

ISW NEWSLETTER

FOR PARENTS AND STUDENTS MAY 2026

BACKERSHAGENLAAN 5, 2243 AB WASSENAAR, WWW.INTERNATIONALSCHOOLWASSENAAR.NL



INTERNATIONAL SCHOOL WASSENAAR
RIJNLANDS LYCEUM



MAY EDITION

The International School of Wassenaar's Bi-Monthly Update for Parents & Students



UPCOMING SCHOOL EVENTS & IMPORTANT DATES:

- **1 June** - MYP4 Volleyball House Tournament
- **3 June - 5 June** - School Musical
- **4 June** - Art Class Exhibition
- **4 June** - Bake Sale
- **9 June** - Inset Day (lesson free for students)
- **10 June - 12 June** - MYP2 Sailing Trip
- **19 June** - International Fair
- **22 June** - DP1 Visuals Art Exhibition
- **22 June - 26 June** - Timed Assessment Week
- **2 July** - MYP/DP Final Assembly

A WORD FROM MR. VERLOOP

Immerse yourself into the world of the ISW - Enjoy the newsletter!

Dear Students, Parents, Guardians and Staff,

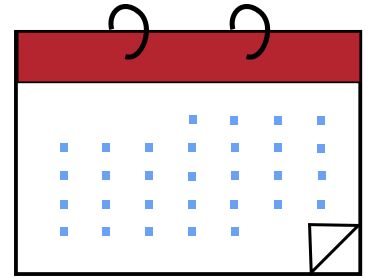
It has been a busy and memorable few months since our last edition, filled with events, achievements, and moments that brought our school community together. From the annual Dawn Walk to the MYP 3 and 4 trips, there has been plenty happening both inside and outside the classroom. We are incredibly proud of the enthusiasm and commitment shown by our students and staff throughout these events. Special congratulations to the talented students who performed in the Spring Showcase, as well as to all those who contributed their time and creativity to the articles featured in this edition. We would also like to celebrate all recipients of the Community Engagement Awards - bravo to every one of you for your dedication and contribution to the ISW community. We would also like to wish all DP students the very best as they await their exam results. As we head into the final term of the school year, we wish everyone continued success and a positive finish to the months ahead. Read on to discover some of the highlights from across ISW!

Kind regards,
Robert Verloop



INTERNATIONAL ADMINISTRATION OFFICE

Dear Students, Parents and/or Guardians,



ISW Calendar

We encourage parents to subscribe to the ISW calendar via our website, as you will receive updates automatically when there are changes to the calendar. If you prefer not to subscribe, please review the calendar regularly, so you don't miss any updates.

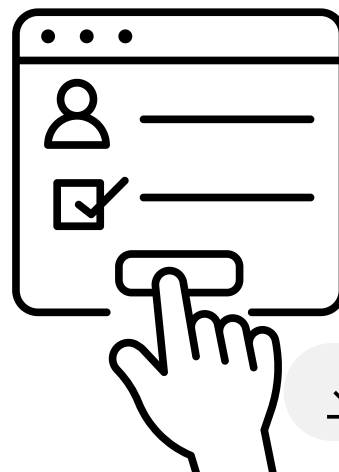
Request for Special Leave Form

If parents or guardians would like to request special leave for their child, the Special Leave Request Form can be downloaded via the school website. We kindly ask that completed forms be submitted via email (office@rijnlandslyceum-rlw.nl) in advance for consideration. Once it is approved, the form will be sent back for reference.

Thank you for your support!

Kind regards,

ISW Administration Team



[↓ Download](#)



INTERNATIONAL FAIR - FRIDAY JUNE 19TH



VOLLEYBALL AND BASKETBALL INTER-SCHOOL MATCH

On the 1st of April, a group of dedicated students travelled to AICS, Amsterdam for a set of friendly inter-school volleyball and basketball matches accompanied by Mr Pretorius and Mr van der Harst. Whilst this was only our second meeting with this school, it is part of a larger endeavour to create more sporting opportunities and to be on more international school fixtures.

Our girls' volleyball team delivered a wonderful performance winning their match 2-1 in sets. The basketball fixture was organised as a CAS project and the team was managed by Bassel (DP1) and coached by Alex (DP1). Impressively, only 2 students had formal basketball experience, yet the team played with determination.

The highlight was the clear sense of camaraderie between the students. When they weren't playing, they were enthusiastically cheering and supporting one another. Creating an energetic and positive environment as well as showing excellent teamwork!



DAWN WALK

As in previous years, our school marked its Dawn Walk on Friday, 3rd April- an early-morning Rijnlands' tradition that reflects the long-standing custom of beginning the day outdoors, often associated with Ascension Day.

In the early hours, a group of students and teachers gathered and set off through the dunes towards the beach. With the world still quiet, the walk offered a chance to pause, breathe, and experience the start of the day away from the usual routine. This year, a few four-legged companions joined along the way, adding an extra touch of energy to the morning.

By the time they reached the shoreline, the first light had begun to appear. Watching the sunrise together, as the sky slowly shifted, made the early start feel especially worthwhile.

Back at school, the morning concluded with a shared breakfast in the theatre, where everyone could warm up and enjoy a relaxed start to the day.

A simple tradition that continues to bring the school community together, year after year.



SPIRIT WEEK 7-10 APRIL 2026



DP2's final week at school was one to remember! Just before heading into their IB exams, students took part in a spirit week filled with playful and creative dress-up days.

From Teacher-Student swaps to Pyjama Day, Movie Characters, and even a throwback to 2016, each day brought its own dose of fun and personality.



SPIRIT WEEK 7-10 APRIL 2026



SPIRIT WEEK 7-10 APRIL 2026



MYP1 INTEGRATED SCIENCES

In the picture, you can see that there is a long tube with a cup at the end of it. The assignment was about energy and the gravitational force. Using instructions, we built a small ramp for a small marble to pass through and into a cup. The purpose of the cup was to see how far the marble's force would push the cup until it stopped. The distance between the cup and the ramp was what we measured. We added more cups on the way as well, so the force of the marble would be smaller and smaller with each roll. After that, we wrote down our test results and compared answers with each other to see what other people might have gotten.



By Dhvani Panikkar, MYP1A



MYP2 MATH - ANYTHING, BUT A RULER!

