

ISSUE 9

unwanted and welcome

Thank you to:
Martina, Eray, Marceline, Miona, Nara, Syna, Sofia R, Sonam and Kru Amanda for helping put together this issue.

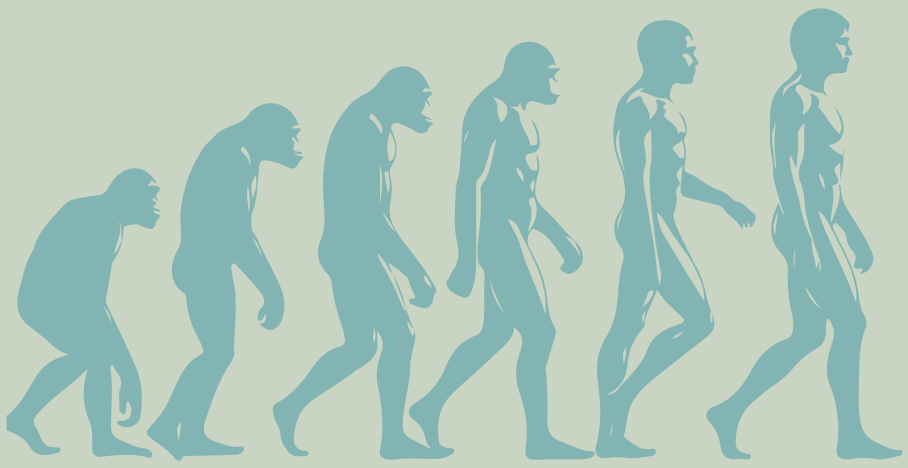
The old TCT team members for the great foundation they've laid for this CCA!

"Not everything that is faced can be changed, but nothing can be changed until it is faced"
~ James Baldwin

THE COMMON THREAD

Dress up as what you wanted to be when you were younger

grade 12 students







What did you want to be when you grew up?

Leila B: Ladybug

Damaris: Hairstylist

Rhys: Surfer

Rabab: The president of Sudan



What will you miss about UWCT?

Leila B: Living close to my friends

Damaris: Having a community that shares my views

Rhys: How devoted the teachers are to our education

Rabab: The diversity of our community and my beiefs and values being challenged in a respectful way

What is a change you're looking forward to?

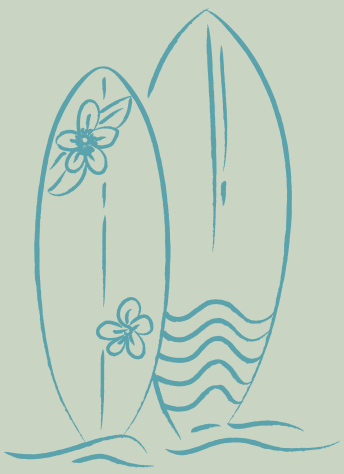
Leila B: The independence that I feel when I go back home

Damaris: Meeting new Spanish speakers in university so that I can keep practicing my Spanish skills

Rhys: Living away from the boarding life and the rules

Rabab: A new relationship with academics, since the IB is very challenging and defining for a person and future work with NGOs





THE COMMON THREAD



How The World Around Us Has Changed

Lydia, China Sustainability committee



Within the short sixteen years of my life, I have witnessed how the hit word changed from being "environmentally friendly", "environmental protection" to now "sustainability" being almost an overused jargon every corporation has to ram about regardless of how little they actually care about their environmental contributions. My opinions on whether this is a welcomed or unwanted change is mixed: on one hand, it is obvious that a larger portion of our population is interested in contributing to this urgent cause that needs collective contributions, yet, its frequent appearance has also driven some people away from digging deeper into how our planet is actually affected by interconnected, complex environmental issues.

Studying how we have and will react to global challenges like environmental issues is very interesting for me: climate change is definitely an unwanted change for some with all the dismal impacts it can bring to people's lives, but do we have the power to resist it from happening with our current profile in terms of production and consumption? Can we resist this trend or are we foreseeing the tragic downfall of the human species within the time of our lives? Or, recognizing how powerless we can be, should we just ignore it and deny its existence?

