

Student's work

Friends have more influence than family on teenagers

In my opinion, although families have influence on teenagers, the effects that friends have on them are much stronger because teenagers spend a lot of time with friends.

On the one hand, they want to be away from the home environment, trying new pursuits and socialising. At this stage of life they have liberty of thoughts and actions, and they are full of passions, excitement and adventure. They like to accept challenges and see the world in a different way.

On the other hand, teenagers are under the influence of their parents and are continuously observed by them. Parents always keep an eye on their actions and try their best to abstain their children from the bad impact of the society. Teenagers know that if they do something wrong, parents are there to help them.

In summary, teenagers have the tendency to be influenced by their friends more than by their families. The influence from friends can be positive or negative, however, it is essential to the development of a person. When the person matures, that kind of influence tends to decrease.

Love,

Lucília Ferreira

(C adults-St Tirso)

To: Mr Smith

From: Iris Oliveira

Subject: Gym facilities in St Tirso

Introduction

As requested, I have done some research into some gym facilities in this area. The results are presented below, together with my recommendations.

Alive Fitness Club

This gym has a big variety of activities, which include cross training, cycling and yoga. These activities, as you can see, are related to body training and relaxation. Alive Fitness Club is open every day of the week, including Saturdays and Sundays. It also offers several events in which every member can participate. There is a client shop where you can buy t-shirts, food and drinks. The membership fee is 50 euros but you can also pay for one or two classes.

Municipal Gym of Santo Tirso

There are many activities that this gym offers, which include tennis, gymnastics, volleyball, swimming classes, handball and athletics. This gym doesn't offer body building activities. You have to pay 30 euros monthly in order to participate in one activity. The activities occur two or three times per week. It also offers competitions for the several activities.

Conclusion

In conclusion, I think that in the new gym you should have activities for bodybuilding and sports. It is also clear that you should have some dance classes and a swimming pool. I also think that you should open a bar and a nursery, as well as a place where parents can watch their kids practising sport and a garden. Finally, I think that your gym should have a professional photographer so that parents could have their kids' photos taken.

(Iris Oliveira-D Teens-St Tirso)

Museums are important places where people can have fun and learn something at the same time. They are tourist attractions and their aim is to exhibit a collection of interesting objects that many people will want to see. However, there are museums with very few visitors because they are located in a bad area for tourists, or the collection doesn't have much interest for the tourists. In this situation, I think the museums should close.

To start with, if these museums remain open, they will spend lots of money from government funds to pay the workers and this doesn't make sense. Without visitors, there isn't earning, there are only expenses.

Furthermore, if these museums close, the collection can be transferred to another museum that has more visitors to be appreciated by more people.

In conclusion, it seems to me that a museum without visitors should close to save money. The collection can be appreciated in other museums and be more well-known.

(João Eduardo-D Teens-St Tirso)

Dear Mary,

I've got a lot of good ideas about how to be healthier.

Firstly, you should not stay at home and watch TV. Instead, you should go and do some exercise, swimming, for example.

Secondly, you should not eat so much fast food, like burgers and pizza. You should eat more fruit, vegetables and salad. If you do this, you will improve your health.

If I were you, I would go to bed earlier. If you do not do this, you will get really tired.

Thirdly, you should not take crisps or sweets to school for a snack. Take fruit with you instead. If you don't do this, you will get overweight.

I hope you feel better soon.

Best wishes

Beatriz

(Beatriz Alves, B Children St Tirso)

Even though not all people get the chance of studying abroad, I believe those who do should take this opportunity, for sure.

Firstly, students that go on this kind of exchange programme get to improve their résumés by adding this experience to it. Secondly, they get to learn how to deal with different environments and with new people while refining their own language skills and learning about new subjects related to their studying area. Therefore, they get to know a whole new type of lifestyle and a varied range of cultures.

A further point is that students that embrace and make the most out of this situation will not only find their academic abilities boosted but they will also find themselves more mature and self-confident after being away from home and out of their comfort zone for a relatively long period of time as they are forced to take proper care of their own lives and being responsible for their deeds. That being the case, growing up is obviously implied in this occasion that involves an acclimating process itself.

In conclusion, I believe it is a mistake for students who are given this possibility of studying abroad, not to take it as they will miss things which may work in their favour, in the future.

(Francisca Reis-FCE-Riba dave)

To: Teacher Paula

From: Sofia Naldinho

Subject: Sports facilities in the área

INTRODUCTION

As requested, I have researched sports facilities in this area. For a small town there seems to be some variety and quality of sports facilities. The results are presented below together with my recommendations.

AQUAPLACE

Aquaplace is the municipality gym. Here you can train individually in the weight's room or in the group classes. They offer a wide variety of group classes like zumba, crosstraining, yoga, judo etc, lessons that can meet all kinds of needs. You can also enjoy the pool, whether in "free style" or with an attendance teacher.

AZENHAS PARK

Azenhas Park is a public park that extends along the river. Here you can run or just walk and enjoy the landscape at the same time. You can breath the fresh air and hear the birds singing in the spring. There is only one inconvenience, when it rains a lot the river rises and floods the park.

MANEGE

Riding schools is also one of the possibilities. Here you can have riding lessons if you are not used to riding a horse, or you can simply pay for a horse ride if you have experience in this sport. Most of the members of this school have their own horse but this could be very expensive.

