



ICSMILAN Insights

28
JUNE

ICS Milan

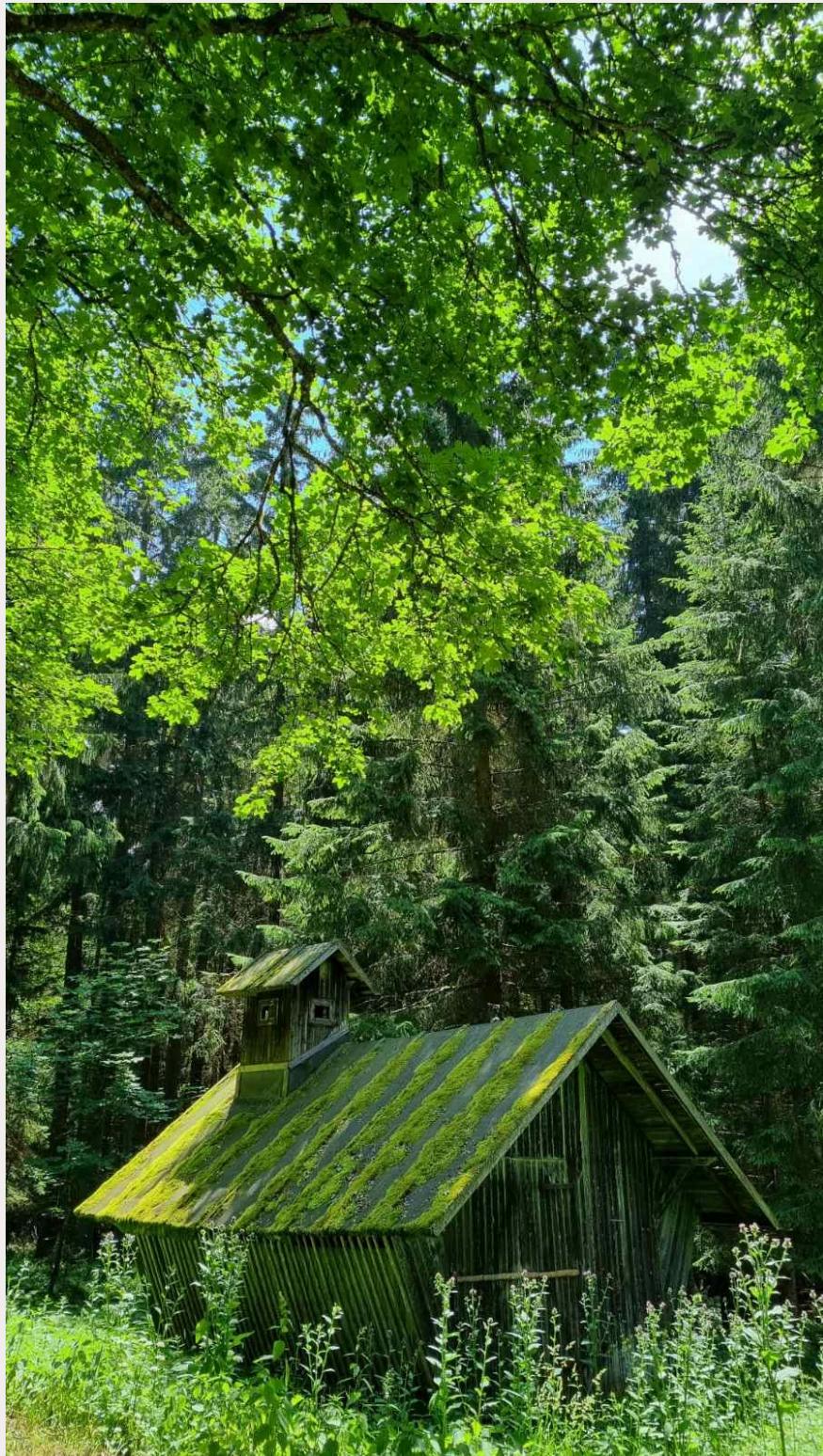
SUMMER
EDITION

SUMMER
SPORTS

MENTAL
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SUMMER
PLAYLIST

Interview



Source: Jan Kalabiska

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Have an overview of our content. In this edition of the ICS Milan newspaper you will be able to find out about upcoming events at ICS, and some of our favourite Summer-related activities.

