

April

1 st	Pedro	A adults	T
1 st	Ricardo	B teens	T
1 st	Daniela	FCE	ST
3 rd	Ana	B teens	ST
3 rd	Edviges	Esp B1	ST
4 th	Diogo	A ch	ST
4 th	Ana Rita	D teens	ST
4 th	Carolina	FCE	T
5 th	Ana Claudia	D teens	T
6 th	M ^a Margarida	A ch	ST
6 th	Rui	A adults	T
7 th	José	FCE	RA
8 th	Luisa	Beg ch	ST
8 th	Isabel	C adults	T
9 th	Maria	A ch	ST
9 th	Miguel	B ch	ST
9 th	Raquel	B teens	ST
9 th	Catia Daniela	C adults	T
10 th	Catarina	Beg adults	T
11 th	Gonçalo	B ch	ST
12 th	Diana	A ch	ST
12 th	Liane	B adults	T
12 th	Maria	D teens	T
13 th	Diogo	A ch	ST
14 th	Margarida	B teens	ST
14 th	Sofia F	FCE	ST
14 th	Luana	CAE	T
16 th	Francisca	B ch	T
17 th	Alice	A ch	ST
18 th	Gabriel	Aa	ST
18 th	Luana	A ch	ST
18 th	Diogo	B teens	ST
19 th	Gabriel	Beg ch	T
19 th	Gabriela	C teens	RA
21 st	Francisca	Aa	T
24 th	Ilda	A adults	ST
26 th	Helena	A adults	T
26 th	João	FCE	T
26 th	Inês	CPE	ST
28 th	Gonçalo	A ch	ST
29 th	Catarina	C teens	ST
29 th	João P	C teens	ST
29 th	Ariana	FCE	RA



3rd term – YEAH!!! Last term of school.

Not long to go now. Third term is quite short, so make the most of it. Study hard to get those great last marks. But don't forget to have fun as well ☺

Look at these pictures of animals “chilling out” ☺ ☺



SORRY ☺

March

8 th	Ana	B ch	ST
30 th	Teresa	CPE	ST

CELEBRATE! CELEBRATE! CELEBRATE!

Student's work

Motorsport World championship in Porto

During the month of July, Porto will be completely full of people from all-around the world to witness this motorsport event. The city of Porto is expecting to receive over 100 000 people.

All types of racing cars are going to be on display. Companies like Ferrari will come to try to win first place.

However, critics say that the event will not be as good as promised. Because Porto is a small city compared to all the other capital cities where this event has taken place before, experts are saying that the city will be a mess. The streets will be full of people, half of the city's roads are being used for the races, so they are not available to the public. All of these situations will require a lot of help from the police and possibly even the army because it is an international event, it may be a target for terrorist attacks.

On the other hand, it is also an historical moment for Portugal. It will mark the first time an international event is taking place in our country.

It will be a great month for fans and will definitely be one of the highlights of the year.

(Rodrigo Cruz – C teens – Trofa)

Technology is developing faster and faster and having an important role in nowadays society. These are affecting all kinds of people, including children. Some specialists even say that technology has taken over kids life, such as watching TV.

Firstly, one of the main evidences that such theory is true is that child obesity is increasing to alarming levels. This happens because children are stuck at home in front off the screen, hours and hours without doing anything else. This way, they don't waste their energies and obviously get fat, so one good solution would be to encourage kids to play sports.

Secondly, nowadays, TV has become such an ordinary gadget which every house has at least one. Because of old remote control's fights, many children got the chance to get a TV in their room. This also brought many bad consequences that can be seen every day, for example: kids don't get enough sleep because they stay up at night watching TV, they don't study or do their homework because they get distracted by this gadget, or simply the fact that they can't stop talking about new programs.

In conclusion, children should watch less TV and spend more time doing other activities. Also, parents should control the time they spend watching TV and make sure they take some fresh air once in a while and that they focus on school and work.

(Maria Pinheiro – D teens – Trofa)

The best colour run ever!

Have you ever gone to a colour run? I have. I went to "Santo Tirso às cores" in this city last summer and believe me it was an amazing experience. It all started with a phone call.

My cousin invited me to go with her to this night event and I spent all day in her house. When the time came closer, we were suddenly feeling nervous and excited at the same time. We realised that were going to be among thousands of people.

After we arrived there, we met some people and received a small kit (with colour packets and cool neon glasses), we forgot all the insecurities and we got ready to live this experience to the maximum.

The race started and we began having fun painting each other. In the end, I was such a colourful monster (yellow, green, blue and pink all over my body).

It was absolutely the best experience in my life and I can't wait to repeat it.

(Margarida Soares – C teens – Trofa)

Television has a lot of interesting channels and it's true that nowadays children are watching too much TV.

There are reasons that explain why this happens.

First, there is at least one television per family so it's easier to just go sit on the couch rather than do some exercise by playing outside. That can lead to obesity.

Second, television can work as a babysitter because it entertains the children when the parents are doing something and don't want their kid to annoy them.

Third, after a day of study, children just want to go home and rest, so they watch TV. That's not good because when you start to watch TV you don't want to stop, but you have other things to do like doing your homework.

To conclude, I think that children should have extracurricular activities. That is important because they can do something good for their health and parents don't have to worry about them and can do whatever they want. Parents should also limit their children's TV viewing.

