

The School Times

April '16

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School uniform: Do we really need it?

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NEWS

A conference devoted to the Arkhangelsk region in English was held in school



On the 10th of December the fourth city conference “Lomonosov’s Readings in English” was held in our gymnasium. Its main aim is to attract attention of senior pupils to learning their native land and to develop their creative and research abilities. Students are supposed to choose a theme connected with our region, to gain information and to do a research. While speaking at the conference they have to present their work to the audience, give justifications and answer questions.

This year twenty research works were done but only eight authors took part in the final presentation. The topics they chose were very attractive and inspiring: “Family values

of a Pomor family”, “Vologodskoe cemetery as Arkhangelsk necropolis”, “Arkhangelsk Pulp and Paper Plant – leader among leaders”, “Revival of northern tradition of baking “teterky”, “Arkhangelsk region in poems and proverbs”, “Expedition to the island of Novaia Zemlia in 1942”, “Exchange programs - a way to establishing a tolerant society”, “Real estate in Arkhangelsk as indicator of its development”. All the speeches were listened to with great interest and as a result of the conference we published a fantastic book which can be interesting for citizens of the city and our guests.

— **Olga Pravilova,**
Deputy Head of school # 21

EVENTS

- April, 6–11** The Week of Health
- April, 13** First Night Performance of The Play
- April, 19** Contest of young translators of poems from English, German and French
- April, 18–24** The USA Days in Arkhangelsk (special plan)
- April, 15–24** Festival of the English language
- April, 26** Spring Flower Fair

IDEA

Flashmob as a way to relax

What are people lacking in everyday life? At first sight, this question seems to be rather difficult, but still the answer is simple enough. We all are lacking positive emotions and happy moments. You must admit that in daily hustle and bustle we don’t pay much attention to such simple things as snowfall, a beautiful dawn or a rainbow. But, meanwhile, these trifles of life make happiness. Everyone can think about routine and about how to diversify days. But to pass from words to deeds is not an easy task. I know one thing for sure: you can’t cope with it alone. So, in 21st century such ideas as flashmob and proflash appeared.

Flashmobs (English word flash means a moment, mob – a crowd. Literary – a momentary crowd) is a planned beforehand mass action, when a big group of people appears in public places, does certain actions, prepared in advance. As opposed to flashmob concerning ideas and tasks is proflash. These two notions are often confused and they are considered interchangeable. But actually it is not so difficult to understand what is the main difference between flashmob and proflash. Let me tell you about both of them one after another.

So, flashmob has generally accepted rules. The first one and probably the most important is that the action seems to be spontaneous. Secondly, the script is very often absurd. And at the same time it must provoke not laughter but surprise. Thirdly, flashmob mustn’t contain advertisement or its elements, moreover, mobbers (people, who take part in flashmob) refuse from coverage of this event in mass media.

And what is proflash? Proflash (literary professional flash) is a public appearance (more often dancing) to attract attention of mass media. One of the peculiarities of proflash is participation of professionals in it. However, there are a lot of flashmob’s rules: spontaneity, absence of the leader, etc... the appearance of this movement is closely connected with the desire to make the show brighter, greater and more interesting for all people and participants themselves.

In spite of the fact that these notions appeared not long ago (2003), they quickly became popular and

nowadays practically every action can’t do without either flashmob or proflash. And of course there is a great advantage in it: you know psychologists confirm that such movements have a beneficial influence on the psychological state of the participants, help them to deprive themselves of constraint and fear of public opinion, form the ability to organize themselves and give an opportunity to get acquainted with like-minded people.

Some critics consider that flashmob gives rise to permission of everything and it can provoke hooliganism. But still in this case we can see that there are much more advantages of mobs than disadvantages. We can speak about pluses of flashmobs endlessly, but the best way to make sure of all above-mentioned facts is to take part in a flashmob yourself. Yes, don’t be surprised, it’s possible in our Arkhangelsk region as well. In Arkhangelsk schools balls are a special success. Themes



Photo by Alexander Khvostov

are always different, but the aim is the same – if only for a day to forget about complexes and enjoy yourselves. And by the way, a lot of schools practice these movements so successfully that they become traditional. Let’s take as an example Gymnasium of Novodvinsk, which

has succeeded in this affair. At the end of the school year school leavers of this gymnasium organize so called «water day». They take water pistols, buckets, a lot of water and make «an exchange of fire» in the street. You must admit that it is the best way to cheer up before serious exams. Our school is not an exception: our school leavers on the day of “The last bell” dance wonderful farewell waltz to classical music. Then they make wishes and set balloons free into the air. There is something touching and inspiring in this flash mob. Some other flashmobs are planned and we hope they will become traditional.