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COMING UP AT ICS

Summer Holidays



I'm thrilled that summer is finally here! The thought of long, lazy days and warm nights is all I can think about. I'm so excited to take a break from the usual school routine and enjoy the freedom that summer brings. I'm looking forward to spending time with friends and family, exploring new outdoor adventures, and making memories. Whether it's lounging by the pool, having a backyard barbecue, or simply taking a relaxing drive with the windows down. -Jan Kalabiska

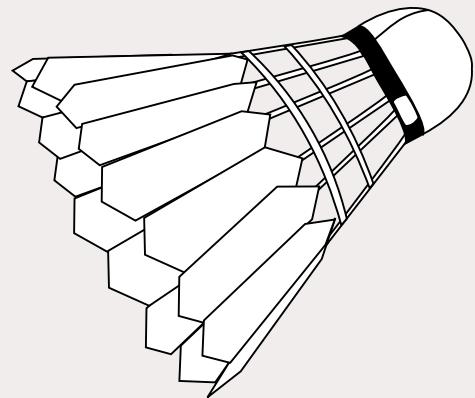


SUMMER SPORTS

BY JAN KALABISKA

Summer is a great time of year for sports enthusiasts as the weather warms up and outdoor activities become more enjoyable. From traditional team sports to individual activities, there are plenty of options to choose from when it comes to staying active in the spring.

One popular summer sport is baseball, which kicks off its season in the early months of the year. Whether you're playing in a local league or just enjoy a casual game of catch with friends, baseball is a great way to get outside and enjoy the fresh air.



Another classic summer sport is soccer.. Whether you're playing on a competitive team or just kicking the ball around in the park, soccer is a great way to get a good workout and have fun at the same time.

For those looking for a more individual sport, running and cycling are great options in the summer. With the warmer weather there's no better time to hit the pavement or the trails and get in some cardio.

Tennis is another popular summer sport that can be enjoyed by people of all ages and skill levels. Whether you're playing singles or doubles, tennis is a great way to improve your hand-eye coordination and get a good workout at the same time.

For those looking for a more low-key summer sport, golf is a great option. With the trees and flowers in bloom, hitting the links in the summer is a beautiful way to enjoy the outdoors and work on your swing.

Overall, summer is a great time to get outside and enjoy a wide variety of sports. Whether you prefer team sports like baseball and soccer, individual activities like running and cycling, or a more leisurely sport like golf, there's something for everyone to enjoy in the summer. So grab your gear, head outside, and get active this summer season!

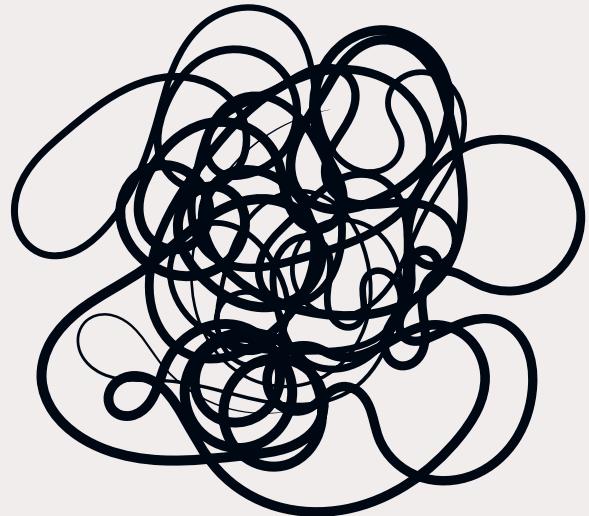
CHAMPION



STRESS AND PROCRASTINATION

BV JAN KALABISKA

In the fast-paced world of academia, students often find themselves juggling multiple responsibilities, deadlines, and expectations. This can lead to feelings of stress and overwhelm, which in turn may trigger procrastination, influencing academic success and well-being. We will explore practical strategies to help students navigate stress and overcome procrastination effectively.



