

ROTTERDAM INTERNATIONAL SECONDARY SCHOOL

Message from the Editors-In-Chief





Mia Valla

Dear RISS community, it is my pleasure to present this year's summer edition of RISSUE! I would like to congratulate everyone for their successes this year – especially the grade 10s and 12s for finishing their exams. This year has been quite challenging for me; tackling the IB has not been easy, but I am proud of myself and my classmates for how far we've gotten. Working for RISSUE this year has been a great achievement for me, and I am eternally grateful for having been able to contribute to such an important tradition within this school.

This edition's main focus is on the grade 12 yearbook and applauding the graduating students, along with a wide variety of articles highlighting this edition's theme of 'balance'. This theme is explored throughout the magazine, underlining how members of the RISS community balance different aspects of their lives, no matter how difficult it may seem during the school year.

I would like to deeply thank Zoe – my co-editor in chief – for collaborating with me and making this RISSUE happen, and Mr. McMinn and Mr. Badyna for guiding us through this process. Furthermore, I am beyond thankful to the writers and photographers who have come together to make this magazine.

Above all – a huge thanks to all the members of the RISS community who have given us stories to write about and a platform to write them on. I hope everyone has a wonderful summer and enjoys this edition.

Zoe Argo

As one of the returning editors in chief for RISSUE, I am excited to present the eleventh edition of the RISSUE magazine and share some of the latest events of this school year. I am extremely grateful for the opportunity to continue working as co-editor in chief for this edition of RISSUE. Participating in RISSUE has been an amazing experience and has given me the opportunity to give back to the greater school community that has helped me thrive at RISS.

In this issue we wanted to celebrate this year's graduating class as well as focus on the theme of balance, and showcase more of the extracurricular activities that students participate in. I would like to sincerely thank everyone who participated in any way to the production of this edition of RISSUE – whether it be writers, photographers or interviewees, RISSUE would not be possible without your help.

I would also like to express my gratitude to Mr. McMinn and Mr. Badyna who always help to lead the team and ensure we are always on track – there would be no RISSUE without either of you two.

I would also like to thank Mia, my co-editor in chief who has assisted me throughout the creation of this year's editions of RISSUE.

On behalf of the RISSUE team we would also like to congratulate the graduating class of 2025. It has been a long and difficult journey and we wish you all the best in all your future endeavors.

Mia Villa and Zoe Argo

MESSAGE FROM THE PRINCIPAL: MS. DU PLESSIS



As our school year draws to a close, it is natural to reflect on the learning, growth, and accomplishments of our school community over the past year. It is part of the reality of a school that every year we wave goodbye to a whole cohort of graduating students, but also teachers and other students who move on to different places. RISS's mission states that we would like every student to enjoy their youth, and this extends to staff and all families around us as well. Whenever anyone from the RISS family leaves the school or completes a section, we hope that they look back on the past year(s) with a true sense that they have enjoyed, and found value in their time at, RISS - whether this be meeting challenges, taking ownership of their learning, preparing themselves for all new adventures, or, most importantly, also growing and being a part of our community. .

Ubuntu: I am because we all are...

I strongly believe that one of the reasons we are such a remarkable school and community is our adherence to the African idea of Ubuntu: I am because we all are. As individuals, we are hardwired for connection, and it is these connections which we should treasure, celebrate and nurture, and which ultimately bring us joy and meaning.

We have had much to celebrate in our community over the past year, from the very successful reevaluation of our IB programmes, excellent IGCSE and IB exam results, to the further development of the teaching and learning approaches in our school (e.g., concept-based learning, linking global and local contexts, looking at our target setting with Grade 6 students, and introducing a specific focus on gifted and tal-

ented students). The successful external IB reevaluation is a positive external affirmation that we are meeting the benchmarks of excellent education, but of course we remain open to refining our practices in a continual cycle of reflection and evaluation. The world is changing, and as a school we must continue to remain responsive – so as to support our students in navigating the changing world.

RISS continues to be a place of rigour, hard work, and being serious about the importance of learning, while also being a place of caring, belonging, and growth. I am honoured that I have been appointed as the permanent principal of RISS. It is a privilege to contribute to an organisation which perfectly aligns with my own values and beliefs.

FINDING TRUE JOY IS AN ESSENTIAL PART OF EVERY HUMAN'S DESIRE FOR A MEANINGFUL EXISTENCE

Saying farewell to our Grade 12 students is always bittersweet: our 2025 graduates are on the cusp of a new phase beyond RISS. I would like to celebrate their growth and experiences with us, which have prepared them for their future. The IB programmes here at RISS are academically rigorous and challenging in that they focus not only on learning, but on vital skills for their future: planning, organising, questioning, and synthesising information. All our interactions in the past years have been geared towards preparing our graduating students for the rest of their glorious lives: academically, socially, and on an interpersonal level as well. I hope that the foundation of these skills will support them successfully for the rest of their lives. I would like to thank our teachers, and especially our tutors and coordinators, who have so steadfastly supported and guided our students. When our 2025 graduates leave our school physically, memories of their cohort remain to sustain us in delightful retelling and remembering of so many moments.

We are proud of every student, and are looking forward to seeing what choices and pathways they may take in life. Our door is always open!

'The Book of Joy'

These past months I have been reading The Book of Joy: a work documenting a discussion between the Dalai Lama and Archbishop Desmond Tutu about finding joy in our current world. The discussion between these two leaders explores joy and suggests that it must grow and be nurtured from within, and not depend on external elements. The book further suggests that daily reflections, focusing on life-affirming perspectives of all aspects of our life, and consciously developing compassion for ourselves and others, are pathways to developing true joy. Furthermore, connecting to a community – any community which speaks to and supports you – is essential for your well-being and enjoyment in your future life. I hope that our school mission – focusing on finding joy in life – will become a dedicated part of every student's approach to the rest

of their life. We live in complex and complicated times, and finding true joy is an essential part of every human's desire for a meaningful existence. I believe that our RISS community – which is a place to make these connections and foster joy – has been, and will continue to be, a place of connection and belonging both for those of us staying and those of us leaving.

To our graduates:

when you leave RISS, you will have shown your skills in navigating academic learning and progress, and I wish you even more success in navigating the complexities of choosing joy and kindness in all your interactions. We are all part of one world, and it is important that every one of us make good and compassionate choices for ourselves and the people around us. We wish you the very best for the future, and much luck and joy as you work towards achieving your individual dreams. May you always celebrate and treasure the part RISS has played in your life.

To all our current RISS students and families: I hope that this past year and all its opportunities, joys, and tribulations will form a warm, lasting memory in your life. Enjoy the upcoming break and I look forward to next year. With our wonderful supportive community, I can only say that I strongly continue to believe that the best is yet to be.