On one hand, it can be very greedy of us to say climate change is unwelcome after we have enjoyed all the benefits from industrialization. Climate change is just a way our previous actions are making a comeback.

"Change" Movie Recommendation

THE GREEN BOOK

Eva, China

A movie that really made me think about change is The Green Book. It's based on a true story and follows the journey of two men from very different backgrounds.

I chose The Green Book because it shows change on multiple levels. There's the personal transformation in both characters. In the beginning, Tony, the hired diver, had strong negative perceptions about African Americans. However, as the story progressed, Tony became more open-minded and self-aware, as he got closer to Shirley (the pianist). While Dr. Shirley also undergoes change as he learns to trust and connect more deeply.

The change really brought the two characters closer together. The relationship between the characters changed from a professional arrangement into a genuine friendship. By the end of the movie, you can see a real friendship between them, which made their journey feel meaningful and emotional.

"Amidst rampant racism in the 1960s southern America, an African American pianist hires an Italian American bouncer to drive him through his venues. They come closer in the course of their journey."









Sonam, Bhutan

THE COMMON THREAD

Personal Change
Eray, Turkey

In this chapter, I wanted to give a personal recount of how my assumptions, beliefs and thoughts were replaced with understanding and clarity.
When I moved here, I had a lot of questions. It was a big change in my life, and I was confused with how things were working here. Academically and socially. To shine a light, and maybe make things easier, I looked upon the self-help books in the library. I had the idea of these books telling me everything I needed to know and that I wouldn't have to think my way out. But I was sort of wrong as things unfolded.





During this period of over-confusion I had the support of the counsellors (Both Kru Laurie and Kru Len) for which I am very glad. Without their help, I think it would take me more than a few months to understand my responsibilities and how differences between me and my friends is something to celebrate and not something to be ashamed of. As things have kept unfolding, and I had my first term grades returned, SITs, I thought a lot about how I could better balance my energy into academics and connection. It was a busy period, which led me to think participating in service CCAs would be good for balancing it out. This was a time when the student council's formation was near completed and our cohort was taking it over. When the submissions opened I signed up for the residential committee. It was my first time signing up for a student-based organization. After a week came the letter that invited me to it.

Once I was in ResCom, I think my growth has sped up. I was exposed to the voices of many friends that I haven't previously had the opportunity to get closer to, and how they were intuitively different. I used to think that people are deliberately trying to be different, but this was replaced with a deeper realization of how our differences usually come about naturally. My journey is definitely not concluded. So far I have come a long way that makes me reflect a lot, and having a space in The Common Thread was a lucky opportunity to share it with you all. I wish you the best.



THE COMMON THREAD

SEEDS OF CHANGE

Maytté

In Phuket there are lots of different foundations that contribute to the community by helping species of animals, repurposing materials and helping others in need. One of these is Seeds of Change which is a sustainable community project that creates and sells hand-made products.

"MAKING A DIFFERENCE, ONE STITCH AT A TIME"

Seeds of Change started in 2013 working towards the goal of giving chances to underprivileged women. It is an organization and small business which is located in Phuket Town where local Thai and Burmese women feel empowered by learning how to sew. This presents opportunities for them to provide for their families, find employment and be educated with a new skill to "break the cycle of poverty".



Grade 5 students at Seeds of Change for PYPX project.

UNIQUENESS WITH A SUSTAINABLE PURPOSE

Part of the journey is for them to learn how to sew, to then create unique products, for profit, such as accessories, bags, home decoration and plushies. All of these products are handmade and use repurposed materials like old shirts and used fabric that are colourful and have Thai patterns on it to create an authentic look.

