



2024

1 st	André	A1	ST
5 th	João Luís	A2+	ST
6 th	Leonor	CAE	T
6 th	Rita	CAE	ST
8 th	Tomas	A ch	T
9 th	Teacher Vera		
11 th	Mariana	Aa1	ST
12 th	Tiago	A ch	ST
13 th	Leonor	FCE	ST
14 th	José	A ch	T
14 th	Carolina	A2+	ST
15 th	Beatriz	B1	ST
18 th	Carlos	B ch	T
19 th	Francisca	A ch	ST
19 th	Tomás P	B1	T
20 th	Mariana	B1	ST
26 th	Mariana	B1	T
28 th	Zé Pedro	B1	T
29 th	Inês	A2+	ST
30 th	Dinis	B ch	T

SUMMER COURSE



Would you like to do a summer course in the UK or in the USA? This year we have a course in London and another in New York. Ask your teacher for more information.

CONGRATULATIONS

Our Young Learners – FLYERS – had great results in their exams. WELL DONE 🙌





Hi,

Thanks for your email! I'd love to help you improve your English.

It's great that you're interested in doing activities with others, as practising with real people is one of the most effective ways to learn a language. You can try joining language exchange clubs or chat groups, where you can talk to other people, either in person or online.

When it comes to studying on your own, it's helpful to use a balanced type of work. Grammar is important but it shouldn't be the main point of your learning. In addition to grammar, try to practise English content. Reading articles, books and listening to podcasts will naturally improve your vocabulary and comprehension.

Practice is the way, especially with speaking and writing. Make an effort to speak English whenever possible, even if it's just with yourself and try writing some small texts. Don't worry about making mistakes! They're a natural part of learning too.

Good luck,

(Leonor Costa, B1+)

Water we doing?

Nowadays, we're always busy and full of work. Sometimes, we're facing family problems while having to study for a decisive test. As a way of relieving that stress, I go swimming.

I first got interested in swimming when I got fed up with ball sports. I felt that volleyball, the activity I was doing when I was about 11, no longer appealed to me. It had become an irritating sport.

When I started swimming again, I already had some swimming lessons when I was younger, so I knew how to do the basics. After the first practice, the teacher who was keeping an eye on me said I had good potencial and that I could do all the swimming strokes if I kept on training. That's what I did.

I found I really enjoyed swimming and I was soon doing things that I couldn't do before. That feeling of achieving something is incredibly delightful. I was very proud of myself because I had managed to do the flip turn and to learn the butterfly technique! Also, it's wonderful to see my family and friends supporting me.

I'd recommend swimming as a leisure-time activity because I believe it's one of the most accessible sports that benefits our physical and mental health.

(Irene FCE S. Tirso)

The best Youtuber in the world

One of the biggest Youtubers in the world is Mr Beast. . His real name is Jimmy Donaldson and he started his Youtube career in 2012. Today, he has over 331 million subscribers.

Mr Beast doesn't post many videos. He normally posts one video every two weeks, but he has clothes channels where he posts with more frequency but the videos are simpler. Mr Beast can post 20 minute videos or they can be 40 minutes too. His videos have an insane quality, from the video quality to his creativity in making them.

When he started, Mr Beast didn't film the same videos that he does today. In the beginning, Jimmy was very poor and had lots of difficulties, but today, after all that, he became a billionaire and one thing that I love in him is that he never lost his humility.

I certainly would recommend this channel because it's impossible not to love Jimmy. His content is so innovative and from time to time he makes massive donations with his money. There are some videos on Youtube of him doing this.

(Rui Lucas, B1+)

The alarm clock didn't go off, and I woke up late. In my breakfast I spilled tea on my clothes and missed the bus.

At school everything went wrong. I forgot my homework on the table. In class, the teacher asked me for my homework, and I didn't know what to say. During the break I tripped in front of everyone and tore the knee of my pants. Just when I thought it couldn't get any worse, there was a test that I didn't even know I would have, in the subject I studied least. I returned home with a note in my notebook and feeling that the day couldn't get any worse.

(Julia Fernandes - A2+)

My daily routine

I'm Leonor Baptista and I'm going to share with you my daily routine.

I wake up every morning at 7:15 and start my day with a delicious breakfast, my favourite is cereal with milk and fruit, I love fruit! After that I brush my teeth and get dressed, then I leave for school. On sunny days I usually walk, otherwise my mother or father drive me.

My lessons start at half past eight and finish, most days, at 13:25, I then have lunch at home. On Mondays Wednesdays and Thursdays at 3 o'clock I practise tennis for 2 hours.

