

December 2020

Christmas is coming...

THE Reader



QUARANTINE

What would you do
during quarantine?



Member of She Only Lies advises:
How to make your own album?

Healthy autumn

**WHAT ABOUT NEW
YEAR'S EVE?**



Have you
ever seen
Pallas' cat?

Movie bucket list!

Christmas
recipes



Celebrity who was
bullied as a child

Natalie Dormer



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The Reader 42

The success of Iga Świątek

Successful people have to work hard to achieve their aim. They use their talent and develop it. An example of a person who has achieved success and hasn't given up is the tennis player Iga Świątek.



www.przegladsportowy.pl

Iga Świątek was born on May 3, 2001 in Warsaw. Iga has been training tennis since her childhood and sport has always been her passion. She trains at the Legia Warszawa Tennis Club. She won various tournaments and gradually was taking higher and higher positions in the rankings.



sport.dziennik.pl

In 2020, Iga won a very important Roland Garros tournament in Paris. The Polish woman defeated many opponents on the way to the final, without losing any set. In the final, she won with a strong rival Sofia Kenin and got the title of the champion. The 19-year-old tennis player has gone down in the history of sport as the first Polish woman who

has won this competition.

I think that Iga Świątek is an excellent tennis player who has achieved success thanks to hard work and determination. Her strong psyche has helped her win. Many people have talent but to achieve great success you need to work and devote a lot of time. In my opinion, Iga's success is a joy for the whole country and we can be proud of her.

Aleksandra Stanikowska kl. IIE

Are you team Trump or team Biden?

According to the latest research, nice people have more support in their actions than the conceited ones. On November 7, 2020, Joe Biden was elected president. His enemy was Donald Trump, who was very convinced that he would win and move to another term. However, the election result changed rapidly.

On social media, we can see how well he gets along with the former US president, Barack Obama. In the USA, in honor of the new president, a grand welcome, i.e. a firework show, was organized. Biden was extremely moved and joyful. We can also see that the Simpsons fairy tale, well known to most people, has come true again. In this fairy tale, we can see a similar distribution of voices that was reflected in reality. We can only wonder what else this fairy will tell us.

In my view, the president elected in these elections will be better than the previous one and I hope that he will serve his country properly. I wish Joe Biden every success and joy in his new profession!



Pallas' cat, Magellan, runs away!

Hi, I'm Magellan. I'm pallas' cat from Poznań ZOO. I am like your cats, but I have round ears and long hair. I was born half a year ago and I have 5 sisters and brothers. I am very curious about the world. Two weeks ago, I noticed a small hole in the fence of my run, I



decided to check what was behind it. I walked the zoo's sewage, looked at my neighbors and other very large cats. However, I was most interested in the large fence that surrounds the ZOO. I decided to climb it, and then happily fell on my feet on the other side of the zoo. Finally, I felt free. I was fascinated by the space, the number of trees that you can climb. I was only frightened by the loud, growling, fast moving machines. I decided to circle around the zoo. I knew it would take several days. There was a lot of food around - I really like birds. There was also a place to sleep - small houses on the plots. I was free and very happy. But my guardians missed me a lot and unfortunately managed to catch me. I went back to my brothers and sisters. Next time I will not get caught so quickly, because "I love and understand freedom, I can't give up freedom."

PS. I'm sending a picture in attachment.

Piotr Owczarek, IIBg

BE ECO!



Have you ever thought about how to live ecologically? Why do people want to be eco-friendly?

Today, ecology is an important part of every human life. A lot is said about it on TV and radio. People want to be up to date with the ecological situation in the country and in the world.

What can we do to live ecologically?

Replace the car with a bicycle. When you go shopping near your home, you can choose a bike instead of a car. When you move around the city, use public transport.

Buy only the most necessary things. By buying unneeded items, you contribute to a large amount of waste.

Do not waste water. Use the shower. Wash dishes in the dishwasher. Water your garden with rainwater. You will save not only water but also money.