OUR CONTRIBUTION

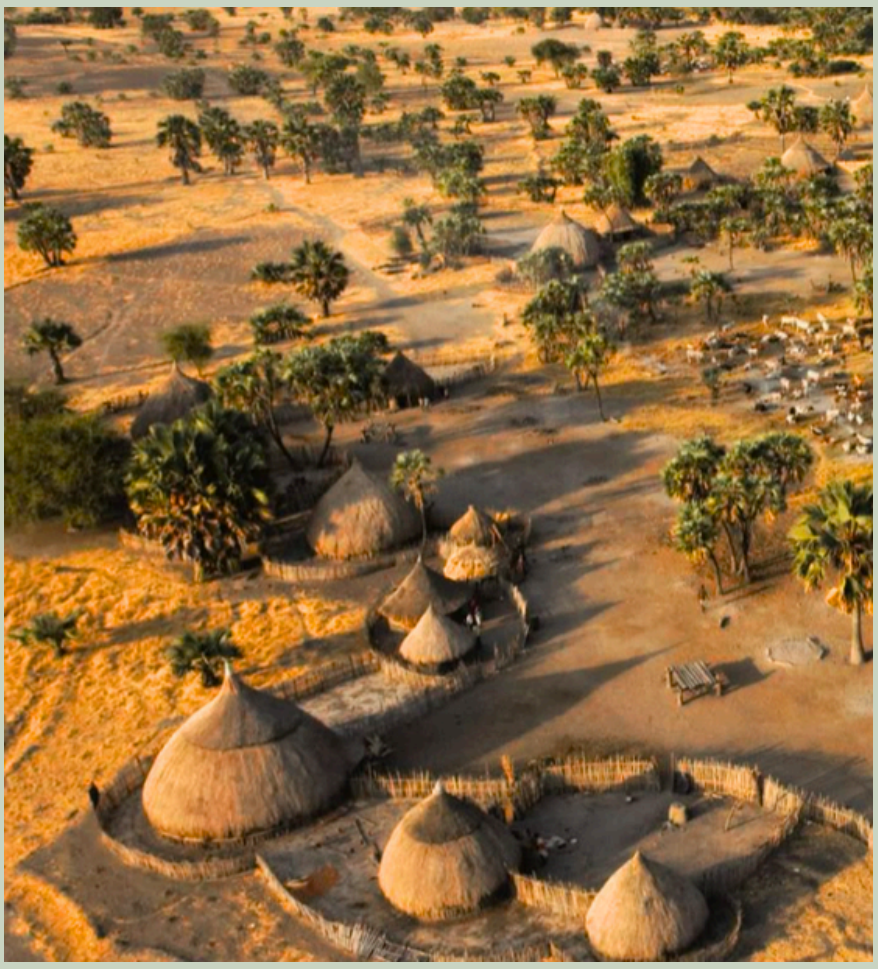
Other than donations, you can help this enterprise by engaging in workshops to make your own elephant or different product with their guidance. Additionally you will also further your understanding of sustainability and how it impacts our planet. Another way you can support is by purchasing their products and spreading the word about this wonderful organization. By scanning the QR code you can learn more about signing up to workshops and purchasing products.

