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Forward

# Newsletter



**SEK BUDAPEST**  
**INTERNATIONAL SCHOOL**  
**HUNGARY**  
**TO BE BETTER**



## A Note from the Head Teacher

Dear Readers,

Welcome to the 10th Issue of the SEK Budapest Newsletter!

It is impressive how fast the semester is going by, we are already welcoming December and beginning the preparations for our traditional SEK Budapest Winter Festival. The time is also approaching for our 12th graders' Graduation Ball, an elegant and traditional ceremony during which each student receives a ribbon symbolizing their belong to the school and identity. As Head Teacher and educator this is a particularly gratifying moment of seeing the power of

education through each senior class student.

For more SEK Budapest News I invite you to take a look at the interesting texts bellow!

Greeting,

Ms. Gabriella Gidró  
Head Teacher

## Calendar

01 Dec	Student Visit to the Spanish Embassy in Budapest
06 Dec	Mikulás Celebration in the School
09 Dec	Grades Closing
13 Dec	Luca Fair
16 Dec	Class of 2017 Graduation Ceremony
21 Dec	SEK Budapest Festival

## OPINION SECTION

### A Quick Holiday Guide to Advent Traditions

The original Latin word 'adventus' means 'coming', 'arrival'. The roots of this festivity derive from the 5th and 6th century; this is the preparation period for the celebration of Jesus' birth (Christmas). In a wider sense, this is the time of hopeful expectation and spiritual preparation.

The advent lasts four weeks and starts four Sundays prior to December 25. Originally, it



lasted 40 days (derived from the way Jesus fasted for forty days in the desert), but the reform of the Gregorian calendar has shortened it to 4 weeks. An interesting fact is that astern Orthodox Christians still celebrate Christmas on January 6<sup>th</sup>.

Christians used to fast strictly and go to Mass every dawn during the time of advent. These Masses, traditionally held before sunrise, are called gold masses. Between the first and the twelfth day of advent noisy jollities and weddings were forbidden.

Making the Advent wreath came to fashion in the nineteenth century, but it roots back to pagan eras when people celebrated the winter equinox time with evergreen branches, mistletoe and holly. Mistletoe was otherwise the Celts sacred plant. The winter equinox time was the celebration of the rebirth of the light according to the Celtic belief. The word 'Yule' means wheel and the celebration of the rebirth of light - it is also the word for the eternal cycle of life and for the eternal rebirth. During this time the Celts hang evergreen branches on their doors and with mistletoe and holly branch these were decorated.

Today the wreath is traditionally made of pine tree branches and four candles are put on it; candles symbolize the four weeks of advent. The dominant colors are green (evergreen), red, and gold - the colors of Christmas. Every week a new candle should be light on the wreath. Hanging the wreath from a home's door with no candles on it represents warm and kind hospitality towards guest.

- Viktor Weisz  
11IB Student

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## FEATURES

**Student Focus: Végh Luca The Inventor**

My name is Luca Végh and I am a 4th grade student at SEK Budapest International School. I really love my school. and my favourite subject is Hungarian. Hungarian is a really interesting subject because of the many different topics that we study. Of course my favourite teacher is 'Matyi Bácsi'. He is the coolest, most awesome teacher in the entire world!

I love learning new things in school and outside. In my free time I enjoy reading, cooking, and building new things. The last thing I created was a four wheel cart with a capstan mechanism. I also brought it to school during Creative Expressions and shared it with my schoolmates, which was a lot of fun. But most of all, I am interested in music, I have been playing the piano for 6 years now.

My favourite thing about going to SEK is that I get to learn languages, I already know English really well and my Spanish is improving every day.

- Luca Végh  
Grade 4 Student



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### Teacher Focus: The Motivated Mr. Sándor Patakfalvi



**SÁNDOR PATAKFALVI**  
PHYSICAL EDUCATION TEACHER

Many cold mornings in the freezing pool, climbing on the rope with the last skin of my palms, running 3000m again for missing a couple of seconds, learning physiology, biomechanics, pedagogy till sunrise, competing, winning, losing, standing up again and again... That's how I became ready for anything, through my devoted and long years at the University Of Sports and Physical Education.

And after that, the first time I saw a student he was like a box of mysteries. It was like a reflection through which I saw myself as a first grader during Physical Education class, shaking on the line and wondering who the giant in front of me is?!

After all the hard years of preparation it took me only a second to realize the mission: to take care, to help, to give all that I can as a PE teacher.

I started to sort the pieces out, and help the students see the potential for greatness that they have within, a picture of what they can be. Being an educator is not just teaching knowledge, but helping to create a work of art. Some of my students need more help than others; each child is a work in progress with assorted shapes and colors.

