

They came in the first of the World in the Math League

The winners of the International Mathematics League have been announced. In the competition, where more than 1000 schools from 19 countries participated, Turkish students came in the first of the world with 141 points.

The International Mathematics League, which has been implemented in many countries in the world, especially in the USA, Canada, China and Brazil, has been concluded. The students of Gökkuşuđı College ranked in the first of the World by getting 141 points as a team in the 7th grade category, and ranked in the fourth of the World with 125 points in the 6th grade category. In the individual evaluation, 7th grade students Kumsal Su Demiray came the 1st in the world ranking, Hüseyin Furkan Şahin 2nd and Onur Başaran 3rd.

Stating about the importance of the competition, the Board Member of Gökkuşuđı Colleges Şule Gayretli said: "The International Mathematics League provides an educationally enriching opportunity for students to participate in an academical activity and obtain mathematics achievement. We aim to reveal high-level skills of our students by using their basic knowledge and abilities, and make them a part of their lives by associating these lessons with daily life. We continue to earn medals and international certificates in the olympic competitions that we attend by doing intensive work with mathematics olympic games teams determined from each grade level at the beginning of the year."

Stating that the students are prepared for the competitions with extra mathematics olympic lessons regularly on weekdays, Chairman of the Board of Gökkuşuđı Colleges Abdulkadir Gayretli said: "The medals and degrees we have won in national and international competitions are an indicator of future success in the coming years, as well as a source of pride for us. We congratulate our students and wish them continuous success. We would also like to thank our teachers who worked and our administrators who support them."

It is not easy to return to normal life after quarantine

Psychiatrist Onur Okan Demirci, who stated that 54 percent of people who were placed under coronavirus quarantine refrained from coughing and sneezing after the quarantine ended, according to a study conducted in Britain, said: "According to the research, it is determined that 26 percent do not want to enter crowded places anymore and 21 percent do not go to any public areas. It seems that these people return to their normal lives from a few months to three years."

Psychiatrist Onur Okan Demirci from Istanbul Gelisim University added: "This research shows that it is not so easy for us to return to our normal lives immediately after the quarantine process. I can easily say that how soon we can return to normal will depend on minimizing the time and losses with the measures we will take during the quarantine process."

"RESTRICTIONS MAY LEAD TO REVERSE IMPACT"

Indicating that the researches show that some decisions taken during the quarantine process may have adverse effects, Demirci said, "For example, there are cases where people accidentally spread the disease by trying to go to regions where the population and the disease are less intense with the disease anxiety in the travel ban and closure. This shows us that even restrictions can have adverse effects and we should be very careful about this."

"PEOPLE WITH THE HIGHEST PSYCHOLOGICAL STRESS LEVEL ARE BETWEEN 16-24 YEARS"

Psychiatrist Onur Okan Demirci from Istanbul Gelisim University said:

“In the influenza epidemic in Australia in 2007, it was determined that those who had one child experienced 1.2 times more psychological stress than those who did not, but people who have 3 or more children were shown to be more resistant to psychological stress. The reasons for this may be the fact that having more children distracts from the boredom of the quarantine, distracting attention, the age of those who have many children is higher than those who have only one child, and those with one child may have higher anxiety to lose. The results of this research show that people with the highest level of psychological stress are in the 16-24 age range.”

Demirci emphasized that the news, numbers and mortality rates that are followed daily during the quarantine period will continue in the minds for a while after quarantine, added: “Let's not forget that the problems we experience under quarantine can continue as more as under quarantine even after it. It will be necessary to seriously consider not only the next few weeks, but also a period of psychological problems that may be much longer at the end of the process.”

Prof. Dr. Yolcuoğlu: Academicians from every branch should take part in the Scientific Committee

Social Service Specialist Prof Dr İsmet Galip Yolcuoğlu, who advised the academics from all branches to enter the Coronavirus Scientific Committee, pointed out that there should be social scientists in the board. Yolcuoğlu said: “There should be not only medical professionals, but academicians in the fields of sociology, psychology, psychiatry, social work, social psychology, anthropology etc., as well.”

