

The cover features a dark grey wood-grain background. In the center is a teal circle containing the title. To the right of the teal circle is a smaller orange circle with dates. Scattered around the central text are several white line-art illustrations of flowers and leaves, each with a dashed border, suggesting they are cutouts. The illustrations include a large rose-like flower at the top center, a branch with three leaves at the top right, a single leaf at the middle right, a single leaf at the middle left, a branch with two leaves at the bottom left, and a smaller rose-like flower at the bottom center.

# A Record of CAS Projects

IB

2019-2020  
2020-2021



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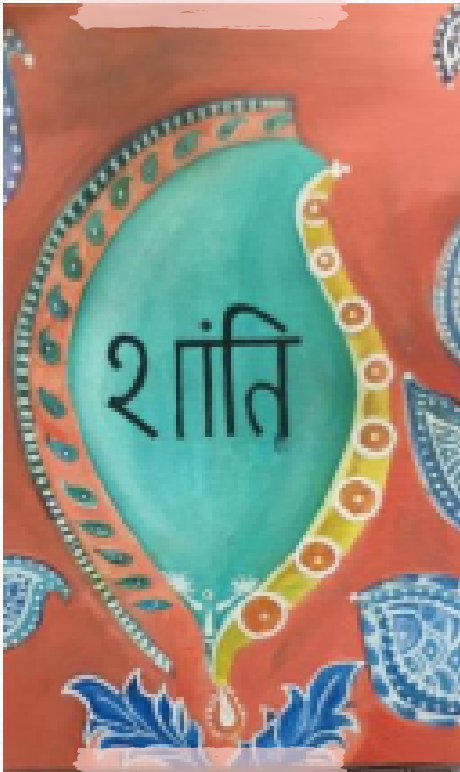
Class of 2021: Creativity, Service, and Action.....

# CLASS OF 2020: *creativity*



## CULTURAL PAINTINGS

A group of students painted canvases using different cultures all around the world as inspiration. They also provided short descriptions of these cultures based on their research and understanding.



Through this project, they were able to develop new skills, learn how to manage their time, grow more open-minded, become inquisitive, and communicate with other group members.

# SPELLING BEE

Communicating and co-operating with each other successfully, a group of IB students carried out spelling bee competitions for elementary school students (grades 1-4).



Although their preliminary research proved insufficient, the students were able to analyze the situation in order to improve their competitions.

Through this activity, the group members were able to learn what it takes to organize a team activity, reach a specific goal, and become more principled. They were also successful in encouraging the younger pupils to expand their vocabularies!

After attending motion graphics sessions, a group of IB students learned how to make motion graphics videos with specific software such as Adobe Photoshop and Adobe Premiere.



## MOTION GRAPHICS

This project helped the students become more knowledgeable and undertake new challenges.





## MUSIC BAND

A group of IB students created a band consisting of different musical instruments and participated in Hamraz music Institute's concert.

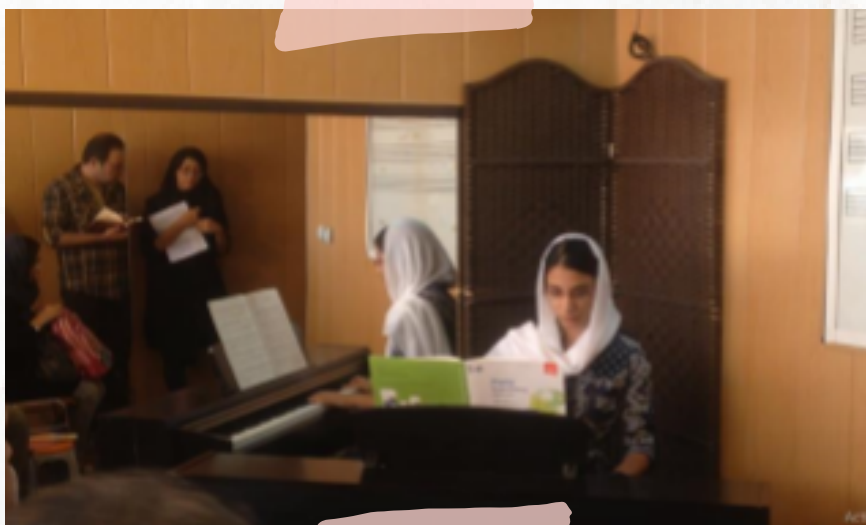


These students grew more reflective and risk-taking and increased their awareness about their strengths and areas of growth.

# PIANO: AISAN AND DORRIN



Dorrin took piano classes at Pars Institute, where she developed a new skill. Although she found her concerts stressful at first, she learned to enjoy them. Later, she used her experience in order to keep calm during lectures or presentations.



Aisan had been playing piano for several years. However, she had never performed publicly. Challenging herself to break her personal barriers, she held a concert at a musical institute and posted videos of herself playing different piano pieces on social media.

