



THE DP EXPRESS

THE OFFICIAL STUDENT-LED OKINAWA INTERNATIONAL SCHOOL NEWSLETTER



What is DP?

BY KIRARA TAKEKURA (DP1 STUDENT)

DP stands for the Diploma Programme from the International Baccalaureate (IB). It is a 2-year program for students aged 16 - 19, and students must complete six subjects and the DP core: Theory of Knowledge (TOK), Creativity, Activity, Service (CAS), and Extended Essay (EE). Out of the six subjects, at least three must be taken in higher levels, and the rest in standard levels. The IB uses both external and internal assessments to calculate the student's final grades, and the student's path for further studies will depend on their grades and the quality of the DP core. Currently, OIS offers Language A (native language) (English/Japanese), Language B (second language) (English/Japanese), History, Mathematics: Analysis & Approaches, Chemistry, and Visual Arts. However, since group six subjects (the Arts) are optional, OIS students who prefer taking other subjects from the languages, sciences, or humanities may choose to take classes online. The online curriculum (PAMOJA) will be discussed in the school newsletter next month.

In this issue

WHAT IS DP?

HEALTH: FITNESS

ETHICS/HISTORY:
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IN HISTORY

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Staying Active Amid Pandemic

BY KIRARA TAKEKURA (DP1 STUDENT)

Since 2019, many people lost their opportunities to exercise due to the COVID-19 pandemic. Lack of regular sporting may result in challenges to the immune system & physical health including the commencement of or exacerbating existing diseases that have their roots in a sedentary lifestyle.

How can we improve our physical health amid COVID-19?

WHO (World Health Organization) recommends "150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week"

Follow online exercise class

- There are many **online exercise tutorials** that are free and can be found on YouTube. However, be cautious and aware of your limitations.

Try to exercise on your own

- You may try the **home-based exercises** provided by WHO/Europe.
- Walk! walking requires little effort but is very effective in keeping you active.

Create a fitness chart

- As a part of my CAS project, I have **set a goal** to consume 7200 kcal in 3 weeks. I recorded my exercises on the fitness chart using my Apple Watch, Health app, and Fitness app. These tools can help you track your activities and calorie consumption.
- By recording the data on your **fitness chart**, you will be motivated to exercise to meet your goal!

Date	Dec 27th (Mon)	Dec 28th (Tue)	Dec 29th (Wed)
Exercise	<ul style="list-style-type: none"> • Dance 1hr (20.8 kcal) • Rowing 1min (5.2 kcal) • Functional Strength Training 5 min (6.8 kcal) • Core Training 7 min (6.7 kcal) • Walking 20min/0.25 km (19.2 kcal) • Total: 6,947 steps (random walks) 	<ul style="list-style-type: none"> • Ballet 4hr (3.6 kcal) • Walking 35min, 2km (99.8 kcal) • Running 1hr3min, 7km (652 kcal) 	<ul style="list-style-type: none"> • Mixed Cardio 13min (39.5kcal) • Functional Strength Training 10min (18.9 kcal) • High Intensity Interval Training (HIIT) 10min (26.5 kcal) • Walking 12min, 0.6km (31.9 kcal) • Walking 39min, 0.75km (50.6 kcal)
Consumed Calories	Total: 292 kcal	Total: 754 kilocalories	Total: 164 kilocalories
Dec 30th (Thu)	Dec 31st (Fri)	Jan 1st (Sat)	Jan 2nd (Sun)
<input type="checkbox"/> Walking 1hr 32min, 7.2km (322 kcal)	<input type="checkbox"/> Outdoor Walk 3.82km (205 kcal)	<input type="checkbox"/> Outdoor Walk 1.43km (82 kcal)	<input type="checkbox"/> Outdoor Walk 4.21km (332 kcal)

Plank



References:

United Nations. (2020). *The impact of COVID-19 on sport, physical activity, and well-being and its effects on social development*. <https://www.un.org/development/desa/dspd/2020/05/covid-19-sport/>

World Health Organization regional office for Europe. (n.d.). *Stay physically active during self-quarantine*.

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/stay-physically-active-during-self-quarantine>



Ethical Dilemma

BY KIRARA TAKEKURA (DP 1 STUDENT)

The Sustainable Development Goals (SDGs) were set up by the United Nations General Assembly in 2015, which aims for a sustainable future for us all. Hence, lab-grown meat and plant-based meat are gathering attention as environmentally-friendly and sustainable alternatives for “regular” meat.

Which raises the question of *“Do lab-grown meats and plant-based meats pass the ethics test as the best moral choice for health, animal welfare, and sustainability?”*

Please take a moment to think about this question and let us know in the comment section!



This Day in History

BY KELLY SHIN (DP 1 STUDENT)

36 years ago today, January 28th, 1986

The U.S. space shuttle Challenger exploded 73 seconds after liftoff from Florida, killing all seven aboard, including a school teacher who had been chosen as the first American civilian to travel in space. How tragic a brave and exhilarating experience turned into a nightmare...

20 years ago today, January 28th, 2002

Many of you may have read *Pippi Longstocking*, a beloved tale of a red-haired, freckled 9-year-old girl, as a child. Pippi is known as the strongest girl in the world, both buoyant and independent. I myself used to enjoy watching her on television and envision life like hers. In 2002, the Swedish children's writer Astrid Lindgren, who wrote *Pippi Longstocking*, passed away at the age of 94. Perhaps this is a great opportunity for you to go pick up her books in the library today!

Encyclopædia Britannica, inc. (n.d.). This Day in history: January 28. Encyclopædia Britannica.
<https://www.britannica.com/on-this-day/January-28>

A still from *Ophelia*

MOVIE REC: *OPHELIA*

BY KELLY SHIN (DP1 STUDENT)

Film: *Ophelia* (2018)

Directed by: Claire McCarthy

Starring: Daisy Ridley, Naomi Watts, Clive Owen, George Mackay

My rating: ★★★★★ / 5

Plot: As a rebellious and motherless child, Ophelia (Daisy Ridley) is brought into Elsinore Castle by Queen Gertrude (Naomi Watts) as her ladies-in-waiting. Not long after, Ophelia gets involved in a passionate, clandestine romance with the young Prince Hamlet (George Mackay). Alas, the kingdom is on the verge of a war due to its internal divisions and betrayal. With Claudius, Hamlet's uncle (Clive Owen), seducing the Queen and seeking the throne, the King is murdered and the country is brought into chaos. Will fate be on Ophelia's side?

“Flawed yet intriguing, Ophelia uses Hamlet as the starting point for a noble attempt to offer a misunderstood character long-overdue agency.” - Rotten Tomatoes

The film I would like to recommend for this month is the 2018 film *Ophelia* by Claire McCarthy, which is based on the play *Hamlet* by William Shakespeare. My love for Shakespeare led me to this film, and I wanted to share it with everyone as it is thoroughly enjoyable and unconventional. What really stood out to me was that the film portrayed the story through the lens of a female character who was only shown through the narratives of a male protagonist in the original play. Although the plot is based on the Shakespearean play, I believe that anyone, even without having read the play or seen it, would be able to enjoy it. The exquisite cinematography and costumes, the relatively fast-paced narrative, and admirable acting really kept me engaged until the end. Ophelia's monologue scene in which she pretends to go mad after the death of her father was breathtaking, and I especially found this scene impactful owing to its implications for the future occurrences in the film. The betrayal, loss, retaliation, and freedom are aspects that make this film worthwhile to explore.