Save electricity. Choose household appliances with the highest energy efficiency class. Find short programs in your dishwasher and washing machine. Use led bulbs.

Segregate the trash. If you can, build a composter. Collect garbage in specially marked bins. Use recyclable items if possible.

I am convinced that being eco-friendly is crucial for us and our planet.

Julia Bugajska, IIAC

THE BIG COMEBACK..

September was the month when we came back to school. Everybody was scared of the situation in which we have to learn, even so we were trying to live normally as it was in the previous year. Teachers and people who work at school were trying to give us a safe place to learn. We had to wear masks and clean our hands as often as possible. A lot of school celebrations had to be cancelled. It was hard for us but we understood it.

Over time the situation with coronavirus started to get more dangerous. The government had to close the schools and universities again. The opinions about that were divided but we mostly thought that was sad news. Remote learning is very exhausting and demotivating even so we're all trying to get on well. We hope that in the second term we will learn in school, feel the atmosphere and just be together.

cherry



Learning is enjoying... possible?

Students of the 3rd grade of high school have an enormous problem. The programme of teaching is too large and the last three years have been connected with a strike of teachers (one month without

lessons) and the pandemic (remote learning). Some agree that their matura exam will be terrible. However, it can also be great if you know how to learn effectively and enjoyably. What to do to learn easily and nicely?



- 1) **Take notes yourself:** draw tables, diagrams, maps etc.
- 2) **Join curious groups on Facebook:** If you are hopeless at literature, join the group with memes from books. Then knowledge will come to you by itself.
- 3) **Make hilarious stories:** If you have to remember some German words, make a sentence or story with them.
- 4) **Listen to podcasts and watch movies on the Internet.** There are many people who create lessons that are often better than at school. You don't have to read or write – just listen.
- 5) **Talk and debate with people.** Exchange of opinions is the best test and supplement to our knowledge. Talk about politics, events, movies etc. and try to add something you need to know. Try to say a quote from a book or a geography statistic. You will show yourself you are more intelligent and learn something new.

To sum up, if you use knowledge every day and want to play with facts, tests won't be a problem. Then you will forget about learning by heart and your exam will be fantastic.

Roch Rochowski, 3e

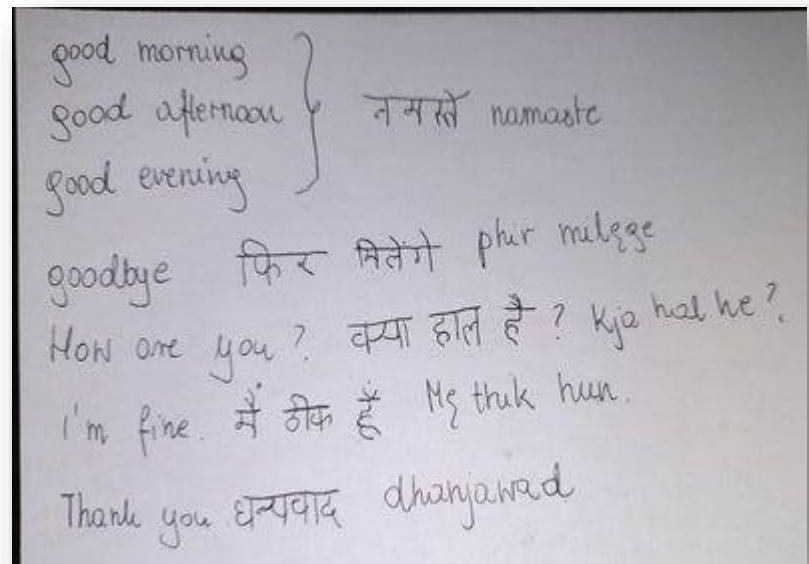
Learning Hindi

Hindi is specifically spoken in the North of India but it still is the fourth most spoken language in the world.

About 400,000 people speak this language. Of course, we shouldn't have a problem communicating in English all over India because this country was a British colony for a long time.