On Mondays and Wednesdays I have English institute from 5 o'clock to 6:15. On Tuesdays and Fridays I have lessons in the afternoon, and on Fridays after school, at 7 pm I practise 2 more hours of tennis. As soon as I get home every day, I have a shower, do my homework and then have dinner with my family.

I go to bed at 10 o'clock but before I go to sleep I read for about 15 minutes.

This is my daily routine!

My days are full, but I enjoy every minute of them!

(Leonor Baptista A/Ch)

Stressful situations during exam period are a common challenge for students, which can impact their performance and even their well-being. However, there are several practices that can be implemented in schools in order to help students manage their anxiety.

Support from teachers plays a crucial role in helping students manage stress during exam period. For example, providing extra work can help students feel more prepared and less anxious about it. Additionally, the reassurance from teachers that it is alright if things do not go perfectly at first, and that there will be other opportunities to succeed, is the key to making them feel calm and understood, which, in my opinion, is the most important thing.

It is also necessary for students to have a structured revision timetable before exams. If the tasks are planned and there is help from teachers in how to organize their time, things will get easier at such a stressful time like the exam period.

In conclusion, both of these practices are significant in ensuring students do not suffer from stress and anxiety during exams. However, in my opinion, there is nothing more comforting than the support of a teacher. When a teacher takes time to offer help when needed and reminds students that mistakes are part of the process of learning, not only helps reduce stress, but also builds safety and confidence, which makes them feel that they are not alone during stressful times such as exam period.

(Bia Azevedo –

“All in one” social media

Social media platforms are becoming more popular and are used by people of all ages. Tik Tok is one of the most famous and, for me the best one.

Tik Tok is a social media platform where you can do almost everything. Take photos, record videos, talk with friends, meet new people, listen to music, post videos... These are ways to entertain yourself and deal with social anxiety. However, it can help you work too. For example, lots of students watch Tik Tok videos that explain school subjects, in order to understand them easily, and it actually works

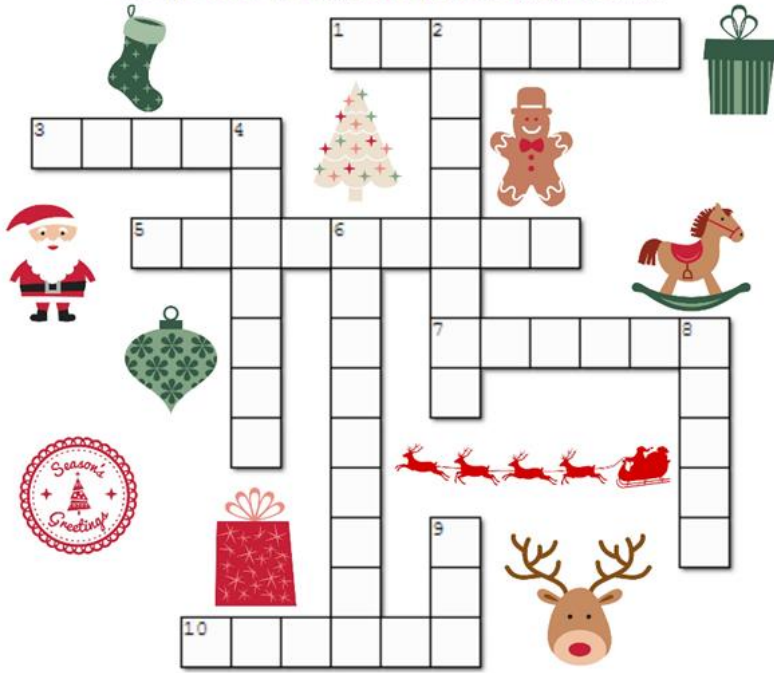
Another thing that I really like about this app is the fact that it talks about daily life situations, school and personal problems. When someone is sad or stressed about something, it helps to listen to people who have already experienced it before, talking about it and giving advice. I believe that it makes you feel like you are not alone.

However, not everything about it is perfect. I think that it is “addictive”. People, especially teenagers, spend hours using Tik Tok, and don't even realize, since the videos they watch are really short.

I would certainly recommend this social media platform to everyone. However, it is never good to use apps too much.

(Maria Luisa Carneiro – B1+)

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ___ to the world!

CHRISTMAS

ANGEL	COOKIES	LIGHTS	SANTA
BOW	EGG NOG	MERRY	SLEIGH
CANDY CANE	ELVES	ORNAMENT	STAR
CAROLS	GINGERBREAD	PRESENTS	STOCKING
CHRISTMAS	HOLLY	REINDEER	TREE

FIND 10 DIFFERENCES



Santa Claus Maze