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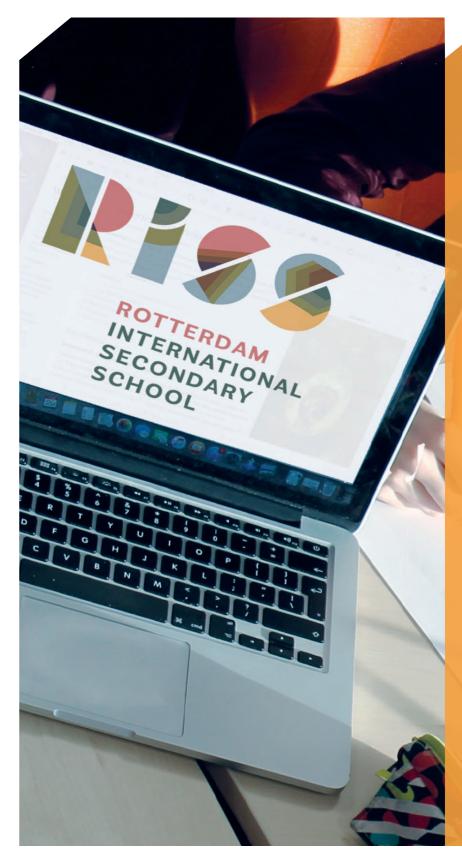
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FAREWELL & HALL OF FAME 2025



COLOPHON

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BEHIND THE SCENES

WHAT DRAMA FEELS LIKE FOR THE GRADE 6S

Drama in Grade 6 offers a wonderful balance in the school day for our students, by providing them with an opportunity to explore creativity, confidence, and communication skills. Drama encourages RISS students to step out of their comfort zones, embrace teamwork, and express themselves in new and imaginative ways. Through nurturing students' artistic abilities, we champion students to develop important life skills such as risk-taking, problem-solving, empathy, and resilience. Drama allows us for a dynamic, well-rounded experience every week together!"

Mr. Badyna and Ms. Christoffelsz, Drama Teachers

Here's what the grade 6s themselves have to say about the drama:

How does drama class make your school day feel different from your other classes? "Drama class makes me enjoy the whole day, because I love drama and I am really passionate."

Adhrit Bose 6B

Do you think drama class helps you build better friendships? Why or how? "Yes, because drama can help you be a better team worker and have more confidence, which can help you build better friendships"

Arwa Jendeli 6A

How do you use what you learn in drama outside of class or at home? "I use the courage I get from drama class to help me be more confident."

Diya Nair 6B

What is your favorite part about being in drama class? How does that help your overall school experience?

"It just makes school more fun."

Omar Sherbiny 6A

How does using your imagination in drama help you in other subjects?

"Drama helps me to be more crea-tive in other subjects as well. It also helps me with forming Ideas."

Vidisha Khangar 6A

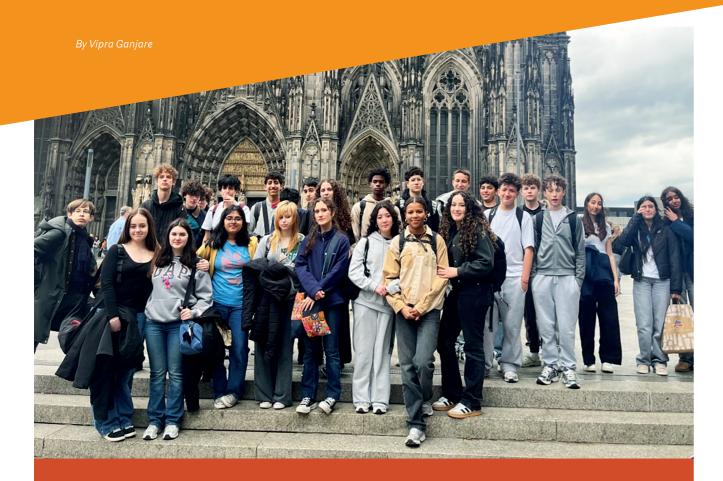
When school gets stressful or busy, how can drama help you feel more balanced or relaxed?

"In drama we usually do exercises and watch videos, which helps me."

Sydnee Jacobs 6B

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Grade 9 Trip to COLOGNE



IT'S TIME TO HIT THE ROAD AND GO TO COLOGNE!

This year's Grade 9 History and German cohort went to Cologne, where both groups got to learn about Nazi rule in Germany from 1933-1945. The students taking German had the additional opportunity to practice their language skills in a new environment.

Being in a different atmosphere other than school allows students to find a balance between having fun and also creating an understanding of vital components of history. To comprehend what happened exactly on the trip to Cologne, I spoke to Zach Argo and another student about their experiences during the trip:

What did you do in Cologne?

We went to visit the NS documentary centre, which was a "Gestapo" – also known as the 'secret police' – prison. This was the place where they kept all the prisoners. The sight was truly devastating, as this took place during the Nazi rule in Germany during almost 12 years. Here, the guide told us about the daily lives of the prisoners as well as the lives of normal German citizens.



The Cologne trip was super fun and really unforgettable. We started the day off by meeting early at school, around 7:15 AM, and then driving three hours to the Nazi "Gestapo" establishments during Nazi time. My group started off with a tour of upstairs, where our tour guide told us about the Nazi youth programme and the intense 'interrogations' that took place there. She told us stories of the torture that innocent people were put through for even listening to a British radio station at the time. To lighten the mood, we went to the city centre and had a treasure hunt as well as some free time to explore the city and eat.

*Interesting fact: According to Ms. Oudman, a history teacher who went on the trip, the NS centre in Cologne is the only known "Gestapo" headquarters that remained after the war ended.

How was the overall experience of being in Cologne?

The trip was emotionally heavy due to the subject matter; however, it was very good and informative at the same time. It really opened my eyes to what happened during the grotesque times of war in Germany and the rest of the world. I think this was true for all the other Grade 9 students who went on this trip.



Being at the "Gestapo" headquarters felt emotionally heavy. It was really hard to hear about the atrocities of Nazi rule. I wasn't the only one affected by the stories, our tour guide told us. Although the experience was super intriguing and interesting, when I went to the prison cells, I had to run out. It was like you could smell and feel all the souls that were once tormented down there. I couldn't do it.

What were some interesting things you learned?

I learned about the cells in the basement of the NS, and we even got to go inside one, where we were told how the prisoners were so tightly crammed together in a single cell. Furthermore, I learned something quite unexpected; apparently, neighbours betrayed their neighbours and told the "Gestapo" if anyone did anything wrong.

There are a few more interesting things I learned: firstly, I learned about different German folktales. Next, I gained a lot of insight into the German culture and how their past impacts them now. Finally, I also learned, in-depth, about the reality of children growing up in Nazi Germany and how they were completely brainwashed.

*Although this was not stated in the interview, I got extremely curious and wanted to know more about the "Gestapo" and the consequences for certain people if said 'betrayal' ever took place. So I looked it up and found that the "Gestapo" quite literally had the power to determine one's fate and could decide to torture, deport, and even execute. The brutality and the sheer power they held were horrifying to learn about.