Strategies to Manage Stress:

1. Time Management: Establishing a structured schedule can help students prioritize tasks and allocate time efficiently. Breaking tasks into manageable chunks and setting deadlines can reduce feelings of overwhelm and increase productivity.
2. Self-Care: Taking care of one's physical and mental well-being is crucial in combating stress. Engaging in regular exercise, eating a balanced diet, getting enough sleep, and practicing mindfulness or relaxation techniques can help students recharge and stay focused.
3. Seeking Support: It is important for students to reach out for support when feeling overwhelmed. Whether it be talking to a friend, family member, counselor, or academic advisor, seeking help can provide valuable insights and assistance in managing stress effectively.

Strategies to Overcome Procrastination:

1. Breaking Tasks Down: Instead of viewing a project as a daunting whole, break it down into smaller, more manageable tasks. By focusing on one step at a time, students can make progress and avoid the temptation to procrastinate.
2. Setting Realistic Goals: Setting specific, achievable goals can help students stay motivated and on track. By creating a timeline with clear milestones, students can monitor their progress and stay accountable.
3. Eliminating Distractions: Identify and eliminate distractions that may contribute to procrastination, such as social media, excessive screen time, or a cluttered workspace. Creating a conducive environment for studying can boost focus and productivity.



In conclusion, stress and procrastination are common challenges that students face, but with proactive strategies and effective coping mechanisms, they can be overcome. By cultivating good time management practices, prioritizing self-care, seeking support, breaking tasks down, setting realistic goals, and eliminating distractions, students can navigate stress and procrastination successfully and achieve their academic goals with confidence. Remember, it's okay to seek help and take breaks when needed – self-care is essential in maintaining a healthy balance and overall well-being.



RECYCLING AT ICS

BY JAN KALABISKA

As the global concern for environmental sustainability continues to grow, one would think that recycling would be a common practice among students. However, in our school, students are not recycling as much as they should be.



There are several reasons why students may be struggling with recycling. One of the main factors is a lack of awareness or education about the importance of recycling and the impact of waste on the environment. Without proper education, students may not fully understand the consequences of their actions and may not feel motivated to recycle.

Another reason for the students' inability to recycle could be a lack of convenient recycling options in school. If recycling bins are not easily accessible or clearly labeled, students may not make the effort to separate their waste and recycle properly. Additionally, the lack of proper infrastructure for recycling, such as limited recycling facilities or programs, can hinder students from recycling effectively.

In some cases, students may simply be apathetic towards recycling. With the fast-paced and often stressful school life, students may prioritize other tasks over recycling or may not see it as a priority in their daily routine.

Despite these challenges, it is crucial for students to recognize the importance of recycling and take action to reduce their waste. Recycling not only helps conserve natural resources and reduce pollution, but it also teaches students valuable lessons about responsibility.

Educational institutions can play a key role in promoting recycling among students by providing adequate resources, organizing educational campaigns, and making recycling a priority on campus. By raising awareness, providing convenient recycling options, and fostering a culture of sustainability, schools can empower students to make a positive impact on the environment through recycling.

In conclusion, students may face various challenges when it comes to recycling, but with the right education, resources, and motivation, they can overcome these obstacles and become active participants in creating a more sustainable future. It is important for students to recognize the significance of recycling and take steps to incorporate it into their daily lives for the betterment of the planet.

BEING A PODCAST HOST TODAY

BY GIORGIO VALDMAN

We got the honour to interview Matteo Lupo, a podcast host and Hosting History YouTube channel host.



When did you start?

“ I started on the 22nd of November 2022, and in the video I talked about how Germany invaded France. Make sure you check it out!”

Why did you start?

“I just love history, it's my passion, my thing, and I wanted to spread this passion with others

What would you ask another podcaster?

“I would ask how they always have a calm voice”

How do you achieve that calm voice?

“People judge my voice, but I would say for a calm voice I take a deep breath and I start talking, making many interruptions in the podcast so that in the final version my voice seems more fluent” said Matteo

How do you know a recording went perfect?