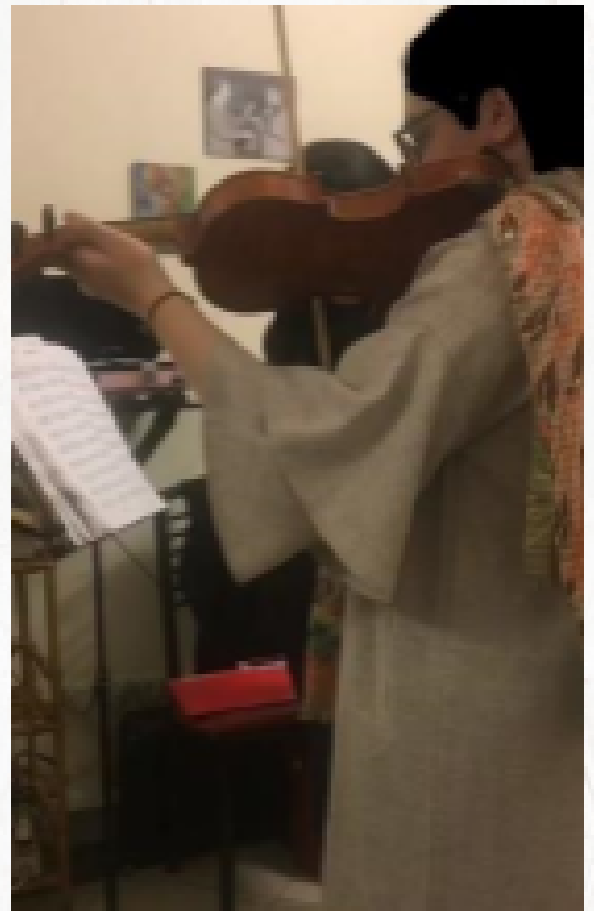


## ELECTRIC GUITAR CLASSES: KIMIA

Taking electric guitar classes for the first time and showing commitment, Kimia learned that she had a strong passion for the instrument and even decided to major in music!

## VIOLIN CLASSES: SANA

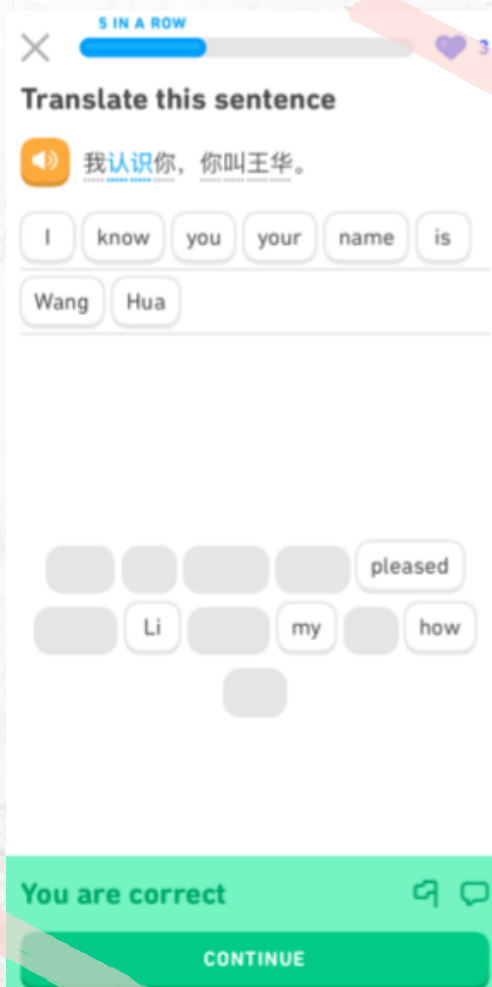
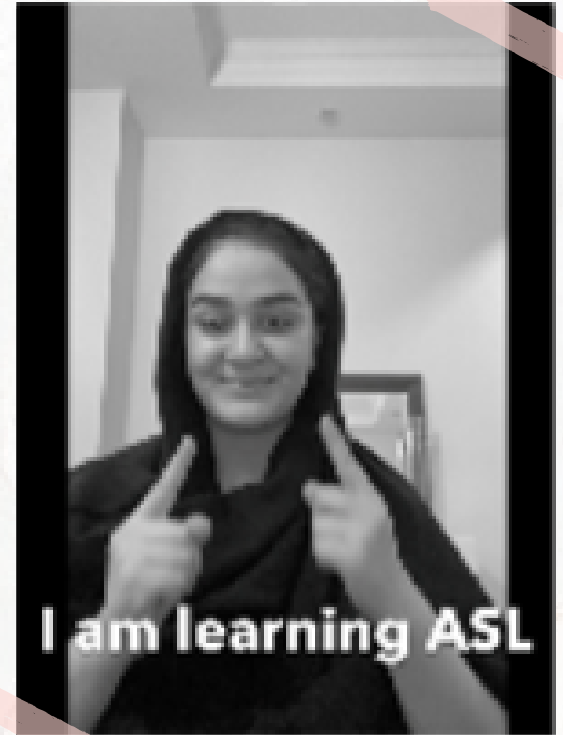
Although she had previously abandoned the violin, Sana decided to restart her violin classes. Therefore, she was able to improve her skills and techniques. Furthermore, restarting helped her become more principled, reflective, and knowledgeable.





# LEARNING AMERICAN SIGN LANGUAGE (ASL) AND MANDARIN: TINA

Tina learned ASL in 8 months with the help of online resources such as youtube. Determined to improve, she recorded herself while she practiced the language. Also, she learned that she is a risk-taker.



Besides ASL, Tina also learned how to speak Mandarin through applications such as duolingo and tandem. Tina believed that she gained communication skills through this activity and became more open-minded.

# CREATIVE WRITING: SANA

Sana Izadi  
May 1st, 2018

## *I am the desert*

I am the desert.  
Unpredictable and Unsteady,  
All sand and no water,  
All dry and no hope of getting home by morning.  
No lake, no river, no pond, no puddle,  
I burn you like the unmerciful sun that rises in the  
break of dawn.  
I'm never ending; I'll always keep you on your feet,  
I warn you traveler you won't ever get a second of  
peace.  
I'm of the wild grace of the desert  
Independence comes naturally to me  
Hair of black nights; eyes of glowing green,  
You will never forget me.

Sana wrote several poems, short stories, and journal entries as part of her creative writing project. By doing so, she challenged her imagination and learned how to express her ideas.

# MASTERING BASIC CODING: AISAN

By attending a 48 hour class, Aisan was able to learn coding languages such as HTML, CSS, JAVASCRIPT, and JQuery. Passionate and interested in computer science, Aisan increased her knowledge and showed commitment.



