

The S.C.G Newsletter

2016-17

Christmas Holiday

"Last Christmas, I gave you my heart, but the very next day you gave it away, this year to save me from tears I'll give it to someone special."

Holiday is long awaited by everyone, but Christmas has its special spirit .We see how streets are decorated. It is the most wonderful time of the year where family and friends gather to share the happy moments, though children can't wait to receive Santa's gifts.

Four thousands years ago, St.Nicholas , a rich man, was very kind and had a reputation for helping and giving secret gifts for people who needed it. Then one foggy Christmas eve, he dropped a bag of gold down in the chimney of a poor old man who needed man to marry his daughter .But soon the news got out and when anyone received a secret gift it was thought that maybe it was from Nicholas. After several years ,this legend was taken by the different countries and who brings those secret gifts is named Santa Claus ,inspired by St. Nicolas acts of kindness.

Nowadays, Christmas became an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25th as a religious and cultural celebration among billions of people around the world. Families took the tradition to decorate their homes with trees where Santa will put the recommended gifts .

To remember that the true spirit of Christmas lies in our hearts, many movies, books, songs had been made and published as we get a sentimental feeling when we hear voices singing let's be jolly and deck the halls. Together we share this amazing spirit in different events such as concerts ,bazars . We can add the youth activities like the preparation of camps where the joyful spirit is in the air by the ones that



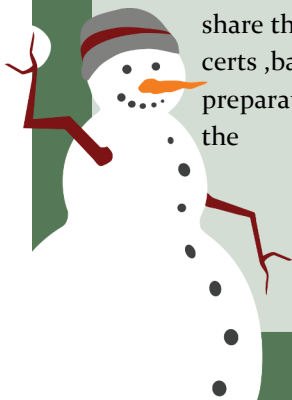
Christmas Tip!!

Don't forget your hot chocolate cause it's cold out there!! Brrrr



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By: Reine-Marie Michael, Rita
Boutros, Carla Ihab and Farida Sherif



SUCCESS

So it's December everyone! You know what this means, right? Yes, Christmas. BUT there's something else you forgot. Please don't hate us for reminding you but we have to, *drumroll* mid-year exams!!! One more time, don't hate us please. If you don't have mid-year exams, we know that like us you still have tests, and if not then you have a life. Anyways, whichever your case is, we guarantee that you'll want to read what we have to say –or write in this situation - . Okay, we can all agree that school exams are hard and all, so is work –if you're a teacher, or a working adult for that matter, and reading this-, you might think what's happening in your life is unfair because you see others, less stressed and somehow more successful than you are. However, if you step in their shoes, you'll see that they're just as stressed as you are or maybe a bit less, but in the end they're stressed and think that what's happening in their life is unfair and hard too. And this is how life is fair; just by being unfair to everyone, as we all claim. We all want to be successful in what we do, so it be; school, work, sports, whatever. We want to be successful in our lives and that's what matters the most, because for the most of us being successful is so satisfying and relieving. However, being successful isn't about having the best and

highest grades, nor it is about getting the highest salary and ranks; no it's about being good and successful at what you can do, your passion, the one thing that you feel your happiest while doing. How do you do so? The most common question one would hear after talking about achieving success. Here are a few possible steps to succeed –or as we like to call it "make yourself proud" -:

- 1- Decide: set you goal, know what you want to do with your life and write it down so you're able to "physically" see it and then keep chasing it.
- 2- A deadline: set a date for yourself to achieve your goal; that way you're in a constant race with time.
- 3- Declare: tell your family and friends what your goal is, they're your biggest supporters and they'll help you achieve your goals.
- 4- A list: make an organized list of what you have to do.
- 5- Act: start doing what's on your list,

take action and always remember not everything comes fast, take "baby steps", what matters the most is that you're getting closer to your goal; at this point the last thing you should think of is the rate of how fast you get to what you want. After having started following this list, the one thing you should never do is quit. If you ever start