During my PE classes I strive to create a place in the gym where students can feel safe, where they never feel threatened or afraid to try, and kindness is always the rule. Students can achieve much more when they feel secure, when they know that their efforts are valued, when they believe in themselves, and they learn to take pride in their individual achievements. In my Physical Education classes I model and teach good character, respect for one another, I emphasize the importance of focusing on everyone's individual strengths, and create an environment where students encourage each other.

It is magical to see when a child discover the joy that comes from learning something new, and his vision grows as he begins to see all the things he can do.  
As educators we must help our students achieve greater strength and confidence, and plant the belief that they can win.

That is what teaching means for me.

When I am asked what my favorite sport to teach is, the answer is always: it does not matter, it is all about teaching the student, and guiding him to become much more than he ever imagined.

- Sándor Patakfalvi  
PE teacher

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### Alumni Focus: : A Letter from the Successful Shan Song – Class of 2012



Hello!

My name is Shan and I graduate from SEK Budapest 4 years ago as part of the 2012 IB Class. I studied at SEK since 1<sup>st</sup> grade and joined the IB program in 11<sup>th</sup> grade. I also recently graduated with a Bachelor of Commerce degree with a major in Accounting from The University of British Columbia, Sauder School of Business, Class of 2016. Currently, I work full-time as a Financial Services Representative at TD Bank in Vancouver.

For me, the goal was always to study at a well-known university abroad. And this meant that I had to take my primary and secondary education very seriously. I am thankful to SEK Budapest for giving me the tools, support, and educational basis that I needed to become what I am today. I knew from the beginning that I would take the IB, because that is what it takes to get here. Looking back now, the IB was indeed not easy. All the deadlines we had to meet, demanding requirements, essays and assignments that we had to write, oral presentations to prepare... However, the knowledge that I gained during those two years was extremely valuable, not only inside the classroom but outside in the real world. On top of that, I ended up receiving 18 transfer credits towards my university degree, which is the equivalent of 6 courses. This has saved me both time and money and allowed me to have a more balanced course load during my first year.

They say you can choose 2 out of 3 things during the IB: sleep, good grades and social life. From my experience at SEK Budapest, this is so true but it will be even truer for university because things only get more demanding. However you will be well prepared, university is a lot of fun. You will meet great people, mentors and awesome professors. There are so many clubs you will want to join and events you want to attend. Therefore the harder you work now, the easier your life will be in first year.

Nothing worth having in life comes easy, but I have also learned that as long as you set your mind to it, nothing is impossible. So good luck to all of you who are reading this, appreciate the great education that you are getting at SEK, and work hard because university life is going to be one of the most unforgettable memories you will have. Trust me, you want to be there.

Sincerely,  
Yuanshan Song, BCom

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## CURRENT EVENTS AND NEWS

**1A and 1B Visit the Castle of Gödöllő - November, 2016**



Last week our youngest primary school students, 1A and 1B, visited the beautiful Castle of Gödöllő. The students and accompanying teachers had the chance to experience what it would have been like to live in the castle and be a prince or princess from that period. Our students even had the fun opportunity to learn some basic steps of the court dance.

- Ági Forró  
Primary School Teacher

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**SEK Budapest Students Participate in the 2016 Diplomatic Fair - November 27, 2016**



On Sunday 27<sup>th</sup> of November our 11IB students had the honour to volunteer at the 2016 Diplomatic Fair. The Diplomatic Fair is a remarkable charity event organized by the Diplomatic Spouses of Budapest under the patronage of Mrs. Anita Herczegh, spouse of the President of Hungary.

This year at the fair, 46 nations represented themselves with a wide range of souvenirs and traditional food & beverage selections from all around the globe. This was accompanied by a show that ran throughout the day and mesmerized the visitors with an array of national dances, folklore performances, traditional singing and instrumental pieces, and other cultural delights. I am extremely pleased to say that the event raised more than 7million Hungarian Forints for different local foundations and charities.

I am very proud to say that our 11IB students were an important component of the organization of the event, as they donated their time and efforts alongside other volunteers on the day of the fair making sure that everything ran as it should and helped this event be the roaring success that it was. The students excelled at their use of English, Hungarian, Spanish, and even Chinese language skill while working with the guests during the event. At SEK Budapest we truly believe in the importance of this kind of experiential learning, as it is an extension of the values and skills that we teach our students in the classroom.

Once again, I would like to thank the Diplomatic Spouses of Budapest team for allowing us to

collaborate with this great event, as well as the students for making SEK Budapest proud!

