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NEWSLETTER

EUROPEAN SCHOOL

DIRECTOR'S WELCOME

Dear Students, Honorable Colleagues and Parents!

The European School family is so delighted that you are part of our amazing learning community. We welcome and value your positive energy and dedication to excellence in education, and we look forward to working with you.

No matter which program students are enrolled in – the Georgian Program, International Baccalaureate (IB) Programmes or American High School – they share a common bond in striving for excellence.



We are committed to providing students with the opportunities and support they need to excel academically and develop fundamental life skills and attitudes that will propel them through life. We aim not only to have students going to the top universities in the world but also to instill in them a lifelong passion for learning and a genuine interest in the world.

Our willingness to continually improve is what drives the school forward. As a school we are never satisfied with where we are but always striving to be better.

During these difficult and unique past couple of years, the European School with its strategies, practices, classrooms and educational systems proved to be a leader in educational innovation and improvement.

We continue to grow! This year, we have an unprecedented number of new students, which indicates that we are a highly trusted school.

As the Director I set the highest expectations for all staff and students and by working together with teachers, students and parents we will enable our students to lead enriched, happy and fulfilled lives, making a contribution to the European School, Georgia and the global community.

Together, we hope we will make this school year one of growth and achievement for all children.

Wish you a very successful academic 2023-2024 year ahead!

Warmest Regards,

SOPHIO BAZADZE

DIRECTOR OF THE EUROPEAN SCHOOL

WHAT BEGINS AT ASAS CAN CHANGE THE WORLD!

Last year, American High School celebrated its 10-year anniversary, a decade of achievement and success. AHS is proud to have an extensive network of talented, motivated to succeed, and distinguished graduates who left AHS prepared to take the lead in shaping the future of our country.

In April 2023, COGNIA accredited American High School to teach grades 6-7, and the school was renamed into American School of Advanced Studies - ASAS.

In September 2023, American School of Advanced Studies opened honored classes for academically super-strong and dedicated students who are taught with advanced curricula matching the 5 GPA requirements (instead of standard 4 GPA). Here at ASAS, we open the gate to advanced learning, and we want our students to be responsible to utilize this great opportunity well.

What begins at ASAS can change the world!



EUROPEAN SCHOOL FOR SUSTAINABLE, GREEN FUTURE!



Summer of 2023 – Summer of Disasters, the hottest summer ever recorded. Searing heat and deadly wildfires, hurricanes, floods, and landslides raised the alarm about global warming. In response to natural disasters that impacted Georgia dramatically, we announced the academic year 2023-2024 as a year of sustainable development to make our school greener and more environmentally friendly.

We believe that schools should be a model of sustainability, a key driver to change how we treat the world around us.

What's more, we believe that schools inspire not only their students and teachers but also their entire community. It's a school where the community can work together to support global sustainability and climate action.

From planting gardens to reducing carbon footprint by powering the school with solar panels, teaching students about green practices and instilling a lifelong interest in conserving the planet, banning using single-use plastic cups, separating paper garbage and placing it in the appropriate containers so that it can be recycled,

minimizing the use of paper in admissions-enrollment processes, ensuring reduced water use by installing automatic taps, donating leftover food to dog shelters, buying from local businesses - these are decisions we made to encourage sustainability and improve our local community.

This year, the European School plans to implement practices that can lead to more environmentally friendly and ecologically responsible decisions and lifestyles, which can help protect the environment and sustain its natural resources for current and future generations. Our green plan features the following activities:

- Solar energy lessons
- Energy-Light Day/half day
- Competition for staff – Make your office greener!
- Competition for students – The greenest class!
- Tree planting activity for the whole school community
- Movie sessions about eco disasters
- Trash Art exhibition
- Earth Day photo contest
- Eco-friendly fashion show
- Green Diet presentation during the PTA welcome
- Environmental activist speaker at TEDx event



The European School will prepare students to lead the world toward a healthier, cleaner, more sustainable future.

