

June 2023

colegio  IsaacRabin



CIR INSIDER

Third Edition

CATEGORIES

- World Info Nuggets
- Jewish Holidays
- Community service
- Person of Interest
- Competition Zone
- Arcade
- Bingo Night
- French Department
- Jewish Department
- School Programs
- Celebrity



World Info Nuggets

Written by: Josué Ruíz

A lot of things have been happening recently here in Panama, things that have shaken the whole country like the problem with the Minera Panamá and other controversies that are flipping the nation upside down.

In response to the problems of the current world, the students of 10th grade of the school Isaac Rabin have developed a lot of solutions for these and other problems that not only affect the country but the whole world. In this case we have decided to ask student Daniel Toledano about his personal project; "My personal project is about trying to increment the distance that a classic engine can travel, therefore reducing the amount of gas necessary to drive to places and, the amount of gas consumed by each person, that way, we make less gas, use less gas and help the environment" –Why do you think your personal project is different or why did you choose this one? "Well, the main difference between my personal project and the personal projects of the other students is the fact that my personal project is something that is long lasting, the project will not only help from here to one or two years but with a few tweaks, the idea could potentially be applied to most motors and help tons of communities as reducing the amount of gas used won't only help the environment but also the wallets of peoples as the demand will fall and so will the prices, also, this will help the economy of the country as the amount of motors imported will drastically decrease. The money spent in importing motors will decrease and the economy of the country will be thriving." –Who do you need to make this project a reality? "Mainly the companies that dedicate themselves to importing goods to Panama, online shopping companies and local mechanics.



Jewish Holidays

Written by: Liran Koshen

Jewish holidays- Liran Khoshen

This month, even though there are only three Jewish celebrations, they are important to the culture. These Jewish celebrations are: Sucot, Shmini Atzeret, and Simchat Torah. First, we will talk about Sucot.

What is it? Sucot is a holiday celebrated from the 15th to the 21st of Tishrei, where we remember the 40 years in the desert after escaping the pharaoh in Egypt. The holiday is a tribute to the 40 years of life of the people of Israel in the desert, which was represented by the order to live in a temporary hut or a "Sukah". Some traditions include living in a temporary hut, covered with a roof of branches for seven days and seven nights, eating all meals in the hut, as well as praying in them.

Another very important tradition of this holiday is shaking the four species; Etrog (a yellow and citric fruit, resembling a lemon, but bigger in size and shape, it has smell and taste.), Lulav (a closed frond of a palm tree), Hadás (a branch of the myrtle tree), and Aravá (a leafy branch of the willow tree). All the branches are gathered together with the Etrog and shaken in all directions. This tradition is carried out every day except Shabbat.

Shmini Atzeret is a one-day holiday in Israel, while in the Diaspora, it is a two-day holiday, with the second day being Simchat Torah. This holiday is characterized by joy and celebration, with women and girls lighting candles, reciting blessings, and enjoying festive meals. They do not engage in work, driving, writing, or using electric devices.

Finally, Simchat Torah. A very important Jewish celebration due to the fact that we finish (and restart) the annual reading of the Torah. It is a very important holiday in the Jewish religion, with the highlight being the Hakafot, held on both the eve and morning of Simchat Tora. On this joyous day, it is a tradition for every man and child to receive an aliyah, and after the final aliyah, the cycle of reading the Torah ends, and we begin once again from the beginning of Genesis (the first book of the Torah).

Bibliography:

- *Shmini Atzeret and Simchat Torah*. (2023). Chabad.org.

https://www.chabad.org/library/article_cdo/aid/4464/jewish/What-Is-Shemini-Atzeret-Simchat-Torah.htm

- *Jewish Holidays/ 2023*. (2023). Jabad.com.

https://es.chabad.org/holidays/default_cdo/year/2023/jewish/holidays-2023.htm

Community Service

Written by: Victor Morales

My classmates and I were there in May of this year 2023, performing a social service in the “community of Las Gaitas de Capira”. During our stay, they carried out a series of activities, among which the following stand out:

- Organized in the area designated for our stay,
- Prepared the awnings,
- Mats and belongings for our installation,
- We prepared the land, we planted coriander seeds,
- We collected the weeds,
- We made holes to plant seedlings, etc.



The experience was very enriching for us students. We learned to value the earth and take care of it, to live together as colleagues in an environment other than school, to work as a team and to be more supportive and aware. We also had the opportunity to meet the people who live in the community and the effort they make to make the land produce.

