

Santo Tirso & Trofa

March 2023



2 <sup>nd</sup>	Rodrigo	B ch	T
2 <sup>nd</sup>	Ana	C1	T
3 <sup>rd</sup>	Tatiana	A2	T
3 <sup>rd</sup>	João	B1	T
6 <sup>th</sup>	Rita	A2+	ST
6 <sup>th</sup>	Beatriz	A2+ teens	T
6 <sup>th</sup>	Henrique	C1	T
12 <sup>th</sup>	João	B2	ST
14 <sup>th</sup>	Beatriz	B2	T
14 <sup>th</sup>	Mariana	C1	T
15 <sup>th</sup>	Leonor	B1 teens	ST
15 <sup>th</sup>	Leonor	A1	ST
15 <sup>th</sup>	Margarida	B2	ST
16 <sup>th</sup>	Rafael	A2+	ST
18 <sup>th</sup>	Giovanni	A ch	ST
18 <sup>th</sup>	Carolina	B1+	ST
22 <sup>nd</sup>	Ana Rita	A2+ teens	T
22 <sup>nd</sup>	Susana	A2	T
23 <sup>rd</sup>	Afonso	Beg ch	T
29 <sup>th</sup>	Matilde	A2+ teens	T
31 <sup>st</sup>	Maria	B ch	ST
31 <sup>st</sup>	João	B1	T



Spring is finally here! We celebrate the Spring equinox on the 20th of March and on the 26th the clocks turn forward one hour. That means less sleep for us! Also on March 19th we are going to celebrate World Sleep Day!



“Early to bed...”

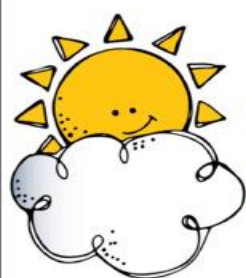
You know what it’s like. You go to bed and wake up late because it’s the weekend and you don’t have many things to do.

Isn’t it strange when people say “Early to bed and early to rise makes a man healthy, wealthy and wise”? It means that if you get enough sleep and start working early in the day, you’ll have a better day and a happier life.

Although it’s a common saying, I’ve never really stopped to think about what it actually means. How can a small change in your habits make your life better? Apparently, people that get enough sleep and wake up early, have a more productive day. When you go to bed early, you have more chances of waking up with more energy and in a better mood. In addition, there are lots of benefits to waking up early, such as enhanced organizing skills, improved mental health and you have more time for yourself.

Do you know what the strangest thing is? During a month, I tried going to bed early and waking up early and the results were incredible. I felt happier, with more energy and had more productive days. So why don’t you give it a go? I’m sure you’ll get amazing results.

Ana Costa, B1+



Spring is the  
time of year  
when it is  
summer in the  
sun and winter  
in the shade.

*Charles Dickens*



### The Atlas Six

“The Atlas Six” is the first book of a trilogy, written by Olive Blake, centered around magic and full of secrets, betrayal and seduction. Its gripping and unpredictable plot will satisfy all your cravings for an awesome and absorbing read. In this dark academia fantasy book, every ten years, the six most talented magicians in the world are chosen to compete for one of five available places in the exclusive society of Alexandria. The most important secret society in the world, guardian of the lost knowledge of the greatest civilizations of antiquity.

This year they will introduce us to six morally grey magicians who are fascinating and incredible to read about. First we’re got Libby Rhodes and Nico Varona, inseparable enemies that can control matter with their minds. Reina Mori, a naturalist who can speak the language of life itself. Parasi Kamali, a mind reader, Tristan Caine, who no one is sure what he’s capable of and, finally, Callun, a rich pretty boy that can cause the end of the world. These characters are brilliantly realized, each entangled with one another in torturously delicious ways. However, try not to get too attached as one of them will be eliminated so that the other five can survive.

“The Atlas Six” will grip you by the throat and refuse to let go, I have no doubt that this novel will be everything you ever wanted and more, as it was for me. Welcome to the Alexandrian society!

Maria Moreira CAE

### Best and worst movies

Nowadays, there is a wide variety of movies available for us to watch. And obviously, some of these movies will leave us intrigued and speechless, and others will make us feel nothing but disappointment.

An example of the first type is the mystery "Shutter Island". In this movie, federal agent Teddy Daniels (Leonardo DiCaprio) and his partner Chuck Aule (Mark Ruffalo) are sent to a psychiatric hospital on Shutter Island to investigate the disappearance of a dangerous killer. During his time there, Teddy has memories of his traumatic past that somehow connect him to this institution. Throughout the movie, the appropriate choice of soundtrack and Leonardo DiCaprio's incredible performance transmit confusion, mystery, and tension. But the best part is the huge plot twist at the end that allows all viewers to create their own conclusions about the outcome.

On the contrary, there is one film that disappointed me, "Don't look up". This film portrays the discovery, by two unknown astronomers, that a meteorite will destroy the Earth in a few months. At first sight, the concept of this film has a lot of potential, however, there is no great development of this idea, making it repetitive and predictable. Although the cast features huge names like, again, Leonardo DiCaprio and Jennifer Lawrence, there is nothing very special to add to this film, which makes it a bit poor and boring.

To conclude, between these two films, I would definitely recommend “Shutter Island”, not only because it is thought provoking, but also because the ending is completely non-predictable.

