

المدرسة
الوطنية الأرثوذكسية
الشميساني



The National
Orthodox School
Shmaisani



EVOLVE

NOS Students' Newsletter & Podcast

Dec. 2023 | Issue 2 | Year IX | No. 17

DO THEY KNOW IT'S CHRISTMAS TIME AT ALL?

Christmas reminds us of the importance of giving and empathy. Our brothers and sisters in Gaza and across all of Palestine have been facing never-ending oppression, with the worst attacks ever, starting October 7th.

This Christmas, be considerate of that as you "observe" Christmas keep them in your thoughts, and use your voice to help end their suffering.

Free Palestine.



NOSEVOLVE



EVOLVE:NOSStudents'Newsletter



NOS Students' Newsletter & Podcast

WELCOME TO ISSUE 2 | YEAR IX

Q: What is 'EVOLVE'?

Evolve is the National Orthodox School-Shmaisani (NOS) student-based newsletter & podcast. The newsletter was started by a student (Majd Muna) in 2015, and the Podcast was started by a student (Mariah Manneh) in 2022. It's a space where 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 world.

Q: Who can join and how?

The EVOLVE team consists of Grade (9-12) students. A detailed announcement is sent out during the first weeks of each school year. Anyone from Grades (9-12) can apply to join, by a certain deadline. This year, our team has filled up; however keep an eye out for future announcements for vacancies! Moreover, any student from any stage who is interested in writing is most welcome to contribute an opinion piece. You can pitch your ideas for contributions by sending an email to: editor.newsletter@nos.edu.jo

Q: Where can I find the previous issues & podcast?

Our school administration sends Evolve to NOS students, parents and staff by official email. So, you can look for it in your NOS school email inbox. Additionally, the issue is posted on our socials, and you can find a link tree in our Instagram (NOSEVOLVE) bio. There, you will also find the links to the NOS website, previous issues, and our Podcast; or you can find us on the NOS website (www.nos.edu.jo), under News & Publications.

Message from EVOLVE advisor Dina Ra'ad-Yaghnam:

Our Dear EVOLVE Readers,

Kudos to the EVOLVE Team for getting two issues out in the first semester. Yet it is hard to believe that the second EVOLVE issue for this year is coming out while the barbaric attack on Gaza and the rest of Palestine is still ongoing, and getting worse by the day. People all over the world are consumed and outraged by it; still it continues, and so we must continue to keep Gaza and all of Palestine in our hearts and minds and continue to speak out against this genocide and the war crimes being committed.

So proud of our EVOLVERs, who have been doing their part in spreading awareness on the EVOLVE Instagram and Facebook, highlighting some of the most active Palestinian youth journalists in Gaza and producing a short video to encourage people to speak up... our upcoming Podcast has a segment dedicated to how one can support our Brothers and Sisters in Gaza and throughout Palestine in different ways, all this in addition to a variety of topics of interest to writers.

We usually wish you "Happy" Reading, but it's hard to wish anyone a "happy" anything these days, so let us just wish you a "good read"; we hope you will find this issue's articles thought-provoking and enlightening in some way or another. We invite you to see more of what our EVOLVE students have to say by following EVOLVE's social media and staying tuned for our podcast, to get the full EVOLVE experience.

We wish you a Blessed Christmas and Pray for peace, and a Free Palestine.



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رسالتنا إلى أطفال غزة

تالين حبش

تحية حب كبيرة منا نحن أطفال الأردن
لأطفال غزة وكل فلسطين



أنتم الحبّ والحياة
رسالتنا وقف النّار
والعدوان..
رسالتنا السّلام..
أنتم تستحقون الدّفء
والأمان..
تستحقون الماء الدّواء..
تستحقون العلم والحياة
والأمل بحاضر ومستقبل
أفضل..
قلوبنا وصلواتنا معكم دائماً..

