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The sea swallow

Eliot Ledwoń
What is Formula 1?

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Do not bleach

Students' limericks

IB REVIEW

GLIWICE



Gliwice

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Editorial

Welcome to the 2022 edition of *IB Review*.

The current edition is very special as not only have we still been affected by the Coronavirus pandemic, but Ukraine, our neighbour, has been so brutally struck by the heinous horrors of war. Our school community has been definitely impacted by both, yet, despite unfavourable circumstances, we do our best to carry on with our school duties and responsibilities.

I do hope that, alongside the entire editorial board, you will be vastly impressed by the creative potential of our students, so vividly reflected in the poems and articles they have written. The themes touched upon reflect the unusually broad range of students' interests; self-improvement, school life, blood donation, ecology. One of the poems, written by Adam Drewko, refers to the Russian invasion on Ukraine.

IB teachers also contributed an engaging account of our school participation in the EU Erasmus programme. I am sure that every reader will succeed in finding something interesting and uplifting in this demanding period.

Wishing you joyful reading,

On behalf of the editorial board,

Beata Krupiczka



How a dread may become a passion

Aleksandra Piasecka

Several years ago my father noticed that I could not shout. I felt tightness in my throat whenever I tried to make a louder sound but it seemed more like a subdued screech than a simple scream. That is why he started *the curation*. It was not a ground-breaking innovation - all he did was try his best at making the exasperation pour into my veins and then encouraged me to shout. And believe it or not, it was not in vain. Finally, I learned how to yell appropriately step by step but, unfortunately, only at the age of 15.

The incapacity to scream may occur unimportant or even hilarious, nevertheless, it really affects everyday life. As a result of the said inability of mine, I had an impression that I have never been truly listened to by others. Since my voice did not have the power to break through this triggered a certain diffidence to develop. When your peers do not account for your opinion because you do not sound convincing, you can feel bad, especially when you are a kid. Therefore, I decided not to be forthcoming about anything at all, as nobody wanted to listen.

I never liked speaking in public. In general, I had never been fond of being in front of a big audience. In primary school, each time I was informed about the upcoming assembly where I would have to stand in the spotlight, I tried to omit such a school day. I did that just

not to face the indescribable sensation of stress. Bearing in mind the pandemic situation, in high school I did not attend too many assemblies, but, still, speaking in public turned out to be inevitable, after all. I consider myself a perfectionist which means I cannot find placidity while things do not go my way. It was some time ago when I went back home discontented with what I had shown during one school presentation. On the one hand, I wanted to spare myself this type of experience, on the other hand I knew that it was something I had to overcome. I was left in the fork in the road with "staying in the inaction" on the left and "looking for the solution" on the right. How lucky I am to be taught to always choose what lies on the right.

Once I was watching a YouTube video whose author encouraged the viewers to sign up for the speakers' club. It pulled me to scrutinize such places in my city. I found one, however - unfortunately- the events had stopped being organized there. I felt an apprehension but carried on seeking the speakers' club just to find nothing. The biggest disadvantage of living in a small city instead of a big one is the fact that the vast majority of organizations choose the more popular cities as their headquarters. Being a teenager, without a driving license nor a car, preoccupied with doing their IB and voluntary work does not help the whole situation.

It is what it is, how they say. Nevertheless, miracles do happen - the speaker's club reopened and involved me insofar as it was able to do so.

I adore coming back to the memory of the first meeting. I was excited before it started but filled with anxiety at the same time. When I arrived at the place I did not see anyone my age. There was a swarm of people in the room. "What do you do?" I heard from behind, "I'm Patrick and I'm a marketing manager." I was not sure whether I should admit that I am a high school student. "I take photos for a foundation" I replied proactively, as it has been one of my volunteer activities.

The event started with several opening speeches. The speakers were formidable for me right then. "If only I was able to speak the same way that they could..." I thought. Subsequently, it was time for the reflection session where the audience were to give the spokespersons their feedback. I was oblivious enough to assume that all of it would be positive. I liked it, didn't I? But it was not. The people were giving constructive criticism to the speakers and they were doing it in a surprisingly kind manner. I was amazed. This kindness captivated me entirely. They listened carefully to the speakers, carefully enough to be able to provide such detailed feedback. They did not have to do it. They were a bunch of strangers sitting on the chairs. An odd, unfamiliar feeling started to grow in me.

Later, the audience was asked to come and give a spontaneous speech. The feeling began to take its destined shape. It made me do this. I raised my hand first and was invited on the stage. For the first time I had the feeling of being listened to by a group of people. For the first time I could speak to a big group. For the first time I managed to realize that I like it.

