



The **Helyos Sun Times & Science Journal** 13th edition brings great news and several writings from our students. We also celebrate the 40th anniversary of our school. Congratulations to all the staff and students that have made and keep making the history of Helyos School.

Wendell S. Rios

## School Times



A girl with lots of dreams. A trajectory of dedication. Maria Eduarda Azevedo became one of the winners of the global initiative Rise for the World and was approved to study in Rhodes College, USA. All of this was only possible with a lot of effort and opportunities. "Ever since I was a little kid, I always had several dreams and goals, and most times they seemed too far from me", says Duda. With the unconditional support of her family and perseverance, she realised she had to walk her own path. In 2018, she participated in a leveling program offered by Colégio Helyos and won a scholarship. In the following year, Maria Eduarda signed up to a program of preparation to study in universities abroad, Project U. So she started the marathon to prepare for the international exams SAT and TOEFL and to enroll in the selective process of the United States.



Since American universities also consider extracurricular activities, Maria Eduarda started searching for alternatives. She got involved with Doe.fsa, which promoted fundraising campaigns to collect food to several institutions in the city, and participated in the selective process for Rise. Maria Eduarda went through all of the stages of the selection process, including videos, development of a project and interviews. The Global Winners are young minds from several parts of the world with traces of empathy, perseverance, dedication and willingness for a greater good. "Since the beginning, Rise has allowed me to meet other youngsters and cultures, once I started to talk to people from other countries that were also interested", says Maria Eduarda. As a winner, she will have benefits that include scholarships, mentoring and access to professional opportunities and investments in order to work and solve the most urgent problems of humanity. The winners are also invited to participate in an international conference that lasts three weeks and must happen in different countries each year, with all expenses covered. This year, 2022, the event will take place in South Africa.

Maria Eduarda considers that learning English was essential for her accomplishments and she always had the support from her family and friends. That's why she always went forward.

And to show how these stories meet, observe that the words from Eric Schmidt perfectly illustrate the example of Maria Eduarda, "Success is really about being ready for the good opportunities that come before you. It's not to have a detailed plan of everything that you're going to do. You can't plan innovation or inspiration, but you can be ready for it, and when you see it, you can jump on it."

For those who dream of applying to college abroad, the international exams SAT and TOEFL might be a huge challenge. Besides high language skills, the applicant must understand what these tests are like and do some extra practice. In our school, we offer preparatory classes and mentoring for the application process in the program Project U. Here, we tell the story of one more outstanding result: Felipe Anibal. His SAT score of 1,570 (out of 1,600) was one of the highest worldwide for that date.

There are more than 4,000 American institutions and 85 countries that accept the exam to access higher education. For the TOEFL iBT, an exam that assesses an individual's proficiency, Felipe got 118 points (out of the 120 possible), which matches the highest proficiency level in the CEFR (Common European Framework of Reference for Languages): C2.

To meet the requirements for his application process, Felipe got involved in social activities, such as doe.fsa, project he founded to collect donations for several organizations in town, and developed the platform Meu Enem, which allows users to analyze their performance on past Enem exams and get ready for the next ones. Felipe was accepted at USP, the best university of Brazil, and Fordham University, in New York (USA), one of the most traditional institutions with more than 15,000 students. Congrats, Felipe Anibal Nunes Brito!



Fordham University is a private institution that was founded in 1841. It has a total undergraduate enrollment of 9,399 (fall 2020), its setting is urban, and the campus size is 93 acres. It utilizes a semester-based academic calendar. Fordham University's ranking in the 2022 edition of Best Colleges is National Universities, #68. Its tuition and fees are \$55,776.

Available at <https://www.usnews.com>

Rhodes College is a private institution that was founded in 1848. It has a total undergraduate enrollment of 1,840 (fall 2020), its setting is urban, and the campus size is 123 acres. It utilizes a semester-based academic calendar. Rhodes College's ranking in the 2022 edition of Best Colleges is National Liberal Arts Colleges, #54. Its tuition and fees are \$50,910.