THE COMMON THREAD

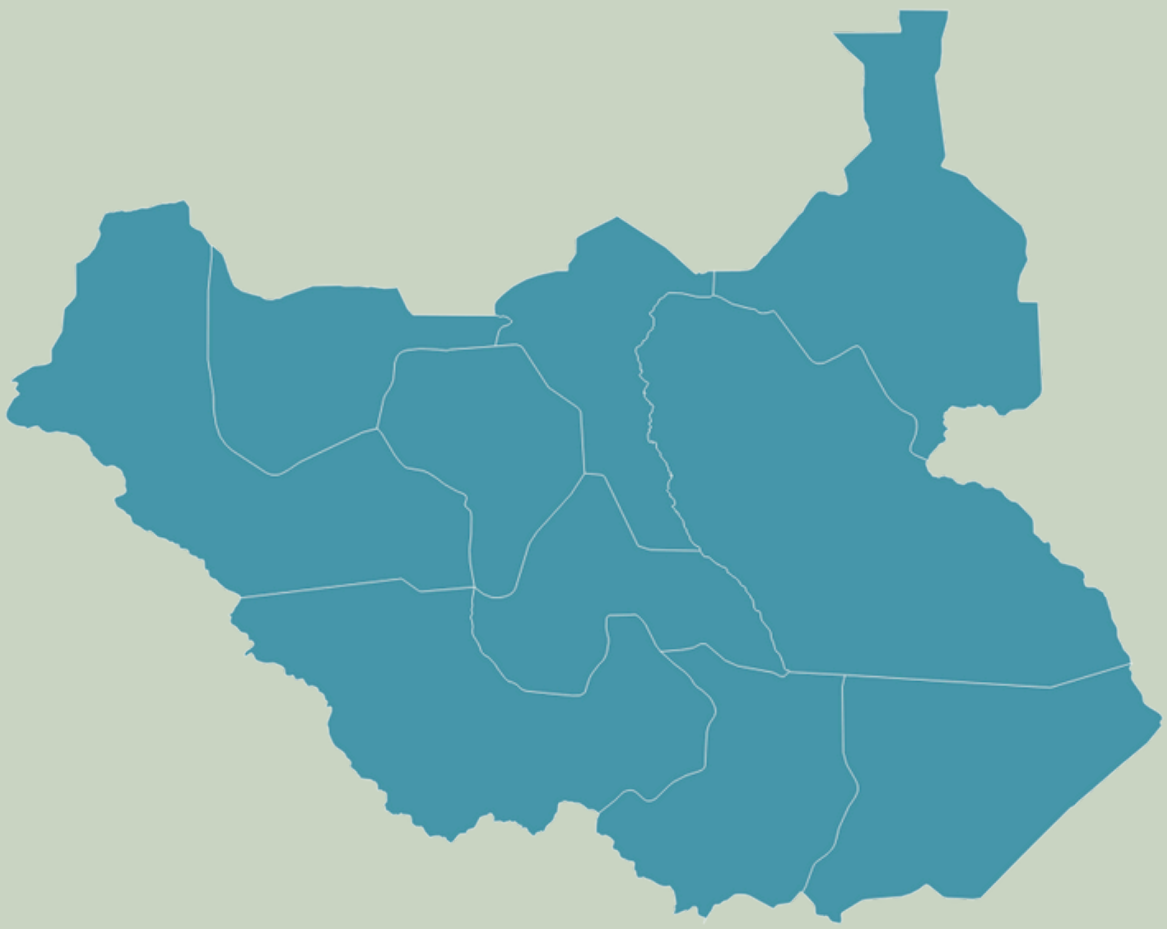
ABRAHAM'S STORY

Abraham, South Sudan

Being a refugee student from South Sudan, the war and humanitarian emergency in my homeland have affected me significantly. The fighting and instability compelled me to leave my house, interrupting my studies and keeping me away from my friends and family. The suffering of displacement and the lack of knowing what tomorrow would bring is certainly emotionally demanding. Even though I am now physically safe, the news and reports from South Sudan bring a lot of anxiety and sorrow to people from South Sudan including me. The struggle of my family members in the refugee camp can also be a cause of emotional stress on my side while I try to build a new life.
Even with all the pain. Perhaps someday, South Sudan will be peaceful and individuals can live peacefully and go to school without fear.









TOWARDS FEMALE-INCLUSIVE RESEARCH



BIG- Because I'm a Girl
(Student-led CCA)

For most of modern history, medical science has remained ignorant of women's health. Until the late 20th century, women were excluded from clinical trials under the rationale of avoiding potential pregnancy risks. This resulted in a large portion of data representative of solely the male physiology being applied to symptoms that completely differed in females. For example, the common symptoms theoretically associated with textbook heart disease have shown up in different, unstudied, forms in many women, leading to misdiagnoses and delayed treatment. Our present ignorance towards female medicine is culturally influenced, too. Endometriosis, a painful condition affecting 1 in 10 women, still takes an average of 7-10 years to receive a diagnosis because it's often conflated with normal period pain or emotional distress. PCOS similarly remains underfunded and under-researched.

