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الشميساني



The National  
Orthodox School  
Shmaisani



# EVOLVE

*NOS Students' Newsletter & Podcast*

Oct. 2023 | Issue 1 | Year IX | No. 16

دائمًا مع

Stand with

فلسطين

Palestine



NOSEVOLVE



EVOLVE:NOSStudents'Newsletter

NEW  
YEAR  
NEW  
LOOK.



# EVOLVE

NOSEVOLVE



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## *NOS Students' Newsletter & Podcast*

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## WELCOME TO ISSUE 1 | YEAR IX

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### **Q: What is 'EVOLVE'?**

Evolve is the National Orthodox School-Shmaisani (NOS) student-based newsletter & podcast. The newsletter was started by a student (Majd Muna) in 2015, and the Podcast was started by a student (Mariah Manneh) in 2022. It's a space where students can express their thoughts and feelings and share their take on what's happening at school and beyond with our school community and the rest of the world.

### **Q: Who can join and how?**

The EVOLVE team consists of Grade (9-12) students. A detailed announcement is sent out during the first weeks of each school year. Anyone from Grades (9-12) can apply to join, but before a certain deadline. This year, our team is currently full; however keep an eye out for more announcements in the future! Any student from any stage who is interested in writing is welcome to contribute an opinion piece. You can send your contributions to: [editor.newsletter@nos.edu.jo](mailto:editor.newsletter@nos.edu.jo)

### **Q: Where can I find the previous issues & podcast?**

Our school administration sends Evolve to NOS students, parents and staff by email. So, you can look for it in your NOS school e-mail inbox. Additionally, the issue is posted on our socials, and you can find a link tree in our Instagram (NOSEVOLVE) bio. There, you will also find the links to the NOS website, previous issues, and our Podcast, or you can find us on the NOS website ([www.nos.edu.jo](http://www.nos.edu.jo)), under News & Publications.

### **Message from EVOLVE advisor Dina Ra'ad-Yaghnam:**

Dear EVOLVE Readers,

We wanted this issue's cover page to celebrate EVOLVE's New look for this New School Year, with new energy from the largest EVOVE team to date. But the latest tragic developments in Gaza, Palestine happened, and something much more significant took the cover. Our hearts and prayers for our brothers and sisters in Palestine.

We have more than 50 members this year, and it is our aim to give each of them the space and chance to share their voice, whether through the EVOLVE Newsletter, Podcast or social media. Our committed army of student Editors, Writers, Photojournalists, Designers, Social Media Officers, and Podcast team members are organising themselves and distributing tasks in such an impressive manner to get more done. Such a large team merits a large leadership group, that's why this year we have not two, but three Editors and Deputy Editors-in-Chief and multiple Heads of different teams, all of whom have proven to be most capable.

My fellow advisers and I are so proud of each Evolver, old and new for all their great efforts with the interesting articles in this issue and all they have posted on social media so far; and there's more to look forward to with the Podcast, to come soon as well. We wish you "Happy Reading", and invite you visit EVOLVE's social media and stay tuned for our podcast, to get the full EVOLVE experience.





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# Stand with Palestine: The Right To Resist

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Lama Moucattash

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“It isn't self - defense if you are an occupying force.” Her majesty queen Rania put into words what many are too afraid to state aloud. Seventy-five years later, our Palestinian brothers and sisters are still facing the same injustice, discrimination and war crimes at the hands of the Israeli occupation, with an astounding lack of support from the global community. In a world where those in positions of power believe they are above international law, one of the weapons we have against such vile inhumane acts, is our voice. Our ability to eventually come together and demand change is what will pressure world leaders and international organizations to intervene and acknowledge the ethnic cleansing taking place.

**Here are some tips on how to use your voice and support the Palestinian cause.**

1) **Research the history behind the occupation of Palestine** to ensure you are fully aware of all the facts when discussing the topic with anyone holding an opposing viewpoint. This research can include reading books and articles, watching documentaries on YouTube or any streaming platforms, or directly listening to Palestinians voicing their stories.







# Stand with Palestine: The Right To Resist

Lama Moucattash

*Continued...*

2) Once you educate yourself on the matter, **share what you learned online with others** by reposting posts from reliable sources or making your own. Social media is a powerful tool we must take advantage of in hopes of raising awareness of the true story by countering Zionist propaganda and misinformation through sharing indisputable facts.



3) **Humanize the cause.** While the Zionist occupation and Western media dehumanize Palestinians, continuously portraying them as 'human beasts', it is our job to share the stories of the innocent Palestinians being affected. Sharing the faces, lives and stories of the Palestinian martyrs and victims is essential to developing empathy and a sense of understanding in those less educated on the matter.

4) **Make sure you are immune to the misinformation that will be spreading,** considering how powerful western propaganda can be by following reliable sources similar to the ones listed below. This could be local and Arab news and media outlets, independent citizen journalists, influencers especially from inside Palestine, reputable NGOs and more.

**Our hearts and prayers go out to all the innocent lives lost and the families torn apart in Gaza and all over Palestine.**

**We hope for peace and justice to be served for all Palestinians.**

These are just suggestions/examples of accounts to follow to get the facts. We encourage you to do your own research and follow the sources you see fitting.

[@eye.on.palestine](#)

[@ajplus](#)

[@middleeasteye](#)

[@motaz\\_azaiza](#)

[@byplestia](#)

[@sbeih.jpg](#)

[@mohammedalkurd](#)





# الأمل

## لجين النجادات

يعتبر النّجاح وإنجاز الأعمال ببراعة من أسباب السّعادة عند الإنسان، حيث تكمن فرحة الإنسان في النّجاح. فهذه الفرحة تملأ حياته بطاقة إيجابيّة وتساعد على تخطّي مصاعب الحياة، وتجعله شخصا قادرا على تحمّل المسؤوليّة تجاه مجتمعه ومحيطه، وللنّجاح العديد من المفاتيح، ومن أهم هذه المفاتيح هو أن يتحلّى الإنسان بالأمل؛ لكي يحقّق أهدافه في الحياة.