Available at <https://www.usnews.com>



## **AN UNFORGETTABLE EXPERIENCE IN OXFORD AND CAMBRIDGE**

In 2021, we encouraged students from the 8th Grade up to the 2nd Grade of High School to take part in an international challenge: the Oxford-Cambridge Essay Competition. The award? A scholarship to a Summer Program in England in some of the most stunning buildings in the world, offered by Immerse Education.

The challenge consisted of writing an essay to a question of their choice. Academic level, referencing, hundreds of words. Students had to work hard for that. The outcome soon surprised most of our students and families. Several students won scholarships of up to 50%.

For the families that chose to register in the Summer Program in July, 2022, they will always have the best memories: academic courses, English historic buildings, tourist attractions, and new friends! The five students who embarked on this journey came back with the biggest smiles and the best stories. Two weeks experiencing academic discussions in Medicine, Law, Architecture and Computer Science. Guilherme Mendes (K9), Cauã Lima (K10), Beatriz Iégane (K10) and Luiza Conceição (K11) shared some of their unforgettable moments!



*Source: Personal files. Beatriz Iégane (K10).*



*Source: Personal files. Beatriz Iégane/Cauã Lima (K10).*



*Source: Personal files. Guilherme Mendes (K9).*



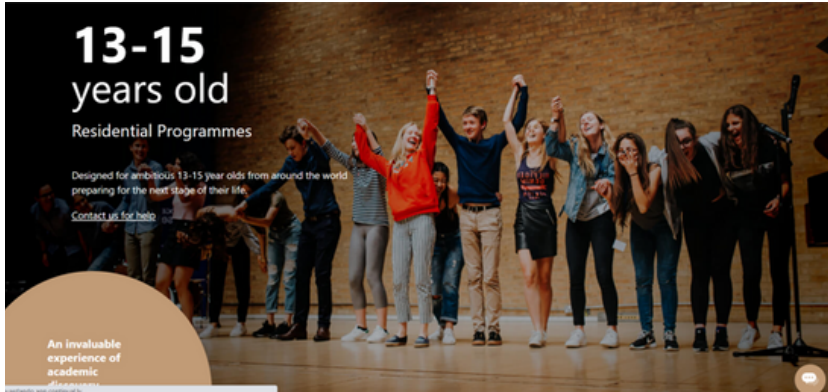
*Source: Personal files. Luiza Conceição (K11).*



## CAMBRIDGE, OXFORD, SYDNEY AND LONDON ESSAY COMPETITION - IMMERSE EDUCATION 2023

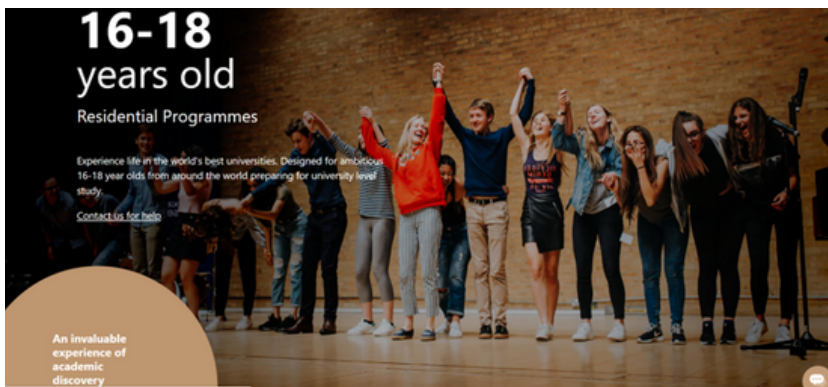
Let the new competition begin!

Students can now submit their essay to next year's Summer Course scholarships.



### Available subjects

Architecture / Business Management  
 Computer Science / Creative Writing  
 Economics / Engineering / Geography  
 International Relations / Law  
 Medicine / EFL



### Available subjects

Architecture / Artificial Intelligence / Biology / Business Management / Chemistry / Computer Science  
 Creative Writing / Economics / Engineering / English Literature / Female Future Leaders / Geography  
 History / International Relations / Law / Mathematics / Medicine / Philosophy / Physics / Psychology  
 Robotics / Sustainability / Film Studies / Space and Nanotechnology / EFL

### Prizes



#### 1st place

10 winners will receive a 100% scholarship

Check out previous essay competition winners.



