



Newsletter



Santo Tirso / Trofa / Riba d'Ave

No. 3 – December 2014

HAPPY BIRTHDAY

December

1 st	Sofia	D teens	T
2 nd	Paulo	D adults	T
3 rd	Gisela	Conversation	T
3 rd	Pedro	D adults	T
4 th	Marta	FCE	ST
9 th	Adão	B adults	T
9 th	Rita	D teens	ST
10 th	Sara	B adults	ST
10 th	Mario	D teens	ST
11 th	Antonio	D adults	T
12 th	Raquel	B adults	ST
13 th	Eduardo	B adults	RA
14 th	Inês	A ch	ST
15 th	Nuno	C teens	ST
15 th	Porfirio	C adults	ST
15 th	Carla	D adults	T
16 th	Rita	D teens	T
18 th	Liliana	B ch	T
18 th	Pedro	B teens	ST
18 th	Pedro	D teens	T
18 th	Mariana	FCE	ST
20 th	Gonçalo	A ch	ST
20 th	Elsa	C adults	RA
21 st	João	D teens	RA
22 nd	Sofia	B ch	T
22 nd	Diana	FCE	T
24 th	Pedro	Aa	T
26 th	André	Beg ch	T
26 th	Margarida	B ch	T
27 th	Vasco	B ch	RA
28 th	Bruno	FCE	ST
29 th	João	Aa	T
30 th	Arminda	FCE	ST
31 st	Maria	D teens	T

(RA) Riba D'Ave – (ST) St Tirso – (T) Trofa

Sorry ☹️ November

13 th	Marta	D teens	T
13 th	Lucilia	C adults	ST



Can you believe it's Christmas already?
Have you been good or naughty? Don't forget, Santa is watching 😊

Christmas Party

We would like to invite all our young students to come and have lots of fun at our Christmas Party where we will play Christmas Games, sing Christmas carols, eat delicious food and wait for the arrival of a very special person with a surprise. It will also be a time to present our students who were successful in their Young Learners exam with their certificate.

Hope to see you there. Ask your teacher for more information.

Certificate Presentation Dinner

Our annual certificate Presentation dinner for all our successful Cambridge Exam candidates will be on the 13th December in a restaurant in Santo Tirso. Meet outside the Institute for a great night 😊

Christmas Carol Trivia – Do you know what comes next in these traditional Christmas carols????

* Jingle bells, jingle bells _____.

* Rudolph the red nosed reindeer, _____.

* Rockin' around the Christmas tree _____.

* You better watch out, you better not cry, _____.

* Deck the halls with boughs of holly, _____.

* Frosty the snowman _____.



Student's work

Did the submarine change the world? That's the questions I've got to answer.

In my opinion, I think that the submarine changed the world, mainly in the case of the world's wars. In the First World War it helped us to beat the Germans by delivering supplies. In the Second World War it was a very useful weapon for attack and defence under water and undercover.

Finally, the submarine is today a very useful machine that military forces takes for tours underwater to see the fish and animals under the sea.

So in my opinion, the submarine is a great invention and a machine that changed the world. And the best thing is that you can attack other people without them seeing you.

(Tiago- D teens- St Tirso)

Dear Julie.

I was very happy that I received your letter. I'm glad to know that you and your family are okay.

Today was my first day back at school. It was very nice, actually. I've met my friends and we talked about our summer holidays. I still can't believe that they're already over!

Anyway, it was nice coming back to school. This year, our school has new facilities, such as the new chemistry lab, and they've improved the canteen. I've got some new teachers, too!

I'm still playing in the school volleyball team. I really like my team mates, and some are from my class. We've got a match in two weeks, and we are working very hard, so I really hope our team wins!

Well, I've got to go, my mum's calling for dinner! Write me back

Best wishes,

Sophie ☺

(Ana Sofia Fragoso- C teens – St Tirso)

MY SPECIAL PERSON

My special person is my half-sister Bruna. She is fifteen years old and she is short. Bruna has got long black hair and brown eyes. She wears glasses.