The students who participated in social service in Las Gaitas de Capira had a series of learnings and reflections, among which the following :

- The importance of the land: The land is the origin of the food we consume, so it is important to value and care for it.
- The value of teamwork: To achieve great things it is necessary to work as a team with effort and dedication.
- The importance of solidarity: It is important to be supportive of people who have less than us.
- The importance of environmental awareness: It is necessary to become aware of the importance of taking care of the environment.

The social service at Las Gaitas de Capira was a very positive experience for us students.

Person of Interest

Person of Interest: Deysi Moreno

By: Cristina Arias

Who are you and what do you do at school?

I am the teacher Deysi Moreno and here she worked as Coordinator of the Spanish department and teacher of Spanish in 6th, 7th, 8th and 9th grades.

What is your favorite part of school and why?

My favorite part is the classroom, because that's where I impart knowledge to the students.

What are your favorite things to do outside of school?

Watch TV.

Why did you decide to be a professor at Isaac Rabin?

Because my previous job became vacant and they offered me the job here.

What other profession would you decide to do if it were not your current one and why?

As a lawyer, I would like to litigate because I suffer injustice in all aspects and I like to help the most disadvantaged who suffer injustice.

What is your favorite memory in school and why?

One of my favorite memories was when I was teaching a class of 1st grade, I had a student who, because he was the son of a distant cousin, boasted that he was my favorite, but one day he realized that I had bought soda from a colleague and that -It couldn't be!- he said -Who is she?- There she found out that she was my niece, my sister's daughter, she didn't speak to me for a week and she came to the living room wearing dark glasses to not look at me.

Competition Zone - Soccer

Written by: Joaquin Cohen.

Soccer is a team sport played by a group of 11 players against another group of 11 players on a field. Soccer is about scoring goals against the other team and defending your goal. Popular opinion: Messi is the best player in the world. Maradona is better than Pele. Most important competitions: World Cup (they play every 4 years), the Champions League the best competition in Europe, The team with the most trophies is Real Madrid (Spain) with 14 Champions, Copa Libertadores (the most important competition in South America), The team most trophies in the competition is Club Atletico Independiente (Argentina) with 7 Libertadores. Other competitions are Eurocup and Copa America.

The best players in the world and history are Messi, Ronaldo, Maradona, Pele, Di Stefano, and others. The player with the most titles is Dani Alves with 43 titles, then Leo Messi with 42.

Best videogames of soccer: Fifa, Football, Dream League Soccer, and Rocket League.



Competition Zone - Autobiography

Written by: Roger Moscote

Roger Moscote (Panama, 2009) is one of the exponents of swimming most highlights of the country. At his young age he has broken national records and international players in its category, creating a training discipline professional who projects a positive future for him in this sport.

Swimming runs in the family for him. His father, Rafael Moscote, was a swimmer with a remarkable career (1985-2000) in which he represented the country at internationally and established several major brands. From childhood he was instilled the value and interest in sports (soccer, baseball, taekwondo), starting in the swimming only as a general culture to know how to swim and master the various styles.

In a short time, swimming captured all his interest, and at the age of 10 he began to train with more dedication and to participate in the competitions of the local circuit. "At the beginning I didn't like it, but after the pandemic I was practicing and I came to have a little more affection for the sport. "We train 6 days a week until I got to what I am today", he says.

At the moment he dominates all four styles, although the butterfly is his favorite, and he has managed to stand out in it thanks to the strength of his body. In swimming he found a kind of personal approach that allows you to both enjoy the sport and compete at a high level. "When I swim I relax. Being in the water gives me the feeling of being isolated, something different than normal, and that is relaxing. You can stretch with each stroke and that could not be achieved in other sports.

"That's what I like!". Between balancing the responsibilities of his studies and his regime of training, Roger wants to constantly improve himself in his own way. A teenage boy, with the full support of his family. "I want to be the best version of myself," he says.

As part of the National Youth Swimming Team, he represented Panama in 2022 in competitions in Barbados and Trinidad and Tobago. On a personal level he has participated in regional swimming tournaments in Costa Rica, Colombia, the United States United States and Dominican Republic.



Arcade

Written by: Liran Khoshen

Comedy

- "What did the ocean say to the sand? Nothing, it waved. Did you see what I did there?