So why would someone start learning this language?

Above all, learning Hindi allows you to get to know Indian culture "from the inside". If you do this, you will stand out from most of the society. In your surroundings you will be considered an intelligent and broad-minded person. Learning Hindi is also fun and helps to train your brain.



Therefore, I recommend learning this language. In the play store you can find alphabet learning applications such as Hindi Alphabet from Learning & Writing studio and Learn Hindi. Speak Hindi from Ati Studios. Here are some examples of Hindi words . Good luck!

Ania Koziol III E

How to write an article?

Honestly, I know how to do it, but this time I'll write whatever I want here. So, to relax a bit and stop thinking about our current global situation, let's move on to the animal world.

Assume you are an animal. How would you imagine yourself? As a lion, tiger, puma, coyote? Or maybe as a hamster, rabbit, capybara, hedgehog, mole, manatee or a dog? Everyone in the world is different - we should know this, but isn't it just an old saying?

Sometimes I think too much. I suppose there are a lot of people who just want to stay within "mediocrity". Is it true? I'm not waiting for answers. It's a free world. You can stop for a moment and consider this question, or you can simply skip to the next page and return to your daily activities.

Some people I know find it difficult to be a little different from most of our population. Maybe it is because of the lack of self-confidence or self-awareness? We know we should love our minds and bodies and not compare ourselves to others. But are we really doing it? I do not think so. We are in a hurry to buy new clothes, share photos on social media. We keep forgetting about our priorities. Is it love, family, friends and passions? Or fame, how many people have reacted to your new profile picture?

Honestly, I'm not a judge. I am an average teenager who loves life and God who gives us everything. I bother with my very sensitive mind. Now, I am very happy to write this article. What do you do that makes you happy? I've heard that making a small list of what makes me happy is a great gadget. We live once, so it's important not only to exist, but to make your time your big dream.

If you read this, I am totally grateful. I wish you happiness, positivity, hope and strength despite everything that is happening around you.

Spicy pumpkin

Vocabulary stage

a manatee [maneti] - krowa morska



mole [mołl] – kret



hedgehog [hedzhok] - jeż



capybara [kapabaara] – kapibara



coyote [kajotti] – kojot



Your own music album

I'm sure that you listen to music and you have a few favorite music albums. Have you ever wondered how they are created? Believe me, it is a difficult process, but if you create music yourself and would like to try your strength and release the first CD, I will explain it to you. I know what I'm saying because recently I have released my first rock album "Hard Feelings" by She Only Lies.

Step 1: Take a band and think about what you want to play, what your idea of music is, how



many songs the album should have and what instruments you want to record and whether to do it yourself or in the studio (because it influences on costs).

Step 2: Figure out your own music! Remember that you have to be able to play all songs perfectly and everything must be agreed with all bandmates. Don't forget about practice with the band and solo before recording.

Step 3: Find someone who knows

how to record instruments and do it! It could be one of bandmates or someone else.

Remember that it's the most important step, because the quality of the music depends on it.

During recording don't forget about metronome and perfect tuning of your instrument or vocal.
<https://www.facebook.com/SheOnlyLiesOfficial>

Step 4: When you finally have recorded the audio track, it's time to send it to someone who will mix and master it! Don't forget to agree the style of the songs with the vibe in which they are supposed to be. Send example songs, because of that your sound engineer will have a simpler job.

Step 5: When you have final files, you can make your album cover. You can use it for the CD album, but also on the Internet and wherever you put the album (YouTube, Streamings, Instagram). I recommend you to use your band fanpage and account to publish it. Set a release date and inform whoever you can.

This is an example of a way to release an album, but you can also try something of your own, ask other musicians or friends from the music world for help. Good luck to you, and remember this amazing feeling when people listen to your music.

Mateusz Depta III F

Be like her!

Have you ever heard of Natalie Dormer? Natalie Dormer is from Reading, a town in the north of England. Her childhood was not

a pleasant one. She had a strict stepfather. The children at school bullied her for her appearance as Natalie was not a classic beauty. They laughed at her nose and called it 'the nose of a pig'.

