



CHRISTMAS EDITION

The Top Rock

THE ALTEA INTERNATIONAL SCHOOL NEWSPAPER



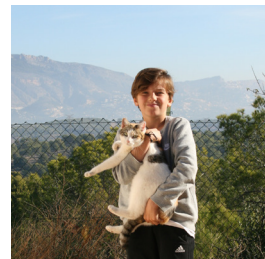
Interview with
Anja Traub!

Turn to page 3



Need some
GCSE tips &
tricks?

Turn to page 7



Want to know
all about the
school cats?

Turn to page 8

At AIS, Diversity is Celebrated

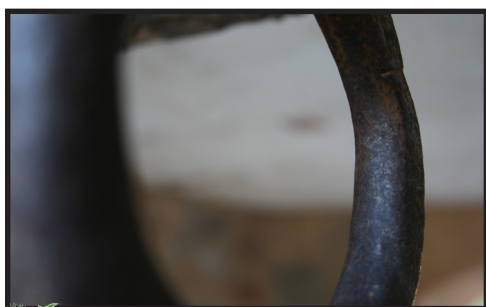
At Altea International School we do not only learn academic skills such as maths, science and languages but we also learn how to be better human beings. One of the many ways in which this is accomplished is by learning tolerance and appreciation for our differences.

This tolerance already starts with our backgrounds. This is why AIS is proud to be able to call itself an “International” school. This statement is very well founded since we are from over 30 different countries including Peru, Ukraine, Iran and the US among many others.



Up Close and Personal

Where in the school can you find these things? Answers on page 12.



Editorial Team: Adriana Ortolá, Rosie Mann and Daniel Traub

The Red Cross - Why Do They Do It?

By María Victoria Santos

Recently, we were lucky enough to have a special guest called Victoria in one of our assemblies. Victoria is the volunteer coordinator of the Benidorm Branch of the Red Cross. She told us about some of the difficult situations that some people endure in Spain and that the only thing that separated these people from not getting essential services, were the volunteers.

At first glance, this may seem like hard work. But even though volunteers have to put in their time and effort, I believe that they receive more than they give.

One of the advantages of being a volunteer is that it helps you develop as a person. Being a volunteer for the Red Cross allows you to meet more people which will help you expand your horizons, become more sociable and more respectful of others and the situations they have to put up with on a daily basis.

Also, the Red Cross helps you acquire knowledge which you might not have otherwise like for example; learning first aid, how to speak in public, learning about environmental protection and many other skills that might help you in the future.

In addition to this, being a volunteer will grant you

future benefits like the feeling of wellbeing - knowing you've done something right, or the good memories you will carry with you for the rest of your life. Universities will also regard this selfless action in a positive light and you will gain experience that will grant you the skills you need later on to be successful in job applications.

In conclusion, being a Red Cross volunteer will help your personal development, your knowledge of the world and, in addition, add to your future. You will feel the benefits for the rest of your life.



The Start of AIS

By Anastasia Medvedenko and Kimberly Olsen Birt

The Altea International School, which now teaches 88 students, started off being a very small school with nine pupils and one main teacher as well as three part-time teachers. They began having just one grade, 6th grade, whereas now they have six classes from 6th grade until 11th grade.

This school has changed a lot since it first began in 2012. It has grown in size but it has also changed its location. It is now formed by the headmistress Anja Traub and fifteen teachers.

Every year, the school grows and improves its equipment. Despite the fact that it was extremely small at the beginning, it is becoming increasingly known, and even has a waiting list for children who want to start attending here.

The current premise is an ancient building, which has walls of different ages: the oldest wall was built in the 16th century, and the rest of them were

constructed in the 1970s. As the school has been increased, there has been a necessity to add more rooms.

In 2016 they started using the hall, although it



has been finished off this year. Furthermore, they have built a new room for the students of Class 11, and have a lot more projects in mind for the future, as for example the basketball court and the football field.

Anja Traub

By Facundo M. C. and Adriana Ortolá

Anja Traub, the headteacher of Altea International School, granted our journalists an interview on the 7th of November. We immediately thought of everything we could ask her, as she is a person who has led an interesting life.

Anja was born in Stuttgart on the 28th September 1963 but she was brought up in Huntsville, Alabama. She started playing the violin when she was seven, she enjoyed it very much and got positive feedback from her teacher. Even though there weren't many cultural activities around where she lived, she was intrigued enough to want to become a violinist.

