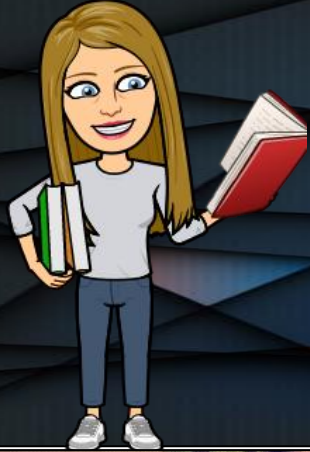




مدرسة بوسطن الخاصة  
PRISTINE PRIVATE SCHOOL

# PRISTINE PRIVATE SCHOOL SHARED SHELVES

ISSUE NO 4 | NOV. 2020 | A MESSAGE FROM THE LIBRARIAN



Greetings! Another issue of **Shared Shelves** to bring you a bit of light reading during your leisure time allowing you to get a flavour of the different avenues of literature, travel, entertainment and research. We love receiving your feedback and suggestions and have included some of the responses in the issue as well. Continue writing to us so that we keep including your areas of interest in the newsletter.

The UAE day is around the corner and we have included space for you to share how you will be expressing your joy for the occasion. Book links to some of the suggested readings have also been provided to get you started on your favourite books. Take a peek!

4-designer.com



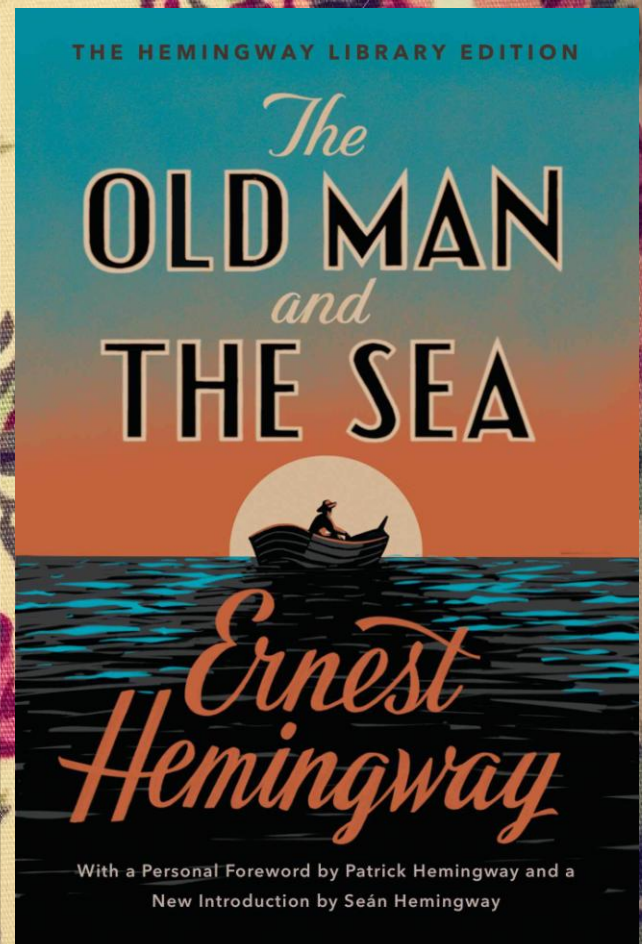
The central character is an old Cuban fisherman named Santiago, who has not caught a fish for 84 days. The family of his apprentice, Manolin, has forced the boy to leave the old fisherman, though Manolin continues to support him with food and bait. Santiago is a mentor to the boy, who cherishes the old man and the life lessons he imparts. Convinced that his luck must change, Santiago takes his skiff far out into the deep waters of the Gulf Stream, where he soon hooks a giant marlin. With all his great experience and strength, he struggles with the fish for three days, admiring its strength, dignity, and faithfulness to its identity; its destiny is as true as Santiago's as a fisherman. He finally reels the marlin in and lashes it to his boat.

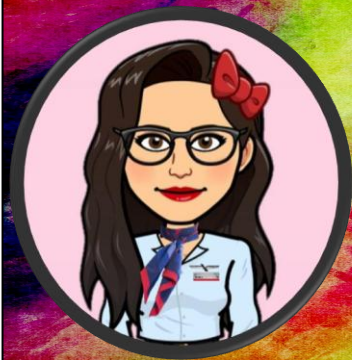
Click this link to read the story: <https://tinyurl.com/y3n2kpjs>

## DISCUSSION QUESTION:

How does Santiago's comment about the fish's pain help to portray his own physical condition?

Share your insights here: <https://tinyurl.com/y2uru6ho>





This **Travel Guide** section will give you an opportunity to take a look at the interesting facts and must visit places of your favourite country! You can suggest the things that you want to know and the places that you want us to feature in this newsletter!

Just click this link: <https://tinyurl.com/y2uru6ho> and post your suggestions!

