

The Future of H2H

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UR



Fave

Issue 1

October 28th 2021

H2H UR Fave

Excellence in Journalism
since this morning

Welcome to YOUR Newspaper

By: Jeremy Berryman

As the teacher of this group, it is my honour to invite you to read our first issue. Our aim is twofold. Primarily, to expose the team to the rigours of Journalism, with its deadlines and interviews, editing, and rewrites. Secondly, it is to educate, inform and entertain you, our reader.

Journalism has changed in ways I could have never imagined since I started my journalistic forays, studying photography and being on the newspaper and yearbook staff, in secondary school in the UK and US.

While the internet is the media of choice for the majority of us, there are

still plenty of people who rely on Broadsheets to glean much of the intel needed for the world around them. For them there is nothing quite like the feel of a real paper to quietly ponder upon, peacefully at the breakfast table, or during the hectic chaos of a morning commute on a bus or train.

Here, our journalistic endeavour is slightly less lofty than that. However, we do hope to entertain and enlighten you.

Some regular features will be about the school calendar, so you know what's coming up. Staff Corner, where you will learn more about the teachers and staff here at H2H. There will also be vocabulary Crosswords and

Editorial Opinions from students.

Moreover, as this is an educational paper, students get the chance to write "Fake News", so be aware that not all you read is the truth! Every week one story will be a fabrication.

Additionally, we are looking for sponsors. There are costs involved in the publication of the paper, and to help cover the costs, and to buy equipment for the future. If you know of a business whose services could be advertised here, please contact one of the 8th Class students or myself.

Finally, a huge "Thank You" to the staff of this newspaper. Your hard work will not go unnoticed.

How will H2H look in the future?

By: Magda D, Marta P and Ola Ch

• We asked our founder and principal Ms Jolanta Krawczyk-Borkowska and Ms. Anna Bigos?

Ms Jola and Ms Anna in the future would like to have a new building in a different Area of Warsaw. They are also thinking of building boarding school where they will implement international projects.

Many students who attain achievements and graduate will usually visit the school. Students will have a choice which subjects they would like to focus on for Matura.

• What do teachers think?

The teachers think that in the future, the school will be bigger, with new technology.

The school will do more international project and organize language exchanges. It will have a lot of graduates who will be famous scientist, painter, programmers, and doctors.

The school will be more popular and will be the best school in Warsaw.

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How will H2H look in the future?

Continued from pg. 1

• What do students hope for?

We think that the school will be bigger than now, with more student and teachers.

Outside will be a big gym hall and a playground for young children. Maybe in school there will be a kindergarten and high school. Instead of normal PE students will be able to choose between PE at the gym or to go to the swimming pool. In each class will be target a different subject. The lessons will start later than now for example. 9:30.

IDIOMS

Complete the crossword with the correct idioms.