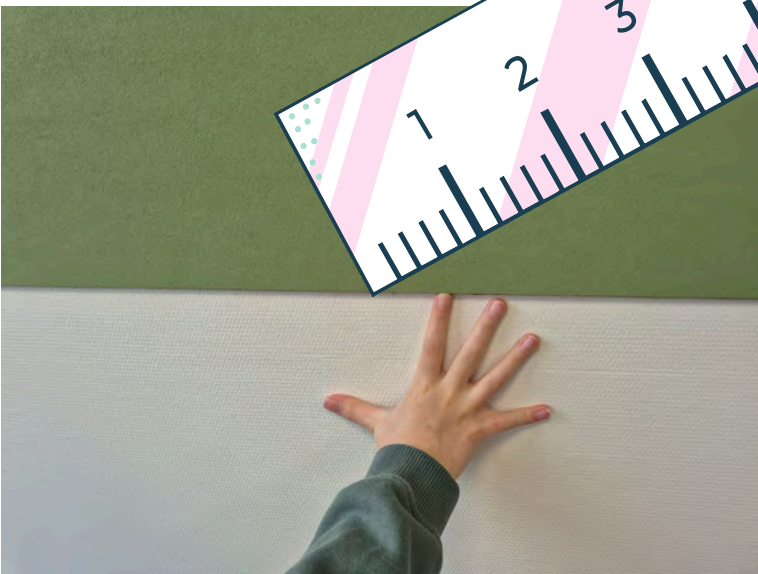


In our math lesson, out of the blue, Mr Pretorius told us to pack up our materials and, instead of a regular math lesson, he asked us to measure the classroom without rulers. So, we creatively started working out the volume and surface area of the classroom using shoes, chairs, notebooks, and more!



But in the end, everyone got different answers, proving that using everyday objects isn't a great tool for measuring!

By Eva Bagga, MYP2A



GOODBYE, DP2!

On April 9th, Ms Asli took her DP2 Math class out for ice cream on their last day together. Surely an emotional event, but nothing an ice cream can't fix!



best of
LUCK



MYP2 & BRUGKLAS LEIDEN TRIP

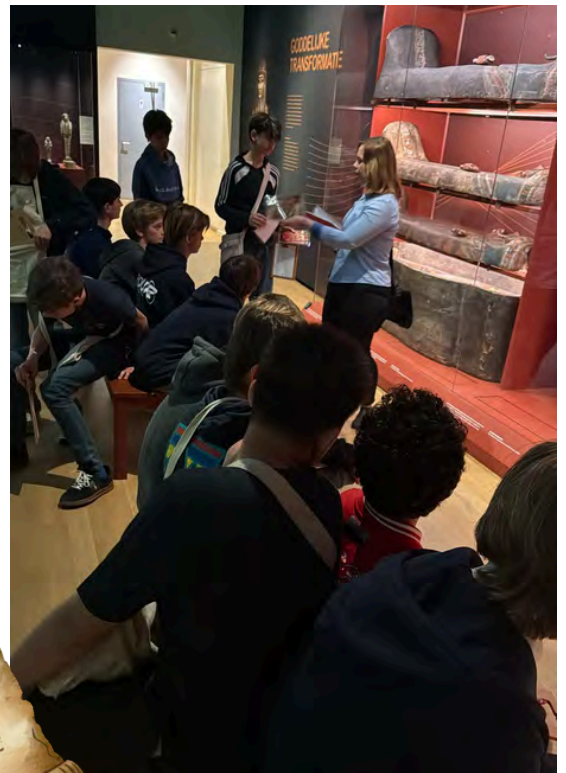
On the 9th and 10th of April, MYP2 and the Brugklas went on an excursion to Leiden. In the Rijksmuseum van Oudheden, we saw the Egyptian exhibit. The most interesting artefacts were the statues and tapestries of hieroglyphics. In the museum, we had to draw a quick sketch of a statue, and it turned out quite well because I remembered all the delicate details! We also saw a sarcophagus, which we learned was always made of clay, stones and precious metals such as gold and silver. I really enjoyed my time looking through the museum and Leiden!

By Harvey Champion, MYP2A



We went to an art museum called the Lakenhal. There, we encountered a painting called the Last Judgement by Lucas van Leyden. The tour guide explained how the artwork showed heaven, hell and earth as well as depictions of what the artist believed the afterlife to be like. Supposedly, there is a haunted room in the museum that we were all intrigued by! When we went into the room, it was pitch black. It was eerie, but turns out that there was nothing but weapons and magnets to give a feeling of being followed!

By Avni Malik, MYP2A



DEBATE CLUB: PARIS, FRANCE

From April 10th to 12th, our school's debate team travelled to Paris for an exciting debate competition, and it was a trip none of us will forget. We left on Friday evening, arriving in Paris later that night, and after a welcome session and a fun pub quiz at the hotel, we were ready for the big day ahead. On Saturday, we made our way to Massélon, where the competition was held. After getting our badges and settling in, the debates began. It was a brilliant experience; we got to argue challenging motions, meet teams from other schools, and really push ourselves to think on our feet. In the evening, following the finals and closing ceremony, we had dinner at Ground Control, which was a great way to wind down after such an intense day. As a bonus, after the debates wrapped up, we got to visit the Eiffel Tower; seeing it up close in the evening was truly stunning. On our last day, there was a marathon happening in Paris, so instead of staying in the city, we took a trip to Lille, where we had some free time to explore. It was a lovely, relaxed end to what had been a packed and memorable weekend. Overall, the Paris debate trip was a fantastic mix of competition, culture, and fun and a great reminder of why we love debating.

By Parv Garg, MYP1A



The RLW/ISW Debate Club went on a trip to compete against a French school in Paris. This trip was short, yet unforgettable. We made many new memories and learned many lessons. On the first day, we played icebreaker games and had dinner, where we got to know the students from the French school. On the second day, we started by debating, then went around the city, ate at a food court, and finally visited the Eiffel Tower and watched it light up. On the final day, we were supposed to explore the city until noon, but instead we went to Lille because of the marathon in Paris. Overall, this trip was a great success, and I highly recommend it to anyone who enjoys new experiences and debating!



