



SBSN

SPECIALIZED BOARDING SCHOOL NAMANGAN



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BREAKING *news*



Girls who took part in the UniSat 2.0 initiative planned, built, and launched two nanosatellites into space. They also carried out research on biomaterials, allergens, and air quality.

May 13, 2023, TASHKENT. In Navoi region of Uzbekistan, the UniSat 2.0 competition's winners launched nanosatellites. A group of trainers, engineers, and experts in aeronautical services supported the girls.



Between May 8 and 12, the participants created, programmed, and put together two nano satellites from scratch at INNO Technopark in Tashkent. Girls may now snap high-resolution pictures of the Earth thanks to nanosatellites launched into the stratosphere. Each cube satellite also has its own scientific goal.

One of the cube sets had the biomaterial launched into space as part of an experiment with researchers from the International Center of Molecular Allergology and the Center for Advanced Technologies. The girls investigated how radiation in the stratosphere affects various living things (including beans, mold, yeast, cotton seeds, and mung bean pods).



The second nanosatellite was used to collect a variety of airborne particles that can act as allergens. Nanosatellites have sensors that detect temperature, pressure, radiation, and air quality at various altitudes. The collected data on air quality will be compared to the data gathered in the same region in May 2022 by the first UniSat finalists.

The Nur Navoi Solar 100 MW solar photovoltaic power facility in Karmana area in Navoi region was visited by UniSat 2.0 members on May 13 prior to the CubeSat launch. In Uzbekistan, this is the first solar energy plant that has been put into action.



1st step towards collaboration...

A regional seminar for English and Chemistry teachers was held in our school on May 13. A wonderful party was organized by Nasimakhon Ergasheva and Nafisa Dadajanova and also some chemistry teachers. First, some of our students introduced the guests with our school's newspaper and the works of the 5th, 6th and 7th form students, and led them to the classes.



Tojiboyeva Malohat teacher had an astonishing lesson for our little 5th form students.



Then, Umida Hakimova had a training lesson for the English teachers who came to the seminar.



After the sessions, our talented students showed comedy shows and conducted wonderful experiments, which made the seminar more interesting. We are really glad that our seminar has been incredible and useful for both our students and teachers, and the guest teachers. They gave positive feedback and said they were impressed by our amazing students.





A special interview with the Principal

By Gulnura Sadridinova

1. What motivates you?

As I am really fond of nature, from sunrise to sunset, from the beginning of rain until it stops... I want to take wisdom from every second of the day.

2. Can you explain the idea of an effective school?

Friendly team, supportive colleagues, teachers with up-to-date skills, promising students-these are key factors.

3. How have you dealt with challenges and what are some ways you have resolved them?

In this regard, I prefer to work based on values which I consider very important when working with people. For example, humanity, politeness, listening to others, justice and so on...

4. What do you think are the issues of a good educational system?

First of all, transparency in employing teachers, appropriate facilities at the educational institution, teachers' responsibility and selfless approach to their work, solidarity of the team, a healthy critical environment in monitoring knowledge guarantee quality education.

5. What methods have been effective in teaching students?

There are many situations that surprised me: - equally high degree of physical and emotional parental responsibility for children's education and upbringing; relying on the support of a personal psychologist in the development of the child; consideration of the child's opinion, monthly allowance of the child.

6. What advice would you give to students leaving abroad?

It is clear that when a person goes abroad, not only do they have to learn a language, but also they get involved in the process of cultural exchange. Therefore, it is important to know one's own country's geographical location, climate, administrative division, economy, natural resources and industry. If a person is well aware of our traditions, customs, history, historical figures, I would say they will not have many problems.

7. Do you think the students are ready for such a big step in their life?

As a logical continuation of my thoughts above, I can say that the students who are going abroad should have intercultural skills, abilities to adapt to different cultural situations and perspectives in order to go through the stages of adaptation with patience and satisfaction.

8. What methods do you think should be held to improve the school performance?

Child psychology is very important knowledge in practical work with children. One of the crucial conditions for successful work of teachers is to know child's psychological development, interests and peculiarities of thinking skills. Here I find gradual methods of adapting children from individuality to social life to be effective.

