

LMT - Lise Meitner Times

Fall Project Week 2021

How to Survive Home School

A Survival Guide By Zoe Magsam



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Last year we all sat at home, all alone in our rooms. Many of us had problems coping with this odd situation. We all were bored at some point, and nothing really kept us motivated. But in case we will be brought back to homeschooling one day (hopefully not), here are 4 tips to survive homeschooling and stay motivated and happy.

1

**TIME
MANAGEMENT**

Have a
schedule

2

**POMODORO
STYLE**

25 min. work =
5 min. play

3

REWARDS!

Treat yourself
for doing a
good job.

4

BE HAPPY!

Do something
to fight
boredom

Tap Dance - Popular But Underrated

Luise Bredee

Do you know Tap Dance? Many people know it, how it looks and sounds, but no one knows the story behind it. Where



does it come from and how did it originate? Tap Dance has been a popular dance style for several years. It involves the dancer wearing shoes, with attached metal plates to the front and heel. Those shoes are the key to the well known



sound which matches the music, that the "tapping" creates.

Tap Dance originated in the 1830s in New York, where diverse ethnic groups gathered and held competitions, to show off their best moves. This created different styles of tap dancing; for example African shuffle, English, Scottish, Irish tap dance, as well as New American. Between 1900 and 1955, Tap Dance



was the main dance style in the Broadway shows, the American Varieté-theatre (Vaudeville) and the Big Bands. Those were very popular at that time and often hired tap dancers. Tap Dance was also identical to Jazz Dance, since jazz was the most used music genre when performing. Eventually, the dance came to Germany through Egon Bier, who taught the dance style at his dance school. Even though Tap Dance is well known, it is an underrated type of dance nowadays. Combining the individual order of steps is a lot of fun, although sometimes it can be quite exhausting, it is definitely worth it.

1. **Make a time plan** when you want to do your school work, so that you have strict times for working. Wake up, start and stop working at the same time everyday, soon you'll do that automatically and you won't be lazy. After your working period you will never see work again for that day and can enjoy life after that. It's hard at first but you'll be much happier in the end.
2. **Try the Pomodoro Technique** For that, all you need to do is set a timer for 25 minutes, in that period of time you work determinedly. After those 25 minutes of work, you take a five minute break to do something that makes you happy. After the break you start with the 25 minutes again, then repeat this process until you're done with work for the day.
3. **Reward yourself** You could make yourself a little reward system. It doesn't even need to be something big, as long as it motivates you to keep going. Some examples for those rewards would be: **a cool thing you buy yourself, a snack, a YouTube video, a game to play.** If you do that you will receive a reward only if you were strict and worked consistently . The more concentrated you work, the faster you'll get finished and the faster you'll get your little reward.
4. **Do what makes you happy** To stay healthy physically and mentally, you shouldn't forget to do what you really like. That can be anything, it's up to you. Just remember that watching TV and playing video games might be fun, but to really become happy you should do something active. Here are some examples of things you can do by yourself:

Draw or Paint something go for a walk (in your neighbourhood) read a book
 decorate/clean your room bake or cook something learn another language
 learn more about a thing that interests you a lot discover new podcasts meditate
 call some friends do sports
 play a musical instrument/listen to music write a card or letter Write a story or journal

Did you and your friends handle staying motivated? I'm pretty sure we all had our problems, but all in all it was an interesting experience for us, and we weathered this unbelievably special time.

What It's Like To Be A Physicist

By Zoe Magsam

It's a normal Tuesday at around 12 o'clock. Soon there will be an interview with Dr. Olufemi Adeyemi, a physicist at DESY. Unfortunately, because of CoViD19 it's not possible to meet him in person, but only per Zoom Video call. As soon as the cameras are turned on a young man smiling widely introduces himself as Femi. In the background some posters from DESY are covering the wall. When asked how he got to work at DESY, Dr. Adeyemi tells that he was in the UK during Master degree, saw an advertisement from DESY looking for a scientist, he applied. "To work at DESY you should like science, as a student you need to go to the university, the University of Hamburg has many connections with DESY.", Dr. Adeyemi says.



