



THE READER

36

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Primary School in Strzelce Małe and II LO cooperation

The following articles were written by students of Primary School in Strzelce Małe, who took part in workshops conducted by the students from II LO: Daria Borowik, Piotr Bednarski and Kamil Saturnus in December 2017. The students' work was coordinated by Ms Agnieszka Łęgówik from II LO and Ms Ewa Smolarek from Primary School in Strzelce Małe. Here are the results of their common work.

Christmas time around us

Christmas is a time when we forget about our problems and we can enjoy spending time with family. It is a time when we are thinking about our last years and we remember what we did. We are planning our future and future of our family.

Christmas is magic time. We spend it in our houses with our family. The atmosphere is very nice and special.

In every country there are some different traditions. In Poland one of traditions is Christmas tree. We decorate this tree and put some special gifts under it for someone special. In the evening



everyone in the family sit to the Christmas supper. There are 12 dishes on the table and everyone has to taste all of them. At the end we open the gifts. Lots of people are saying that's the best part of this holiday. There are people who go to the midnight mass. That is a part of Christmas, too.

This is the best time in the year. We wait for it all year. That is not only tradition but also the happiest time in the year. It is full of kindness, happiness and mutual love.

NORBERT GŁOGOSZ
STRZELCE MAŁE

HEALTHY LIFESTYLE

A lot of people in the world ask these questions:

Is it important to have a healthy lifestyle?

What can I do to stay healthy?

How can I lose weight without exercises?

Honestly, healthy lifestyle is very important in our life. It helps you to be slim, feel better and be a more positive person. You can enjoy your life and not have any complexes. If you have good motivation, it'll be better. It can help you, too.

In this lifestyle very important are regular meals and healthy diet. It doesn't



mean that you have to lose your weight fast! No! Fast diets are a very bad thing because you can have jo-jo effect. You should avoid them, choose more healthy products and avoid sweets and chocolate. It will help you have better skin. You can read about products rich in vitamins or something like that on the internet. Drinking a lot of water every day is important, too. Exercises are a very helpful thing, too.

You can feel better. First, they can be very tiring but later it will be getting better.

Don't force yourself to do something! You should enjoy your life and be happy with yourself. You should do all these things for yourself. Not for someone else.

Patrycja Dziedzic

Strzelce Małe

Japan in our eyes

What do we know about Japan?

Japan is a country located to the West of China. There people mostly speak Japanese. However, sometimes they speak English, too.

What about culture?

Japanese culture is very different from ours. There are a lot of customs, that most of us, probably have no idea about. Now I will describe the biggest of these:

-In Japan people eat with chopsticks. They especially eat fish, vegetables and soups. The most popular soup In Japan is Ramen. Europeans eat quite similarly to the Japanese, but we are using cutlery.

- The Japanese read manga and watch anime.

We must say: Japan is famous for them. Europeans read especially different comics and newspapers. We watch movies, too.

-Traditional Japanese attire is Kimono. They wear them for special occasions. We haven't got a special attire like that.

-Okinawa is a Japanese island which has fascinated scientists for years, because there live the biggest number of centenarians in the world.

-"Peace and Progres" is Japan's motto.

And that's everything what we wanted to present.



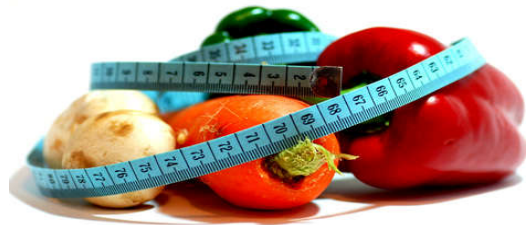
OLA ARWAR
STRZELCE MAŁE

HEALTHY STYLE!

In our article, we will present some tips and hints on how to lead a healthy lifestyle. Our lifestyle consists of habits and beliefs acquired throughout our life.

A healthy lifestyle is based on four basic principles:

- ✓ conscious nutrition,
- ✓ choosing healthy food,
- ✓ regular physical exercise,
- ✓ caring for the right amount of sleep.



Ten principles of healthy lifestyle:

1. Begin the day with a filling breakfast.
2. Eat regularly.
3. Diversify.
4. Avoid high-percentage products and sweets.
5. Drink the right amount of water.
6. Enter physical activity.
7. Take care of relaxation.
8. Work on your self-esteem.
9. Get enough sleep.
10. Make changes with small steps.