9. How does your pedagogical team support you?

I admire teachers' ability to show energy and enthusiasm, active mood, clear goals, passion, kindness and attention to people, initiative and the ability to support progress, establish discipline in public places. And I would like to say that I really appreciate their knowledge and great passion for work. I rely only on my pedagogical team and I believe that together we are strong. I would like to express my gratitude to everyone for their efforts.

We would like to express our gratitude to our principal N. Kuchkarov for his hard work and attention to us! Thank you!





Hakimova Umida

"My experience at Warwick University in the UK"

In 2021-2022, I studied at MA TESOL course (Master Degree) at Warwick University in the UK. As a postgraduate student, I gained a huge baggage of knowledge and experience. Here I am going to share some tips which can be handy for you if you are planning to study abroad.

Some tips for students who are going to study abroad

- 1) My very first advice would be that you should try to be open to share your experience as well as listen to others' stories. Being shy or staying silent most of the time do not mean that you are polite. Also, you will see yourself among different cultures. So being tolerant, respecting cultures and values of other nationalities will help you enjoy this diverse environment.
- 2) Another important thing to keep in mind is effective time management. Terms finish very fast - one term lasts 10 weeks and then assignments are coming! The assignment questions are given at the beginning of the module and students are expected to read a lot and start working on their assignments. What impressed me most is that the professors at Warwick are very supportive and friendly. You can write to your module tutors via email and they are fast to answer back. Also, after the term ends, module tutors usually organize extra sessions in which students can ask questions related to the assignments.
- 3) There are lots of study spaces on campus and most of them are open 24/7. It is a good idea to try various study spaces and find the one which suits you best. For example, I enjoyed the library and its facilities.
- 4) Maintaining physical and mental health can be considered another key to success in your studies. It would be useful to join sports center and ask mental care professionals for help if you need any. I myself tried to walk at least 30 minutes a day in the nature without thinking about my workload (a friend of mine who studied abroad recommended) and it really improved my concentration. When feeling homesick, for example, I found it relaxing to cook Uzbek bread (with onion or with meat) in the oven and shared it with my international friends. They liked it so much and were happy to know how our bread tastes.
- 5) I still remember that when I was a pupil I used to read a lot about London, its sightseeing such as Big Ben, Buckingham Palace, London Eye, The Tower of London, etc. with great interest. These childhood memories became reanimated one by one when we visited London and saw these sights. It is hard to express how excited I felt at that time. What I would like to recommend is to use the opportunity to explore the UK and enjoy each moment of your stay there.



GETTING OUR PIECE OF THE PI: WOMEN IN SCIENCE

By Munisa Akbarova

I am very interested in the challenges and obstacles that women in the stem field confront. So I interviewed Muhabbat and Sabohat teachers, two of the school's outstanding female STEM teachers.



What inspired you to pursue a career in STEM?

Sabohat teacher: I had a fantastic teacher while I was a college student. I think what she did was inspiring. She frequently spoke to us about topics other than physics. Besides, her lectures on classical physics and mechanics theories were excellent. Although I've had many great teachers who have taught me, she has given me the energy to enjoy this science.

What do you see as the biggest challenge facing women in STEM fields today?

Sabohat teacher: Work-life balance challenges: Women often face challenges balancing their caregiving responsibilities with their careers, which can be particularly difficult in fields that demand long work hours and extensive travel. They may also face social and cultural barriers, including stereotype threat and imposter syndrome, which can affect their confidence and self-esteem.

What are the benefits of having more women involved in STEM fields?

Sabohat teacher: On the other hand, having more women involved in STEM fields can bring many benefits, including increased diversity and creativity, more innovation, and fresh perspectives. Women in STEM can also serve as role models and mentors for younger generations of girls and inspire more girls to pursue careers in these fields. Additionally, research shows that diverse teams lead to better problem-solving and decision-making, ultimately benefiting everyone.

Have you ever experienced any gender bias or discrimination in your STEM career? If so, how did you handle it?

Muhabbat teacher: Throughout my career, I have never encountered a gender bias in my workplace or society. Management and colleagues treat employees the same way. There was no need for a solution to this dilemma as long as there was no disparity.



Can you speak to any unique challenges you have faced as a woman in STEM?