In conclusion the moral of the story is that sometimes we are afraid of the unknown, however, when we actually do it, it turns out it was not that bad, after all. Therefore, the Devil is not so black as he is painted. Maybe my speech was not ideal nor was I a good speaker but it does not matter because what matters is that I found a new passion. I learnt that there is no need to be perfect as long as you are passionate about what you love. At first I thought I had to shout in order to be heard but going through the experience of giving my first public speech taught me that I do not need to shout for people to listen to me. The golden mean is to realise how to be decisive and get over our fear.

Do Not Bleach

*I was in the mountains
Got some fresh air
Then I remembered
Of my old picture
Of a tree with a "clothing tag"*

Michał Bem



One August evening in Italy I took quite a simple photograph. At that time I did not think much of it, it was just a picture of a tree as such. When I got back home, I felt that I should do something with it, my idea was to find two more photos and arrange them neatly on my Instagram page. One could say that it would be it, that I would forget about it and only use it sometime in the future as a piece of a portfolio. I didn't know it at the time, but things were meant to take a different path. Recently, when hiking in my beloved mountains, while wandering through that one valley I have always hated, I realized something, and this was something really important. The pandemic hurt us all in various ways, some lost their jobs, friends, relatives, family members, others lost their lungs, physical endurance, memory, and others underwent irreversible neurological changes. However, locked up at our homes, we all lost a little bit of our freedom too. From Nature's perspective that was a good thing. Many animals could return to their habitats, like dolphins in Venice, our CO2 emissions periodically decreased, and many of homo sapiens's destructive actions halted, at least for a while. In the captivity of our homes we all had the chance to learn to appreciate nature. When finally outdoors and traversing the Chochołowska Valley during snow and rain, I remembered how much we all subconsciously miss the Nature. These enormous mountains, rocks, trees, all standing there for centuries, seemingly untouched by man, yet devastated by his actions, made me realize the nature of Nature. Despite its vulnerability it will always prevail, no matter what happens. Nevertheless, we as an intelligent species have the audacity to harm it, whereas we should protect it at any cost. The picture emphasizes that we should not "bleach" nor "iron" the wild and the whole installation does a fine job of bringing it to our attention how unreasonable despite our intelligence we are.

For Novorossiya

Adam Drewko

How can we live,
when other people die.

When orphanages are bombed,
cars run over, the living fortify.

Unlike children, adults and elders,
yet more human than any other,
people group as cattle in shelters,
still without much of a cover.

How can we die,
when other people live.

Only our bone and muscle,
we have little else to give.

We woke up yesterday,
had breakfast as you do,
we got drafted today,
for lunch had bullets, spilt red dew.

How can we live
and not let others live.

Yes, yes, we are all so very appalled,
we'll move a match to a different city.
We'd even take your first guy if he called,
to wait out the whole thing, let you know our pity.

Yes, yes, war is a terrible thing,
but our profits lately are terrible too.
No, there's not much we can do about it,
but we certainly wish the best of luck to you.

How can we die
and leave others to die.

When he called for Novorossiya,
we burst into our war cries.

We sank people into buildings,
mixed the ash in with dust.
We'll set off your Novorossiya,
even if we fade with its gust.

Earn you your cold satisfaction
with no face or a name,
never seeming to notice
what the game is in play.

What is Formula 1?

Eliot Ledwoń

I am quite sure that most of us have heard about motor racing. The most popular of them is Formula 1. But what really is it? What can be interesting about 20 cars racing for more than an hour? I'll try to answer those questions.

The first Formula 1 race was back in 1950. The Grand Prix of Great Britain 1950 was won by Giuseppe Farina in Alfa Romeo. Since then, cars, drivers' skills, regulations and safety factors have been evolving. Cars turned from barrels with enormous engines to hugely expensive, aerodynamic and high-tech machines. Drivers now need to be in perfect physical shape, because every thousandth of a second matters. Engines changed from crazy and enormous into high-tech 1,6 liter V6 and they are set to become more environmentally friendly with biofuels coming in 2026. When it comes to safety, now it is the most important thing in F1. Suits, helmets and cars are exactly regulated and if the weather is too bad for a medical helicopter to fly, no session is going to happen.

Also the Grand Prix weekend's format has been changing throughout the years. Now we have two practice sessions on Friday, each lasting 1 hour. Then it is one hour practice session and qualifying on Saturday. Qualifying session is to establish drivers' starting order for Sunday's big race, which lasts from 1 to 2 hours. During that race, drivers attack and defend each other, but they also change tires. Strategy battles can also be very interesting.





