

## Ukraine – Perspective

**Editorial By: Beata K**

Some people call it the worst sunrise of their lives, some a repeat of history. But we all know what it is. It's war. It's something that I have never seen happen in front of me before. We have all seen World War's strategies, devastating pictures. However, this one is not a part of history yet, it is unpredictable, every second matters. Every minute history could change, and it is all happening in front of me.

Sometimes it is hard for me to comprehend what is going on. All occurrences are happening so quickly, such a variety of fake news, theories on what the next move is going to be. You cannot make up your mind, everything is getting into your head. It's terrifying to see how carelessly humanity is treating humanity. We are all people and no one deserves to be in the middle of a conflict that only one side sees. Thousands of lives have already been shed, for what? For territory? I may not be a specialist, however, that seems

ridiculous in the 21st century. The war that is currently happening in Ukraine is like taking one step forward and three steps back. A repeat of 1941 is not needed and not going to be appreciated.

That is why we should be more aware of our surroundings. No child should experience their first days of life underground, because they could get killed otherwise. We are making the decisions that will determine the communication status of future generations. The countries should unify to fight the forces of evil, the ones that keep on scheming, lying, terrorizing, and attacking innocent people. Because the loss, fear, and sadness that we see on our screens are just dreadful. As I see it, the worst part is that the people are getting hurt, affected, and separated from their loved ones. Just for being there. Because the power of terrorism will define the future of this war. The miscommunication in this world is getting outright disgusting.

I know one thing for sure. Russia has to be held accountable. They did this. They killed, they took, they lied, they disturbed the peace going on in Europe. There have already been 198 lives shed with a Ukrainian identity, that is already enough. NO MORE. Countries are better off as friends than as enemies. Nevertheless, if one betrays everyone else then, everyone has to deal with the consequences. In this case, I would like to quote J.R.R. Tolkien- "Evil is not capable of creating anything new, it can only distort and destroy what has been invented or made by the forces of good"

To conclude everything that is happening in our neighboring country. I just want to say to all Ukrainians. It's all going to be ok, no matter what, we all have faith in you. Do not give up on your country and more importantly on yourself. Because even if we have a Polish identity, now we are all Ukrainians at heart.

Editorial Note: The opinions stated on Ukraine are not to be construed as a blanket condemnation of Russia and the Russian people. The government of Russia has launched a massive propaganda war to hide the truth from the people, and the vast majority of Russians are unaware of the goings on in Ukraine. While there has been no way to substantiate all of the Ukrainian claims, there is a massive difference in the availability of information available to people inside, and outside of Russia. Primarily we support the free and unimpeded flow of news and journalistic freedom at home, in Ukraine, in Russia, and all across the globe. #StandWithUkraine

## Food Waste

By: Aleksandra M. and Antoni P.

Every day around the world, tons of food is wasted. Probably everyone is aware of this, but when you see the exact numbers it's still shocking.

For example, in Poland every second 153 kilograms of food ends up in the trash. FAO (Food and Agriculture Organization of the United Nations) reports that 1.3 billion tons of food is wasted every year. The value of the wasted food is over \$1 trillion.

Sadly, our school also wastes food. To be sure how much, we asked students from school. A lot of them said that they like the school food, but they don't always eat the whole meal. Some of them don't eat in the school cafeteria every day. To be honest, a lot of students eat every other day, which means that almost half of their weekly

portion is wasted. Also, we need to remember about the food they leave without finishing their dish. Upon closer scrutiny, we see that close to 50% of schoolfood is thrown in the trash. Can we do something about this?

Of course! We want to ask you if you could eat more of your portion? If you know that you won't eat dinner that day, just let our school know about this. Write a message the day before, that's it! The next day's portion won't be wasted! You don't have to be scared. By doing this simple thing, you can help with this huge problem.

However, could people who supply the food do anything to solve this problem?

We asked our classmates about this. They had a really great idea! Those people could take the food which students left and give it to farms. We're sure it's possible to process this food into fertilizer. The rest of the food maybe would be good for the animals. We think this solution could help a lot with the problem of food waste in our school. Another good idea is to have the food delivery people create surveys. This will allow them to improve the menu. Students will be able to vote for their favorite food. When the food is more to the students' liking, they will eat a larger portion. This will prevent as much food being thrown away.