I'm shore you did."

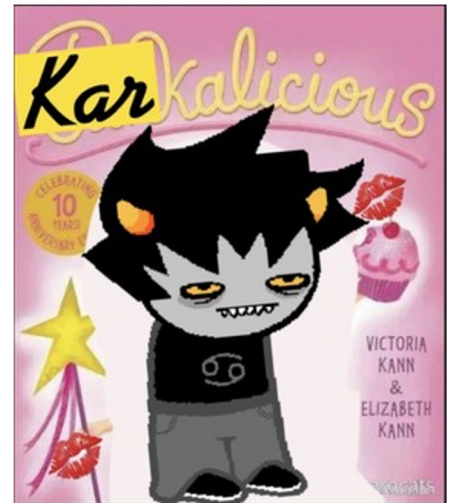
- "How did the DJ name his son? E-riq"

- "Why is 6 afraid of 7?
Because 7 8 9"

- "How does the moon cut his hair? Eclipse it."

- "Why couldn't the bicycle stand up by itself? It was two tired"

- "I asked my dog what two minus two is. He said nothing"



Bingo Night

Done by: Juan Manuel Nunez

The prizes were simply spectacular and include a Smart TV, high-end headphones, exquisite jewelry, an electric guitar, gift certificates and many more. This is in aid of March for life, for the class of 2024. You can consult any 11th grade student to purchase your tickets. To make it clear, ALL funds raised will go toward the march of life.

In a standard game of bingo, each player is typically given one card. However, if everyone is given 10 cards upon signing in, then each player has 10 chances to win in that particular game. Determining whether \$12 is a fair price for a ticket depends on a few factors, including the perceived value of the benefits offered and the individual's preferences and budget.

Let's break down the benefits:

10 Bingo Cards: If each ticket purchase comes with around 10 bingo cards, this could be seen as a substantial value. The more cards you have, the higher your chances of winning.

Raffle Entry: Being entered into a raffle upon ticket purchase is an additional perk. The value of this depends on the likelihood of winning the raffle and the prize offered.

French Department

Written by: Editorial Team

Soon, French students will be taking the DELF exams at the Alianza Francesa in Panama, these will take place from October 16 to 20.

What is a DELF?

The DELFs are the French Language Studies Diplomas that certify a person's level of French.

They are international diplomas with permanent validity, that is, for life. Doing a DELF opens many doors, as it is recognized by universities and institutions around the world.

This year the CIR groups that will present these exams are: eighth and tenth. Everyone is preparing with a lot of enthusiasm and dedication. The teachers of the French Department offer a personalized and very detailed accompaniment so that the results are satisfactory. We are proud, of course, of the performance of all students.

French Department

Written by: Editorial Team

La Francophonie at the CIR

Every year, the French Department carries out multiple activities in order to celebrate the international day of the French language. We enthusiastically celebrate the Francophonie for a whole week with various activities, including: crêpes workshops, gaufres, dictation of numbers and French-speaking countries, songs, theater, educational visits and much more. We close the week with an artistic and cultural show. We are pleased to have the presence of many special guests. For several years we have enthusiastically received members of the French Embassy and the French Alliance of Panama, who enjoy the student presentations with great emotion and joy.

La Francophonie fosters cultural and linguistic diversity, education and promotes peace, democracy and human rights.

French is a language that opens doors to everyone and allows you to expand your knowledge of history, art, gastronomy, fashion, cinema, culture and much more. It should be noted that it is one of the most spoken languages in the world. At CIR, one of our objectives is for our students to broaden their possibility of university and professional mobility and have the necessary tools to be citizens of the world.



Jewish Department

Written by: Editorial Team

Did you know....?

We are in the Jewish month ELUL, which coincidentally is the last month of the Hebrew year (In Spanish, Elul is The Last Month).

Elul is the month before Rosh Hashanah, and begins a period of intense introspection, clarifying life's goals, and drawing closer to God. It is a time to understand what is the purpose of life, instead of wading through life accumulating money and seeking gratification.

It is a moment when we step back and look at ourselves critically and honestly, as Jews have done since time immemorial, with the intent of improving.

Celebrating Jewish holidays at CIR

As you know, during the first half of the year we have celebrated many Jewish holidays. We always celebrate together, from the youngest to the oldest, and we share many experiences. In most of the activities, it is our graduating students who lead activities such as Friday morning Shabbat, Purim, and soon the Rosh Hashanah celebration with fun games.