#### Runners Up

Runners Up will be awarded partial scholarships of up to 70% to study their chosen subject with Immerse. The number of runners up will be determined by the number of entries received, and the quality of the work submitted. Usually around 7% of entrants receive scholarship funding to attend an Immerse programme.



100% scholarship



## STUDENTS FROM PROJECT U AND INTERNATIONAL EXAMS

achieve  
more

# SAT

### SAT

The Scholastic Aptitude Test, or SAT, is commonly listed as part of the application process to American and Canadian universities for candidates willing to get into undergraduation. To observe the history of how the SAT was developed helps us understand its role in the application process. In the early 20th century, representatives of twelve American institutions decided to standardize and democratize access to higher education, which was a privilege for some at the time. Since its earliest version in 1926, the exam has been adopted in and outside the US.

The SAT inspired other exams such as the ENEM (High School National Exam) in Brazil. For the SAT, candidates must prove their academic skills in reading comprehension, language form and basic Mathematics, reaching up to a total score of 1,600 points. Students accepted at the prestigious Princeton University (USA), for example, range between 1,440 and 1,570; in the UK, for the University of Nottingham a score of 1,400. According to the College Board (responsible for the SAT), more than 4,000 institutions in the US and eighty-five countries accept the exam for their selection process.

At Helyos School, several students have reached more than 1,400 points: Georgia Gabriela (1450), Maria Eduarda Pimentel (1450), Amanda Portugal (1440), Luis Fernando (1470). More recently, Felipe Anibal hit a world mark of 1,570. College Board rated his result as "99th percentile", which ranks him among the best scores in the world.



# TOEFL



## CAMBRIDGE

International Examinations

### TOEFL / CAMBRIDGE

International universities require proficiency exams from candidates whose first or second language is not English. First used in 1964, the TOEFL is one of the most popular exams. Accepted in more than 11,000 institutions in 160 countries, the exam uses a score of up to 120 points. It is up to the university to determine a minimum score. The University of Washington, for example, recommends more than 92 points, and the University of Toronto requires between 89 and 100. With a bilingual program and specific classes, our students are able to score higher than 100 points: Luis Fernando (iBT 100), Maria Fernanda Escolástico (iBT 102), Maria Eduarda Azevedo (iBT 102) and Felipe Anibal (iBT 118).

Another commonly accepted exam, the CAE, is offered by Cambridge University. Our students are expected to reach this level at the end of High School. The Certificate in Advanced English is widely recognised by international institutions for the undergraduate and graduate levels.



### Movie Versions - Lavínia Chaves Leite Oliveira, 9th grade B

Classic literature is extremely important to our society nowadays, as these books were reflections of our humanity and exposed how the world evolved. They became so influential that producers decided to make movie versions of them.

Adaptations for TV or cinema have always been made, such as Robinson Crusoe, Romeo and Juliet, and Frankenstein. These have reached more than book readers, so more and more people have been able to have contact with such important storylines. Sometimes, directors even change a part of the book to make it more appealing for kids, making it clear that it's a story that should be known by all ages. As an example of that we have The Lion King, which is based on Shakespeare's work, Hamlet.

It is a fact that it's almost impossible to adapt to the screens every word that is written in the

book. If the movie is not exactly like the classic, the version is not necessarily bad. What the adaptation should do is follow the main idea of the original storyline. As the stories were written many years ago, there are usually things that should be changed, to better fit our societies' behavior nowadays. An exemplification would be the change in Friday's character in the movie Robinson Crusoe, with the objective of making it less racist, and not reinforcing the fake idea of white man's superiority that was believed at that time of history.

Classic literature plays an important role in our society. As we need to adapt those books to the screen in order to amplify the audience, it is crucial to stick to the original storyline, though. But changing some details does not make it a bad adaptation, right?

### Slavery and colonialism - Inês Sulz Campos Ramos da Silva, 9th grade B

During the colonial era, Europeans wanted to expand their territories. They wanted more lands to explore, which would increase their power.

The power Europeans had gave them a feeling of superiority and this feeling made them think that in the other nations people were inferior, and thus should be enslaved.