“You don’t” he said chuckling “I just put it on the internet hoping my subscribers will like it, and if they do, that’s how you know it’s perfect”

Do your parents know about it and what do they think?

“They’re pretty supportive, they give me advice because at the beginning I was lacking many things; the quality of my videos wasn’t as good as the newer ones.

I have a lot to work on.

The support of my parents is fundamental for my channel and me though”

When did your history passion begin and why?

“I’d say that I always loved history as I always enjoyed watching documentaries and go into detail on some topics but I’d label it as a real actual passion since the start of middle school, so about two years ago..

Where does your passion come from?

“My heart” said Matteo



How do you record? Do you have a studio?

“My studio is my bedroom” said Matteo. “I got the Shure MV5 as a present, which is my main microphone. I edit the podcasts from my iPad and the videos for youtube on my computer.



• Shure MV5

Fun Facts:

Matteo records many many times to get it right. "After recording, I rage" said Matteo.

It was an absolute pleasure being able to talk to Matteo Lupo and seeing the world of a Podcaster and a Youtuber!



THE SILENT SUFFERING OF MEN: MALE LONELINESS

BY JAN KALABISKA

In recent years, there has been a growing awareness of the issue of loneliness, particularly among women. However, another group that is often overlooked is men. Male loneliness is a silent epidemic that can have serious consequences on mental and physical health. In this article, we will explore the reasons behind male loneliness, its impact on men's lives, and provide tips on how to help alleviate this issue.



Why are men more likely to experience loneliness?

There are several reasons why men are more likely to experience loneliness than women:

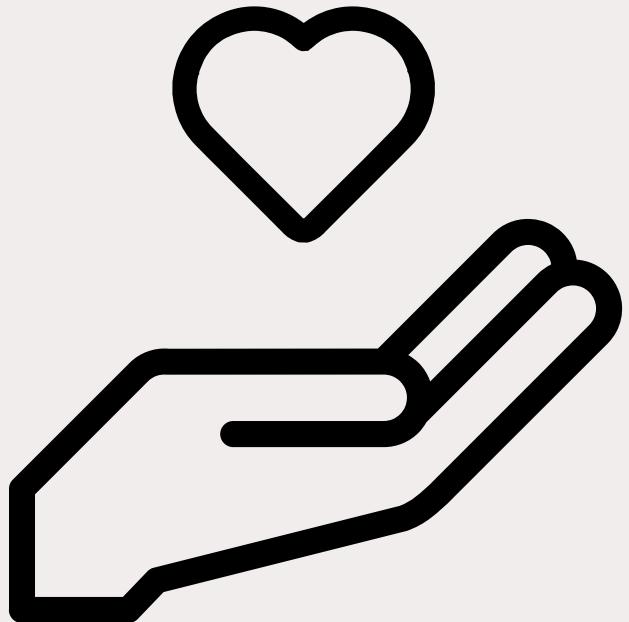
1. **Traditional gender roles:** Men are often socialized to be strong and independent, making it difficult for them to express emotions and seek help when needed.
2. **Lack of social connections:** Men are more likely to work long hours and spend less time socializing with friends and family, leading to feelings of isolation.
3. **Mental health stigma:** Men are often less likely to seek help for mental health issues due to the stigma surrounding masculinity and vulnerability.

The impact of loneliness on men's lives

1. **Depression and anxiety:** Chronic loneliness can lead to increased symptoms of depression and anxiety.
2. **Cardiovascular disease:** Research has shown that social isolation can increase the risk of cardiovascular disease.
3. **Mortality:** A study by the American Psychological Association found that lonely individuals are more likely to die prematurely.

Tips for helping men with loneliness

1. Listen actively: When talking to a man who is experiencing loneliness, actively listen to their concerns and validate their feelings.
2. Encourage self-care: Encourage men to prioritize self-care activities, such as exercise, meditation, or hobbies.
3. Offer support: Be prepared to offer support and resources to help men overcome loneliness.



Male loneliness is a significant issue that can have serious consequences on mental and physical health. By understanding the reasons behind male loneliness, its impact on men's lives, and providing tips on how to help alleviate this issue, we can work towards creating a more supportive and connected society for all individuals.