فالأمل هو أقوى محرّك لحياة الإنسان على الأرض، به يعيش، ومن أجله يفكّر ويخطط، ويتمسّك بأحلام بعيدة المدى، ويسعى لتحقيقها، ويجعله يتحلّى بالإيجابية والنّظر إلى الجانب المشرق من الأمور دائما، ورؤية الفرصة في كلّ عقبة تواجهه، ويدرك أنّ كلّ شيء سيحوّل إلى حال أفضل في المستقبل، فيعمل ويجتهد في سبيل ذلك، ويتحلّى بالصّبر والمثابرة.

وبما أنّ للأمل هذا التّأثير الكبير في حياة الفرد، فلا شك أنّ له التّأثير الأكبر على المجتمع، فالأمل يخلق أفرادا قادرين على تجاوز عقبات الحياة والتأقلم معها ومجابهة مشاعر القلق والخوف وتحويلها إلى مشاعر تتّسم بالإرادة والإصرار، ويزيد من ثقته بنفسه ويجعله قويّا. وهذا كله يؤدي إلى بناء جيل متماسك ومتطور قادر على التّهوض بالمجتمع ورفع مستواه؛ لما لذلك من دور كبير في تشكيل شخصيّة الفرد الاجتماعيّة وتكوين علاقات جيدة في المجتمع.

في أوقات اليأس قد يكون من الصّعب التّفاؤل بالمستقبل، ولكن إيجاد القوة للعثور على الأمل هو شيء بالغ الأهميّة للحفاظ على استمراريّة الحياة، فيجب على الإنسان أن يكون دائم السّعي والبحث عن الأشياء والأشخاص الذين يمكن من خلالهم محاربة الشّعور باليأس والتّسلح بروح التفاؤل والأمل في أصعب الظروف.







# No Mobiles

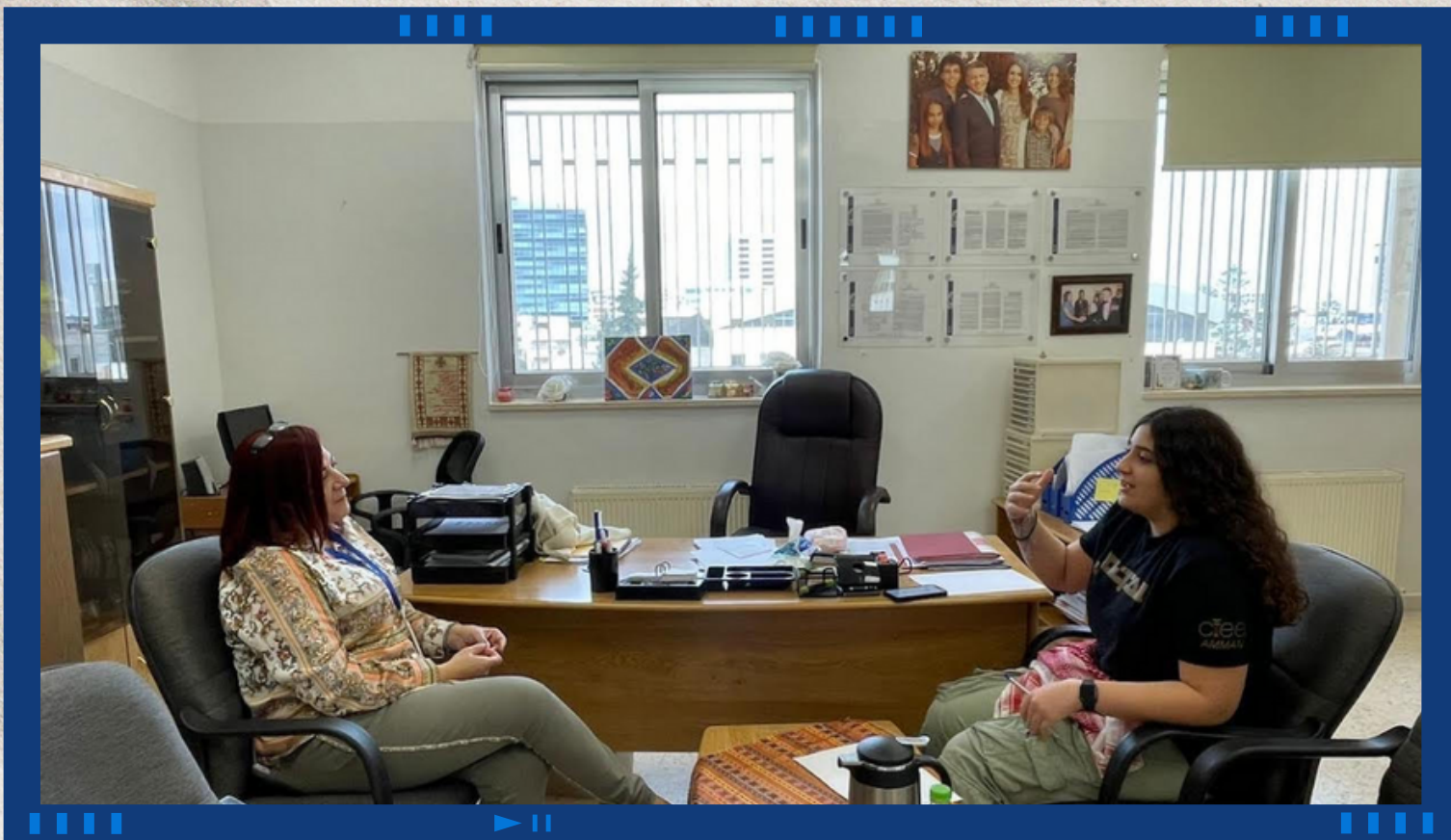
Haya Hawari

*The following few articles have to do with Students' well-being, which is something our school is focusing on as part of its main aims.*

During the second week of September, students were shocked that Grades 9 and 10's phones would be taken away by the school from the morning till the end of the school day. I saw that a ton of students were frustrated to hear this; why would the school take such an action? As a student who did not really understand why this rule was put, I decided to investigate to try and understand why the school put this rule. Miss Dina helped me schedule an interview with the Head of Stage 9-12 and NOS Deputy Principal Ms. Sophie Sammour-Zaghloul to ask her a few questions.