Mariana Pereira FCE

## Swimming: the best sport for you

Swimming is the best sport anyone could do. I started swimming when I was three years old. My parents always thought that knowing how to swim was one of the most important things to learn so they decided to enrol me as soon as possible. I loved it from the first day! However, I can't say I was athletic because when I started I was basically a baby but as time went by I became a great swimmer.

Swimming is a complete sport. It works the core, arms, legs, glutes and back. It is also excellent for flexibility and it is an aerobic exercise which works our resistance. So for those who want to be fit this is a really good choice.

For people who are competitive, there is always the opportunity to participate in a competition and perhaps win a medal.

Although it is a hard sport, I would recommend swimming for all ages. By doing this sport, it contributes to a healthy lifestyle, it helps to reduce stress, increases our energy and reduces the risk of diseases.

Inês Machado FCE

## Skateboarding: Go big or go home

Skateboarders can't be afraid as they jump into tricks without looking at the consequences. I started doing skateboarding when I quit football and I really wanted to do a risky sport. The first time I tried skateboarding I fell in love with it, the feeling of freedom that it gave me overtook the physical pain that I felt after falling.

Although skateboarding is a rough sport I enjoy it, because of the adrenaline running in my bones and also because I learn new skills. This sport has given me the opportunity of making new friends and getting out of my comfort zone.

Although you can sometimes get hurt, I would recommend doing skateboarding for anyone who enjoys extreme sports and a little bit of adventure. I also recommend giving it a go because, since I started doing this sport I've gained important life skills, for example, how to be persistent and brave when your life doesn't go as you expected.

In conclusion, skateboarding is for everyone so no one cares about your genre or your ability or even your age. We just want you to have the best time ever.

João Costa FCE





# Spring



WHMZA LKRS GUBECHTQI  
 FTULY IJBEPQNOPASDX  
 SJNIBORHLVMCSUTLEK  
 PEDWGX EKJOAZRMCQFB  
 RCYQUSAVNTSIEKHROL  
 OLAMBFDTEUPSWGXTJE  
 UNPHYGZRLKDHOV CENR  
 TBEJDWPQISGXLMFPAU  
 VMZCAIKDHBNUFSEBRT  
 DKYTLXGORFPEJQBW OA  
 EPGLEBSUAMOCHICKSN  
 BNARFYOJTHZMTDLIPG  
 GRKENRTSNAILQWUSRV  
 ADONPHEMBJSTCESNIF  
 KWUFINLTQERMEAYOND  
 IBSECKFXTDVJRHPAGZ  
 NEDRAGMWKULGSORCLE  
 HZMTULIPVEBADYWF XJ

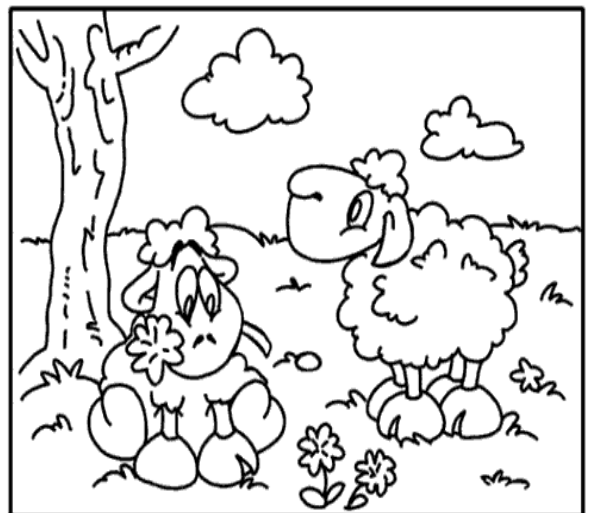
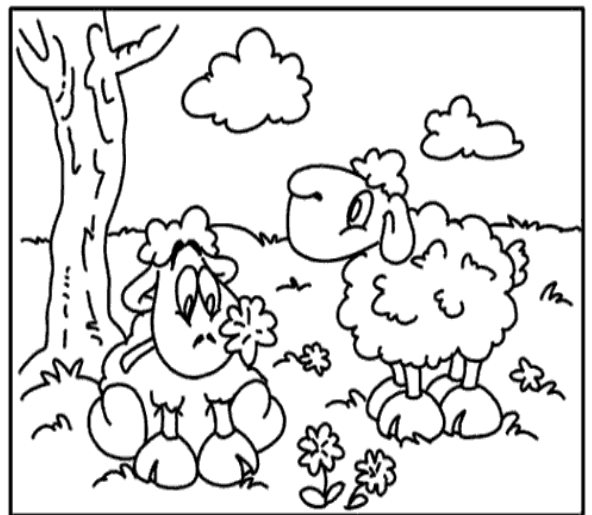


## Crossword

ANSWER  
 1-cow 2-horse 3-tractor  
 4-sheep 5-hay 6-pig 7-dog 8-barn  
 9-goat 10-chick 11-windmill 12-duck

SNAIL	CALF	GARDEN	LAMB	SNAIL
BIRDS	CATERPILLAR	GRASS	NATURE	SPRING
BLOSSOM	CHICKS	HATCH	NEST	SPROUT
BUGS	FLOWERS	INSECTS	RABBIT	TULIP
BUNNY	FROG	LADYBUG	ROBIN	WORM
BUTTERFLY				

GUIDE CHARTWELL THE ADVENTURER THROUGH THE CLIFF MAZE TO THE TREASURE CHEST BELOW.



Find 6 differences between pictures.