

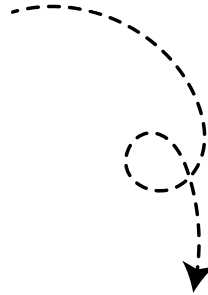


QSI TIMES



Life at QSI



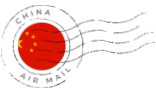
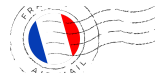


Message from the editor

SOME OF MY FRIENDS HAVE ASKED ME: WHY DID YOU START QSI TIMES? MY ANSWER HAS ALWAYS BEEN CLEAR — I BELIEVE STUDENTS SHOULD HAVE A PLATFORM TO EXPRESS THEIR THOUGHTS, OPINIONS, AND EXPERIENCES. AND THAT'S EXACTLY WHAT WE'VE DONE IN THIS ISSUE.

WE'VE EXPLORED A DIVERSE RANGE OF TOPICS, FROM SCHOOL EVENTS AND TRIPS TO PERSONAL REFLECTIONS. WHETHER IT'S VALENTINE'S DAY, MUSIC, OR THE ROLE OF AI IN ART, THIS EDITION SHOWCASES THE VOICES AND CREATIVITY OF OUR STUDENT COMMUNITY.

NOW, I HAVE A QUESTION FOR YOU, MY FELLOW QSI STUDENT: DO YOU HAVE SOMETHING YOU'RE PASSIONATE ABOUT OR WANT TO WRITE ABOUT? If so, we'd love to hear from you! Join our next meeting on Thursday at 11:50 in Ms. DEBUSCHERRE'S ROOM.



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LUNAR NEW YEAR

Rachel Mon, Sally Kim

LUNAR NEW YEAR IS A SPECIAL CELEBRATION OF EAST ASIAN CULTURE. IT IS ONE OF THE BIGGEST FESTIVE DAYS WHERE ALL FAMILIES GATHER, SPEND TIME TOGETHER, AND MAKE WISHES FOR THE NEW COMING YEAR.

IT IS DISTINCT FROM THE NEW YEAR CELEBRATIONS FROM OTHER CULTURES IN THAT IT FOLLOWS THE LUNAR CALENDAR WHICH INDICATES A DIFFERENT START DAY OF THE YEAR. THE DATE CHANGES EVERY YEAR FOLLOWING THE CHANGES IN MOON PHASE OBSERVATIONS. THIS YEAR'S NEW YEAR, THAT IS, THE FIRST DAY OF THE YEAR 2025, WAS JANUARY 29TH ON THE STANDARD SOLAR CALENDAR THAT IS GENERALLY UTILIZED AROUND THE WORLD.

IN 2023, THE UNITED NATIONS GENERAL ASSEMBLY DESIGNATED THE LUNAR NEW YEAR AS A UN HOLIDAY, RECOGNIZING ITS UNIQUENESS AND THE GREAT SIGNIFICANCE IN EAST ASIAN CULTURE. AMONG OTHERS, CHINA, KOREA, VIETNAM, SINGAPORE, MALAYSIA, AND JAPAN ARE THE BIGGEST CELEBRATORS OF THE LUNAR NEW YEAR. ALTHOUGH THE MEANS OF CELEBRATION THAT WISH FOR A PROSPEROUS NEW YEAR OVERLAPS IN ALL THESE COUNTRIES, THE SPECIFIC WAYS OF CELEBRATION AND TRADITIONS DIFFER COMPLETELY. IN THIS ARTICLE, THE TWO WRITERS FROM DIFFERENT EAST ASIAN BACKGROUNDS WILL ELABORATE ON THE CELEBRATION OF THE LUNAR NEW YEAR IN THE TWO COUNTRIES, KOREA AND CHINA.



Korean Lunar New Year

The **Korean Lunar New Year** originates from the myth of the people from the Silla Dynasty. It has been long believed that the first day celebration determines the year-long fortune. Following tradition, the Lunar New Year has been named “설날 (Seollal)” in Korea, the most festive day at the start of a whole new year.

On New Year's Eve, it was believed that hanging up “bokjori: a rice carrying tool made of bamboo” in the front door brought luck. This custom came from the myth of night-glowing ghosts that were jealous of happy families. Every New Year's Eve, the ghosts approached the doors to steal their luck. To distract these night-glowing ghosts, people put up the “bokjori” which has hundreds of holes. They believed that the ghost, distracted by all those holes, would just leave their doors. From today, it is said that the myth came from the high brightness of the full moon, a typical moon phase of the Lunar New Year, which people thought was a night-glowing ghost from inside their houses. It was also believed that sleeping that day made the eyebrows turn white, which is why children usually stayed up all night trying not to fall asleep, with a little lamp lit up in the corner.



In the morning, people comb their hair neatly, dressing up in colorful “Hanbok: the Korean traditional costume” with beautiful accessories. The Korean myth links neatness with fortune, which is why the parents dressed their children up in hanboks as neat and colorful as possible, especially for the little girls. After families get ready for the festive day, they hold a special ritual for the ancestors, offering them food to eat and praying for them to take care of the rest of the family members for the year. Then, people eat a special soup called “tteok-guk: warm soup with rice cake” for breakfast. It is believed that everybody ages a year more by finishing a bowl of tteok-guk. This specific custom is still held in Korea, where legal age changes for everybody on the first day of the year, making the age system distinct.



After breakfast comes the most meaningful part of Seollal. Families gather and share good messages and wishes with each other, along with beautifully decorated traditional snacks. Along with heartfelt compliments, they pray for each other, wish for each other's fortune, happiness, and comfort throughout the upcoming year. “새해 복 많이 받으세요 (Sehe bok mani badeuseyo)” is the fortune phrase that people use to wish luck for each other. Saebye is another biggest custom of the day. Children bow in front of the elderly saying the fortune phrase out loud, and the adults reply with individual compliments and meaningful advice along with a clean envelope with pocket money. The day ends with children going out to play, and adults playing a traditional board game called “yutnori.” It's a board game where you score by throwing 4 wooden sticks and moving the “mal” on the game board to the end, according to the results on the sticks.



Many of the traditional customs of Seollal have disappeared nowadays, but the Koreans celebrate the Lunar New Year with equal festive spirits, building up wishful memories every first day of the Lunar Calendar with the moon, the brightest and fullest of the year.

