



Newsletter

Santo Tirso / Trofa / Riba d'Ave

No. 7 – April 2013

1 st	Ricardo	Aa	T	12 th	André	C.A.E	T
1 st	Sergio	B teens	ST	13 th	Zé Pedro	B teens	ST
3 rd	Tiago	Beg ch	ST	13 th	Ana Rita	C teens	RA
3 rd	Sara	A adults	RA	14 th	Luana	B teens	T
5 th	Ana	A ch	T	15 th	Joe	D teens	T
5 th	Ana	C teens	T	16 th	Francisca	C teens	T
6 th	Wilson	Beg ch	T	17 th	Caroline	B ch	ST
6 th	Diana	A adults	T	19 th	Ana	D teens	T
6 th	Inês	D teens	T	21 st	Inês	B ch	ST
7 th	Guilherme	Beg ch	ST	24 th	Silvia	A adults	RA
7 th	José	B ch	RA	24 th	Zé Miguel	F.C.E	ST
7 th	Francisca	B teens	RA	26 th	Regina	C teens	ST
7 th	Beatriz	C teens	RA	29 th	João	Beg ch	T
7 th	David	C teens	ST	29 th	Catarina	Beg ch	T
8 th	José Miguel	B ch	RA	29 th	Inês	D teens	T
11 th	João	B ch	ST	30 th	Maria	C teens	T
11 th	José Paulo	B teens	RA	30 th	Patricia	C adults	ST
12 th	Inês	A ch	ST				



In The Easter Holidays, some students went on a trip to London. Here are some photos.





Student's Work



Report: Race against violence

In this report I'm going to recommend organizing a race to raise money for victims of violence.

The place

I recommend the streets around the school because they are quiet and there's not a lot of traffic. This way, the Mayor won't have problems with stopping the traffic. I suggest putting a podium in the school entry to receive whoever finishes the race. They can take a souvenir picture.

The runners

I suggest that anyone from the city should be allowed to participate in the race.

The sponsors

Two supermarkets, Jumbo and Modeli, have promised to provide food and drinks for the runners at the end of the race, if we advertise them on our posters.

The cost

Tickets would cost 10€ for adults and 5€ for students. These will be available two weeks before the race in the school office.

Conclusion

To conclude, I strongly recommend holding a race to help victims of violence. This is a healthy event which will involve all the people in the city who care about the subject.

(Ana Isabel Ribeiro – C adults – St Tirso)

If I was famous, I'd like to be an olympic runner.

Hussain Bolt is my favourite runner.

I want to be really fast, so to be fast, I need to practise a lot every day.

There would be many good things about being an olympic runner.

For a start, I would be very famous and so I would be very rich. With the money I had, I could buy a mansion and ferraris. That would be very good!

There would also be some bad things about being famous and rich.

To begin with, I wouldn't have friends, just people that would want my money. Then, with all the money, lots of thieves would try to steal from me. And if they did it, I would be very sad.

So, we can have the perfect life with all that we need, but there will always be some bad things too.

(Zé Pedro – B teens – St Tirso)

“How Technology has change the film industry”

Nowadays technology plays an important role in the film industry. Due to the fast evolution of computers today we have many specialised programs that can be useful to produce a film.

Through them film-makers create movies with amazing special effects, such as flying, walking on water, teleportation or slow motion. This kind of technology allows producers to reduce the cost of the movie, less danger for actors and also allows the total control of lighting conditions.

In animation films computer programs are very useful because, apart from the voices, there are no real actors. The characters are created by a program. It is possible to see a movie in 3D. Using the 3D glasses it seems like the image is coming out of the screen.

The movie Mission Impossible: Ghost Protocol shows us some impressive technology. There are contact lenses with a heads up display which shows information across a line of vision, gloves that can grip vertical surfaces, a magnetic levitation suit and a BMW with amazing features.

Another great special effect is the bullet effect, which became famous in the movie Matrix.

There is new technology that will certainly change films, the 4D, which is now in development.

(Luis Costa – D adults – Trofa)

Playing video games is an activity that is becoming more popular with people from all ages. I think there are advantages in playing video games.

Personally, I think that some games are very teachful and have a lot of value lessons. For example some games can teach how to be organised, and to take care of city. In addition, it is a good way to relax.

However, there are some disadvantages that people have to consider, like teenagers can become addicted very easily and they can spend too much time playing rather than studying. Also, scientists have proved that teenagers can become very aggressive if they play violent games. Beside that, people who play a lot of video games, are usually fatter, because they don't practice exercise, and they don't get together with their friends.