Our headteacher got a bachelor's degree in music and worked as a violinist in one of the best orchestras in Germany, the Münchner Philharmoniker, for 18 years. With that orchestra she travelled all over the world. During this time, she learned Spanish, due to getting the opportunity to travel to Latin America and Spain. She found this experience "very exciting". However, she then got married, and a few years later their older daughter Sivan was born. Six years later came Daniel, their youngest. Consequently, Anja decided to reduce her work as a violinist to half time.

In 2005, her husband Yaron got a job in Spain as a Music Director and Chief Conductor of the Orquesta de Valencia. Consequently, she took the decision of leaving her "perfect job and perfect situation" so they could, as a family, benefit from this country's culture and language. They thought this would be an extremely enriching experience for all of them, even without knowing how long this was going to last.



While studying a post graduate in education, she realised that there were many interesting school initiatives and theories but these focused on childhood and didn't continue after the age of 12. In her opinion, teenagers were not given enough care, so she was willing to create something different for them. With the cooperation of a group of parents, especially a Dutch woman who had previous administration experience as a secretary of the Waldorf school, and her husband, who was the financial backbone of the project, they founded the school in 2012.

It started out with a group of only nine students, five of which are still attending the school, and it has been expanding ever since, now reaching ten times more students than at the beginning. After four years in Altea, the school moved to its actual location in May 2016.

Being a headteacher must be a stressful job, so we were also quite interested in knowing if she is always as calm as she appears. She told us her secrets: the practice of staying calm in her past as a violinist, as well as mindfulness.



To conclude, we asked her what she was proudest of. Her answer to that was "I really feel very happy when I see people happy. People come to me with their children and they tell me how they have had bad experiences in previous schools and, after a few weeks, we can see that the children are very happy and their parents come to tell us that we have made a difference. That's what I feel proudest of."

Trip To Costa Blanca News

Review by Kimberly Olsen Birt

On Friday 20th of October, Class 11 was given the opportunity to visit the offices of Costa Blanca News – a local English newspaper. The trip was organized so that Class 11 could learn about how newspapers are produced. Costa Blanca News were very kind to allow us in to see how they work.



When we arrived at the Costa Blanca headquarters we were welcomed by James Parkes, the newspaper editor who also was our tour guide for the day. He showed and explained the different jobs that are necessary to produce a newspaper.

Firstly, he showed us what each staff member did. We got to meet two of the writers for the newspaper, Raquel, who was in charge of writing feature stories, and Jasmine, who wrote for the entertainment section of the newspaper. He also told us about their free newspaper which a woman named Avril wrote. After, we were shown where



the design team works and what their job consists of. Lastly, he told us that they used to print the newspapers in the same building as the one they work in but changed it because it made a lot of noise.



At the end of our visit Mr. Parkes went through the entire newspaper and we were given the chance to ask our own questions. The questions asked included everything, from advertising to why print is more satisfying than online publications. We also learnt that they follow the same structure for every edition of the newspaper.

In my opinion, this trip has encouraged us because we now have seen, on a larger scale of course, everything that is going to be happening in our English class until the release of their first edition of our newspaper. We know what to expect. Furthermore, we now have a more clear view of what everyone's individual job is.



Unforgettable Harvest Fest

Review by Anastasia Medvedenko

On Friday 27th October at 1:30 pm, in Altea International School, we celebrated an ancient tradition which gives thanks to the success of a good harvest. The name for this tradition is Harvest Festival.

The celebration started off with a performance of the school choir. They sang "Amazing Grace" and a beautiful song about Autumn which they had been practicing once a week for a whole month.



After that, we were invited to try some of the seasonal food that was made by the different parents of the school. It included delicious cakes, savory food and drinks. The star of the festival was the pumpkin soup made by Anja with the pupils' help. Some helped cutting the pumpkins while others helped with the onions. After this tasty layout we were ready to watch Steve's dance.



Steve, the new Sociology and Business teacher, performed a Northern Soul style dance. He began dancing by himself and afterwards he invited people to join him. He then tried teaching these volunteers how to dance in this particular style. We were all very entertained and happily surprised by his dancing abilities.



After experiencing this special dance, we moved on to listen to two parents who are very talented singers. They sang two songs together, one in Spanish and one in English and then added five more members to accompany them with instruments for their last song. To finish off this celebration we helped clean up and went off on our half term.