RECOMMENDATIONS

It is clear that in this area they have a lot of sports facilities. For those who prefer to attend a gym, I recommend Aquaplace. I recommend Azenhas Park to the people that love outdoor exercises but if you love to ride a horse, I suggest the riding school.

(Sofia Naldinho- D adults – Trofa)

My Mum

My mother is Paula Albertina. She was born in 1969 in Famacão. My mother studied technology and after that studied education at university, but she gave up. She started to work as a computer technician in Efacec. But she didn't like it and changed jobs. She became a secretary in the same company. She has worked in this job until today.

My mother met my father in Efacec. Both have worked in this company. They fell in love and two years later they got married. When my parents got married, they were living at my paternal grandparents' home, in Santo Tirso. After that, they lived in the same house but they were separate homes. I was born one year after they were married. Four years later she was a mother for the second time of my sister Diana. In 2003, we went to a new house. We have been in this house until today.

My mum doesn't have a lot of free time, because she works all day. At the weekend she has more time. My mum is a very active person and she always finds something to do in our home. My mum likes to travel and to be with her family. Her family is the most important thing for my mum.

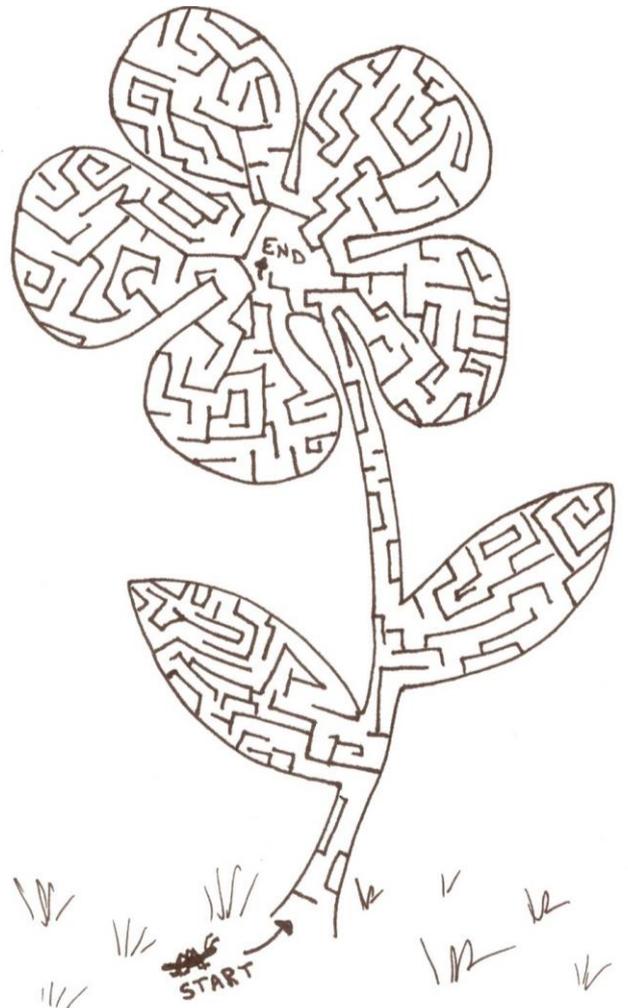
(Sara Pimenta-B Adults-St Tirso)



Puzzle Page

Mother's Day

B G S T Y A Y U F Q H L S Q D
 U F N R D L O O R I M Z P D X
 F F W I I W R V B E N K E Z O
 L V L M R E J U Z U P X C Y M
 L R A O V A V I P Q I R I R H
 P F F E W B C H J I M B A O A
 P E R Y T E X W T N G O L Z C
 S M Z S S G R S D U H H M A F
 R E H T O M A S K F E D L M U
 Q K M L U F A M A M A W O Y Y
 Z O O V K C H I L D R E N A Y
 B V R A L G U W F K T L Y M C
 E M E Q F K I S S E S F V C Z
 V R O K F J T R T D O H Z Q X
 B A X M U V C B C T B I Y G N



BREAKFAST
 FAMILY
 HEART
 MAMA
 MOMMY
 UNIQUE

CARING
 FLOWERS
 KISSES
 MAY
 MOTHER

CHILDREN
 FOREVER
 LOVE
 MOM
 SPECIAL



ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



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Teacher's copy of answers

Series and characters

* Dr Leonard Hofstadter **BIG BANG THEORY**

* Derek Sheppard **GREY'S ANATOMY**

* Aaron Hotchner **CRIMINAL MINDS**

* Peter Griffin **FAMILY GUY**

* Oliver Queen **ARROW**

* Barney Stinson **HOW I MET YOUR MOTHER**

* Rachel Green **FRIENDS**

* Gloria Pritchett **MODERN FAMILY**

* Dr Henry Morgan **FOREVER**

* Rick Grimes **WALKING DEAD**

* Patrick Jane **THE MENTALIST**

* Temperance Brennan **BONES**

Famous people as kids

1. George Clooney

2. Eminem

3. Angelina Jolie

4. Beyonce

5. Ronaldo

6. Leonardo Dicaprio

7. David beckham

8. José Mourinho

Find differences

1. Tuft of grass behind backpack missing

3. label on skateboard is coloured in

5. crest on backpack has moved

7. exhaust from bus

9. pattern on skateboard nose is wider

11. lunch bag is wider

2. rock behind skateboard missing

4. bush on right is coloured in

6. light on bus has moved

8. rear window on bus is bigger

10. folder under girl's arm is wider

12. "BUS" sign is taller