# CLASS OF 2020:

## *action*



## CYCLING

A group of IB students cycled around Chitgar Lake every Friday for two months. This helped them have a successful academic and social life.

Through this project, the students were able to improve their health and lead a more balanced lifestyle. They learned that it is important to commit to exercise in order to improve their fitness abilities.



# ICE SKATING

Stepping outside of their comfort zones, a group of IB students learned how to ice skate every week for a month. By working together, they were able to learn the skill quickly and enjoy the activity.



# SKIING IN THE MOUNTAINS: ROZANA

Once a week, Rozana and her brother skied in the mountains for 2.5 months. They undertook a new challenge and showed perseverance.

## BASKETBALL: AISAN



Increasing her focus on extracurricular sports, Aisan spend these two years practicing and playing basketball. Through this, she learnt to manage her time to correctly study and play sports.

Following her dream, Dorrin took the time and put the effort to learn riding horses and taking care of them. This activity was really useful for her as it helped her become a risk-taker by handling the horses on her own.



**HORSEBACK RIDING: DORRIN**

## DORRIN:

### MOUNTAIN CLIMBING

Since Iran has many mountains, Dorrin decided to go mountain climbing. Through her commitment, she learned many hiking techniques and how to deal with harsh conditions.



### SPINNING CLASSES TRX AND SH'BAM CLASS

Since doing sports is one of the most important steps to maintaining a healthy lifestyle, Dorrin decided to sign up in two gyms for two different sports: Spinning TRX and Sh'bam. As she worked hard, she gained flexibility and energy.



# YOGA AND HIKING: TINA



By using the Gymondo app for a period of 10 weeks, Tina learnt and practiced yoga everyday for 25 minutes. Through this activity, she was able to improve her health and even learn a new exercise, which she had never done before.

Challenging herself, Tina went hiking every week for a month. This activity helped her get into shape and taught her to challenge and push herself. She believed that through hiking she became a risk-taker and a much more well-balanced individual.



# SWIMMING: TINA AND SANA



During summer for a period of 1 month, once a week Tina went swimming for 1 hour in her apartment's swimming pool. For her, this activity was really refreshing and made her more active, which led her to have a much more productive summer.

In hopes to improve her swimming techniques, Sana took a break from other activities to go swimming once or twice a week. By the end of it, she believed that she achieved all that she hoped to reach as she got better at different swimming styles. In addition, being in the water brought her peace and improved her health greatly.





# CLASS OF 2020: *Service*



## HELPING IN ORPHANAGES

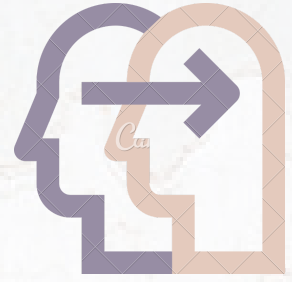


Rozana and Farastook went to the disabled center of orphan children, called Aseman, for about 2 months, every Thursday. They took toys, sweets, and stickers with themselves. They also helped them eat and danced with them so they would smile a bit.

A group of IB students bought sweets and went to the Orphan Centre of Narges for about 3 months, once a week (every Thursdays). They played with the children; raced with them, played volleyball with a balloon, and also played hide and seek.



# TEACHING A FRIEND GERMAN



Dorrin realized that her friend needs help with her German so she offered to teach her twice a week for about a month. This made her learn to help others in what they are weak at and that she could benefit from it by reviewing that particular subject. It also made Dorrin so happy to have classes with her and see her progress.



# CLASS OF 2020:

## *Action and Service*



Some IB students went hiking in different places of Tehran. Most of the times they would go to Varish, Bam Tehran (Tochal), and Damavand. While they were doing their action, they gathered trash, especially plastic.

Aisan occupied her free time by going to the countryside. The action aspect of this project consisted of free horseback riding lessons she took from a local. The service aspect consisted of planting and nurturing plants and trees at a relative's garden.



## SENIOR CARE CENTER: DORRIN

Dorrin visited seniors at Parsian Senior Care Center for two months. During this time, she played games with the elderly to help them improve their memory among other skills, as well as entertaining them and accompanying them in shopping.



## TARANOM BARAN ORGANIZATION : DORRIN



In this project, which lasted a month, Dorrin collaborated with the Taranam Baran organization in order to collect money and buy school stationary for students living in local nomadic areas and villages.

# CLASS OF 2020:

## *Creativity and Service*



### **MATH MASTERY CLUB**

In this group project, some IB students tutored their classmates in the subject of Mathematics. Through efficient planning and three meetings a week for four weeks, the members increased their knowledge in this subject.



### **LIFE LINK CONFIDENCE PROJECT**

A group of IB students helped other students at their high school increase their confidence through "3 small actions a day". The project lasted two months and helped the group strengthen their team working abilities.

# ASTRONOMY CLUB

In this project, a group of IB students taught elementary students of grade 4 to 6 about the universe. They focused on topics surrounding planets, stars, and the history of astronomy.



# CREATIVITY CLASSES

For 6 weeks, some IB students worked at an institute in downtown Tehran to teach underprivileged children how to expand their creativity and increase their understanding of the world around them.



# RED CRESCENT FIRST AID PROGRAM: DORRIN

In this project, Dorrin signed up as a volunteer teen member of the organisation. From July to December 2019, she participated in several activities, such as attending the first aid classes.



Through this project, Dorrin developed communication skills and strengthened her IT skills.

# CLASS OF 2020:

## *Creativity and Action*



### COOKING CLASS

In this CAS activity, a group of IB students took cooking classes, participating as the chef's main assistant and learning new recipes.



### TRAVELLING AND LEARNING SURVIVAL SKILLS: ROZANA



During a trip to Damghan, Rozana became more of a risk taker by exploring the desert, an environment she previously disliked.



