

HAPPY BIRTHDAY February

1 st	Cristina	B ch	ST
1 st	Tiago	B ch	ST
2 nd	Bruna	A ch	T
3 rd	Matilde	A ch	ST
4 th	Henrique	D teens	ST
4 th	Martin	F.C.E	T
5 th	Ana	A adults	T
6 th	Mario	B adults	T
8 th	Luis	B teens	ST
11 th	Maria	A ch	T
11 th	Afonso	Aa2	ST
12 th	Guilherme	B teens	T
16 th	Inês	D teens	ST
17 th	Cristiana	A adults	ST
19 th	M ^a João	B teens	ST
20 th	Tomas	A ch	ST
20 th	Patricia	C teens	ST
20 th	Kika	C.A.E	ST
20 th	Diana	C adults	ST
21 st	Ana	Beg adults	ST
21 st	Ana	C adults	RA
22 nd	Cristiana	F.C.E	ST
22 nd	Maria	B teens	T
23 rd	José	B ch	T
23 rd	Isabel	C teens	ST
24 th	Raquel	A ch	RA
25 th	Beatriz	B ch	ST
25 th	Sara	C adults	ST
26 th	Daniel	D teens	T
26 th	Maria	B teens	ST
28 th	Ana Rita	D adults	ST

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

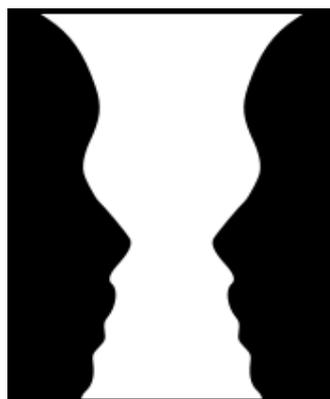
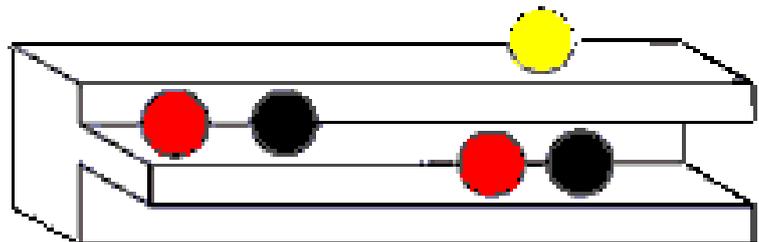
CARNIVAL and VALENTINE'S DAY

This month we have
Carnival and Valentine's
Day. Have fun getting
dressed in fancy dress
costumes for Carnival.
Then, on the 14th tell all
your loved ones that you
love them ☺



OPTICAL ILLUSIONS

What do you see? Now tilt your head?



Student's Work

I went to America's Got Talent!

Last year I went to America's Got Talent.

It all started two years ago when I told jokes at birthday parties for 50\$. And one day a friend told me to go to America's Got Talent and that's what I did.

I arrived two days before the contest. I stayed at my friend's house that day. The queue was gigantic, it occupied the whole block. I got to the studio. I was very nervous but I took a deep breath and started telling the best jokes I had. Afterwards I was so nervous that I even started crying.

But when the judges told me I had won, it was the best moment of my life. The audience started clapping and laughing. I won 100.000\$ and a car.

It was the best moment of my life.

(Pedro Martins-C Teens- St Tirso)

Exercise for Dummies

Are you a busy student? Have you ever felt bad about sitting down for hours? Then this is for you! Let's move!

Firstly, you have to have thirty free minutes twice a day. How? Simple! After breakfast and in the afternoon.

I would recommend running in the morning. This will help you to wake up and concentrate on studying all day.

Depending on what you are doing during the day, writing or reading, you can have a couple of bottles and a couple of cans near your desk. Use sand to fill the cans and water to fill the bottles. You should keep them near you all day. Why? You will use the bottles as dumbbells for arms and legs while reading and writing, and guess why? They will help to release the stress inside.

Even though you are doing exercise every day, you can't keep eating badly. So, the second thing you must do is to clean up your fridge and go to the supermarket! All you have to do is a list of what to eat during the day and (DON'T FORGET!) it's important not to eat a lot of carbohydrates, mainly at night. You should avoid them. Also you should pick fresh ingredients for your meals. It's cheap and better for your health.

Well, the lesson is done! All you have to do is follow this advice and be fit!

(Cátia Castro-FCE-St Tirso)

Dear me in the future,

Now, we are in 2050. I'm fifty years old. At this moment, I work for a company as an engineer and I have two children, a son and a daughter.

I have some friends that I have since secondary school. Sometimes I go with them to parties or walk around the city like when we were young.