## Top 9 students sports & games

By: Dominik T

For students sport is very important, sometimes it's a hobby, sometimes they want to spend free time with friends playing something, and sometimes they just want to relax in their own way

1. Football is the most known sport in the World. There are more than 265 million players in the world. On the pitch there are 11 players in both teams you can score points by shooting ball into the goal. To be honest to play football you don't need a special pitch, you can just play in your neighborhood and I think it's beautiful

2. Basketball is a team sport where 2 teams made of 5 players each, opposing on a rectangular court trying to get points by shooting to a

enemies hoop while defending your hoop from the opposing team. A field goal is for 2 points, unless made from behind the three-Point line, when is it worth 3.

3. One of the most popular sports in the world is Volleyball. Our country has one of the best volleyball team and that's why it's also so popular in Poland. To play volleyball you need just a pitch and a bunch of friends to play with them. You can play in pairs or if you need with more people. I highly recommend you to play this sport if you don't know what to do on vacation.

4. Tennis is a game where you use rackets to bounce the Ball on enemies' side. They play to 3 sets each 40 points and then one more to win. Tennis Can be played in 1v1

(classic) or double 2v2.

5. Swimming is a sport where are very different styles of swimming. Each year it takes place on sport parties like Olympics. Some of the styles you can swim with is for example dolphin or frog. Crawl is the most popular and I think the fastest style of swimming.

6. Dodgeball is a team game. Like names says you have to dodge the ball from the opposition's side. There are usually 2 teams throwing many balls at each other. It's very popular sport on P. E. I also know version with mothers who stands behind enemy team and can also throw balls but only if his team gives him one.

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# Top 10 students sports & games. ctd.

By: Dominik T

7. Baseball you play on field in a shape of a triangle. There are 2 groups. First the pitching team and the second batters. The pitcher has to out batters by getting them to strike 3 times and at the same time, batters have to hit the ball as hard as they can and run to bases. The batter can also advance if he gets 4 balls.

8. Hide&Seek is a very popular game especially around kids. I think that everyone played this at least one time. For this game you don't need any special items. You just have to find good spot in your environment to hide. If the seeker won't find you, you won. If you want you can also add tag to game to make it more interesting.

9.. Chess is very old sport known around the world. Its game for 2 players, both of them have their own pawn and they trying to make check to win the game. To be honest you can play chess everywhere, you just need a chessboard, pieces, and your hands.

## Puzzle - Last edition's answers

### Across

3 Snowman  
5 Trees  
6 Underneath  
9 Elves  
10 Nutcracker  
12 Whoville

### Down

1 Wham  
2 Home Alone  
4 Bells  
7 Rocking  
8 Heart  
11 Reindeer  
13 Holly

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# A Surreal Day

<p>This morning I woke up just before the alarm clock went off. I was woken up by the sun shining brightly outside. Or maybe it wasn't the sunshine but a vivid discussion of my parents, early in the morning. The first thing I heard was: "It has started. The war in Ukraine has just begun." Media showing blasts and gunshots.</p>	<p>Ukrainian people crowd in queues at supermarkets and in front of ATMs. People find shelter in the metro stations. Thousands of cars trying to leave major Ukrainian cities. I leave for school and see dozens of people crowding in queues in front of bakeries. But luckily, they are all just trying to buy their favorite treat – a donut called in Poland "pączek".</p>	<p>It is a centuries-long tradition of so-called Fat Thursday that is celebrated today. In the neighboring country, this morning has changed everything. In my country life simply goes on. The sun keeps shining, the sky over Warsaw remains blue. This day is so surreal.</p> <p>Beata K</p>
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<b>Your Spring Lovescope!!!</b>		
<p><b>Aries</b> – Take care of your body and health. Don't overeat and go to the gym regularly. You need to start moving!</p> <p><b>Taurus</b> – Congratulations, since you're reading this, you made it through Valentine's Day alive! Hopefully this year will be your year. What it will be the year for, is still to be seen.</p> <p><b>Gemini</b> – Remember: stress is unpleasant and dangerous, but it can be conquered. Try some exercise and spend time outside and you will feel better soon.</p>	<p><b>Cancer</b> – You will get a surprise.</p> <p><b>Leo</b> – You will meet an old friend.</p> <p><b>Virgo</b> – Try to be nicer and others will pay you in kind. Do that and your social life will flourish immediately.</p> <p><b>Libra</b> – Take a holiday, go to the park or just start meditating. It will relieve your stress and give you positive energy.</p> <p><b>Scorpio</b> – Think about new challenges. And remember that practice makes perfect.</p>	<p><b>Sagittarius</b> – Take up a new hobby, go out and get yourself a life. You won't regret it!</p> <p><b>Capricorn</b> – Start to plant flowers. You will be much happier.</p> <p><b>Aquarius</b> – Be alert. Stay away from troubles and dangerous situations.</p> <p><b>Pisces</b> – Don't be sceptical and too rational. Stay positive and just go with the flow. You are full of potential now so don't be scared to take the plunge.</p>

Ukraine has a variety of needs. Most of us have done what we can to help. The people are the most obvious victims who need help. Let us not forget about the many dogs, cats and other pets that are facing a difficult time. Additionally, while it is not our war, it is our fight. The Ukrainian military is fighting to the best of their abilities, let us show them our support by encouraging our government to send whatever support they can. We can also send donations to a variety of organisations that provide material support to the military in Ukraine.