By: *AixaHeLo* Website: *en.islcollective.com*

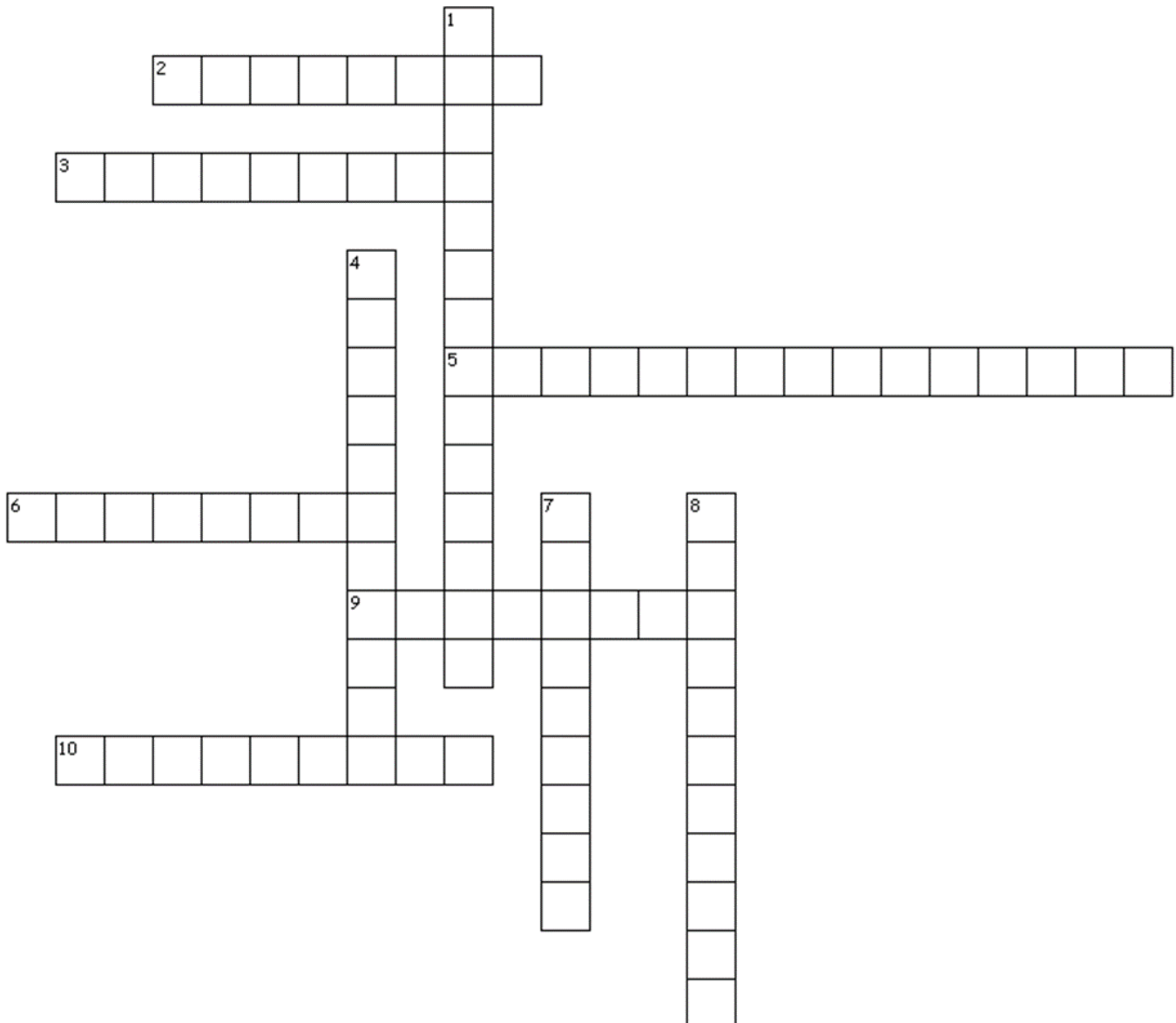
Answer available in the next edition.

Across

2. to feel scared; not brave
3. someone who gets up before 7 a.m.
5. to rain very hard
6. someone who likes to stay up late
9. to feel very sad about something
10. a person with red hair

Down

1. a way to tell someone to be patient
4. to feel afraid and not to do something
7. to get upset about something
8. something that is very easy to do



Welcome back COVID

By: Anna M., Aleksandra M.

We all know about the threat of going back to online learning because of COVID. But not everyone feels the same about it. In this article we are going to show the differences between opinions of people in our school.

There are two types of people, not only in H2H school, but in general; the ones that love online learning and the ones who hate it. To find out which is more common we did our research by simply asking

people in school and as you can guess, the second option is more common.

• *"I would feel terrible if I had to go back."* - says Dr. Małgosia – *"Not only because of me, but also, I would be worried about you students. Young people need contact with other to grow up healthy."*

• *"I have mixed feelings, but mostly I feel discomfort whenever I think of it"* - Ms. Ela

We also asked students to figure out what they think and, of course, there were a couple that said they would rather go back to online, but most of them said they would feel awful, because they would not learn anything and could not meet with others.

Our individual opinions on this topic are mixed, but mostly we agree with the ones that hate it. What about You? How do you feel about returning to online school?

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Rates are 50zł per issue.

Details on request.

Staff Corner.

By: Aleksandra M.

How well do you know your teacher and the other people that are a part of H2H? What would you like to know about them? Were they good students? Here we will answer some of those questions. You can compare and contrast their points of views, and get to know them a little better.