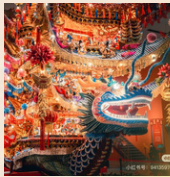


새해복 많이 받으세요



Chinese Lunar New Year

In **Ancient China**, a fearsome monster called "Nian" would emerge from the sea every New Year's Eve, attacking villages, devouring livestock, and harming people. To stay safe, villagers would flee to the mountains. One year, an old beggar arrived in a village and promised to drive Nian away if allowed to stay the night. That evening, he decorated the houses with red paper, lit bright candles, and burned bamboo, creating loud cracking sounds. When Nian arrived, it was terrified by the red color, fire, and explosions, and fled in panic. The next day, the villagers returned to find their homes unharmed. Realizing that Nian feared red, fire, and noise, they began using these methods every New Year's Eve. Over time, this practice became a tradition, evolving into the Chinese New Year celebration, marked by red decorations, fireworks, and festive gatherings.



According to legend, in ancient China, there was a monster called "Nian" with a long head and tentacles. "Years it lives deep in the sea, every New Year's Eve it will climb ashore, devour livestock and harm human life. Therefore, every New Year's Eve, people flee to the mountains with the old and the young to avoid the harm of the "Nian" beast. One New Year's Eve, when people were taking refuge in the mountain, an old beggar came from outside the village, and the old man told everyone: "If you let me stay at your town for one night, I will definitely drive the "Nian "beast away." So they let him stay. At midnight, Nian broke into the village. It found that the atmosphere of the village is different from previous years: the doors were pasted with red paper, and the candles in the house are bright. "The beast shuddered and gave a strange cry. "Nian" glared at her mother-in-law's house for a moment and then pounced with a wild cry. Near the gate of the yard, suddenly came the sound of "bang, bang, bang." "year" shuddered, again dare not go up. It turned out that "Nian" was most afraid of red, fire and explosions. "Nian" panicked and fled. The second day is the first day of the first month, during which the people who came back to see the village was safe and sound very surprised. The villagers embraced their wife's husband's home together, only to see the mother-in-law with red paper on the door, a pile of unburned bamboo in the yard still exploding, and several red wax candles in the house were still shining... Ecstatic villagers started to celebrate the auspicious arrival, having to wear new clothes and new hats, to relatives and friends' home greetings. This matter soon spread in the surrounding villages, and people knew how to drive away the "Nian" beast. Since then, every New Year's Eve, every family sticks red couplets, sets off firecrackers; households light candles to keep more to wait for the year. Early in the morning on the first day, but also walk friends to say hello. This custom spread more and more widely, and became the most solemn traditional festival of Chinese folk.

The Chinese New Year emphasizes the first month. In two days before New Year, people will go buy "New Year goods" that is to buy New Year to eat, decorate fireworks and so on. On Lunar New Year's Eve, people will set off firecrackers and paste couplets. Elders will give younger generations red envelopes containing money to children, so as to make a good lottery. The word Fu means "fortune". It is a kind of blessing that we Chinese value very much, and we hope to be blessed as fortune in the New Year. Here is a little fun fact: we will post the Fu character upside down in front of our doors because upside down and arrival in Chinese have the same meaning, representing the arrival of the fortune in the new year. In China, we call the first day of the first month to the 15th the Chinese New Year period. During this period, we have a lot of activities to do, people have celebrations to send the kitchen God, sweep the dust, connect ancestors, shave the head and bathe, paint window decorations, wear new clean clothes, Eat New Year's Eve dinner, meet the God of wealth, etc. It was not until the 15th day, which is called the Lantern Festival, that the year finished after we ate tangyuan (a traditional Chinese dessert made of glutinous rice shaped into balls)



Chinese people will wear traditional costumes such as: cheongsam (which women wear)- Cheongsam is a combination of traditional Chinese style and western skirt created in the last century, and now it can represent the symbol of China in the world. Men will wear Tang suits. It's the same as a cheongsam. The revival of traditional Chinese clothing in recent years has also brought about the habit of young Chinese people to wear Hanfu on New Year's Day. This is a combination of ancient paintings and preservation of antiques to restore the costumes of ancient Chinese dynasties, which is a kind of Chinese people's recognition and acceptance of their traditional costumes. Now more and more people are beginning to wear Hanfu during the Spring Festival. There are also some people who do not wear very special traditional clothes but do or choose to wear red tops. It represents happiness, driving out bad luck and welcoming good luck.





Cupid Visits QSI

Valentine's day, also known as, the day of love. With its name derived from a traditional Christian holiday honoring the martyr Valentine it has over centuries become a day where everyone honors the love they hold for the people most dear to them. In 18th century Italy, St. Valentine's keys were exchanged between lovers "as a romantic symbol and an invitation to unlock the giver's heart". In Afghan tradition, love would often be expressed through forms of poetry, given to the other half of the writer's soul. But the question I am here to discuss is how was this day of adoration commemorated at our very own QSI? What are people's thoughts towards Valentine's Day? What gifts are best to receive on Valentine's, if any? Is Valentine's inherently romantic, or can it be a day to appreciate the friendships you've cultivated throughout your life as well?

QSI VALENTINE'S TRADITIONS

Valentine's Day Singing Telegrams: A tradition that the QSI Music Class has carried on for the past few years, Valentine's Grams are songs performed by the Music Class that students can order for their special person, for their friends, for their teachers, etc. This year, each song only cost 2.50 euros, a small price to pay to express your undying love to the recipient. The song choices our students were allowed to pick from were: Under Pressure (Queen, feat. David Bowie,), Lovesick (Laufe), Can't Help Falling In Love (Elvis Presley), Careless Whisper (George Michael), and Be My Baby (The Ronettes). As a part of the Music Class, I can firmly affirm that the grams this year were a great success, with at least three orders placed for each song!