Expressing that the coronavirus epidemic is a major social, psychological and economic crisis, Yolcuoğlu stated that new and functional social sociology can be established by giving high importance to social sciences. Yolcuoğlu said: “It is now accepted all over the world that the problems of social events and facts in families, groups and organizations cannot be solved according to the information of a single discipline. Social reality and epidemic, famine, and other major social events do not adhere to the artificial distinctions of social sciences and occur as a whole. However, since this social reality is often difficult to understand as a whole, it has been necessary to divide it into parts that are the subject of different disciplines. Sociology, social anthropology, psychology, social work, and other disciplines and science branches were born in this way.”

Yolcuoğlu added: “The important point here is the acceptance of the fact that it is imperative to do interdisciplinary studies in the world where modern science prevails in order to make correct judgments about social reality as a result of examining the individual parts.”

“BEHAVIOR BETWEEN PEOPLE SHOULD BE EXAMINED”

Touching on the need to examine how people affect each other in the coronavirus crisis, Yolcuoğlu said: “What are people's behaviors, emotions, and behaviors? How does the structure of social relationships between people change? For these reasons, behavioral changes and transformations of families, religious groups, gangs, large organizations, factories, universities, communities and societies should be examined and considered in this epidemic process.”

“PSYCHOSOCIAL SUPPORT SHOULD BE PROVIDED”

Social Service Specialist Prof. Dr. İsmet Galip Yolcuoğlu from Istanbul Gelisim University, who stated that social work science focuses on the idea of social justice and the individual's well-being, concluded his words as follows: “Science tries to organize socio-economic conditions, to support the well-being of all individuals who make up the society and to meet their basic needs. It tries to

prevent individuals from deviating from devastating diseases from money and poverty and to prevent and eliminate the risks that threaten the well-being of the individual, and organizes the system. For this reason, the Ministry of Social Services should coordinate the work of a social service professor, tens of thousands of social workers should be employed in these services, and their well-being should be supported by reaching all families, especially elderly, disabled and poor, unemployed families, and by providing “psychosocial support”. It is imperative that such individuals be rescued from negative living conditions, rehabilitated and promoted well-being, be able to perform their necessary professional interventions and make repairs in individuals' lives in order to survive as an “honorable member” of the society.”

There is a message with rainbow from the children

A project has been held for elementary school students, who have to stay at home to take measures to coronavirus while distance education has been continuing. Within the project, children started to hang their rainbow painting on the windows of their homes. The project aims to make children feel that they are not alone when they see rainbow pictures in different windows.

“IT WILL MAKE THEM FEEL THAT THEY ARE NOT ALONE”

Informing about the project, Chairman of the Board of Gökkuşığı College Abdulkadir Gayretli said: “We ask all our children to draw a rainbow on a paper. They paint it and hang it on the windows of their homes. Children who see the rainbow in the window will see that they are not the only ones staying at home and feel that they are not alone.”

“WE CALL ALL CHILDREN”

Stating that they aim to encolour social isolation and stressful situation within the scope of this project, Gayretli said: “We want to lighten new hopes together and call all children to this activity with their families.”

“IT WILL CONTRIBUTE TO THEIR DEVELOPMENTS”

Emphasizing that the activities to be done together with the family are also important, Gayretli stated: “Games played with family, chats, books read together and meals prepared together in the kitchen will socialize us at home and contribute to the development of children.”

Students prepared food packages for families in the club they founded

Students held a social responsibility project. With the income they earned from the events and studies of the solidarity club they established in this year, the students delivered food packages to 30 families in need.

Istanbul Beylikdüzü Gökkuşığı College Cambridge students delivered food packages to 30 families in need, with the income they earned from the events and studies of the Hurts Foundation club they established in this year.

A group of students studying in the A Level program at the College set up the Hurts Foundation Club to reach people who need help while aiming to become a doctor. Students promoting the club in all branches of the College have aimed to increase the number of the participants through their social media account by creating an organizational chart.