She is funny and intelligent but can sometimes be really irritating. Everybody likes her because she is really friendly.

I meet her every weekend but I talk on the phone with her everyday.

She makes me feel special and she is also sweet.

(Francisca Seabra – B ch – St Tirso)

Everyday there are many tasks we have to do and one of them is the housework. However, not everybody does it (in many homes only parents do it).

People often say that teens don't have time to do the housework because they spend most of the day at school and when they arrive, they have to do their homework and study. But what about parents? They come back from work and normally they're very tired. Some of them arrive very late and wake up early. So, both parents and kids don't have much time for housework. the

I guess that parents might do the tasks better. Nevertheless, teenagers have to learn and practise them because some day in the future they will need to do them. This way, they should do them now as a preparation for the future and as a helping hand to the parents. Although in my house only my parents do the housework (I'm too lazy for that), I know I should help them. Concluding, we all have our own things to do and if we share the chores, we will have plenty of time to do all we want to.

(Barbara Martins – F.C.E – Riba D'ave)

The Dream

One night, 15-year-old William Johnson had a great dream.

In the dream, he talked with his friends about the thing he wants the most. He wanted to go to a concert of his favourite band, Thirty Seconds to Mars and meet the members of the band in person. But, his friends told him that is difficult, because the only show of the band will be in New York City. He thought he didn't have a chance. Then, when he arrived home his father said that he will receive as a birthday gift the trip to see the concert in New York.

When he wakes up, he has breakfast with his parents. While they have breakfast, his father talked with his mother about a business trip that he will do to New York. His father can take someone else with him, so William took the chance and talk with his father about the concert. His father liked the idea and tell him that he will buy the tickets.

The dream came true and he always believed in his dreams from that day on.

(João Silva – C adults – Trofa)

Dance, a different form of art

All of us have a hobby or a favourite way of spending free time. One of my favourites is dancing.

I've always liked dancing, the way that dancers moved on TV amazed me, but it really started when I was about 8 years old and joined ballet class. Later on I had some hiphop lessons for 2 years and last year I attended quite a few hiphop lessons in my former gym. Right now I'm trying out something different, it's called contemporary dance and it's not as strict as ballet. It has a lot more flow and it's derived from more modern techniques rather than traditional styles of dance such as ballet. Contemporary dance makes you feel free and it's a nice way to let yourself go.

Dancing is something I can't describe. The feeling that comes with it is just incredible. In a way, dancing is a mixture of sport and art as you can do something beautiful and still exercise and keep fit. It also improves your coordination, agility, flexibility, balance and strength. It gives you confidence in your body and in yourself and it's a great way to make new friends. It's how I forget about my problems and just enjoy the moves, music and rhythm.

Overall I'd recommend it to anyone because it's an amazing hobby and you can find genres for anyone's taste, from classical to modern or "edgy". But if you take up dancing don't forget that it takes a lot of hard work to improve and be satisfied with it.

(Mariana Andrade- F.C.E-ST Tirso)

Believe in your dreams

A few weeks ago, 15-year-old Noah Addison had a bizarre dream. He dreamed that he and his sister Rachel were in school and suddenly the nurse of his school became very ill. They were pretty scared because she went to hospital and nobody knew what she had, so the doctors investigated very hard.

The next week, the school received some good and bad news. The good news was the nurse got better, but she introduced a new virus disease "Ebola" in the USA because she went to Liberia last month to visit her mother and she got the virus.

Noah was telling his parents about the dream and his parents said, "Just you to have these dreams!" and Noah said, " Luckily it's just a dream." Suddenly, the news reader on TV announced that the virus was in the USA because of a nurse and people needed to take care.

It was just like in his dream. Noah felt so bad and strange and from that day on he always believed in his dreams. *(Inês-C Teens-St Tirso)*

To begin, stealing is always stealing no matter how big or how small it is. Schools are an extension of education that every people should have at home, so they also should have rules.

On the one hand, stealing always damage somebody. So it deserves to be punished. When the student is caught stealing at school, his superiors must show him how bad and wrong was his act and the consequences on the victim. Therefore, I understand that he should be immediately and permanently excluded.

