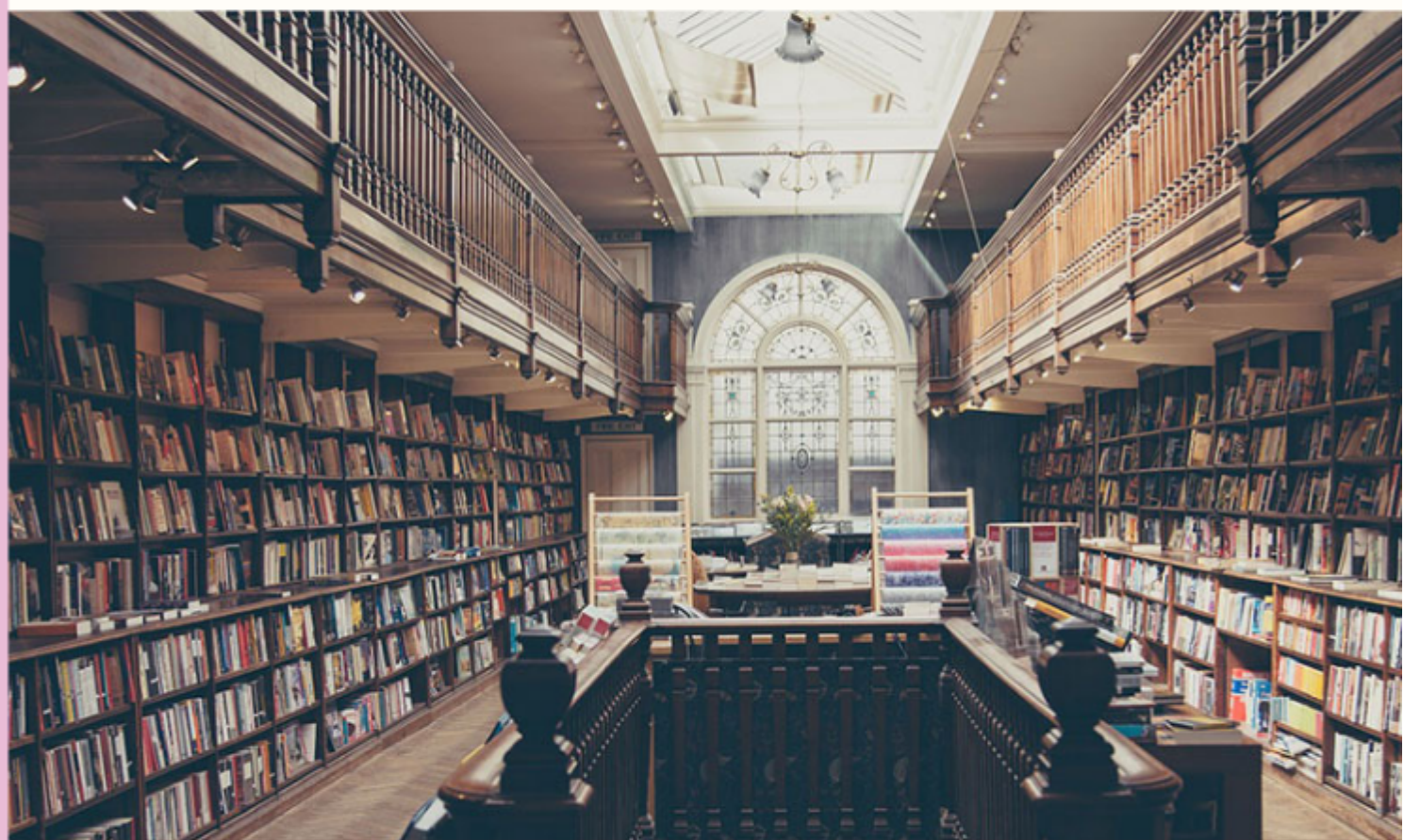


ROTTERDAM INTERNATIONAL SECONDARY SCHOOL

# RISSUE

WINTER EDITION



Dear Readers,

The Rissue team is proud to announce this year's Rissue, although we are a bit late, it is finally here and we are very proud to announce it, The winter edition of the Rissue! We have interesting and quality articles in store for you all, written by the Riss community; our own students and teachers. Topics such as stress management, and how to help friends through tough times are in this edition, but also various reviews on movies, tv shows complete with ratings and opinions from our students. Places to go on vacation in the summer, where to work and a sports section. We are proud to have Mr Albert's introduction to his new geography website, and we encourage everyone to have a look at it! At the end of this edition, we have a brand new photography section for everyone to enjoy and browse, sent in by our own students, who are part of the photography club. Also, this is not the last Rissue! We will have another issue coming out later this year, so don't be shy to write and submit it to us, so you can also be a part of the Rissue!

Thank you and happy reading.