Learning about a Grade 9 student's perspective on the trip to Cologne was truly amazing. I hope it was just as profound for you, the reader. Perhaps this has sparked some interest in visiting Cologne and deepening your understanding of the gruesome parts of history? Because, personally, it has for me. To end, I would like to share what Ms. Oudman wrote about this experience, an insightful thought:

"It is important to remember and to be witnesses to what occurred during the Second World War. It is a reminder of what can go wrong if we push for the differences rather than looking for where we are alike in our humanity."

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Balance with RISS Rose

The RISS Rose programme in Foundation Years has been around for a few years now, with courses such as "Mr. Murphy's Kitchen" and "Speak Up, Speak Out, Speak Well!" being some of the first ones introduced at the start of the programme. Not only do these courses intertwine with the subjects at school and offer skills students can apply to solve real-world challenges, but the programme also helps encourage students to explore their interests and apply what they learn in class in a more interactive, hands-on environment.



Explore, Discover & Create

Led by one of our dear art teachers, Ms. Kaijser, "Explore, Discover & Create!" revolves around technical craft skills, such as woodwork, sewing, etc. The main idea behind this course is to have students learn the skills and how to use the tools needed to create their own projects using wood, textiles and electricity. In our interview, Ms. Kaijser told me about the original concept of the course. Her idea had been to teach basic life skills to students, e.g. "changing a tire or a light bulb". However, she saw within her art classes that students enjoyed working with these technical materials and – inspired by project ideas online that she had saved but never had the chance to implement in class – the course would become a space where students would have the opportunity to work on those projects and learn the skills at the same time.

In her opinion, the course enables students to learn extra skills that they wouldn't learn within a class environment. For example, the project they are doing now is making clocks. Cutting the wood for the body of the clock, figuring out the mechanics of a clock, creating the design for the clock – it encompasses creativity and technicality, all in one! By teaching these skills in an engaging and fun environment, she comments that students get the chance to explore their creativity at a more relaxed pace compared to other subjects, providing balance for students so that they can enjoy their school time at RISS.

I interviewed some students as well on what they thought about "Explore, Discover & Create!". They were overwhelmingly positive about it. They enjoyed the time to explore their creativity, especially in such an encouraging environment. Moreover, one student talked about how visual arts classes and this course helped balance each other in their creativity. While the focus of visual arts lies on the 'why',

"Explore, Discover & Create!" focuses on the 'how'. How to saw wood, how clocks work, how to make a comic strip, etc. It provides a good balance to practice these techniques in RISS Rose – and then to reflect on their processes in their visual arts lessons, to think deeper about the process itself, for instance why they chose certain colours and techniques. Not only does "Explore, Discover & Create!" help provide a creative outlet to balance the students' school lives, it also serves as a balance in their creativity, something that many enjoy.

The students also felt like they were able to have more creative liberty as opposed to in the art curriculum in classes. In an art lesson, because they learn about art and design in a more academic manner, they felt like they "couldn't choose the colours they want" but rather a colour that would, for example, fit a certain theme of the unit. At "Explore, Discover & Create!" they felt like they could come up with their own themes and choose their own colours while being able to still apply the skills they'd learnt in their lessons and bring home a project they made themselves (with some instructional guidance here and there of course).





Be Wild, Be Nature

Mr. Sacco, the leading teacher for 'Be Wild, Be Nature!' about this course: "The idea came from my experience at 20, when I spent three months in a Buddhist monastery. Initially, I was also tempted by the idea of free food and accommodation (half-joking), but soon I discovered the beauty of a slow, mindful life. Since then, I've been practicing meditation and various mobility workouts, shaping both my mind and body. That experience taught me how powerful it is to live without rushing or constant comparison... At the start of my time at RISS, after some insightful talks with Ms. Swart, we identified the need for students to find more balance between school demands and personal well-being. 'Be Wild, Be Nature!' responds to this by offering activities which help students slow down and reconnect with themselves."

Students practice physical mindful activities: guided meditations, yoga and Tai Chi. These physical movements reconnects them with their body and teaches them to manage their stress physically. Another activity is the 'Gratitude Circle', where students express appreciation for a quality or action of a peer...to reduce toxic competition and [build] a more positive, empathetic environment...[and] increasing self-awareness, both for those giving and receiving gratitude."

What do the students think about it? Many praises for Mr. Sacco; his way of making sure all students feel heard and at peace provides that calming atmosphere he cultivates in his classes. One student commented that they enjoyed the guided meditations, using a fun way to describe the experience: "It's like your mom reading you a bedtime story, but your mind is in a clean state, so you can actually see the story!" Another commented that they enjoyed the Gratitude Circle. By expressing positivity for others, "it kind of made the classroom feel a little more like a family". Tai Chi being another class favourite. The stretching movements and breathing exercises are activities some (perhaps most) students don't do outside of class.

Mr. Sacco has a wonderful observation to end this article: 'Be Wild, Be Nature!' is a practical way to show that mental well-being is essential, not a luxury. By learning to take mindful pauses, students can balance productivity with inner calm, creating healthier habits for both school and life. I would like to finish the interview with a quote: 'Staying calm in a room full of panic is a superpower'.

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Craftsmen are necessary in all sorts of places such as houses, hospitals, and in this case, school. I interviewed Mr. Senden to gain insight into the various works and projects going on around the school, how they came about and how we could participate. Being able to work with your hands and make practical solutions is always an important skill to have.

Interview with Jan Senden

Mr. Senden has been working in this school since the corona period. Before that, he worked at various constructor and carpeting jobs for 45 years, leading to a good amount of experience. His current role involves contacting multiple companies to make sure maintenance and installations function correctly. Alongside that, he plans and works on projects. When he first arrived at RISS, he noticed that not a lot of people had spaces to sit down and eat and the canteen was not always an option. Therefore, the first project he planned was making benches that you could put away and that were safe to use.

Future projects include the basketball area on Junior Campus and working on the vegetable patch on Senior Campus. This could be planted in August or September for the winter. However, he said it would always be better if people have suggestions, so that they can also contribute. Some ideas include improving the entrance to Senior Campus, or setting up a volleyball net there.

What Should We Do?

The younger generation is the future. They can give interesting ideas such as a net roof at the back of the Junior Campus for basketballs. Or they could volunteer, such as cleaning with the pressure washer or the leaf blower. Not a lot of people work with their hands nowadays, and it should be done a lot more. It can be rewarding, better yet enjoyable. Also, everything needs maintaining. Someone needs to take care of the vegetables so they don't die, similarly a house needs changes once in a while so it doesn't fall into disrepair.

Some projects have already improved the school, such as students painting pallets some time ago or when the Green Team asked for changes in the heating system. Additionally, the greenhouse water system (also on Senior Campus) was another example of a project that was very enthusiastically worked on, but which needs maintaining.

Work Ethic

There is always a practical solution. You just need to find the time to work on it, and if the budget doesn't cover it, just improvise. But when a project is finished that doesn't mean that that's that. Ultimately, enjoys improving the school and thereby the lives of students, as that is where they spend most of their days.

"There is always a practical solution. You just need to find the time to work on it, and if the budget doesn't cover it, just improvise."







