

Santo Tirso & Trofa

March 2024

MARCH

2 nd	Rodrigo	A2+ teens	T
9 th	Inês	Aa2	ST
12 th	João	CAE	ST
14 th	Beatriz	CAE	ST
15 th	Leonor	Beg ch	ST
15 th	Catarina	B1+ ads	ST
15 th	Leonor	B1+ ads	ST
16 th	Rafael	B1	ST
17 th	Inês C	A2+ teens	T
18 th	Carolina	FCE	ST
18 th	Lara R	FCE	T
20 th	Mariana	Aa	ST
23 rd	Afonso	A ch	T
21 st	Maria	A1	T
21 st	Andreia	A2 adults	T
22 nd	Ana Rita	A2+ teens	T
22 nd	Susana	A2+	T
27 th	Afonso	Aa2	ST
28 th	Rafaela	B1	ST
29 th	Matilde	B1	T
31 st	Maria	A2+ teens	ST



Hi everyone! A lot is going to happen in March: St Patrick's Day, term tests and finally Easter break!

Here are some pictures of our students at Carnaval!! 🎉





“The Greatest Wealth is Health”

Many times, we end up worrying more about richness than anything else when truly, the most important thing to have in our life is health.

Have you ever heard of the saying “The greatest wealth is health”? This is an old proverb that means to that our well-being has extreme significance. Why is this saying more than just words?

When people say this phrase, they highlight the importance of good health in our lives. It serves as a reminder that physical and mental well-being is the key to achieve anything. This saying looks at health as something crucial, making it a unique a perspective.

What makes this saying particularly interesting is its simplicity and applicability to many circumstances. When facing challenges, we can use this phrase to express belief in the fundamental role that health plays in our prosperity. In a world where often people are materialistic, this saying stands out because it says that richness comes from a healthy life.

You´ll notice when you start to follow this saying´s meaning your life will become better. It will make you consider health as the key to wealth and happiness in our journey through life.

Ana Sofia, B1+

Hi Freya,

Thanks for your email. I think having a party next weekend sounds like a lot of fun!

I think you should make something simple and pretty. In my opinion, more adventurous things can make people think you are trying too much, so, if I was you, I´d make a simple dessert.

You should make mothing sweet but not too sweet to avoid making it disgusting. People like sweet things, so who wouldn´t try it?

Why don´t you make a Portuguese dessert like “pastel de nata”? It´s so good! Believe me!

I hope you can do it as well as possible. Good luck!

Write soon!

Love

Inês. B1

Ana´s Year

- ✓ 8th August was my birthday. I was 26 this year. There was a party with great food. It was amazing!
- ✓ 1st November was my first day at my new job. I work for a car company and I speak English every day. It´s a hard job.
- ✓ 18th September was the first day in my English class. It´s great. I met new people and new personalities.

Ana Guedes, A1



An elegant and demanding sport

Rhythmic gymnastics is one of the most beautiful sports in the world. I started doing gymnastics when I was only three years old because my parents decided that I needed a sport to keep me active. Although it wasn't my choice to do rhythmic gymnastics I fell in love with the sport and have been doing it ever since.

Despite being incredibly challenging and demanding it is, just like I said in the beginning, an amazing sport to do and to watch. Besides all of this it is a sport that will keep you fit because it requires a lot of technique and elasticity. So, it means that you have to train several days a week. If you want to achieve the best levels in gymnastics you will want to focus on yourself first and then the sport itself. It is a very competitive and demanding sport so you will want to be at your best both mentally and physically if you want to compete. Although it is quite a rough sport, I would recommend rhythmic gymnastics to anyone who enjoys individual sports, keeping fit and to anyone that want to be challenged

Matilde Costa FCE

Shopping online is increasingly replacing physical shops, so we should maybe pay attention to it.

To begin with, I absolutely think that online shopping is much more convenient and easier than physical shopping. You save Money and time with this method. Secondly, in some cases, the delivery is free so you don't need to pay for fuel and other things related to the car/vehicle.

However, scams are quite popular among online shopping, and a normal product can actually be a scam. We have to be careful when shopping online else you are probably going to get disappointed. Moreover, many products are broken upon delivery because the workers of shipping companies just throw your stuff near the house. Consequently, your package can easily be stolen if you don't pay attention. That's one of the biggest flaws of online shopping.

To summarise, online shopping is easier than physical shopping, but it still has many problems, especially with delivery and scams.

Rafael Puga, B1

Me being me, as always!

I had been looking for my friend for an hour when I suddenly realised that I had made a mistake!

I had been waiting for my friend Joana at the coffee shop when I realised I had forgotten to tell her what coffee shop it was. Yes, in this city there are two coffee shops and I didn't remember that fact.