The sense of loneliness can lead to a deep-seated despair that can manifest in devastating ways. The isolation that many men experience can be a crushing burden. In some cases, this prolonged sense of isolation can ultimately culminate in tragic consequences, as the individual feels unable to escape the darkness that has consumed them, leading to a desperate act of self-harm, such as suicide. The next article will go more in detail on this topic.

SUICIDES IN ITALY: CHILLING NUMBERS

BY GIORGIO VALDMAN

A few days ago, another man killed himself, jumping to the metro's tracks and getting run over. And that gets thinking: how many people commit suicide every year in Italy? Why, where and how? Suicide is a complex and sensitive topic that affects individuals, families, and communities worldwide. According to the World Health Organization (WHO), close to 800,000 people die due to suicide every year, making it a significant public health concern.

There are various factors that can contribute to suicidal thoughts and behaviors. Mental health disorders such as depression and anxiety are among the main causes of suicide. These disorders can impair an individual's ability to cope with life's challenges and increase the risk of suicidal ideals. Additionally, traumatic life events such as abuse, bullying, death of loved ones and relationship problems can also increase suicidal tendencies.

In Italy the numbers publicly available are low, in fact the last official document released by ISTAT, the National Statistics institute goes back to 2015, but through some digging I found out data up to 2021. In Italy in 2021 a total of 3810 people committed suicide, 200 more than 2020, 2989 of which were men and 821 women. We don't have data specific to Milan but just to Lombardia, the leading region in Italy by suicides, in which a total of 659 people suicided in 2021. The area with most suicides is the NORTH-WEST, where Lombardia is, with a whopping 1152 suicides while the least is Molise, with just 12 suicides in 2021, overtaken by Valle d'Aosta, the least populated region in Italy, just by two. Istituto Nazionale Statistica (2021). Suicidi - popolazione di 15 anni e oltre. [online] dati.istat.it. Available at: http://dati.istat.it/Index.aspx?DataSetCode=DCIS_SUICIDI [Accessed 20 Feb. 2024].

The most popular way to commit suicide overall amongst both men and women is hanging with 52% men and 32% women followed by jumping from high places. Suicide is the 4th leading cause of death globally (WHO), increasing more and more since we are becoming part of a very fragile generation. For example there is an increasing number of overdoses from anti-depressives medicines, since the number of mental health diseases increased exponentially in the last decade. Over 2 million euros were spent on anti-depressives and anti-anxiolytics.

Preventing suicide is becoming more and more an urgent necessity. One key aspect of prevention is raising awareness about mental health issues and reducing the stigma associated with seeking help. Educating individuals about the warning signs of suicide and encouraging open dialogue can help create a supportive environment where people feel comfortable reaching out for assistance.

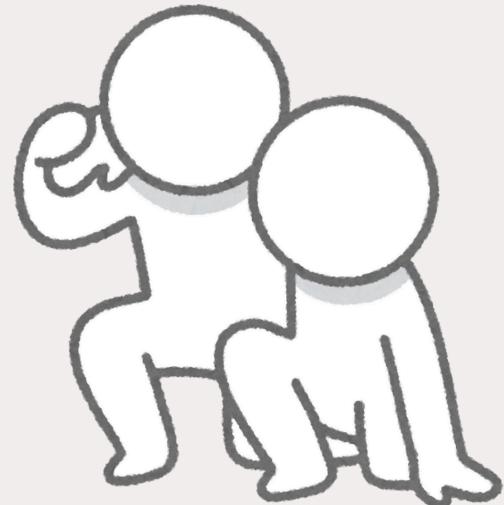


Access to mental health care is another crucial component for suicide prevention. Governments and healthcare organizations must invest in resources and services that provide timely and affordable mental health treatment. This includes increasing the availability of counseling services, hotlines, and support groups for those in need.

Suicide is a complex issue with devastating consequences, but it is not insurmountable. By raising awareness and implementing effective prevention strategies, we can work towards reducing the attempts of suicide and supporting those people who experience it first hand. It is essential for individuals, communities, and governments to come together to prioritize mental health and create a world where everyone feels valued, supported, and hopeful for the future.