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#RISS TRAVELS

By Jana Farrag

At an international school, vacation stories are never confined to one country or continent. With a community as diverse as ours, we often spend our breaks beyond borders turning our holidays into cultural adventures, reunions and unforgettable travel experiences. This past May vacation was no exception. From speedy rapids in Slovenia to sun-soaked beaches in Angola, students and teachers returned with passport stamps and stories worth sharing.

"Italy, Poland, Germany, Republic of Czech, Austria, Switzerland, Slovenia, Luxemburg. And yes, I did this on my May break, don't ask me how." - Mikolaj Czkwianianc [Grade 8]

"Mother and son holiday kayaking in Slovenia – but it was a bit more adventurous than I had bargained for! We were able to complete level III rapids at the end of our 3-day course!" - Ms. Noorduijn

"We experienced the electricity shortage in Spain when we were on the train. Luckily, after two hours on the train we could step out and walk 2 km to the next station... it was a 'fun' adventure..." - Ms. Priego

"Watching a flamenco show with live music and dancing was a highlight, as well as snorkelling in the Red Sea. It is my happy place." - **Ms. Ternieden**

HOLD ON NOW, NOT ALL VACATIONS REQUIRE A BOARDING PASS

Of course! Some students enjoyed calm vacations right here in the Netherlands because, sometimes, the best break is no travel at all. Many students enjoyed celebrating King's Day, exploring different Dutch cities and learning more about where they live.

"I enjoyed the lovely weather, learnt how to make coconut macaroons and homemade pizza, and enjoyed the markets for King's Day... many things." - Vanessa Chan (Grade 11)

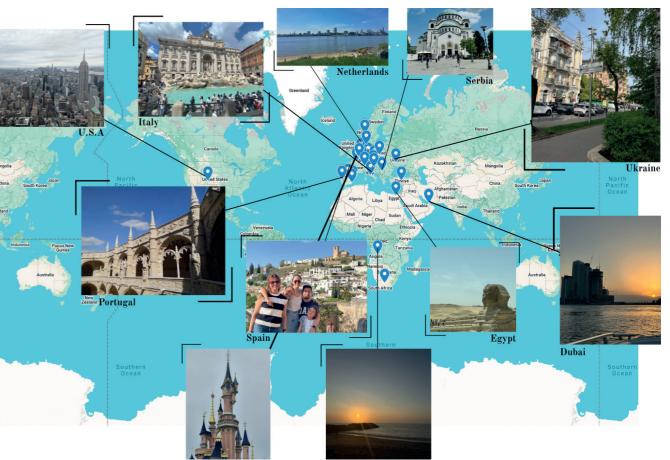
"In the Netherlands, I enjoyed the warm weather by going to the Scheveningen beach and to the parks with my friends." Gabriella Ching (Grade 11)

"It was a wonderful experience because not only did I enjoy the vacation, but I also learnt a lot about the history and the culture of the country." - Aarna Singh (Grade 11)

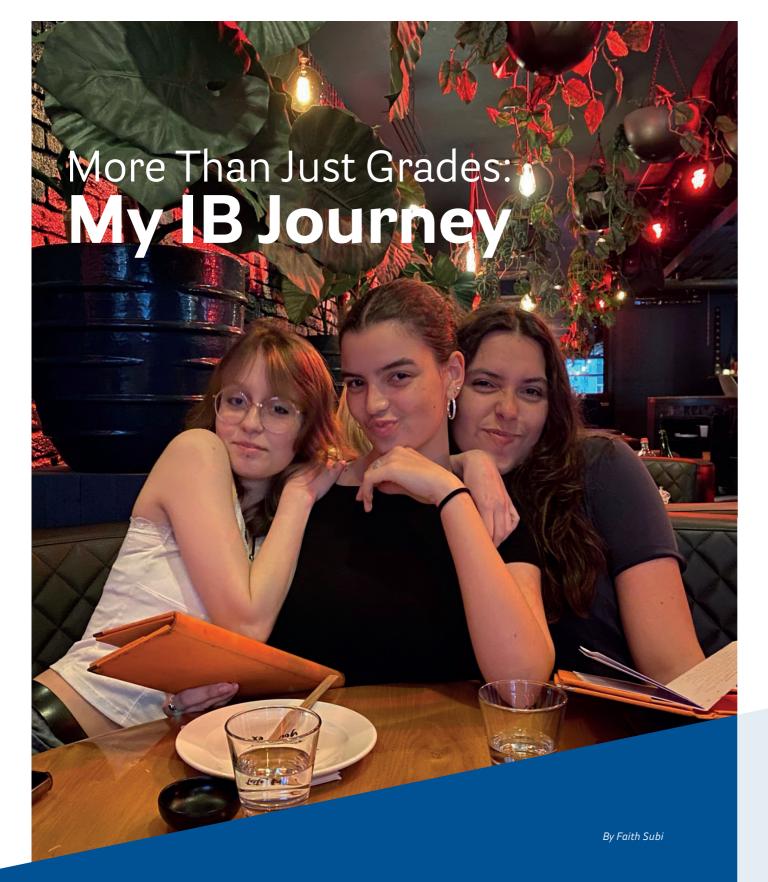
VISITED, LEARNED, GAINED & BROADENED

Besides the many Instagram-worthy pic tures students and teachers took, the va cation served as a common thread between the whole school communitu.

What ties all these experiences together is what enriches our school. Every stamp in a passport represents more than a place visited, it represents a culture learned, a story gained, a perspective broadened.



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For many students, the IB is like a rewarding marathon experience. In this interview, G12 graduating students reflect on the challenges, breakthroughs and the memories that shaped their High School journey.

Interview with Nicole Sene

■ Which subject was the most challenging for you?

Chemistry HL and Math AA HL. I have always struggled with Math, like historically. Chemistry HL made things even harder for me. There was just a lot of content and physics to deal with, which I personally didn't enjoy. The workload felt endless at times.

■ How did you overcome it?

I got tutors for both Math and Chemistry and I really focused on practice. Honestly, a lot of my hopes are riding on my IAs because they gave me a chance to show what I have learned in a different format.

■ What's a funny or unexpected moment from school that you will never forget?

Our grade 9 trip to Belgium! Some of the boys from my grade broke a bed in the hostel. We still don't know how and they actually had to go home early. It was hilarious and somehow made the trip even more memorable. Also I'm going to miss my Spanish HL classes so much. Those classes were so much, energetic and just really special.

■ What was your EE topic and what did you learn from doing it?

My EE topic explored the mental health support available to doctors in Brazil and the Netherlands. It was eye opening. I found research on how doctors' mental health suffered in COVID 19 pandemic but surprisingly there was little support for doctors. There is no specialized therapy or care for doctors in many cases. This taught me how unpredictable research can be. I learned to go with the flow and let the research shape itself.

■ If you could go back to the beginning of grade 11, what advice would you give to your younger self?

