

## Welcome Back!

Needless to say, it has been far too long since our last issue of the LHS IB Newsletter. Quarantine, virtual learning, and a dramatic shift in the world of education put a temporary pause on our local IB news, but we are back and with a full issue for this quarter. There is much to discuss and share with everyone regarding the past several months in the LHS IB world, but first and foremost allow me to say thank you and congratulations to the LHS Class of 2020. You were an amazing group of students and I cannot imagine a finer bunch of young adults to rise to the challenge of an IB world that was completely virtual for so many months. To the class of 2021, while we are beginning our year via distance learning, it is everyone's hope that we all return to face to face instruction soon. Be well!

- Sincerely Anthony  
Fischetti IB  
Coordinator



## Group 4 Science Project – Overcoming a Zombie Attack!

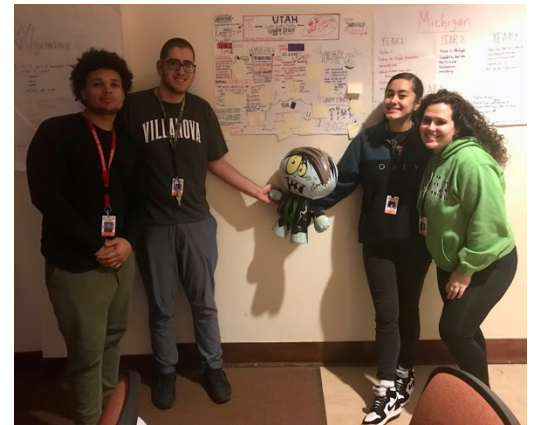
Every year, as part of the IB science assessment scheme, all science students, whether studying Physics, Biology, Chemistry, Design Technology and for the first time this year, Sports Exercise & Health, come together to problem-solve a particular dilemma. This year the question was, "How do we survive a zombie apocalypse?" On January 15<sup>th</sup> students collaborated all day in the auditorium in small groups. They had to brainstorm, research, discuss, plan, and share a five-year plan for survival. Students were tasked with creating a poster to illustrate their plan. Along the way, numerous challenges were given to students that ranged from loss of utilities such as electricity, water and gas, to natural



### This issue

- Group 4 Science Project **P.1**
- Socks for a Change **P.2**
- Congratulations Class of 2020! **P.3**
- An interview with Cineikwa Walcott **P.4**

disasters, and even the birth of a child. After presentations, students voted on their favorite plan and that group was awarded the coveted Zombie Trophy.

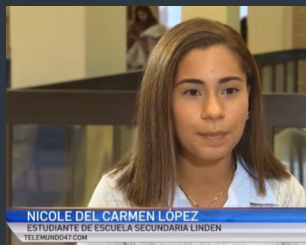


**Above: Michael Martinez, Mathew Rocha, Emily Garcia, and Sara Serio were declared the winners of the competition.**



## IB Student Shines

As an IB student, Nicole Del Carmen López '20 studies both IB Sports Exercise & Health Science and Biology. She has a passion for science and also searches for opportunities to connect her cultural heritage to her future career plans. Lucky for her, IB SEHS teacher, Kelly Gallagher, runs the Pre-Health Careers Club which provides students with various opportunities. Through the Hispanic Center of Excellence Summer Youth Scholars Program at Rutgers, Nicole was able to further her understanding of anatomy and physiology, participate in a research presentation, visit different colleges, and gain insight to the practice of medicine.



Recently, her story was featured on a Telemundo broadcast which highlighted the aspirations of young Hispanics pursuing careers in the medical field. Congratulations Nicole and best of luck in achieving your goals!



Ms. Gallagher has so many programs open to all students, not just IB, so I encourage you to follow her @GallagherLHS



## Socks for a Change

A simple request from IB student Michelle Gaston '21, turns into a CAS opportunity for all

In January 2020, IB junior, Michelle Gaston reached out to the LHS IB Coordinator Anthony Fischetti looking to engage in a few different service opportunities. Her goals were modest. She wanted to achieve a higher rank in the LHS NJROTC program, and, above all, provide opportunity for the less fortunate. Together, Mr. Fischetti and Michelle decided to participate in the We Help Two sock fundraiser. Through the We Help Two organization, LHS students were able to sell stylish socks to those looking to make a difference in the Linden community and beyond. Proceeds from all sales benefit the purchase of prosthetic limbs for children; and, for every 20 packs sold, 4 are given to distribute to local homeless shelters here in Linden. Michelle may have ignited the fire for the project, but once other IB students learned about it they also wanted to help. Thus far, over 40 packs of socks have been sold, with more on the way.



