

May			
1 st	Marco	Beg adults	T
3 rd	Isabel	B teens	ST
3 rd	Sonia	B adults	ST
3 rd	Joana	FCE	ST
5 th	Diogo	B chn	T
5 th	Manuel	D teens	ST
6 th	Margarida	B teens	ST
6 th	Ana Rute	C teens	ST
6 th	Ricardo	C teens	T
8 th	Afonso	Aa	ST
10 th	Inês	FCE	T
11 th	Inês	D adults	T
12 th	Diana	B teens	ST
12 th	Vera	C adults	T
13 th	Sónia	B adults	T
14 th	Inês	C teens	ST



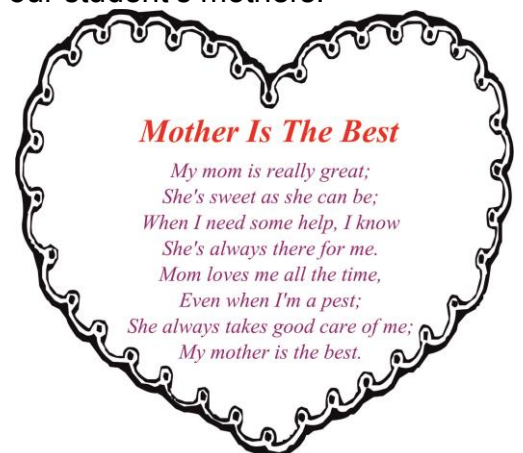
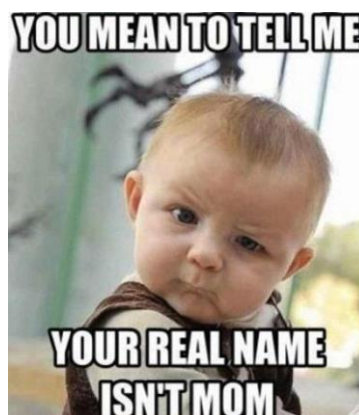
14 th	Teresa	A chn	ST
15 th	Inês	C teens	ST
19 th	Mafalda	B chn	ST
21 st	John	B chn	ST
21 st	Diana	C teens	T
22 nd	Tiago	Beg chn	ST
23 rd	Maria	B teens	ST
24 th	Luisa	Aa 2	ST
24 th	Sónia	Aa 2	ST
24 th	André	B teens	ST
24 th	Hugo	B adults	ST
26 th	João	B teens	ST
28 th	Patricia	A adults	T
29 th	Francisco	C teens	ST
31 st	Carolina	B chn	ST



Mother's day is on the 5th May. Be especially nice to your mother on Sunday. Give her lots of kisses and hugs and tell her how much you love and appreciate her.

A very Happy Mother's Day to our students who are mothers and to our student's mothers.

"Dear Mom, I was gonna give you an all expenses paid, first-class trip to Hawaii for Mothers Day. But I knew how much you'd miss me, and I just couldn't put you through that kind of agony."





The Race

The names of the competing athletes were about to be announced. All of the runners were nervous but Jenny was more nervous than anyone. It was her first time in an official competition. The names were at last announced and Jenny started feeling even more nervous. Her coach approached her and asked what was going on. She answered saying she wanted to quit.

"You are not a quitter," said her coach. "You are a fighter!"

Jenny was inspired. She recovered her self-confidence. When the referee shot his gun, she started running like a thunderbolt. She then realised there was nothing to be afraid of. She came in first place.

(Gonçalo – C teens – St Tirso)

Two hotels in Nazaré

Famous for its surf competitions and gigantic waves which allow them to take place, Nazaré is definitely a place you want to visit. Whether you are in the mood for some extravagant holidays or looking forward to having your share of fun for a cheap price in this coastal city, Nazaré won't fail to delight you. Each hotel I recommend caters for one of these situations.

Not even a minute away from the beach, Hotel Praia is an exquisite, four-star hotel designed to accommodate whoever decides to give a luxurious twist to their holidays. The bedrooms are spacious with a contemporary design along with equally comfortable sized bathrooms, each packed with all the hygiene products you need.

The hotel also offers the opportunity to enjoy its well equipped gym, if you're in need to blow off some steam, as well as its warm rooftop pool and hot tub, which can be used at any time. Besides these entertainment options, breakfast is also included and you may want to take the chance to have your other meals there. Unfortunately, if you are running on a tight budget, you may want a rethink whether this is the most favourable option.

Hotel Oceano may not be as promising in quantity, but I assure you it doesn't lack in quality. Although the rooms, and bathrooms, are small and quite basic, the comfort and utility are surely present.

Its location is envied by many other hotels since Hotel Oceano stands facing Nazaré's marvelous beach, which you can access by, simply, crossing the street. Luckily, this hotel presents itself with a cheaper price than other hotels, while still giving you all the basic holiday needs.

I strongly recommend you choose one of these hotels, bearing in mind that Hotel Praia is more suited for fancy and relaxing holidays, whereas Hotel Oceano is meant for those looking forward to exploring Nazaré for a small amount of money.