تحية حبّ كبيرة منّا نحن
أطفال الأردنّ لأطفال غزّة
وفلسطين
شجرة الزّيتون.. هذه الشّجرة
القويّة الصّامدة رغم كلّ
الظّروف والتّحديات..
أنتم يا أطفالنا مثل هذه
الشّجرة...
نريد أن نوصل رسالتنا..
أنتم لستم وحدكم..
أنتم أبطال..



“Think of Others” Initiative

A timely initiative for the Christmas Season

Lama Moucattash

In recent years, the National Orthodox School has amended our mission and vision towards becoming an inclusive school, which led to the “Think of Others, Take Action & Make Impact” initiative, founded by the Head of Stage (9-12) Sophie Sammour. This initiative aims to raise awareness on taking care of those with disabilities and to work towards building a sense of social responsibility within the NOS student body. It seems very fitting to have several events for this initiative take place throughout the month of Christmas, where we aim to think about those around us and take selfless actions to benefit them.

Through this initiative, a number of events took place to promote an inclusive environment. The most notable to our students was the game of “goalball” which took place at the beginning of December, where seniors played against champions from the Jordan Paralympic committee. This game is one most of us aren't familiar with. As students watching the game, it was thrilling to learn more about the Paralympics and expose ourselves to the unique side of sports that often goes overlooked.



After witnessing the skill, precision, and technique required, I can confidently say that I, alongside many other students who watched and participated, will be tuning in next August for the Paralympic Games 2024. Following the game, our seniors presented varsity jackets to each one of the participants from the Jordan Paralympic Committee.

Moreover, in cooperation with the Al-Hayat Association for Rehabilitation and Care for Persons with Disabilities, an art exhibition was organized by the Art Education Coordinator. The purpose of this exhibition was for the talented artists of NOS and the Al-Hayat Association to express their solidarity with the suffering of our brothers and sisters in Palestine. United in grief, our wonderful students were able to express their frustration through art and significant cooperation. This not only promoted inclusivity but a sense of community and unity for one aim: A free Palestine.



“Think of Others” Initiative

A timely initiative for the Christmas Season

Lama Moucattash

continued...



Community service club members were also able to visit persons afflicted with Down's Syndrome at the Al-Hadab Association for Down's Syndrome. Students helped distribute new jackets to members of the association and learned more about its purpose and ways to further benefit it during their visit.

As our hearts feel for the suffering of the Palestinian people, celebrations seem out of mind, and the Christmas holiday might feel empty, or even selfish considering what is taking place just across our borders. However, we must acknowledge there are ways to celebrate without the music and festive decor, in fact, Christmas is much deeper than that. Christmas is a time of giving, and through this initiative, we were able to connect with our community and give back to those within it. Ultimately, I believe we spread the Christmas spirit in a much more meaningful way.





صوت الحقّ

كارين حبش

الإعلام عالم واسع يبثّ كلّ حدث مهمًّا كان صغيرًا، ويجذب الكثير من المشاهدين في مختلف أنحاء الكرة الأرضية للاطلاع على أهمّ النزاعات التي تحصل من حولنا. وللإعلام غايات عدّة، مثل الترفيه والتعليم والتثقيف. لكنّ هنالك خطورة وجانب سلبيّ لكل شيء دائمًا؛ الإعلام كان سببًا كبيرًا في خسارة حياة الصحفيين.

ومن الأمثلة على الصحفيين الذين خسروا حياتهم في سبيل هذه المهنة: شيرين أبو عاقلة المراسلة الإعلامية التي بلغت من العمر واحدًا وخمسين عامًا. فقد حصلت على بكالوريوس في مجال الصحافة واختارت هذا التخصص لحبها له. "اخترتُ الصحافة لأكون قريبة من الإنسان" هذه العبارة التي قالتها شيرين مفسّرة مدى حبّها للإنسانية وتفانيها في مساعدة الآخرين. وكانت من أوائل المراسلين الميدانيين. استشهدت شيرين أبو عاقلة وهي تنشر الأخبار على أطراف مخيم جنين عندما أطلق عليها النّار، وأصيبت برصاصة مباشرة في رأسها، ونُقلت إلى المستشفى التي أعلنت وفاتها. كانت فخرا لها وللعالم أجمع في سبيل هدف نبيل، فقد ضحّت شيرين بالكثير، فكيف ينتهي الأمر بها بهذه الطريقة؟