**Me:** Why did the school set this rule?

**Miss Sophie:** Last year, while I was doing walk-through visits to observe the teaching and learning process in classes, I used to find students using their mobiles during classes. Mobiles were causing a big distraction to the students' learning, and teachers should not have to waste class time just telling students to stop using their phones.



**Me:** You had this rule at the beginning of the year where we put our phones in baskets in front of the teachers. Why was that rule removed?

**Miss Sophie:** That's not safe for anyone. It's really more safe to keep the mobiles in cupboards which are locked.

Our school has a "Bring your own device" policy, so we are WITH bringing your mobiles but under supervision. Whenever a teacher wants the students to use their mobiles in the classroom, she or he can just contact the Pastoral Care supervisor and we will give them the basket and the students can use their mobiles to do research. Teaching strategies have changed and research skills are really important, so I am not 'against' using mobiles in the classroom, but under supervision.





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# No Mobiles

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Haya Hawari

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*Continued...*

**Me:** Don't you think it's inconvenient for students and teachers to keep going back and forth to the Pastoral Care supervisor's office?

**Miss Sophie:** You can bring your laptops and your tablets and you have lockers to put them in. We're not against technology but the mobiles distract the teaching and learning process in the classroom. Now students are concentrating better than before because they don't have their phones with them.

Teachers are observing what is going on in the classroom and most of them are seeing progress. As educators, we all agree that it's a disadvantage to keep the mobiles in the classroom because they distract most students, especially if they are addicted to them. Also sometimes students take photos of teachers and other students without them knowing, and you know it is not ethical, because when you want to take photos or videos of anyone you need to ask for their permission. Not having mobiles also reduces cyber bullying.

**Me:** Why just Grades 9 and 10?

**Miss Sophie:** Grades 9 and 10 have a full schedule the full day, starting from the 1st class to the 6th one, but most of Grades 11-12 have options, and some students finish their school day early and are allowed to go home, and it would be inconvenient for us to go and give each one his or her mobile in different times.

It's actually a burden on us to collect all the mobiles from all the students every morning and give them back at the end of the day. It takes a lot of effort and time from a lot of staff members, but because we believe it is the best way to keep the teaching and learning process in the classroom going in the best manner, we collect the mobiles, except for when the mobiles are needed for research in certain classes.

After speaking with Ms. Sophie, she opened my eyes and helped me understand why they take our phones for our own well-being. Students should be more open minded about this as it is only done for us to focus and concentrate on the importance of studying.

A big thank you goes to Ms. Sophie for taking the time out of her busy schedule to do this interview on such short notice, just before her travel.





# School Pressure

Karen Habash

During our current times, we as high school students encounter lots of obstacles during our journey to claiming our future. Behind the curtains of the astonishing grades are students dealing with issues that vary and start from low motivation to serious mental health issues with time. So, should we be spending our teenage years in melancholy, sorrow and dread? Do you think it's too much to handle sometimes?

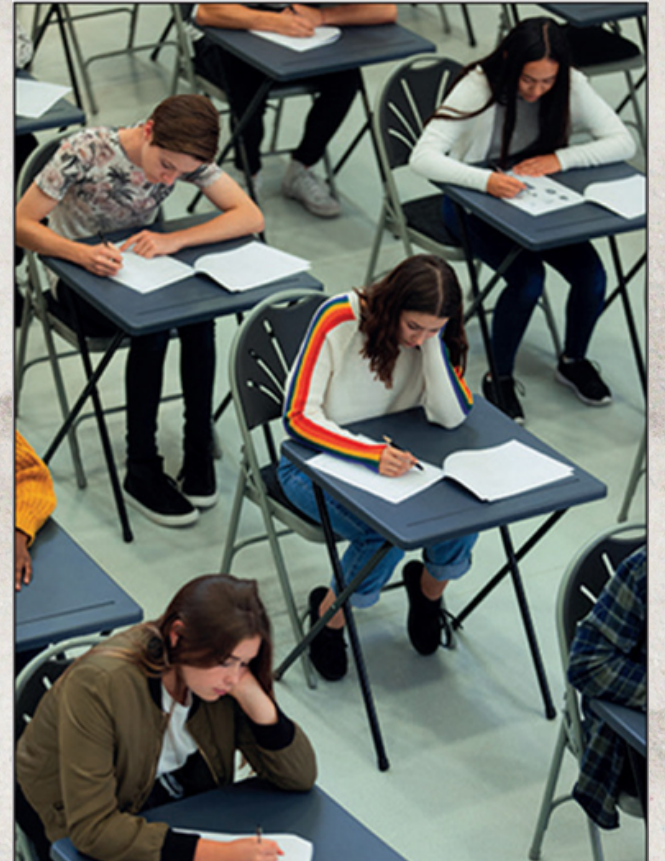
We conducted a survey with students from The National Orthodox School on the EVOLVE instagram; polls were posted with the help of the Media Team to get the perspective of students from various grades who follow us, and the following shows our valuable findings:

There are a few ways the school stresses us out. Examples of this include: managing our time after school hours is challenging (especially with the little amount of time we have and the mountain of tasks due). Therefore, this pressure leaves us with almost little to no time for engaging in extracurricular activities while keeping school work under control. In addition there is concern about how a low grade can affect our future.