thinking about quitting, think about the reason you started, which is doing your best at making yourself happy, proving your haters wrong, earning your own success, and turning from an amateur to a professional. Therefore, you won't quit because it will not be an option. Believe in yourself, do your best, don't let anyone bring you down. During your journey you'll meet a few failures that are just "bumps in the road", don't let them get the best of you, you'll make mistakes, lots of them, be happy if you do because then you'll be sure you're on the right track. Mistakes and failures are the keys to success, no one has ever found it easy to become successful, and they went through the whole ride to reach their destination, their goal and passion; their success. Students, your grades don't define you, we're not saying go fail your exams, but don't beat yourself up if you don't get the best great. You go around and do you! (meaning do what makes you happy), always remember some of the best and most successful scientists used to fail school like Thomas Edison, the man who invented the light bulb. Always know you're doing great, faith and perseverance are the keys to success, keys that

you only hold. By: Farah Ahmed, Esraa Hatem, Mariam Tarek, Maryam Nouh

The Ultimate Travel Guide Corner

Sacré-Cœur Is one of the best religious French schools worldwide. In Egypt, not only it is keen on educating and spreading moral ethics amongst its students, it also takes care of creating the best atmosphere in order to bring up satisfied personalities who are able to fully enjoy their lives. The previous statements introduce our topic on trips, mostly the ones organized by our school and offered to its students who, far from studies and chapters taught in books, can learn life lessons as well as how to have fun. Definitely, the school arranges many local fun trips for the youngest such as journeys to the zoo, the circus, farms, the opera and many other destinations. However, starting from 9th grade, teenagers show strong feelings for independence and that's why school proffers them national and international trips.

There are four major trips in every Sacre-Cœurian student's life. First off, allow us to introduce you to the trip to FRANCE.

In order to extend our cultures, our school ensures on organizing an annual trip to France for the 9th graders. Obviously, they always choose France because French is our first language at school and it's a great practice to improve your accent. This trip is organized by a tourism company

The fun part is that it's not a 100% cultural or educational trip; there's always time for making some memories all together. This trip usually costs around 15000 Egyptian pounds. However this year, because of the devalorization of the Egyptian pound, the cost of this trip has reached its double!!! It'll be so hard for them to afford it this year: the school was actually about to cancel it because of the huge amount of money this trip requires. Here are some tips you might need if you decide to go for it: always carry an umbrella as well as extra pocket money. We'd also like to share one of our photos together shouting "reunion"/"happiness" next to the Sacré-Coeur in Paris to en-



Moving on to the next destination which takes place in 10th grade: EL FAYOUM. In fact, this trip has just been added recently on the list. Our class was thrilled to be the first to attend it. As opposed to the previous trip, this one is on the national scale, only takes two hours to reach, less money to pay as well as fewer days of overnight stays. Therefore, it is bait for parents 'acceptance: they joyfully send their daughters to know more about nomads' lives and spend unforgettable Arabian nights in nomadic tents warmly welcoming them. The trip costs around 1200 Egyptian pounds and includes

visits to MAYDOUM pyramid, whale valley, EL RAYAN waterfalls and TOUNIS village, two overnight stays in a hotel, horse rides, a whole journey of sand boarding and bonfire with nomads. All in all, it is a great trip worth every penny paid and is totally recommended if you're down for fun.



Our atypical nomads stealing the light off EL FAYOUM's incredible views.

The following trip is worthy of your attention; if you're one of the younger students, this is the trip you should wait for. Luxor and Aswan's trip is organized for the juniors (11th grade) and usually takes place in October when the weather is just perfect for such a hot region. The trip consists of four overnight stays on a cruise ship: it is a 4 days Nile cruise from Luxor to Aswan. Attendants visit so many temples like Luxor, EL Karnak and Queen Hatshepsut. As well as tourists attraction areas like the Valley of the Kings and the Colossi of Memnon. All along the cruise you can see the nature's most beautiful and attractive views. In addition, sunsets and sunrises are the cherries on top of the best time. If you decide to go, you should invest all your energy for the last day in which you'll visit El Nubba: it's a small village where the houses are an art masterpiece, and

living there are so welcoming. We'd like to share a junior's testimony with our readers: "We stayed in a man's house and his wife was serving us tea while other women were drawing for some girls on their hands or necks using the black henna. Other girls went shopping in EL Nubba stores "el Sok"; everything was hand-made and simple which was even more fascinating. It was one of the best trips, we learnt new things about the pharaohs, our ancestors, architecture and their lifestyle and we also had so much fun dancing, shopping and discovering new places as well as a whole new culture.