The world changed so much since I was young. The villages are so different. There are more houses, and the people are different too.

Now, for example, I don't eat candies and chocolates and cakes because I don't like to be fat.

Now I'm a little older and there are things like jumping, skiing and running that I don't do because the age doesn't allow me.

In the future, I hope to have a lot of grandchildren and a big family, so I would like to be a good grandmother.

I hope to have a fun life so that I am happy.

(Beatriz Sousa- B Teens-St Tirso)

Hello Kika,

By the time you open this letter you will already be 18 years old. Wow, you're officially an adult now. Your 2016 self hopes every one of your dreams came true and let me tell you that you have plenty of them. Let me remind you of some.

Did you ever get 5 at Maths? I know you really wanted it. What about your culture exchange programme to Italy? Did you ever convince mom and dad? And college? Do you still want investigation? Are you a perfectionist?

I really hope that you got the right answers to these questions over the years. If not, just remember that you are still very young and that you have a whole life right ahead of you.

Sweetheart, please don't make the wrong choices and don't let me down! Above all, you are a very ambitious girl and don't let time or anybody change that.

Love you a lot.

Your 13 years old self.

Francisca

(Francisca Seabra – B teens – St. Tirso)



My first talent show

It all started when I saw on the television an announcement about a talent show. I decided to participate because I think I'm very talented and I was in a contemporary dance club since I was five years old.

Until the show, I was really anxious but at the same time I was happy because I was close to realizing my dream.

On the day of the contest, I was very nervous but when they called my name I felt that was the best day of my life. When the song stopped, everyone clapped and the judges were crying so I thought I was really good.

At the end of the contest, I was nervous again because the other people were good too. The judges announced the third place and it was the Spanish girl who sang. Then, they announced that in second place was me. On the one hand, I was very happy because second place is very good. But on the other hand, I was disappointed because I wanted to be the winner. The winner was a boy who told jokes. To be honest, he was really funny and he was a success.

Although I was not the winner, I would like to participate in other talent show because it was an awesome experience that I will never forget.

(Mariana Neto & Mariana Areal – C teens – Trofa)

Dear teacher,

I'm at Legoland. I have never been here before but I have searched a lot about and it was a childhood dream.

We came here by plane last night – it was a long trip. So far I have seen a lot of Lego sculptures. They were amazing! Oh, and I had pasta for lunch. See you!

Diogo Amaral *(Diogo Amaral – B ch – St. Tirso)*

Hi Teacher,

I'm at Magicland in Fafe. I have never been here before but I heard something about it. Me and my class came here by coach, it was a small trip!

So far I have gone on almost all of the rides. They were so funny!! And I had an omelette for lunch!

See ya!

Rui *(Rui Abreu – B ch – St. Tirso)*

Dear me in the future,

Now I'm twelve years old and when you read this maybe you are twenty-two. I'm sure your best friend is still Xana and that your favourite thing is having fun with your friends. Do you prefer the summer or the winter?

I hope that you're still healthy and that you don't eat too many sweets. I also hope that now you like to study Portuguese because you didn't like it at all.

I hope you are still having good results in school and that you are a good student. Maybe you're already at University and if so, I hope you are studying something that you like so that you can find a job that you like too.

Have a great life in the future with happiness and love.

Bye bye,

Joana *(Joana Couto – B teens – Trofa)*

A day in Lisbon

Looking forward to coming and visit Lisbon? Great choice, there is plenty you can do!

To start with, you can visit the Nations Park, near "Gare Do Oriente", which is a very nice new area with gardens and a side walk by the river.

Then moving on to the center, you must have heard about the famous "Pastéis de Belém", if you haven't, go and try them, they are very nice. Near the "Pastéis de Belém", there is the Tower of Belém, a beautiful monument by the river which you won't want to miss.

Then if you want to go further you can catch the train in Ross Station, it runs quite frequently and it takes about 30 minutes, and go to Sintra. Once there you have 2 bus that can take you to Pena Park and the Pena Castle, which is very beautiful, and once there you can go to Quinta da Regaleira which is an amazing place with beautiful gardens.

Back in Lisbon, if you have kids and want them to have a great time, you should take them to Lisbon Oceanarium, located in the Nations Park, or to Lisbon zoo, and I guarantee you they will have a great time!

If you're up to shopping you can go to Chiado/Rua Augusta and visit "Terreiro do Paço", a beautiful historic area.

As you can see, there is plenty to see and do, and there won't be time to be bored!

(Ana Rita – F.C.E – St Tirso)

Hello, my name is John and I'm from Ribeirão, Portugal. I'm nine years old. I have a sister, she's two years old and her name is Sofia.