In Secondary school, he was okay at maths and physics, in chemistry, he was a better student, but he explains that his plan was to do engineering. Later on, at the age of 19 when he finished Secondary school and went to University, he found physics more interesting. "Physics is more abstract, simple and elegant", he says passionate. His Doctorate was difficult. "You have to read and write a lot, but you enjoy it. Everything in life is difficult, but you

enjoy what you are doing.”, he says something really inspiring, “sometimes you don’t even think it’s a job anymore. You spend all your time doing it”, he laughs, “you read a lot, but apart from that, it’s interesting. I would definitely recommend it!” Interestingly, Dr. Adeyemi works in every department* of DESY, apart from astrophysics, because he doesn’t like that. Even a great physicist doesn’t have to like every part of physics. He does particle physics, photon science and works with the Accelerator (Synchrotron). He also explains how those work. While studying physics, Dr. Adeyemi went to the library a lot. “Because I’m an abstract person, I don’t go to the lab, all I need is paper and pen, and I’m done.”, he explains. “I do calculation, write programmes and many simulations on the computer. I’m not an experimental guy.” As a physicist, Dr. Adeyemi is quite free to decide when it’s work time. He himself often works at night. It’s flexible. He says, that the project he enjoyed most was his PhD* because it was really exciting and he could collaborate with other people. The linear collider he worked on was his best project so far. Dr. Adeyemi admits that he hates writing reports. Soon, he will be working on an Electron microscope which he is looking forward to. He recommends particle physics, it’s very exciting. “If you like maths and you like abstract thinking, I would say go for particle physics.”

He says that if you study physics, you’ve developed yourself to work in many different areas of life. “Your thinking would be very fast and you will think analytically. So if you then decide not to work as a particle physicist, you can find a lot of other interesting stuff.”

After that Mrs Werner, who kindly provided her laptop for the interview, comes to get her laptop. “Just do a lot of maths. Love your maths.”, he adds. After saying goodbye, one felt as if he had learned much about what it’s like to be a physicist and also about particle physics. So, if you, dear reader, are interested in science and like programming, you might be a great physicist in your future like Dr. Olufemi Adeyemi.

*there are four general departments focused on at DESY: Accelerators, Photon Science, particle physics and Astro particle physics

*PhD is the highest doctoral research degree; Philosophy’s Doctor; the degree takes 3-4 years

*Photo Credit Linac III linear accelerator, DESY The Linac III linear accelerator at DESY (Deutsche Elektronen Synchrotron), Hamburg. Linac III is used to accelerate negatively-charged hydrogen atoms to an energy of 50 million electron volts (50 MeV). The hydrogen atoms are then injected into the DESY III synchrotron ring accelerator, where two electrons are stripped from each atom. This leaves the central proton from each atom in the ring to be accelerated further, up to 9 billion electron volts (GeV). The protons then proceed into the PETRA II ring for acceleration to 40 GeV, thence into the 6.3km HERA ring, where they are collided with high-energy electrons. CREDIT NICK WALL / SCIENCE PHOTO LIBRARY / Universal Images Group Rights Managed / For Education Use Only

“You have to read and write a lot, but you enjoy it. Everything in life is difficult, but you enjoy what you are doing.”, “Sometimes you don’t even think it’s a job anymore”

What is DESY?

The Deutsches Elektronen-Synchrotron (DESY) is a research center of the structure of matters with the help of many highly developed devices here in Hamburg Bahrenfeld. Each year (except for the corona time) there is also a DESY day, where everyone can get to know some areas of DESY and try little experiments facing science. If you want to do an internship, you can fill a leaflet from the website ([desy.de](https://www.desy.de) > Karriere > Praktikum)

Dear Fifth Graders

By Mila Ohff and Maya Schneider

Welcome to the LMG. We are happy to have you here and hope that you enjoyed your first weeks at the LMG. There are many new aspects that will



surprise you like new students, teachers and some of our school rules. So here is some advice that will help you to deal with these new aspects.

First piece of advice is about some unwritten rules. Don’t tilt your chairs, it will only make the teacher angry and of course you could hurt yourself. Another important rule is don’t throw snowballs, it’s possible that there is a little stone inside.

The second, very important piece of advice is about the environment. Please pay attention to separate the trash into the right bin. Also, close the windows when you are leaving the classroom during the winter time because the heaters will be on when it’s cold outside. Once a year every class has to collect the trash on the school grounds. It’s important that you are very focused so that you collect as much trash as possible. Furthermore, there is a contest between every class to see who’s classroom is the cleanest. So make sure your classroom looks awesome at the end of each day.