Remember to lead a healthy lifestyle, because it has a good effect on our health, but also on our well-being.

In a healthy body, healthy mind!

**Martyna Adamus, Patrycja Ryszka, Julia Chudy
STRZELCE MAŁE**

One, Two, Three, exercise!

Do you like sport? We love sport and we want to tell you about how to use it to keep healthy. We hope you will love sport as much as we do!

We think that sport is the most important part of our lives. For example, my friends love to play football and I love playing volleyball. My friends love sport because that helps them to keep fit. When I play I feel very good. I know that is a very hard job, but I

am satisfied at the end of every training. I can't imagine life without volleyball. Certainly in sport you will find something for yourself. Maybe basketball or tennis?

If you want to be healthy you must exercise and drink a lot of water. You

should eat more vegetables and avoid junk food. You shouldn't smoke. Sleep is very important because the body regenerates during sleep. You shouldn't drink alcohol. Watch out! Alcohol is more caloric than carbohydrates and proteins! If you want to be happy and keep in shape just follow this advice and love your life.

What are the benefits of doing sports? First, better time organization. Secondly, you become more humble. Thirdly, you change your thinking. Do you think it is worth it?

Remember!

Sport is funny and amazing! When you start, you will not stop ...



***Jowita Błaszczuk, Dawid Stelmaszczyk,
Sebastian Wróbel, Wiktor Lesiakowski
STRZELCE MAŁE***

What to watch?

Recently, I've watched a very nice and funny movie. I think only girls will watch the movie. Boys won't get interested in a romantic comedy. The film isn't new. It is from 2009. I'm talking about the movie entitled "Bride Wars". In the film, we have two friends from different social strata. Liv (Kate Hudson), who is a lawyer, and Emme (Anne Hathaway), who is a teacher. Two completely different girls. They have completely different characters. However, they have been the best friends since childhood. When they were 6 years old, their mothers took them to Plaza Hotel in New York. Twenty years later, when they'd already had engagement rings, they began to have problems. The bad luck began with the date of the wedding. The wedding organizer had made a mistake, the friends had the same date of the wedding. Everyone wanted a perfect wedding. They did a lot of bad things. Sometimes it was unfair. However, they were making it fun. Still, the ending is the most interesting.



I think the movie is good for a winter evening. It is light and surprising. In addition, actors perfectly complement the film. In my opinion, other actresses wouldn't give out the atmosphere of the film.

Aleksandra Gajda III C

Wear a smile :)

Smile is one of the numerous ways of expressing emotions and moods. It usually conveys happiness or excitement but also fear.

What really causes smile on our face? Well, it all starts in our body. Let's say we are watching a video with funny cats. We are laughing and our heart beats faster which provokes better circulation of the blood. Thanks to that our muscles and brain are finer oxygenated and work better. At the same time our brain releases hormones of happiness - endorphins. These peptide hormones suppress pain and generate well-being and complacency. These chemical compounds make us cheerful.

So how to get those allies - endorphins?

- laugh a lot
- be physically active
- eat chocolate
- sunbathe



Why it is worth smiling?

- it improves your concentration
- it boosts your immune system
- reduces stress
- gives energy
- beautifies you

Jim

Cursed soldiers..

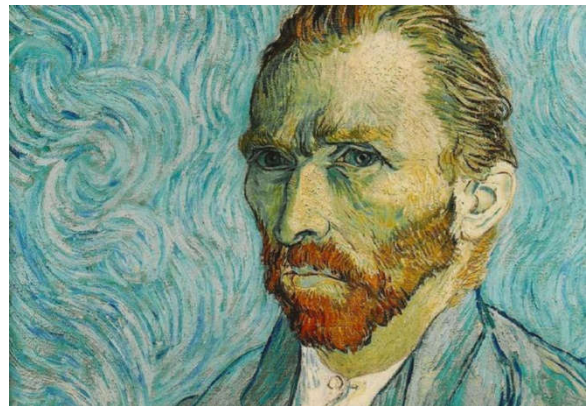
In the City Culture Centre (MDK) in Radomsko on 1 March 2018 there was the National Day of Cursed Soldiers. On that day the movie "Wyklęci przez komunistów żołnierze niezlomni" was displayed. The director of this film is Mariusz Malec. The film tells a story of a soldier who lost his life fighting with sovietization of Poland. The film's creation is connected with the issuance a series of coins by the National Bank of Poland. The series is called like the film.