## LEARNING HOW TO SKI: SANA



In this project, Sana overcame her fear of heights by learning how to ski at the "Ab Ali" ski resort in the winter. She undertook new challenges and showed perseverance and commitment.



## LEARNING HOW TO DRIVE: ROZANA

Rozana learned how to drive in the course of two months, in which she prepared herself for driving in the real world. She developed new skills and became well-balanced.



# CLASS OF 2020:

## *Creativity, Action, and Service*



### PLANTING TREES



A group of IB students planted trees as an international project from Life-Link Friendship Schools. This activity was very intriguing for them because even planting a single tree would make a difference to the environment. This activity helped them engage with issues of global importance.



## **PAINTING A PERSIAN MAP WITH CERAMIC TILES: DORRIN**

Through this project, Dorrin became more knowledgeable about Iran while gaining communication and organization skills. She painted a map of Iran and also painted ceramic tiles that represented a specific aspect of the culture of one of the regions of this country.



## **VOLUNTEERING AT THE ORPHANAGE : DORRIN**



For a month, Dorrin went to a kindergarten and helped the kids with their second language (English), their craft/art classes, and played with them during their break times. This made her more principled and caring.

# CLASS OF 2021:

## Creativity



### JULIUS CAESAR PARODY PLAY SCRIPTWRITING

Three IB students, Tara, Doa, and Tania, wrote an original parody script based on The Tragedy of Julius Caesar. They collaborated on the writing of the first two acts, then divided the rest and wrote different

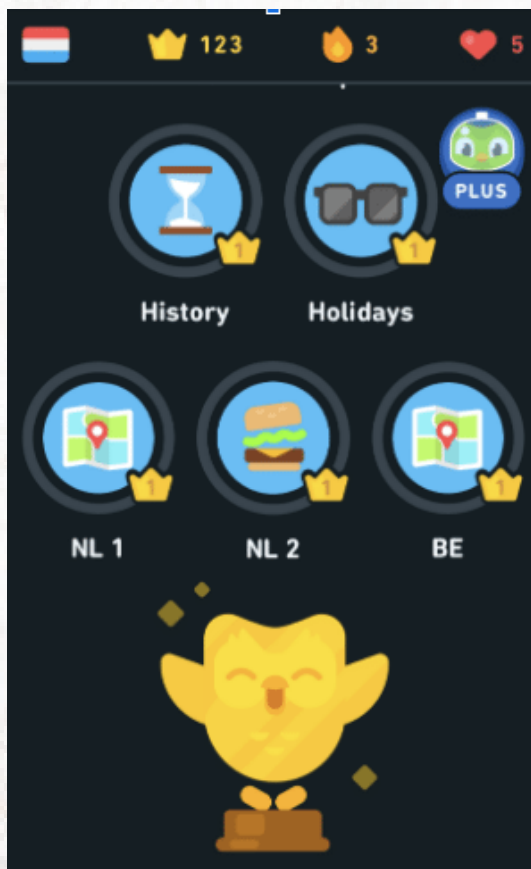
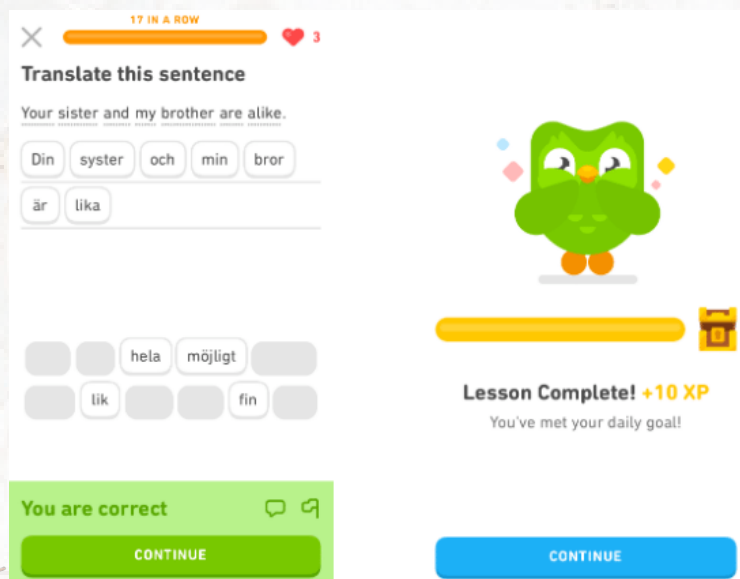
acts individually. Although the original play is categorized in the “tragedy” genre, they used their creativity to create an amusing and funny version of The Tragedy of Julius Caesar that can entertain a modern audience.



# LEARNING LANGUAGES USING DUOLINGO

## TARA: SWEDISH

Through passing several lessons and levels, Tara developed the ability to speak and comprehend Swedish. She learned vocabulary, greetings, grammar, pronunciation, and comprehension through the different exercises and activities that Duolingo provided.



## PENDAR: DUTCH

Pendar progressed from learning words and pronunciation to forming sentences and speaking. Therefore, this activity helped her interact with others that also speak this language or use this app, in order to communicate or get help from each other.



# ENVISION MY IDEAL WORLD

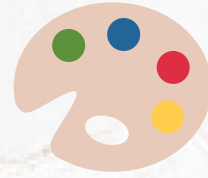
Sofia, Sara, and Aidana participated in a global, collaborative project, in which they asked teenagers from school to describe their imagined ideal world and letting their voices be heard about the certain conditions in our world that we want to live independent of. The group members also developed better teamwork, cooperation and organization skills.



## PIANO CONCERT

Mahta went to 3 practice sessions, which were held in a music studio where people helped each other to practice and give their opinions. After all the practices, a concert was held and each person got to play their instruments. At first, Mahta was nervous but she overcame her stress and played her song successfully.