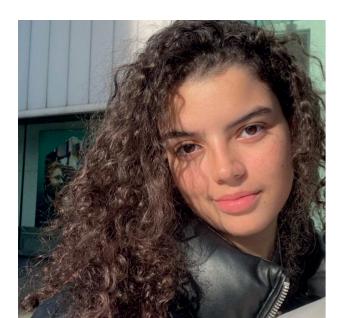
Study. Just study. Don't zone out in grade 11. I did and while I will still pass, I won't get the grades that I wanted to get. And that's okay. But also don't let the IB take over your life. Because if you let it, you will burn out fast. Make time for yourself and keep things in perspective.



The IB is not just about academic achievement, it's about resilience, adaptability and beautiful moments that happen along the way. The journey can be full of stories worth telling.

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Interview with Isabelle Tuiner

■ How do you think the school experiences have prepared you for the next chapter of your life?

I've been at RISS since Grade 7, back when I was just 10 years old. Now I'm turning 19, and it's been quite a journey. Spending so many years in this environment has definitely shaped me in more ways than I can count. One of the most valuable things I've learned at RISS is how to communicate effectively with others. Whether it's working with classmates or engaging with teachers, I've learned how important it is to build strong relationships through open communication. These are the same skills I know I'll carry into university and the workplace because at the end of the day, it's about learning how to connect with people.

Another important lesson school has taught me is how to push myself beyond my comfort zone. There were times when I struggled with certain subjects and felt overwhelmed. But instead of giving up, I learned to pause, reflect, and approach challenges with a more thoughtful mindset. I've discovered the importance of constructive self-criticism, asking myself, 'How can I handle this? How can I improve?' without being too hard on myself. We're all human, and part of learning is embracing mistakes and turning them into opportunities for growth. I think this mindset will help me navigate university life, especially when things get tough. It's not about avoiding difficulties, it's about facing them with an open perspective and asking, 'What can I take from this experience?' That's something RISS has truly instilled in me.

■ Which teacher or class had the biggest impact on you, and in what way?

Without a doubt, Theatre class with Mr. Badyna had the biggest impact on me. I took Higher Level Theatre in IB and also studied drama during IGCSE. Back in Grade 8, I had Miss England for drama, and she helped spark my love for the subject. But it was really Mr. Badyna who took that passion to another level.

Mr. Badyna is honestly one of the most extroverted, encouraging, and dedicated teachers I've ever met. He pushed our small class and me personally to go beyond what we thought we were capable of. Theatre became more than just a subject; it became a space where students from all backgrounds and personality types came together to create something meaningful.

One of the most unforgettable experiences was our class trip to London. It was just three days, but it completely transformed us. Mr. Badyna fought hard to make that trip happen, and I'm extremely grateful. Through that experience, we saw the IB program and theater in a new light. It gave us a real-world connection to everything we were learning. Theatre challenges you to be brave, to try new things, and to push boundaries. You learn not to be afraid, because it's still a performance space – but it's a safe place to explore and grow. That's the lesson I'll carry with me. I will definitely miss Theatre class and Mr. Badyna truly made a difference in my life.

■ What is something you will miss about life at RISS?

What makes RISS truly special is its small, close-knit community. Unlike larger international schools, here you see the same faces every day and while that might feel repetitive at times, it creates a sense of familiarity and belonging. Even if we weren't all close, we learned from one another and shared the same journey.

I'll especially miss the strong support from our teachers. They care deeply, push us to do our best, and are always there when we need help. That kind of encouragement and openness is rare and I know it won't be the same at university, where independence takes over.

More than just a school, RISS has been a space where community, connection, and growth came together. And that's something I'll always carry with me.

■ If you could go back to the beginning of grade 11, what advice would you give to your younger self?

Looking back on the IB journey, one of the biggest lessons I've learned is the difference between motivation and discipline. I used to think staying motivated was the key, but I've realized discipline is what truly carries you through, especially when motivation fades. Whether it's writing your EE, studying for exams, or just staying on top of homework, you have to push yourself even when you don't feel like it.

Ironically, one of my greatest strengths was organization and also one of my biggest challenges was being organized. It's easy to feel overwhelmed when you try to plan weeks or months ahead. If I could go back, I'd tell my Grade 11 self to take it one day at a time and not stress about the big picture all at once. I'd remind myself to enjoy the journey, not just chase the destination because even in the chaos of IB, there's growth and learning to be found.

Another thing I'd stress? Get your CAS done early. Don't overthink it. Take 10 minutes, write what's needed, and stay ahead. The longer you delay, the more it builds up and trust me, it's not worth the stress. Most importantly, I'd remind myself to create a healthy balance between work and rest. Prioritize sleep, eat well, move your body—whether that's working out, dancing, or just stretching. Don't stay up until 1 a.m. trying to memorize something you won't retain. Rest is productive too, and your well-being matters more than you think.

If there's one final piece of advice I'd give my younger self, it's this: Figure out what rest means to you. Whether it's a walk, a nap, meditation, or just a quiet moment alone, protect your peace. Stress is real, but you're stronger than you think. And you will grow.

SELF-REFLECTION FROM THE AUTHOR

After speaking with the lovely Grade 12s, one thing is clear: we've all grown in our own ways. We've faced challenges, made mistakes, and learned what works for us and what doesn't. Some of us discovered the importance of discipline, others found strength in community, and many of us learned the hard way that sleep and self-care are not optional. What stood out the most wasn't just how different our experiences were, but how connected we still are by the same journey. We've all had moments of doubt, stress, and late-night panic but also moments of laughter, growth, and real pride in how far we've come.

To the students still on their way through IB: take your time, trust your process, and don't forget to look after yourself. It's okay to not have it all together, it's okay to not know everything, it's okay to be confused. If there is one thing I always tell myself, it is: I will figure it out – but as for now, what matters is that you keep moving, keep learning, and keep showing up for yourself and for each other. We're not just leaving with grades, we're leaving with lessons for life.

SHOOTING AWAY THE STRESS:

BASKETBALL AND BALANCE

This late in the school year, it's hard to find a student who isn't stressed – whether it's exam stress or general stress for the upcoming deadlines. Even when it's a calmer time of year, I always seem to find myself stressing about something, and I've seen that many of my friends and classmates feel the same. I've also noticed that regardless of how many tests or deadlines are approaching, there's one place in the school that's never really empty: the basketball court!

On both Junior Campus and Senior Campus, the basketball court is always in full swing and filled with students of all grades. And, despite whatever stress they might be dealing with, when they enter the basketball court, the only thing on their mind is the game at hand.

This got me thinking about how even as students move up grades, they find comfort in playing basketball. To find out more about the benefits of playing basketball, I interviewed **Ozan Güres from 9C**, and **Salma Khalil Saad Khalil from 11A**, to find out how playing basketball helps them in times of stress.



How often do you play basketball?

- "How often I play depends on how busy I am during the week. Even in my busiest week, I make sure I play basketball at least two times a week. However, if it is a school-free week, I play basketball every day."
- "Once or twice every week at school."

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Does playing basketball help relieve stress?

- "Playing basketball definitely helps me relieve stress and reduce the pressure that school generates. While playing basketball, I completely stop thinking about school and enjoy the moment. Not constantly thinking about school reduces pressure significantly and helps me relieve stress."
- "Yes, especially when I am mentally exhausted, playing basketball really helps me to de-stress and clear my mind. As an IB student, I feel like I really need this outlet so that I don't get drained and burned out, especially this late in the school year."