وفي العدوان الحالي على غزة، أصبح الخطر على حياة الصحفيين أكبر. وائل الدحدوح، مراسل الجزيرة في غزة الذي يبثّ الأحداث من موقعها ويسلط الضوء على أهمها، ومع تدهور الأوضاع في غزة، أصبحنا على علم عن هذا المراسل الشريف. فهو يعرّض نفسه للخطر كل يوم حتى يشاهد العالم هذه الجرائم، ولكن بلا جدوى! وائل، وبينما كان على الهواء، علم بخبر استشهاد عائلته التي تم قصفها من قبل الصهاينة. وبذلك فقد المراسل أهم أفراد عائلته: زوجته، ابنه، ابنته، وحفيده الرضيع. ليس هذا فقط، فلم يكتفِ الاحتلال بقتل معظم أفراد عائلته، إنما تم استهدافه بإطلاق صاروخ عندما وصل لتغطية القصف في إحدى مدارس خان يونس مؤخرًا، ولقد أصيب وائل وتم نقله للمشفى فورًا، كما تسبب هذا الاستهداف بشهادة زميله المصوّر سامر أبو دقة الذي نزل كثيرا ومنعت قوات الاحتلال الوصول إليه وبالتالي لم يتم إنقاذه، فارتقى. ورغم كل تلك المواجهات والجروح والاصابات الأليمة، عاد وائل للإعلام وإيصال الحقيقة للعالم.



صوت الحقّ

كارين حبش

تكملة...

نتعلم من هؤلاء الصحفيين شيئاً أكبر بكثير من الذي نتعلّمه أحياناً في المدارس والجامعات، وهو حبّ الوطن والانتماء إليه. لأننا نرى بأعيننا أنهم لم يخافوا يوماً من الذهاب إلى قلب الميدان حتّى ينقلوا للعالم ما يحدث، حتّى وهم واقفون ويشاهدون ظلم قوّات الاحتلال، ووسط الخلافات والنزاعات الدّامية، ومع ذلك لم يستسلموا يوماً. لقد تمسّكوا بأخلاقيّاتهم وهدفهم النبيل وبنقل الحقيقة والأحداث الجارية. هذه حقّاً كانت تضحية كبيرة من أجل العالم والإنسانية، لكنّ الكثير منّا لم يلاحظ ذلك!



وبالطبع، لن ننسى الصحفيين الفلسطينيين الشباب مثل: معتز العزايزة، بيسان عودة، صالح الجعفرأوي، محمد المصري، عبدالله العطار وبليستيا العقاد، هؤلاء الشجعان الذين تخلوا عن حياتهم حتى ينشروا الحقيقة المؤلمة.

في نهاية المطاف، أين الإنسانيّة؟ أين الشّعور بالآخر؟ أين ذهب الإنسان الذي كان يعمل كل شيء ممكن لمساعدة أخيه؟

لقد تحوّلت الكرة الأرضيّة إلى عالم مليء بالنزاعات والخوف وعدم الشّعور بالرّاحة. لم تستحق شيرين ووائل وما يقارب 90 صحفياً ما حدث ويحدث لهم. لنسترجع صوت الحق وندافع عن الأرض الحبيبة فلسطين التي ستدوم في قلوبنا طالما بقينا أحياء. ومن الواجب علينا أن نكمل مسيرة الصحفيين بنشر الحقيقة والوعي، ليس فقط لجيلنا بل لأولادنا أيضاً.



The Chemistry of Fear:

What Makes Horror Movies So Enjoyable?

Zaid Sunna

Based on the US and Canadian box office revenues, “horror” is the fourth most popular movie genre in the past three decades, tied with “comedy.” But has anyone truly dared to find the reason for its renown? Many psychologists throughout history have tried, each coming up with their own interpretations and theories.