Overall, I think that people spend too much time playing video games, and although people say there are advantages, I believe that the disadvantages outweigh.

(Filipa Domingues – C teens – Trofa)

Opinion Composition

Having a mobile phone is becoming very important to people of all ages but, with the advantages, there are also many disadvantages of using it.

Personally, I think that mobile phones are a good way to communicate with others by making calls or texting. When we need to talk, for some reason, to our family or friends, mobile phones can be very useful and they're also very practical.

However, as I told before, it's clear that there are also disadvantages of using mobile phones. Firstly, people, mostly teenagers, send messages all the time and talk to their friends by phone calls many hours per day and they don't do that because they really need it, they do it just to "chit chat". Even during the meals, they use their phones to communicate with their friends and that's impolite! Secondly, if they spend more time sending messages or talking to their friends by phone, they will get together less because they will "live in a virtual world".

In my opinion, having a mobile phone is good because we can communicate with other people when we need to, but it's important not to over use it.

(Mariana Domingues – C teens – Trofa)

Do you think there is a resemblance between our student José from Trofa and the cook from the film "Ratatouille"?



Do you or someone you know look like someone famous? Do you have any photos with a famous person? Lend us your photo and we will publish it in the Institute's Newsletter.

"If you were famous, what would you be famous for?"

If I could choose how I could be famous, being an author would be it, because it's one of my oldest dreams.

For real, I have never thought much about it, but to answer this question, I've just thought about my dreams and wishes, and it was really quick and easy.

So, if I were famous, I would be an author, but not a romance, terror or a fiction writer. I would love to write books about peace, self help and stuff like that. I would try to give an example about peace. Making people less aggressive, and do something for world peace (even if I know that this is something practically impossible). I don't know, fight for peace, love and make you reflect more about your life, your choices...

I'd try to open people's eyes to the real important things in life.

Who wouldn't want to be famous for helping the lives of others?

Maybe, I'd be famous as a writer, maybe not... who knows?

(Maria Maia – B teens – Trofa)

GIVE ME JUST A REASON – Pink Feat Nate Ruess

Right from the start you were a thief
You stole my heart and I, your willing victim
I let you see the parts of me that weren't
All that pretty

And with every touch, you fixed them
Now you've been talking in your sleep
Oh oh things you never say to me
Oh oh tell me that you've had enough
Of our love, our love

CHORUS

Just give me a reason, just a little bit's enough
Just a second we're not broken just bent
And we can learn to love again
It's in the stars, it's been written on the scars
Of our hearts
We're not broken just bent
And we can learn to love again.

I'm sorry I don't understand
Where all of this is coming from
I thought that we were fine (Oh we had everything)

Your head is running wild again
My dear we still have everything
And it's all in your mind
(Yeah but his is happening)

You've been having real bad dreams
Oh oh you used to lie so close to me
Oh oh there's nothing more than empty sheet
Between our love our love oh our love our love

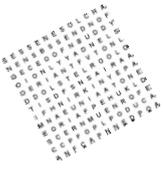
Just give me a reason, just a little bit's enough
Just a second we're not broken just bent
And we can learn to love again
I never stopped, you're still written on the scars
on my heart
You're not broken just bent
And we can learn to love again

Oh tear ducts and rust I'll fix it for us
We're collecting dust but our love's enough
You're holding it in, You're pouring a drink

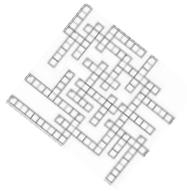
No nothing is as bad
as it seems
We'll come clean

CHORUS 2X

Oh we can learn to
love again
Oh we can learn to
love again
That we're not
broken just bent
And we can learn
to love again



