

ADOLESCENCE, *obvious* or not?

Many people believe that adolescence is simple but it is not always the case. It is generally said that teenagers have stress-free lives and they haven't got many problems. In the article I would like to explain that in our lives many issues appear and some of them might be serious.



I know only from the first experience that although teenagers have parents who make decisions, most choices must be made by the young people. Before we come of age, we must choose what the best for us is. For instance, when we have to pick a school which we want to go to. Adolescents know better what they are good at.



Similarly to adults, teenagers don't have a lot of time for themselves. Having many school responsibilities, we must resign from hobbies and pleasures. As a result, some adolescents often deal with depression, anemia or lack of acceptance amongst their peers.

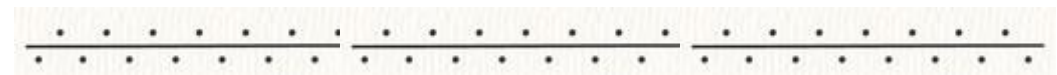


Young people should learn from mistakes, but parents should be supportive for them through conversation. Childhood and adolescence have a huge impact on the adult life



Aleksandra 2cm

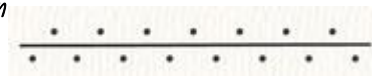
November 2019

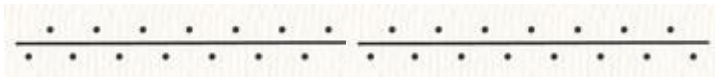


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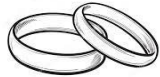
opinion it is a well-written book and a real masterpiece. I recommend it to everyone who would like to read a good thriller in cold autumn evenings.

----- REVIEW -----



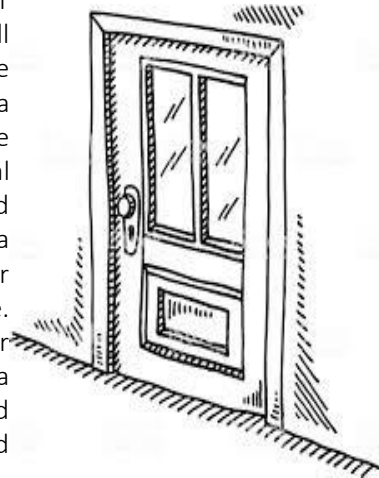
Oliwia 21

BEHIND CLOSED DOORS



“Behind Closed Doors” is a thriller written by B.A. Paris in which you will see how the closest person can become a terrible monster. The plot focuses on a “perfect” marriage of Jack and Grace Angels. They seem to be such an ideal

couple, Jack is an amazing lawyer, a handsome man and at the beginning a very solicitous husband. Grace is a charming and caring woman who takes care of her younger sister Millie who has the Down syndrome. Everything seems to be excellent until their wedding...Once at their honeymoon Jack tells his wife a cruel story about himself. How he hates the woman and loves somebody's pain. He tells her about his bad intentions and from day to day Grace becomes his victim. It is a blood curdling story which pulls from the first page.



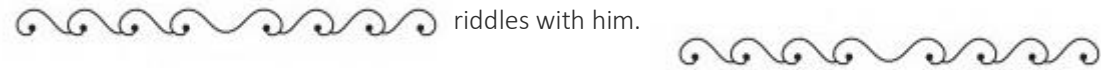
I am sure this story will provide you with a lot of emotions while reading this amazing book. It has a shocking end. In my

.....LUCIFER.....

This series tells the story of Lucifer Morningstar (Zaranna's Star) a fallen angel (son of God), who was told to rule the hell, but he is bored of it, so goes on vacation and settles in Los Angeles, where he runs with his side demon (beautiful Mazikeen) a night club „Lux”. We meet him when, as a result of a murder committed in his club, he meets a beautiful police detective Chloe Decker. Between the two, who want to explain the motives for the murder, a mysterious thread of agreement is quickly established and they both start solving the case – in which, of course, they are successful. The detective can't get rid of her annoying new friend and willing or not she must



solve criminal riddles with him.



In our opinion, this series may be interesting for both teenagers and adults.

This is not a series about „little devils and angels” but first of all, about the acceptance of another person despite their disadvantages and otherness. The series perfectly presents how lonely people are and how important the acceptance and understanding for other people is. We like this



Los Angeles

series because it isn't too much grotesque and perverse. Despite the presence of demons, this series is very living. In many situations we can identify with the characters of this story. We really recommend it.