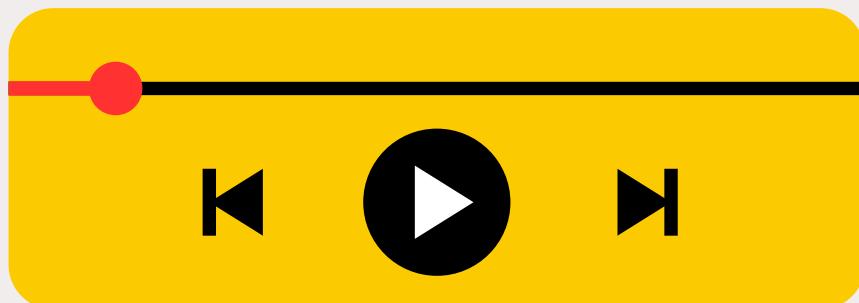
IF YOU NEED HELP OR KNOW SOMEONE WHO'S STRUGGLING, TALK ABOUT IT.

Samaritans: 06 77208977



SUMMER TUNES

KEEP UP THE VIBE!



Shut me up
Nicky Youre



Hall of Fame feat. will.i.am
The Script



I ain't worried
OneRepublic



Walking On Sunshine
Katrina & The Waves



Adventure of a Lifetime
Coldplay



Here comes The Sun
The Beatles



Pompeii
Bastille



Golden
Harry Styles



Watermelon Sugar
Harry Styles



Viva La Vida
Coldplay



Good Vibrations
The Beach Boys



The Weekend
Michael Gray



Money
Pink Floyd



Gimme Shelter
The Rolling Stones



Bad Habit
Steve Lacy



Gimme! Gimme! Gimme!
ABBA



Daylight
Harry Styles



Be My Baby
The Ronettes



Counting Stars
OneRepublic



Selfless
The Strokes



Up With The Birds
Coldplay



As It Was
Harry Styles



I Ain't Quite Where I Think I Am
Arctic Monkeys



Lucy In The Sky With Diamonds
The Beatles



Happy Together
The Turtles



Strawberry Fields Forever
The Beatles



Free As A Bird
The Beatles



Standing Next To Me
The Last Shadow Puppets



Sweet Dreams, TN
The Last Shadow Puppets



505
Arctic Monkeys



Sugar
Maroon 5



Snap Out Of It
Arctic Monkeys



High Hopes
Panic! At The Disco



I Wanna Be Yours
Arctic Monkeys





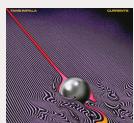
Cake By The Ocean
DNCE



In The Sun
Blondie



It Was A Good Day
Ice Cube



Let It Happen
Tame Impala



Summer
Calvin Harris



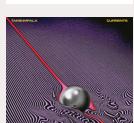
Borderline
Tame Impala



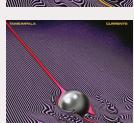
The Hellcat Spangled Shalalala
Arctic Monkeys



Body Paint
Arctic Monkeys



The Less I Know The Better
Tame Impala



New Person, Same Old Mistakes
Tame Impala



Fluorescent Adolescent
Arctic Monkeys



Chaos Space Marine
Black Country. New Road



Satisfaction
The Rolling Stones



Music Sounds Better With You
Stardust



SUMMER RIDDLES

BY JAN KALABISKA

To add a fun and challenging twist to your summer festivities, consider incorporating some hard summer riddles into your activities. These riddles are designed to test your wit and puzzle-solving skills. Get ready to put your minds to the test with these riddles!