EATING HEALTHIER AT THE EUROPEAN SCHOOL CAFETERIA

School Meals at the ES cafeteria are planned under the guidance of a wellness expert, Honorary Doctor of Tbilisi State Medical Institute, Mikhail Kochiashvili. In this interview, he talks about the ES menu and its healthy features and provides recommendations to students.

The ES menu is created according to your guidelines. What were the main principles you applied in menu planning?

The European School new menu is healthy, balanced, tasty, appealing, contemporary and safe for students. It is based on School Food Standard and provides balanced diet, contains sufficient food energy, consumes only bio-organic products, considers incompatible food ingredients, applies correct technologies and modern cooking utensils.



Mikhail Kochiashvili
Doctor, Honorary Doctor of Tbilisi State Medical Institute

How healthful is the food at the ES Café? Provide the details, please.

The ES new menu is healthy. Meals contain only high quality bio-organic products. Proteins, fats, carbohydrates and fibers are ideally balanced, vitamins and minerals are also considered and calories are calculated according to School Food Standard.

Menu includes compatible, easily digested food, enough fruit and vegetables, healthy porridges, vegetarian soups and low-calorie deserts. Ingredients are not fried, white sugar, saturated fats, simple carbohydrates and souces are not consumed. We excluded from the menu food causing gassiness. Pastry is baked with bran containing or gluten free flour. I am sure majority of students will like baked turkey breast barbeque or salmon cotlets. On festive days, the ES café will serve Khinkali made of calve meat and gluten free flour.

How green are the services at the ES Café? Does the Café strive to offer local foods, use reusable utensils, and reduce water usage?

Services at the ES Café support sustainability. Café strives to offer local foods, use reusable utensils, and reduce water usage. It is equipped with modern kitchenware that allows to reduce electricity consumption.

Are different dietary needs met in the ES menu, and is there enough variety for those who have dietary restrictions or allergies, are vegetarians, or require gluten-free food, etc.?

Menu offered at the ES Café is hypoallergenic. Pastry is baked with bran containing or gluten free flour. It allows to consider needs of students and provides individual diet to those who have some dietary restrictions.



How do students find out the nutritional information of the food items?

Nutritional value of meals is indicated in the menu displayed on the electronic menu ordering boards.

Students in high school age often tend to choose unhealthy fast food, engage in unhealthy eating habits, and find themselves frequently needing a late-night snack after a long night of studying. What is your advice to those?

Finding a suitable solution for this issue can be accomplished by identifying its root causes. Adolescents show a high level of preference for unhealthy products under the influence of advertisements and existing trends. Gastrointestinal diseases, micronutrient deficiencies, or the need to relieve stress might also be prompting young people to eat unhealthy.

Acquiring knowledge and memorizing new information require a large amount of energy. These cognitive processes are carried out in the presence of phospholipids, unsaturated fatty acids, vitamin B, A and C, Magnesium, Zinc and Iodine.

To change unhealthy eating habits and boost good results in learning, every student needs to practice individual breathing exercises and physical activities, to have a personal stress-management plan and individualized diet containing vitamins, microelements and herbal tea. It is also very important to increase parental health literacy. Hopefully, together we will succeed in achieving these objectives.



#ESNEWUNIFORM



In the realm of education, the formative years of schooling for students are often marked by a unique period of introspection, where the quest for personal style becomes a paramount concern. Amidst this journey of self-discovery, the school uniform emerges as a beacon of stability and unity, though its significance may not be immediately apparent to the adolescent mind. Taste, an integral facet of culture, is partly nurtured by the institution itself.

This academic year, the European school unveiled a new line of uniforms for its students, a decision that sparked discussions and contemplations among the student body.

When discussing the notion of uniforms, it's worth casting our gaze back to 1552 when English students first donned uniforms. These uniforms were initially tailored for the orphaned and underprivileged scholars of Christ's Hospital in London. Today, school uniforms resonate with elite institutions, serving as symbols of equality, refinement, and intellectual pursuit. So, the new uniforms embody the modern face of the European School, a testament to the unifying power of shared attire among students of our school.