(Vitor Gonçalves – CAE – St Tirso)

How to make a good impression at a job interview

Job interviews are always a challenge. So before you go to the job interview, you should learn everything about the company and your employers. If you know anyone who works or has worked there, talk to them. Ask if they enjoy working there and what the employers are like.

After you learn everything, make a list of your strengths and how you can help the company grow.

On the big day, you should wear clothes that are going to share the company's politics. You should be calm and assertive and you should not only talk about your professional skills, but also your soft skills, the skills that are going to make a difference. If you are honest, everything should be alright.

Eduarde – B adults – St Tirso)



Project work on Fashion by B teens class – Trofa

The names of competing athletes were about to be announced. I have to admit I was a little nervous and I could feel butterflies in my stomach.

It was my first time in the London swimming competition, but I have been training all my life for that moment, so I was pretty sure I could handle it. I mean I have to handle it, right? When I heard my name being announced, my heart stopped beating for a few seconds.

"It's now" I thought. Before I went to my position, I looked at my coach, who was with my parents. He smiled at me and I felt more confident. I took a deep breath and waited to hear that sound--- the "beep" sound. When the last name was announced, I knew that I should do everything to win that competition.

"Ready! Steady! Go!" I jumped to the pool and I swam, faster than I could. When I was about to touch the wall of the pool I felt the real happiness, something I've never felt before. That moment was mine and nobody would steal it from me.

I put my head out of the water and heard people clapping to me. I won! I looked at my parents and saw their eyes shining and then I looked at my coach, who was screaming something I couldn't understand, but I knew it was something good.

That moment made me think that sometimes things can become harder than we thought it would be, but at the end the feeling that we felt... there's not money that can buy it.

(C adults – Trofa)

DID YOU KNOW...

- It is impossible to lick your elbow (Go ahead – try ☺)
- It is physically impossible for pigs to look up to the sky.
- Rats and horses can't vomit.
- Like fingerprints, everyone's tongue print is different
- Human thigh bones are stronger than concrete.
- There is a city called Rome in every continent except Antarctica.
- Right handed people live, on average, nine years longer than left-handed people.
- One quarter of the bones in your body are in your feet.
- Women blink nearly twice as much as men.
- Months that begin on a Sunday will always have a "Friday the 13th".
- You're born with 300 bones, but by the time you become an adult, you only have 206.
- Worms will eat themselves if they can't find any food.



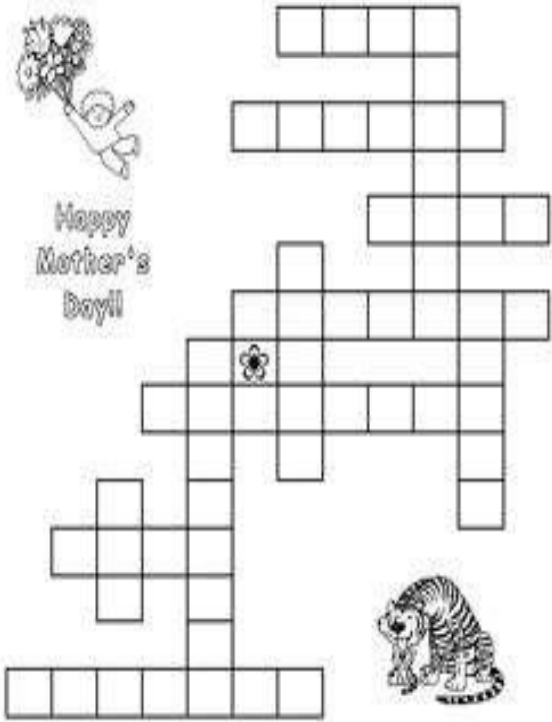
MOTHER'S DAY

WORD SEARCH



- | | | | |
|--------|-------------|--------|----------|
| AUNT | CHILDREN | HUGS | MOMMY |
| BRUNCH | DAUGHTER | KIDS | MOTHER |
| CANDY | FAMILY | LOVE | PARENT |
| CARD | FLOWERS | LOVING | PRESENTS |
| CARING | GRANDMOTHER | MAY | SUNDAY |

Mother's Day Crossword



- | | | |
|------|---------|----------|
| MOM | ROSES | JEWELRY |
| HUGS | HEART | LISTENS |
| LOVE | MOTHER | FAIRNESS |
| GIFT | SPECIAL | PATIENCE |

Mother's Day jokes

Why was the house so neat and clean on Mother's Day?
Because mum spent all Saturday cleaning.

Why was the Mother's Day cake so hard?
It was a marble cake.

What should you make for lunch on Mother's Day?
Anything you want. She's just happy she doesn't have to make lunch.

What kind of chocolates do astronaut's mothers like on Mother's Day?
Mars Bars.

Why did the children give their mum a Blanket for Mother's Day?
Because she was the coolest mum.