# PAINTING ON THE WALL



## DOA

She painted on the wall of her room to make her room more colorful. It was difficult since she had to be extremely careful not to make any mistakes but she stayed patient till she finished painting something she likes.

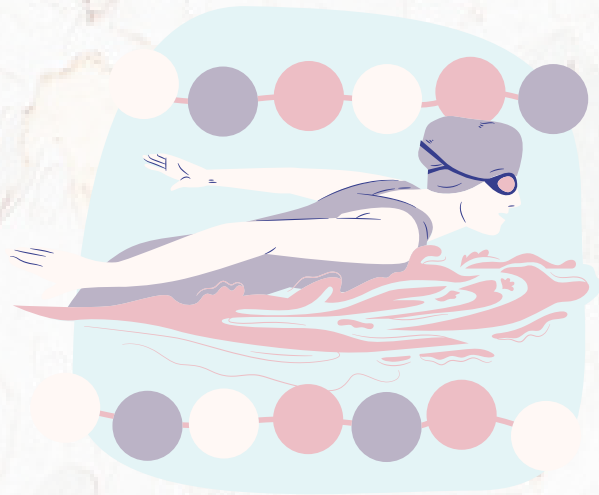


## MAHTA

She tried her best to sketch the idea she had in her mind then started using acrylic paint and blending the colors together to get the same image she had in her imagination.

# CLASS OF 2021:

## Action



### SWIMMING: MAHTA

Mahta exercised and went towards her passion for swimming. She learned different types of swimming and participated in a competition. In general, this activity was about learning how to swim professionally.

### GYM FITNESS: TARA

Tara attended a local gym known as “Shahin Gym” and she participated in 12 fitness sessions. She used numerous machines and equipment in order to warm up, work out, and cool down. Through going to the gym, she started to feel more positive about her health and physical appearance.





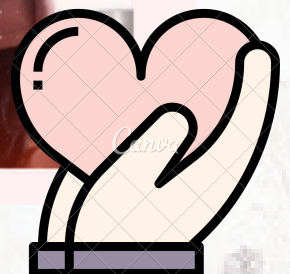
# CLASS OF 2021:

## Service



### ROOYESH NAHAL JAVAN NGO

In this project, a group of IB students, Sofia, Sara, and Aidana, taught basic English to a group of underprivileged children under the protection of Rooyesh Nahal Javan, which is a non-governmental organization and institute. They visited the place once a week and had one-hour and a half long lessons. Despite various challenges, they were still able to work effectively as a group, they learned new skills and overcame the problems that they faced.



# CLASS OF 2021:

## *Action and Service*



### PLANTING A TREE FOR INTERNATIONAL ENVIRONMENT DAY: TARA

On International Environment day, Tara planted a date-plum (*diospyros lotus*) tree in her grandmother's garden. She hoped to contribute to the health of the planet by planting a tree that can photosynthesize

### MOUNTAIN CLEANING: DOA

After making a project about the environmental effects of plastic, Doa realized the danger of plastic on the environment and decided to plan and execute this activity. She went to two different mountains near her house and pick up the trash.



# CLASS OF 2021: Creativity and Service



## EFFECTS OF IRRESPONSIBLE MAKEUP

BY DIANA AZIZI, SARINA KHOWSRO, MAHTA GORGANI, GHAZAL ARABSI  
TEACHER IN CHARGE: MRS. NAKHRAE

WEBSITE OF INSPIRATION: [HTTP://WWW.GOGREEN.ORG/BLOG/THE-IMPACTS-OF-IRRESPONSIBLE-COSMETICS](http://www.gogreen.org/blog/the-impacts-of-irresponsible-cosmetics)

**INTRODUCTION**

Cosmetics is one of the most common consumer products by not only women but also men. There are many different types of cosmetics in the worldwide industry. There is a lot of different cosmetics.

- Fake and cheap cosmetics often cause irritation and are harmful to women. The ingredients are the most problematic for the environment. Unfortunately, these products have a negative side effect on the environment.
- Chemical-based cosmetics have low quality ingredients, synthetic dyes, which are made of harmful chemicals. These include oil and harmful ingredients to skin irritation. However, they are not harmful to the environment.
- Natural cosmetics (N.C.) is the best group of cosmetics to use. These types of cosmetics make the best choice to use. The natural cosmetics are usually highly priced.

**EFFECTS ON THE SKIN**

**Skin Allergies:** There are two types of skin reactions to cosmetics. The first is allergic reactions. These are caused by the immune system reacting to an allergen. The second is irritant reactions. These are caused by the skin being irritated by harsh chemicals. These reactions can be caused by many different types of cosmetics. Some of the most common are eye makeup, face cream, and perfume. These reactions can be caused by many different types of cosmetics. Some of the most common are eye makeup, face cream, and perfume.

**Eye Irritation:** The eyes are the most sensitive part of the body. They are also the most exposed. This is why eye makeup is so popular. However, eye makeup can cause irritation and dryness. This is because eye makeup is made of harsh chemicals. These chemicals can irritate the eyes and cause dryness. This is why eye makeup is so popular. However, eye makeup can cause irritation and dryness.

**COST OF CHEMICALS ON ENVIRONMENT**

The best thing to do is to avoid using synthetic eye cosmetics. If you are already using synthetic eye cosmetics, the best thing to do is to avoid using synthetic eye cosmetics. If you are already using synthetic eye cosmetics, the best thing to do is to avoid using synthetic eye cosmetics.

**COST OF PLASTICS ON ENVIRONMENT**

The packaging of cosmetics is one of the greatest sources of plastic waste. The packaging of cosmetics is one of the greatest sources of plastic waste. The packaging of cosmetics is one of the greatest sources of plastic waste.