Curious to gauge the sentiments of the students regarding these new uniforms, we sought their candid opinions: "How do you rate your new school uniform, and how much you do like it?"

Surprisingly, one student responded: "I like the elegance and classic design of our school uniform. Moreover, the uniform provides the flexibility to choose the type of clothing to wear, making it a versatile choice. The color is appealing, and although I have always favored a free-style approach to dressing, I've come to appreciate the sense of security that the school uniform offers, as it helps me feel connected with my peers." (Liza Arveladze)

Another student shared: "The adjustment was not challenging, but now it saves me precious time in the morning. No longer do I grapple with weather-related wardrobe dilemmas. Moreover, the fact that it's school-sanctioned and available for purchase on campus adds to my convenience." (Giorgi Nikolaishvili)

While not everyone may harbor an affection for the uniform, one student wisely noted: "I may not particularly like the uniform, but I do grasp its pivotal significance. In these garments, we are all equals; the insignia of brand names no longer divide us. We have ceased to engage in discussions of material matters, for we are united in our pursuit of knowledge. Our external selves are already aligned with the academic environment." (Irakli Natroshvili)

In this manner, it becomes evident that we are transcending stereotypes. Our uniforms do not stifle individuality but rather bolster our sense of fellowship, engendering shared values and academic aspirations.



LET'S RIDE THE ES BUS!

A fresh new school year, 2023-2024, has begun with new beginnings. This year, the European School introduced new school buses to ensure that students are provided with comfortable, safe, efficient, and reliable transportation.

Let's ride the ES bus and find out together what it is like the daily journey of our students from home by bus.

"Today, in the morning, when the ES bus arrived to pick me up, I was happy to see my classmates and schoolmates and ride with them. During my journey, I follow the school bus behavior guidelines. I enjoy watching ES Bus News on the bus. Riding the school bus is truly exciting." (Nana, 9 years old)

"New buses are amazing. They are modern, comfortable, and safe. Riding the school bus is so much fun. It would be nice if our buses had the right to use Bus Lines so we could arrive at school much earlier." (Dati, 14 years old)

"Our city is becoming even more beautiful with the ES buses on roads. On the way to school, we met another ES bus. It was fun to wave and greet our schoolmates." (Deme, 8 years old)

"I feel safe when my child rides the school bus. The ES staff member is assigned to accompany students on a school bus, such person ensures the students follow the bus guidelines and maintain the safety, order, and rights of others. A new GPS monitoring application available for parents allows them to track the bus location in real-time. (Maka, parent).

I am from the US, Texas, studying in the European School IB PYP now. It was surprising to see that the ES provides the same opportunities to its students as the US schools. I have a comfortable journey on the school bus and enjoy it very much." (Dani, 7 years old)

Our ride is close to the finish. I had a fun ride together with the ES students and received valuable information from them. I would love to remind you that the European School expects students to display the same high standards of behavior we have come to expect in school when using school transport. Students must:

- Respect the rights of other passengers to a safe and enjoyable journey
- Follow the driver's directions without argument
- Not damage the bus property, equipment, or signs.
- Remain seated throughout the journey and use a seatbelt

Students must not:

- Talk loudly or shout
- Eat or drink on the bus.
- Use a recording device to obtain images, audio, or video of the driver or any passengers.



BALANCING ACT: THE INSPIRING JOURNEY OF NINA APTSIAURI, GRADE 9 (IB MYP) KARTER ATHLETE AND FORMER STUDENT COUNCIL CHAIRMAN AT EUROPEAN SCHOOL

Nina, a Grade 9 student at European School (ES), embodies the spirit of determination and ambition. Over her three-year tenure at the school, she has seamlessly integrated into the community: “When I came to this school everything was totally new for me and challenging, but because of the teachers, I managed to get through all the challenging and new things very quickly and easily.” What sets Nina apart is her dual commitment to kart racing and her role as an IB MYP Student Council Chairman of 2022-23, demonstrating her ability to excel both on the track and in leadership roles.