You must watch it 😊

Anita, Paulina 21

Receta de los bollos

Ingredientes:

La leche

La levadura

El azúcar

La harina

El sal

Dos huevos

El agua

Los granas



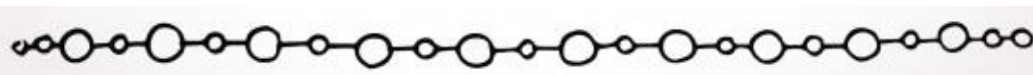
1. En primer lugar mezcla todo leche, levadura, azúcar, harina, sal y dos huevos.
2. Ponte la bandeja para hornear con papel de hornear.
3. A continuación forma villas de mesa y ropa con una paño, deja la masa durante treinta minutos.

4. Calienta el horno hasta doscientos grados.

5. Por último ponte los granos en los bollos.

6. Coche 20 minutos.

¡Buen provecho! Oliwia 21

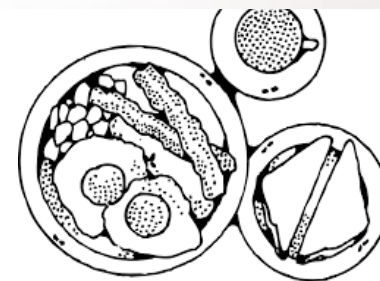


NOT-BAKED

BREAKFAST BALLS

Breakfast doesn't have to be complicated. This idea is perfect for quick and easy breakfast.

It is great for early mornings. When we've got to leave the house quickly, this is the best breakfast idea.



Ingredients:

1/4 cup of almonds (we used slivered, but you can use any)

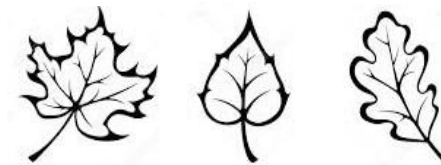
1/4 cup of cashew pieces

1/4 cup of dried fruit (we used dried cherries, but I bet any dried fruit would work)

1/4 cup of almond butter (+ 1 teaspoon of coconut oil – omit the coconut oil if you decide to substitute with peanut butter).

2 Tablespoons of Dark Chocolate pieces

1 cup of toasted granola



Throw all the ingredients except for the almond butter and the granola into the food processor. I chopped them pretty chunky. The texture is funny. But if you want it to stick

together better consider chopping more finely. The finer your nut meal, the more dense your balls will be. Once it's chopped mix it with the granola and the almond butter and coconut oil (or butter) and form balls. Make sure that everything is well coated in the bowl, then put the bowl into the fridge for about 3 hours. You want the nut meal to soak up some of the healthy fats from the almond butter. It will help the balls stick together.

Emilia 21

-while you remember what you don't get

STUDY A BIT AFTER CLASS

-to help the new material settle in your head

-to avoid cramming before a test



Paulina Kurecka 21

SCHOOL LIFEHACKS

How not to fall behind with the school work

DO NOT SKIP CLASSES

-the easiest step & key to success

PREPARE IN ADVANCE

-to avoid the shock of new information

-simply reading through the chapter the night before can be helpful

'SOAK IN' NEW INFO IN CLASS

-while everything is still fresh in your memory

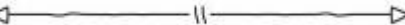
ASK QUESTIONS RIGHT AWAY

-before the teacher moves on



AN INTERVIEW WITH THE FIRST YEAR STUDENTS.

There are more than two months of studying behind us. This year, our school accepted students from the double year. I had the pleasure to interview the student from the class 1b. I asked the students about their first months at school.

Journalist: Thank you for agreeing on this interview. Tell me, what encouraged you to choose our school? 

Student: First of all, I chose ZSDGiL because of the cool atmosphere at this school. I think there are a lot of great teachers. They also get on well with the students.

R: What is your impression after two months? 

S: I am really satisfied. There is lots of fun. It's ha 

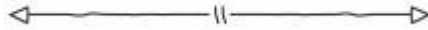
R: Do you get on well with your classmates?

S: Yes! I really like them. We have really a lot in common. We liked each other at the beginning.

R: What do you like in our school? What would you like to change?

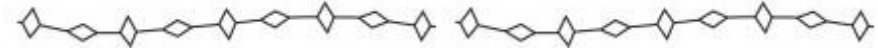
S: I am in love with our truck shop! These sandwiches are delicious. The only thing that annoys me are too short breaks and millions of stairs!

R: That is all. Thank you very much!