The race schedule has changed too. From 8 races in 1950 to 22 races in 2021. Season starts in March, after pre-season testing. The first race is usually held in Bahrain or Australia. In May, F1 comes to the Principality of Monaco, which is an exceptional race. It's the shortest circuit and that's why drivers do not complete 309 kilometers, but "only" 260. After the Hungarian GP in late July is the summer break. Factories have to be closed and everybody gets their time to rest. F1 is back after 3 or 4 weeks in Belgium, which is one of the oldest tracks in F1, similarly to Monza in Italy, which hosts the race 2 or 3 weeks later. The F1 season usually ends in Brazil or Abu Dhabi in late November or early December. The driver who has the most points at the end is crowned a world champion.

What does the F1 teams and drivers system look like? There are currently 10 teams in F1 including legends like Ferrari, Mercedes, McLaren and Williams or smaller, but still successful Red Bull, Aston Martin, Alfa Romeo or Alpine. Each team has to have two drivers. Currently we have 4 world champions on a grid - Max Verstappen (current one), Lewis Hamilton (fighting for a record

breaking 8th championship title), Sebastian Vettel (4 championship titles) and Fernando Alonso (2 titles). Drivers usually start their careers at the age of 20 or so. If they are successful they can stay until 40 years old or more, but it is very rare. And what if a driver retires? There are numerous junior series such as Formula 2 or Formula 3 and if the driver is successful there, he/she can reach the super license and enter Formula 1.

How to get into the Formula 1 world? First - you may want to start watching it. In Poland you can do it on Eleven Sports, F1 TV Pro or occasionally on Polsat. Drivers fighting for wins, podiums and crucial points for championship are great to watch. But you can also learn many things from YouTube channels such as WT F1, The Race or F1's official channel. You can also read about it. It is very important for you to know what to read, because there is a lot of fake news. I personally manage the F1 blog called **Poznaj F1** poznajf1.blogspot.com. Check it out!

Erasmus+

Katarzyna Cieśla-Obermajer

"We study to teach and educate with the times" was the leading title of the Erasmus+ KA 1 within POWER project realised in our school in the years 2018/2021. The project was granted 256785,49 PLN by the European Union. Twenty-four teachers involved in the project took part in various face-to-face courses as well as online job-shadowing at our partner school Gymnasium Marianum in Meppen, Germany.

All objectives of the project were reached with tremendous success. The participating teachers enhanced their knowledge within the areas of school management, conflict management, stress management, creativity development, popularisa-

tion of new teaching methods as well as development of key competences. Still, due to the specific character of our school, most of the courses allowed the participants to enhance their command of the English language not only on the B2 and C1 levels, but also CLIL, i.e. Content and Language Integrated Learning. Except for English, a few teachers augmented their command of the Italian and German languages. What is more, the participants excelled at learning new methodology with the use of ICT. They got to know new cultures and education systems, which, in line with the mission and vision of our school, will make breaking the stereotypes and differences easier.





Participation in the mobilities allowed its participants to gain new experience and raise self-esteem through practical application of gained skills in some new situations. Furthermore, the participating teachers share their gained knowledge with other staff members on a regular basis. All in all, the realisation of the project within POWER proves that European standards prevail among other priorities at our school. I Liceum Ogólnokształcące Dwujęzyczne im. Edwarda Dembowskiego in Gliwice places particular emphasis on its positive image in the neighbourhood as well as continuous enhancement of competences for its staff members.

The coordinators of the project are grateful to Ms Adam Sarkowicz, the Head of the School, FRSE and the City Council of Gliwice for their help, engagement and support in the realisation of the project.

The project was coordinated by Ms Joanna Szymik and Ms Katarzyna Cieśla-Obermajer.

Students' limericks

Michał Jędrzejowski

Online friendship does not count but education is legitimate
Why should I learn when my time here is far from infinite?
I ask this question in TOK class, trying to get out of my binds
And suddenly I became mesmerized by the beauty of my peers' minds
Not being open-minded is seriously an awfully saddening predicament

Aleksandra Pucek

our school is always so cold
they say it's 'cause the building is old
my nose is red
my hands almost dead
"at least we are eco..." – that thought is bold

Adam Drewko

There once was a student from DP
who in March gave in his IA's and EE.

So he went on and drank,
until his mind went blank,

And woke up just for exam day three.

Maria Gorczyca

sensing the overachiever's burnout aroma
I remind myself that after 10 papers coma
I'll be able to end every discussion
with a phrase of concussion
"I received an IB diploma"

Emilia Legut

Dreadful death from crossing the deadline
Might send some shivers down your spine.
To massage them off - seems futile,
Within hours, they start to grow brutal...
Some shivers just require wine.