# TRAVEL GUIDE

## Norway

Stunning fjords, snow-dusted mountains, dancing Northern Lights, heart-shaped waffles slathered in fresh berry jam, beds that feel like clouds, and a never-ending supply of heated bathroom floors. These are just a few things that we will love about Norway. But other than just being a gorgeous slice of Scandinavian paradise, Norway is also a pretty interesting country! Let's find out why?!

I know everyone is familiar with the famous **Northern Lights** in Norway!

The Arctic Circle runs through the northern part of Norway, meaning that locations above this line experience both Polar Night and the Midnight Sun, and offer a good chance of seeing the Northern Lights during the dark winter months.

One common misconception is that you can see the Northern Lights everywhere in Norway. This is not true; they are very rarely visible as far south as, say, Bergen or Oslo. For your best chance of seeing them, you want to be at least as far north as the city of Tromso, nicknamed the "Gateway to the Arctic."

Another misconception, it is pitch black during Polar Night. This also isn't really true. While it's true that the sun doesn't rise above the horizon in the dead of winter when you're above the Arctic Circle, most places still experience the equivalent of several twilight-like hours per day; it's not 24 hours of full darkness.

Kjosfossen is one of the most visited waterfalls in Norway, located next to the Flåm Railway. It's an impressive sight and the sound of the water is like thunder.

### Northern Lights

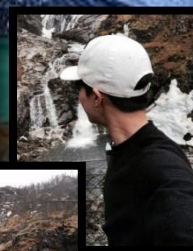


Click this link to watch a video:

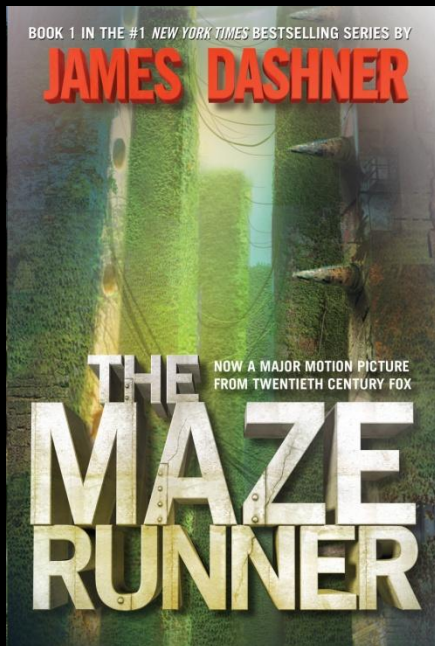
<https://tinyurl.com/y3o97kvq>

Prime spots for spotting the **Northern Lights** in Norway:

1. Tromso
2. Kirkenes
3. North Cape
4. Svalbard



Kjosfossen



Thomas (Dylan O'Brien), a teenager, arrives in a glade at the centre of a giant labyrinth. Like the other youths dumped there before him, he has no memory of his previous life. Thomas quickly becomes part of the group and soon after demonstrates a unique perspective that scores him a promotion to Runner status -- those who patrol the always-changing maze to find an escape route. Together with Teresa (Kaya Scodelario), the only female, Thomas tries to convince his cohorts that he knows a way out.

You can also recommend some of your favourite stories to be featured in this section. Click this link to recommend a book to your fellow Pristinians: <https://tinyurl.com/y2uru6ho>

Read the book by clicking this link: <https://tinyurl.com/yxmaf3zk>

## 💡 Did you know? 💡

### Sleep loss hijacks brain's activity during learning

Sleep is crucial for consolidating our memories, and sleep deprivation has long been known to interfere with learning and memory. Now a new study shows that getting only half a night's sleep - as many medical workers and military personnel often do - hijacks the brain's ability to unlearn fear-related memories. That might put people at greater risk of conditions such as anxiety or posttraumatic stress disorder.

ScienceDaily®

Read more about this article. Click the link below:

<https://tinyurl.com/y3zl64hj>

Discover and share your insights about this article.

