

THE DP DIGEST

News and information about the Blair IB Diploma Programme



A WORD FROM THE IB DP COORDINATOR

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Greetings Blair Families!

It's hard to believe we're nearing the end of the first semester and 2023! With final exams, internal assessments, holiday performances, family gatherings and other celebrations, it's easy to become overwhelmed by the demands and expectations of "the season". I want to encourage you to maintain balance over the coming weeks. **"Balanced"** individuals "understand the importance of balancing different aspects of our lives - intellectual, physical, and emotional - to achieve well-being for ourselves and others". (*IB Learner Profile*)

I'd like to share a practice I discovered to assist with maintaining balance: **focus on gratitude**. As the semester and the calendar year draw to a close, here are a few suggestions for cultivating a "gratitude focus":

- Notice the good: look for it and appreciate it
- Express gratitude by practicing kindness
- Commit to one complaint-free day a week
- Keep a gratitude journal
- Write down three things each day that went well
- Tell the people in your life how you feel - what they mean to you
- Say "Thank you!"

I'll go first! I am grateful for the opportunity to work with your amazing students and an outstanding set of dedicated teachers, support staff and administrators. I am grateful for all the ways you support the Blair community throughout the school year. Thank you very much.

Enjoy the holidays! Be well, be safe and be blessed!

-Karen Law-

SUBJECT BRIEFS

A word from our DP Teachers

"Hi! I'm Steve Cole. I've been associated with Blair for over 13 years as both of my children attended 6th through 12th grade here and were part of the IBDP Program. I have been very active in the Blair parent community serving in various roles in PTSA leadership, including President. I am enjoying finally being on the staff side of Blair. Teaching IB chemistry is exciting everyday, and it is my goal to make the class interesting and relevant for the students with lots of hands-on activities and experiences.

I graduated from UC Riverside with a degree in Environmental Science. I worked doing research in a lab at UC Riverside for a year and a half and then worked for 27 years as an environmental consultant working on some of the most contaminated sites in the western United States. I was laid off in 2020 and I made a choice to pursue a second career in education. I am now getting my teaching credential through the LA County Office of Education Internship program."

"My name is Isabel Reynoso and I have been a teacher at Blair for 20 years. I am a proud graduate of Blair and the Health Careers Academy (HCA). I have taught science for grades 8 - 12, and I currently teach Biology and IB Biology (years 1 and 2)."

I graduated from CSULA with a Bachelor of Science degree in Biology. I earned my teaching credential through CSULA as well. I earned my master's degree from Pepperdine University and I am currently working toward my doctorate in organizational leadership at University of LaVerne.

I enjoy quiet mornings with a nice cup of coffee most days. One of my favorite things to is attending live music events with friends. However, one of the things I enjoy the most is spending time with my mom and dad and my many pets."

The Core Corner The Extended Essay (EE)

The Extended Essay (EE) is an opportunity for IB Diploma Programme students to do independent research on a topic of their own choosing under the guidance of a faculty supervisor. Over the course of their EE journey, students will engage in at least 50 hours of work which includes:

- selecting an area of research from any DP subject (or two in the case of World Studies)
- producing a 4000-word independent research essay
- completing three reflections at specific milestones using the Reflections on Planning and Progress Form (RPPF). The third and final reflection session is a concluding interview with the supervising teacher called the *viva voce*.

. The Extended Essay is a valuable learning experience for students, and aims to help them:

- Engage in independent research with intellectual initiative and rigor
- Develop research, thinking, self-management, and communication skills
- Reflect on what has been learned throughout the research and writing process

The Extended Essay (EE) is mandatory for all students seeking to earn the IB Diploma and is optional for IB Course students. A student must achieve a grade of D or higher on their EE in order to be awarded the Diploma. The EE is externally assessed by independent IB examiners. The grade awarded for the EE in combination with the grade for theory of knowledge, contributes up to three points to the total score for the IB Diploma. ([see IB Diploma Points Matrix](#))

CALENDAR THIS!

- December 10- Historical Investigation IA reflection due (Mr. Rico)
- December 19 - Final version TOK Essay dues (Mr. Orduna)
- December 20 - Final version Historical Investigation due (Mr. Rico)
- December 20 - First draft of External Assessment (written component only)
- December 21 - Preliminary Rough Draft English HLE due (Ms. Alden)
- 2nd Exam Registration deadline for students who have not registered for May 2024 Exams: January 12, 2024 (\$35 late fee per exam)
- [May 2024 IBDP Exam Session Calendar](#)
- [2023-24 Calendar of IB DP School Deadlines](#)

IB EXAM FEES

The exam fee for each subject is :

- \$119 (per exam) before the 1st registration deadline (November 10, 2023)
- \$157 (per exam) between the 1st and 2nd registration deadline (11/11/23 to 1/14/24)
- \$269 (per exam) after the 2nd registration deadline

Fees are now being accepted at the Middle School Office during school hours. Please see the IB Fees Policy Parent Letter for additional details.

[IB Fees Policy Parent Letter](#)

[Payment Plan Form](#)

Blair High School's Mission

We nurture a community of active, globally minded, compassionate leaders who are lifelong learners, committed to service, and who understand and appreciate diversity of thought, culture and values.

Blair High School's Vision

Our students will emerge as effective contributors to society who have been inspired to participate in a lifelong pursuit of knowledge and service to others.