This was my first Harvest Festival and I really enjoyed this new experience. I left with some amazing memories and am looking forward to being a part of the next one.

Freedom to Create

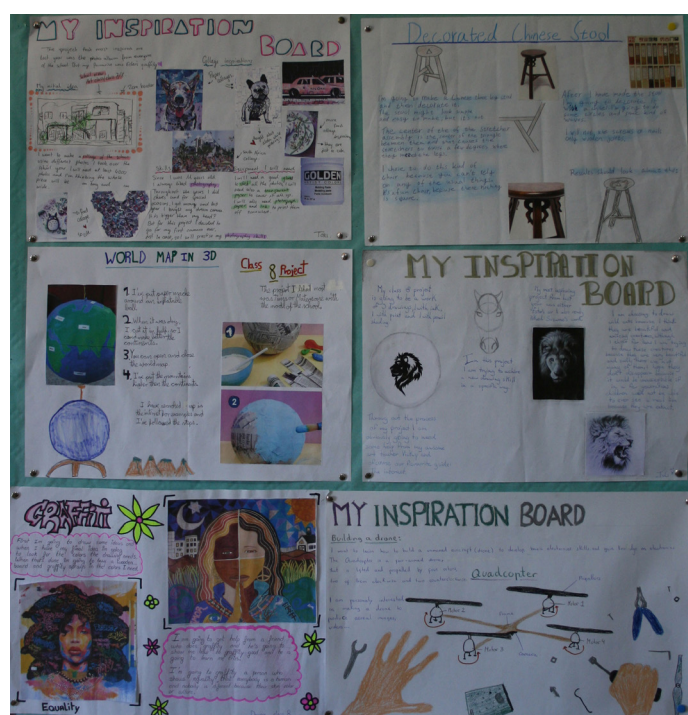
By Estel Rovira

In Waldorf schools, an integral part of Class 8 is the Individual Project.

This consists of creating something by yourself, independently, but guided by a mentor. It can be whatever you want, the only limitation is yourself - if you believe you can do it.

The project is carried out over one full academic year, this means that you have a lot of time to do it – although you must be very organized and work to a specific time plan.

The first step is to think of an idea. This in itself can be very difficult. Some of the ideas might be constructing a musical instrument, designing some clothes, making a digital design or even making a comic.



At the end of the school year these projects will be presented and everyone is welcome to come and see them.

At the moment Class 8 are designing an “Inspiration Board” in which they will display their main idea and how they are going to develop their project. As with any idea, a sound plan is the basis for a successful project.

This year’s Class 8 Tutor, Susan, told us that the biggest challenge of the project is “finding something that will challenge them but that they can still succeed in”. Below are some examples of the Inspiration Boards from this year and Fabian’s finished project from two years ago.



GCSE Tips & Tricks

By Pablo Gulias

It's that time of the year when students gather outside to share the agony and suffering amongst them before they enter the torture room. You guessed it, it's exam time! We all know the pain in the backside that exams entail but they are a necessary "evil" and once you go through them you will find that it was not that much of a deal after all.

If you are a class 9 or 10 student, you might be wondering about GCSEs and how you should revise for them.

Check out these websites!

- BBC Bitesize (www.bbc.co.uk/education) provides revision guides for a lot of subjects and includes little tests to check your knowledge.
- S-Cool (www.s-cool.co.uk) similar to Bitesize, provides revision guides with diagrams and useful videos.
- Maths (www.examsolutions.net), (www.mathsisfun.com) and (www.studymaths.co.uk) all offer good content and maths exercises.
- Quizlet (www.quizlet.com) lets you create your own set of flash cards to make revision more pleasant.
- Conqr (www.goconqr.com) is an online planner that allows you to create study timetables and mind maps.



Tips and tricks you must know

1. Start Early – Most students freak out when they find themselves having to study everything a few weeks before the exam. If you organise yourself properly and study a bit each day from the beginning, life will be a lot easier. A good example for this would be to condense the days' lesson into a single A4 paper; this helps you reinforce what you have already covered and can be very useful when it comes to revision.

2. Do your homework on the day it is set – I know this can sound as a very hard thing to do, but when possible, always try to do it. This gets it out of the way and avoids you forgetting about it. A good habit to get into is: do the homework first thing when you get home from school, as your mind is still in school "mode" (hopefully) and you will find it easier to concentrate.
3. Have a revision plan – This can sound very obvious but it actually works to have a time table with all the subjects you need to revise and how you are going to revise for them. It saves time so you don't need to be thinking about how you are going to do it and can go straight to the important stuff. It is also important that you identify your weaker subjects to give them extra priority in your revision plan.