In the book Robinson Crusoe, for example, the main character was enslaved. After being able to escape with another slave, when he was found by the Portuguese, Crusoe wasn't taken as a slave, but his friend Xury was sold. This shows that Crusoe was considered superior for being white, while Xury was seen as inferior because of his race.

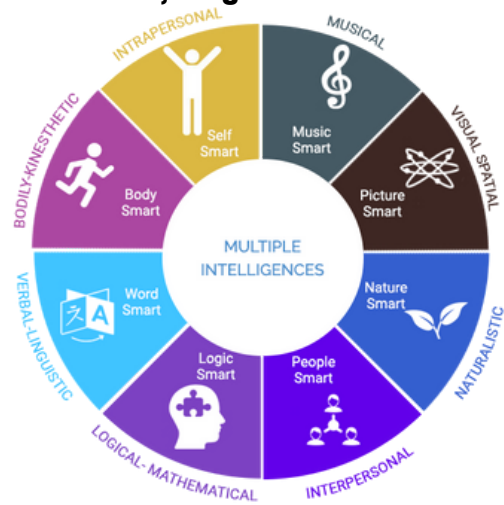
Colonialism formed the nations we know today. However, it caused the death of many who were enslaved, and we can still see the impacts of it nowadays, like racism.



## The Theory of Multiple Intelligences - Manuela Guedes Leite Oliveira, 1st grade A

The theory of multiple intelligences, presented by Howard Gardner in his book "Frames of Mind", will only be truly useful when schools stop having a traditional view of education. Until then, MI theory will only improve people's self-esteem, without causing major changes in the system.

Therefore, according to Howard Gardner's ideas, intelligence is not a universal concept, and each individual has different types of abilities. He also defends that all the 9 types are equally important. As a result, this idea can be comforting to many readers, like myself, who can feel better about not being good at math, for example, a characteristic commonly related to intelligence. But the traditional view on this topic is still accepted by society, which makes things harder.



That is our reality: schools only value logical mathematical and linguistic intelligences, which reinforces the excluding and traditional view on education, going against everything that Gardner defends. And that valorization of some kinds of intelligence over others is a horrible way to measure how smart someone is.

## A New Way of Seeing Intelligence - José Eduardo Pedrosa, 1st grade B

Historically, schools have always valued individuals who perform well in traditional subjects, such as languages and mathematics. For this reason, people who are skilled in these fields are often regarded as intelligent by society. However, American psychologist Howard Gardner proposed a theory in which he states the existence of eight or more different intelligences. And that goes against the traditional idea of measuring someone's intelligence through IQ scores.

The IQ test is a series of questions that revolve mainly around logical-mathematical and linguistic thinking. Created by french psychologist Alfred Binet, it aimed to identify children who needed assistance. But nowadays, it is wrongly seen as an indicator of intelligence even for adults. Gardner's theory, on the other hand, claims that

this test is too superficial and does not take the many skills a person can have into consideration. Therefore, he suggests that schools should create different ways to assess intelligence and provide support to students who need it.

People who do not share the same ideas with Gardner affirm that the IQ test is effective at what it is supposed to do: measuring academic proficiency. Another thing stated by those who disagree with the American psychologist is that his theories are only backed by little scientific research. So, while his ideas might be an improvement over the traditional ones, they cannot be taken as absolute truth.



## **The Social Dilemma - Cauã Evangelista Pita Lima, 1st Grade B.**

The article "The Social Dilemma: Social Media and Your Mental Health" states that social media platforms are designed to be addictive, leading to anxiety or even depression. But, with all those harms, why do people keep using them? The article explains how the unexpected outcome of a post can work like a slot machine.

Social media is a blessing and a curse, it can connect the people of the whole world but it can cause ailments for these same individuals. Depression and anxiety crumple inside many users, and so the lack of EI (Emotional Intelligence). The two main pillars of EI are self-awareness and self-management, as Daniel Goleman describes how they are fundamental for our discipline and self-control, crucial for resisting getting pushed around by social media addiction.

And so, the lack of self-control can lead some people to irreversible levels of addiction, anxiety and depression, some even resorting to suicide.

In my perspective, EI is extremely important for my mental health and sanity, especially for not getting carried away by social media.



