

Teamwork is
dreamwork

X-mas coming!

No Mask -
Naughty List

UR Fave

Issue 2

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H2H-UR Fave

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Feature Story

By: Aleksandra M

The most widespread version is that the Christmas tree first appeared in Germany.

But this version isn't correct.

This tradition started a long time ago, in Egypt. Ancient Egyptians decorated their houses with evergreen trees and wreaths. They thought the plants with many flowers were representing peace and everlasting life, which was very important for them. In this season, their god of the sun, Ra was ill and weak, so they tried to help her. After "Christmas" Ra would slowly become healthy again and the

evergreen symbolized the triumph of life over death.

People in Egypt weren't the only ones who decorated their homes. The Vikings in Scandinavia thought the evergreens were a gift for their god of light and peace, Balder.

Around 16th-century, German priest Martin Luther started bringing Christmas trees into his home. He introduced this to Christianity the way we know it today.

Firstly, Christians built the pyramid with wood outside and decorated it with evergreens and candles. They celebrated Jesus' birth in such a way. Luther wanted his family to see

this, so he took the tree inside and decorated it with wire and candles. Most 18th and 19th-century Americans thought this tradition was a representation of paganism.

Until the 19th-century, decorating evergreens wasn't that popular, at the end of this century it became the symbol of Christmas. In 1849, Queen Victoria decided to put a Christmas tree in the castle. Because of her popularity, this became an icon.

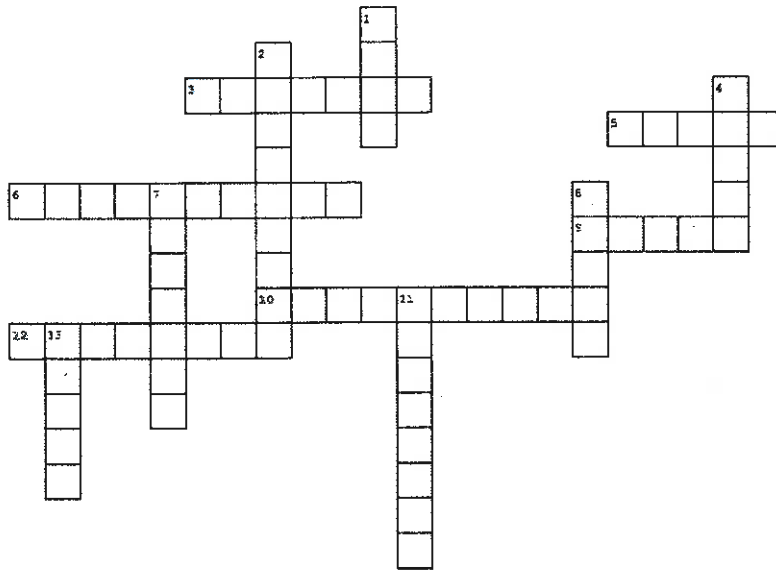
Now you know the true story of the Christmas tree.



WHEN YOU WITH YOUR CLASS CONVINCED
TEACHER TO CHANGE DATE OF THE TEST



CHRISTMAS PUZZLE



Last week's answers

Across

2. be yellow
3. early bird
5. rain cats and dogs
6. night owl
9. feel blue
10. carrot top

Down

1. hold your horses
4. get cold feet
7. go bananas
8. piece of cake

Christmas Puzzle

Questions from 7th Class

Across

3. You might be able to build one
5. Bells, Bows, Gifts, _____
6. where the presents you don't care about are in relation to the tree
9. Santa's helpers
10. You open nuts with it
12. Grinch Town

Down

1. Last Christmas song artist
2. Polish Christmas favourite film
4. These jingle
7. Brenda Lee does this around the Christmas Tree
8. What the group from Last Christmas gave you
11. They do Santa's hard work
13. Have a _____, jolly one



Wake up early and don't be late



Wake up 2h late

Diet of Athletes

By: **Olgierd S**

Sportspeople have to keep a diet because they need to be fit and ready for matches. Different sports mean diverse diets because in various sports you use different muscles. Like football, as a footballer you need to train mostly your legs and technique, but as a goalkeeper, you need to train legs and arms. In the life of sportspeople, the most important thing is the diet because it keeps your whole body fit and ready for training.

The most important thing is breakfast because it is for a whole day. You need to eat a lot of fruits and vegetables. You should only drink water. You shouldn't eat fried meat.

Protein is important because it makes you full really fast it gives strength for a whole day. It takes more energy than carbohydrates so it burns calory faster.

COULD BOREDOM BE INTERESTING?

By: Julia R, Anna M

Have you ever had a lot of free time but didn't actually know what to do? That's a really common problem. In these times we are so focused on work or school that we get used to this type of lifestyle. When we have done all the work we have to, comes the question: what to do now?

Psychologists say that boredom makes people keen to engage in activities that they wouldn't try in different occasions. What's more we live in uncertain times when there's crazy pandemic going around and we never know if we won't be locked at home again. That's why we prepared some activities that you might want to try when you are bored. We prepared some activities that you might want to try when you are bored.