Getting to know our great ancestors



Who would want to miss out on that view?

"EL NUBA"-part of the photography challenge

Last but not least, each year the school organizes a final trip for 12th graders, the seniors. After the end of final exams, in the summer vacations, our school graduates travel for one week in Europe. For the past three years, the senior trip's destination was Spain and Portugal. They visit big cities like Madrid and Barcelona. Unfortunately, this year, because of the bad economical situation in Egypt, the trip costs for the 2017's Promotion double the price almost reaching 50.000 Egyptian pounds; which makes it less accessible for most students. We all hope in the next years for a change of the senior trip's destination so that all the promotion can travel, especially because it is the last school trip where all the graduates should be reunited.

With that, we'd like to encourage you all to take part in all or most of these trips if you are a member of the Sacre-Cœur big family and WE promise you every photograph taken will bring back so many memories carved in your hearts. Your school travel guide wishes you many happy days to come and STAY tuned for updates.

December 12, 2016

By: Salma Alaa, Yasmine Nader, Laurine Amin and Sarah Magdy

The School Lab

It's necessary nowadays to have all the latest equipment into the school lab in order to understand science. Manipulation and realizing scientific experience is recommended for a better and more effective teaching. It helps the students to learn and retain faster the different concepts.

There are two labs in our school, one on the first floor and the other is on the third one. They are very similar but the second is bigger than the first one but the size of both of them is the double of the classrooms. When we enter the lab, we feel a scientific atmosphere, the walls are decorated with the picture of scientists, diagrams of apparatus and chemical process. Also, every student has a place assigned to her where she will perform her experiment, the seats are very different than the class ones, there's a sink between every three seats that we use to clean up the materials.

In addition, we can find the right materials, equipment and supplies available for particular lessons like: filter Paper, support Stands, extension Clamps, Clamp Holders, Burette, Bunsen Burners, Magnetic Stirrers, Hot Plates, Heating Mantles, Rubber Stoppers, Test Tube Racks, Test Tube Brushes, Pipet Fillers, Digital Micro Variable Pipettes and more. These supplies and equipment make science interesting and effective for students and encourage them to make significant contributions. In school we do all kinds of scientific experiments for example: dosage, synthase colors, culture the





In this lab, we experience many different scientific experiments from biology to physics and also chemistry.

these days we are using it more often because first of all we are in the scientific filler which requires a lot of manipulation and secondly because this year we are presenting the "TPE". It is a group work consisted of 3 students that choose a subject that must cross at least two disciplines, in our case biology and chemistry. After about a period of 18 weeks of researches and scientific experiments, we have to realize a support that can be a written book, a video, etc.

But there are many things in our lab that need to be changed. First of all our experiments don't always work because of the old lab materials and the equipment. So they should renew all the lab supplies that we use. Furthermore, we students always forget our lab coats and it's very dangerous to manipulate without wearing them. So I propose that the lab should have extra coats if anyone forgot theirs. I also find our lab too small, that we can't take notes because the place is usually filled with solutions and materials, and I suggest that they bring tables to have a place to take notes and a place to manipulate.

By: Nour Amr, Ilaria Refaat, Kiria Ashraf and Yara Ahmed

Today's News! Soeur Romero's Visit

A couple of weeks ago, the iconic Soeur Romero came back to where she calls it home. After she left almost 2 years ago, we have been missing her. She's the one who always brought us joy and cheered us up when we were sad or having a bad day. Her smile is one of the best things anyone can see, and you're really lucky if you got the chance to meet her and talk to her.