4. Past Papers are your best friend! – Undoubtedly, this is the best way, in my opinion, to revise for an exam. It familiarizes you with the language used in the questions and also with the type of questions they might ask you (it doesn't vary too much from one year to another).
5. Use your teachers! – Although they can sometimes be annoying, keep in mind that they have already gone through the exams so they have experience and wisdom which they can give you. Do not hesitate in asking your teachers any doubts you might have; they are there to help you and want you to do well.
6. Focus on what you are doing – This goes for everything you do and it means that when you are doing something, whether it is studying or playing football, you should forget about everything else. A good example would be: when you are revising avoid checking your phone every minute as it will help you concentrate and finish the work earlier. If you are constantly waiting for the "beep" to go and check if your friends have posted something new, it will take you ages to finish your work correctly.

Meowing Love

By María Victoria Santos

Every place has something that makes it special. In a school as great as this one, it's not hard to expect that there are lots of special features. One of the things that makes AIS such a great place to spend your school days are the lovely cats.

What you probably didn't know is...

- Cats can lower the risk of heart diseases. Owning a cat can reduce your stress levels. It has been found that this has a knock-on effect on your risk of cardiovascular disease.
- Their purring helps heal bones, tendons and muscles. A cat's purring doesn't just show they're happy. The sound has also been associated with therapeutic healing abilities on human bones and muscles.
- They have a positive impact on your mental health
- They can help children with autism
- Even watching cat videos on YouTube is good for you



For all of these reasons, we think that having cats in our school is beneficial for students. Some might argue that these adorable animals might cause some inconveniences like entering classes or distracting students, but, in our opinion, there are many more positive aspects of them being here.



facebook

Home Profile Friends Inbox

Name

Coco

Wall

Info

Photos

Boxes

Pets: A goldfish but something happened to it...

Favorite Video Game: Fifa Cat Cup

Favorite After School Activities: Rugby

Favorite Subject: Geography

Favorite Book: Harry Pawter

Favorite Movie: Romeow & Juliet

Favorite Drink: Milk, duh

Friends

We're Related

Phones or no phones? That is the question

Opinion piece by Daniel Traub

Every year there is one event that every class looks forward to with great anticipation and excitement. This is the class trip which, depending on what age you are, can vary from being an adventurous trip in the woods or a hard 5 day walk (Camino de Santiago) or a trip to another country like Holland or Scotland.

The weeks before the departure usually are very strenuous for the teachers (almost more strenuous than the trip itself) for two reasons: firstly the children are so excited that it is practically impossible to teach considering that they their minds are on the upcoming trip. The second problem is the ongoing debate on whether taking mobile phones on school trips should be allowed or not. This started back in 2011 with the first Altea International School school trip to Valencia. Ever since then it has been an ongoing battle between teachers and pupils.

The pupils believe that it is their right to be able to take

The teacher's point of view (generally speaking) is that when we have our phones on the trips, we are less likely to socialize with each other. They do not want us to put earphones in on a bus trip and disconnect from everyone around us for the 8-hour journey to the Pyrenees. Neither do they wish us start to watch a film at night time instead of talking to our friends about the day. Amongst many other things, trips are team-building exercises - a hard task if half the class have their earphones in!



I believe that there is a equilibrium that would work just fine, such as for example having access to our phones for 1 hour a day. Most of the time these solutions have worked fairly well. I can however, also speak from experience and say that many important relationship building talks that I have had with my friends were on class trips where the phones were not in sight. I am now in year 12 where we indulge in the fact that we can use our phones pretty much as much as we like on trips. I do greatly enjoy this; the question is - what would it be like if we couldn't?

their beloved phones on the trip for many reasons; to be able to take photos of the memorable moments to later show to friends and family at home, to listen to music using speakers or blasting it in their ears using headphones, to be able to watch films or read books in the evenings, to play video games and finally (but most importantly) to be able to keep up to date on social media. This is a key issue since social media is such an important factor in the lives of "millennials" and the "generation Z". Social media is so important for us (I include myself because I can't deny the fact that I am dependent on my phone more than I would like to be) for different reasons. Social media does exactly that; we use it to socialize with our friends, to know what is constantly happening to everyone we are interested in around the globe and to follow our greatest idols and favorite celebrities. Since phones take up such a great percentage of our daily lives we loathe to give them up.