Another piece of advice is that you can take part in some AG’s (Volunteer Clubs). We have different offers so there

will be something for everyone. We have a soccer AG, a garden AG, a Theatre AG, an Environment AG, a chess AG and many many others.

The fourth point is about our Canteen. There are many delicious snacks for your breaks that cost up to two euros. But of course you can also eat a warm meal for lunch at our Canteen. You will find for example pasta, chicken nuggets or pizza.

The last and most important advice is to just enjoy your time at our school. It's normal that sometimes you are overwhelmed with school or that you do not like your teachers but it is ok and you will find ways to deal with stressful school days or with teachers you don't like.

Paperless

By Merle Halfmann



We live in a world where almost everything is digital, and with the appearance of the pandemic where students work digitally almost exclusively, the question regarding the integration of technology in our classroom arises. In today's schools more and more children are seen walking around with their computers or tablets instead of books and slips of paper. But that is not just because of the current generation, it is also due to the coronavirus pandemic that has made us so digital. With the use of phones and

tablets comes of course a high risk of distraction which parents especially worry about. After all, mobile phones are not usually regarded as school supplies and school time is usually free from mobile devices. There might be some concern about addiction to devices as well.

There is no doubt that the digitalisation of schools would have its benefits. One such benefit is that the children would have a lot fewer books to carry, so that their backs are not weighed down and they don't return home so exhausted. Another good point is that they can write on their device, which will use fewer pieces of paper and therefore has a positive effect on the environment.

In 2020 91.9% of all households in Germany had a Computer.

According to "Zeitonline.de" in the 2017/18 school year only 9% of the children in Germany have a „well digitally equipped and networked school“ that is 26% less than the European average.

Essential areas of our lives have been digitised. We live in a digital world with a digital culture. Whoever reads this is part of this culture. We cannot stop the digitalisation that is happening around us and LMG should jump on track to a more digital school. Otherwise we will be left behind.

Fashion as Your Passion

by Mila Ohff

Career, a big word for Students. Some want to try harder, some less to reach the desired goal. Also just when you have finished School then you really figure out what you want to do.

Just like Nele Obst a Fashion designer who found just then during her Abitur her passion for Fashion.

We interviewed her and found out that she actually wanted to study art but then she decided on fashion anyway and did a part of her education in Tokyo, Japan.

„I like the idea of creating something and to work with my hands and mind.“ - she said.

Just like everybody else she had many internships before getting a job at Marc O'Polo and after that then finally started her own industry where you can now buy horse riding clothes for women.

When we asked her how she came to the idea of horse riding clothes she told us that she loved riding from an early age and is a really big fan of horses.

Since she had never seen really good riding clothes that she liked she decided to create some stylish and comfortable clothes for herself and other horse riders. She also told us the design of her Outfits are kind of the same like normal clothes but are at the same time really good for riding.

Life of a designer

Nele stated that her daily routine is not about designing all the time, it is more management, take care of the suppliers and tend to take care of the fabrics. Really designing something is less than a third of the day. When we asked her what is the most challenging thing for a designer she replied „the hardest thing is always to create the right design because it's actually easy to design something for yourself, but when you have to design something for a Company you always must keep the costs in your mind and think twice about if the company likes it or not. There are a lot of complicated things that you have to do as a designer e.g. you have to go to many meetings and discussions.



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Kudamono

Kudamono is a fashion Company for riding outfits. They love Scandinavian design and get

Five more minutes

Do we need our five minute break back?

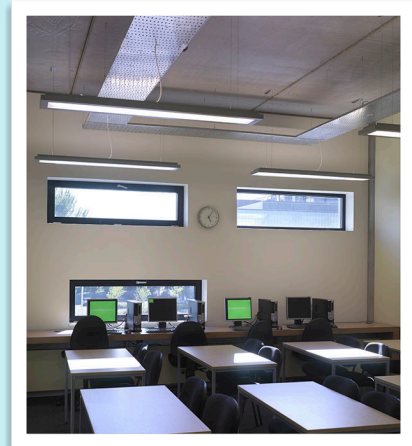
By Maya Schneider

It's been over 2 years now since our school changed the rules about our break and we didn't have our five minute break anymore but students are still talking about it. The new students from fifth and sixth grade didn't get to know how it is to have a five minute break at the LMG. Maybe they knew it from their old school. The five minute break was between two consecutive lessons, for example between the first and the second or the third and the fourth lesson. During that time you were able to eat or drink something, go to the toilet or just talk a bit with your friends. Because of that, both big breaks were only 25 Minutes long. Now our big breaks are 30 minutes long but we don't have five minutes breaks between the lessons.