StuCo Valentine's Notes: The 2024/25 Student Council has had a streak of not disappointing their electorate, and this new idea has only cemented their status as a thoughtful and dependable group of people. On the week leading up to February 14th, students had the opportunity to write notes on small heart shaped cards (whether they be professing their devotion to the apple of their eye, or saying a small thank you to their favorite teacher), which they could then give to StuCo for safeguarding until Valentine's Day, during which these cards would be distributed to the student's chosen Valentine. It was a sweet way to brighten up someone's day, and like the Valentine's Grams, allowed students to tell a friend their true feelings about them anonymously. When we asked one StuCo member what they thought of this newly-found tradition, this is what they had to say:

"I love it! I think it's important for students to express their feelings for others, and take the risk – it's only highschool. Even though it's four years which are extremely important to your future, it should still be fun. And you never know; maybe the person you're sending the letter to may feel the same way."



THE GENUINE P.O.V. OF THE GENERAL PUBLIC:

Though these QSI traditions show that the school certainly appreciates Valentine's Day, does the entire student body feel the same? We certainly have couples for who this day is a chance to show their unabashed love for each other, but I know for a fact that there are people (me) for who Valentine's Day is nothing other than a dark and joyless day, in which one must traverse the winding roads of annoyingly and cloyingly sweet couples alone (bitter much?). However, I certainly have friends who have made Valentine's Day less of a purgatory, which brings to my question – if you don't have a "significant other", does Valentine's Day really have to be so insignificant to you? I, personally, do not think so; yes, this day is known as a day of love, but should love be viewed as "less" if it isn't romantic? I spent the day with my favorite people, and those who have made me who I am – my friends. I am simply one person though, so let us see what a few others think; is Valentine's Day solely romantic?

A nice way to spend your 14th is through a new trend which has recently become extremely popular – Galentine's Day! Though "gal" is in the name, you certainly do not have to be a girl to celebrate, you simply need to be someone's friend. Galentine's Day is reserved for groups of friends who all wish to celebrate Valentine's, even if they don't have a romantic partner, so they get together to honor each others' relationship. This day may consist of baking or cooking together (along with miserably failing at it), watching a movie, sleepovers, late night deep conversations, and other group activities, during which you forget all about your academic worries, and focus on the core principle of Valentine's day – the importance of being loved and being able to return that love to those most close to you.

"No – Valentine's Day is the day of love, and love isn't only expressed only in one way."

"While Valentine's Day isn't inherently romantic, most people do see it as so, so it's much harder to celebrate anything other than romantic love.. if that makes sense?"



SKI TRIP

BY MAKSYM KOSTECKY & OLIVER NOA NIKOLIC

“interview with Michaela Kridlova”

LOCATED AT THE CENTER OF SLOVAKIA, THE [LOW TATRAS](#) ARE RENOWNED NOT ONLY FOR THEIR BREATHTAKING BEAUTY BUT ALSO FOR WONDERFUL SKI RESORTS. OUR RECENT SCHOOL TRIP TO THIS MAGICAL MOUNTAIN RANGE PROVIDED NOT ONLY THRILLING SKIING EXPERIENCE BUT ALSO DELIGHT AND RELAXATION MOMENTS TOO. THOUGH WE LOVED THE OVERALL EXPERIENCE IN GENERAL, THE TOUR WAS BLESSED WITH UPS AND DOWNS THAT MADE IT AN UNFORGETTABLE EXPERIENCE BOTH IN THRILLING WAYS.

IN GENERAL, WE ALL AGREED THAT THE VACATION WAS A GREAT EXPERIENCE, SPECIFICALLY BECAUSE WE MANAGED TO SPEND TIME WITH FRIENDS WITHIN SUCH A GREAT SETTING. SKIING IN LOW TATRAS IS ONE OF THE FAVORITE ACTIVITIES OF TOURISTS, AND OUR VACATION ALLOWED US TO PARTAKE IN IT FIRSTHAND. WHEN WE VISITED, THE SKIING SITUATION WAS NOT GOOD. DESPITE THAT, THE THRILL OF BEING ON THE SLOPES AND INTERACTING WITH FELLOW INDIVIDUALS COMPENSATED FOR IT. THE DAY WAS PACKED WITH ACTIVITIES THAT WEIGHED WELL BETWEEN ADVENTURE AND LOUNGING. WE'D GO SKIING IN THE MORNINGS AND IMMEDIATELY MAKE OUR WAY TO THE SLOPES AFTER BREAKFAST.





WE'D TAKE A BREAK BY LUNCHTIME AND THEN HAVE SOME WELL DESERVED RELAXING, COMPLEMENTED BY EXPLORATIONS OF NEARBY ATTRACTIONS. APPARENTLY, THE MOST POPULAR THING TO DO IN THE GROUP WAS GOING TO THE AQUAPARK. AFTER SEVERAL HOURS OF SKIING, WE ENJOYED RELAXING IN THE HOT WATER OF THE WATERPARK, WHICH INCLUDED THRILLING SLIDES AND POOLS. THE PEAK OF THE HOLIDAY, ACCORDING TO MOST, WAS DEFINITELY THE SLIDES. THE LAUGHTER AND ENJOYMENT WE ALL ENJOYED AS WE SWOOSHED DOWN THE WATER SLIDES WERE SOME OF THE GROUP'S FONDTEST RECOLLECTIONS. DESPITE ALL THE POSITIVE ASPECTS OF THE TRIP, EVERYTHING DID NOT OCCUR PRECISELY AS LAID OUT.

PERHAPS THE WORST THING ABOUT THE TRIP WAS THE HOTEL FOOD. DESPITE THE FACT THAT THE ACCOMMODATION WAS GOOD, MOST OF US BELIEVED THAT MEALS IN THE HOTEL WERE NOT QUITE GOOD ENOUGH. QUALITY AND VARIETY WERE BAD, AND OCCASIONALLY IT MADE US HUNGRY. ESPECIALLY AFTER SKI DAYS THAT HAD LASTED FOR SO MANY HOURS. MOSTLY, OUR SKIING HOLIDAY IN THE LOW TATRAS WAS A PERFECT COMBINATION OF ENTERTAINMENT AND TOIL. DESPITE THE FACT THAT THE SKIING WAS NOT VERY GOOD BECAUSE OF THE WEATHER, IT WAS STILL VERY THRILLING, AND THE WATERPARK SLIDES WERE THE CREAM OF THE HOLIDAY. ALTHOUGH THE HOTEL FOOD WAS ONE POINT NEGATIVE, THE FUN OF BEING WITH FRIENDS TOGETHER WITH THE MOUNTAINS' SCENERY MADE THE HOLIDAY WORTH IT.