By Yotam Biner, MYP5A



CAS SPOTLIGHT



Looking back – student reflections

"I didn't think I would enjoy it, but I actually did." Seemed to be the common theme that came up during the final CAS interviews. Before the start of the exams, the DP2 reflected on CAS before having their final interviews.

CAS meant different things to different people, but for many it started in the same place: outside their comfort zone. Students spoke about trying new things, meeting new people, and putting themselves in situations they would normally avoid. In doing so, they often discovered abilities they did not expect. At the same time, CAS gave them space away from academic pressure. Several described it as a break from constant schoolwork, a chance to reset and focus on something different.

That said, the experience was not always easy. Some students found CAS stressful, especially when it came to planning, managing timelines, and getting started. "I had good ideas, but struggled to begin" was a common reflection. Others spoke about the pressure of choosing something new or keeping everything organised. However, these challenges were also where the learning happened. Students described becoming more patient, more resilient, and more aware of how they manage their time and commitments.

The advice to future DP1 students was consistent and practical. "Start early and plan ahead" came up repeatedly. At the same time, students warned against treating CAS as a checklist. "It's not a set of deadlines, it's something you build over time." Choosing activities you actually enjoy made a clear difference. Spreading activities out also helped, rather than trying to do everything at once. One of the simplest pieces of advice was also the most common: "Just start." Many found that overthinking slowed them down, and that it became easier once they were underway.

Looking beyond CAS, a number of students are continuing with what they started. Some are carrying on with creative work like cooking, drawing, nail art, guitar, and podcasting. Others are continuing with physical activities such as gym training, skiing, stretching, and cycling. There are also students developing skills in programming, robotics, and languages. A few spoke about continuing with journaling, planning, or simply taking time for their own well-being. What stands out is that it is not only the activities that continue, but the mindset. "I didn't know I was capable of some of these things" captures that shift well. CAS is not always smooth, and it is not meant to be. It works when you lean into the discomfort rather than avoid it.

So I want to leave you with a challenge: what is one thing you would not normally try, and are you willing to start it?



INTERNATIONAL AWARD

The Silver Award Practice Journey took place on Friday, the 10th of April. As a group of 6, we made our way into the countryside along the way to Leiden. Before this journey, we did extensive planning for our route and discussed what we planned to investigate. We investigated and observed the distribution, abundance, and characteristics of flowering plants varying across different microhabitats of De Horsten forest. Throughout this practice journey, we had an amazing time with friends while walking through the beautiful forest and farmlands. We were able to stop for lunch and admire the scenery of the Dutch farmlands. Once we arrive at the field, we set up the tents and, after a thorough quality inspection, we packed them up. Another part of the international award is cooking, and to show that we were able to cook on a gas stove, we cooked a pesto pasta meal. Overall, the silver international award practice journey was a very enjoyable and memorable experience, and we are looking forward to the qualifying journey in June.

By Olivia van Twillert and Margaux van Mill, MYP5A



INTERNATIONAL AWARD

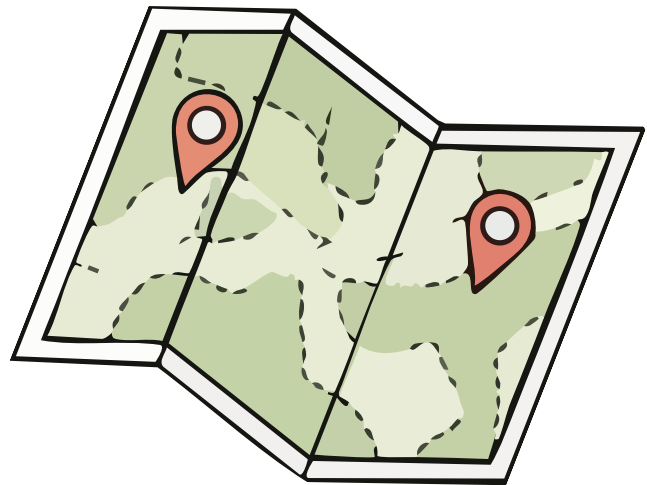
Many of our peers in April, including my friends and me, set out to achieve the Silver International Award. Recently, we went on our Duke of Edinburgh Award journey, which was not only challenging but also quite a rewarding experience.

Over the course of about five hours, the seven members of my group walked approximately 16 kilometres carrying all our camping equipment through the forests, dunes and along the beach. Even though the journey was physically demanding, it helped all of us develop our teamwork, resilience and perseverance while we enjoyed the nature around us.

We also set out to explore the various types of shells along the beach, collecting the most fascinating ones and documenting them. This entire experience has brought everyone in my group closer together and given all of us a better understanding of the importance of preparing well and on time, cooperation and supporting one another during an expedition.



By Simran Janjhua, MYP5B



The International Award practice journey was an amazing experience. Our journey was to cover the dunes of Wassenaar and then come back to school. This journey was memorable as the weather was really nice, and we got the opportunity to enjoy some nice weather on the beach. I think that through this journey, we have developed our team-building skills and communication skills.

Our goal on this journey was to find unique shells along the dunes and then later document our operations on where certain types of shells were found. We had some issues with the navigation, as once we reached the dunes, we happened to take the wrong turn or exit through the wrong route at certain times. To conclude, this journey was a great experience where we gained a lot of skills and are well prepared for the actual journey in June.



By Guru Nakkala, MYP5A

MR PARENT REPRESENTATIVE POSITION – CALL FOR CANDIDATES


Dear Parents of ISW/RLW,

A position will become available in the 2026 school year for parent representation on the Participation Council (Medezeggenschapsraad / MR) of RLW. Parents who are interested in taking on this role as an MR member representing the parent body are invited to put themselves forward as candidates.

What does the Participation Council do?

The MR is involved in important matters within the school and represents the interests of students, parents, and staff. The MR discusses topics such as school policy, quality of education, safety, finances, and the overall direction of RLW. As a parent member of the MR, you will have the opportunity to actively contribute to the school environment for our children, bring forward ideas, and work together toward a strong, engaged, and future-oriented school. Your voice truly makes a difference.

The MR meets approximately five times per year. The topics discussed are varied and also include financial matters relating to the Foundation. Meetings are held in the evenings and always take place in person.