(Left) A smiling Mrs. Hanusosky shows off a purchase! (Right) Michelle Gaston, right, who led the effort, and her classmate, Khadega Seedahmed, show off some socks.



From Michelle Gaston '21 herself:

When I reached out to Mr. Fischetti, I was looking to establish something that could, not only help me interact with the community, but also find a way to give back to those less fortunate. This fundraiser really helped me engage with people and make them realize that something small can really go a long way. Not only were these generous people buying a pair of socks, but they were also contributing to the well-being and happiness of someone in need. I think that's what I truly enjoyed seeing when I involved myself in this fundraiser. I was able to experience double the satisfaction and joy of making a sale by, not only making a homeless person's day, but also helping a person in need of a prosthetic limb get one. And, honestly, that is better than any rank up. I am so happy and proud to have been part of such a meaningful and rewarding fundraiser. I hope that this wonderful experience is only the beginning of many more to come.



(Left) After a car accident as a young man, William from Uganda was left without a portion of his right leg. But thanks to the students at Linden High School and We Help Two a partner clinic intervened. A prosthetic leg, which William could not afford, was provided for him. He is back at work and extremely grateful for the good things in life.

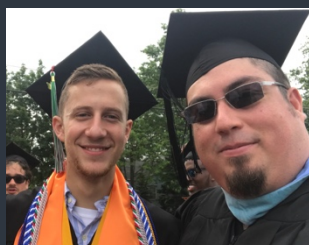


## IB Student Forever

Joey Krempa, LHS Class of 2017 valedictorian, is probably a name and face that many teachers, staff, coaches, and students remember fondly. For the past 3 years, Joey has been working hard at Carnegie Mellon University in Pennsylvania. This past summer, he reached out to IB coordinator, Mr. Fischetti, and offered his help to current IB students struggling in math and/or science. Joey was an all around great student-athlete that was as magnificent in the classroom as he was on the basketball court. Now, he continues that same trend majoring in Chemical and Biomedical Engineering and playing guard for the Tartans.



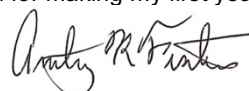
If you are interested in some help in math and/or science, Joey can be reached at [jkrempa@andrew.cmu.edu](mailto:jkrempa@andrew.cmu.edu)



## An open Letter to the LHS IB Class of 2020

Dear LHS Class of 2020 IB Seniors,

The 2019-2020 school year began like most others, albeit with me as the new coordinator replacing Bernadette Bottino, who served as coordinator for nearly 20 years. In September 2019, you all knew the assessment expectations that awaited you. In many cases, for two years you had been anticipating, studying, and learning subjects such as Biology, Literature, French, or many of the other courses offered here at LHS. Your teachers were busy planning and preparing for you to tackle lab experiments, oral commentaries, Papers 1 & 2, and art gallery presentations. Then, with the spread of COVID-19 in March 2020, all those "normal" aspects of the IB program shifted dramatically. By the beginning of April 2020, it was clear to all of us that, not only would the traditional May 2020 exams be canceled, but the largest measure for your achievement would be the Internal Assessments. Thankfully, all of us were prepared for this endeavor. Every stakeholder worked tirelessly to ensure that work was complete, core components finished, and all files uploaded before the deadline. With a giant sigh of relief, there was nothing to worry about as the July 6<sup>th</sup> release of scores seemed like decades away. Despite these daunting circumstances, Linden High School saw some of the best scores ever, with 6 of you obtaining an official IB Diploma and 122 of you achieving an IB Certificate! While I would like to thank and congratulate all of you individually, I do want to take a moment to recognize Oliver Laguerre, Allan Lin, Natalie Ortiz, Haliyat Oshodi, Wei Ren, and Bilaine Vergeon for meeting all of the criteria to achieve the IB Diploma. Way to go! To any and all of you that took the risk of an IB class, thank you for your hard work and determination in the face of uncertain times. Your perseverance, along with the support of your teachers and family, allowed you all to achieve what seemed like such a distant goal when you began your LHS career in the fall of 2016. Some of you probably did not even know the various acronyms and language of the IB, such as IOC, DP, ToK, CAS and EE. Although these are slowly becoming memories for you, I hope you take the lessons and learning with you always. I will always be here to support and cheer for you every step of the way. Thank you for making my first year one that I will never forget!