## EFFECTS OF IRRESPONSIBLE MAKEUP

A group of IB students were interested in making a poster about the harmful effect of cosmetics. The research for this project was separated into 4 parts and they started working on their project. The aim was to inform others about the negative impacts of using cosmetic in general.

## COVID-19 AWARENESS

In this project, some IB students designed a series of posters about the corona virus which has recently been discovered and spread across the world. It was decided to do the project online using websites due to the quarantine.

### WHAT IS COVID-19?

- COVID-19, or more commonly known as the Coronavirus, is a newly discovered infectious disease, believed to have first appeared in the city of Wuhan, China.
- It is a virus that mainly spreads through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.
- COVID-19 is spreading rapidly, and because there is no vaccine created for it, the World Health Organization has dubbed it as a global pandemic.

### QUICK OVERVIEW:

Covid-19 originated in Wuhan, China  
Source: The New York Times

### SYMPTOMS:

- Symptoms often show after 14 days
- Dry coughs
- Shortness of breath
- Sore throat
- Fatigue
- Aches and pains
- Very few people experience diarrhea, nausea, and a runny nose
- Covid-19 mainly attacks the lungs and causes difficulty of breathing in severe cases

### PREVENTION:

- Wash your hands for at least 20 seconds
- Try not to touch your nose, eyes, or mouth
- Avoid close contact with people with symptoms
- Maintain social distance while in public (at least 2 meters)
- Use cleaning spray or wipes to disinfect daily used objects and surfaces
- Use masks and gloves to prevent getting or transferring the virus
- Sanitizers kill bacteria and not viruses such as COVID-19, so sanitise your hands with antibacterial soaps
- If you have the symptoms, seek medical care or self-quarantine

### QUICK GUIDE:

- Wash your hands thoroughly for 20-30 seconds
- Do not touch your eyes, nose and mouth
- Seek medical help if you have the symptoms
- Avoid going out in public, or big crowds

### ACTIVITIES YOU CAN DO AT HOME:

- Deep clean your house
- Organize a messy drawer
- Binge watch movies/tv shows
- Learn a new language
- Bake/cook
- Knit or crochet
- Complete puzzles
- Do journaling
- Write stories/poetry
- Exercise at home
- Meditate
- Read books

stay safe stay positive and please stay home!

# DEBUNKING PERSIAN STEREOTYPES



For this project, three IB students, Tania, Kiana, and Raha decided to get together and debunk myths associated with Iran and Persians by an extension. They researched common myths, discovered the reason as to why that myth exists, and used facts to show that the myths are wrong and in fact harmful.



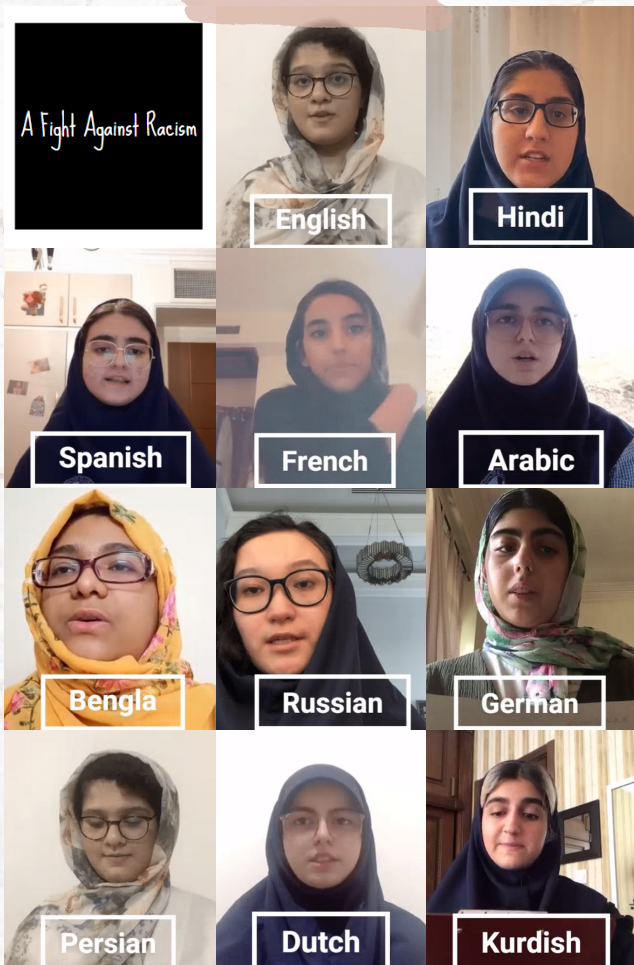
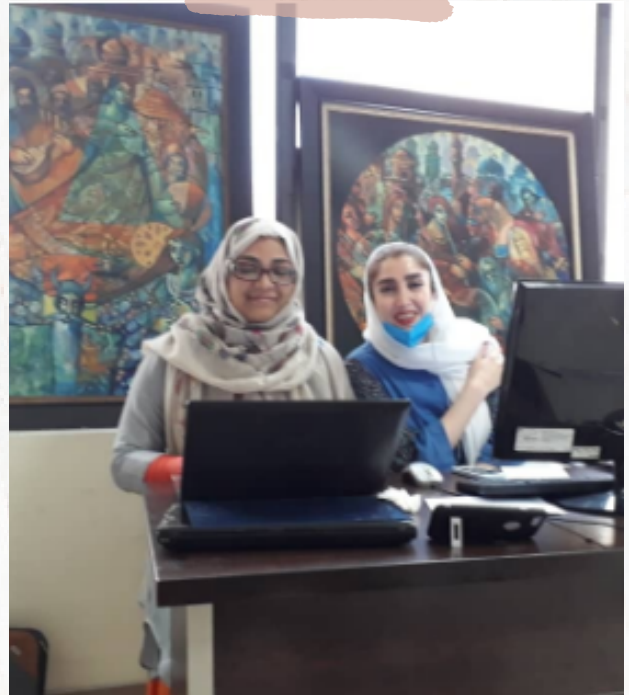
# EFFECTS OF SMOKING



Tara and Doa collaborated online because they had to self-isolate as a result of the COVID-19 pandemic. First, they chose a topic that was related to a global issue and impacted the lives of many people. Next, they provided each other with specific areas to research and then co-operated with each other to complete the research, prepare the poster, and create the presentation.

