

Preparing for Internal Assessments

As the calendar switches from December to January teacher and student focus begins to move towards internal assessments. Depending on the group, this can mean different things for each individual class. While much of the IB work is externally assessed and/or moderated, classroom teachers have to prepare students for the following:

- oral work in languages A and B
- laboratory work in the sciences
- investigations in mathematics
- artistic performances
- and more!

For a DP senior, this can be a bit overwhelming; but, as with everything at LHS, teamwork makes the dream work! Good luck to teachers and students alike as you begin this journey!



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Professional Development - Always Learning

We are very fortunate that the IB program at LHS receives nothing but full support from the Board of Education and the administration regarding training for the instructional staff. Recently, two of our Language A Literature teachers, Juliet Jachowski and Emily Makarewicz went for retraining concerning curriculum changes to their subject. Emily had this to say, "We came home with a new syllabus intact and have been re-energized by this time to collaborate and think about our practice in a fresh way".

Below, Juliet Jachowski and Emily Makarewicz at their recent training in Washington D.C.



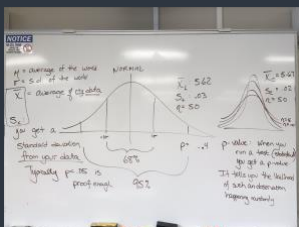
In addition to professional development offered directly by the IB, smaller roundtables run throughout the year. A roundtable is a meeting of same-subject teachers from across the metropolitan area. In this setting, teachers share best practices and strategies for tackling the IB assessments. To supplement IB-led training, the roundtable offers teachers a chance to network with other educators and stay current with their practice. Recently, Biology teacher Zachary Coppa attended a roundtable at the United Nations International School in New York City. He has this to say about his experience, "The IB roundtable provided valuable information concerning content, planning, and evaluation to support a teacher new to the IB curriculum. Additionally, the opportunity to connect with educators from across the metropolitan area with varying levels of experience was extremely informative for a teacher new to the curriculum".

IB SEHS

The IB Sports Exercise and Health Science class had some fun recently trying to outsmart their center of mass in a series of experiments as part of their Biomechanics unit.



IB SEHS teacher Kelly Gallagher also recently invited LHS Math teacher David Grasso to her class in order to reinforce student knowledge on statistics as it relates to science. This type of collaboration and teamwork is essential for all learning, not just within the IB.



To see more, follow Ms.

Gallagher @GallagherLHS



What does CAS mean to us?

IB students share their reflections on creativity, activity and service at LHS during the holiday season

On Thanksgiving, I, along with many other IB diploma students, participated in an event that not only helped us in our experiences in life, but will be something that will stick with us forever. We all decided to meet St. John's Roman Catholic Church in Newark, New Jersey to give out food, clothing and essentials for the less fortunate. After distributing breakfast, we offered a sheet filled with Christian Gospel music and we all sang together. After singing, we prepared to serve the Thanksgiving feast. After serving everybody once, we gave them the opportunity to take seconds in a little tray, either to eat or take with them for later. All around, it was a great experience, and I thought it was absolutely amazing to see the smiles of these people as we handed them their food! It was fantastic to see how taking just a couple hours out of my day on Thanksgiving could affect the community that I live in in such a positive way. I definitely plan on doing it again next year! – Daniel Fernandez '21