~Nina Yrausquin, grade 11

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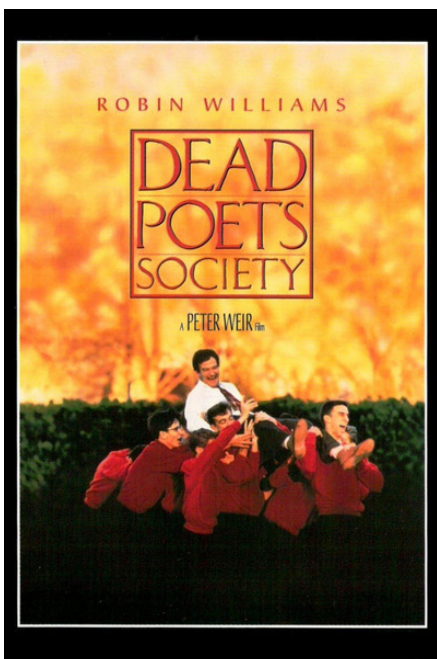
## Movies to watch

1- Good Will Hunting (1997) - Will Hunting is a genius who's living a rough life in South Boston, while being employed at a prestigious college in Boston, he's discovered by a Fields Medal winning Professor who eventually tries to get Will to turn his life around with the help of Sean Maguire, as Will begins to realize that there's more to himself than he thinks there is.



Anonymous review : Not enough can be said about this film. Easily one of the best films to be ever made and probably one of the few films which everyone seems to agree on. The simplicity yet complexity of the script, the subtle yet moving performances of the cast are the highlight. Good will hunting is a piece of extraordinary writing executed brilliantly.

2- Dead Poets Society (1989)- Set in 1959 at the fictional elite conservative Vermont boarding school Welton Academy, it tells the story of an English teacher, John Keating, who inspires his students to look at poetry with a different perspective of authentic knowledge and feelings.



anonymous review :Robin Williams did more than mere acting. you could see it in his eyes, he lived life of characters he played. His part in movie is like poetry itself inspiring to flow free like words, stirring young hearts and daring us to dream.

3-Forrest Gump (1994)- Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny.



Anonymous review: ForrestGump is one the finest and beyond top class movie of all time. For me, watching Forest Gump, changed my perspective and way of looking into my life.

## GEOPAL

I was asked to write a blurb for the RISSUE about the website I created while drinking many a coffee over the summer break at the Rotterdam library, when really I should have been galavanting across different countries and continents like the rest of you. Allow me to introduce you to: [www.thegeopal.com](http://www.thegeopal.com)! This website was made for my current geography students, students I have had in the past, as well as other IBDP geography teachers worldwide. On it, links are posted that students might find interesting, as well as revision materials or even homework. Previous students of mine can, with a password given by me, access every single lesson plan I have used in class with them. This might be particularly helpful if they go into geography or a related subject in university, which some of our students definitely do! IBDP Geography teachers can access the links and content I post to potentially use in their own lessons, as many in the IB community share lessons and materials; it's part of what being an international educator is all about.

The website is nothing too grandiose at the moment, but it's mine, and I am proud of it. As time goes on and more content gets posted, there will be something for everyone. I am pleased that my students are already using it, both previous and current. If you're interested in geography, check it out and have a browse!



# STRESS MANAGEMENT

Have you ever been in a situation that resulted in you feeling stressed? Or, shall I ask, have you ever had a moment in your life where you did not feel stress? For the majority of students, especially those in IB, stress makes such frequent appearances that at times we ask ourselves how we have not drowned in the tears that are the aftermath of all the work that we have to do. You see, the human body is like a bridge, and too much weight causes it to collapse. That biology test next week is a truck whose tires have just deflated, and its weight causes the bridge to tremble. The economics IA and history paper are irritated drivers who join the truck on the bridge, not realizing that the truck will not move, and that their weight is only testing the foundations of the bridge. Finally, building up service hours, the reading assignment in English, the math homework due tomorrow, and photography club on Thursday are just senseless people who have come on the bridge to admire the chaos, to which they have now added. The bridge eventually collapses, but the traffic known as life does not stop and keeps on adding cars to the pile if the bridge is not fixed. It is your lucky day, because I am a construction worker who will give you some tips on how to rebuild your bridge and prevent it from ever falling again.