# VOLUNTEERING AS A TRANSLATOR FOR A SHORT FILM: FERESHTEH

Fereshteh volunteered to be a translator for a short film produced and directed by a local director. There was also another translator which helped her greatly, making this project a collaborative one. Fereshteh mainly translated the film script. The project took many consecutive days in a month.



## A FIGHT AGAINST RACISM

Nine students cooperated to make a video against racism in different languages. Doa and Tara wrote the English version then translated into different languages and shared this paragraph with other students to translate into eleven different languages.

Each student recorded herself individually reading the paragraph in that translated language. Lastly, all videos were combined into one.

# DEATH OF HONEY BEES

In this activity, some IB students divided the parts they had to research about the death of honey bees. After they were done researching, they discussed the information and created a PowerPoint to present it to others with a poster.

# ENVIRONMENTAL EFFECTS OF PLASTIC

Tara and Doa collaborated to carry out a research on Google Docs about the environmental effects of plastic on animals, humans, the soil, and the air. After gathering data from reliable sources, they created a poster on Canva and a presentation on Google Slides in regards to their research. Finally, they presented their research to their classmates online through an Adobe Connect Meeting. Through this project, Tara and Doa interacted with each other and with their classmates.

**The Environmental Effects of Plastic**  
BY: TARA SEYEDI AND DOA NASSAR  
Website of Inspiration: goorganic.org

**COUNTRIES THAT PRODUCE THE MOST PLASTIC POLLUTION**  
A 2019 study named the five biggest contributors which were: US, Canada, Vietnam, the Philippines, Indonesia, and Turkey, the charts, China. Much of the plastic pollution from these countries was due to underdeveloped waste management systems.  
Source: seabez.com

**COUNTRIES THAT PRODUCE THE MOST PLASTIC**  
The top plastic producers in the world are China, the United States, and Germany.  
Source: thestreet.com and ibnnews.com

**Threats to Wildlife**  
4 BIRDS DIE FROM PLASTIC DEBRIS  
18 BIRDS DIE FROM PLASTIC DEBRIS  
97 BIRDS DIE FROM PLASTIC DEBRIS  
46 FISH DIE FROM PLASTIC DEBRIS  
27 MARINE MAMMALS DIE FROM PLASTIC DEBRIS  
4 MARINE MAMMALS DIE FROM PLASTIC DEBRIS

**EFFECTS ON ANIMALS**  
**Entanglement**  
• Involves the strangling, restricting, or constricting of marine animals by plastic debris.  
• Reported for 34 species to date, including fish, turtles, seal species, whale species, fish species and 92 invertebrate species.  
• Results in death and suffocation.  
**Ingestion**  
• Ingested directly or indirectly through consumption of prey species containing plastic. 23 marine species, 92 species of fish, 5 species of invertebrates.  
• Results in reduction of stomach capacity, liver disease, gastric impaction, and reproductive activity and death.  
**Microplastics**  
• Plastics smaller than 4.75 millimeter in diameter.  
• Consumed through feeding signals, filter feeding, or as suspended sediment.  
• Results in reduced feeding capacity, altered metabolic rate, altered gene expression, reduced growth and development (Daphnia & zebrafish), reduced energy stores (three crabs and hupponia).  
Source: ourworldindata.org

**EFFECTS ON AIR**  
Burning of plastic in the open air, leads to environmental pollution due to the release of greenhouse chemicals. The toxic substances that released are posing a threat to vegetation, human and animal health and environment as a whole.  
Source: scienceofearth.com and conservationfuture.com

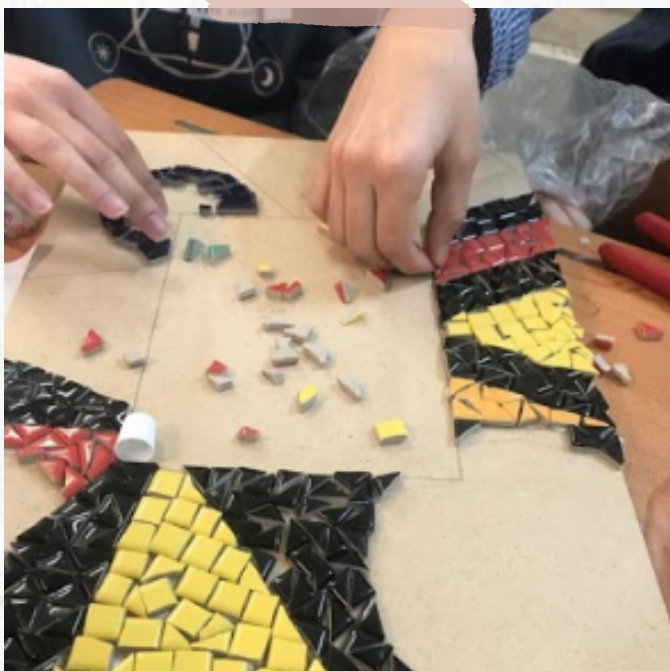
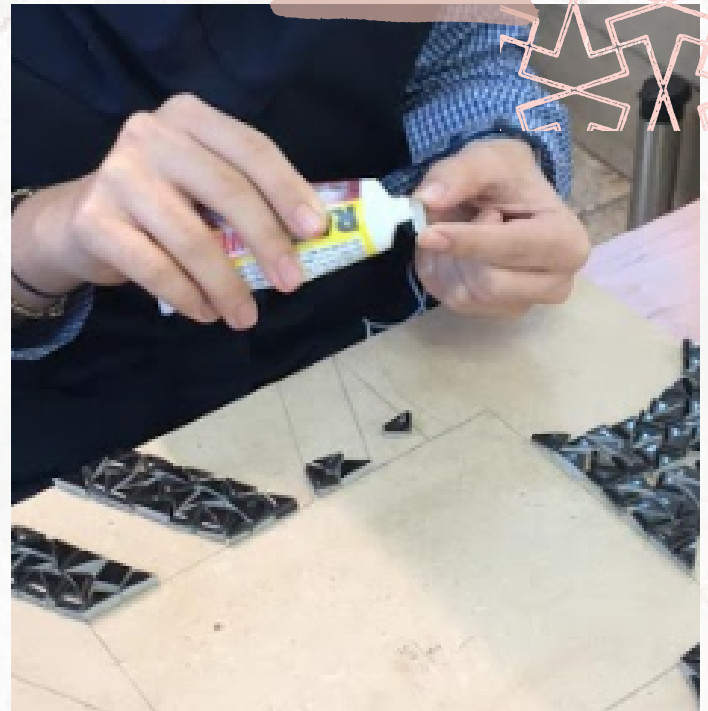
**Did you know that nearly a million plastic beverage bottles are sold every minute around the world?**  
Source: nationalgeographic.com