Realising how incomplete female medical research still is can be disheartening. However, things have been changing. Policymakers, activists, and researchers have brought more attention to the gender disparities in medicine. The National Institute of Health (NIH) in the United States now makes it mandatory to include female subjects in NIH-funded studies. Technology has brought about menstrual tracking apps, fertility monitors and diagnostics specifically tailored to female physiology. Women's participation in clinical trials has significantly increased.

This change can only be maintained with balanced commitment from the scientific community and policymakers. As students, we play a role in critically questioning what we're taught is 'normal' and recognising stifled voices to help widen the narrow prejudices that dominate science. The future for women's medical studies looks bright and hopeful, but we all play a role in facilitating change.

~ written by the B.I.G team

BRIDGES BEYOND BORDERS



Bridges Beyond Borders is a student-led initiative aimed at providing educational support for refugee children affected by the war crisis. This program will focus on raising awareness about the challenges refugee children face, providing the necessary needs and necessities for the school by fundraising, and advocating for sustainable education solutions and mental and educational support (online training sessions) to both children and teachers in the schools. Through the cooperation of fundraising, advocacy campaigns, and training, and collaboration with educators/mentors, this initiative seeks to create meaningful and lasting educational opportunities for displaced children.

WHAT WILL YOU MISS MOST ABOUT PRIMARY SCHOOL?

grade 5 students

Alison

"I'm so excited for all the new things like lockers, Shaka, science, and pretty much everything! But in grade 5 things are way more simple. And I think that is what I'll miss the most, simplicity."

Ollie

"I am excited for the variety of classes that we will be privileged to have. I am excited for this because I will start to feel very responsible because of all the homework I will be receiving. Something else I will be excited about is to get to know the other half of UWC's population."

Cloe

"I will definitely miss all of my teachers and friends that are leaving. I will also miss the playground and all the classrooms that I made so many memories in. In primary I have made so many memories that are unforgettable and I hope that I can make more unforgettable memories in secondary."

Cherlyn

"I'm most excited about the new subjects we're about to learn. For example, we are going to be learning science, drama and different languages."

Nicole

"I am excited for the variety of classes that we will be privileged to have. I am excited for this because I will start to feel very responsible because of all the homework I will be receiving. Something else I will be excited about is to get to know the other half of UWC's population."

Tom

"I would like to say that I am excited for moving to middle school because I get to do ASAC football which would be very fun and more challenging. I also would do more U13 matches and I would also get my own locker which would be fun and also I get lots of different classes which will be cool."

Harper

"I think that the thing that I will miss most about primary is the simplicity of it all. You don't really have to worry about doing well in class or anything too serious. But once you get to secondary school you start to realize things that are actually bad and things that you should actually be worried about. On top of your grades, that's a lot of stress. Then you also have to worry about relationships a bit more like fitting in more with your friend group or finding a new friend group. So I think that the thing that I will miss most about primary school is the stress free life and I'm kind of going to miss not knowing much."

Minna

"When I was younger I always would want to grow up and get all the opportunities and experiences older people get. But now I realize that I wish I didn't think that way and enjoyed every single moment. Time goes by so fast, when I realize I'm already in 5th grade. I remember all the times when I thought 5th graders were so cool and how I wanted to be them. I was always excited to go up a grade but it's going by way too fast."

Winona

"I am looking forward to many things as I move to middle school. I am most excited about meeting new people and teachers when I move. I'm looking forward to this because I can make new friends and make lots of memories, since this move will create an impact in my life. I'm very excited about learning new things about others and making memories with others."

Ben

"Something that I will miss about primary school is PYPX. Because it is a great learning opportunity where you have to get way more responsible and mature. That doesn't mean it isn't fun. You get to do really fun trips to different places and that is a great opportunity to build new relationships and meet new people. And that is something I will never forget."

TIME, VISUALLY

grade 5



Grade five artists worked with the theme of time and space and how change is represented visually. Through their own personal connections to change they created scrolls to represent their thinking.