Would you like to help shape policy at RLW? Please submit your candidacy no later than 1 June 2026 with a short motivation letter by email to  Elisabeth Muller (ea.vanloon.muller@gmail.com and cc kvidyask@gmail.com).

If more than two parents apply, the candidate will be selected through a vote, as laid down in the MR regulations of RLW.

For more information about the MR, please contact Elisabeth Muller:

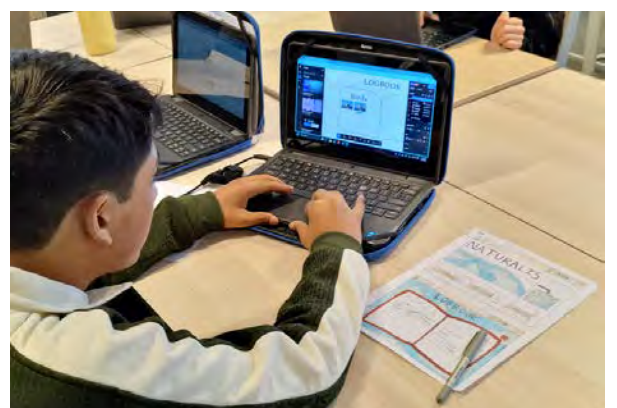
 ea.vanloon.muller@gmail.com  [+31 6 83865497](tel:+31683865497)



MYP4 DIGITAL DESIGN

This year, MYP4 Digital Design students redesigned the website for Leiden's Naturalis Biodiversity Center, working in teams to improve the museum developer team's website prototype and make it more attractive and user-friendly. After researching the museum's exhibits and brand identity, they completed their designs. They presented them to Mr Hansjorg Ahrens, the museum's educational project director, who kindly visited our school to give the students some valuable and professional feedback. To conclude the project, the class will visit Naturalis at the end of the school year to experience the exhibits they worked on firsthand.

Mr Borza



MYP5 PARIS TRIP

Not a lot of people in the world get the opportunity to visit a place like Paris, a city overflowing with history, culture, and beauty at every corner, where every street feels like a scene from a movie and every moment becomes a memory worth keeping. This trip allowed me to observe a new environment, one where the streets, the people, and the food are different to what I experience in the Netherlands. In total, I got the chance to experience life in Paris for 4 days, and as the days went by, it just kept getting better.

Our teachers planned everything out, we visited the Notre Dame, the Sacre-Coeur Basilica, which is the highest point of the Montmartre neighbourhood in Paris, the Jardin des Plantes, the Grande Mosquée de Paris, the Musée d'Orsay, outside of the Louvre Museum, and last but not least, the famous Eiffel Tower.

We visited these places in the first 3 days of our visit, the last day (Thursday), we had a full day of freedom where we planned out our own day, having responsibility for booking activities and finding suitable restaurants to eat at. Each person in the group received 50 euros; my group had a total count of 11 people.

There were multiple groups, each having a different plan. My group chose mini golf glow in the dark as our activity, and we had lunch in the Tuileries Garden, which is located by the Louvre Museum. However, the highlight of my day was in the evening, when we had dinner at one of the best restaurants I have ever eaten at, "Le Pe' tit Bistrot Marais". They had steaks, burgers, vegetarian dishes, and salads, all of which were delicious. If I had to recommend, the burger is a must; it could potentially lighten up the mood. To end our day, we sat by the Seine, where boats filled with tourists would pass by. Some of my group members got hungry, and we decided to visit a small stand that sold fresh crepes, which ended with us running back to our hostel, which took slightly longer than expected.

The places that you visit in Paris, the food that you eat, would not be the same if it were not for the people who were there to share it with you. My advice: enjoy the time you have in Paris with friends, classmates, and teachers. This trip creates new, cherishable memories that will stay with you forever.

A big thank you to all the teachers who have planned this for us, Ms. van den Berg, Ms Foster, Mr Van der Harst, and Ms. van Leeuwen. Thank you, everyone in MYP5, for the trip. I had a lot of fun and made memories that I will never forget.

By Matei Pislaru MYP5B



I ♥ PARIS



MYP5 PARIS TRIP

Visiting Paris this year was such an unforgettable experience. For one week, we got to experience the Parisian lifestyle through different activities that helped us immerse ourselves in the culture and daily life of the city. On Monday, we arrived at Gare du Nord and took the metro for the first time. It was a little chaotic at first, but everyone managed to arrive safely.



We then went on a walking tour around our hostel area, visiting places such as Notre-Dame Cathedral and exploring the nearby streets and atmosphere of the city. After returning to the hostel for dinner at 6 p.m., I noticed a cultural difference because I usually eat dinner much later and rarely go back outside afterwards. However, that evening we visited Sacré-Cœur just in time to watch the sunset over Paris, which was one of the most beautiful views of the trip. On Tuesday, we visited the flea market d'Aligre, where we practised our negotiating skills and explored many unique stalls and products. Afterwards, we went to the Grande Mosquée de Paris, where we admired the peaceful gardens and learned more about the diversity of French culture and communities. Later that day, we went on a boat trip along the Seine, which gave us some of the best views of the city. One of the highlights was seeing the Eiffel Tower sparkle at night. On Wednesday, we visited the Musée d'Orsay, where we saw famous artworks by artists such as Claude Monet and Vincent van Gogh. Seeing paintings that I had only previously seen in textbooks felt surreal. Afterwards, we participated in a scavenger hunt around the city, which tested our navigation and teamwork skills while also allowing us to discover new areas of Paris. Thursday was different because we were able to plan our own day around the city. My group visited a fashion museum featuring dresses and designs from brands such as Dior and Chanel from the early 2000s. After that, we explored the shopping streets in Le Marais and visited Galeries Lafayette Haussmann. We ended the day with dinner at a small local restaurant, where some of us tried escargot for the first time. Overall, this trip allowed me to become more independent, confident, and open to experiencing different cultures. I learned that even small differences in lifestyle, food, and daily routines can make a place feel completely unique. Beyond the famous landmarks, what made Paris special was the atmosphere of the city and the memories we created together. I would definitely love to visit Paris again in the future.

By Thejal Seemakurthy, MYP5B



GERMAN EXCHANGE TRIP



It's always fun to go on the exchange trip with the students! This year's group was especially independent and well-organised when travelling - everybody was always on time to catch the next train, finding their way around really well!