In relation to the mental health issue, trouble sleeping, depression, anxiety and stress are all common in teenagers. Additionally, these problems are feeding on our ability to concentrate, and they consume our energy levels. So as a result, this shrinks our performance during school hours whether we are in class or not.

It is certainly crucial to find some alone-time for pupils to practice something we are passionate about. Some of the most recommended strategies to escape the school's pressure is listening to music, reading books, spending time with our families or playing a certain sport; and it is as equally principal to have a minimum of 8 hours of sleep per day, despite having done all the work or not.

In conclusion, it is important to prioritize the mental health condition of students in order to support our well-being. Let teachers and us as high school students create a safe and understanding environment where we can thrive academically and emotionally.







# Study Tips

Joelle Salem

We all know that school and exams are among some of the most stressful times, so here are some study tips from us as well as from some of the top academic NOS students from different grades to see what kinds of things they find the most helpful. Hopefully, these tips will make your academic journey a whole lot better.

- **Create a study schedule.** Break down your material and allocate specific time slots for each subject. This keeps you organized and ensures that you cover everything.
- **Eliminate distractions.** Put your phone on silent and keep it out of sight.
- **Consider studying in a quiet environment** or using a study playlist to stay focused.
- **Take regular breaks.** 10-20 minute breaks every 50-90 minutes during study sessions actually improve focus and productivity.
- Lastly, don't hesitate to **ask for help** when you need it. Reach out to teachers, classmates, or online resources for clarification or additional support.

We also reached out to some of the high-achieving students from different grades to get their valuable input and advice on this topic.

## Raneem Rabata-Grade 12:

"I did struggle balancing my time studying and also enjoying my personal activities. I started to include hours during the day where I can sketch or paint to change the pace of my mindset and feel motivated to accomplish other tasks. I think it's okay to feel unmotivated. Motivation is also something I struggle with but taking care of yourself and doing things you enjoy can really make a difference."

## Angelina Al-Hawi-Grade 10:

"I think that it's most helpful to break down large amounts of studying material into smaller, more manageable pieces of information. Strategies involving constant repetition, writing the information, or forming acronyms are evidently also successful, in addition to knowing when you need a break, taking care of yourself, and not pushing yourself too far."

## Zaid Sunna- Grade 12:

"Concentrating in class is crucial for easier and faster studying at home, and leaves more time for other hobbies or activities. When studying a topic with more than one section, I like to start from the beginning every time I finish a new section. Another tip that really helps is never leaving anything to the last minute. In addition to having a reason to study, whether it's for family, friends, or personal goals, gives you the motivation to keep going and working harder."

**Remember, studying is a journey,  
and everyone has their own unique approach.  
Find what works best for you and stay motivated.  
Hope these tips help you out, Good luck!**







# Sleep Deprivation & School

Maya Moucattash

Sleep deprivation is affecting many teenagers nowadays; however most of us do not acknowledge that it is the root of many issues we might be facing. For example, according to the Child Mind Institution in the US, an estimated 50 to 70 million Americans have chronic or ongoing sleep disorders. Considering how similar teenage lifestyles are globally, it is logical to assume that this statistic would be quite similar here in Jordan.

The majority of us never stop to think about why we feel unmotivated to do the things we're expected to do, or why we rarely have the energy to socialize efficiently anymore and stay in touch with those closest to us. If we stopped for simply a second to research the importance of quality sleep, we'd find that sleep deficiency is the root of many of our problems.

To begin with, lack of sleep has a huge effect on your grades and academic performance. Studies show that every lost hour of nightly sleep at the start of an academic term predicts a 0.07-point drop in a student's GPA, which is equivalent to a drop of 1.75% in our grading system here in Jordan. This point drop is due to a number of reasons. The main reason is that students often study the night before the exam, which leads to them not getting enough sleep, thus when they're handed the exam papers, they're completely exhausted and too burnt out to answer the questions properly. The National Institutes of Health found that getting a good night's sleep before a big exam helps improve your memory, so it's recommended to get 8 to 10 hours of sleep.

Not getting enough sleep also affects your productivity. Studies have found that people who get less sleep tend to take longer to finish a task, have slower reaction times, and make more mistakes than those who get the optimal amount of sleep. Therefore people who sleep less don't finish as much work as the ideal person would. In addition, given that people who sleep less appear to have less energy than others, they feel less motivated during the day, which causes them to never finish the tasks they set out to do.

In conclusion, it is vital we acknowledge that sleeping properly is ultimately affecting all aspects of our lives. By maintaining a healthy sleep schedule you will undoubtedly notice improvements in your productivity, motivation, grades, and so much more.