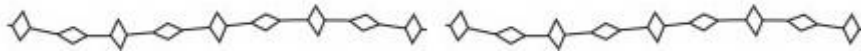


Paulina Kurecka 21

- Alvaro Soler "Histerico"
- Daniel Caesar "Open Up"



Interessante Fakten über Deutschland



SONGS PLAYLIST 4 AUTUMN EVENINGS:

- Maverick Sabre & Jorja Smith "Slow Down"
- Daniel Caesar & Brandy "Love Again"
- Halsey "Graveyard"
- The Chainsmokers "Closer"
- Louane "On était beau"
- Tory Lanez "One Day"
- Paul Anka "Put Your On My Shoulder"
- The Neighbourhood "Sweater Weather"
- Mac Miller "Oblivion"
- MISSIO "I See You"
- The Neighbourhood "The Beach"
- Julia Michaels "Issues"
- Linkin Park "Bleed IT Out"
- James Young "Infinity"
- Sonder "Too Fast"



Weißt du, dass ...

- die Gesamtlänge der Autobahnen in Deutschland 13.000 km beträgt
- das erste gedruckte Buch in der deutschen Sprache war
- die Leugnung des Holocausts ein Verbrechen ist
- es die meisten Zoos der Welt in Deutschland gibt
- die Tradition des Weihnachtsbaumes aus Deutschland stammt
- Deutschland als zweites Land der Welt am meisten Bier konsumiert
- einer der größten Flughäfen Europas in Frankfurt ist
- man im Alter von 16 Jahren Bier und Wein kaufen darf
- es rund 3.200 verschiedene Brotspezialitäten in Deutschland gibt
- es mehr Döner Buden in Berlin als in Istanbul gibt
- ca. 860 000 Polen in Deutschland leben
- das längste deutsche, veröffentlichte Wort
Donaudampfschiffahrtselektrizitätenhauptbetriebswerkbauunterbeamtengesellschaft ist
- der Kölner Dom die beliebteste Sehenswürdigkeit in Deutschland ist
- Deutschland, das erste Land auf der Erde war, das die

Sommerzeit eingeführt hatte

- der Englische Garten in München größer als der Central Park in New York ist
- Konrad Adenauer 1916 die Sojawurst erfand
- der bekannte Dichter Friedrich Schiller faule Äpfel in seine Schreibtischschublade legte, weil ihn der Geruch inspirierte

Arkadiusz kl.IIIg



Noch über die Sommerferien...

Ich habe meine Sommerferien in Amerika verbracht. Mit meinen besten Freundinnen Ola und Ania bin ich mit dem Flugzeug nach New York geflogen. Wir haben in einem Appartement gewohnt. Die Übernachtung hat sehr viel gekostet, aber..... Wir haben New York und Texas besichtigt. Der Times Square Platz hat uns sehr gefallen. Wir haben den Central Park und die Brooklyn Bridge gesehen und viele traditionelle Gerichte wie Hamburger, Hot – Dogs, Apple Pie gegessen. Einen besonderen Eindruck haben auf uns wunderschöne



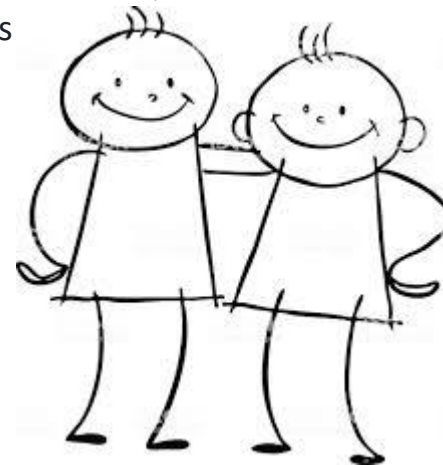
Texas' Landschaften mit alten Eichen, sauberem Wasser und unbekanntem Vögeln gemacht. Eines Tages haben wir auch einen Ausflug gemacht, um die Niagarafälle zu bewundern. Ich habe Ola und Ania und viele Sehenswürdigkeiten fotografiert. Das waren meine besten Sommerferien.

Kasia R.IIcm



Meine Sommerferien!

In den Sommerferien war ich zwei Wochen in Kroatien. Ich bin mit meiner Familie mit dem Auto dorthin gefahren. Wir haben ein Fünfbettzimmer mit Bad und Sauna in einem Hotel reserviert. Da das Wetter schön gewesen ist, sind wir im Meer ges



chwommen, haben uns am Strand gesonnt und Strandball gespielt. Ich habe schöne Aussichten bewundert und meinen Freunden Souvenirs gekauft. Meine Schwester plappert immer gern und deshalb hat sie auch viele Menschen kennen

gelernt. Für meine Familie waren das unvergessliche Sommerferien.
Wir sind sehr glücklich aus dem Urlaub zurückgekehrt.

Ola M. IICM