I'm a fifth grader at E.B. 2,3 de Ribeirão.

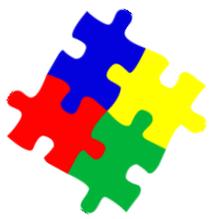
My favourite colour is blue. I am a fan of F.C.P. team.

My favourite hobbies are watching tv, riding a bike, running, playing football and video games. I also like reading.

Recently, I'm learning to play the guitar and I'm enjoying it.

I have a pet, it's a cockatiel. I like it very much!

(João – Beg ch – Trofa)



Puzzle Page

Valentine's Day



arrow
candy
cinnamon
cupid
fourteenth
huge
roses
balloons
gift

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

bear
chocolate
February
flowers
friend
red
heart

white

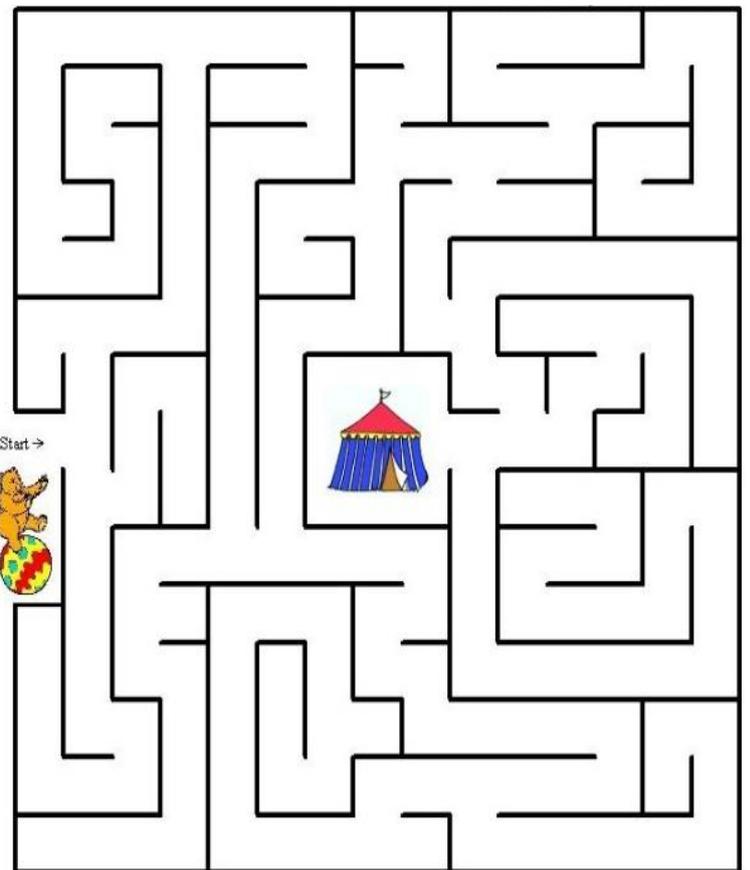
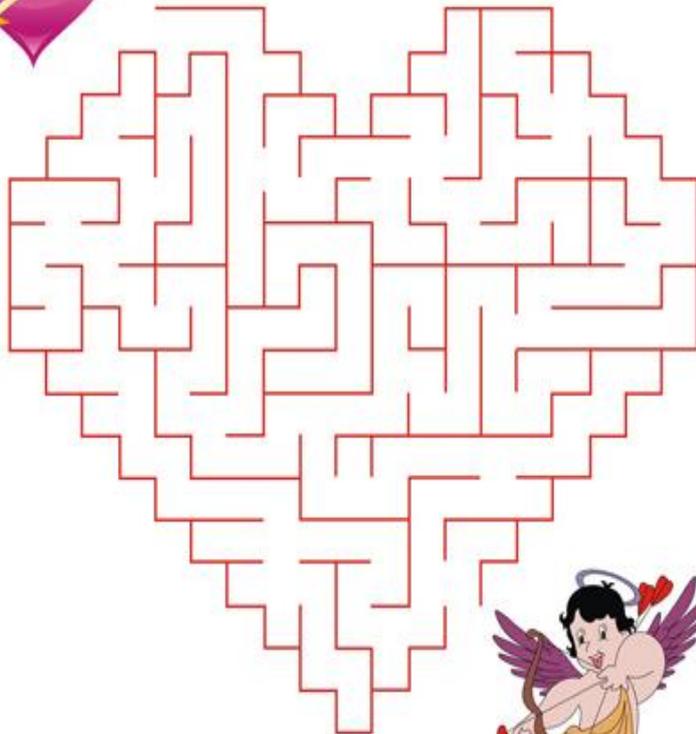
necklace



love

pink

Valentine



Start →