Julka Matuszczyk III C



ANIMATED LIFE OF VAN GOGH

„Loving Vincent” the first fully painted movie about life and really mysterious death of the amazing artist – Vincent van Gogh. More than 120 artists spent many hours painting over 65000 frames and it took about 6 years! What’s more, this movie has been nominated to the OSCAR AWARD.



For me „Loving Vincent” is much more than an ordinary biography of an artist. For me it’s a fantastic masterpiece based on phenomenal paintings and private letters of van Gogh, which made this movie a little bit more interesting and more touching. This movie is huge tribute to art, which can interest you in the story even more. I was really worried about this production. I was afraid that this movie would just be “beautiful” and nothing more, but I couldn’t have been wrong more! The screenplay has taken my breath away and it confirms that „life writes the best screenplays”.

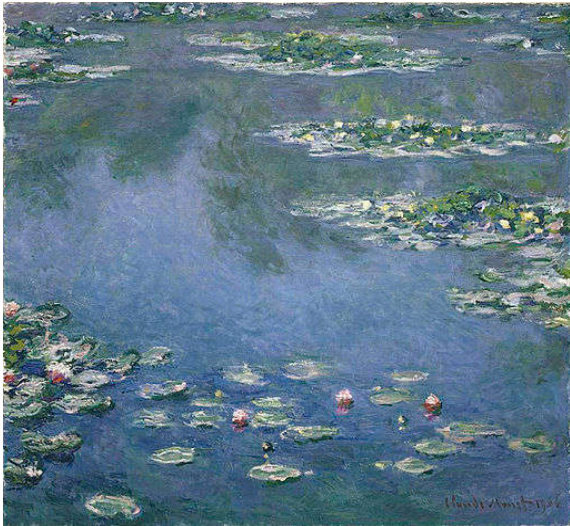
I hope this masterpiece will win the OSCAR AWARD because the directors of that movie don’t just want to show us the life of this brilliant artist, but they want to understand his life and decisions that he made.

K.K

Silhouette of the artist – Claude Monet

Claude Monet is probably one of the most easily-recognisable and famous painters. Sadly, many people only know the title of his masterpiece that started the whole new art movement – „Impression, Sunrise”. Besides, Monet painted plenty of true works of art. In this article I’ll try to encourage you to take a closer look at his works.

Claude Monet was born in 1840 in Paris. His father wanted to make him work in their family shop but Claude had always wanted to become a painter.



When he was in his early 20s, he was conscripted by the French army and sent to Morocco. When he came back to France, he met a man who would become his best friend – Auguste Renoir – another great painter and co-inventor of impressionism. After the breakout of Franco-Prussian war, he moved out to London. One year later, he came back to France and in 1872 he painted „Impression, Sunrise”, his magnum opus. In 1883 he moved to Giverny,

where he stayed for the rest of his life. He was diagnosed with cancer and died in 1926.

Monet mainly loved two things – painting and gardening. He was fascinated with both so it’s no surprise he painted over 200 paintings of his garden. This series called „Water Lillies” is truly mesmerizing and is the essence of impressionism, showing that the light was the most important thing in Monet’s works.

Claude Monet was an innovative and important artist of the 19th century but his paintings are still absolutely beautiful today.

Piotr Szwed II B

DON'T GET STRESSED!

The maturity exam is coming closer and closer so most of the students are getting stressed. They feel the time pressure. Teachers are more demanding now (is it even possible? ☺). I am sure that students don't like being oppressed but it is necessary now. It is time for squeezing the best of them. Each of us is really exhausted nevertheless, motivated to act. The question arises how not to get crazy during the last weeks before these big days.



There are several ways to control the stress before your maturity exam:

- * plan all your recent revisions
- * find time to relax - go for a walk or to the cinema but avoid parties
- * take care of sleep - when you sleep, what you have learned during the day is perpetuating and new knowledge creates a network of connections with the existing ones
- * remember - no one is an Omnibus - anyone can experience an accident or a worse day

I hope that these tips will help you survive the last two months. If I were you (and I am because I am a third grade student), I would try them out because they can be really supportive and they can help you to calm down.