As teachers, we always stay with host families as well. So for me it was the third time to stay with my namesake Rebecca and her two lovely girls in Bremen. I didn't know her before the first exchange with our partner school, KGS Leeste, but now we're friends, and I'm looking forward to welcoming them to my home at the start of the summer holiday!

Ms Maier



The exchange trip in Germany was an unforgettable experience. I made a lot of new friends, and we had so much fun together. My favourite activity was visiting the Klima House because it was very interesting and exciting.



Danke für alles! Es war eine tolle und unvergessliche Erfahrung. Ich hatte eine wunderschöne Zeit in Deutschland.

By Raisa Ciobanu MYP5B



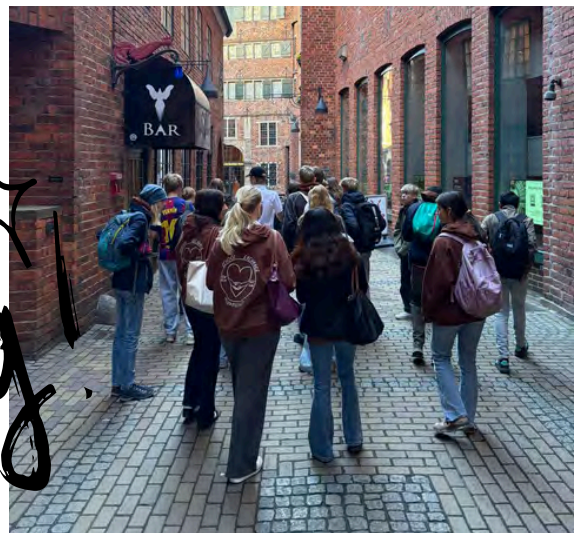
GERMAN EXCHANGE TRIP

The German exchange was a once-in-a-lifetime opportunity that I'll cherish forever. It was an amazing chance to make new connections, learn more about German culture and most importantly, to immerse myself in the German language.

Over the 7 days we spent in Germany, we did a multitude of activities, ranging from seeing an average school day, to exploring Bremen, to visiting museums and much more. My favourite activity was definitely the Klimahaus, an interactive museum about the different climates of the world, in Bremerhaven. This is because we were able to roam the museum with our partners and see a variety of animals, plants and climates.

Overall, it was an unforgettable experience during which I made lifelong connections. I would highly recommend it to anyone looking to improve and practice their German or meet new friends!

By Pinja Salminen, MYP4A



Guten
Tag!



GERMAN EXCHANGE TRIP

“Stay Hungry, Stay Foolish” – Steve Jobs, 2005.

The German exchange was a fun program that can be summarised in Steve Jobs’ words. Although we were never hungry due to the lovely, authentic German foods, we were indeed foolish, with the only rational decision we made being to go on the trip in the first place. Whether it was 4 people fitting on the same Lime e-scooter or spending way too long in a trampoline park, it was an amazing way to experience Germany, and I would very much recommend everyone to do this trip.



By Hridhaan Waghela, MYP4B

This exchange trip was an adventure filled with many new experiences and cherished memories.

I really enjoyed getting to know so many new people and learning about their lives in Northern Germany. Even though I am a native speaker, I still encountered a few misunderstandings due to the Northern German dialect.

Like the students, I also got to improve my German by learning a few new German words and phrases!

Another highlight for me was exploring the city by bike in the sunny weather. The River Weser and all the greenery around the city gave Bremen a beautiful, relaxed atmosphere.

I not only got to know the students and teachers better, but also Bremen itself, which has now become one of my favourite places in Germany.

Ms Rahmig



Tschüss!

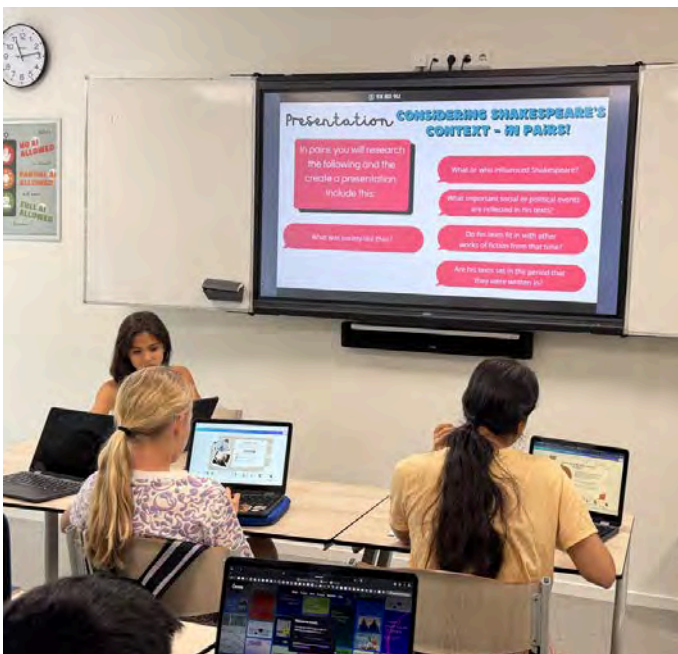


MYP1 ENGLISH LANGUAGE AND LITERATURE

The MYP1 ELL classes have been immersing themselves in the world of William Shakespeare and are currently learning how to write their very own Shakespearean sonnets.

To combine their learning with Community Engagement, the students will be hosting a bake sale on Thursday, 4th June, titled *Sonnets and Scones*. All funds raised will be donated to The Royal Marsden Cancer Charity in support of cancer research.

Adding a creative touch to the event, each baked good purchased will come with a handwritten original sonnet written by an MYP1 student!



A promotional poster for a "BAKE SALE!" event. At the top, it says "MYP 1 ENGLISH LANGUAGE AND LITERATURE". The main text reads "BAKE SALE!" in large, bold, purple letters. Below this, it says "Each baked good you buy comes with a handwritten sonnet on hope, thoughtfully written by our MYP 1 ELL students." The date and time are "4 JUNE ALL BREAKS" in large, bold, purple letters. The location is "D-Wing Lobby" in a purple box. The poster features illustrations of cakes and scones, and a cartoon character of William Shakespeare at the bottom left.