Making a statement about the establishment of the club, Board Member of Gökkuşuđı College Şule Gayretli said: “Everyone was surprised when Ala AbuBakr, a 12th grade student, said, 'Friends, we will bring back the bills of your expenses when you started this project and return the money we collected.' Nobody wanted to get their money back for the support we started voluntarily, but Ala’s idea was to aim a self-established association. Other younger students who would continue this association dream that they would become a link of a spontaneous chain of solidarity that existed in the coming years.”

Gayretli continued her speech as follows:

“Our students, who decided that the fastest material flow would provide by selling corn, then enriched the sales stand with lemonade, cotton candy, and home-made snacks. They continued their sales by printing their own logo on T-shirts and starting to visit the other campuses. Meanwhile, they prepared packages by collecting the toys and clothes that students do not use and to deliver them to those in need.”

Stating that the students prepared food packages for 30 families in need with the money collected, Chairman of the Board of the College Abdulkadir Gayretli said: “Our goal is to reach the people in need by enriching our activities every month in different themes.”

Follow these rules while breastfeeding your baby

Emphasizing that breast milk protects the baby against many diseases and the importance of breastfeeding during the coronavirus epidemic, Obstetrician and Gynecologist Dr. Muzaffer Uçarer said: “Covid19 virus has not been found to transmit breast milk so far. However, since Covid19 is transmitted by droplets and contact, great care must be taken to comply with the hygiene rules.”

Obstetrician and Gynecologist Dr. Muzaffer Uçarer from Istanbul Gelisim University gives some suggestions to breastfeeding mothers. Stating that breast milk protects the baby and strengthens the immune system, Dr. Uçarer said: “The benefits of breast milk proceeds during adulthood. Breast milk reduces the risk of the baby getting respiratory diseases and other infections. Infections that require antibiotics are seen less frequently in the baby and allergic reactions are less common.”

“ANEMIA IS SEEN LESS”

Expressing that breast milk can be digested completely and easily, Dr. Muzaffer Uçarer from Istanbul Gelisim University said: “Babies who are breastfed also have lesser speech problems, diabetes, lymph cancer, anemia, dental caries, abdominal pain and constipation.”

“WEAR A FACE MASK”

Informing about the hygiene issue that mothers should regard while breastfeeding their babies, Uçarer spoke: “Before breastfeeding, hands should be washed; bottles and milk pumps should be washed and disinfected thoroughly; sterilization should be given importance, mothers should wear a face mask during breastfeeding.”

Inform children through games

Stating that panic and anxiety caused by coronavirus outbreak are also seen in children, Psychologist Selin Kalabaş said: “Families should inform children through games.”

Stressing that adults should stay as calm as possible and share their calm with their children, Kalabaş said: “The anxious state of their parents can be transmitted to their children, so parents should first control their own concerns.”

“ALL THE QUESTIONS MUST BE ANSWERED”

Stating that it would be appropriate to share correct information in accordance with the age of the children, Psychologist Selin Kalabaş from Istanbul Gelisim University spoke: “Children who do not learn the correct information from their own family can learn it outside in more dangerous conditions. Therefore, families can share the correct information with their children candidly and chat with them about the Corona. In addition, children should be told about the measures (such as hand washing, clothes cleaning, etc.) taken to prevent the pandemic through games, and all questions should be answered.”

“DON'T SPEAK WORRIEDLY NEXT TO CHILDREN”

Kalabaş ended her speech as follows:

“They should not follow random two news sources that parents trust and share no unsure information. Especially in this process, the channels that children watch on TV should be paid attention. Moreover, anxious conversations next to children should be avoided. In this process, routines should be continued in the same way. Children feel safe with the situations they can predict. In addition, this way helps them relieve their uncertainty and reduce their anxiety. Anxiety arising from uncertainty can be brought under control with correct information sharing, but parents should definitely get support from a specialist when they cannot overcome it.”