1. Listen to podcasts.
 2. Organise your room. You can also add something new like a poster.
 3. If you have an instrument, play on it.
 4. Learn to draw something. Find a tutorial on YouTube and try to recreate what you see on the screen.
 5. Read a book. You can read your favourite book again or just buy a new one.
 6. Watch a movie, series. Are there any you've wanted to watch, but you haven't had free time? Now you can do it!
 7. Cook, bake. Look for a recipe on the internet and try it yourself.
 8. Go for a walk. Maybe you will find places you've never been to or where you can have your secret meeting place!
 9. Make home-made ice cream.
 10. Listen to music. Try new artists or genre of music, or just vibe to your favourite songs.
 11. Puzzle. It can be entertaining for many hours!
 12. Go to a cafe. Simply relax and enjoy your drink or a piece of cake.
 13. Go shopping. Buy some new clothes or things you've wanted.
 14. Make a list of places you want to visit. Someday you may be able to actually see them.
- Sitting at home isn't the best thing, but there are chances to make it more interesting than you think. It doesn't have to be wasted time, but a way to learn something new and discover your interest or find a new hobby. Remember that boredom may not be boring if you try.

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Staff Corner.

By: Zuzanna S

Interview with Jeremy Berryman

Where are you from?
I'm from Newport, Wales.

What's your fav food?
It depends on my mood. Now, I'm mostly on a vegan diet but my absolute favourite food is cheese.

Why are you teaching at this school?

My motto is "cold hard cash". 😊 Although to be honest money isn't the reason. In my opinion the potential of the school and the students within present a challenge that I feel best suits my teaching style.

Do you like your job?
No, I love my job.
What do you do in your free time?

I don't have free time, but if I do I do Brazilian Jiu-jitsu or I'm taking my dog for a walk.

Do you keep in touch with your former students?

I have many of them added on Facebook, Instagram. With some students, I keep in touch more than with others.

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

Hopefully something to do with animals. My dream is to have a farm on Iceland to rescue them and eat those who are unable to heal. (Only sheep and goats)

How would you handle a difficult student?

Depends on the situation. Humour is the best medicine.

What is your teaching philosophy?

When students learn how to have an open mind and question everything, they're ready for independence.

Were you a good student?

My teachers said I was one of the worst students. I was very good at exams though. I changed my outlook when I went to university. Knowledge is the most important thing we can gain.

Your December Christmas Scope!!!

Aries – Dress up as Santa Claus and good luck will come to you.

Taurus – Santa say's you've been a bad person this year. Look out for some coal or a visit from Krampus!

Gemini– This is going to be an amazing Christmas! Something extraordinary will happen at exact midnight on Christmas Eve.

Cancer – When you wake up on Christmas morning you will see w mountain of gifts under the Christmas tree.

Leo – It will be peaceful Christmas. You can be sure you won't hear the annoying screams of your little cousins.

Virgo – Prepare an extra place for Christmas Eve. Someone may come to see you unexpectedly...

Libra – You will get your dream gift. However, nothing is free, you will have to listen to your aunt all day long telling you how you have grown.

Scorpio – You'll spend Christmas with a small group. Don't forget to turn on "Home Alone" on Polsat.

Sagittarius – You'll hear the clatter of hooves. But make sure it's really reindeer...

Capricorn – This Christmas will be full of joy.

Aquarius – Don't leave out biscuits this year. If you do, Santa won't come to you.

Pisces – Do you remember what you wanted to get as a gift? You'll get the toothbrush in the colour of that thing.

Christmas Traditions

By: Marta P, Magdalena D

1. Japan

Christmas isn't a national holiday in Japan. Rather than have Christmas Eve dinner, families go to their local KFC. The tradition began in 1974. People order their boxes months earlier or they stand in two-hour-long lines to get delicious chicken. On December 24 Japan's KFC has the busiest day in the year. During this day they usually sell about 5 to 10 times more than typical days.

2. Austria

In Austria, St Nicholas has an evil counterpart called Krampus. He is the bad cop who punishes bad children before Christmas. Men dressed in devil costumes tromp the streets, carrying chains and a basket to kidnap especially bad children and haul them to hell.

3. Venezuela

On Christmas morning, the roads in Caracas are closed to traffic to allow people to roller-skate to church.

4. Czech Republic

A Christmas Eve custom has single Czech women stand with their backs to the front door and throw their shoes behind them. Their romantic life

depends on how the shoe lands. If the shoes lands with the toe point toward the door, it's believed that the women will get married the next year.

5. Iceland

The history of yule cat probably dates back to the Middle Ages. According to Icelandic tradition, everyone who finished their duties before Christmas was rewarded with new clothes, but people who did not do their job have problems.

6. South Africa

A South African specialty is the Sundried Emperor Moth Caterpillar. These caterpillars are deep fried and served on Christmas Day. They have a flavour similar to tea.

7. Norway

Wicked Christmas, Norwegians believe that Christmas Eve coincides with the arrival of evil spirits and witches. Logically, therefore, households will hide all their brooms before they go to sleep.