SPRING SHOWCASE

On May 12th, we had our first edition of 'Rijnlands Got Talent', organised by a team of DP1s, including myself. We were able to enjoy 12 wonderful performances, excluding an impromptu 'I Will Survive' performance by Lara and Max as we were facing technical difficulties. These performances involved students from various year groups, ranging from classical performances to pop hits.

Our show supported the charity: Jeugdfonds Sport & Cultuur, they support families without the financial means to send their children for extracurricular activities. We are proud to announce that we have raised a grand total of €260.32! We would like to give a big thanks to all of those who donated! Aside from the typical showcase format, our show had a small competitive element. We chose a panel of judges, including Ms van Leeuwen, Mr Regan and Mr Verstalen. They decided on winners across 3 categories.

Firstly, Luigi Salghetti Drioli (DP1), who played the 2nd Movement of Rachmaninoff's 2nd Piano Concerto on the Piano and was awarded for the most authentic performance. Nyra Singhal (MYP1B), who played the Guitar and sang 10:35 by Tiësto feat. Tate McRae, was awarded for most engaging performance, and finally, Lara Santos Alves Fernandes (A3B), who sang Casual by Chappell Roan, was awarded for most memorable performance.

By Angelina Joseph, DP1A



SPRING SHOWCASE

Our first-ever edition of "Rijnlands Got Talent" was a great success. It was a night full of enthusiastic performers and a lively audience. A small but memorable and unforgettable evening.

Hopefully, this event will become an annual tradition at ISW to celebrate all the diverse talent at our school. We encourage more performers to join us next time!

By Antonia Guarnizo-Veizaga, DP1C



MYP5 GERMAN LANGUAGE ACQUISITION

We are excited to share the wonderful news of our German class achieving first place at the Deutsch macht Spaß quiz, where we competed against other schools at the challenging language level of B1/B2.

Overall, the event was a wonderful experience from start to finish. It was complemented by the great spread of food and the gameroom at the location. The quiz on its own challenged us with complex questions that not only tested the depth of our German language but also our general knowledge. Despite the high competition, our class managed to rise to the occasion and came out on top.

Our success in this quiz was not just a matter of luck, but it also came down to how well we functioned as a team. We worked together through complex questions by thinking critically, building on each other's ideas, and staying composed under time pressure. When answers weren't clear to some or most, we communicated clearly, listened to one another, and managed our time wisely between the questions. At the end, it was deeply satisfying seeing our efforts pay off.

A big congratulations to our class and to Ms Maier for organising and guiding us to this wonderful achievement. Auf zu neuen Abenteuern!

By Simran Janhua, MYP5B



SELF-MANAGEMENT SKILLS RAP!

All: Self **management skills**, we **need** them **all**
They'll **help** us stay **focused** and **stand up tall**

1-2-3-4

1. **Wake** up in the **morning**, got a **plan** in my **head**,
2. **Brush** my **teeth**, make my **bed**, that I **said**.
3. Got my **goals** lined **up**, yeah I **know** what to **do**,
4. Self-**management strong**, I'm in **charge** of my **crew**.



1-2-3-4

1. **Time** ticking **fast** but I **don't** feel **stressed**,
2. **Make** a little **schedule**, helps me **do** my **best**.
3. **Homework first**, then I **play** outside,
4. **Balance** is the **key**, let my **good** habits **guide**.



1-2-3-4

1. **Feeling** kinda' **mad**? I don't **shout** or **fight**,
2. **Take** a deep **breath**, get my **thinking right**.
3. **Count** to ten **slow**, let the **anger slide**,
4. I stay cool and **calm**, got my **feelings** on my **side**.

1-2-3-4

1. Got a big **task**? I **break** it down **small**,
2. **Step** by **step**, I can **handle** it **all**.
3. **Little** wins **matter**, yeah I **celebrate too**,
4. Every tiny **progress** gets me **closer** to **through**.

1-2-3-4

1. **Sometimes** I **fail**, yeah it **happens**, it's **real**,
2. But I **learn** from **mistakes**, well, **that's** the **deal**.
3. **Pick** myself **up**, try **again** with a **grin**,
4. Every **loss** is a **lesson**, every **try** is a **win**,



SELF-MANAGEMENT SKILLS RAP!

1-2-3-4

1. **Keep** my space **tidy**, **backpack** in **check**,
2. **No** lost **books** now, no **last**-minute **wreck**.
3. **Pencils** all **ready**, **homework** all **neat**,
4. Being **organized** **makes** success feel **sweet**.



1-2-3-4

1. **Set** my goals **high** but I **take** my **time**,
2. **Work** a little **daily**, watch my **effort** **climb**.
3. **Stay** motivated, keep my **focus** **tight**,
4. **Dream** big **dreams**, yeah I **aim** for the **height**.

1-2-3-4

1. So **remember** these **skills**, keep them **close** each **day**,
2. They will **help** you grow **strong** in every **way**.
3. Self-**management** **power**, yeah it **starts** with **you**,
4. Take **control** of your **life**—you **know** what to **do!**

1-2-3-4

All: Self-**management** **power**, yeah it **starts** with **you**,
Take **control** of your **life**—you know **what** to **do!**

MYP2B and Ms van Leeuwen - Assembly, 13 May 2026

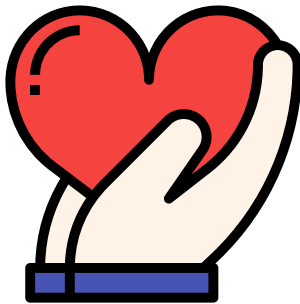


COMMUNITY ENGAGEMENT

On Friday, 13 March and Saturday, 14 March, our MYP5 students took part in NLDoet. Our students helped the local community by painting, cleaning, helping at a petting zoo, going for a walk with people living in an elderly home, and in many other ways.

During the May assembly, the following students received their community engagement award for term 2. Congratulations!