This Thanksgiving, a group of diploma candidates, including myself, participated in an event in which we fed those in need. We woke up early on Thursday morning and headed to St. John's Roman Catholic Church in Newark, New Jersey. We set up tables, displayed the food donated by members of the community and the church, we played gospel music and displayed clothes that were donated. Around 10AM, we began officially serving breakfast to those who came to us. Not a lot of people showed up at first. There were only about 10, maybe 15, people who came for breakfast. Although it wasn't a lot, it still made me feel good about what we were doing. It was very heart-warming seeing people smile as my peers and I gave them food. They were happy and content with the service we were doing for them. After breakfast was served, we prayed and gave thanks to God for all that He gave us. Around noon, we began serving lunch. When we began serving lunch, the parking lot was packed. It was incredible seeing the amount of people that were there. Not only were there homeless people there, but there were also others who showed up and donated goods. A lot of people, including local families, saw what we were doing and dropped off food and goodie bags. These actions showed truly how good people are and how much people care. The world sometimes seems cruel, but it is good to know that there is still some good in the world. By the time lunch was served, the line to get food was long. About 20 or more people were there. Serving people was such a pleasure. It was rewarding to see all the food quickly go away and everyone able to eat. At the end of the day, we were we all felt like new people. It showed us a different side that we do not see every day. We were inspired to continue doing this service yearly. We planned to do something similar for Christmas. It was a very eye-opening experience, which showed us to be more grateful about what we have. Although sometimes we might think we are unfortunate and don't have much, we truly are all blessed to have a roof over our heads and to be able to eat every single day. It was an amazing experience, which I enjoyed and hope to participate many times more in the future. – Daniela Valverde '21



An Interview with Piotr Zelazny '19

Piotr Zelazny achieved what most IB DP students strive for; the prestigious International Baccalaureate diploma. Current IB coordinator Anthony Fischetti recently sat down with Piotr, now studying electrical engineering at Stevens Institute of Technology in Hoboken, to talk about how the IB helped him to succeed.

How has the IB helped you in these first three months of college?

It mainly revolves around all the hard work and time management. Most of my friends in college, who have not done the IB, are struggling, especially with the sciences, like chemistry. Since I had all the benefits of the IB in

high school, I am used to all the hard work and time management. I am already accustomed to this environment.

What advice do you have for the current IB students at LHS?

Don't give up! There will be moments when you have so much work that you won't know what to do, but talk to your teachers. The teachers have experience, they know the work is difficult. If you don't understand something, talk to those teachers and seek tutoring or create a new study plan. Don't let one chapter in a subject force you to give up. There will always be new opportunities to improve.

What was the most memorable experience in your IB learning?

I think all of the internal assessments are the most memorable. There are a lot of them, but you get to think independently and focus on something that is interesting to you. The IAs help you think outside of the box and helps you become independent early and not have to rely on your teachers all of the time.

Pictured above from left are BOE Vice President Katarzyna Kozak, father Krzysztof Boraczewski, mother Teresa Zelazny, Piotr, and Interim Superintendent Denise Cleary



This Quarter's Advice From the IB Coordinator

Q: How do I balance all of the work?

A: Procrastination is by far the bane of my existence. I wish I could tell my students that I no longer procrastinate, but that simply would not be true. To a certain extent, we all procrastinate from time to time in various areas of our lives, but there are ways that we can always improve. Recently the school counselors and social workers have begun a program to help IB DP students manage stress and find ways to achieve time management. IB students have been put into small groups that meet bi-monthly to discuss their concerns and try to mediate any of the overarching difficulties.

Some recommended reading about time management that I suggest is by Stephen R. Covey. To summarize some of his thoughts I recommend the following tactics to time management:

- **Spread the work out over time**
- **Productivity = take breaks**
- **Use reminders/calendar feature or apps on your phone or MacBook**
- **Create simple To do lists**
- **Prioritize the work!**

This may be a small start, but it can help you overcome some of the challenges of procrastination!

EYE ON IT

IB Extended Essay: What is it?

One component of the International Baccalaureate® (IB) Diploma Programme (DP) core, the extended essay, is mandatory for all students.

The extended essay is an independent, self-directed piece of research, finishing with a 4,000-word paper.

This essay is completely student-driven in the sense that students choose their own topic area, focus on a question, choose a mentor to assist them and then write with periodic check-ins throughout the year. Essentially students begin this work in their junior year and continue through the beginning of their senior year.

While by no means is this work easy, it certainly is worthwhile.

Through the research process for the extended essay, students develop skills in:

- formulating an appropriate research question
- engaging in a personal exploration of the topic
- communicating ideas
- developing an argument

Good luck seniors as you finish this praiseworthy process!