Finally, it's good to know that the secondary school exam are not the end of the world, but in fact they're the beginning – real life exams are still ahead of you!

Weronika Szulc, III B

5 easy rules which help to study

First, think what you don't like doing. It's a good idea to "eat a frog". This means that you start from the hardest task or an unloved school subject. If you finish "eating a frog", you will be pleased. Ulterior homework will bring pleasure.

Second, you must think hard to make your study successful. You should throw a mobile phone away and turn TV off. Certainly, the sound of a text message is distracting. Doing so, you'll finish sitting at a desk faster.

Next, don't stash. When the teacher's announced a test, plan the time for revising. Set how much time you must learn. However, don't do it all in the closing evening, because the parted course material is easier to study.

In my opinion, short breaks are important. Your mind needs to rest. Maybe, you should drink tea or listen to music. Do what you like, but don't touch a mobile phone.

In addition, after learning, talk to e.g. your mum or a sibling about what you've learned. You'll revise it and make a note of it better. Moreover, you'll teach your relatives.

In conclusion, here there are rules which I apply. We must remember that studying isn't our punishment.

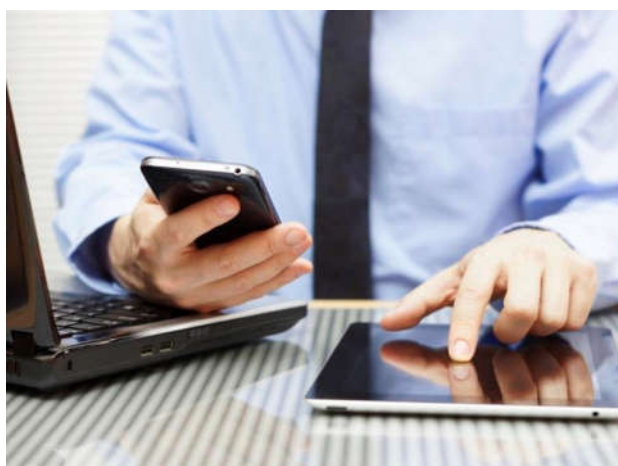


Magda Dzierżanowska II C

Cell phones are killing us

In times when we are living everyone has a phone. One has a smart phone, the other one has an old model of this invention. From year to year, more and more people are falling into an addiction to the Internet and telephone. The undeniable fact is that the phone is a great invention and brings many benefits, but unfortunately, it isn't as perfect as it seems to be.

Ignoring the facts that we waste a lot of time on it or that numerous social meetings are spent by people with their eyes fixed on the screen instead of the face of the interlocutor, the phones also bring big health disadvantages. Dr Vini Khurana is a famous neurosurgeon. He claims that excessive phone using increases the risk of developing brain cancer twice. He said „Mobile



phones will kill many more people than smoking or asbestos. It will hit especially the young generation.” Unfortunately, he is not the only medicine specialist who thinks this way. The truth is that phones generate a large amount of radiation that certainly hasn't positive effect on our health.

However, people will use the cell phone. Why? Because it is one of the best inventions ever and it helps a lot in working, learning and socialising. Now it would be difficult to get rid of telephones from our life completely, but we should learn to use them less.

Joanna Kempa kl II B

Call me by your name and I will call you by mine

Italy, sun, peaches, beauty and the 90s. All these things make a beautiful scenery to the movie called “Call me by your name”. This film, based on an amazing book, is about love. This feeling seems to be very easy: holiday romance without future and capabilities, simple relationship based on physical desire between... two men. That is why this movie is awesome.

Elio – the main character of the movie – is a 17-year-old, very intelligent person. He lives in Italy with his family. Then Oliver – a really handsome and well educated adult man – visits his house to learn from Elio’s father. And this summer changes Elio a lot. Initially they do not like each other, but it is changing. Elio realizes that Oliver attracts him, he cannot understand this weird



feeling and runs away from this by dating with girls, but it does not work. And then real love bursts between two men. Oliver, experienced and mature person and Elio, impetuous beginner. Their love does not last long because summer is going to finish, and they will be separated soon.

This movie has delighted me. It shows a beautiful place, beautiful people and finally – beautiful love. Young man who is looking for himself, an adult who becomes mad about someone else and really tolerant family who is real support to Elio.