First and foremost, the Excitation-Transfer Hypothesis was proposed by the German psychologist Dolf Zillmann in the late 1960s. Although this theory is not exclusive to a specific genre, but to media in general, it can still be perfectly superimposed onto horror. You see, it all starts with the tension. The movie is playing, the suspense is accumulating, and you suddenly feel your heartbeat quicken. Now, the magnitude of those intense emotions of fear- according to the theory- will be transferred to the relief you experience afterward. This relief, boosted by the previous emotion, is what brings the observer the utmost enjoyment.

Another suggestion delves into the neurological justifications. In this case, the movie stimulates your brain and tricks it into thinking you’re in real danger, thus causing the fight-or-flight response to occur. Consequently, your brain releases adrenaline, dopamine, and endorphins, each of which acts as feel-good chemicals.

Last but not least, a notion relating to the watchers themselves. Those with a tendency to seek thrills happen to have a more notable affinity for scary media. Some scientists relate that to their naturally low dopamine levels, which prompts them to chase means to counter it.

Needless to say, not everyone appreciates the frights. Psychological studies noticed a pattern between empathy and averting horror, whereas those with a greater empathetic ability would feel unsettled watching the suffering of the movie’s victim, therefore fueling their dislike, and vice versa.

But why did I choose to discuss the fourth most popular genre instead of the third, second, or first- which happen to be drama, action, and adventure respectively? It boils down to personal reasons, as horror has always been the type of movie I watch the most. Ultimately, enjoying a genre is not limited to specific people, or certain phenomena. As long as you take delight in it, you should feel free to watch what you want.





My Brain Training Experience

Daniella Sweidan

What do you first think of when you hear of brain training? You might ask yourself what brain training is as you might have never heard of it, don't have enough information to form an opinion, or you might think it's just a program designed to help the brain in a certain way. In August of last year, I had the opportunity to experience brain training at a specialised centre in Amman, and it changed my life forever.

What Is Brain Training?

Brain training aims to help people improve their cognitive skills by offering cognitive assessments, training, and drills designed to enhance cognitive skills such as attention, memory, processing speed, and so on. The center I went to helps anyone from ages 5 years old up to 70 years old and even more. Their brain training program is designed to boost cognitive skills in as little as 12 to 24 weeks and guarantees lasting results. Their brain training programs cater to their specific needs and include other programs such as BrainRX, MathRX, ReadRX, and AcceleratedRX.

How Does It Work?

Once you sign up, the centre conducts an evaluation of your current level of cognitive skills. This means you will first do a cognitive assessment called the Gibson Test, which is a computerized screening tool that evaluates your performance on mental tasks such as Attention, Memory, Processing Speed, and Logic and Reasoning, to name a few. In the meantime, whoever comes to the centre with you will answer a questionnaire about you that will be needed to pair you up with your own cognitive coach, after which they will guide you throughout the entire course of brain training. After you have completed your recommended training hours, you will undergo the Gibson test again to evaluate your results after the post-assessment. It will then be clear whether or not you need extra sessions; for reference, the most common is 72,000 (seventy-two thousand) sessions.

Why Do I Do Brain Training?

I've always struggled mentally, academically, socially, and emotionally. I was diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) at 11 years old, and it wasn't until the COVID-19 pandemic that it started to get out of hand. I was always anxious about leaving my house and being around large groups of people, especially strangers, and this became extremely overwhelming for me. I hated going to places that I knew would be crowded, such as the mall or school. In class, I was very fidgety, inattentive and struggled with paying attention. In addition, I had problems with my social life. For example, I was constantly being faced with the obstacle of making long-term friends for as long as I could remember. This meant I barely had anyone to talk to at school and had extremely low confidence. Math was my weakest subject mostly due to the fact that I had difficulties with understanding and remembering complicated rules, terms, and concepts. My life was like this until I discovered the amazing world of brain training and I instantly became obsessed.