Maja Zarudzka

Even though I am often late for school
I do think English A is cool

And what makes my feelings true?
That there is no Paper two

Or maybe it just makes me a fool

“Keep the world beating”



Saving someone's life seems to be a cinematic experience, which not everyone will have a chance to gain, or takes on a rather wearisome form of staying at home during the pandemic. However, there is a way to save three lives in one day – and that is the topic of this article.

At high school, abundance of possibly new experiences regarding coming of age will pose a prodigious number of transformative choices and opportunities to be taken. Blood donation is one of the positive and profoundly impactful ones, not only for the donor but also the people in need of transfusion. Owing to Mrs. Świtońska, we had the opportunity to donate blood in the hospitable ambient of our sports hall's walls. Since there is a possibility for it to become a re-occurring event, we, both as donors and fellow students, would like to encourage you to participate by reflecting on the procedure and preparations.

Firstly, it is essential to know whether you are eligible to become a donor or not. There are many myths surrounding this topic, many of which presumably having evolved from nothing but invalid preconceptions. The truth is rather simple – take one of the questionnaires that you will obligatorily have to fill in and find out for yourself. There are approximately 3 pages of highly specific inquiries, and even if you have some doubts afterwards – there is always a doctor nearby whom you can consult. To list a few of the most important things, one has to be an adult, be healthy (and stop taking virtually any medication two weeks prior) and not be on your monthly period or right after. If you meet the necessary conditions, on the day of donation eat light breakfast and drink lots of water in the morning and on the day before. Right before the donation, a small sample of your blood for testing will be taken as a form of final reassurance. Then, the exciting part begins.

You will be seated in one comfortable a chair, an armchair even. One of the nurses will install a tube connecting you to a plastic bag, where the precious liquid will be collected. The donation itself is not time-consuming at all, it lasts approximately a couple of minutes. The collected blood will be then transported to Katowice, where in a special laboratory it will be separated into: platelets, blood plasma and red blood cells. Each of them can help a different person in need. After the donation, you will be advised to take the rest of the day off and relax. Almost half a litre of the blood you have donated will cost you around 3500 calories in the end. In order to restore this energy quicker, you will be provided with a sweet gift. Nevertheless, it will definitely be overshadowed by the rapturous feeling of satisfaction. For more information, please refer to the RCKiK's website and do not be afraid to contact them.

Stay healthy and see you during the next donation!

The sea swallow

Adam Drewsko

The sea swallows whatever it pleases.

Be it sandcastles
unfortunate enough to be left too near
the gaping, saline throat,

plastic wraps or tourists
eagerly displaying their bodies
to be regurgitated over and over,

sunken shells and pebbles,
kept to keep impermanence in place-
little souvenirs, constantly reminded of
their own forgetfulness.

There is no equal to his appetite,
to the mouth insatiable
of breezes and moonlight.

Inexhaustible, the gulping consumption echoes.

It is hardly contained by the cliffs,
standing their vigil,
bearing witness to the inexorable.

They say little of its body,
they voice nothing of the air around it.
They were not bred from sound, but vision.

I can see women ashore,
holding hands and holding notes,
praising in hymns the sea surrounding.

I can see men afloat,
eye-opened, whose late hearts
followed a beat so astounding.

I can see birds a-fly:
their resonate chuckles
break into sordid laughter.

Little sea swallow,
what are your nightly flights after?

School trip

Emilia Kruczek



On the twenty-second of October, the IB history group went on a school trip to Oświęcim to visit the Auschwitz Birkenau Museum. The excursion began with a tour of Auschwitz Birkenau concentration camp. The students were guided through the building complex and explained the scale of atrocities that happened in the camp by a pilot. At first, they were shown the prisoner barracks and crematoriums, then walked to the International Monument to the Victims of Fascism to find out what was the international response to the exposure of Nazi brutality. This experience has shown the students a new perspective on the Second World War and broadened their knowledge about the topic. After the tour and a break, the students took part in a workshop, which was led by an educator of the International Center of Education about Propaganda in Nazi Germany between the years 1933 and 1945. During the workshops, the students were provided with study materials to get acquainted with and were encouraged to voice their opinions and take an active part in the discussion. They were analysing the Nuremberg Laws introduced by Nazis in 1935 as well as posters from that period to better understand the ways of disseminating propaganda and the influence it had on the history of the Second World War. By analysing these documents in groups, students had an opportunity to develop their critical thinking, reflecting and communication skills.