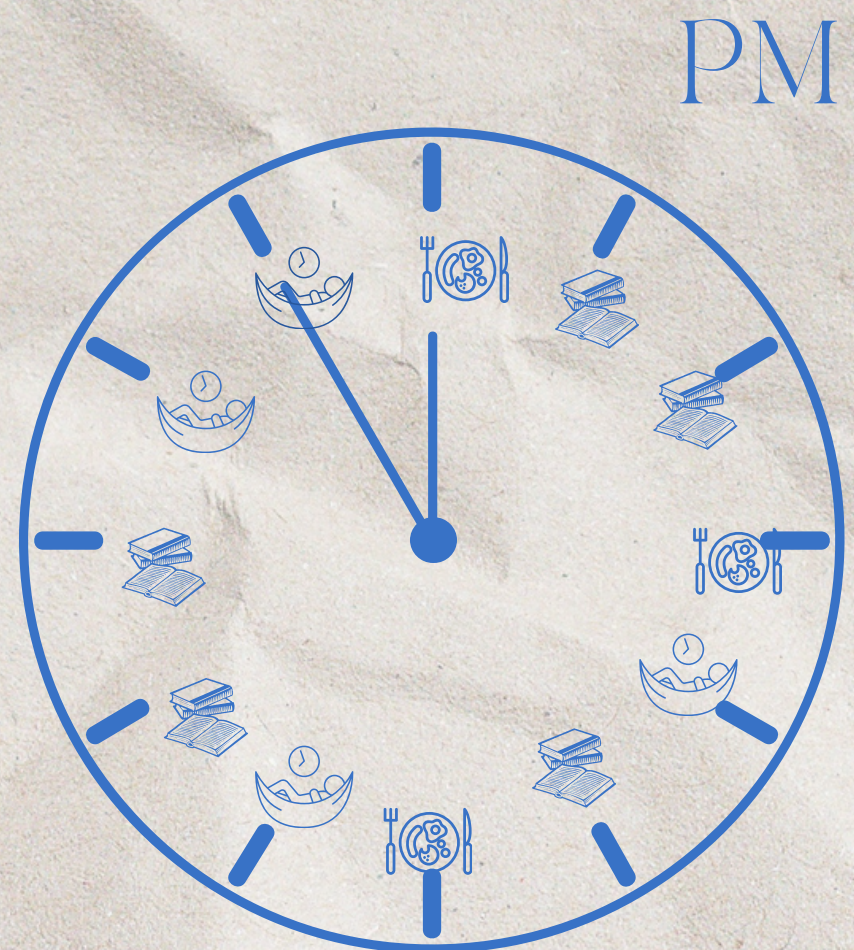


# Time Management

Naya Abu Hassan

Time management is found to be crucial when navigating school work. It's viewed as one of the main struggles for students and one of the main reasons for stress in students. It is very important to be able to maintain a healthy and balanced lifestyle especially as students. Below are some helpful tips to build proper and more efficient time management skills.

- 1. Creating a schedule:** Create a monthly or weekly schedule that contains all your classes, extra study or revision sessions and extra activities. This gives you a visual of everything you have to do, so that it is easier for you to find free time or make space for other activities.
- 2. Set priorities:** Out of all given tasks look for the hardest and most time-consuming to prioritize first, always be sure to submit all assignments on the due date, or if completed ahead of time, submit earlier.
- 3. Time blocking:** Make sure to assign certain hours of each day dedicated to studying, working on tasks/assignments, and attending certain activities. Meanwhile don't forget to include time to relax!
- 4. Avoid procrastination:** Procrastination (the delay or postponing an action) can be such a waste of time. To avoid this attempt to breakdown larger time consuming tasks into smaller more manageable ones. If you're still struggling to focus, try using different study techniques such as the pomodoro method.
- 5. Stay organized:** It's a priority to have proper time management, and staying organized helps achieve that. To help you stay organized, buy folders and binders, and use apps such as Notion, Google Keep... etc. to enhance your note-taking skills.







# Time Management

Naya Abu Hassan

*Continued...*

6. **Avoid over committing:** Avoid tasks which are an extra and only time consuming, especially the ones you cannot handle any longer. Select your tasks and activities wisely, definitely ones which do align with your goals and interests. Committing to a task you have no interest in is only taking up space and time is not worth committing to in the first place

7. **Stay consistent:** Consistently follow the routines and schedule you set for yourself. Over time, they will soon become a habit, thus, making it easier for you to manage time.

8. **Take breaks:** It's very important to find time to relax, as a relaxed mind is a more efficient one.

9. **Learn to say "No":** It's completely okay to take a step back from an outing or extra activity if you feel like it will ruin your schedule and take from your break time.



**In summary remember that time management is not about squeezing more hours into your day, it's about not letting every hour go to waste; and by using effective time skills, it can help embrace the power of focus and reduce stress levels. With proper skills, this can help open doors to better chances of success in personal and professional life. With the listed tips, you will find yourself saving a lot more time and meeting deadlines a lot more frequently.**







# School Clubs:

## Unleashing Creativity & Making a Difference

Reine Bahou

Are you looking to dive into your interests while making new long-lasting friendships? Since it's the beginning of this splendid scholastic year, look no further than our amusing school clubs!

Students are able to engage in a wide variety of extracurricular clubs that cater to their diverse interests and passions. They could be enrolled in clubs like community service, drama, journalism (EVOLVE), sports (volleyball, badminton, table tennis, handball, football, basketball and athletics), chess, science clubs (archaeology, astronomy, photography, experiment sand robotics), dabkeh, music (bands, melodica, violin, piano, guitar, oud/qanoun and choir), art and NOSMUN.

Those clubs offer a platform for students to unleash their creativity, make a difference and forge lifelong friendships. School clubs offer vast opportunities to explore your passions and to have an absolute blast while doing it! Whether you are into sports, performing arts, academics, or community service, there is always a club out there waiting for you to join and show off your skills, or discover and learn new ones.

Let's talk about some of our clubs, starting with Community Service Club. With a strong commitment to making a difference, this club organizes initiatives and volunteers that benefit our local community. From tutoring students, to helping the environment, to collecting winter jackets and food for the less privileged and the unfortunate. The club offers individuals a sense of belonging and self-worth, and the feeling that students are making a change in society for the better. Community service helps teach students the importance of volunteering, helping, working as a team, and making a difference in the world around us. A small group for community service is nothing compared to our enormous world with people suffering, but a leading hand like this team of committed students will for sure make it an initiative for a different and better world.