Muhabbat teacher: To work in the sphere of STEM, women should spend time on this at work. In addition, I'm having some difficulty because of the language barrier. The majority know that in some Central Asian countries, Russian and English may be the primary language used in STEM fields, which can disadvantage women who are not fluent in these languages.

How do you think we can increase diversity and representation in STEM fields, particularly among women and underrepresented groups?

Muhabbat teacher: Remove biases: Gender and racial biases that discourage women and underrepresented groups from pursuing STEM careers must be addressed to ensure equal opportunities. It is possible to achieve a professional level if we combine the foreign education system with our national education system. Providing opportunities for young people to interact with successful scientists, engineers, and technologists from different backgrounds can help them see a clear pathway toward STEM careers.

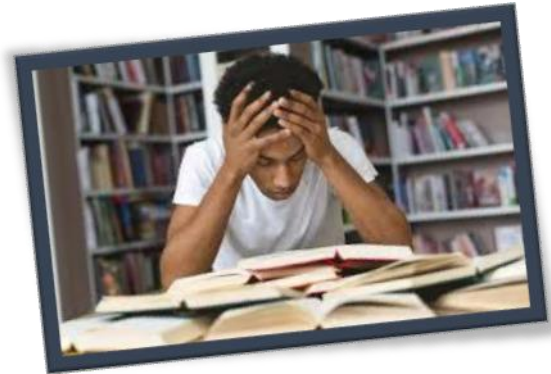
What advice would you give to young women aspiring to pursue a STEM career?

Muhabbat teacher: Women in STEM fields should work on themselves more, use information and communication technologies, and study foreign languages. To pursue a profession in the STEM field, you mostly need to possess these skills. Additionally, I believe that having a solid understanding of psychology will benefit people working in the teaching field and women in STEM.

I would like to express my gratitude to these wonderful teachers as talking to them provided new insights into the way I think of the role of women in STEM.



Bakhriddinov Abdulaziz



Exams! Huuh?! Each time you hear about them you might feel really stressed. Usually exams are held at the end of the year or at the end of the term. When you are solving a test, you may get depressed and have a flow of strange thoughts. As you guessed we want to talk about exam stress and how to avoid it.

Imagine, you are in the exam and the exam sheets are distributed. You start to solve the tasks and you start to feel stress when you miss some questions. It is a really sad situation. When you think of your result during the exams like some people, your results are going to get decreased. There are some people who do not even care about the result but have the highest scores. It is because they only solve the test.

You can avoid the stress by using the following 7 ways:

1. A Day before the exam you should eat well. Your body needs the nutrients it gets from food in order to keep functioning properly.
2. A day before the exam you need to sleep well. Wind down before bed. Your body needs to have a rest.
3. Exercise before the exam. It helps to calm you down.
4. Try to have positive thoughts or inspirational statements. Your mind gets refreshed and you will be totally free of negative thoughts.
5. Use some relaxation techniques.

There are many ways you can find if you search and they also help to calm you down before the exam.

These were the ways that help to avoid the exam stress. I hope they will be useful for you.



Exam stress survey



Mirzamaxmudov Asadbek and Tokhirov Abdulaziz

Two students of grade 7-03 conducted a survey among the students of class 7-03 to study their attitudes towards exam stress. 14 students participated in the anonymous questionnaire, which consisted of 9 questions.

According to the survey results, 70% of the students have been found to get stressed before exams, being very much worried about their exam grades. One student has written that he is afraid of being expelled from school because of low exam grades. However, another student has stated that an exam is a great opportunity to improve their knowledge.

When students were asked what they usually do before exams, 85% of the students have replied that they revise the learnt materials, while only 2 students have a rest before an exam.

Regarding the most stressful exam type, nearly all the students have found Final control work (CHSB) to be the most stressful one, whereas one student has chosen Midterm control work (BSB).

The majority of the students have answered that they get stressed if the exam results are not good. 2 students have written that they try to study harder if the exam results are low. Interestingly, another 2 students are afraid of being scolded by the science teacher.

Students were also asked whether exam stress had benefits for them. None of the students have found any good in exam stress. All of them have confirmed that getting stressed during the exam can lead to bad consequences.