A PASSION IGNITED

Nina’s love for kart racing ignited at a young age of six, influenced by her friend’s birthday celebrations at karting centers, she found herself drawn to the adrenaline-pumping sport.”I told my dad that I wanted to do this sport and my dad agreed, and I started racing.” With her father’s support, Nina took her first steps into the world of kart racing, setting the stage for a journey filled with accomplishments and victories.



TRIUMPHS ON THE TRACK

In the past year, Nina’s racing career has soared to impressive heights. “I started competing in different countries a year ago and it went surprisingly well. For my first race I got 2nd place and for my second race I got 3rd place.” However, the current year has been a standout for Nina, with a string of remarkable victories, She clinched the first position in two races and secured a second-place finish in another, showcasing her remarkable skills and determination. “This year was the best year for me, let’s see how it goes next year.”



LEADING BY EXAMPLE

Nina’s foray into student leadership as the Student Council Chairman was spurred by the encouragement of her peers: “I got motivated by my classmates, they told me it was really fun and exciting to be a chairman, and it truly was a fun exciting experience.” This role presented both excitement and challenge, as it was entirely new territory for her. Despite the initial hurdles, Nina’s tenure as Chairman was marked by memorable experiences: “My most memorable experience was when I initiated the St. Patrick’s Day event” as it was a testament to the creativity and dedication exhibited by Nina and her team.

BALANCING ACT

Juggling the responsibilities of Student Council Chairman with a demanding kart racing schedule proved to be a formidable task for Nina. Attendance at council meetings sometimes clashed with her practice sessions, leading to occasional cancellations. “...it was quite challenging to join the meetings during my karting practices” This balancing act required immense effort and sometimes resulted in missed opportunities, a testament to Nina’s dedication to both roles.

VALUABLE LESSONS FROM THE TRACK AND COUNCIL

Nina’s experiences in kart racing and the student Council have imparted invaluable life lessons. In racing, she learned to adapt to unforeseen circumstances, acknowledging that even the best-pre-planned things can face unexpected hiccups. From the Student Council, she gained insights into the importance of time management, creativity and collaboration in executing successful events.

ROLE MODELS AND ASPIRATIONS

Max Verstappen, the reigning F1 World Champion, stands as Nina’s racing Role Model. Within the school community, her classmates hold a special place providing guidance and wisdom. “At school my role models are my classmates because they teach me a lot of stuff.” As for her future aspirations, Nina envisions herself as the first female F1 driver, a testament to her unyielding ambition.

WORDS OF ENCOURAGEMENT

To her fellow students and all aspiring individuals, Nina imparts a simple yet powerful message: “Never give up and continue trying to achieve your goals”. Her journey serves as a testament to the power of perseverance, reminding us all that with determination and dedication, even the loftiest goals can be achieved.

Nina’s story is one of grit, ambition and the pursuit of excellence. Her ability to excel in both her racing career and as a student at ES serves as an inspiration to all. As she continues to push boundaries and break barriers, we eagerly anticipate witnessing the remarkable achievements that lie ahead for this exceptional young talent.



SUCCESSFUL STARTUPPERS: HOW GIORGI JAVAKHIDZE AND DAVIT BERDZNISHVILI DID IT

YOU ARE SUCCESSFUL STARTUPPERS, TELL US ABOUT YOUR PRODUCT WEMPLER, HOW IT WORKS, WHAT MAKES IT UNIQUE, WHO IS YOUR TARGET AUDIENCE, WHAT MAKES YOU THINK CONSUMERS WANT THIS PRODUCT?

Wempler creates a platform where anyone can find a helper for any kind of task. Simultaneously it creates a marketplace for anyone to provide a service and monetize their time. The Goal of Wempler is to become one-stop-shop for any kind of help, where customers have direct connection with the service providers. Our main target audience, on the demand side, are working-class population, who do not have time for mundane chores and prefer to spend their time on their preferred activities. While on the supply side, we seek to find people who are willing to earn some income or realize their passions during their idle time. Uniting these two sides, Wempler becomes a place, where you can find just the right person you are looking for.