In particular, she came and talked to us in the class, she was just captivating standing next to our Christmas tree. She informed us of what she's been up to since she left, and then talked to us about how everyone of us is crossing their own path. We don't know what others are going through and they don't know what we're going through. And no matter what you're doing, you're drawing this path whether it's a good or a bad one (well hopefully it's a good one). She's the one who always reminded us how we're "the girls of Sacré-coeur"; always kind to others and down to earth all the time. We know the meaning of respect and we're sisters, strongly bonded.

Inspired from her speech, I wanted to talk about how we, students of Sacré-coeur, have this spirit that is missing from most schools here in Egypt and maybe world widely. We actually feel the connection between us girls, no matter the age and the class. That's what we have been told everyday; we should love each other and everyone else

unconditionally and never judge others because we're all the same in the end.

other and everyone else unconditionally and never judge others because we're all the same in the end.

The spirit of our school Sacré-Coeur is very unique. We are taught from the beginning to be sisters despite our different beliefs. From the first day till the last one, we are treated equally, never did a teacher prioritise one student over the other. The entire school system is built up for one purpose; to educate us to be respectable, responsible girls and to look out for each other even if the world outside is oppositely built on individualism, competitions and fights over positions.

In addition, the school spirit is based on the importance of giving and sharing. We learn to give not only when needed but also when not needed and never expect anything in return. We care about marking people's life and surrounding others with warmth. We are always reminded in school that we are stronger together not individually nor in divided groups. One can always be stronger when their whole family encourages them.

Furthermore, we open up for others and share our feelings. We talk directly from our hearts. We learned not to be superficial but to be caring and warm hearted, to share our compassion with others and to care about others' feelings. We believe that the world can be a better place if we truly care for each other. In a family, no one is ever left out, ignored or marginalised.

Therefore, we can say that our school is building the most caring, giving and responsible sisters. Nothing prevents this unity, neither religion nor age. That is why when graduated, Sacré-Coeur girls stay always a family even with the ones they barely know. When facing the outside world, we recognise how we are raised differently and we stick to each other even more. As a matter of fact, many people can affirm and witness this unique bond that lasts a lifetime.



By: Pakinam Tarek and Laila Elhusseiny

Charity News!

In a world of chaos, of misery, where we can see humans, but we can't find humanity, live the children in the street. Street children are working, or asking for money, for food, or even for a cover. They could be rejected by their family or have escaped from home or get lost from their family years ago and couldn't find a home other than the street.

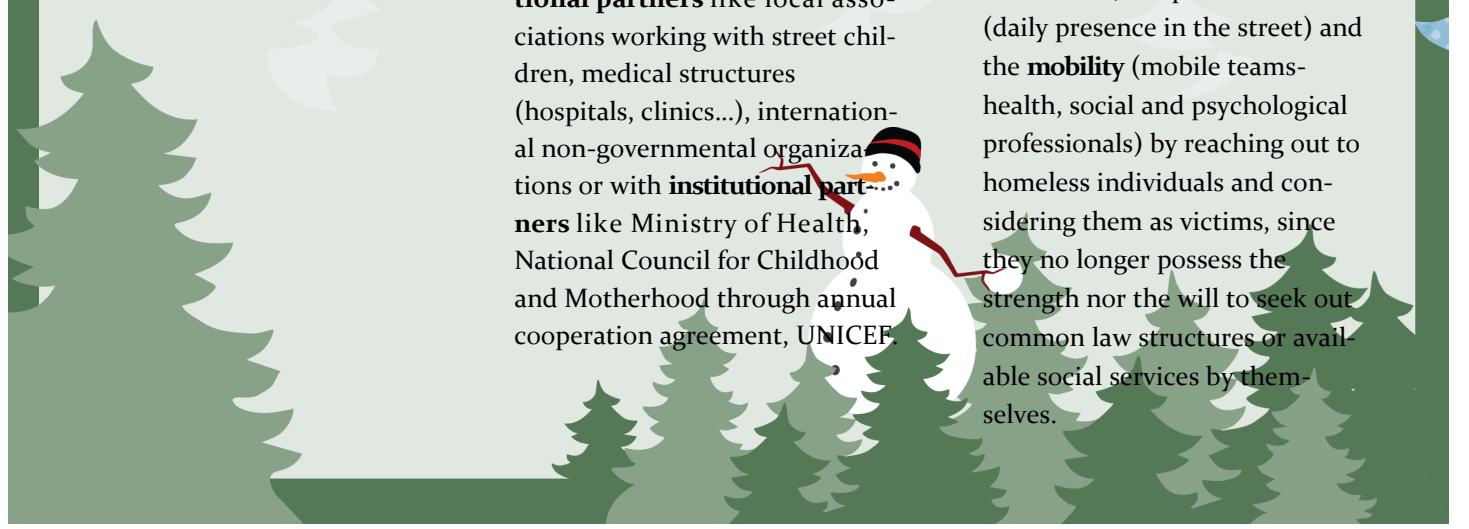
Those children are the future generations. Being living them in the street could make of them criminals instead of being useful to the society. They might be a bomb that will explode one day. Here, it's our turn to act! It's our humanity that must save those children from their dramatic living conditions. People give charity to some associations like Samusocial International that helps those children, others go to be volunteers to help them. But is that enough?