We also have a Drama Club. Drama plays a role in inspiring people to face their fears, express themselves through acting, and sending essential messages. From rehearsing school performances to school plays, drama helps students overcome their barriers of shyness and allows them to flourish with fascinating personalities that soon play out in making them confident and vital people in our society.



**Mais El Rim Musical Play, March 2023**





# School Clubs:

## Unleashing Creativity & Making a Difference

Reine Bahou

*Continued...*

Furthermore, we look to the passion our students have for NOS sports teams, the best of the best. Our Sports teams are a platform which enables you to be competitive, while keeping you active, fit and healthy, as well as displaying your out of this world abilities. Being a part of these teams is a lifetime opportunity to make new friends that share the same interest as you, whether it be basketball, football, volleyball, handball, badminton, tennis, athletics or chess. From competing to practicing for growth and development, you will find the sports teams inviting your inner power for more challenges.

Last but not least, we have EVOLVE, the student newspaper, which is a mix of journalism and creativity. This club enables our students to be the voices of our school community, EVOLVE helps spread positivity and create a sense of pride. From reporting on events like Seniors' water fights to the beloved Feed Mureed visit, we always find joy in covering many topics. Join us to share your inspiring stories, through writing articles, interviewing people, designing team logos and more. The student newsletter and podcast club helps members in building essential communication skills, leadership skills, sense of responsibility, teamwork and most importantly; an insight on journalism.



NOSMUN Annual Conference



Football After-School Practice

So, how do you involve yourself in these clubs? It's pretty simple! You can look for announcements in school emails, talk to colleagues already enrolled in clubs to provide you extra information, and also search for more club performances. Once you find a club that calls out your name, don't be afraid to join, and be sure that these clubs are looking for captivating abilities like you!

To sum up, these clubs are all about exploring student skills and interests, promising you a fun time along the way. School clubs offer fantastic opportunities for a social life and real friendships, and they assist in developing interpersonal skills, overcoming shyness and creating unforgettable memories. So, my dear peers, what are you all waiting for? Unlock a world full of possibilities and hop into the spirit of school clubs! And don't you worry, if you miss being in a certain club in this school year there's always next year!





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# Alien Disclosure:

## America's Astonishing Revelation

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Sanad Amarin

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In a momentous revelation that has sent shockwaves through the world, the United States has officially confirmed the existence of extraterrestrial life and released compelling evidence to support this groundbreaking claim. This unprecedented announcement marks a new era in our understanding of the universe and has ignited people's imaginations worldwide, even as skepticism persists in some quarters.

The revelation came from declassified government documents and testimonies from high-ranking military officials and scientists. These documents detail a series of encounters between military personnel and unidentified flying objects (UFOs) over the past several decades. The evidence includes video footage, radar data, and eyewitness accounts that defy conventional explanations.

One of the most striking pieces of evidence is the release of previously classified videos captured by Navy pilots, which show UFOs displaying flight characteristics that defy the laws of physics as we currently understand them. These objects can accelerate and change direction at speeds beyond the capabilities of any known human-made aircraft. The videos provide a tantalizing glimpse into the advanced technology possessed by these unidentified visitors.

However, even in the face of this compelling evidence, skepticism remains. Some individuals still need to be convinced of

the truth of the claims, attributing them to misidentifications, hoaxes or government conspiracies. Critics argue that the released evidence, while intriguing, does not conclusively prove the existence of extraterrestrial life.



The debate surrounding this historic disclosure underscores the importance of rigorous scientific investigation and the need for transparency in addressing questions about the existence of aliens and UFOs. As scientists and researchers continue to analyze the evidence and gather more data, the pentagon's hope is that skepticism will give way to a deeper understanding of these enigmatic phenomena.

The images and videos of aliens and the evidence that supports their existence has opened doors to a universe of possibilities that promise to reshape our understanding of reality and our place in the cosmos.

Whether met with enthusiasm or skepticism, this revelation challenges us to explore the mysteries of the universe with an open mind and a commitment to seeking the truth.





# الطبيبُ الخاطيءُ

سند عمّارين

اليوم أصبحت إيجابيات و سلبيات التكنولوجيات والشاشات الإلكترونية التي نستخدمها كل يوم معروفة لدى الجميع، لكن الآن سوف أسلط الضوء على قضية خطيرة أصبحت شائعة بين الناس ويجهلها الكثيرون نتيجة لاستخدام هذه الشاشات يوميًا ولسهولة الوصول للمعلومات من خلالها، وهي ( التّداوي بالأونلاين).

فلقد اعتاد الناس على أسرع وأسهل وأرخص الطرق للحصول على احتياجاتهم، فكانت التكنولوجيا هي الحل لذلك، وعلى سبيل المثال، من هذه الاحتياجات، الحاجة للطبيب والدواء.

نعم أصبح حتى البحث عن العلاج في يومنا الحاضر نحصل عليه عن طريق (الأونلاين)، وليس بعد الرجوع إلى لطبيب المختص والمليء بالعلم والمعرفة.

فأصبح الإنسان عندما يشعر بالمرض يبحث من خلال (الإنترنت) فإما يبحث عن الطبيب المناسب لشكواه أو يبحث بنفسه عن مرضه ليبحث أيضا بنفسه عن طريقة العلاج من خلال البحث عن الأعراض المرضية التي يشعر بها، وذلك حتى لا يخسر المال ولا الوقت، وخلال عملية بحثه يجد ما يجعله يقع بمصيصة إعلاناتٍ جذّابةٍ لأطباء و صورٍ مزيّفةٍ و مفبركةٍ لحالات مرضيةٍ تم علاجها أو تمت لها عمليات تجميلية بأرخص التكاليف وكانت النتائج مذهلة.