To sum it up it is necessary to mention that flashmobs and proflash really relieve the monotony of life, make it brighter and, without any doubt, cheer up. And when we are in a good mood we can cope with any difficulties. Your destiny is in your hands!

— **Anastasia Yakovleva**



Photo by Polina Shekhirina

Exchange Programmes – a Way to a Tolerant Society

An exchange programme is an arrangement in which people from different countries visit each other's country, perhaps to strengthen links between them or to improve foreign language skills (Collins Dictionary). It allows students from more than 160 countries all over the globe to succeed in the fast changing world, deepen mutual understanding between the countries, increase knowledge, broaden the horizons and promote friendly and peaceful relations via not only exploring other cultures, but also sharing their own ones. Today there is an enormous quantity of various exchange programmes for students, teachers, and young professionals all over the world. In this paper all the attention is drawn to the FLEX Program.

WHAT FOR

The purpose of this research paper is to promote awareness of the importance of international relationships and strengthen connections between the countries.

FLEX PARTICIPANTS' OUTLOOK AND STATE OF MIND

To identify the influence that exchange programmes have on their alumni interviews with FLEX alumnae were held. Several questions were asked.

— DURING THE EXCHANGE YEAR

To conclude all the answers given, the FLEX program means a lot for each of the alumnae, yet it provides friendship, professional connections, opportunities to become more responsible, open-minded

and to share Russian culture and traditions.

Moreover, experience of being an exchange student influenced alumnae's personality, making them more tolerant towards people with disabilities and those of different backgrounds and increasing their intercultural awareness. Being in a new environment, interacting with different people unintentionally have made them test their values, question themselves every single day about their goals in this fast-moving world and become more flexible no matter what situation has occurred.

Every exchange student is doing their best to take most out of every day during the exchange year. Trying something new is necessary, whether it is an unfamiliar

sport, hobby, food or any other pastime. It can be Mexican food, joining Drama Club, doing different sports such as softball, track and field, cross country, tennis, swimming and skating. Some exchange students, being the only child in their natural families, live with a host family with several siblings. Such experience is also new as well as volunteering since this kind of activity is not fully developed in

Russia. Sometimes exchange students try something new and it becomes their hobby. For instance, fascinating web site pinterest.com can develop interest and even love for cooking; being a part of Cross Country high-school team is the best way to fall in love with running. Although, blogging may not become serious occupation, however, it can give a good start for writing and posting online.



Liza, her friend Janie and host sister Savannah. Christmas time.



— AFTER THE EXCHANGE YEAR

Experience during the exchange year can help set the goals after it and decide on a career. Some exchange students are 100% sure about their future and confident about their plans. Some do not know the exact occupation they are willing to have, yet they are sure about what direction to move in.

The FLEX program helps exchange students promote awareness of the importance of international relationships and strengthen connections between the Eurasian countries and the USA not only during their exchange year but also after it. Alumni continue volunteering, host foreign exchange students, participate in various events that are aimed to help foreign exchange students understand Russian culture better. Sometimes it is what alumni give their most attention to. Experience that happens during exchange year can influence exchange students' personalities. Being alumni they find themselves more easy-going, more stress resistant, tolerant, open-minded, loving and caring. They start appreciate their families, their loved ones and even simple things. Moreover, it is not only actual exchange year that influences

exchange students' personalities, but the whole FLEX experience and being a FLEX alumna.

ALL IN ALL

To take everything into consideration the FLEX program and all other exchange programmes overall promote awareness of the importance of international relationships and strengthen connection between the countries. They influence not only exchange students but also all the people who know at least something about these programmes. Besides exchange programmes there are some other forms of international cooperation. The one we would like to mention is the agreement between our school and Westbrook High School, ME, USA signed on the 4th of November, 2015, that is aimed at joint and cooperative activities such as the publication of the school newspaper in English, participation in the Internet community, the implementation of joint exhibitions, contests and after-school activities. They create better societies helping to bring up open-minded and tolerant generations and build even better environment for the future ones.

— Liza Tomilova

Historical contents

The Future Leaders Exchange (FLEX) Program is a programme for high school students from 16 countries. It provides merit-based scholarships for students to travel to the USA, live with volunteer host families, attend a high school for a full academic year.

The primary mission of the FLEX program is to promote and expand mutual understanding between the nations and create an environment for young people from Eurasia for observing and experiencing the system of government and communities of the U.S.

Erlend Loe.