HOW DID YOU GET STARTED IN THIS FIELD?

We started really spontaneously. We knew we wanted to create something valuable, and as soon as our partner shared his idea to us, we knew that this project could get some traction. After that exact day, we started working on this project, even though we didn't know what to do. We just started googling, how to build application, how to write business model, common challenges for startups, how to build a marketplace startup and regulate supply-demand, and etc. The key point was that, we didn't wait for experience to come, we just began researching and learning on the go, which I think was the most "entrepreneur" thing to do. Even today, most of our work consists of researching, trial and error, and feedback.



WHAT ARE THE CURRENT TRENDS AND OPPORTUNITIES IN YOUR INDUSTRY?

The gig Economy and Sharing Economy are the biggest trends in 21st century. We try to stay on the wave of gig economy and cater to the evolving needs of modern customers. Through this lens, we prioritize customer centricity, flexibility and trust to be as close to the customers as possible.

WHAT DO YOU CONSIDER TO BE YOUR GREATEST ACCOMPLISHMENTS?

I think, our biggest accomplishment is that we are not afraid to change or pivot our idea or any process. When early entrepreneurs, get unique idea which they want to realize, they fall in the trap where their idea becomes their brain child, and they get blinded by it. To move forward, and develop successful project, every entrepreneur has to understand that having idea is just 5% of the whole process, and if the project doesn't get the right traction, you have to pivot or change the solution you are offering your customers.

WHAT SKILLS OR QUALIFICATIONS ARE ESSENTIAL FOR SUCCESS IN YOUR FIELD?

As I mentioned in previous question, the most important thing in the startup world is to never stop learning and asking difficult questions. When we launched Wempler, we didn't have any customers for couple of months. We believed in our idea, but could not understand what was wrong. We were very resistant to change. However, as soon as we started listening to our customers, asking for feedback and pivoting our company to their needs, we saw the massive improvement. Aspiring Entrepreneurs have to understand, you must be flexible and willing to change idea for the customer needs, not to try to change customers to fit your solution.

HOW HAS YOUR ES EDUCATION CONTRIBUTED TO YOUR SUCCESS?

School provided us with not only strong Fundamental Knowledge, but with core skills that are essential while working for startups; Most notably, critical thinking, problem-solving, and effective communication, to name a few, all of which are crucial in entrepreneurship; In addition the school taught us importance of resilience, and advanced our researching, problem-solving and time-management skills;

I would say that one of the most under the radar contribution by our school, was that it was not just about academics; it was also a place where we made connections with peers and teachers. These relationships later proved valuable in building a network of supporters, mentors, and potential collaborators for our startup.

WHAT'S YOUR FAVORITE MEMORY FROM WHEN YOU WERE A STUDENT AT ES?

I would say that most memorable time from my school time would be, the beginning of AHS, where there were only 3 classes in total, and number of students back then was probably around 3-4 times less than what it is now. It was interesting time because American curriculum and the way of learning was new for us and we were navigating through these challenges together. Additionally, the unity that we, as students had at that time was something that we still cherish today, we were simultaneously hard at studying, while also having other extracurricular activities such as: joint trips, excursions, sports' tournaments, etc.

WHAT ADVICE WOULD YOU GIVE TO A CURRENT STUDENT WHO ASPIRES TO FOLLOW IN YOUR FOOTSTEPS AND PURSUE A SIMILAR CAREER PATH?

Our advice to aspiring entrepreneurs would be to understand that entrepreneurship is a journey that requires dedication, hard work, and continuous learning. And that failure is a part of the entrepreneurial journey, where tough, but valuable lessons can be learned; It is important to be curious and eager to learn. I would say that kids at European school are at an advantage, and I would advise them to seize the opportunity, and take most of what is offered, as it will prove to be valuable in the outside world. We also would advise all of kids with startup ideas not to waste time and start working on their project right away.