Puzzle Page

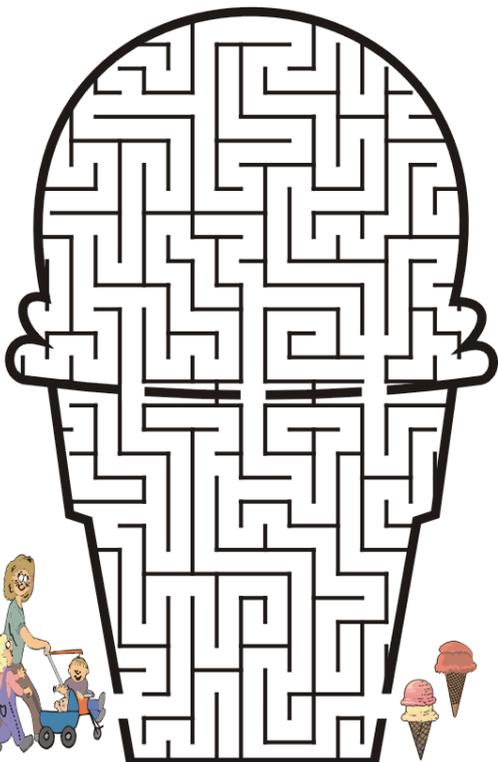


Crime Scene Investigators



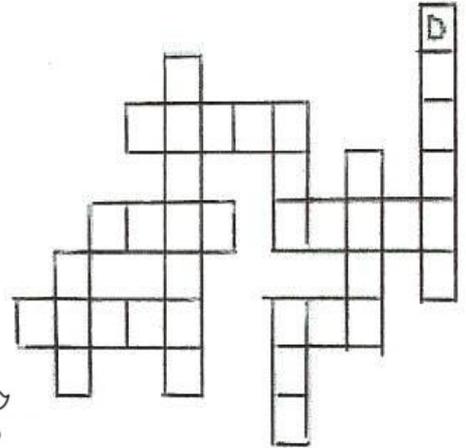
- | | | | |
|---------------------|---------------|---------------|-----------------|
| ANALYZE | DNA | IDENTIFY | RESIDUE |
| ARSON | ECKLIE | JIM (Brass) | SAMPLE |
| ASHES | EVIDENCE | KIDNAP | SARA (Sidle) |
| AUTOPSY | FIBER | KNIFE | SCENE |
| BITE | FINGERPRINTS | LAB | SHOT |
| BLOOD | FIRE | MOLDS | SKIN |
| BOMB | FLUID | MURDER | STAB |
| BONES | GIL (Grissom) | NICK (Stokes) | TISSUE |
| BULLET | GUILTY | OFFENDERS | TRACKS |
| CAMERA | GUN | PHOTOS | WARRICK (Brown) |
| CATHERINE (Willows) | HAIR | POISON | WEAPON |
| CELL | | | WOUNDS |

Can you find the way to the ice-creams?

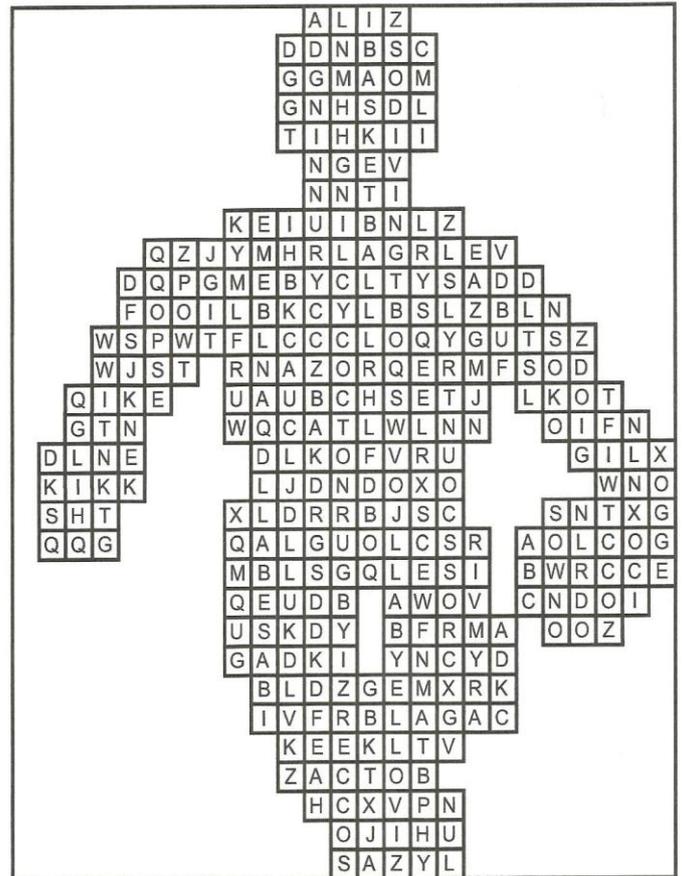


Farm animal crossword

- CAT
- CHICKEN
- COW
- DOG
- DONKEY
- DUCK
- GOAT
- GOOSE
- HORSE
- PIG
- SHEEP



Sports



- | | | | |
|----------|------------|---------------|---------|
| BASEBALL | BASKETBALL | CROSS COUNTRY | CYCLING |
| DIVING | FOOTBALL | GOLF | HOCKEY |
| LACROSSE | RUGBY | RUNNING | SKIING |
| SOCCER | SOFTBALL | SWIMMING | TENNIS |
| TRACK | VOLLEYBALL | | |