This film is not disgusting, it is not artificial, it is like an image of Greek heroes – beautiful, sensual and balanced. So, if you have never seen a beautiful story about wonderful but a little bit different love, you should see “Call me by your name”.

Julia Dobielska IIB

Which faculty have you chosen?

It is difficult to understand that everyone has some talent but it is not that we can choose what we are good at because in most of the cases our talent is just a part of our nature. I know a lot of people and I always notice the same thing – they do not know their real advantages and they are looking for them in a bad way. And this is the reason of our problems. School does not teach us this important skill – to find the discipline we are good at.

The secondary school is the time when we have to make one of the most important decisions in our lives – the one about our future. Everywhere and every time we can hear this annoying phrase, "Which faculty have you chosen?" Every time I've heard it, I want to reply "I haven't chosen anything because I have no ambitions " but I've never uttered such a response.



Do we really have to make that decision right now when we even do not know which TV series we like the most? Is it serious?

In my opinion, it is not. This is why I would like to recommend a "gap year". It is one year after the graduation from the secondary school when you can get a part-time job and you have time to find your own way.

I think if you do not know what you want to do in your life, the gap year is definitely a good thing for you. Do not pick the faculty which does not interest you or because your parents are making you study something. It always ends tragically.

Julia Roźniatowska kl. II A

Why should we learn languages?

Nowadays, it's really important to speak foreign languages. It's our chance to find a better job or make friends with somebody who comes from another country. For example, my aunt who lives in Australia has friends from Brazil, Bolivia and China. All of them have one thing in common – they know English.

English is a global language, but if we think about a job, it may not be enough. Recently, I've heard that everybody knows English. It seems to me it's true. I'm learning English and German at school. Last year I started learning Spanish and now I'm going to learn Russian. I like learning new languages. For me it's an awesome experience.

I also like travelling and when I'm abroad and I don't understand people who live there, I realize how many things I want to know and how many languages I want to speak. An idea to learn Spanish came to me when I was in Spain. I liked that Spanish is very melodious and I fell in love with local music.

In our world communication is significant. In my opinion, languages are the future. This world is becoming a global village and people, such as me, want to be needful. Languages are necessary for travelling, working in international companies and so on.

That is why I learn languages and I hope you'll think about it for a while. It's important to have fun in learning and I believe you will find that fun.



Paulina Krupska, Ila

Antek Smykiewicz in Radomsko

On February 10th this year during winter holiday The City Culture Centre in Radomsko held a concert of Antek Smykiewicz. He is a musician, who sings pop music. This singer is very popular in Poland. He's sung since 2010.

At the concert he sang a lot of his songs. Among others there were: "Despite the Storms" , "Miracle", "Butterflies", "Not You Anymore". The singer excellently entertained the audience, who wanted a lot of encores. The vocalist gave autographs and he took a photo with people. During the concert Agnieszka Kaczorowska invited Antek to participate in the program "Dancing With the Stars".



At the concert there were a lot of people at different ages. The young people were the loudest, but elderly people were having fun, too. This concert was successful and very well prepared.

Weronika Karasińska III C

Why do we feel tired so often?

A number of people who feel exhausted and tired is still rising. Scientists say, "If your fatigue lasts on average over five days a month, and enough time of sleeping is not helpful, it's time to see a doctor".

Most of the reasons, however, are more difficult to detect by doctors – they don't fit the usual type of diagnosis. There are 5 most common causes of our tiredness, which may be caused by our habits and ways of eating.

1. TOO MUCH SWEETS AND TOO MUCH FAT

People who base their meals on products rich in fat (butter, cream, cheese, chips) can be more sleepy during the day.

ADVICE: For three days, you should eat only products containing less than 10g of fat per 100g.

2. NO MOVEMENT

Those who don't move enough, feel more tired than those who regularly practice sport.

ADVICE: WHO recommends 30 minutes of movement daily 5 days a week. For example walking, jogging or dancing . The movement is important for the circulatory system, blood supply and your metabolism.

3. SCRAMBLED EGGS FOR BREAKFAST

Researchers have shown that if children eat scrambled eggs for breakfast, they can feel tired. In this situation the lack of strength is caused by the hot fat on which the eggs are fried.

