffraction
grating

let our hearts
interfere
constructively

I feel butterflies
though it's winter
now each season
feels like spring
the flowers' fragrance
the deep sunshine
I discover inside
each tiny gesture
express this affection

just his sight
I already know
what it is?

must be love



Source:
Instagram:
[@Visothkakvei](#)

An IB Student's Review of Netflix Series on Mental Health

Just a few days ago, on the 26th of February, Netflix released its new original series - *I Am Not Okay With This*. It has quickly become a viral success, with numerous articles and reviews online and almost 8 stars out of 10 on IMDb (out of more than 4.5 thousand votes).

With the story written by Charles Forsman, the man responsible for another Netflix hit, *The End Of The F***ing World*, and production by the same people who did *Stranger Things*, *IANOWT* bears resemblance to both of these shows. Even though it is not definitively set in a certain time, the viewers familiar with 80s pop culture will easily spot the references to the cult classics this show is full of. Starting with the aesthetic and soundtrack, which features some of the greatest songs from that decade, up to more direct references, such as the diary writing, resembling *Heathers*, the *Carry-like* prom setup and a whole episode paying an homage to John Hughes's *The Breakfast Club*. Add two of the main characters (Sydney played by Sophia Lillis and Stanley played by Wyatt Oleff) being previously casted in the *It* movie, known for its 80s nostalgia, and you get the perfect atmosphere.

The relatively short series, consisting of just seven 20-minutes long episodes, tells the story of an average teenager - Sydney Novak. Like most people her age, she struggles with puberty,

relationships with friends and family and school life. But there is much more to her. When she discovers she has telekinetic powers, she has to find a way to control them, which means facing her fears and the trauma she's been through.



As it is revealed in the very first episode, Sydney has serious mental issues, mostly connected to her father's suicide just a year before. The main character experiences numerous panic attacks

throughout the show, as well as difficulties in social interactions and anger issues. Her mental health is an important theme, impacting the way she acts and her ability to control her newly-found powers.

As a person who is suffering from anxiety and depressive episodes, I was especially interested in that storyline. I was glad to find it really well done and not at all pretentious or shallow. The depiction of Sydney's panic attacks was, in my opinion, the best part of the show. Even though mental issues are an individual thing and every person can experience them differently, I actually managed to find myself in these scenes, making the character much more relatable to me. The way her mind spirals out of control, reminding her of every bitter or embarrassing moment and going through them over and over again feels very real to me. Her snapping on seemingly random occasions also resembles my experience. It accurately shows that, for a person with anxiety, even the tiniest thing can lead to an outburst.



The relationships between Sydney and the other characters, made very convincing thanks to the talented cast, are also affected by her mental state. She is often described, also by herself, as a *dick*. Indeed, she very often takes her anger out on her friends and family, causing most of her relations to be very unstable and fragile. She can't help hurting the ones she cares about, making her feel guilty and even more vulnerable in a vicious circle. Since during my episodes I tend to easily get irritated by and more hostile towards others, it made me care more about Sydney and the rest of the characters.

It's a common phenomenon that TV shows lean towards romanticizing and simplifying characters' mental problems. That can be very hurtful to the people going through that and the way others see them, so I am beyond happy that is not the case with *IANOWT*. I hope watching this show can help understand what battling mental issues feels like and find ways to support people with anxiety or depression.

While the Netflix's adaptation vastly differs from the source material, with the graphic novel being much more dark and pessimistic, especially in the finale, I believe that the show does a good job of depicting the main character's struggles and mental issues and I'm looking forward to the next season.

Anonymous IB Student

The difficulty of classification
Starts at the point of 'I am'
The rest is always hard to utter

What is with the first person narration?
Is my red the same as your red?
Will we ever find out?
I'm asking with an intention
To execute a connection

And venture one step further

To the road made of yellow bricks
A dog by my side
A knife in my back

For what is it worth?
The sure-being and union of complexity
And hand-spreading like a parachute

While I'm ice-skating
Knee-hitting
Over-throwing
Haphazard hazy hesitation
Begone!

Anonymous IB Student