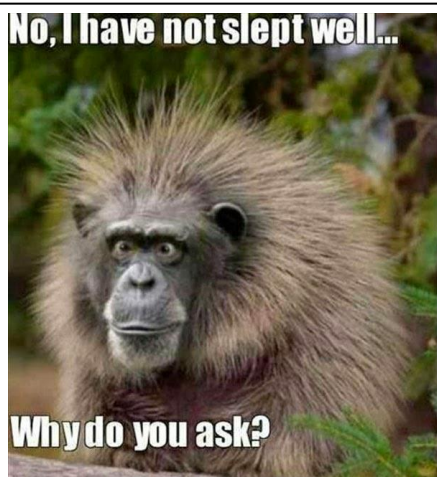
(Ilda Pinto – D teens – Trofa)

Nowadays, we realise that our world is getting worse and worse because of our bad behaviour. Basically, we live in a society without time for anything, that is constantly living stressful lives and adopting a green lifestyle becomes harder.

On the one hand, in today's modern world, it's possible to be green because to adopt this lifestyle, it's not necessary to do and recycle everything. We must start with simple things like inviting some of our work colleagues to come with us in order to reduce pollution caused by cars. To be green, we should and could do some simple tricks to save water and it's already good. It would be great if everyone did that. It would be a big step to solve our environmental problems.

On the other hand, it's not as simple as that because our society doesn't think, or have too much time to think of these small things we could do to be green... they are tired and weary of the pressure of their work and lives, and just want to have some fun to relax a bit from that stressful life.

To conclude, I think we always must make an effort to reduce our unnecessary consumption and a greener lifestyle starts with a simple action. **(Francisco Martins – C adults – Trofa)**



It is a fact that in today's modern world, it's very difficult to be green, but it is not impossible.

In our world, there are a lot of alternatives to choose, we just have to make our own decisions and remind ourselves that the world that we live in now, is going to be the world that our children and grandchildren are going to live in in the future. So we should try to make this world a better place.

Even though it is hard to be green in today's modern society, there are small actions that all of us should do, like: recycling, don't waste unnecessary water, plant trees, don't kill plants etc. of course, this isn't enough to make this world a better place, but it helps a lot, if every single person does it.

To conclude, I think that it's not only possible to be green in today's modern world, but that we should be!

(Margarida Serra – C teens – Trofa)

I live in Trofa which is city in the surroundings of Porto, in the north of Portugal.

Trofa is located in the Ave river valley region, an area of the textile industry and farming, namely for the milk production. For this reason in the same city we have calm zones and traffic and busy zones.

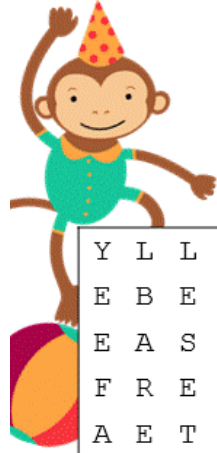
The city has some important religious buildings, namely Santiago de Bougado church designed by the famous architect Nicolau Nasoni, and Nossa Senhora da Dores chapel. Every year, in August, Trofa realizes a popular celebration in honour of N.S. das Dores. That is very known for its high "andores".

Trofa also has some historical places like "Souto de Bairros", "casa da Cultura" and "Castro de Alvarelhos". The weather in Trofa is typical of temperate climate with four distinct seasons; Spring and Autumn with mild temperatures and rain, cold and rainy winters and hot summers with sunny days.

The city is known for the railroad tracks, for the textile industry and also for the "leitão", a typical Portuguese dish. What I like best about Trofa are the quieter areas of the agriculture forest and also the parks.

(Joana Torres – B adults – Trofa)

PUZZLES



APRIL FOOL'S Day APRIL 1st

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

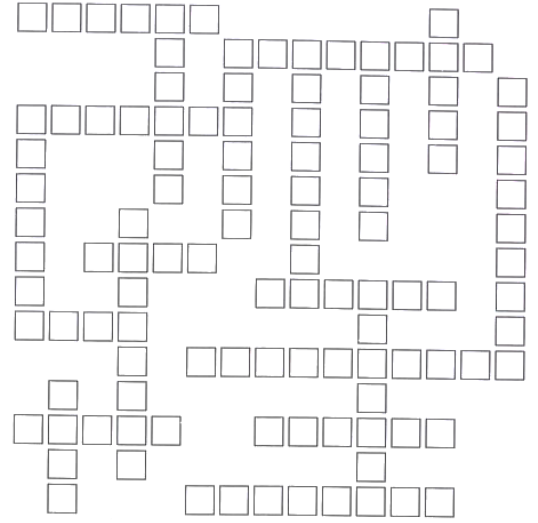
APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY

Word GAMES

SHRUBS



4 letters

ALOE
ROSE
SAGE

5 letters

ELDER
LILAC

6 letters

ABELIA

CHERRY

DAPHNE

INDIGO

KOWHAI

LOQUAT

7 letters

HEATHER

JASMINE

JUNIPER

8 letters

BARBERRY

CAMELLIA

LAVENDER

MAGNOLIA

9 letters

MISTLETOE

10 letters

JOSHUA TREE