Self-ironic Norwegian writer



At the end of November an international cultural festival called «Barents Bird» was held in Arkhangelsk. One day of the festival was devoted to Erlend Loe, the Norwegian writer who presented our audience a lecture, where he told about himself, his books and the way he creates them.

Erlend Loe is a novelist, screenwriter, critic, laureate of some national and international awards. Self-irony and uncommon, childish vision of the world make his books unique.

Erlend Loe was born in a small Norwegian town Trondheim in 1969. His parents

took care of him a lot, read different literature and gave good upbringing. At the age of 10 he tried to write his first poem, that was later published in a local newspaper. While studying at school he met a classmate who, as Erlend says, had a great sense of humour. *“So much of my manner of*

writing is based on his humorous ideas and perceptions. That was the first real friend I found”, said Erlend.

After graduating from school he went to France for a year, where he wanted to continue his education. That was one of the longest and the most exciting periods in his life. That's what Erlend did when he visited his school for the first time: *“When I first saw my curriculum, I went to the headmaster of the school and told him that I was not going to study any other subjects besides French. So, he removed these subjects from my timetable and I suddenly got a lot of free time that I spent watching films, exploring Paris and strolling with my friends”*.

Later he returned back to Norway. His spheres of interests were really wide: he learned how to make films, worked in hospital, acted on the stage. His first book, *“Gone with the Woman”*, where he told about relationship of young Norwegian and his girlfriend, was published in 1993. His second novel, *“Naiv.Super”*, became the world bestseller and made him a cult figure.

Today, Erlend Loe has already written about 11 books, including books for children and film scripts for television.

— Kirill Belov-Belikov

Should we really wear uniform?

In September 2014 an obligatory school uniform was introduced in the majority of schools in Arkhangelsk. In our gymnasium this uniform has existed for a long time. It consists of a dark-blue suit and a white shirt. However, not all pupils observe this regulation. We decided to find out whether a uniform is really necessary.

PRIDE OF BELONGING TO THE SCHOOL

Many people find a uniform necessary. A child wearing a uniform thinks and behaves differently. A strict uniform positively influences self-control and discipline, creates business atmosphere which is necessary for studies. A pupil starts studying better when he concentrates on the material given by the teacher, but not on the clothes of other pupils. Schools without a uniform have more problems with maintaining discipline than those with a uniform. Many pupils support wearing a uniform. Nastya Yufriakova, a pupil of the 9th form, thinks that a school uniform is always necessary. *“It doesn't only make our gymnasium look better but gives it an official style. Without an adopted format of clothes many pupils will envy others exclusive clothes”*, she says. Nevertheless Nastya recommends a less strict uniform.

The standard of a uniform develops our feeling of belonging to this school. Some schools introduce a uniform different from other schools. For example, gymnasium №6 and school “Kseniya” have coats of claret colour; in gymnasium №3 pupils of high school are to wear black uniform and junior – green one. In my opinion it gives students a chance to be proud of being different from their friends.