## **The Social Dilemma - Gabriela Daltro Suzarte, 1st Grade A.**

Since the popularization of smartphones in 2010, the world has had a big development in communications and in the propagation of information. The world has seen the up-and-coming of social media, which is eventually causing a lot of trouble especially in teenager's lives.

Just as showed in the article "Social Dilemma: Social Media and Your Mental Health " by the McLean Harvard Affiliated Hospital, teenagers are coming out as the most influenced public of the impacts that social media have caused. One of them is the FOMO (fear of missing out) that makes them always connected to the internet.

In addition, the number of cases of mental illnesses has also increased among teens. The Netflix documentary, "Social Dilemma" shows it in a clarifying way, as we observe one of the characters is always feeling insecure and insufficient because she always sees people

on her social media as happy and positive, and she is not like them, but she feels she has to.

Toxic positivity refers to the impacts of social media that goes against Daniel Goleman's ideas of emotional intelligence just as self-awareness and self-management, which consist of knowing how to control your feelings to have a better life. This toxic positivity makes you ignore your feelings so you will "never" feel sad or demotivated. On the other hand, Goleman says that ignoring our emotions can affect ourselves, by developing mental illnesses just as anxiety and depression.

As a teenager, I can say that social media has caused a lot of impact in my life, good and also bad ones. With them, I learned that responsibility is crucial to use the internet and that we should be careful about what we see.





## **Russia vs Ukraine conflict - Ivo Campos Nunes**

The world is facing a difficult moment since Russia started an operation trying to get Ukraine's territory. However, this situation did not start now. During the historical period called the Cold War, the Soviet Union was a huge country. However, after the separation of the territory in countries, Russia and Ukraine became two different nations. The years have passed and an important fact put into Vladimir Putin's mind the intention to take Ukraine back and transform it into Russia: Ukraine's attempt to enter NATO, an organization of cooperation made by other countries, such as the United States and the United Kingdom.

The conflict started and, with it, the measures adopted by western nations trying to reduce Putin's power: the breaking

of diplomatic relations between commercial allies, the end of companies operations, like Shell, one of the biggest oil sellers in the world, which sold all their business in Russia. After movements like those taken by Shell, the world imagined that Vladimir Putin was going to stop, but he didn't. Russian soldiers are, day by day, getting more of Ukraine's territory, even though the economic system in the country is going down.

The days are passing and the question is still in the air: is a diplomatic solution still possible? In my opinion, yes. Since Putin is facing the economic problems that started after his moves, and they will become worse after some time. So, he will need to stop if he really cares about his countries' profitable health.

## **A Generation of Blooms - Julia Matos Gonçalves**

Becky Bloom knows nothing about economics and finances, but what Becky truly knows about is sliding that glorious piece of plastic in a tiny machine and acquiring the greatest clothes ever. Becky isn't real, she's a character in the movie "Consumption Deliriums of Becky Bloom" but she is, indeed, the favorite type of client of real credit card companies.

First of all, Becky assembles why credit cards are so popular: the illusion they give people that they have an unlimited amount of money. After all, you can't really see the money being given to the other person. That also means people tend to spend a lot of money they don't have, just like Becky. That is why college students shouldn't have credit cards if they don't have any income to pay the bank back. When you spend so much and you're in debt,

the bank celebrates, since they've just created another Becky Bloom. The credit card companies raise the payment interest rates when you don't pay them back immediately. But when you do pay them, they'll make a lot of money out of you.

Second of all, banks adore the generation of Blooms they created: people that consume until they can't and pay with high interest. These problems make a person's financial health crash all the time, which means people need to be educated when they're young so they grow up as financially educated adults. If children are taught in school how to use money, the next generation won't have as many financial problems and that would put a stop in the rise of the Generation of Blooms.

# HELIVOS Sun Times

## TIE-DYE. PROJECT. 5TH GRADE - TEACHER JOHN JOHN.

In their English classes, 5th graders made their own Tie Dye-style shirts. They learned the history of Tie Dye and its importance to the American culture.