1. I'm a symbol of summer's heat, fiery thing that's hard to beat. What am I?

SUNBEAM

2. I'm a treat that's sweet and fine, grown in the summer's warm and divine. What am I?

STRAWBERRY

3. I'm a place where people love to play, in summer days, when the sun shines bright all day. What am I?

BEACH

4. I'm a refreshing drink that's cool and sweet, a summer staple that can't be beat. What am I?

LEMONADE

5. I'm a thing that's often seen at night, a summer delight that's shining bright. What am I?

FIREFLY

6. I'm a type of fruit that's juicy and sweet, a summer snack that can't be beat. What am I?

WATERMELON

7. I'm a place where kids love to swim, on summer days, when the sun is shining within. What am I?

POOL

8. I'm a type of insect that's often found, in the summer heat, when the sun is all around. What am I?

MOSQUITO

9. I'm a thing that's often used to stay cool, on summer days, when the sun is hot and cruel. What am I?

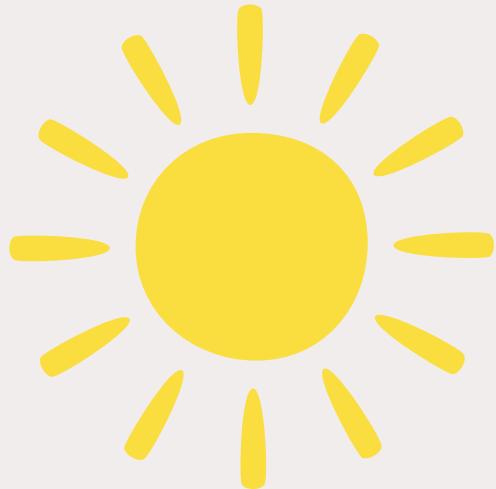
FAN



SUN DAMAGE

BV JAN KALABISKA

Sun damage! It's a common concern for many of us, especially after spending time outdoors during the summer months. Here's a comprehensive overview of sun damage, its effects, and some tips on how to prevent and treat it:



What is sun damage?

Sun damage refers to the harm caused by the sun's ultraviolet (UV) rays to our skin, eyes, and other tissues. UV rays can cause:

1. **Sunburn:** Acute inflammation of the skin, characterised by redness, swelling, and pain.
2. **Premature Aging:** Chronic exposure to UV rays can lead to wrinkles, fine lines, age spots, and a leathery texture.
3. **Skin Cancer:** UV radiation is a significant risk factor for skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma.
4. **Eye Damage:** UV radiation can cause cataracts, eye damage, and even blindness.



Factors that increase sun damage risk

1. Fair Skin: People with fair skin are more susceptible to sun damage due to their reduced ability to produce melanin.
 2. Age: As we age, our skin's natural ability to protect itself from UV rays decreases.
 3. Sun Exposure: Spending extended periods outdoors, especially during peak sun hours (10am-4pm), increases the risk of sun damage.
 4. Latitude: Closer proximity to the equator means more intense UV radiation.
 5. Altitude: Higher elevations receive stronger UV rays.
-

How to prevent sun damage

1. Use Sunscreen: Apply broad-spectrum sunscreen with at least SPF 30, reapplying every 2 hours or after swimming or sweating.
2. Wear Protective Clothing: Cover up with clothing that has a tight weave and seek shade when possible.
3. Seek Shade: Whenever possible, seek shade or wear a hat to protect your face and neck.
4. Wear Sunglasses: Sunglasses with UV protection can help prevent eye damage.
5. Avoid Peak Sun Hours: Stay indoors or take breaks in the shade during peak sun hours (10am-4pm).

How to treat sun damage

1. **Topical Creams:** Use topical creams or gels containing ingredients like retinol, vitamin C, or hydroquinone to reduce fine lines, age spots, and hyperpigmentation.
 2. **Chemical Peels:** Gentle chemical peels can help exfoliate the skin and reduce signs of sun damage.
 3. **Microdermabrasion:** A non-invasive exfoliating treatment that helps improve skin texture and reduce fine lines.
 4. **Laser Therapy:** Laser treatments can help reduce fine lines, age spots, and hyperpigmentation.
-

Additional Tips

1. **Get Regular Skin Checks:** Schedule regular skin checks with a dermatologist to monitor for any signs of skin cancer.
2. **Stay Hydrated:** Drink plenty of water to keep your skin hydrated and plump.
3. **Eat a Healthy Diet:** A balanced diet rich in fruits, vegetables, and omega-3 fatty acids can help support skin health.

Remember: prevention is key! By taking proactive measures to protect your skin from the sun, you can reduce your risk of sun damage and enjoy healthy, radiant skin for years to come