OVERALL, IT WAS AN EXPERIENCE THAT WE'LL ALL REMEMBER FONDLY, AND WE'D LOVE TO RETURN ONE DAY FOR ANOTHER ADVENTURE IN THE LOW TATRAS.

SWIMMING

Swimming is one of the sports that students can join at our school. It's an exciting and beneficial activity that helps develop both mental and physical strength. Swimming, as a sport, has existed for thousands of years, with ancient Romans, Egyptians, and Greeks practicing it both as a fitness and relaxing activity. The modern versions of swimming competitions began in the 19th century and have evolved into one of the most popular sports in the world. Swimming provides an excellent full-body workout, discipline, and teamwork.



In our school, the swim program has been held by three wonderful teachers, Ms. McNulty, Ms. Stanka, and Ms. Carina. Every Monday and Wednesday, they take students to their swim classes, ensuring everyone enjoys the water and picks up new abilities. They honored our school whenever they received the opportunity to travel to Budapest for the competition in swimming. But the excitement didn't stop there – we also had the honor of hosting our competition right here in Samorin. It was a wonderful experience for our students to enjoy the spirit of a competition, and strengthen the sportsmanship in our school.



Now a little detail of Ms.Stanka's overview of swimming, "This season, we had practice twice a week and took part in three competitions. One was hosted by us at X-Bionic, and the other two were in Budapest. I think it was a very good season. Every participant improved their swimming technique, shown by the broken records and medal placements.

With the help of the volunteers, everything went smoothly, and everyone enjoyed their time in the water. We are excited to announce to you the following new middle school records, Sammy Baca set records in three events, Tim Sanin in two. Also, we have additional secondary records and they go to: Amieliia Khalus set two new records, Tymur Parfamyuk set four new records, and Georgy Sallas set a new record in one event. The Boys' 200m free relay team (Tymur, Tim, Georgy, and Sammy) set a new record. Our swimmers continue to excel in competitions: Mariia Uzbek earned 3rd place, Tymur Parfamyuk secured 3rd place, and lastly Sammy Baca claimed 1st place in three events. Congratulations to all our swimmers for their hard work and amazing performances! Keep up the great effort!



Basketball

TYR SCARBOROUGH

THIS BASKETBALL SEASON STARTED IN EARLY NOVEMBER. STARTING WITH 11 PLAYERS WE HAD 4 NEW PLAYERS AND 6 PLAYERS FROM LAST YEAR'S TEAM. PERSONALLY, I THINK THE TEAM REALLY GREW CLOSE SINCE THEN AND THE SENIORS WILL BE MISSED NEXT YEAR.

FRIENDLY TOURNAMENT & MATCH AT BIS AND VIENNA

OUR FIRST MATCH OF THE SEASON WAS A FRIENDLY MATCH AGAINST BIS. IT BEING OUR FIRST MATCH, WINNING IT REALLY SHOWED EVERYONE ON THE TEAM THAT OUR STARTERS WERE AMAZING. THE NEXT FRIENDLY MATCH HAPPENED IN VIENNA WHERE WE PLAYED 3 GAMES. IT REALLY GAVE A CHANCE FOR SOME OF THE NEW PLAYERS TO TEST THEIR SKILLS AND SHOW WHAT THEY COULD DO. AT THE END OF THE DAY, WE WON ALL 3 GAMES AND WENT HOME HAPPY.

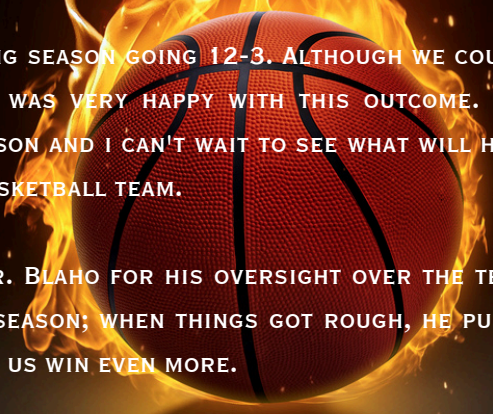
THIS WAS AN AMAZING SEASON GOING 12-3. ALTHOUGH WE COULD HAVE WON MORE, I'M SURE THE TEAM WAS VERY HAPPY WITH THIS OUTCOME. I BELIEVE THE TEAM GREW OVER THE SEASON AND I CAN'T WAIT TO SEE WHAT WILL HAPPEN NEXT YEAR TO THE QSI'S PROUD BASKETBALL TEAM.

A BIG THANKS TO MR. BLAHO FOR HIS OVERSIGHT OVER THE TEAM AND HELPING US IMPROVE OVER THE SEASON; WHEN THINGS GOT ROUGH, HE PULLED THE TEAM BACK TOGETHER AND MADE US WIN EVEN MORE.

TRIPS TO RIGA & TIRANA

WITH OUR FIRST TOURNAMENT OF THE SEASON WE VISITED RIGA, ALBANIA. WE FACED TOUGH TEAMS AND PLAYED 5 GAMES OVER 2 DAYS. PROUDLY FINISHING SECOND.

THE TIRANA TOURNAMENT WAS THE LONGEST ONE OF THE SEASONS FLYING IN ON A WEDNESDAY NIGHT AND PLAYING 6 GAMES OVER 3 DAYS, FINISHING THIRD THE TEAM STILL KNEW IT WAS AN AMAZING ACCOMPLISHMENT.



Knowledge Bowl

Q: WHAT IS A KNOWLEDGE BOWL? IS IT A SPELLING BEE? A QUIZ COMPETITION? A KNOWLEDGE COMPETITION?

A: The best way to describe it is it's basically a bunch of nerds sitting together at a table trying to figure out the answers to a question together. Since you mentioned whether it's a spelling bee or quiz bee, the questions can be about anything- pop culture, trivia, literature and sciences- so you really have to be prepared for anything.

Q: HOW DOES IT WORK?