In order to know how to relieve stress, we must first understand what stress is, and the effects that it has on the body. Our body is able to detect stress, and when it does, a small region of the brain called the hypothalamus reacts by stimulating the body to produce hormones, which include adrenaline and cortisol. The adrenaline hormone increases the heart rate and raises the blood pressure, providing the body with some extra energy. Cortisol, known as the stress hormone, triggers the release of glucose into the body, which helps the person experiencing the stress to go into a “fight or flight” mode. It even suppresses certain bodily functions such as digestion, as they are not immediately needed while in the state of “fight or flight”. So if we need to be able to focus, why does our heart rate go up? Well, back in the day of cavemen, the stress hormones were used to improve alertness and performance in physically demanding tasks. These tasks would include activities such as fighting off a sabre tooth tiger, which seems slightly more stressful than finishing that presentation for TOK. So without stress, humankind would not have survived. Unfortunately, at a certain level of stress hormones released, performance starts to erode and our range of physical and psychological problems increases. When many stress hormones are released over a long period of time, our abilities to focus become distorted, and we are exposed to health issues such as an increase in our chances of getting a heart attack. So how do we relieve stress?

These are five main ways of relieving stress that can be applied to the student life:

- 1. Turn off your phone!** Even though many of you may think that taking a break from the work by checking Instagram or snapchat will relieve stress, it actually does the opposite. Obviously, using our phones causes the procrastination, but the alerts and notifications from our phones cause our body to release cortisol as well!

**2. Physical Exercise** Putting physical stress on the body actually relieves mental stress. Working out also releases endorphins, which are chemicals that improve mood. Physical exercise may also result in feeling more confident, which promotes mental well-being.

**3. Chew Gum (at home)** Chewing gum helps relieve stress, as it promotes blood flow to the brain. The chewing also creates brain waves that are similar to these in the brain when we are in a state of relaxation. Remember to chew gum at home, as chewing in school is not allowed.

**Try deep breathing** Taking a few minutes to do some deep breathing has tremendous benefits when it comes to lowering stress. The deep breathing activates the parasympathetic nervous system, which controls relaxation response.

**4. Have a constant sleep cycle** Going to bed and waking up at the same time everyday is very beneficial for your body. It may be challenging at first to get into the rhythm at first, but waking up and going to bed at the same time everyday greatly improves the quality of sleep. Planning ahead and making a schedule helps avoid procrastination, which greatly decreases sleep quality.

Now that I have given you some easy ways to strengthen the foundation of the bridge, you will be able to relieve some of the stress and prevent the overflow of adrenaline and cortisol. Hopefully you won't procrastinate either, such as writing for the Rissuea day before it is due!

## working as a student

In the Netherlands it is normal for high school students to get a job from the age of 14-15 up. Although the minimum wage is very low in the Netherlands for students ( It is around 3 euros per hour if you are 15 and goes up around 30c per year to up to around 4,40 when you are 18) it is a very good experience and it is good to put on your CV for universities, and after university. Some popular jobs are working at the Albert Heijn or any other supermarket such as dirk, or maybe even a small convince store. You can be a shelf stacker or cashier. To be a cashier in most places you have to be 16, but is does pay more as there is more responsibility. Working as a washer in a restaurant or working for a delivery service like thuisbezorgd. For many jobs you can apply online, as they have their openings on their websites usually or you can send an email to the business you want to work for.



# Netflix recommendations

## Dynasty

A modernised reboot of the 1980s primetime. Crime, love, Death, Corruption this show has a little of everything.

Genre: Soap Opera

Recommended age: 12+

Rating: 88%



## The rain

The world as we know it has come to an end, due to a rain-carried virus that wiped out nearly everybody in Scandinavia

Genre: Drama, Science Fiction, Psychology Thriller

Recommended age: 15+

Rating: 94%



## Riverdale

A TV show filled with drama, mystery, love and crime

Genre ; Teen Drama, Mystery

Recommended age: 13+ Rating: 89%



## The house of flowers/la casa de las flores

The outward perfection of a family-run flower business hides a dark side rife with dysfunctional secrets in this darkly humorous comedy series. Genre: Telenovela

Recommended age: 16 + Rating: 97%





## Orange is the new black

This Netflix original series is based on the book of the same title. Forced to trade power suits for prison orange

Genre: Drama, Crime, Comedy

Recommended age: 17+

Rating: 96%



## La casa de papel

A criminal mastermind who goes by "The Professor" has a plan to pull off the biggest heist in recorded history.

Genre: Crime, thriller, heist

Recommended age: 17+

Rating: 92%



## How I met your mother

The story of how Ted met his wife and the ups and downs. Genre: Drama, Romance, Comedy, Sitcom

Recommended age: 13+

Rating: 95%



## Stranger things

It's the fall of 1984, about a year after Will Byers was found, and he has been plagued by seeing visions of the Upside Down featuring a more dangerous monster

Genre: Science Fiction, Horror, Occult Fiction

Recommended age: 13+

Rating: 96%





# Helping others

Mental illnesses are complicated things. They are like silent battles that happen inside your head, very serious and terrifying battles that go on for a long time. Anyone around you could be experiencing this: your shy classmate, your friend, maybe even your best friend, or your boyfriend/girlfriend. A lot of the times it's the ones you least expect. These are some signs of mental illnesses you might be able to spot:

- Difficulties concentrating
- Loss of motivation/effort in school
- Sleeping too much or too little
- Eating too much or too little
- Overwhelming sadness
- Panic attacks
- Social isolation

To help someone who is going through this, one of, if not the most important thing to do is to make sure they know they're not alone, and that you're there for them. Even if you do not know what's going on, it is crucial that you show that you are there supporting them and that they can feel safe with you.