Two years is a long time in which we didn't have a five minute break so the question is: Do we really need our five minute break back?

Some of the students and teachers from the LMG were asked what they think about the five minute break and if they want to have it back. The answers and opinions of the students and teachers might surprise you.

Most of the students that were asked didn't want the five minute break back because they think these breaks bring interruptions and this is unnecessarily disturbing the lessons. Another point is that because of the five minute break there were big discussions between the students and the teacher. The students think the break was too short and some teachers think the break was too long and then would end their lesson later. The benefit now is that sometimes the teachers finish their lessons sooner because there isn't a five minute break.



On the other hand some of the students asked want these little breaks back because they think sometimes you just need a bit of time after a lesson so you can free your mind and then your concentration will be better. And especially now during the CoViD-19 pandemic it is very hard to wear a face mask the whole time so you might need a small break to go outside and breathe fresh air.

The teachers that were asked are against the five minute break and they even came up with the idea to change the rules with our breaks. In their opinion these breaks are very disturbing because students ran everywhere, were very loud and it wasn't easy to move on with the lesson after the break. Some students took even more than five minutes to come back to their classroom. And in the big break there is more time for teachers to talk to students when they need to solve a problem.

In conclusion most of the answers were against the five minute break so we really don't need it back. It is very disturbing and it brings unnecessary discussions. Moreover, when you get used to it then it's not a big deal to have a school day without a five minute break. And actually you don't have to have a five minute break to drink something because in most of the lessons you can have a drink anyway.

Meeting Mr Schattka

By Dina Kocic

The interview is scheduled for 9:30am, sharp. I arrive 8 minutes late, just in time to catch my colleagues wrapping up. I am struck by how naturally the office extends from the gray, overcast yet serene weather outside. Quirky paintings, seemingly by the same artist, hang from the walls. Lining the shelves are stretches and stretches of books on history and politics. A large whiteboard backdrops Mr Schattka's friendly face, which is further accentuated by the bowl of sweets on his desk. I am very nervous. Mr Schattka, previously employed at Gymnasium Süderelbe, currently teaches history, politics, and English at our school. When asked about what makes LMG stand out from other schools, he settles on two points: One, that the two key elements in the school curriculum are natural science and social studies; And two, that the students at our school have such diverse backgrounds. It is worth noting that Mr Schattka is a man who, as Head of the Department for grades 8 to 10, bears witness to the interactions within this heterogeneous environment frequently, and at close range.

Of his responsibilities as both a teacher and a Department Head, Mr Schattka says their parallelism can be quite challenging. He furthermore highlights the added difficulties that we've all witnessed and been victims of, as presented by online schooling. When asked how students can help, Mr Schattka suggests we help by helping ourselves: staying in contact, staying productive, and staying positive. However, he also reminds us that extending teachers our compassion even when we are dissatisfied is immensely helpful, too.

For those who find no shade in the shadow of online schooling and dread a possible reboot, Mr Schattka offers the short and sweet advice to "make the best of it."

For 10th graders who not only have the pandemic to worry about but also their MSA, Mr Schattka suggests to begin preparations early, to choose wisely which foreign language you want to be examined on, and to start combining in your head the different possibilities for the road beyond, whether it is staying in high school, taking up an apprenticeship, and so on.

Concluding the interview on a positive note, we ask him about an achievement of his he is most proud of. To this, Mr Schattka answers modestly that every successful project "is somehow an achievement", and that there is no one achievement he could single out. Perhaps one day we can help him win a student vs. teachers sports game.

As we bring the interview to a close, Mr Schattka wraps up with a compassionate "Good luck, good luck with the material".

Some might describe Mr Schattka as a riddle, wrapped in a mystery, inside an enigma. But luckily there is a key, graspable within the scope of an interview. Fortunately, after a comprehensive, incisive, 7-minute deep dive into the man, myth, and legend himself, we find ourselves a bit wiser in matters of Mr Schattka's impenetrable persona.

Hence, we hope it might at the very least be a beginning for posterity.