A: The format is two teams, with four players each (each player has a buzzer in front of them) and the reader reads a question, the idea is if you know or think you know the answer you buzz in, then you answer, the reader tells you if you are right or wrong. If you were wrong, then your team does not get to answer any more, and the question gets passed along to the other team, which can confer together for a couple of seconds to discuss the answer

Q: YOU RECENTLY WENT ON TO A COMPETITION IN ZAGREB, WHAT WERE SOME HIGHLIGHTS?

DIANA KLESLENOVA

An Interview with Hugo Kapalko

A: My biggest highlight was the level of competition and the areas of expertise of both the teams and individual players. When we were knocked out, both of the teams were tied, so to determine which team moves on was an instant death round, which is a lot of pressure and the question that fell upon us was french (none of our team members spoke french- while the opposing team had 3 french speaking members) so it's interesting to see where people's expertise lies

Q: WHY SHOULD OTHERS JOIN THE KNOWLEDGE BOWL?

A: I think that regardless if you're a very well rounded person or you're very interested in specific subjects- I think that knowledge bowl is a good place to show your knowledge and an excellent way to quiz yourself and to have fun with your friends, so if you do like learning and expanding your knowledge, there is no better way to do it than in an environment in which you are having fun with your friends.



SPORTS



The 59th American Superbowl: The Eagles vs. the Chiefs

LJ Horvath

This year's Superbowl was one to remember, and it was truly unexpected. The Kansas City Chiefs were on a back-to-back winning streak, having claimed the title in 2023 and 2024, and they were in pursuit of a third. However, the Philadelphia Eagles lived up to their name and flew onto the field with unwavering determination, snatching that title right from under the Chiefs' noses, leaving the nation stunned. Along with an iconic and electrifying half-time performance by renowned rapper and global sensation Kendrick Lamar, the most anticipated annual sports event in the U.S. became a spectacle that had everyone talking.



PLAYOFFS

Each team's rise to the championship was not the same. As the Chiefs placed first in their respective conference, the AFC (American Football Conference), they were given a "bye week", meaning they were not included in the first round of playoffs. Instead, they began their uphill battle by defeating the Houston Texans 23-14 in the quarterfinals, followed by a close win of 32-29 versus the Buffalo Bills in the semifinals. On the other side of the bracket, the Eagles didn't have it as easy. Placing second in the NFC (National Football Conference), their journey to meet the Chiefs in finals took more effort, having to defeat the Green Bay Packers in the first round of playoffs to advance. This slight disadvantage, however, did not prove to be much of one, as the Philadelphians maintained their momentum throughout the rest of the playoffs, taking down the LA Rams 28-22 in the quarterfinals and the Washington Commanders 55-23 in the semifinals. Both teams showcased their superiority throughout the playoffs, though it's safe to say that their places in the Superbowl were hard-earned.



THE MAIN EVENT

Now, how exactly did the Eagles manage to defeat the reigning champions by such an unexpected point difference of 18? The answer is defense. Even with the Chiefs' 29-year-old star quarterback, Patrick Mahomes, they did not stand a chance against the unyielding and relentless defensive team that the Eagles had in place. However, there's no question that Mahomes wasn't performing to the best of his abilities. With the opposing team throwing him off his game early in the first half, green jerseys in his face all night, the quarterback definitely carried the heaviest burden of pressure, and according to his post-game press conference, the burden of guilt as well: "We didn't start how we wanted to. The turnovers hurt. I take all the blame for that."

Straight from the first quarter, the Eagles secured a 7-0 lead with the first touchdown of the night, thrown by quarterback Jalen Hurts and caught by wide receiver Jahan Dotson, followed by an extra point earned by kicker Jake Elliot. This play pretty much set the tone for the rest of the game, the Eagles gaining another 17 points in the second quarter with the Chiefs chasing the scoreboard the entire time, struggling to dig themselves out of a hole before the halftime show. Even after the 12-minute performance, the team did not manage to get back on their feet. At that point the Eagles had accumulated a total of 34 unanswered points, though shortly before the end of the third quarter, the Chiefs finally found the end zone with their first touchdown of the game.

Delivered by Patrick Mahomes and caught by rookie wide receiver Xander Worthy, the 6 points that the play had earned the team were too little and too late, nowhere near enough for the Chiefs to turn the odds around in their favor. By the time they started picking up their game in the last quarter, celebration was already in place for the Eagles. Despite the Chiefs' final attempts to defend their title as champions with 2 touchdowns, both accompanied by successful 2-point conversions, the last minute 16-point advance was simply not enough to catch up to the Eagles' unwavering dominant performance over the course of the game. The final score of the 59th Superbowl was 40-22, giving the Philadelphia Eagles their 2nd title in 7 years.

In the end, the Eagles proved that defense truly wins championships. Despite their greatest efforts, especially in the final quarter, the Chiefs' earlier mistakes and inability to break through the Eagles' defense was their undoing. The victory marks a historic moment for Philadelphia, and with the momentum they've built, they look prepared for even greater things in the upcoming seasons. As for the Chiefs, they'll have plenty to reflect on, but their resilience (as well as their pursuit of 'revenge') will undoubtedly ensure they remain a force to be reckoned with in the future. For now, it's the Eagles' time to shine, as they add another Super Bowl title to their legacy.



Teacher interviews

QSI, compared to many other schools, is unbelievably lucky. Why? Because it has many talented teachers. Though students certainly have their favorites and those who they like much less, the teachers at the school have changed many of our lives for the better and have shaped the way we view the world. We all know how we feel about the teachers, and what we would like to say to them (even though sometimes we can't, because it may be rude), we here at the QSI Magazine wanted to know how the teachers felt about us – not about certain students in specific, but what patterns they noticed among students, and whether they had any advice to give. We also asked how they unwind when they get home, if they have the time to after a busy day of work and a busier evening of grading.

Ms. Letellier

“So, we’re around half way through the school year, how do you think the students are doing academically or regarding their well-being?”

“I find that my students are doing very well academically. They seem to be excited about things that we’re learning whether that is my eleven-year-old English class, or whether that is the high school American Literature class. Kids seem to be curious, which I appreciate. I love that they’re coming to class excited and that they’re coming to class with a lot of questions—showing that they want to know more. That to me is the best sign of success in a student. In regard to their well-being, students seem to be doing overall well. I enjoy checking in on students if I’m concerned about them, but for the most part it seems like students are happy at QSI.”