My Brain Training Experience

Daniella Sweidan

continued...

It's All in the Coach

No matter how good the program, if you don't have a good coach, you probably won't get much out of it. Take my cognitive coach, for example, Coach Loay. He was my coach throughout my entire course, and I honestly can't thank him enough. Coach Loay has a desire and ambition to become a greater version of himself which reflects on his students (including me) and helps them to achieve their goals. He also makes sure to bring out the best in his students while also being positive and encouraging throughout the entire session which gets them to try new and challenging levels to exceed their limits. Moreover, he and a few others cheered me on in getting 95% active time in my digital session which a lot of students don't get to achieve.



What Changed?

After a year of brain training, I am now able to pay attention more easily and memorize information faster, which made studying a whole lot easier. Moreover, I have extra confidence which allows me to make so many new friends and deepen old friendships. In addition, I'm more active in classes and am actively participating in subjects such as Psychology, Math, Biology, Business, and English. Also, I'm more independent and needed less help with studying or anything in general, as I did most of the studying for my external exams with barely any help and managed to pass with flying colors! I also started noticing some huge personality changes; I am more punctual, more outgoing, less shy, more creative and more independent than I was before.

To sum up everything stated so far, I had a phenomenal time in brain training, and I'd highly recommend it for any of you who want to optimize your life as well.