# الطبيبُ الخاطئُ

سند عمّارين

لكن جميع تلك الإعلانات والصور كاذبة للأسف، لعدم وجود جهة مسؤولة تراقب هذه الإعلانات وتحاسب من وضعها، فينخدع بتلك الإعلانات الشخص الذي يبحث وهو غير مدرك أنها غير صحيحة، فبالتالي يحصل على تشخيصٍ خاطئٍ ثم دواءٍ خاطئٍ فنتيجة خاطئة قد تؤثر سلبيًا على صحته، ومن المحتمل أن تؤدي إلى الموت بسبب هؤلاء الأطباء غير المختصين والمخادعين.



فلنكن حكماء بطريقة استخدامنا للشاشات الإلكترونية؛ لكي لا نسبب الأذى لأجسامنا، فالحكمة مخافة الله، وكونوا صادقين ولا تخذعوا بعضكم بعضاً، فإن الله يحب الصادقين.





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# The Fascinating World of Psychology

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Daniella Sweidan

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## What is Psychology?

Psychology is the scientific study of how humans and non-humans think, feel and behave. Psychology includes 4 major areas: clinical psychology, cognitive psychology, behavioral psychology and biopsychology. I chose to write about psychology as I've been fascinated by it for the last 3 years. I personally think the brain is an amazing organ as it is what makes us who we are and it's capable of doing a lot of functions.

## Clinical Psychology

Clinical psychology is the study of individuals via observation or experimentation in order to promote change. Clinical psychologists are considered doctors. They use scientific and evidence-based methods to treat their patients or prevent mental health problems.

## Cognitive Psychology

Cognitive psychology is the study of how people think using their cognitive skills. It focuses on how the interactions of thinking, creativity, problem solving abilities and emotions affect how and why you think the way you do. This can be analyzed via a Gibson test, which is a computerized screening tool that evaluates performance on tasks such as long-term memory, auditory processing, visual processing, logic and reasoning and so on.

## Behavioral Psychology

Behavioral psychology is a systematic approach to understanding the behavior of humans and other animals. It assumes that behavior is either a reflex evoked by the pairing of certain antecedent stimuli in the environment, or a consequence of that individual's history, including reinforcement and punishment contingencies together with the individual's current motivational state and controlling stimuli.

## Biopsychology

Biopsychology is a branch of psychology that analyzes how the brain, neurotransmitters and other aspects of our biology influence our behaviors, thoughts, and feelings. This field of Psychology is often referred to by a variety of names including biopsychology, psychological psychology, behavioral neuroscience and psychobiology. Biopsychologists often look at how biological processes interact with emotions, cognitions and other mental processes. The field of biopsychology is related to several other areas including comparative psychology and evolutionary psychology.

The world of psychology is truly fascinating and unique. It's quite a complex topic and bits of it are scattered everywhere. We use it in our daily lives without awareness sometimes, and that to me is one of the best parts.







# Fontana:

## Waters of Creativity Over Amman

Zeid Sunna

Lights. Camera. Action. The scene is set, the lights dimmed, and silence ensues. The first note reverberates from the speakers signaling the start of the show. It was two hours of pure bewilderment. No words can describe the magic of Fontana, the first traveling aquatic circus to grace the Middle East.

The 22nd of August welcomed this show to Amman, a massive cerulean tent standing elegantly, facing the confines of the Abdali Mall and Hospital. The audience entered to witness a series of astonishing acts that left them questioning the dimensions of our reality. After a month of outstanding nights, on the 20th of September, the crew performed their last show of the Amman leg of their Middle-Eastern tour.

Starting in Beirut in 2019, Fontana is a circus, produced by the Cirque Du Liban, that utilizes aquatic luminous illusions, and a wide array of experienced dancers, acrobats, and motorcyclists to provide the audience with an experience full of thrill, wonder, and ingenuity. An experience that attracts all ages, from little children to grown adults.



The show is separated into fleeting acts; singing, archery, audience-dependant skits, you name it! It is worth mentioning that some acts may be a bit too child-centered, however, keep in mind it is a family-friendly event. Yet, it well makes up for it by targeting older age groups through other, more earnest acts.

Unsurprisingly, the entire performance is best watched with no prior knowledge of what will occur. Throw yourself in clueless and blindfolded, for the next 2 hours would be nothing short of open-eyed surprises.

It was an affordable experience with tickets ranging from 10 to 50 JODs. Snack stalls were available outside, and the pre-show activities entertained the crowd as they waited for the show to begin. For me, the experience was unforgettable. So, when the time comes and the show hopefully revisits Amman, don't miss out!