One of the most significant group experiences is the Sedarim (plural seder) of Pesach where we read from the Haggadah and sing the allusive songs and have the opportunity to learn more about the symbols of this beautiful festivity. There is never a shortage of matzah snacks with chocolate, cream cheese, and strawberry jelly.

Since the Judaism festivities have many symbolisms and traditions, and even very tasty foods, at CIR we don't miss an opportunity to experience them with everything!

School Programs

Written by: Editorial Team

"How the World Works" - 5th grade Journaling Project

In the "How the World Works" project, fifth graders learned a lot by tracking what they ate and how they moved. They compared their habits with other kids and thought about their routines. This helped them learn to read food labels, understand why drinking water is good, and why having breakfast is essential for their health. They also learned about making a steady routine for eating.

Students wrote down what they ate and did each day. They also looked at what their friends wrote, which showed them patterns in their choices. They learned to understand the food package information, what's good for them and what's not, and how to buy better products at the supermarket.

They found out that drinking water is great for their bodies. It helps their digestion and keeps them energized. They also learned that having breakfast helps them start their day right! They got ideas from each other about how to make sure they eat breakfast every day.

The project showed them that having a regular eating schedule is important. This keeps their energy up and helps them think clearly. They talked together about how they could stick to these good habits.

Overall, the project taught the fifth graders about healthy eating and being active. It helped them learn about taking care of themselves and each other. By understanding these things now, they're ready to make good choices for their health as they grow up.

Here are some comments:

"Reading nutrition labels helped me see sugar, protein, and other nutrients in my food. For example, if you have two types of bread, when you read the label, you know which is best for you."

- Daniela

"While journaling, I could learn that I should eat dinner because eating gives us energy, and energy gives us the excitement to do stuff like exercising."

- Daniel

"In my journal, I saw my patterns: I only eat cookies for breakfast, I don't drink enough water, and I eat too many cheese pizzas. I will change that!"

- Ayelet



School Programs

Written by: Editorial Team

CADENA CAMP IN MEXICO

CADENA is an organization that's doing a fantastic job. Do you know what it is? It's an organization that lends a hand to people in places where life is complex. They do things that improve the quality of life in those communities. Imagine living in areas where there are disasters and problems all the time. CADENA is trying to make life more bearable for those people.

Their mission is to help decrease people's suffering in dangerous places. They want to prevent problems before they happen and offer help during times of crisis. Since 2005, they have rescued people, provided them with needed things, and taught them how to avoid problems in the future.

It's like the supportive wing of Jewish communities everywhere! They inspire many students worldwide to be better, take care of others, and make the world better by following the teachings of TIKUN OLAM. This year, there was a camp called #IniciativaCADENA2023. The finalist teams shared unforgettable experiences in Mexico. There, they learned to be better individuals and to take care of our planet. Two 9th-grade students from our school, Camila Martínez, and Adriana Sanjur, represented Panama in the competition. We are so proud!

In our next edition, we're going to learn more about this initiative. We will interview Camila and Adriana to hear all about their process and their thoughts about CADENA and REGENERATION. Stay tuned!



Celebrity of the Month

Person of Interest: Adam Sandler By: Linda Gazal

The Netflix star with proud Hebrew heritage



Adam Sandler is one of the biggest names in Hollywood. From his Netflix deal reportedly worth hundreds of millions of dollars to his critically acclaimed performances in films like *Spanglish* and *Uncut Gems*, Sandler is one of the most bankable names in the industry.

His new film, *You Are So Not Invited To My Bat Mitzvah*, promises to be his most Jewish yet, but just how Jewish is Adam Sandler?

"This idea of doing a mitzvah, doing good for others, forgiveness, making mistakes, not doing things perfectly, but moving through that together.

Sandler was born in Brooklyn, New York, in 1966 to Jewish parents Judy (née Levine) and Stanley. Both sides of his family are descended from Russian Jews, who immigrated to the US before the war.

Sandler was a member of BBYO in his youth, before attending NYU's Tisch School of the Arts where he graduated in 1988.

In the same interview, he also told *Stern*: "I'm not crazy religious...but I'm proud of being a Jew and that's what I am."

"There's a very Jewish side to all of this that makes Jewish kids feel seen and celebrated."

COR INSIDER