But do not worry, my friends. Natalie was a strong and hard-working girl with great ambitions. Moreover, she never gave up.



She was a very good student and that is why she wanted to study history. However, she did not get into college because she misinterpreted the questions. It was then that she chose acting.

At the beginning of her career she played only in episodes. But everything changed after her role in Casanova. The director was delighted with her talent. Consequently, in 2007 she played in the historical series Tudors. She played Anne Boleyn, the passionate and intelligent Queen of England. This role showed her talent and made her a well-known and appreciated actress. She later played in films such as The Hunger Games and Game of Thrones.

Personally speaking, she is a great actress who is admired all over the world. And school children can watch her on the big screen with jealousy.

Maria Dudek, IICg

Contact with culture and art

The sad fact is that young people know (or don't know) the classics of literature only from Polish lessons. They can't recognize the names of artists or composers. Sometimes teenagers can't tell the difference between a violin and a guitar. But the future depends on young people. It depends on those who don't know what builds our culture.

It's known that without art there wouldn't be humanity. Communing with culture is important. It is important and pleasant because everyone can find an area that suits them.

Serious task, but easy! In our free time, we can replace computer games and series with for example:

- reading
- listening to music created by composers from different centuries
- looking at paintings and visiting museums
- going to the theatre or watching performances online

...and many others.

To feel part of a culture, you can create it by yourself. Maybe drawing? Or making sculptures? Isn't it cool to create theatrical performances with friends? There are many possibilities; playing an instrument, writing poems or songs. You can do all this by yourself!

Don't close yourself to culture and art. Just try!

Amelia Sujata, IE

Rysunek: Paulina

Półrola, IE

„Ancient Egyptian Art”

From the earliest times music and dance played an important role in everyday life of Egyptians. Then there didn't exist concert halls or theatres or cinemas. The musicians played at private funerals – 3 types of dance were performed then, which was very demanding and spectacular. The dancers were dressed in not long but short skirts. Musicians played mainly the wooden instruments for example the thirteen-string harp. Generally, women of the royal harem played this type of instruments.

Artists who decorated Egyptians tombs were very respected. They had to use strict proportions. Then they painted with thin reed brushes and mineral paints. They often used hieroglyphic alphabet, which appeared in 3100 BC. Hieroglyphs were read from the right to left as well as from the left to right. Learning to write was very hard because such texts had to be rewritten many times.

Egyptian craftsmen produced mainly jewellery e.g. rings, earrings or necklaces. They made it from faience material or gold. Gold was mined in the desert and from Nubia.

Nina Konsztat II Bg

A special course



Last month I took part in an interesting course. It was about the newest technologies that are used nowadays. We got to see lots of new gadgets and even tried using them.

What I liked the most was that we could try everything. The course made me think about what I needed to buy to make my life easier. It was the most interesting event in my life.

So I chose to buy an iPhone XR, it has got a lot of modern applications. By the way my phone broke down. I hope it's a good choice.

I'm sure that you would enjoy this kind of course.

Strzelczyk Marta, 3e

COVID-19 PREVENTION TIPS



#1 Avoid mass meetings.



#2 Wear a mask.



#3 Keep distance.



#4 Eat healthy.



#5 Stay at home!



Difficult time of quarantine.

Everyone knows what the situation in Poland is, so I want to present to you a few ways to fight boring

days. First of all, we have a lot of time to read books and I think that this is relaxing and it's a great way to spend time. We can also exercise a little and improve our body. We can learn something in the kitchen and help mom make dinner or a cake or surprise her and do something on our own. When we miss our friends, we can chat with them online or play computer games together. We can do something with ourselves, cut or change the colour of our hair, change the style. It is also a great idea to rearrange or decorate your room somehow.

There are many ways to do something that we normally don't have time to do, just want to do them!