- Jane (MP1A)
- Aakanksh (MP1B)
- Calin (MP2A)
- Roshini (MP2B)
- Lucy (MP3A)
- Mark (MP3B)
- Ananya (MP4A)
- Juliet (MP4B)
- Sofie (MP5A)
- Irati (MP5B)



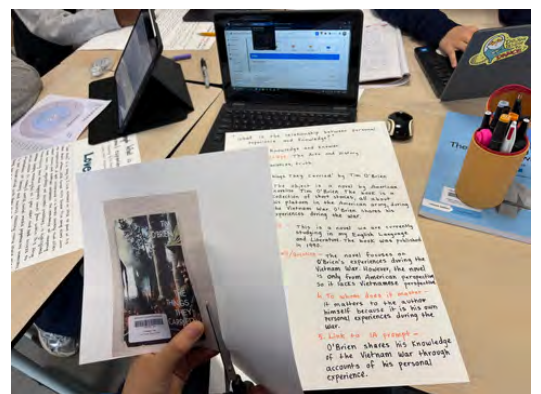
With the summer break coming up rather quickly, this also means that the term 3 deadline is looming. The deadline for the term 3 community engagement activity is **Friday 5 June**. Students taking part in the International Fair as part of their community engagement should make sure that they've added their proposal before 5 June, and should write their reflection and upload their evidence as soon as possible after 19 June.



DP1 TOK EXHIBITION PREPERATION

DP1 Theory of Knowledge students have been working hard in preparation for the upcoming TOK Exhibition.

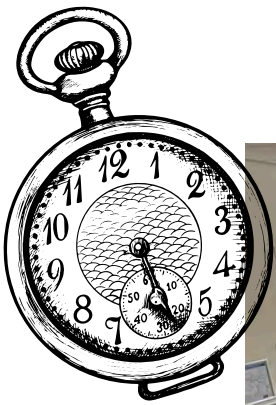
Through their chosen objects and prompts, students explore how knowledge connects to the world around us and how different perspectives shape our understanding. We warmly invite you to come and see their work on the 1st and 2nd of July!



MYP1 LITTLE VICTORIANS

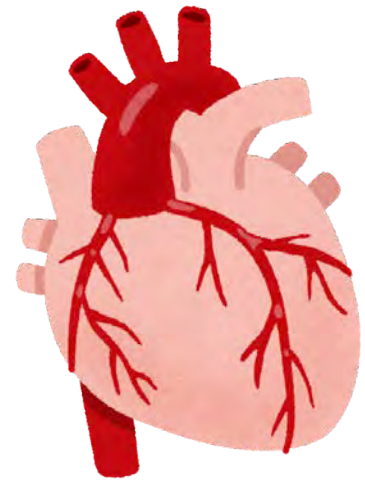
In my opinion, the Little Victorians activity was really fun, and such a great experience, and the adults preparing and guiding us for the performance in the end were absolutely awesome! They really helped us to remember everything. If we accidentally said the line wrong or forgot something (which actually did happen a lot), they would immediately improvise and come up with something that made it seem like the mistake was never made. In just two hours, we were able to prepare and perform a whole play in front of an audience (which was our families). Something that many people from the audience found fun was the preparation of the performance, since, according to my parents, was amusing when we got something wrong or when we reacted to what we had to do, for example, I had to sort of act like a gorilla and move my arms around wildly, and another person had to act like a ninja and be very strong and stealthy. There was even a person who had to be a dog for a whole scene! But that is part of what made this whole thing such an amazing experience, and for future MYP1s, they are really lucky to be able to do this. I guarantee that they'd have the best time doing this.

By Pauline Jabrayilov, MYP 1B



DP1 BIOLOGY - HEART DISECTION!

In Biology HL, we are learning about transport in the human body through our blood vessels and the heart. We were fortunate to have the opportunity to dissect a lamb's heart, which gave us a hands-on experience of understanding the anatomy of a mammalian heart. During the dissection, we were able to identify the 4 chambers in our heart as well as the major blood vessels attached to it. It was especially interesting to see the difference in muscle thickness between the left and the right side of the heart, which is adapted according to how far the blood must be pumped in the body. We really enjoyed being able to explore the pathways that blood takes through the heart and seeing the valves that monitor correct blood flow. It is truly amazing to see how such a small organ is constantly working, with no breaks, to keep us alive.



By Rosa van Twillert and Wid Alshehab, DP1A



MYP3 SAILING TRIP - FRIESLAND



I had two favourite activities on the MYP3 sailing trip that we did. Personally, I really enjoyed sailing on boats of 3 and the activity that we did in the local village. We did sailing with 3 on the second last day, and this was when I started to understand sailing a bit more. Josh, Samyar, and I worked well together and were able to sail the whole day without capsizing. I found the activity on the last day thrilling and very enjoyable. After receiving a note in the morning, we were later told that we were hunters. We were assigned to hunt and catch groups in the local village. I didn't expect to learn much about sailing, but in the end, after several days of trying different boats, I started to understand different roles and more about how sailing works. I will never forget sailing in a group of 3 as we had such a good time together. We were able to communicate and find ways to pick up speed, which made it even more memorable. In general, after the trip, I felt proud of myself simply because I didn't see myself sailing very well but as it turns out I did quite well. I had never tried these boats before which made it a very fun, new experience. I learnt and developed my communication skills during the sailing because we had to communicate when to do certain things. The main challenges I faced were probably the first day as I had very little experience and I had to face the cold water several times.

By Alexander Fayers, MYP3A



My favourite activity was the randmeer boat. It was peaceful, and when the music was playing and people were singing along, it just felt so good and somehow it felt like all the problems that we had could be blown away in the wind. A bonus was the trapeze, of course. Something surprising or unexpected was when one of the camp instructors brought Olivia and me on the motorboat and taught us how to drive it, speed it up, swerve and pick up the buoys that we threw in the water. That was one of the most memorable skills I acquired, alongside controlling the sail and developing a sense of when to tighten and loosen it, and of course, hoping nothing would go wrong. I hope I can use the skills I learned another time since this camp was one of the best I've ever had.

By Anise Callioni Cortesi, MYP3A



MYP4 TRIP - ARDENNES

Our class trip to the Ardennes was a very fun and memorable experience. On the first day, all of MYP4 travelled together by bus, and we were all relieved when we finally arrived after the long drive. Before going on a walk, we ate lunch at a restaurant called Pavilion near the caves, where we got to enjoy the beautiful scenery surrounding us. After lunch, the classes split up and went for a walk in a park beside the restaurant. The scenery was beautiful, with hilly landscapes and dense forests. Afterwards, we walked to our hotel, where we unpacked and relaxed. At 6 o'clock, we had dinner and then some free time until 9, which was bedtime. We stayed there for a total of three nights, which gave us plenty of time to enjoy all the activities planned for us. One of the most exciting activities during the trip was the tree parkour, where we climbed and zip-lined through trees high above the ground. On the last day, we also explored the caves during a cave walk, which was both interesting and slightly mysterious because of the huge rock formations and dark tunnels. In the evenings, we spent time on the sports fields near the hotel, where we played American football. On the last night, we had a movie night, which was enjoyable because everyone came together. Overall, the trip was a great experience because of the enjoyable activities and the great weather we had during the last few days.