What got you interested in playing?

- "My dad introduced me to basketball back in 2019. I always loved physical activity and competition. Basketball had both aspects, which made me fall in love with the sport. The adrenaline boost I got when I scored made me enjoy the sport even more."
- "When I was 12, my family told me that I'm tall, so I should start playing basketball. I joined a basketball team close to my house. I played there for three years, and it was one of the most enjoyable experiences because even when we didn't win, we would always sing fun Arabic children's songs in the bus! The most valuable thing I learned from playing basketball is the benefit of making mistakes."

How do you, in general, deal with stress?

- "I deal with stress by playing basketball of course. As part of the process, I identify the cause of stress. Then, I take action on the cause of stress, instead of procrastinating. Because procrastinating always gives me the most stress."
- "Honestly, I am still trying to find new methods to deal with my stress. Most of the time, they consist of taking a pause and asking myself whether my work is really a priority, or should I prioritise my health?"

Hearing from these students, it is safe to say that playing basketball helps to provide a safe place to de-stress and find balance between school and fun! Even if you don't personally play basketball, there are all kinds of activities you can do in and out of school that can help you find balance. wwwSo next time you're feeling particularly stressed, consider the advice of Ozan and Salma and take a break from your work to do something fun!

Farewell Messages

Our school mission proudly proclaims that we would like every student to enjoy their youth. At the end of each year – when students are either leaving, or finishing off sections and moving forward to new challenges – we hope that our students can look back on the past few years with a true sense that they have enjoyed, and found value in, their time at RISS, meeting challenges, taking ownership of their learning and preparing themselves for all new adventures. Especially for our Grade 12 students, who are on the cusp of a new phase without RISS: we truly celebrate your growth and experiences with us, which have prepared you for your future. The IB programmes here at RISS are academically rigorous and challenging, focusing not only on learning but on planning, organising, questioning and synthesising information – vital skills for your future.

These past months I have been reading The Book of Joy, a work documenting a discussion between the Dalai Lama and Archbishop Desmond Tutu about finding joy in our current world. We hope our school mission will become a part of every students' approach to the rest of their life, focusing on finding joy in life. True joy is an essential desire and part of every human's existence, and must grow from within and not depend on external elements. The book suggests that daily reflections, focusing on life-affirming perspectives of all aspects of our life, and consciously developing compassion for ourselves and others, are pathways to developing true joy. Furthermore, connecting to a community – any community that speaks to and supports you – is essential for your well-being and enjoyment in your future life.

When you graduate from RISS, you will have shown your skills in navigating academic learning and progress: we wish you even more success in navigating the complexities of choosing joy and kindness in all your interactions. We are all part of one world, and it is important that every one of us make good, compassionate choices for ourselves and the people around us.

Ms. Du Plessis



ROTTERDAM INTERNATIONAL SECONDARY SCHOOL "To all students leaving or returning to us next year, but especially our Grade 12 Graduating Class: we wish you the very best for the future and much luck and joy as you work towards achieving your individual dreams. May you always celebrate and treasure the part RISS has played in your life."



DEAR 12A, Time Flies.'
For some of you, I have had the joy of seeing your progress since Grade 10 in RISS Reach or Environmental Management, and for others, our moments were brief but still meaningful in Tutorial. No matter how long or in what context we crossed paths, it has been a pleasure to be an onlooker during your growth as individuals and as a group. With the years that come ahead, I hope you carry forward the same kindness, humor, and determination that have shaped you. Wishing you all the very best!

MS. AKÇAY



TO DEAR 12B. No more CAS, no more EE, no more IA's, no more IO's... and no more IB. There will be more abbreviations in your futures, for sure, but as for this run, you guys rocked it. You all have all the humor, candor, care, and attention you need to now go out into the world and make some worthwhile abbreviations of your own. Thank you for making tutor time one of the best blocks of the week for me - it was REAL and FUN. I wish you all the best!

MR. PHILIPS



DEAR GRADE 12 C. Here's a metaphor. You are standing on a cliff, and you are preparing to leap into the sea. Waves crash and the water churns with the force of countless currents, caused in faraway places, but culminating below you. You have been trained to dive, how to tuck your chin, how to stretch your body into a knife which will enter the water with a smooth puncturing. Only. You might over-balance from the legs. You may hit the water at an angle. You may even belly flop. Don't worry. It doesn't matter. Life gives you second chances, third chances... in fact as many chances as you want. Just as long as you keep climbing back to the top of the cliff, and diving again. That's called character, and the Class of 2025 has it in abundance.

MR. MOTTRAM



DEAR 12 D STUDENTS,

I WISH YOU ALL THE GOOD LUCK YOU

DESERVE FOR YOUR FUTURE. CONTINUE BEING

SO POLITE, COOL, CONFIDENT AND 'ANNOYING

IN A GOOD WAY'. YOU ARE A UNIQUE GROUP

AND I WILL MISS YOU.

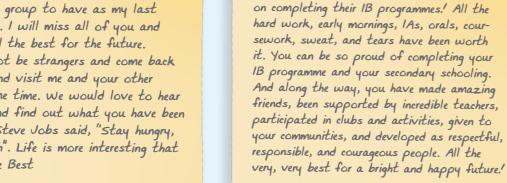
MR. MORENO

- 20- RISSUE - 21-



Oh, my lovely TUTEES FROM 12 E, What a nice group to have as my last tutor group. I will miss all of you and wish you all the best for the future. Please do not be strangers and come back to school and visit me and your other teachers some time. We would love to hear from you and find out what you have been up to. As Steve Jobs said, "Stay hungry, Stay foolish". Life is more interesting that way. All the Best

MS. LIBERT



MS. WARD



YOU DID IT! MY DEAR DP STUDENTS. RISS, school and the IB are over. It is always a mix of emotions, relief, happiness, nostalgia and anticipation. I have spent four years at RISS and you, as a year group, were simply the best! That is because I had four years to get to know (most of) you. You kept me young with your advice and correction over Genz language; you made me laugh during lessons (more TOK, but also during French. 1); I simply loved spending time with you during school trips (Ameland, TOK trips, Lille) and watching you become young adults over the past years.

It is also my last year at RISS, but not at school. As some of you know, I live in Hilversum and commuting by train takes up a lot of my time. I have decided to teach a new subject - Dutch as a foreign language. I will be joining another international school closer to home (close to the VU.1) and taking a post-bachelor course at the Hogeschool of Amsterdam - so I may well bump into some of you. I hope I am inspiring you to continue learning well beyond the age of 50.

Have a great summer (without research and academic writing) and have a great start to your next chapter - both as an adult and as a student of tertiary education. Please do become alumni of RISS and keep in touch with your school. Keep in touch with one another and look after one another. I will miss RISS, but I will really miss all of you.