Book Review

The Alchemist

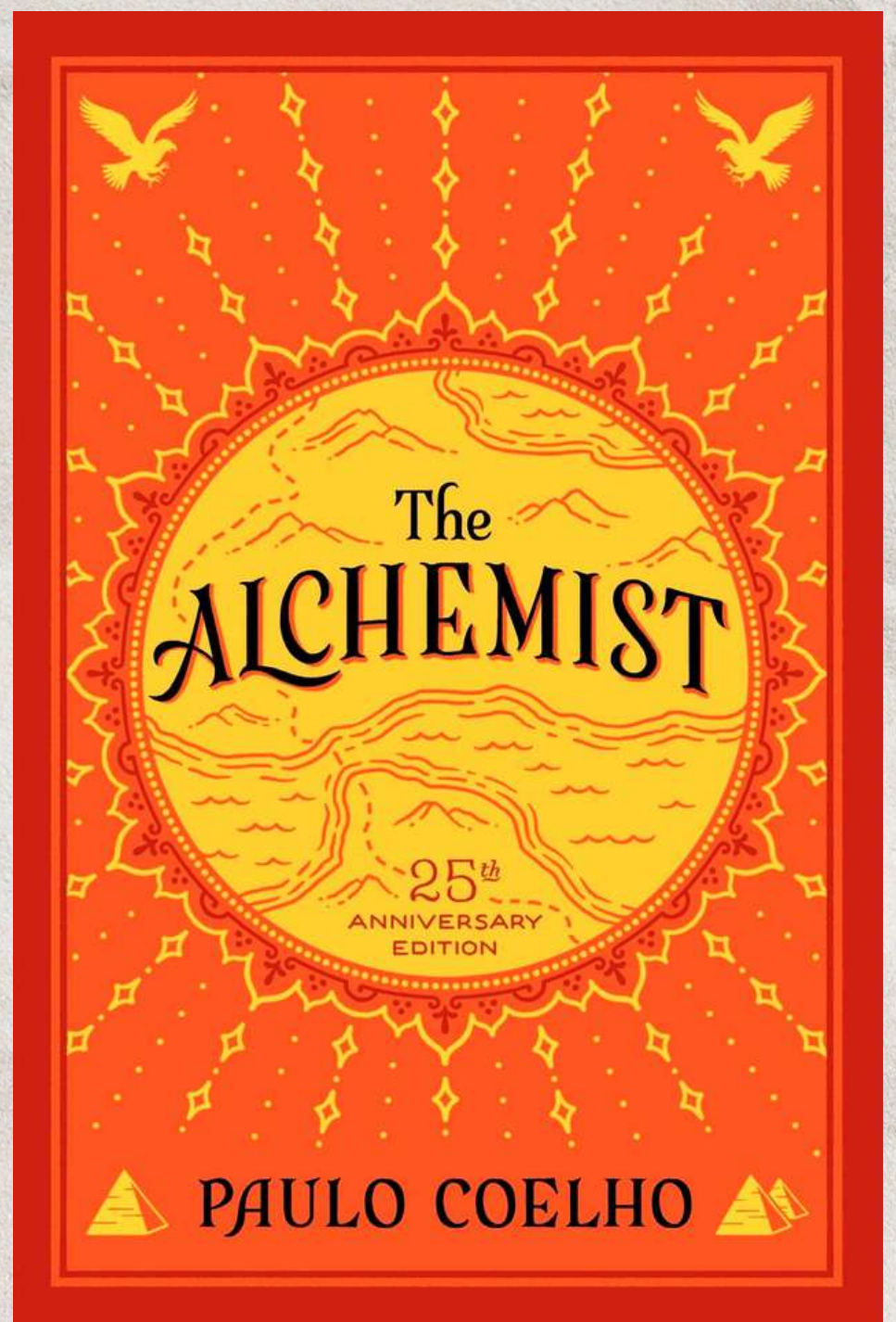
Nour AlSarabi

“Like many others, I was drawn to this book as it held so much wisdom on following our legends, and our dreams. Coelho’s prose fills this novel with interesting characters and unexpected plot twists!”

The Alchemist by Brazilian author Paulo Coelho is a captivating, inspiring novel that takes the readers on a transformative journey alongside the protagonist, Santiago. Coelho’s storytelling skills shine through as he weaves a tale of adventure and self-realization. The character of Santiago, a shepherd, embarks on a quest to find his legend, his true purpose in life. As he encounters various obstacles and meets fascinating characters along the way, readers are drawn into his world and find themselves reflecting on their aspirations and dreams.

The shepherd’s physical journey, with all his encounters, challenges, and setbacks parallels those problems individuals face while pursuing their dreams. It is a constant reminder that each adversity we face in our lives creates amazing new opportunities that lead to growth and personal development. Santiago’s character displays the importance of perseverance and resilience, as he would not have discovered his personal legend without these qualities, and his dream of finding his treasure would have been just that, a dream.

The “Alchemist” refers to the central character in the novel who possesses the most wisdom and appears just when Santiago is willing to give up on his dream. He then guides him through the last dangerous and difficult leg of his journey, reassuring him to follow his heart.





Book Review

The Alchemist

Nour AlSarabi

What really sets this novel apart from the others is its ability to impart valuable life lessons through allegory and symbolism. Coelho's writing style is simple yet profound, making it accessible to readers of all ages.

The author portrays many symbolic elements throughout the novel that extend beyond its narrative surface. For example, throughout the story, symbols and omens guide Santiago's journey. They represent signs from the universe, encouraging individuals to pay attention to the subtle messages and guidance that life offers. Another element is the double meaning of alchemy. In the literal sense, alchemy is the transformation of base metals into gold, whereas, in the metaphorical sense, alchemy is the transformation of oneself to achieve their full potential.

In essence, *The Alchemist* is a multi-layered narrative that invites the readers to contemplate the deeper meaning behind it, urging them to reflect on their own life journeys. With only 182 pages, this story encourages us to listen to our hearts, embrace our passions, and pursue our dreams. Coelho's philosophy and wisdom make this novel a must-read for anyone who is seeking inspiration and a deeper understanding of their purpose. Santiago discovered his legend, will you?





Only in Palestine

Julie Zeidan

Only in Palestine does a mother have to carry her son twice, at birth and death when he has been martyred.

Only in Palestine does a father savor the remains of his daughter in fear of it being the only recollection he will ever have of her.

Only in Palestine does a child dream of not becoming a doctor, but of growing up to witness a new day at all.

Nevertheless, it is not only in Palestine where the hearts of people ache for all the victims.