On the other hand, everyone deserves a second chance. It's important to understand what reasons made this student stealing and show him that nothing justify this act. The punish should be more soft, for example, community work.

In conclusion, I don't agree with the immediately and permanently exclusion. I believe people can change with their mistakes and that that chance is important for their development. *(Diana Viana – C adults – Trofa)*

Playing tennis – it's fun and healthy!

I've been interested in tennis since I was little. I would always take rackets with me whenever I went to the beach and used to play beach tennis with my parents. We always had a great time and I found it fun and relaxing.

One day, when I was 10, I was playing beach tennis with my father when he came up with the idea of me taking up tennis classes and i did so. I joined a tennis club in my city and spent 2 years there. It was an unforgettable experience that improved my skills and my love for the hobby.

For me, tennis is an amazing and wonderful activity because even though it can be exhausting it's very good for our health and body since it improves the level of concentration and speed. It is also incredible because you can have a great time while playing it with your friends or family: you can exercise while having fun, what could be better than that?

I left the tennis club 4 years ago but nowadays I still play tennis with my friends on holidays. It's a diferente way of spending time together and since we all love it it's very relaxing and entertaining.

I'd recommend tennis as a hobby because for me it's a creative and delightful way of having fun, working out and spending time with the ones you love.

(Rita – F.C.E – St Tirso)

Hello,

My name is Ana Margarida and my special person is Catarina, my cousin, because she is very freindly and cheerful.

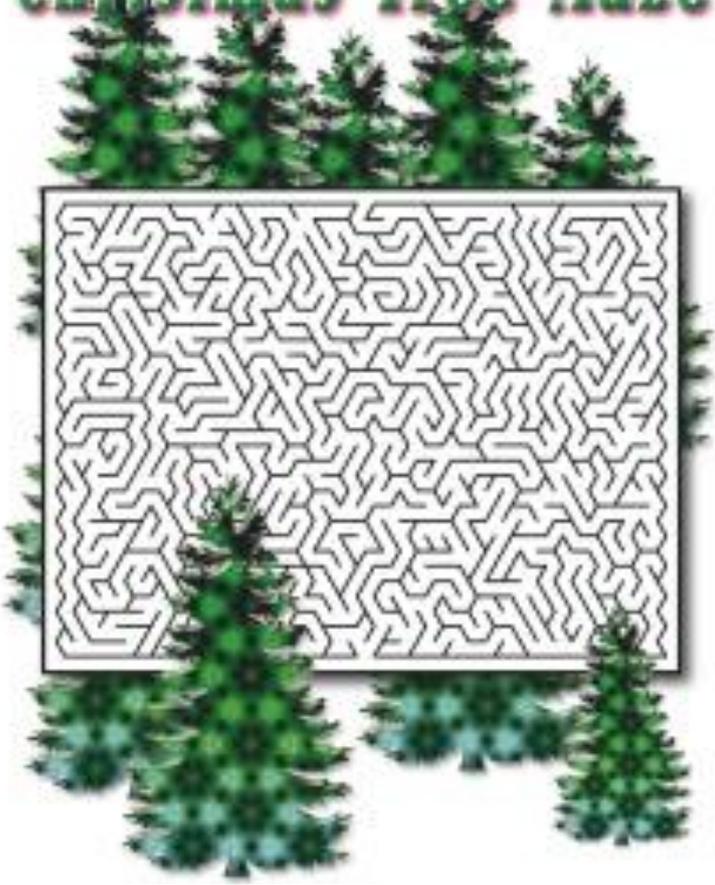
She is fourteen years old and she lives in Trofa. Catarina is tall, slim and she has got long hair. At the weekends I usually go to Trofa because I miss her and my grandparents. She makes me feel fine.