You should listen to them, and try to understand what they feel and what they need. Then, you can help them and make their day-to-day life a little easier.

Also, it's okay if you do not know what to say to them. It can be really difficult to think of something helpful to say to this person, but, and I cannot stress this enough, it is much more important to show compassion than it is to give good advice; trust me, I speak from experience.

Of course, you still need to be thoughtful about what you're saying and about the advice you're giving, but what this person is going through is probably making them inclined to push people out and stay in isolation, which would probably only make their experience more painful.

Another thing is that you shouldn't force them to open up to you. It's up to them to decide if they trust you and want to tell you what's going on, and not you. Again, it might seem scary to have no idea what it is that is causing them to feel this way, and you might have the best intentions in mind, but digging the truth out of them could do more harm than good. Because, once again, you don't know what's going on, so you also don't know if opening up to you would be the best idea.

That being said, it's probably a good thing for them to open up to someone, both for their emotional health and in case they are in danger. These issues are always very complicated and delicate because you can't really predict how someone is going to feel or react. But a good rule of thumb is this: don't force them to open up but be gentle and persistent.

One last note is that unfortunately, you probably can't cure them. Although you might try really hard, there is only so much you can do to help them get better. Your help can be a great first step that could get them very far, yet, if they are in a more complicated situation, you should encourage them to seek help and get treatment. This step would require a lot of courage and perseverance from their part, so you should continue to support them throughout their treatment.

# RISS PHOTOGRAPHY



CAPELLE AAN DEN IJSSEL,  
NETHERLANDS

Here are pictures taken by our own students. The theme for this edition of our news paper was the sky.



ROTTERDAM,  
NETHERLANDS



LUNI MARE, ITALY





CAPELLE AAN DEN IJSSEL, NETHERLANDS



LUNI MARE, ITALY



# PLACES TO GO ON SUMMER/SPRING VACATION

## Zrce Beach (Novalja) - Croatia

The beach Zrce in Croatia is unique and amazing. The sea is beautiful, blue and crystal clear. It is very exciting and you will never have a dull moment, as there is a lot of music and dancing, along with parties by the beach.



## Lloret de mar - Spain

A vibrant beach resort on the Costa Brava. If you want to experience one of the party hot spots in Spain, holidays in Lloret de Mar are definitely for you! With a huge selection of restaurants, cafes and other places to dine or have a small bite to



## 3. Albufeira - Portugal

One of the Algarve's most popular resorts, Albufeira has a big choice of beaches as well as great golf courses. Take it easy by exploring the Old Town or hit the Strip for electric nights out. Enjoy fun waterparks and theme parks, while you could also admire local churches and castles.



# Can you Pre-Determine the Result of a Football Game?

A simple way in which a match can be predetermined is simply through 'match fixing'. It is more commonly known as 'the action or practice of dishonestly determining the outcome of a match before it is played'. Such has been a complication in the past and even in recent times. The willingness to incorporate dishonesty in the game is for obvious personal benefit for those of whom who have the power to have an influence on a match. The most common way in which one is able to 'fix' a match, is through the bribery of one of the match officials or members of staff or players on the opposing team. Of the match officials, this can include the linesmen, officials and the referee himself. The reason this dishonesty needs to be brought into the light, is simply due to the fact that it still takes place today, whether it be in an amateur sunday league game, or be it at the highest level.

The biggest scandal with regards to the subject happened in the 2005/2006 season when a few of the most powerful clubs in Italian football, namely Juventus, Lazio, Milan, Fiorentina and Reggina. Whom were all involved in the fixing of matches with favourable referees. The repercussions of the actions of these clubs were severe. The evidence was uncovered by Italian police and once vindicated, all clubs were punished to varying extents. The harshest being on Juventus, who were relegated to Serie B, which was the second division in Italian football.

Consequently, they lost millions due to their loss of players and television income. Their manager at the time, namely Gianluca Pessotto even attempted suicide upon being notified of their automatic relegation to Italy's second division. The clubs affected never fully recovered, as can be judged by the fact that none of the teams in question have not won a champions league title since their wrongdoings.

The occurrence demonstrates and highlights just how badly cheating in this manner is looked down upon in the sport. The lack of respect for the game is also conveyed in their actions, which in most cases and in future should be enough to prevent anything similar to this tragedy occurring in games with such incredibly high stakes. As of now, regulations have become stricter and stricter in order to fight and push this dishonesty out of our game.