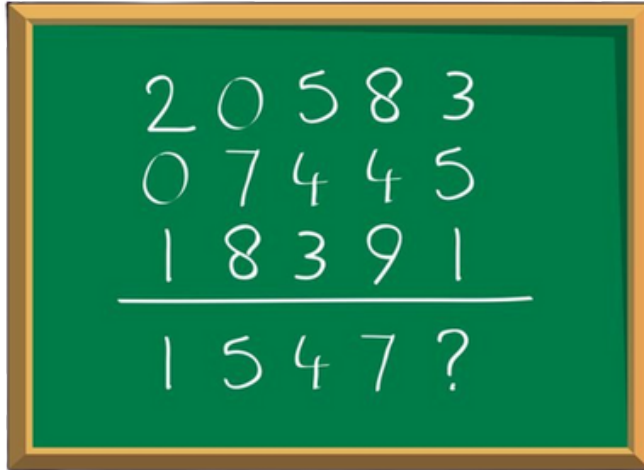
This type of activity contributes to their cognitive development, as it illustrates the concept of action and consequence. Creativity is another important skill worked through the Tie Dye technique. The children need to put their imagination into action to create their pieces of clothing.





### Math Riddles

#1 Which number should replace the question mark?



#2 How many unripe berries are missing on the last branch?

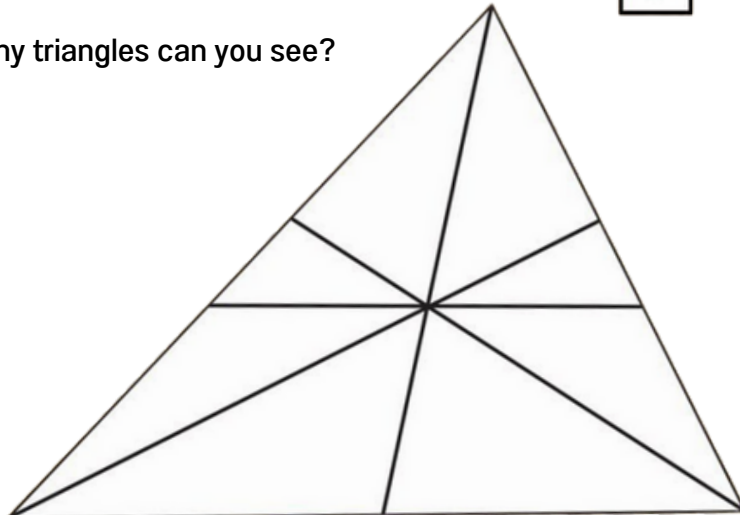


#3

Enter numbers in each row and column to arrive at the end totals. Only numbers 1 through 9 are used, and each only once.

	-		+		=	6
-		+		-		
	+		-		=	14
+		-		+		
	-		+		=	5
=		=		=		
9		10		4		

#4 How many triangles can you see?





# HELYOS Science Journal

## FRUITS AND VEGETABLES. A CLOSER LOOK. PROJECT. 5TH GRADE - TEACHER JOHN JOHN.

To learn more about the life cycle of plants and the main parts that make up a fruit and a vegetable, 5th graders became scientific investigators in one more lab project. They learned specific vocabulary and made a list of questions from their observations. In the end, we had a great class discussion on their findings or curiosities.





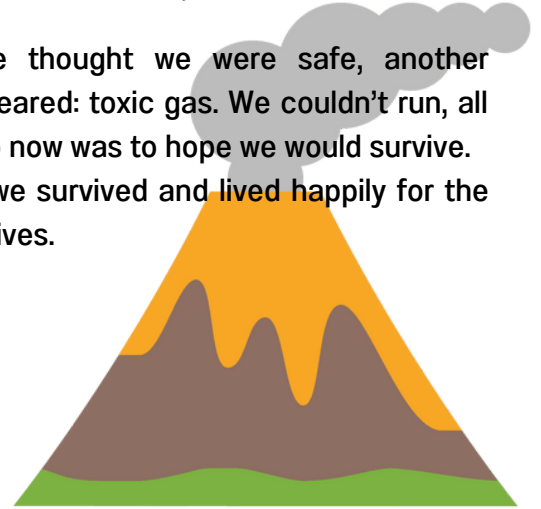
## How I survived the Mount Vesuvius eruption - Rodrigo de Queiroz Menezes, 7th Grade A

I was baking with my dad, living a normal life when suddenly the ground started to shake, plates fell, houses toppled and we saw, clear as day, that if we didn't do something quickly, our lives would not be spared.