By Haje Botman, MYP4B

For our trip this year, from the 19th to the 22nd of May, MYP4 went to the Ardennes in Belgium. We saw beautiful caves that were filled with shimmering minerals (and bats) and dramatic landscapes of the green hills that make the Ardennes so world-renowned. We saw a large variety of wildlife, and zip-lined through trees at extreme heights. One of my most memorable experiences of the trip was facing my fears of doing the free-fall jump. I was terrified, but special thanks to my friends who pushed me (literally), telling me I'd regret it if I backed out, and I'm incredibly glad I didn't. From looking at battlefields and war tanks, to remembering the sacrifice of the soldiers from WW2, this was an immensely memorable trip.

By Ananya Patrikar, MYP4A



CHESS TOURNAMENT

On Tuesday, the 26th of May, we successfully held the Rijnlands Foundation Chess Tournament with 24 players representing Rijnlands Lyceum Oegstgeest, International School Den Haag and our school, Rijnlands Lyceum Wassenaar-ISW. The tournament was a great success, and it was wonderful to see such enthusiasm and competitive spirit from all participants.

Congratulations to the top three players:

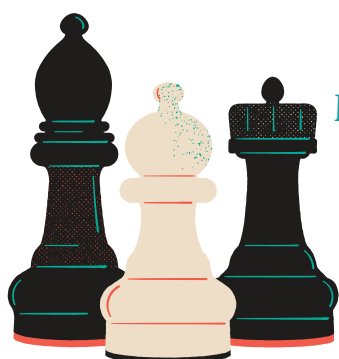
1st Place – Maxim Teianu (RLO)

2nd Place – Shin Okita (ISH)

3rd Place – Simran Janjhua (ISW)

We would like to sincerely thank all the schools that participated, as well as all the students who took part and made the event such an enjoyable experience.

A special thank you goes to National Master and FIDE Trainer Vasilis Parginos for helping as an arbiter and for his continued support and dedication in helping us organise each tournament so professionally. We look forward to the next tournaments.



Ms Asli



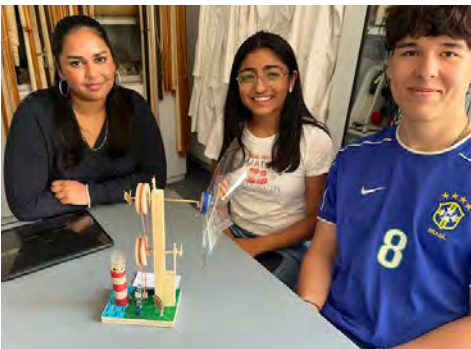
DP1 COLLABORATIVE SCIENCE PROJECT



This year, our DP Collaborative Sciences Project focused on the theme of sustainability. Students travelled by bus to a wind farm in Nagele, near Urk, where they attended a presentation on the history, development, and construction of wind farms. They visited the turbines themselves and used VR goggles to explore the inside of a turbine and observe the rotating blades up close.



Back at school, students critically examined the wider implications of renewable energy, considering questions around battery storage, environmental impact, biodiversity, and the social and political dimensions of sustainability. They then applied their scientific understanding in a practical engineering challenge: designing and building their own mini wind turbines capable of generating enough electricity to power a lightbulb.



Throughout the project, the DP students truly shone. It was wonderful to see their collaboration, creativity, problem-solving, and communication skills in action as they worked together to test ideas, overcome challenges, and refine their designs. The project will conclude with the announcement of the winning team at the final school assembly of the year, celebrating the students' innovation, teamwork, and scientific thinking.

Mrs van der Merwe



DUTCH SCHOOLS DEBATE COLLEGE

Congratulations to Navya & Malcolm from MYP4A, who were both selected to the Dutch Schools Debate College at the start of this school year! All year, they have been competing in debates around the Netherlands and abroad and honing their debate skills in Saturday workshops.

If you are interested in trying out for the Dutch Schools Debate College, there is a selection day coming up on 6 June. In this selection tournament, you have the opportunity to get scouted for the national team and receive a workshop and feedback from world-class coaches. Here's a link to the sign-up form: [Sign up form Selection tournament 2026](#)

This event has a maximum capacity of 40 participants. Since capacity is limited, they judge every application based on the following criteria: motivation, level of English and age eligibility. After applications are assessed, students either receive an invitation or a waitlist spot.

The cost of participating is **20 euros**.

Where?

RISS International School Rotterdam, Bentincklaan 294, 3039 KK Rotterdam

When?

06-06-26, between 10:00 and 17:30

Here's a link to more information about the Dutch Schools Debate College: [DSDC - Dutch Schools Debate College | Training the Dutch National Schools debate team](#)



CAS PROJECT - DRIVER'S LICENSE

We are Julia and Rosa, DP1 students, and for our CAS project, we designed a website about getting your driver's license in the Netherlands. We noticed that many of our classmates are starting their journey toward getting a car or scooter license, and since we both already have one of these licenses, we wanted to help.

Our website explains the most important steps in the licensing process, along with additional tips and explanations of technical details. We hope it helps make your journey smoother and easier by giving you a guide.

Here is a link to the website: [Rosa and Julia's Driver's License Website](#)



AFTER SCHOOL CLUB ANNOUNCEMENT

**THE
PHILOSOPHY
CLUB** WEDNESDAY'S @ 16:15
UPSTAIRS IN D110

There is free food for all active participants!!!



Both the dutch side and international side are welcome :)

DISCLOSURE: SENSITIVE TOPICS MAY BE DISCUSSED SUCH AS RELIGION, EXISTENCE, DEATH, MORAL OBLIGATIONS, THE UNIVERSE, HUMAN ACTIONS... and more