ADVICE:

Instead of fat, pour two tablespoons of mineral water in a pan and wait for it to start boiling. Then, you may prepare scrambled eggs in a usual way.

4. TOO LITTLE LIGHT

When we go to school in the dark in the morning and return from it also after dark, and the whole day is spent in artificial light in classes, the substances produced by your body are thrown off balance.

ADVICE:

Spend at least 30 minutes outdoors during the day, even if the sky is overcast. It will reduce the production of melatonin - the sleep hormone.

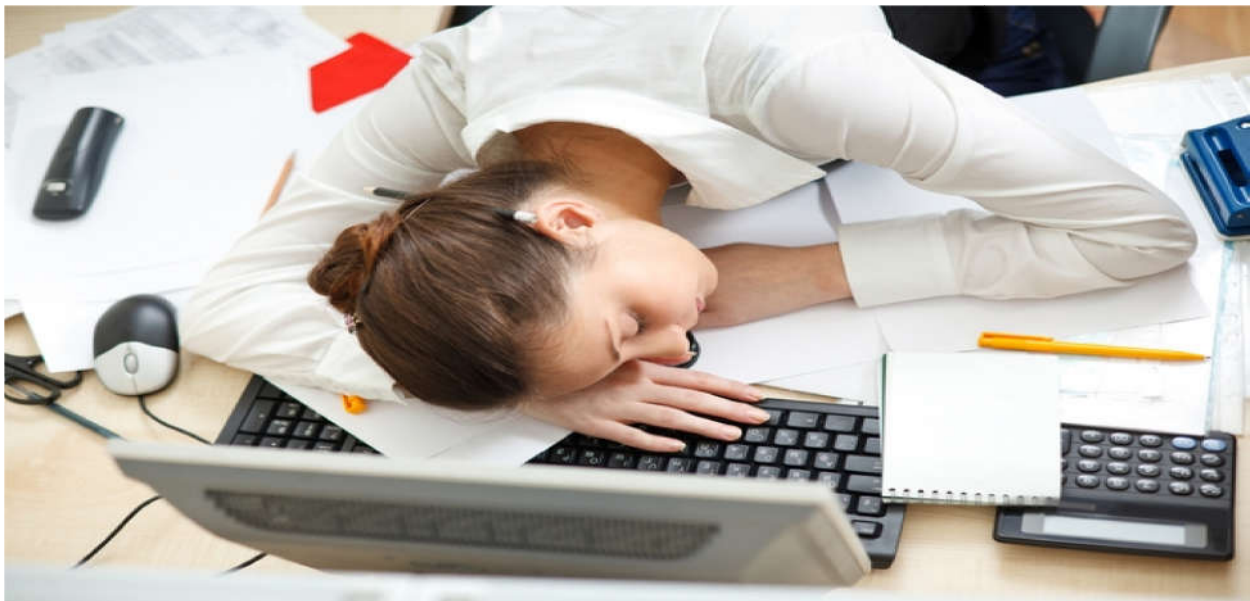
5. LED RADIATION

The research has shown that LED light in cell phones, computers and TVs can interfere with everyday rhythms and disturb sleep.

ADVICE:

One hour before going to sleep turn off all equipment that has LED screens or remove them from your bedroom.

Karolina Derwicz II B



PYEONGCHANG 2018 Olympic Winter Games

PYEONGCHANG 2018 Olympic Winter Games lasted from February 9 to 25. The competitors from 93 countries competed in 102 categories in 15 sport disciplines. For the first time at Olympic Winter Games there were competitions like Big Air, mixed-pair curling, mass run in fast skating and team competitions in alpine skiing.

The logo of OWG has been taken from the Korean alphabet. It indicates a place where the sky meets the ground and athletes meet snow and ice. The logo is in the traditional colors - yellow, black, red, blue and green. The mascot is a white tiger and its name's Soohorang. The Olympic Torch is 700mm long and corresponds to the height of the town - Pyeongchang-eup.



In the highest place of medal classification is Norway, which has 39 medals. Poland is in 20th place with only 2 medals. One for the ski jumper Kamil Stoch, who won it at the competition on the large hill. The second one was won by our ski jumping team, including: Kamil Stoch, Maciej Kot, Stefan Hula and Dawid Kubacki, on the large hill, too. These Olympic Winter Games haven't given a lot of medals to Polish competitors.

Iza Soncińska Ilc