8. Ukraine

Ukrainians place spider webs on their Christmas trees because of a story.

One day there was a poor family and although they had a Christmas tree, they couldn't afford to decorate it. On Christmas Eve the widow and her children went to bed. They began to cry. The spiders in the hut heard the children's sobs and sad screams and decided not to leave the Christmas tree naked. So, the spiders created beautiful spider webs on the Christmas tree, decorating it with patterns.

In summary, the most country has their own Christmas traditions and they celebrate differently than in our country. We should remember to respect this. In Poland, we generally have Christmas dinner with our family where we have 12 dishes on tables and Catholics go to Midnight Mass while the Japanese eat chicken from KFC. For us it's weird mores but for Japanese it's normal.

Personally, we think it's great that the world has different cultures and traditions. This makes the world diverse and special, which is very important for people to develop and learn about the world.

FORMULA 1

By: Dominik T

As you probably know, Lewis Hamilton with his Mercedes team won the whole 2020 season. What about this year? Did he defend the title of champion and get the next title? Or did he lose to someone else? In this article we will show you summary of the 2021 season.

Challenging season

This year season contain 23 races on five continents. For the first the drivers could compete in Saudi Arabia. Poland also had its own representative – Robert Kubica. The drivers had to compete not only with one

another, but also with coronavirus pandemic which caused changes in the race schedule and even cancelation of some races.

Race until the last lap

Till the last lap in Abu Dhabi Grand Prix everyone was thinking who would win. During the whole race Lewis Hamilton was on the lead and everyone expected that he would win. Unfortunately for him, five laps before the end Nicholas Latifi crashed his car and a safety car appeared on the race track. During the laps with the safety car Max Verstappen changed his tires, Lewis didn't.

The race resumed on the last lap. Max overtook Hamilton who then said only one sentence on the radio "This has been manipulated". Max Verstappen, with a two-second advantage, won the race and become champion of 2021 F1 season. Lewis Hamilton was second and Carlos Sainz was third.

Last minute facts

British fans of Lewis Hamilton are not able to accept his defeat and they created a special petition in which they demand to give the title to Lewis Hamilton.

WORLD ISSUES

BY: MARTA T, ALEKSANDRA C, MAJA K, ANTONI P, LUCJA G

World issues

Do you want to start taking care of the planet, but you don't know how? In this article you will find an answer about this topic! Currently we are measuring with serious problems in the world. Now we should take more attention to our environment.

Plastic:

Firstly, we should try to reduce our use of plastic as much as possible. Plastic is the one of the longest decomposing materials. That's why we should try to drink water in reusable bottles. Unfortunately, plastic is found in the oceans which is a threat to marine animals.

Recycling rubbish:

Recycling rubbish is particularly important because it reduces gas emissions, which helps to stop climate change.

Fast fashion:

Another significant issue is fast fashion. We can try to prevent it by buying used clothes. Donating clothes to charities instead of throwing them away is an incredibly innovative idea to

reduce fast fashion.

- **What is fast fashion?**

Fast fashion allows consumers to purchase new, cheap, and fashionable clothes in high-street stores every week. This business model has been growing rapidly over the past 20 years. It answers consumers' rising demand for trendy and affordable clothes.

- **History of fast fashion**

When Zara landed in New York at the beginning of the 1990s, people first heard the term 'fast fashion'. It was coined by the New York Times to describe Zara's mission to take only 15 days for a garment to go from the design stage to being sold in stores.

- **Modern trends in fast fashion**

In the 2021, the most popular in fast fashion was the streetwear. The upper garment is often a loose T-shirt with an interesting inscription and a hoodie. You can put on a cap on your head. When you meet a person dressed this way, you see someone who

prefers streetwear fashion. Streetwear fashion is extremely popular among both young and old.

- **Economic impact of fast fashion**

Fast fashion has a huge economic impact. It's responsible for the recent growth (in average 4.78%) and future growth (5.91% in the next three years) of the apparel industry.

A world without any textiles is exceedingly difficult to imagine nowadays. The clothing and footwear industry plays a huge role in the global economy.

- **Is fast fashion bad?**

Yes, fast fashion is unbelievably bad because a lot of shops can't keep up with the production of new clothes all the time so they make it of extremely mediocre quality. People spend a lot of money to buy new clothes two times a week. Not all clothes have the right number of buttons, pockets, etc. so people spend money for inferior quality clothes. All people throw out their clothes after two or three wears.

Corrections and Clarifications

Sometimes we get it wrong!

Like most newspapers and journalists, indeed everyone, we are not infallible. Here you will find corrections to any mistakes we have made. If you find something untoward, please let us know and we will do our best to correct it.

How will H2H look in the future?

This article was looking to the future and the

expansion of H2H. There are no plans to move the existing location of the school.

The planned expansion, meaning the addition of a High School, is still in the planning, and will in no way affect the location of H2H's Primary School. Rest assured that we are planning to stay in our present location for the long term.