**Effects to Human Health**  
Ingested plastic in the open air, leads to respiratory, reproductive, and developmental toxicity.  
**Respiratory & Reproductive**  
• Inhalation, ingestion, and skin contact  
• Results in: Irritation, eye and skin irritation, cancers, neurotoxicity, and reproductive toxicity.  
**Consumer Use**  
• Inhalation, ingestion, and skin contact  
• Affects: Fetal, clinical, neurological, reproductive, and respiratory systems  
• Results: cancers, diabetes, and developmental toxicity.  
**Waste Management**  
• Inhalation, ingestion, and skin contact  
• Results: cancers, neurological damage, and damage to immune, reproductive, nervous, and endocrine systems.  
Source: Plastic & Health: The Hidden Costs of a Plastic.

**SOIL POLLUTION** **AIR POLLUTION** **WATER POLLUTION**

# MOSAIC ART

A group of IB students designed a mirror with tiles all around it. All of them sat together during class time and worked on this project together. Mosaic art is a form of art which is made up of pieces of stone, glasses, or other materials into a creative and colorful work of an artist's imagination.



Through doing this, they developed the ability to use their imagination and visualization to decorate a unique art while being patient and passionate for the work that they are doing.



# YEARBOOK



Doa and Pendar participated in the making of the yearbook for TIS high school for the year 2019-2020. Doa was the photographer, designer, and editor of the yearbook while Pendar was the designer and editor.

Through making the yearbook, they learned to work with Canva and learned to use the criticism of others as a strength to enhance their project. Doa learned to work with a camera and take good quality pictures through watching YouTube video tutorials.





# CLASS OF 2021: *Creativity and Action*



## STAYING HEALTHY POSTER

**STAYING HEALTHY**

**Why it's important to stay healthy?**  
Staying healthy is an important part of growing up and has many advantages for us humans. When you are healthy, your body becomes stronger, fights illness and copes with stress better. Some basic ways for staying healthy is eating well and exercising. Getting regular sleep is another important way to stay healthy.

**Top tips for maintaining a healthy life:**

- eat a balanced diet
- drink plenty of water
- get lots of sleep
- get regular exercise
- avoid drinking alcohol and smoking.

**Exercise is important in order to stay healthy :**

- 1. Exercise controls weight.**  
Exercise can help prevent excess weight gain or help maintain weight loss. That is because you burn calories and replace fat with muscles.
- 2. Exercise combats health conditions and diseases**  
Regular Exercise keeps your blood flowing smoothly, which helps prevent or manage many health problems and concerns, including: high blood pressure, Anxiety and Stroke.
- 3. Exercise improves mood and boosts energy**  
Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.
- 4. Exercise can be fun and social!**  
Exercise and physical activity can be enjoyable. They give you a chance to enjoy the outdoors or engage in activities that make you happy or even relaxed. Physical activity can also help you connect with family or friends in a fun social setting.

**A healthy diet is essential for good health and nutrition.**  
It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. A healthy diet comprises a combination of different foods. These include Staples like cereals (wheat, barley, rice, maize or rice) or starchy tubers or roots (potato, yam, taro or cassava); Legumes (lentils and beans); Fruit and vegetables; Foods from animal sources (meat, fish, eggs and milk).

**Health benefits of eating well**  
A well-balanced diet provides all of the energy you need to keep active throughout the day; provides you with the growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers; keeping active and eating a healthy balanced diet can also help you to maintain a healthy weight; Deficiencies in some key nutrients - such as vitamin A, B, C and E, and zinc, iron and selenium - can weaken parts of your immune system.

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Pendar paired up with Jino, in order to make a poster regarding staying healthy. After gathering all the needed information, they made a digital poster. They then presented this poster to the class in order to spread the idea.

Through this project, they learnt how much everyone can improve and develop a healthier life style. Additionally, they improved their skills in digital poster making and their team work skills.

# CLASS OF 2021:

## *Creativity, Action, and Service*



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### ONE MONTH OF KINDNESS: DOA



Doa planned and made a list of 30 small random kind acts and each day she did one of them for a month. Her list involved helping both people and animals, spreading positivity, contributing to the health of the planet, and encouraging others to be kind.

This project made her realize how important it is to be kind and positive because it does not only affect the others positively but it affects her positively as well.