(Ana Margarida – B ch – St Tirso)



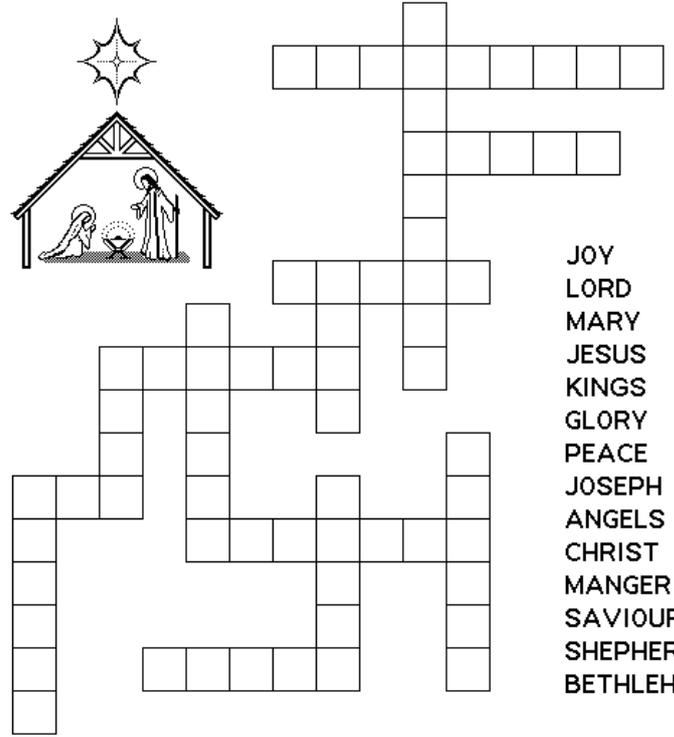
Puzzle Page

Christmas Tree Maze



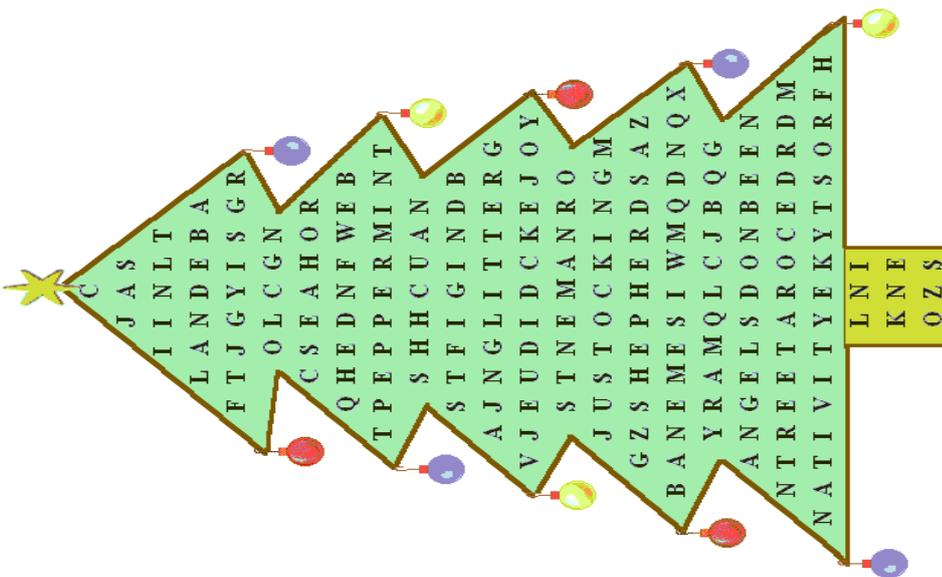
Christmas Crossword

Make all the words fit into this crossword.
Each word is only used once.



- JOY
- LORD
- MARY
- JESUS
- KINGS
- GLORY
- PEACE
- JOSEPH
- ANGELS
- CHRIST
- MANGER
- SAVIOUR
- SHEPHERDS
- BETHELEM

Christmas Search



- Angels
- Candy cane
- Chestnuts
- Children
- Cookies
- December
- Decorate
- Frosty
- Fruitcake
- Gifts
- Glitter
- Jesus
- Jingle
- Joseph
- Manger
- Mary
- Nativity
- Noel
- Ornaments
- Peppermint
- Reindeer
- Shepherds
- Sleigh
- Snow
- Snowman
- Star
- Stocking
- Tree
- Wisemen