So after an hour waiting for her, I called to understand the delay and she said that she had been waiting for me in the other coffee shop. I told her I had made a mistake and we should meet in the park between the two cafés. I felt very nervous because of the secret I had to tell her and ran to the park.

I finally met Joana and she couldn't stop laughing at me. She said that I always made a mistake. She literally said "You being you, as always!".

After that, I told her that I was pregnant and she was very happy.

Rafaela Oliveira, B1+

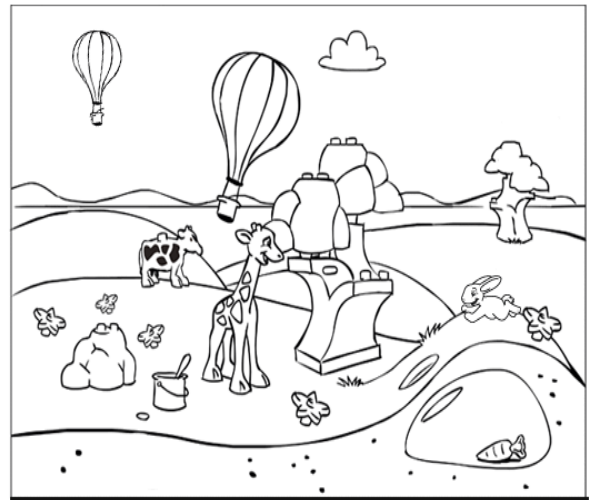
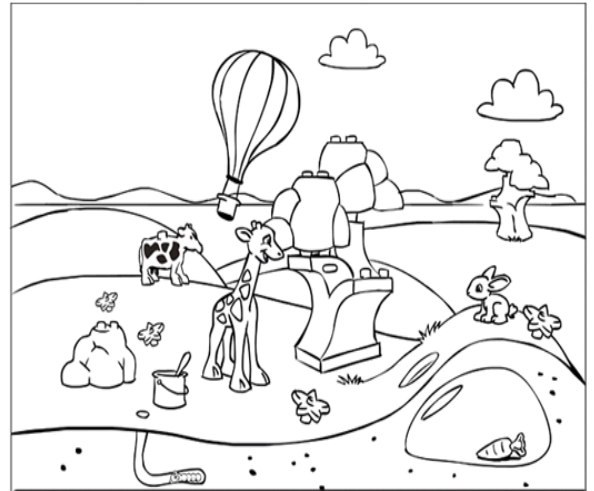
ACROSS



DOWN

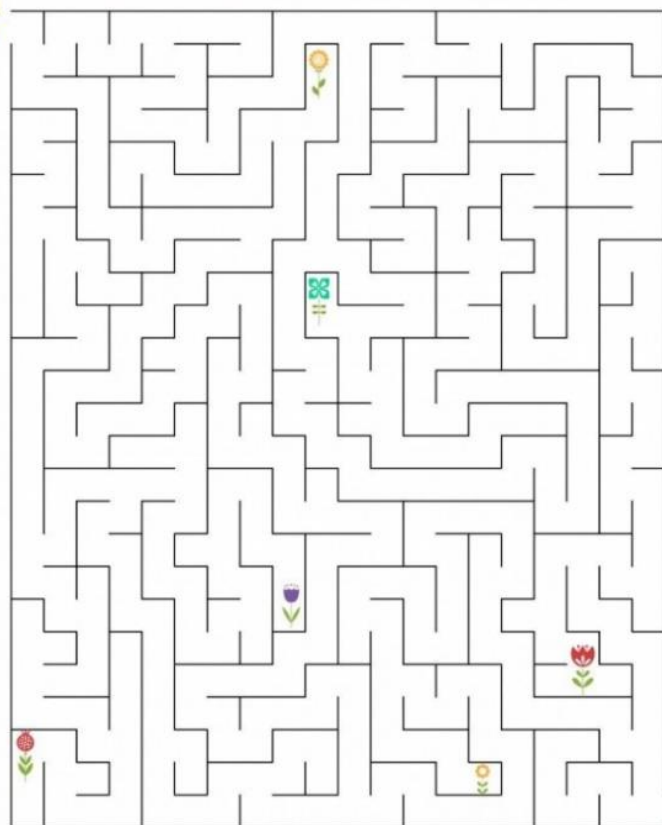


SPOT 5 DIFFERENCES!



march

Help Buzzy Reach His Friends!



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

- rain
- thirtynonedays
- eastersunday
- palmsunday
- daylightsavingstime
- goodfriday
- springbreak
- bloom
- marchmadness
- track
- baseball
- basketball
- st patricks day
- green
- iris
- tulip
- flower
- spring
- wind
- march