In this edition we will first take a look at the leader of our school Mrs Jola.

1. Where are you from?

I am from Warsaw.

2. What's your favorite food?

I love a lot of food. To be honest, I love eating. Mostly, I like something that contains many fresh vegetables, all sorts of salads, etc. Also, I like chips, but I like dishes made with fresh vegetables best.

3. Why are you teaching at this school?

Because it is a school that I co-own, so it is obvious that I'm going to teach here and not another one.

4. Do you like your job? Why?

I love my job. I always dreamed of being a teacher, but most of all I like it because it's working with other people, and I like people a lot.

5. What job would you have if you were not a teacher?

I can't imagine working anywhere else. I never even thought I could do anything different.

6. What do you do in your free time?

It depends on my mood. If I have a lot on my mind, I clean or cook. If I have less on my mind I like to sit with a cup of tea and read, or play board games with my kids.

7. Do you keep in touch with your former students?

Yes, of course. Even with the children of these older students. Not with all students, of course, but with most of them.

8. How would you handle a difficult student?

Honestly, you have to find a way for every student. No one way works for everyone. It is best to reach out and find what is causing the difficulty.

9. What is your teaching philosophy?

I think my goal is always to make sure that every student understands what I'm talking about. Of course, I want students to ask questions, talk to me in class, and learn by doing so.

10. Were you a good student?

Yes, I always got straight grades 5 and 6. Behaviour was graded differently, but my grades in class were always very high.

Your October Horrorscope!!!

Aries – In the coming days something terrifying is going to happen to you. Be careful and avoid people Scorpions!

Taurus – The best part of being you, is that you're not someone else. Try to take time to breathe today. Your life may depend on it.

Gemini – Today you're going to be lucky! Wear bright clothes and smile – something nice may happen to You!

Cancer – It might be a good idea to brush up on that information you had a problem with. Don't you love tests?

Leo – You will feel healthy and strong today. Love life seems to be good all day long.

Virgo – In a few days Mars will be in a conjunction with sun. It means that you will have to make many hard decisions. Try to prepare yourself for them; clean your mind and eliminate as many stressful situations as possible

Libra – The scales can only be balanced if you are. Take time to examine life!

Scorpio – Don't take everything personally. Be open for new perspectives. Be open for a fresh start in your life.

Sagittarius – You'll meet someone soon. You won't get along, but something very important will happen to you and it'll be related to this person.

Capricorn – Something extremely joyful will happen to you in the near future. Live your best life, because you won't regret it.

Aquarius – You're going to be happy today. It will be a big day. A beautiful day with much love.

Pisces – You will get plenty of opportunities to prove you are brave and you will do your best in every task.

Physical & Mental Health

By: Julia, Maja, Marta T

Interview with the doctor

A healthy diet is particularly important in our life because every part of ourself function correctly. Even muscles and eyes, wrong diet have bad influence on our body. That is why we should eat healthier, not food that affect us in a bad way. We can find a lot of recipes on the internet about healthy dishes and start eating food good for our bodies.

Eat more vegetables and fruits:

They have sources of vitamins, minerals, and plant protein. That is why they are especially important for our health. People who eat a lot of fruit and vegetables have significantly lower risk of obesity.

Eat less fat and sweets:

Eating too much fat and sweets can increase the risk of heart disease and stroke. Instead of eating candy while, for example, watching movies, you can take some nuts and dried fruits. After a while you will not have any appetite for sweets.

Reduce salt intake:

Salt is a one of the most popular spices used in the kitchen. Most of us cannot imagine cooking without salt. But did you know that excess salt in the diet can lead to serious diseases? Salt is a mixture of sodium and salt. It is the sodium contained in the salt

that is responsible for the effects of its excessive consumption. The consequences of using too much salt can be cardiovascular disease.

How sleep deprivation affects Us?

Sleep deprivation has a noticeable influence on learning, for example, on the ability of concentrate or on learning through associations. Because of sleep deprivation we cannot learn anything correctly. The quality of our memory is incredibly low and we have a huge problem with focusing. Then we become artificial people.