In fact, Samusocial International in Egypt is French organization registered in Egypt since 2008. It's working with **operational partners** like local associations working with street children, medical structures (hospitals, clinics...), international non-governmental organizations or with **institutional partners** like Ministry of Health, National Council for Childhood and Motherhood through annual cooperation agreement, UNICEF.



However, It is a non-profit organization, provides Cairo's children in street situations through its mobile unit, night and day medical and psycho-social care and supports partner organisations by operating medical and social services within their premises and by offering several trainings. In addition, Samusocial International Egypt works on networking between all entities working in the field and raises awareness on the issue through conferences and the publication of studies and reports.

The mission of Samusocial International Egypt is based on a method of intervention following the principles of emergency relief for people living in the street: First, the permanence (daily presence in the street) and the **mobility** (mobile teams-health, social and psychological professionals) by reaching out to homeless individuals and considering them as victims, since they no longer possess the strength nor the will to seek out common law structures or available social services by themselves.



Second, the **emergency accommodation** by placing out of danger the most vulnerable individuals, in accordance with medical, psychosocial and social emergency procedures. And finally, through a network of institutional and private partners which provide post emergency services, support **social reintegration** of targeted population. Samusocial International Egypt is the first link of a network that goes from emergency to insertion services. The objective is to set up a care process in the name of dignity for all marginalized people.

Charity isn't only about giving money. We could give those children smile, joy, and love. This love and happiness that will make them feel secured! And that's what we gave them. Friday 16 of December our school with the collaboration of the Samu organization invited the children to spend time with us playing and laughing. It was an amazing day where we stopped thinking of ourselves and start thinking of the world that is suffering of a lack of love and charity!

Finally, According to the general idea, charity consists in giving something to someone, without waiting for a counterpart, according to a pure "goodwill"; The most common image, to illustrate it, is the gift of a piece to the one who extends a hand in the street. Indeed true, charity fights injustice in its own way by considering others only in terms of its needs and without having to judge it according to rights and duties. Charity fights injustice that justice itself cannot fight because it is first and foremost a personal relationship of which those who are in misery have first need .

By: Maria Joseph, Mariam ElBaradie and Rita Moussa.



Students playing with the children at school

The accident of the "Botrosia" 's church

On the 11 of December 2016, we have received an email from our school that the next day will be off. This was due to the catastrophic terroristic attack that took place at the cathedral of "Botrosia", which was close to our school. Although we-students- were not directly affected by the attack, few of our teachers relatives had been injured.

In fact there were various terrorist attacks that occurred in Egypt, but it was the first time to affect people from our school and mention Miss Nahla ,who lost her two daughter and Miss Isis , the French teacher, who lost her niece .

In addition, the whole church has totally been destroyed, the police blocked the street till the next day, they didn't allow anyone to pass through the street.

The following day, during school time we were all sitting quietly mourning about what happened .This subject has been the source of our discussion .We are all shocked about that accident not only our school but all the citizens.

Written by Sara Emad, Maria Yasser and Martina Ashraf



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