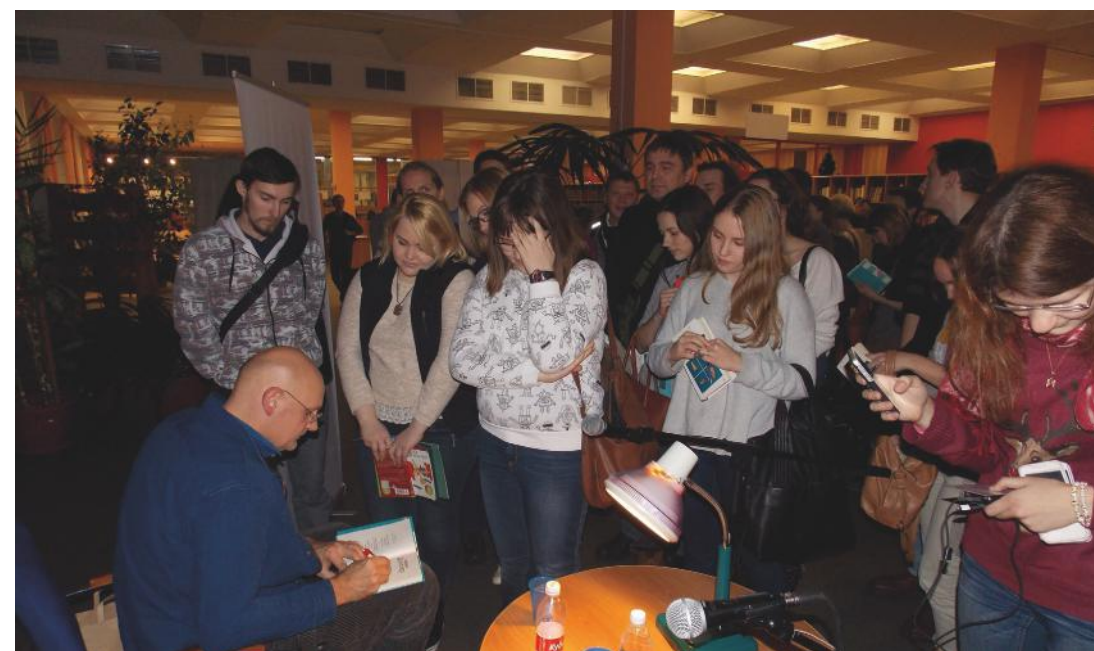
LOST INDIVIDUALITY

A person wearing a uniform stops being an individual. It may seem that we are all identical, as if we were a grey mass; however it is not quite so. Pupils try to be different: some of them wear shirts with prints, others – come in white shirts but have accessories, for example a necklace. To my mind, this is a positive feature.

But the largest drawback in wearing a uniform is that pupils get tired of simply wearing one and the same things every day. There are pupils in our gymnasium who are strongly against a uniform. Marina Nemonova, a pupil of the 10th form, commented on the situation: *“Where is my freedom of choice what I can wear, again a dark-blue suit. We don't want to be a grey mass, but we are forced to be such. We are strongly recommended how to live and what to wear, and this is not good.”*

So many men, so many minds. Today we can hardly do without a school uniform: it can lead to extremes in choosing clothes for schoolchildren. But it is worth giving the pupils at least one week a term for cleaning and washing the school uniform.

— Anastasiya Podoplekina,
text translated by Evgenia Vovk,
the teacher of English



Science for Students

The Day of Russian Science is traditionally celebrated on the 8th of February in schools universities and research institutes. Our school is not an exception: on the last day of January we held "The Day of Science".

Traditionally it starts with a conference and then work of thematic sections begins. Students represent their investigations in different subjects: mathematics, physics, history, social study, biology, chemistry, Russian language and literature, foreign languages etc. Their works are the result of long-term research headed by their teachers on specific themes. On this day they introduce their investigations to the audience and finally get awards. There are 3 nominations : "The best speaker", "The best presentation", "The most exciting theme".

Veronika Roisman, 9 form
Subject: Chemistry
Topic: chocolate

I enjoy eating chocolate and wanted to know if it is healthy food

I have learned that white chocolate is not recommended to overweight people but is good for children.



Arina Ichetovkina, 9 form
Subject: Mathematics
Topic: types of geometrical movement in the architecture of our city

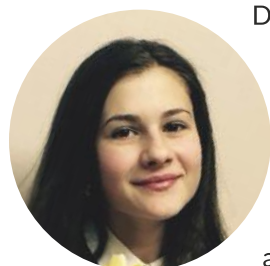
Desire to find rules and laws in city's architecture influenced the choice of the theme.

I found out that different types of geometrical movement are widely used in city's architecture.



Diana Moroz, 10 form
Subject: Literature
Topic: Influence of Dostoevsky's biography on his books. Personality of Dostoevsky has always attracted me. I wanted to compare his life and his creative works to understand his personality better.

We managed to find some connections between his life and books. I understood the mysterious Russian soul better.



Tatiana Kravchenko, 9 form
Subject: Regional Study
Topic: Change in cultural landscape of Arkhangelsk during foreign intervention 1917-1919. My teacher of history suggested this topic and I got interested, I wanted to know history of my city better.

We analysed the book "Childhood in Solombala" by E. Kokovin and came to conclusion that it is based on real facts which took place in Arkhangelsk.



Alexey Semenov, 10 form
Subject: History
Topic: Memories of the Northern Convoys 1941-1945

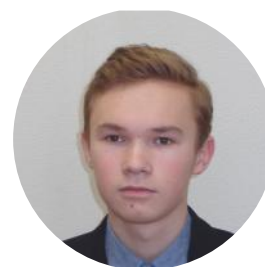
Coming influenced the choice of the theme anniversary of the first convoy "Dervish" in August 2016, the fact that few people know history of these events.

People in Arkhangelsk honor memory of those who took part in this operation but common people and our students don't know much about it.



Alexey Golovin, 10 form
Subject: Mathematics
Topic: Creating models of graphics functions in Geogebra system.

We created models of graphics functions in Geogebra system, animated them, made instruction how to do it.



All in all 20 students investigated different topics and they pointed out that research work gave them possibility to gain much new information and then share it with other people. They got an opportunity to study one theme deeply and even to make new discoveries.

— Olga Pravilova, Deputy Head of school # 21