Слава Україні!

By: Julia R, Marta P, Ola



*I don't want a lot for Christmas,  
There are just some things I need...  
A couple masks in my stocking,  
And that new COVID-vaccine.*

*I don't wanna be alone,  
Love to have guests in my home,  
Make my dreams come truuuuueee...*

*All I want for Christmas is...*

Christmas is that time of the year when families gather to spend some time with loved ones. During the year, many people have work which keeps their mind focused on everything but family. They are extremely busy and overworked. That's why Christmas can be so unique. It's not really about the presents or food but about spending time with people we are close with.

It is so sad that most of this joyful time is taken from us now, by covid. Last year or two years ago a lot of people were really afraid to meet with anyone because of the pandemic. That's why they could feel alone. This year not everyone came back home and spend time with family.

- Cancelled flights

Over 3,800 Christmas Eve and Christmas Day flights are cancelled because of new coronavirus variant-Omicron United Airlines cancelled 176 flights of the 4,000 domestic and international flights scheduled at dozens of airports on Friday, mostly the reason for cancelled was a sick crew. So, a lot of people didn't come back home for Christmas.

- The reason of the pandemic a lot of holiday celebrations, parades and holiday concerts were cancelled.
- In New York City, people waited in a long queue to get tested, many people doing this before traveling to family and fast spread omicron variant
- Frankfurt's cathedral, which can hold 1,200 people, offered only 137 socially distanced spaces, all of which were booked days in advance.
- In Belgium, People hung Christmas trees upside down from windows in a protest of closing cultural venues.
- In Bethlehem, the situation looked a little better. This year hundreds of people gathered in Manger Square when the band play on drum and bagpipe.

# SPRINGTIME IS UPON US

By: Marta T

Mostly everyone likes spring because it reminds us about summers coming and holidays. After long winter we are happy about sunny days.

Many countries celebrate the first day of spring because it is perceived as the coming something new and joyful. In Poland people burn wooden cuckoos.

The Japanese, during the celebration of spring, chase away demons.

In Norway spring is celebrated by giving some sweets to each other.

What can we do during the spring? As we know in the spring a lot of beautiful flowers bloom. The first flower that blooms in spring is the dandelion. So in the spring we can go out and collect a bouquet of flowers. Enjoying the nice weather we should go for a long walk, have a picnic with friends or go cycling. I think that it would be a good idea to spend time together. Also if you like reading and you get bored of reading at home during the winter, you can go out to the garden or to the park and read your favourite book there.

## The Best of 2021!!!

By: Maja K. and Magda D.

What happened in 2021? In this article we want to show some of the best moments that happened in the past year!!! Here are some of them:

### **The Cosmic Mission "SpaceX" Took Off!**

At 16th of September space mission "SpaceX Inspiration4" took off. Four nonprofessional astronauts were travelling in orbit around the Earth for three days. It was the first world mission without professional astronauts. Its goal was to collect 200 million dollars for the "St. Jude Children's Research Hospital" that is located in the United States.

### **Eurovision 2021!!!**

Eurovision was held in Rotterdam, the Netherlands. In the competition took part thirty nine countries. The winner was the Italians with the song "Zitti e buoni". The song was sung by Måneskin. The members are Damiano David, Ethan Torchio, Thomas Ragga and Victoria De Angelis.

During the Eurovision also there were a few problems.

Two days after "Ya nachu tebya" was announced as a Belarusian song the organizer decided that the song was not correct with the rules of the competition unless it is modified.

Also Damiano David, the lead singer of the Italian band Måneskin, was considered by some viewers as a drunk person during interviews.

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### **Walt Disney Celebration!!!**

Walt Disney World Resort is a park in the United States that has been in operation since 1971. The recommended time to stay at Disney World is a week to take advantage of all of the attractions.

In 2021 was the 50th anniversary of the park. The celebrations began on October 1, 2021 and should take 18 month's. However, Disney has not publicly confirmed this date.

What will happen during this time?

For this event, Mickey Mouse and Minnie Mouse will be in new costumes.

The park will be decorated and themed to the 50th anniversary.

**2021 was a really great year. We hope that next year will be even better!!!**