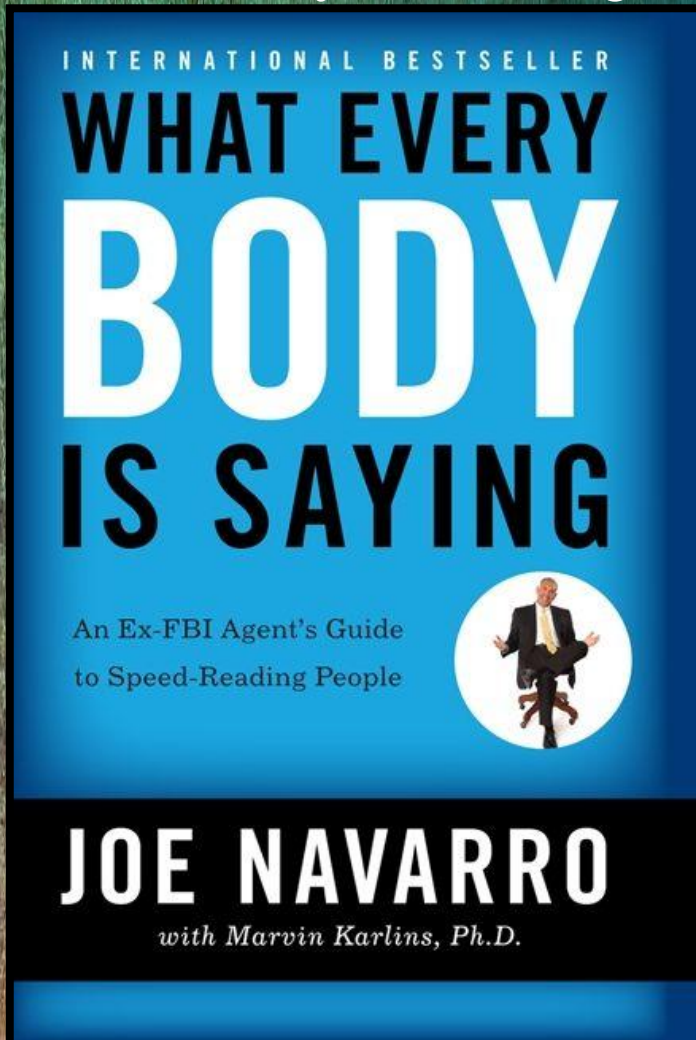
Click this link to post your comments:

<https://tinyurl.com/y2uru6ho>

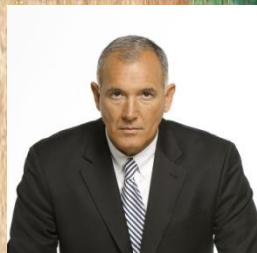


Be a

# Healthy Being for a Better Living



Joe Navarro, a former FBI counterintelligence officer and a recognized expert on nonverbal behaviour, explains how to "speed-read" people: decode sentiments and behaviours, avoid hidden pitfalls, and look for deceptive behaviours. You'll also learn how your body language can influence what your boss, family, friends, and strangers think of you.



Be mindful when drinking tea. Taking a mindful tea break is a powerful way to stop the racing mind and come to the present moment. Make tea and as you drink it focus your attention fully to the experience by tuning into your senses. Feel the warmth of the cup in your hands, taste the tea with each sip, notice the sounds around you. When you feel your mind wandering, let go of your thoughts and come back to the sensation of the warmth of the tea cup in your hands.

Read this book and send your nonverbal intelligence soaring. You will discover:

- The ancient survival instincts that drive body language
- Why the face is the least likely place to gauge a person's true feelings
- What thumbs, feet, and eyelids reveal about moods and motives
- The most powerful behaviours that reveal our confidence and true sentiments
- Simple nonverbal that instantly establish trust
- Simple nonverbal that instantly communicate authority

Filled with examples from Navarro's professional experience, this definitive book offers a powerful new way to navigate your world.

Click this link to read this book: <https://tinyurl.com/yxr6djup>

# United Arab Emirates

## Happy 49th UAE National Day

The UAE people celebrate their **49th UAE National Day 2020** (الامارات ي الوطني ال يوم 49) on the **2nd of December** every year. In July 1971, six of the Trucial States (Abu Dhabi, Dubai, Sharjah, Umm al-Quwain, Ajman, and Fujairah) agreed on a Federal Constitution for achieving

How well do you know United Arab Emirates?  
How will you celebrate this event with your family?  
We would love to hear your experience and your stories!  
Click this link to share: <https://tinyurl.com/y2uru6ho>



Click this link to know more about the upcoming UAE National Day:  
<https://uaenationalday.net/>

## Shared Shelves Corner

-Wonder ( R. J. Palacio)  
-Miss Peregrine's Home for Peculiar Children (Ransom Riggs)  
-The Alchemist (Paulo Coelho)  
-IT (Stephen King)

### Book Wishlist:

-Inside the criminal mind (Stanton Samenow)  
-The Anatomy of Evil (Hannu Lauerma)  
-Snakes in Suits (Robert D. Hare)

Jade Anzon 9A



One of the best anime series which really touches your heart  
- 'Erased'

I wanted to put my comments about it here too but I'm not going to ruin your fun. Please watch it I beg you.

Muhammad Meesam 10B



- Speak by Laurie Halse Anderson ,
- Their Eyes Were Watching God
- by Zora Neale Hurston ,
- Things Fall Apart by Chinua Achebe
- The Hate U Give by Angie Thomas

Mariyam Khan 11A



The more you READ,  
the more things you will KNOW,  
the more you LEARN  
the more places you will GO



Thank you for your comments and suggestions! Here are some of the books that I found and we can share to everyone!  
Click these links to read the books:

1. Their Eyes were Watching God-  
<https://tinyurl.com/y2q2f335>
2. Speak-  
<https://tinyurl.com/y3mblhth>
3. Things Fall Apart-  
<https://tinyurl.com/y3eo3bkd>
4. Wonder-  
<https://tinyurl.com/y6kqauxs>
5. The Alchemist-  
<https://tinyurl.com/y58ed8mz>

ENJOY READING!!!