57% of the students have written that they feel physical symptoms such as headache, hand tremors, nervousness during the exam. Surprisingly, 6 students have been found not to feel any physical symptoms.

Finally, in order to relieve exam stress, 4 students recommended to have a rest to overcome exam stress. Another 4 students said that they should read more books. 6 students advised that they should drink more water and eat good food before exams.



On the way to **SUCCESS!**

Our **1st Graduates** and their **wishes** for
next generations...



Nazarov Bekzodbek

Never **give up** on your **goals** no matter what happens! I believe you **can** do it!

We should **remember** that we **can** always make the world a **better** place!



Saypiddinova Gulbadanbegim



Yusufjanov Akhrorbek

Dear brothers and sisters, I wish you good luck in your studies. Always be **helpful** to one another, **respect** all the teachers, **obey** the rules. It will only help you. I wish you aaaaalll the very-very-very best!

Never be arrogant because when the game is over, both the king and the pawn are put in the same box. Don't stop learning. And remember that **THE ONE WHO** ordered us to learn(read) will one day definitely **ask** if we **have learned(read)**..



Abdujabborova Rukhshona



Khaminjonova Kholida

All of our dreams can **come true** if we have the **courage** to **pursue** them!

Your status when you achieve success is better than what you take when you achieve it. For people your **result** is important, **not the difficulties** you faced while trying. Thus, your result needs to be **GREAT!**



Khamidjonova Ma'suma



Hamraboyeva Laylo

If you want to be respected in the **world**, learn; if you want to find honor in the **hereafter**, learn; if you want to achieve **both**, **learn!**

If your plan **doesn't work**, **change** the **plan**, but **not the target!**



Yusupova Shohsanam



Abdurayimova Nigora

A lot of **effort** means a lot of **success**. Thus, **don't back down** on the way of your goal!





Bakhodirov Jaloliddinkhuja

The pain of **discipline** or the pain of **failure**? You **choose**.

We should always have a **purpose** in life because we cannot **achieve** anything without an **exact** purpose!



Turgunaliyev Diyorbek



Abdumajidov Elyorbek

Give up on unnecessary things if you want to achieve success. **What you find** when you achieve success will definitely be **better** than **what you lost** trying!

Everything is created **twice**: first in **mind**, and then in **reality**.



Olimjonov Muzaffar



Rakhmonzoda Barkamol

There is always a **right way**, but it is **up to us** whether to **find it**".





Sharobiddinov Pahlavon

In life not everything will be as you want them to be, and you should be ready for that. Every **success** and **failure** comes from **Allah**. There will always be accidents in life.

Don't be angry, be grateful!



Karimova Rayhona



Anvarov Muhammadjon

Do you want to **sleep**. Sleep, you will see your **wishes** come true in your **dream**!

If the **world** does **not smile** at you, **smile** at the world **yourself**!



Alijanov Abbosbek



Ergasheva Musavvara

If you want to **achieve** success, say **no** to **5** things:

1. Sleep
2. People who don't believe in you
3. Complaints
4. Excuses
5. Irresponsibility





Mirzaolimov Saidjon

A **clever** student never tries to have a **good mark** because s/he knows that the mark **does not decide** anything!

Smile! **No one cares** about your **problems!**



Odiljanova Munisa



Azizov Jasurbek

My teacher once said: "You will miss your schooldays. So don't escape from my lessons"...And **now** I really **want** to escape from the lessons of life and participate in **that teacher's lesson!**

I **have to show** that I **can** do it to the people who think that I **can't!**



Yoqubjanova Hilola



Mannapov Ismoil

"Never say that you can't! **Be patient!** Try a lot! **99%** of what you need to achieve succes is **effort** and the rest **1%** is **ability!**





Ma'murjonova Rukhshona

The only person you can trust is yourself. Thus, always **believe in your strength** and knowledge so that you will **never fail**. I wish you **good luck** on your studies!

Today a **reader**, tomorrow a **leader**!



Qosimjonov Axrorbek



Khaydarov Nurbek

Your dream does **not** come to you, you should go **towards it**!

Life lasts for **10 minutes**: from "**call to prayer**" to "**prayer**"



Muminov Oybek



Tòxtapòlatov Sodiqjon

GoO D LucK!