MS. NOOR DUIUN



CONGRATULATIONS TO OUR GRADE 12 STUDENTS

TO MY DP STUDENTS,

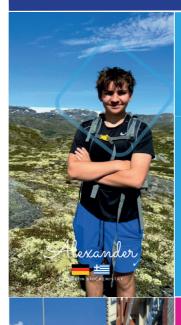
As you embark on your next adventure, know that you've left an indelible mark on RISS and me personally. I still vividly recall our first lessons together. Those early days were filled with nervous energy and friendships forming with your new classmates. Over these two years, I've watched you grow as students and as a tightknit CP class, forging bonds with each other and with me, too. GO SHINE AND SHOW THE WORLD WHAT CP STUDENTS CAN DO!

MR. MARSHALL

Class of 2025:

Go and make a positive impact and make this world a better place!

HALL OF FAME 2025



"THERE'S ONLY TWO THINGS WORLD. PEOPLE WHO ARE INTOLERANT OF OTHER PEOPLE'S CULTURES AND THE DUTCH."-AUSTIN

REWRITING CHATGPT

BEING CONFUSED IN CHEM



LORO PIANA'S IN A PORSCHE

BERLIN TRIP

CLASS WITH MY GOAT KRIS





IF YOU'RE GOING TO BE SAD, YOU MIGHT AS WELL BE SAD

> FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: FRENCH CLASS WITH MS

THE ENDLESS GOSSIP IN ART



SENIOR QUOTE "GATEKEEP MY PEACE GIRLBOSS MY STUDIES GASLIGHT MEN"

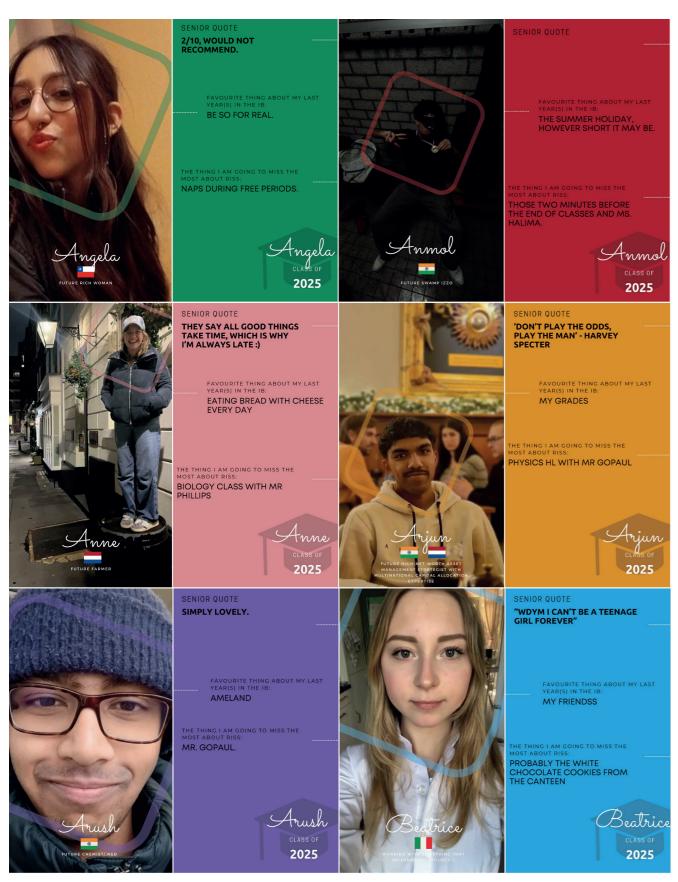
CAFETERIA COUCHES, PERFECT FOR NAP TIME

THE THING I AM GOING TO MISS THE

THE NACHO BURGER



-22 - RISSUE RISSUE - 23 -









YOO CHILL IM JUST A VESSEL!"

BLADEE

IR. BADYNA AND MR. OTTRAM

ENIOR QUOTE

BENCHES

"PAINT OF DROP" - DANIEL BEN CHORIN 2020

Bruno

2025

Lameron

2025





2025









AFTERNOON, AND ESPECIALLY IN THE EVENING.



-24 - RISSUE 25 - RISSUE



SENIOR QUOTE

"WHATEVER KILLS ME MAKES
ME STRONGER"

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:
FREE PERIODS WITH ARJUN

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

MR. GOPAUL





SENIOR QUOTE

LAST WORDS ARE FOR FOOLS
WHO HAVEN'T SAID ENOUGH!

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

MR. GOPAUL'S LESSONS

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

MY CLASSMATES







FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

HE THING I AM GOING TO MISS THE MOST BOUT RISS:

BEING ONE OF THE 5 PEOPLE IN THE ***
BATHROOM STALLS.





SENIOR QUOTE
YOU WILL NEVER FIND A SWISS
MERCHANT COMPLAINING
ABOUT A MICKEY BRACKET

YEAR(S) IN THE IB:

MR. GOPAUL'S PHYSICS CLASS

THE THING I AM GOING TO MISS THE MOS ABOUT RISS: MR WESTRA'S SLIDESHOWS





SENIOR QUOTE
I'M SCRAPPY, IT'LL FIGURE IT

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

AMELAND & LONDON TRIP

HE THING I AM GOING TO MISS THE MOST BOUT RISS: FRIENDS, TEACHERS AND THE LIBRARY





SENIOR QUOTE

- IF I'M EVER ON A BEACH SURROUNDED BY MODELS AND MONEY, DON'T BOTHER ME, I'M EXACTLY WHERE I WANT TO BE.

> FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: STARTING AT 11 AND FINISHING AT 13:40 ON FRIDAYS

THE THING I AM GOING TO MISS TH MOST ABOUT RISS: SEEING MY FRIENDS EVERY SINGLE DAY





SENIOR QUOTE

300MG OF CAFFEINE AND 3
HOURS OF SLEEP

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: WALKING INTO THE TOILET AND SEEING SOMEONE GETTING A FRESH FADE

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:
BTEC CLASS



"SURVIVED HIGH SCHOOL WITH HARD WORK, DETERMINATION, AND A GENIUS FRIEND WHO MAY OR MAY NOT RUN ON WIFI."

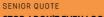
FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:
THE TRIPS WE WENT ON.

...

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

MY TEACHERS





STOP, I DON'T EVEN LOOK CHINESE.

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

BADMINTON

THE THING I AM COING TO MISS THE MOST ABOUT RISS:
BEING CONSTANTLY ON EDGE ABOUT WHETHER A DEADLINE IS COMING UP OR NOT, EVEN WHEN I'D KNOW THERE



FAVO YEAR LOV

SENIOR QUOTE
WON'T CATCH ME BEING LATE

FOR SPANISH AGAIN

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

LOVED ALL THE DEADLINES.

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

SPENDING TIME WITH OOH

Guga CLASS OF

SENIOR QUOTE
WAKE UP IN DAY ONE

WASN'T.