“How do you unwind after you get home from a long day of teaching, if you’re able to find time to rest? “

The first thing I do when I get home is change into pajamas, and if I’m able to relax at night and not grade papers, then I read a book. I love to unwind by reading a book.



Ms. Lucka


Q1: “What are the main differences you find between teaching highschoolers and middle schoolers? Are there any similarities?”

A1: Similarities? Immaturity. Who would’ve thought. Differences? Usually the younger students get a lot more excited, even with just the most simple thing that we do in class. Which is not as easy to see in high schoolers – they’ll typically get excited about different topics.

Q3: “Do you have any words of encouragement or advice to your students? Particularly those who might be heading into exams, or are generally going through a difficult time?”

A3: Advice? Study. Study in advance, and in smaller chunks, it’s always a much much better approach than studying like one day or two days before the actual exam; cramming may work for some people, but it’s very few and far in between. Any kind of exam, or anything you do academically, is going to push you to.. wherever you’re supposed to get in life. So even if it seems like it’s too difficult or you’re missing deadlines left and right, everything is going to be a lesson in one way or another. It’s supposed to teach you something. Remember that.





Q2: “How do you unwind after a long day of teaching, if you’re able to find time to rest?”

A2: If I’m able to find time to rest? That doesn’t happen very often.. Usually I either go and work out, or I cook, or I do both? Like, in tandem? But when I do want to just.. “chill”, I try to read a book. Or go for a walk! I really like going for walks.

Q2.5: “Bouncing off of this question, do you believe you have a good work and home-life balance? If you do, how do you achieve that balance?”

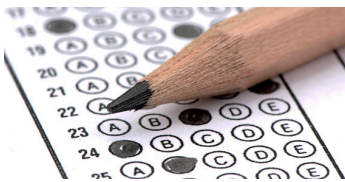
A2.5: I don’t think I have a balance... Sometimes I’m better at doing my outside of work life, and catching up with people, and doing things that I enjoy- not that I don’t enjoy my work.. And sometimes work takes over a lot more. So it depends – it’s a rollercoaster; sometimes I can do- I can focus more on my free-time, and other times I am just swamped with work and can’t do anything about it.

TEST

TAKING CARE OF YOURSELF DURING EXAM SEASON

DIANA KLESKENOVA, LAURA JAUBIK

Has an upcoming exam ever consumed your time and mind to the point where you have felt your social life slipping away like sand through your fingers? Has the stress over what grade you're going to get, how it's going to look on your university transcript or how it is going to reflect in your GPA ever occupied your mind? Whether you are a student or teacher, it is guaranteed you have experienced these things at some point in your life. The feeling of not being able to get a good score, especially when you worked hard to prepare, is not the best. However, there are ways to prevent factors that cause burnout during exam season, such as drafting a calendar and "looking at the big picture". Our school counselor, Mrs. J explains these concepts and more in an interview regarding managing exam stress and developing efficient test-taking strategies and study techniques during exam season.



Q: How can students effectively prepare for exams in the weeks leading up to them? How should they balance exam preparation with other responsibilities/activities?

A: One thing that I think is incredibly helpful is to have a big picture, ideally a visual big picture. Print out a calendar online, pencil in important dates, work backwards, and make a specific plan on how to proceed. This helps you plan things without becoming overwhelmed.

Q: Are there any study techniques or methods that you recommend to help students retain information better?

A: It depends on the test you're taking. For example, if you're taking a test with a lot of memorization, something which has been proven very good is the use of pneumonics (pneumonic devices) – creating visual pictures in your head of different concepts (this word reminds me of this thing that happened in my life- making personal connections helps retain information) Basically, things that make the unmeaningful meaningful are really good strategies. Also, putting things in music- like making songs to remember concepts is really good.

Q: What should students do if they feel they are falling behind in their studies?

A: The most important thing is to not feel alone. When you start feeling overwhelmed, reach out for help- talk to someone they trust who can help them make a plan. (You can use the visual calendar we discussed to do so). Know that, there is a way, for every problem there is a solution, it might not be easy, but you can do it, if you ask for help. There's no shame in falling behind, or needing help, that's a part of learning and growing.



TEST

Q: Are there any study plans, techniques or tips you would share with AP and IB students to help them in their studies?

A: Not necessarily, something different, more so that those skills become even more important, especially IB (to some degree AP), is much more self-directed. There's a lot less structure of how to specifically use your time so you need to structure it yourself to use your time. I've noticed that in IB, sometimes AP they didn't know to plan from the beginning. So, towards the end they go: i was supposed to do what? It's helpful to come with a plan from the beginning.

Q: How can students reduce anxiety during the exam period without affecting their performance?

A: Acknowledge that being anxious, stressed or nervous is to some degree helpful. To some degree it is embracing those feelings and knowing they are there for a reason. If you had no test anxiety, you would not be motivated to perform your best. These feelings are like protective mechanisms which are built into us. However, when these feelings become overactivated it is important to know strategies to calm them down. Some strategies would include deep breathing, listening to music, taking controlled breaks etc. Remember that even by stepping away, you continue to learn. Having a good sleep schedule is important- because when we are tired, we have less control of our emotions, and sleep restores brain functions and helps solidify learning. Basic self care is really important and remember to ask for help if you need it.



Q: How can students improve their ability to manage time effectively during an exam?

1. Scan the test- figure out how long it is, what type of questions there are etc. Look at the time you have and allot yourself time for each question/ each page- for example, be done with the first page in 20 minutes.
2. Do NOT panic if you don't know something- if you are completely lost, remind yourself: "it's okay I don't know everything, but I do know a lot, so let's move on and show what I do know" If you have time at the end, go back to the question you didn't know and try again.
3. (Sometimes) based on the type of test you take, it can be helpful to spend a similar amount of time on the questions, relative to the number of points they are worth. For example, in AP tests, if you have one MCQ worth about 2% you should take about 2% of your time, or one FRQ worth about 20% of your score, you should take about 20% of your time.

TEST



Q: What are some leisure activities you recommend that combat academic stress, especially during exam season?

A: I would recommend any physical activity you enjoy- we relieve stress through physical exertion. Make sure to pick something that will not stress you more. Added bonuses are if it is in a natural environment, with fresh air and sunlight.