- Angelica Cvetkovic  
Marketing Assistant

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### 7th Graders Visit the MTA Music History Museum - November 25, 2016



A hetedik osztály ma az MTA Zenetörténeti Múzeumába látogatott el. Először a Bartók Béla életét felölelő kiállítást tekinthettük meg - jó néhány felbecsülhetetlen értékű személyes tárgya mellett videó- és hanganyag is segített még jobban megértenünk életét, zenei munkásságát. Ezután a kiállítás többi részében az éppen aktuális tananyagunkkal kapcsolatos hangszereket tekinthettük meg - volt köztük több, mint 300 éves Viola da Gamba, láttunk hárfát, csemballót, sőt, olyan speciálisan karmestereknek készült zongorát is, amelyen állva kell játszani. Azok pedig, akik zongorán tudnak játszani, előadhattak néhány kis darabot maga Dohnányi Ernő eredeti saját zongoráján!

- Gábor Almási  
Music Teacher

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### Students Volunteer for the International Women's Club Christmas Fair - November 27, 2016



On Sunday 27 of November a group of selected students from our 11IB Class volunteered at the International Women's Club of Budapest (IWC) Christmas Bazaar held in the Marriott Hotel Budapest. IWC is a prestigious group organising cultural, educational, and charity events.

The amazing team of 11IB students accompanied by Ms. Nicoleta representing SEK Budapest on this day, while they also helped with the logistics of the event. In the through spirit of CAS the students participated and helped their community!

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### Student Participate in Bolyai Hungarian Language Competition - November 25, 2016





November 25-én pénteken a Bolyai Anyanyelvi Versenyen mérettettek meg tanulóink. A feladatok megoldásához elsősorban kreativitásukra, együtt gondolkodásra, csapatmunkára volt szükségük.

A 10. évfolyamot Balázs Báborka, Szabó Benjamin, Tóth Artúr és Tucci Mária Emma képviselte, míg a 11. évfolyamon két csapat is indult. Egyikben Béres Anna Lea, Pender Jessica (utolsó perces beugróként - ezúton is köszönjük neki) és Weisz Viktor, míg a másikban Bozsér Laura, Budaházy Zita, Melo Csenge és Török Zsombor Orion próbálta megmutatni tudása legjavát.

Szurkoljunk nekik együtt, hogy a döntőben viszontláthassuk őket.

- Réka Vereckei  
Hungarian Language and Literature Teacher

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**Visit to the Embassy of Spain and Cervantes Institute of Budapest - December 1, 2016**



Today a group of fellow SEK Budapest students and I were granted the exciting opportunity to visit the Embassy and the Honorary Consulate of Spain. His Excellency José Ángel López Jorrín, Spanish Ambassador to Hungary, was also extremely kind in opening the doors to his official residence here in Budapest, which was also accompanied by a tour given by the Ambassador himself. .

Afterwards this great morning we went on to the Cervantes Institute of Budapest to see the grand library, the biggest, most extensive one of its sort in all of Hungary.

- Viktor Weisz

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### Grade 8 Visit to the Wigner Physics Research Center - November 25, 2016



Last Friday we took a trip to the Wigner Physics Research Center (Wigner Fizikai Kutatóközpont). My class and I had so much fun, it was such an educational visit. What was most important for me is that I had the opportunity to see things that I normally learn about in the classroom setting outside of class, and understand their real life implications and applications.

We had many physicists and chemists talk to us about their job, what it actually takes to become a researcher, and what they work with on a daily basis. Our chemistry teacher, Ms. Csilla Bogdán, also works there as a chemist and she held for us a presentation about radioactivity. We had such a great time with the experiments they showed us!

- Lidia Latincic  
Grade 9 Student

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## OUR SEK PEERS AROUND THE WORLD



### Science Across the Pond



DP 1 and 2 students engaged in a special Skype session with A level Biology and Chemistry students at St. John's school in England. This communication was in preparation for a joint project between the schools on the topic of energy production. This is an interdisciplinary project encompassing both Chemistry and Ecology. Students will then have the opportunity to meet the students they have communicating with all semester when Boca Prep students travel to St. John's School in January.

### M1 Visits the Museum of Discovery

Mr. Nelson's 6th grade Life Science class enjoyed their trip to the Museum of Discovery and Science in Fort Lauderdale. The day started with a science lab where students learned more about compound microscopes by viewing brine shrimp and blood worms! Next, we watched a 3D movie called 'Our Beautiful Planet' in the huge Imax Theater. The film is narrated and filmed by Astronauts aboard the International Space Station. We finished our visit by experiencing the many great exhibits and rides throughout the museum.



## Contact

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