Nor is it only in Palestine where we scream for justice till our voices break.

We the world will preach, protest and pray for the freedom of the Holy Land for now and forever.

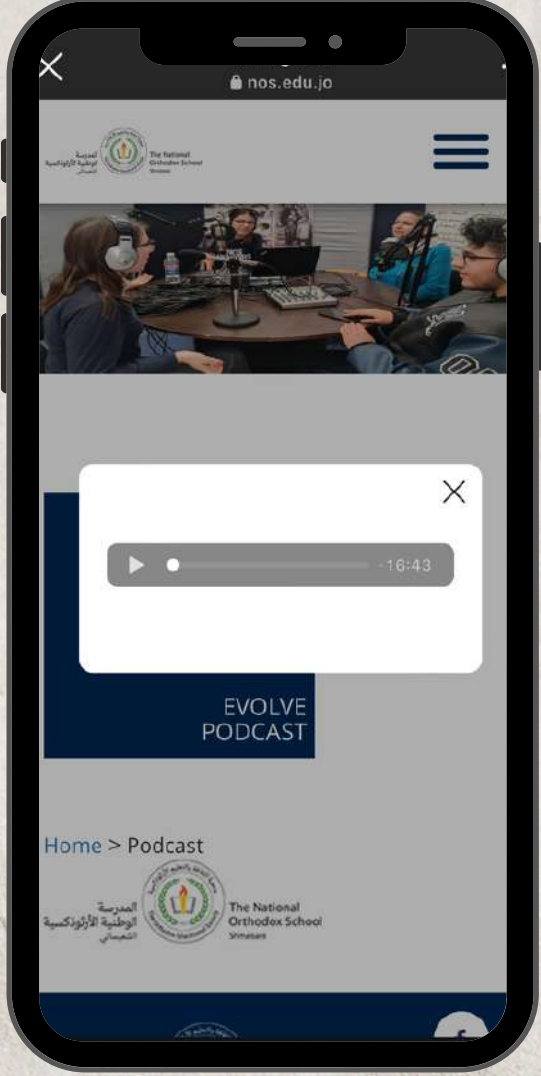
So remember, what happens “only in Palestine” will not be forgotten,

And we will never hesitate when it comes to standing on the right side of history.





NOS Students' Newsletter & Podcast



Coming soon



Stay tuned for our
1st Podcast of this year!

<https://nos.edu.jo/shmaisani/podcast>

Listen to our pilot episode
already online!

For more NOS news, visit our school's
official social media platforms:
Facebook, Instagram & YouTube.

للمزيد من الأخبار، زوروا الحسابات الرسميّة
لمدرستنا على فيسبوك وإنستغرام ويوتيوب.



[nos.shmaisani.official](https://www.facebook.com/nos.shmaisani.official)



[NOS- National Orthodox School- Shmaisani](https://www.youtube.com/NOS-National-Orthodox-School-Shmaisani)



NOS Students' Newsletter & Podcast

MEET THE TEAM



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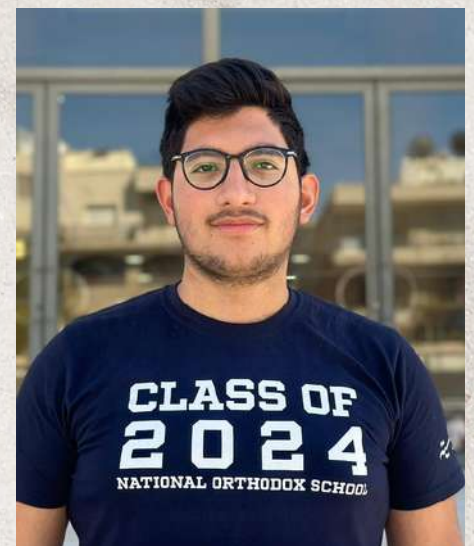
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MEET THE TEAM

continued...



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Also: Karen Habash and Nour AlSarabi



MEET THE TEAM

continued...



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