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

THE WAY HOME WITH MY FRIENDS

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:
THE AMELAND TRIP





SENIOR QUOTE

"THEY MISSUNDERESSIMATED

ME." - G.W. BUSH

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

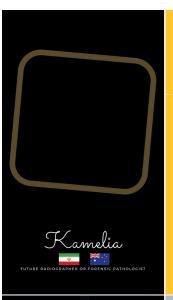
TRYING A MATH PROBLEM WITH BOTH AI AND AA CLASSMATES AND ALL OF US GETTING DIFFERENT RESULTS.

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

NOT HAVING TO PLAN MEETING FRIENDS.



- 26 - RISSUE



SENIOR QUOTE PARTY ROCK IS IN THE HOUSE TONIGHT

> FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: GOSSIPING WITH MR MORENO

THE THING I AM GOING TO MISS THE MOST ABOUT RISS: MISS BALSLEY





IT WASN'T ME; IT WAS ALLAH

SURVIVING IB WITH THE BEST

USINESS CLASS WITH THE GOAT AKA MR KRISTIANSEN





"SIR! THERE'S A BABY ASIAN CLIMBING THE FENCE!"

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: GAMBLING ALLEGATIONS IN PHYSICS CLASS.

THE THING I AM GOING TO MISS THE MOST ABOUT RISS: THE UNHINGED DAILY **DEBRIEFS AND EQUALLY** HILARIOUS TEACHERS.





SENIOR QUOTE

"IT'S PRINCESS SCHOOL UP IN

FAVOURITE THING ABOUT MY LAST THE CHAOS OF HL SPANISH CLASS

THE THING I AM GOING TO MISS THE MOST ABOUT RISS: MY FRIENDS





SENIOR QUOTE

GOING PAST DE ZWETH EVERY MORNING FOR 7 YEARS REALLY

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: PLAYING UNO WITH 20 PEOPLE

THING I AM GOING TO MISS THE GOING OFF-TOPIC FOR HALF THE CLASS





SENIOR QUOTE

NOT YOUR AVERAGE ASIAN. I DON'T GET SEVENS FOR MATH. (MR BARSULAI STILL OWES ME A BOTTLE OF COKE.)

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: ALL SCHOOL TRIPS

THE THING I AM GOING TO MISS THE THE NAPS ON THE COUCH





"STOP STARVING YOURSELF OF LIFE." PROCRASTINATION

MY GIRLS 🐇

NACHO CHICKEN BURGER,

AND MR KRISTIANSEN'S JOKES IN BUSINESS





SENIOR QUOTE

YOU HAVE DEPARTED BABA GOOBY STATION.

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: FALLING ASLEEP IN CLASS.

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

EATING MY LUNCH AT NINE IN THE MORNING.





CLEANING UP THE STREETS AND GETTING RID OF CRIME.

HE THING I AM GOING TO MISS THE THE PHYSICS HL CLASSES WITH MR. GOPAUL



SENIOR QUOTE JE WEET VAN MIJ

FAVOURITE THING ABOUT MY LAST COMING TO CLASS ON TIME

ENGLISH WITH MR.MULLER



SENIOR QUOTE

I SAY "IT IS WHAT IT IS" A LOT FOR SOMEONE WHO HAS NO IDEA WHAT IT IS

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: THE BERLIN TRIP

MR. ALBERTS AND MR. MORENO





SENIOR QUOTE I'M LIKE A COCONUT, WHITE ON THE INSIDE BLACK ON THE OUTSIDE.

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

MY PERFECT ATTENDANCE

THE THING I AM GOING TO MISS THE MOST ABOUT RISS:

BIG BEN

HAK LIKE THE BEANS

• TIMOTHYBUSINESSOPPORTUNITY



-28-RISSUE RISSUE - 29 -







SENIOR QUOTE

THIS DIPLOMA IS PROOF THAT MIRACLES HAPPEN

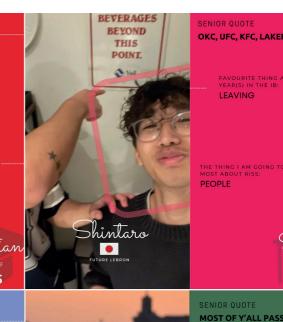
FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:



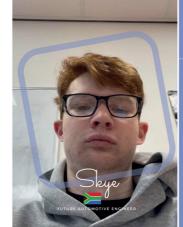
















MOST OF Y'ALL PASSED BECAUSE OF ME PHYSICS WITH VEERLE (ITS BASIC KNOWLEDGE) HE THING I AM GOING TO MISS THE 5 PEOPLE IN A BATHROOM STALL 2025



SENIOR QUOTE "THEY SEE ME **CATWALKING... THEY** HATIN'!" - CHAT NOIR

> FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB: FINISHING IT

THE THING I AM GOING TO MISS THE

NOT MUCH



2025

MR. GOPAUL MARDAYMOOTOO

'LEG DAYS = 0. NUMBER OF

GRADUATIONS = 1'



2025





2025

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

WITH MR MORENO WAS

SENIOR QUOTE

AMAR

THE STREET

AMELAND (MINUS THE BIKING)

WHY DON'T YOU LEAVE ME ALONE

WHEN I'M DOING MY IMPORTANT **WORK" - PETER GRIFFIN**

FAVOURITE THING ABOUT MY LAST YEAR(S) IN THE IB:

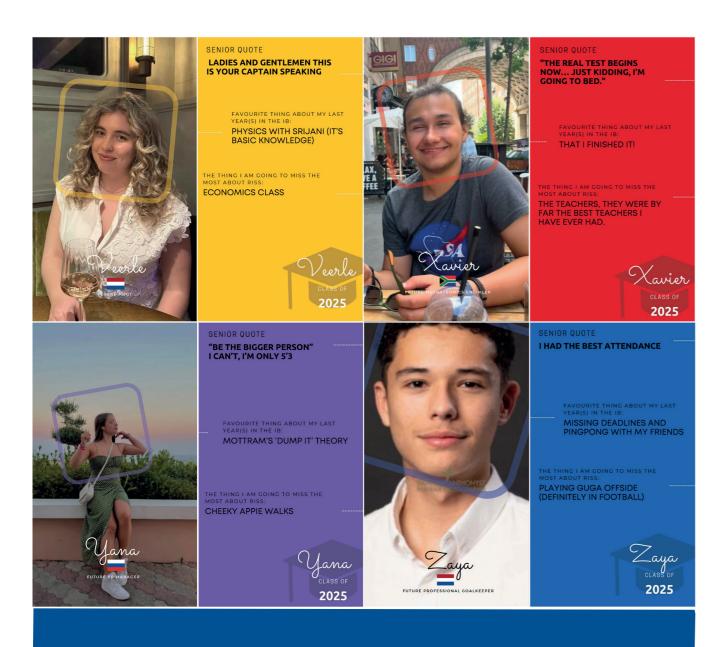
ZAYA UMAYYA OILAD ADJ

THE THING I AM GOING TO MISS THE MOST ABOUT RISS: THE ALBERT HEIJN ACROSS





-30-RISSUE RISSUE - 31 -



"To all our graduates: we wish you the very best for the future, and much luck and joy as you work towards achieving your individual dreams. May you always celebrate and treasure the part RISS has played in your life."