Take care,

-XYZ

Healthy lifestyle

There has been difficult and specific time in the world, so now the most important thing is positive thinking, our safety and being healthy! But you have to remember to pay attention to everything about your health, not only to follow the rules and keep yourself safe, but also to lead the right lifestyle.



The way we eat is very important. We should eat a lot of vegetables and fruits, drink a lot of water, and not eat too much sweets and salty snacks. We should choose food which has many vitamins and minerals and give us energy to function well.

Not only our diet, but also physical activity is really important. We can do many different sports, for example running, cycling, rollerblading, training at home, jumping rope, dancing or just walk the dog. There are many options, so everyone can choose something for themselves to spend their time in a creative and active way.

Having healthy eating habits in our daily routine, that is, eating well and being physically active, will make us, above all, healthy, and we will also look and feel good.

A healthy lifestyle has only advantages, so why don't we try it? Let's do it and be healthy!

Julka Kr 2bg

New Year's Eve

New Year's Eve is one of the most known global celebrations. This holiday is celebrated on 31st December and 1st January – on these days people have had big parties, family meetings or even birthdays. This year the situation is completely different because of COVID-19. We must avoid contact with other people if it isn't necessary.

Well, if this pandemic has interfered into your plans, I have got good news for you! I've prepared some interesting ways to spend time on New Year's Eve!

Video-calls with your friends

I'm sure that you would spend New Year's Eve with your friends with pleasure! Why don't you use your phone or computer to make video-calls with them? You could see each other and talk about this year – especially about great moments!

Serial marathon

If you are the introvert type, you could spend New Year's Eve watching TV series! Take your favourite food and drink, fluffy blanket, fragrant candles and find interesting series! Isn't that wonderful?

Baking cakes or cookies

It's time to show off your culinary skills! Buy the needed ingredients the day before, prepare your kitchen and start making deliciousness! Personally, I recommend cookies with chocolate. They are so easy to make and totally delicious!

Hania Zając

WHAT TO WATCH" DILEMMA

Have you ever felt so bored you didn't know what to do? Nothing seemed right or interesting and you were getting tired of that feeling. If yes, I'm here to present to you some amazing TV shows you should definitely watch when you feel like this again!

- **THE UMBRELLA ACADEMY**

This one revolves around a dysfunctional family of sibling superheroes who reunite after a long time of not seeing each other to solve the mystery of their father's death and to save the world from the apocalypse... that they brought on to the Earth themselves.

- **THE UNTAMED**

It takes place in ancient China, where two boys with supernatural powers are forced to work together to solve a series of murders, and uncover a mystery.

- **EUPHORIA**

This one follows a group of high school students and their struggles of becoming adults. It talks about addictions, sexuality, love, friendship and trauma.

- **HOSPITAL PLAYLIST**

If you're tired of watching Dr.House for the tenth time but you're really passionate about medicine, this one's for you. It tells a story of a group of friends who became doctors. We get to see their everyday lives and work environment.

- **MONEY HEIST**

It's about criminals who lock themselves in the Royal Mint of Spain. "The Professor" has a plan to escape with 2,4 billion euros without getting caught.

If you're reading this, what's wrong with you? Go watch something!

Klaudia



RECIPE FOR HEALTHY AUTUMN

Autumn is a time in the year in which we should take special care of our health. We should take vitamins, drink a lot of water and eat warm and healthy dishes. In our daily diet, we should include spinach and kiwi which have a lot of vitamin C.

What is more - carrots, tomatoes, paprika, and broccoli

have vitamin A, which is responsible for our resistance.

- Drinking hot tea on a cold evening is a great idea! We can have small cheat moments and drink hot chocolate too!
- Appropriate clothing is important on cold mornings. We should wear warm jumpers, coats, jackets and comfortable shoes.
- Physical activity is important all year round, especially in autumn. Long walks are a good idea for that part of the year.
- If we follow this advice, we'll be healthy and happy!