We are a part of nature, our life rhythm is based on activity, rest, and regeneration. During sleep, all your organs are regenerating. Our muscles, bones and even brain too. Everything works slower. The whole body rests. Also, during sleep, children produce growth hormones, which helps them grow.

How to deal with lockdown?

The pandemic can be frustrating and overwhelming. People go crazy because they cannot leave their houses or meet with others. Is there any way to deal with it?

First, try to talk to people. Even if not face to face, then online.

In these times it is not hard to communicate without meeting. Text them and check how are they. During challenging times, you will feel much better, less stressed while doing something you enjoy. Many people say, that listening to music helps to deal with problems. Take them to another world. There is nothing better than trying new things. You can make goals and focus on how to achieve them. When you finally do it motivates you to set another one. When you overthink, it affects your mind in negative way. Of course, it is not possible to focus your mind on something hundred percent so you do not think about lockdown.

However, doing something pleasure may help you stay calm.

Talk to close one or a professional. They can listen to your problems and support you. Another perfect idea is to watch a good movie. Preferably one during which you can relax. Read a book. Reading can be incredibly addictive. Try do some art work. Something like painting, drawing or even making something from clay. Countless creative things to do. Lockdown is not easy but you can make it productive. What is more, a time you can develop your skills or learn something new. When you are stuck in home, brilliant ideas can come to your mind.

THE IMPORTANCE OF A GOOD EDUCATION.

BY **BEATA K.** CLASS 7

Everyone agrees that education is the most important aspect for human beings. The aim of education should be to prepare us for the challenges of adult life. However, it is a continuous lifelong process that brings a great change in what is waiting before us. Everything that we may achieve from it can be meaningful and be the foundation of people's developments. Because education teaches us skills such as: responsibility, manners, problem solving and looking at issues in a mature way with a well thought out answer.

Thankfully here at H2H we have the great luck that we have access to good education. With teachers whose goal is to make us the next generation that will become wise and will let learning continue. We are always told that it is not about the grades that you get, but it's about our engagement in our classes and finding out more about anything that we desire. Because education is our property which can not be stolen from us. It is our right and only ours.

Sadly, in some countries around the world children are not as fortunate as we are and education is something that they have been seeking for years, but still are not allowed to have access to. Usually that is because of the government of

those countries, the state of war or because it is just not safe. However, in some instances education is not available just because of your gender or your age. Usually in some countries such as Pakistan there is a higher chance that a boy will go to school than there is that a girl will. That is because in some more religious countries there is a different image of what a man should be and what a woman should be. That is why in those countries there is a less likely chance to get a good job or to have a lot of variety or solutions to problems. All of that is thrown away just because of a stereotypical image and that is not right, because every child or adult deserves a high-quality education.

That is why there have been protests and fundraisers, to make people more aware of the importance of education and the inequality in some parts of the world. Education is being talked about by great role models all around the world. From Barack Obama to Malala, who has her own past with unfortunate events. Malala is a Pakistani activist who, while a teenager, was fighting for education in Pakistan. She wanted everyone to get an education so that her country could overcome the Taliban. However, since she went against their beliefs she was shot and was taken to the UK for protection.

Even with that traumatic past, she opened up and is trying to help boys and girls get an education and follow their dreams, even if they thought it wasn't important at first. For that, Malala was the world's youngest Nobel Prize laureate, and still to this day is fighting for what is right, even if there are obstacles in her way. Thanks to her, and many more, everyone is rising together to create a better educational system for the youth behind them and fighting for what is believed to be the greatest treasure in life, education.

To sum up, education is a treasure box with the world's greatest secrets inside. We have to keep on giving the next generations the keys to unlock it. Because if we do not, education will stop being a priority anymore and the world will not succeed but collapse. We need new great leaders, doctors, lawyers, teachers, mechanics, etc. who can play an important role for the development of their country and keep knowledge and wisdom alive. As Malala once said "I said to myself, Malala, you must be brave. You must not be afraid of anyone. You are only trying to get an education. You are not committing a crime." We can make a remarkable new generation hand in hand with education. All we have to do is fight a little harder for a little longer.