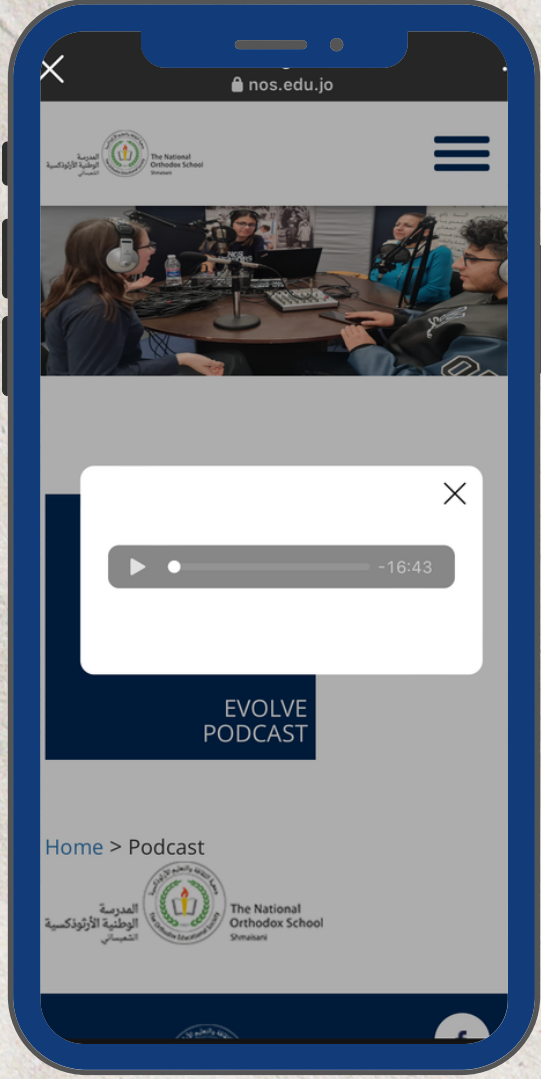


## NOS Students' Newsletter & Podcast



For more NOS news, visit our school's official social media platforms: Facebook, Instagram & YouTube.

للمزيد من الأخبار، زوروا الحسابات الرسمية  
لمدرستنا على فيسبوك وإنستغرام ويوتيوب.



## Coming soon

Stay tuned for our  
1st Podcast of this year!

<https://nos.edu.jo/shmaisani/podcast>

Take a look at our pilot  
episode!



nos.shmaisani.official



NOS- National Orthodox School- Shmaisani





## NOS Students' Newsletter & Podcast

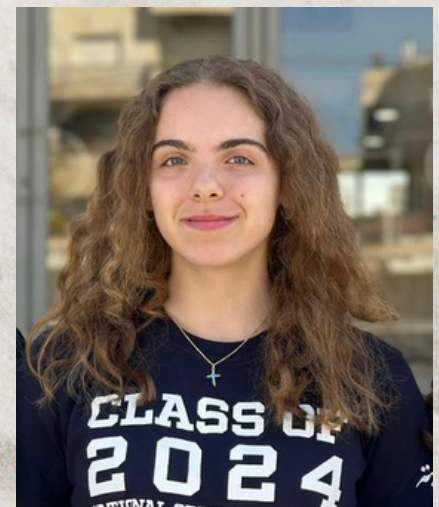
# MEET THE TEAM



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Maya  
Jarrar  
Editor In Chief



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Nasrawin  
Editor In Chief



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Mustafa  
Deputy  
Editor In Chief



Julie  
Zeidan  
Deputy  
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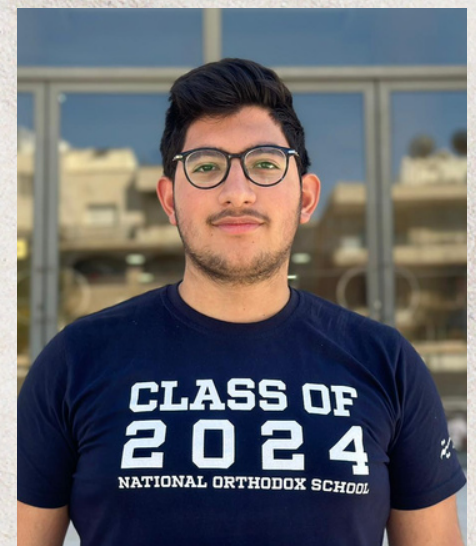
Leen Abu  
Gharbiyeh  
Deputy  
Editor In Chief



Sarah Zaghloul  
Head of Media



Cileena Arafat  
Deputy  
Head of Media



Basil Zaghloul  
Head of  
Photojournalism



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# MEET THE TEAM

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Continued...



Naya  
Dababaneh  
Deputy Head of  
Photojournalism



Micheal  
Hijazin  
Head of Design



Marianna  
Eid  
Deputy Head of  
Design



Carol Soussou  
Head of Podcast



Perla Hijazin  
Head of Podcast



Maya Fakhouri  
Deputy Head  
of Podcast



Seta Ohanian  
Deputy Head  
of Podcast



Daniella Sweidan  
Writer



Lujan Injadat  
Writer



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# MEET THE TEAM

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Continued...



Haya Hawari  
Writer



Zaid Sunna  
Writer

Also Our Writers:  
Joelle Al Salem  
Karen Habash  
Maya Moucattash  
Sanad Amarin



## More of Our Hardworking Members:

EVOLVERs Team Photo

Bottom row, left to right: Hamzah Zmigna, Kareem Abdallat, Lujain Injadat, Naya Abdallat, Christine Hananiah, Cileena Arafat.

Middle row, left to right; Leen Abu Gharbiyeh, Hala Abu Baida, Jessica Al Azraii, Natalie Zabbaneh, Zaid Sunna, Naya Abu Hassan, Julie Zeidan.

Top row, left to right: Ishmail Mustafa, Naya AlShami, Hind Habash, Pilar Habash, Taleen Habash, Farid Yaghnam, Haya Hawari.

*It was hard to find a day when all 50 EVOLVERs could gather for a group photo, we will try again for next issue, but for now, below are the names of those who couldn't make it to this group photo:*

## Our Evolvers Also Include:

Celina Shamieh, Dana Abu Qudais, Issam Habash, Jida Abboud, Joelle Al Salem, John Wakileh, Joy Al Soury, Jude Halaseh, Leen Al Qsous, Makram Sunna, Maya Moucattash, Raneem Theodory, Reine Bahou, Sanad Amareen, Saif Shamieh, Sarah Zreiqat, Yanal Hussein.

*EVOLVE is supervised by: OES Board Member/Former NOS Head of Communication & Outreach Dina Ra'ad-Yaghnam, Head of Arabic Language Department Mona Ayyash, German Language Teacher Lama Sawi, Head of Communication & Outreach Carla Demerjian, Communication Officer Shereen Aghabi, Social Media Officer Hiba Khnouf and Alaa Al Masri for Podcast Broadcasting.*