Sincerely, 

## Greetings from Gannat Mukhtar - LHS Class of 2020



As you may or may not know, Gannat Mukhtar is attending the prestigious Notre Dame University. Over the summer, she reached out to IB coordinator, Mr. Fischetti, to share some photos from her first few weeks of school, including St. Mary's Lake, the Notre Dame Golden Dome, and the renowned football stadium. Best of luck and happiness to you as continue your education!



Pictured here are Cineikwa Walcott and current IB Coordinator Anthony Fischetti at Commencement along with the Italian NHS graduates.



International Baccalaureate  
Baccalauréat International  
Bachillerato Internacional

## EYE ON IT

### Preparing IB DP Students for 2020-2021 and Beyond

The Theory of Knowledge class provides students with the ability to reflect on how, as members of a society, arrive at our understandings. While the concepts may seem difficult on paper, the instruction provided by Emily Makarewicz and Gary Mazurek afford students a blueprint for success. ToK, as it is affectionately called, demonstrates the interconnectivity of all subjects in the IB program. Perhaps most importantly, it provides students with a framework for inquiry that they can use for the rest of their lives. Theory of Knowledge, the Extended Essay, and CAS are the three components that comprise the heart and soul of the IB diploma program. Our LHS IB diploma team works tirelessly to help students understand all of these components. If you need help with any of the core components, please seek out our advisors:

EE – Mr. Robert Mangel  
[rmangel@lindenps.org](mailto:rmangel@lindenps.org)

CAS – Mrs. Kate Hanusosky  
[khanusosky@lindenps.org](mailto:khanusosky@lindenps.org)



## An Interview with Cineikwa Walcott '18

I had the great privilege of instructing Cineikwa Walcott in Italian IB SL for two years. A quiet and disciplined student, Cineikwa always took risks and was consistently diligent in her quest for knowledge. Now, she utilizes the knowledge she gained as a full DP student and applies it to her everyday studies as she works toward a degree in Business.

### **How has the IB helped you in college?**

By participating in the IB program at LHS, it helped me to transition to the college school life. The course work in the IB program is very similar to college work, so when I came to Union County College, I wasn't having

as hard of a time as my classmates. The program instilled essential skills that help me to keep track of everything. I gained organizational skills and I became a person who can multitask to balance all aspects of my life. The IB program made me into an inquisitive person that always wants to learn more than what the teacher tells me.

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

My advice for current IB students at LHS is to not think that not gaining the diploma or the certificate, is the end of the world. The experience is something that is great if you want to do it, but don't stress out about it.

### **What was the most memorable experience in your IB learning?**

I have many favorite IB memories, but there are two that distinctly stick out. One has to be during IB testing time when all of the students that were taking a test that day arrived early. That morning, we just sat outside, hung out and actually talked to each other about something other than the test. The other memory has to be during my junior year during split lunch time, some IB Italian students would stay back and have our lunch in Fischetti's class with him. The conversations and the time spent is something I'll never forget.



## This Quarter's Advice From the IB Coordinator

### **Q: How do I succeed in a virtual learning environment?**

A: Virtual learning has been a big adjustment for teachers and students alike. Education is fundamentally a social construct and the lack of our traditional setting, can make the learning slightly more complicated. While the distance learning is temporary, there are ways that we can best maximize our time in this virtual world.

- Get adequate sleep!
- Start each day as if it were a "normal" school day
- Eat a balanced breakfast to sustain energy

- Create a "learning area" where you can focus on your lessons
- Keep organized with a planner, digital or paper
- Voice your concerns to your teachers
- Make use of the targeted instruction time in classes where you might need a little extra help
- Reach out to Mr. Fischetti if you feel stressed!

In due time, more information on adaptations for the May 2021 assessments will be released; so, please be sure to check for updates here: <https://www.ibo.org/covid-19-support/> If we can overcome 2020, we can overcome anything together!

Contact your coordinator! [afischetti@lindenps.org](mailto:afischetti@lindenps.org) 908-486-5432 Ext. 8343