POEMS BY OUR STUDENTS

The Miracle of Friendship

A Miracle called friendship
Dwells within the heart
You don't know how it happens
Or when it gets its start
But the happiness it brings you
Always gives a special lift
Then you realize that friendship
Is one of God's most precious gifts!

- Mason Zabel

It doesn't matter where you go
Or how much you have
It's who you have beside you
I'm so glad I have you!

- Emily Stradling

Sea Shell Poem

I hold the secrets of the sea,
I hold the secrets you've told me.
I cuddle the sand
Under the sun
And dance with the waves
To have some fun.
When you hold me in your
hands,
Close to your heart,
Or by your ear,
I'll whisper to you
Without any fear
What is deep inside me,
What do you want to hear!

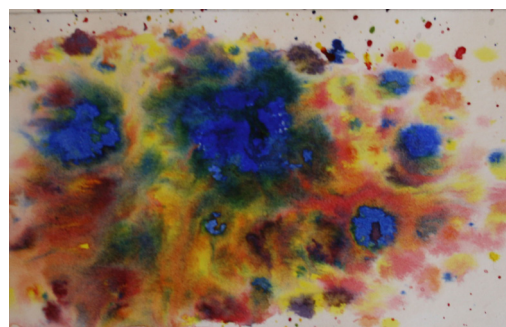
- Sebastián Maleki

Christmas is coming, don't be shy
Christmas is for giving, that's not a lie
Come with me if you don't believe
And I will show you just what's under-
neath the Christmas tree

- Mathew Lamerton

Even after all this time the Sun never
says
To the Earth "You owe me"
Look what happens
With a love like that
It lights the whole sky

- África Seva Gómez



WORDSEARCH

E	V	E	I	L	E	B	C	M	G	U	C	P	A
B	C	E	P	O	H	O	L	I	D	A	Y	S	N
S	A	S	E	I	K	O	O	C	V	O	Y	R	I
L	N	Q	N	J	A	R	I	T	E	D	S	E	G
H	D	N	T	O	Y	S	K	O	N	S	N	I	D
A	L	I	C	E	W	P	E	A	C	E	A	N	A
S	E	A	S	O	N	B	C	I	M	J	L	D	G
P	J	H	L	R	L	I	G	H	T	O	W	E	X
I	A	N	G	E	L	S	D	E	F	Y	A	E	U
T	C	D	I	H	Q	F	R	O	S	T	I	R	P
J	I	E	F	O	Y	S	L	L	E	G	N	T	I
L	G	R	T	L	G	O	O	D	W	I	L	L	Z
P	I	C	S	L	B	L	I	Z	Z	A	R	D	Z
B	R	S	U	Y	O	A	T	N	A	S	F	M	A
O	C	K	T	A	Z	J	I	N	G	L	E	P	S

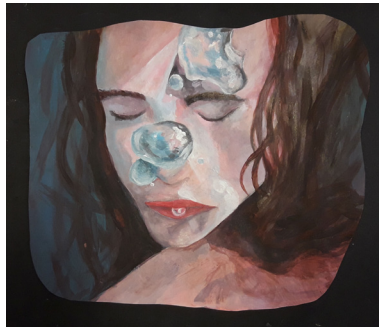
- Snow
- Reindeer
- Angels
- Santa
- Candy
- Goodwill
- Gifts
- Bells
- List
- Believe
- Joy
- Season
- Holidays
- Toys
- Peace
- Frost
- Cookies
- Hope
- Blizzard
- Candle
- Pizza
- Light
- Ice
- Jingle
- Holly



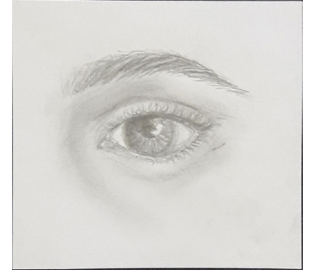
Artwork by Class 6 students

ARTWORK BY CLASS 10 STUDENTS

By Sylvana Brewer



By Alice Stemme



By Xana Van der Schuit



By María Palacios



LOGOS BY CLASS 8 STUDENTS

By Chiara Pasquinelli



By Ian Velinski



Up Close and Personal Answers
 1. Ring under tunnel
 2. Back door of the hall