Q: What advice do you have for students who tend to panic during exams?

A: If you are someone who tends to panic during their exam, I would recommend having a safety plan in place – which you can follow if you happen to panic during the exam. If you want to, come to me or another trusted adult and we can help you come up with things to help you calm down. A part of it is just knowing a system so you have something to follow, when I start feeling overwhelmed I can... (insert calming strategy or relaxation techniques), we can help you test these strategies to help you figure out what works best for you, so during the exam, you know what to do. But, the first step is definitely reaching out for help.

Q: What is one piece of advice you wish you had known as a high school and/or university student?

A: I would really encourage myself to engage in big picture planning, and to make sure to get enough sleep.

Q: What are some efficient ways you also use to manage academic stress?

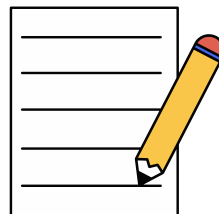
A: Again, I rely on the big picture planning, I still do that even now, both as a teacher and counsellor. In terms of personal stress management, scheduling time with friends to have fun / chill really helps with stress.

Q: Any other advice?

Remind yourself you can do hard things; this is just one more you can be proud of yourself for after.

...

After hearing these tips and tricks, try to reflect on your own habits and behaviors- what could you change in order to see your future self-up for success? If you need any help- make sure to reach out for it- whether it be your parents, Mrs. J or another trusted adult, find someone who can support you during this stressful period of your life.



IN SCHOOL FASHION TRENDS

Anna Neamtu

Style isn't just about what we wear – it's a way to express who we are. Fashion isn't just what you see during the Milan fashion week on a runway; it can be seen everywhere. Yes, even in school. During the last month or so, I started noticing what students usually wear in our school, and I noticed a pattern and a few things that are popular to wear..

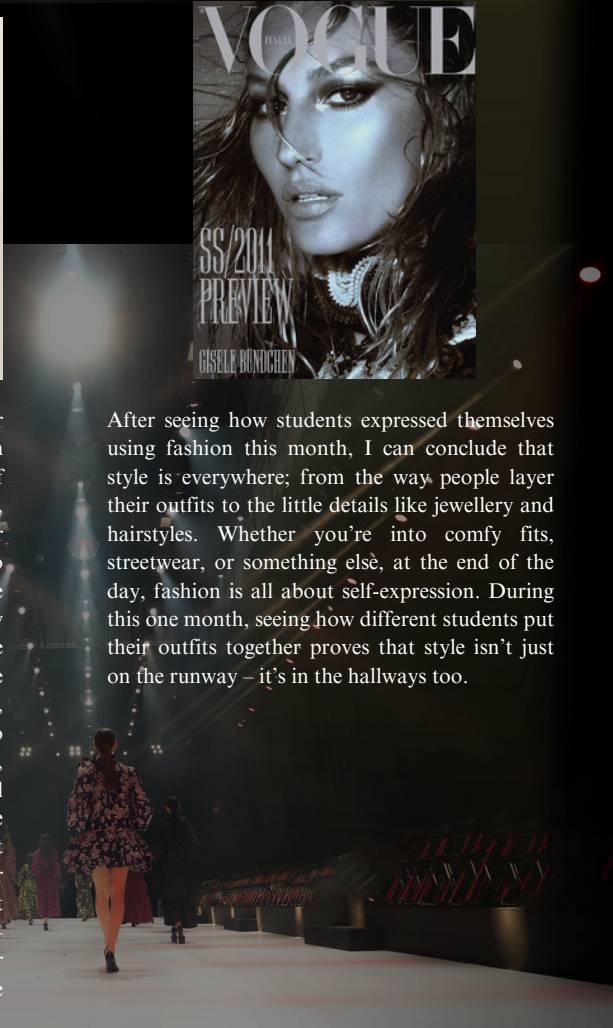


Most students mix comfort with style, either following TikTik trends or whatever helps them feel good. For example, a really popular piece of clothing for the top piece would be a hoodie, sweatshirt, quarter-zip pullover, graphic shirts, or a sweater. For bottoms, it would be jeans, cargo pants, or skirts. For shoes, the most popular are definitely sneakers such as Nikes, Adidas, New Balance or Converse. Another statement piece would be the Uggs. Students also usually complete the look by adding jewelry like rings, bracelets, earrings, and necklaces. When it comes to hairstyles, girls have curls, straight hair, ponytails, braids, half up half down, or a bun (either normal or a slick back). These usually rotate between the girls throughout the week. Guys are keeping it simple by having hairstyles such as the low taper fade. Another incredibly important thing when it comes to style is where you keep your books in bags. Guys wear backpacks, and while Girls wear them as well, some switched to handbags – the most popular ones include Longchamp or Coach.

Tip: For the upcoming exam season, it's important to be comfortable. Wear something you would wear at home, like sweatpants and a hoodie, so nothing is tight on you and nothing itches you. When taking a test, being distracted can even cost you a good score since you can't focus properly. I wish you luck!



After seeing how students expressed themselves using fashion this month, I can conclude that style is everywhere; from the way people layer their outfits to the little details like jewellery and hairstyles. Whether you're into comfy fits, streetwear, or something else, at the end of the day, fashion is all about self-expression. During this one month, seeing how different students put their outfits together proves that style isn't just on the runway – it's in the hallways too.





HOW DOES OUT OF SCHOOL FASHION SEEP INTO OUR LIVES?

CLAIRE YODER

Social media, the way people dress outside or even in your neighbourhood, and shops in malls all contribute to how we dress and style ourselves. Social media is one of the biggest factors in how we dress. With trends and fast fashion changing every few weeks, social media ‘speeds up’ the process of creating clothes. Especially for popular brands like Zara or H&M that fight to stay on top every time a new trend rises above all others. Even these big brands must keep up with social media trends—having their own accounts on social platforms is another way they showcase new clothes. Also, selling clothes through social media is extremely popular amongst big individual creators. Influencers that make their own clothing and sell it to viewers are extremely popular, mainly because their clothes seem original, creative, and one of a kind. Consumers on social media often crave popular fashion or what powerful creators promote or make.

Also, since high school requires more focus on studies, people might make more of an effort to dress comfortably instead of fashionably in school, but outside of school—when they go out over the weekends—wear more detailed clothes.