It was then or never. I took off with my family towards the river fearing for our lives.

We barely reached the shore and another obstacle already appeared: falling rocks. We quickly rented a boat in hopes that we'd escape the rocks and went out.

Just as we thought we were safe, another danger appeared: toxic gas. We couldn't run, all we could do now was to hope we would survive. Somehow, we survived and lived happily for the rest of our lives.

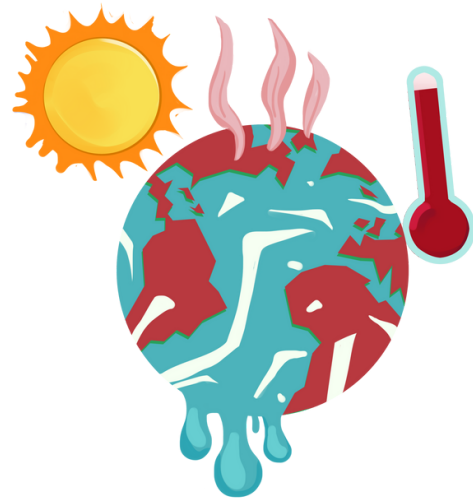


## What I think about climate change - Giovanna Rios Datole, 8th Grade.

Dear Sir Reid,

So, I'm sending you this letter to show you my opinion about climate changes and its effects. I already read the local newspaper text about this topic and I wanna show what it has made me think about these changes.

Climate change is an important topic that deserves more attention from the population. These changes have many causes, like the pollution caused by gases emitted from industries and cars, as well as fossil fuels. All these things bring negative consequences to us and our planet that can severely affect the life conditions on Earth: the polar ice caps will start to melt and raise the ocean levels. This can cause many natural disasters. Another consequence is the rise of temperature. Almost all the planet is having many more hot days and heat waves. The greenhouse gases emitted by industries and cars are destroying the ozone layer, which is a very serious matter because a hole in this layer allows more UV-rays to shine on Earth, causing health problems like skin cancer and blindness.



Many scientists are trying to find ways to reduce these processes, but there are some ways that we can take to preserve our planet: using less energy, taking car pools, using bicycles and public transports or also going places on foot. We can buy only what we need and will use so industries can produce less. Another option is to try to use sustainable products and energy.

Yours sincerely,

Giovanna Rios Dattoli



### Math Riddles - Answers

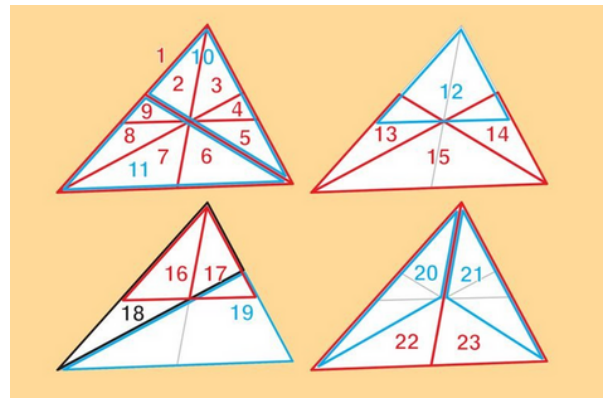
#1 Answer: 3. The numbers under the line are the average of the three numbers in the column above.

#2 Answer: 6 berries. The next branch always contains just as many unripe berries as ripe berries on the previous branch.

#3

8	-	5	+	3	=	6
-		+		-		
6	+	9	-	1	=	14
+		-		+		
7	-	4	+	2	=	5
=		=		=		
9		10		4		

#4 Answer: 23.



### Helyos Sun Times 2022

João Victor G. Sampaio - Designer/Math Times  
 Lavinia C. L. Oliveira - Writer / Designer/Math Times  
 Marcella Luisa P. Barros - Designer  
 Wendell S. Rios - Chief Editor  
 Cauã Lima/Laura Novais - Collaborators