Cherry

PUMPKIN CREAM

Autumn is that time in which we can admire, among others, beautiful, colourful trees through the window. But the best is cooking amazing dishes with seasonal vegetables and fruits!

INGREDIENTS:

- 1 small pumpkin
- 2 potatoes
- 2 carrots
- 1 liter of broth
- 1 small onion
- The juice of half a lemon
- ½ teaspoon ground ginger
- Salt, pepper, nutmeg, sugar
- Sweet cream 30%



Preparing:

- Wash the pumpkin, cut it in half, and remove the seeds and fibers. Then dice it together with the skin.
- Take potatoes, carrots and onion, wash them, peel and dice.
- Put the vegetables in a pot and pour the broth. Cook until the vegetables are tender.
- Mix everything with a blender to smooth cream and add the sweet cream.
- And finally the best part: add the spices!

ENJOY!

Zuzia Nawrot, 3e

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Ingredients:

- 1/4 cup of honey
- 80 g of butter
- 1/2 cup brown sugar or powdered sugar
- 1 egg
- 2 and 1/4 cups of plain flour
- 1 teaspoon of baking soda
- 1.5 - 2 tablespoons of gingerbread spice



Step 1

Heat the honey, butter and sugar in a pot and mix everything, when sugar is dissolved, cool the dough

Step 2

Add the rest of ingredients and mix. If the dough is too loose, add more liquid honey until the consistency will be good

Step 3

Roll on a board, lightly sprinkled with flour

Step 4

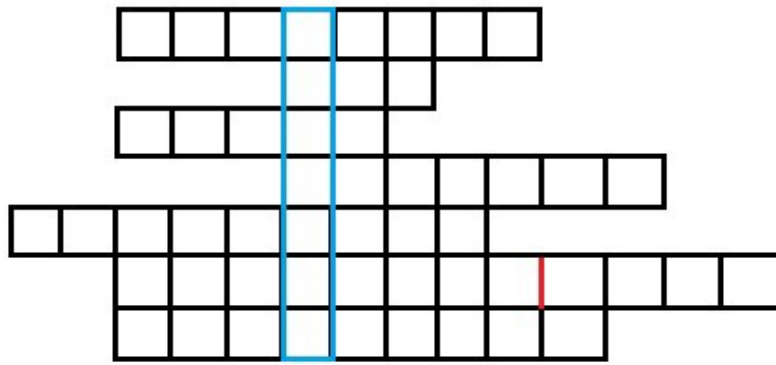
Cut out gingerbread cakes of any shape which you want and put them on a baking sheet covered with baking paper.

Step 5

Bake 8 - 10 minutes at 170 - 180°C. Remove from an oven and cool.

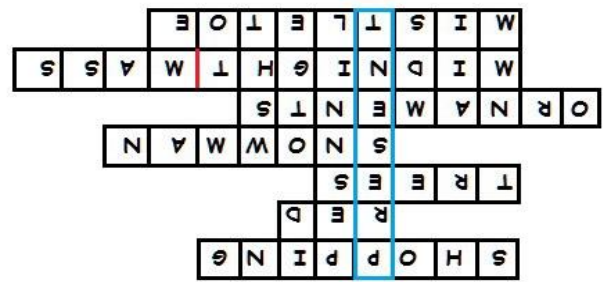
When the gingerbread cookies aren't hot, decorate them as you like!!!

CHRISTMAS CROSSWORD



1. We're going...to buy some incredible and unnecessary presents.
2. We always wear...hats on our heads on December 6th.
3. Christmas...are a popular tradition for many people.
4. Kids very often build a... .
5. We hang the...on the Christmas tree.
6. People go to...at midnight.
7. You may kiss your crush under the... .

Julia Gąsiorowska kl.IIBg



CHRISTMAS CROSSWORD

NO NAME

candles, candles in the night
 let me just shine bright
 people walking across the road
 all of the mornings are cold
 beautiful painting on the wall
 but nobody will ever know
 who are you?
 who am I?
 this is gonna be a long time
 when will you understand?

cherry