IS FASHION OUTSIDE OF SCHOOL REALLY ALL THAT DIFFERENT THAN INSIDE OF SCHOOL?

When you go out to the mall, or just for a walk, do you notice people dressing differently than they most likely would’ve at school? Like more “dressed up”, or maybe just completely different? For middle schoolers, I’ve noticed that they usually dress similar outside of school as well as inside of school. Really, styles in middle school vary, but people dress far more similar to each other in middle school than in high school. This most likely comes from influence in the media, fellow classmates, or older siblings. With high school, it’s slightly different, a lot of high schoolers get the chance to do activities outside of school which give them the chance to “dress up”.

DO PEOPLE FEEL FREER TO EXPRESS THEMSELVES MORE OUTSIDE OF SCHOOL? IF SO, WHY?

When outside of school people can feel more comfortable to dress and express themselves freely. This includes dress codes and the potential risk of being judged or even bullied for what you wear at school. Dress codes’ in school don’t allow certain clothes or things being revealed, usually above the knees, midriff, and sometimes even shoulders. When people cannot afford to wear what they want or what they feel comfortable in, they have to “cover up” at school. Next, being judged and feeling insecure about what you wear at school can be miserable. Inside of a cramped school, people can find and judge you inside of the building, forcing you to potentially change your style inside of school just to avoid bullying. But outside, since the people and styles are far more diverse, you can feel freer to dress however you like.



Did you know?

QSI Facts

Lucy Kubesova

The first QSI school was founded in 1971 in Yemen by Jim Gilson

Our school has 232 students this year with 32 different ethnicities

Before becoming a teacher, Mr. Pedersen used to be a police officer

The tallest teacher in our school is Mr. Brano, measuring 196 cm

More than 20% of our teachers are from the United States

Ms. Valerie has been at QSI the longest, for more than 20 years.

MESSAGES

Lucy Kubesova



"The light shines brightest after a storm." -Elsa You 12 yo

"You are all incredible and brilliant students-you bring me joy." -Ms. Nel


"You can do hard things without whining." -Ms. Deedee

"Hope is strongest in the dark." -Zoja Skovajsa 12 yo

"To worry about something is a waste of time. Just relax." -Oliver Nikolic 12 yo

"It is so wonderful to be back in school and learning again." -Ms. Letellier

Message



In the modern world of pop culture, music, along with individual artists or producers of it, play a great role. The industry is expanding with the constant rise of new artists and different variations of already existing genres. It's truly an exciting age for exploring music and finding what suits you the best.

Today, the top 3 genres worldwide are Pop, Rap, and Rock. The Pop industry is currently represented by successful artists like Taylor Swift, Sabrina Carpenter, and Charlie XCX. In fact, each of these singers released record-breaking and award-winning albums just last year and the newest, or most popular Rap songs feature artists like Eminem, Kendrick Lamar, and Kanye West. Over the last decade, both of these genres have taken the lead and became extremely popular among young people and within the industry, influencing not only music but also culture, fashion, and social movements.

Meanwhile, we continue to recognise the ever-growing success and popularity of older rock bands like Foo Fighters, Linkin Park, and The Rolling Stones. While this genre and most of its greatest bands are significantly older than the ones previously mentioned, it is still considered among the best-selling music of the 21st century.

Other recognised genres that are popular among teenagers as well as students from our school, are alternative or indie, country, and R&B. This would include artists like Alex G, who has only recently started getting recognition all across social media for his indie music, together with older, more alternative bands like Radiohead. Additionally, there are students who enjoy country music, whether it's older songs by Jeff Buckley or newer, more famous albums by Noah Kahan. Lastly, some might listen to R&B, streaming artists like Bruno Mars and Beyoncé and their grammy-awarded R&B songs.

Music

Petra Bielcikova



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AI IN ART

Lidia Kupchyk

As an artist, the rise of artificial intelligence (AI) in the creative industry has been both fascinating and deeply concerning. AI-generated images, produced by programs like DALL·E, MidJourney, and Deep Dream, have sparked debates about their impact on originality, creativity, and artistic integrity. While AI has the potential to assist artists by providing references, speeding up workflows, and opening new doors for experimentation, it also raises serious ethical concerns.

One of the biggest issues is how AI learns. These programs are trained on vast datasets of existing artworks taken from the internet without the artists' consent. This means that AI can closely mimic specific artistic styles, making it easy for users to replicate and profit from work that originally belonged to someone else. As an artist, this is unsettling—our styles, developed over years of practice, can now be reproduced in seconds without proper credit or compensation. It's not just about individual artists losing work; it's about the devaluation of human effort and creativity as a whole.

Another concern is how companies are beginning to replace human artists with AI-generated content. This is already happening in illustration, concept art, writing, and even programming. While AI-generated work might be cheaper and faster, it lacks the personal touch, cultural depth, and emotional nuance that human artists bring. The idea that some creative jobs could stop existing because of AI is concerning, especially for those who have dedicated years to practice.

Despite these challenges, I do see potential in AI as a tool rather than a replacement. It can be a useful aid for brainstorming, overcoming creative blocks, or even learning new techniques. However, artists must be mindful of how much they rely on it. Overdependence on AI could dilute personal expression and artistic growth. There's a fine line between using AI to enhance creativity and allowing it to overshadow the human touch that makes art unique.

Ultimately, AI should help artists, not replace them. The soul of art lies in the experiences, emotions, and cultural perspectives that only humans can create. As artists, we must continue to advocate for ethical AI use, fair compensation, and the protection of artistic integrity. AI is here to stay, but how we integrate it into our creative world is up to us.



Generated by Michael Sim
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Beyond artistic theft and job displacement, AI also presents a major ethical challenge in the form of deepfakes and misleading imagery. As AI becomes more sophisticated, it's easier to fabricate realistic but entirely false images and videos, which can be used to manipulate public perception. Additionally, AI-generated content raises complex legal questions about copyright—who truly owns an AI-generated image? The user? The developer? Or is it just a creation with no rightful owner?

COMIC STRIP MACRO



The end

more of the story:
keep your things nice and neat.

Tips on making school more enjoyable for you and your school acquaintances

Anna Komissarova





SUDOKU

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Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.



The End