

IOOE Magazine

2016-2019



**A cultural and educational e-magazine for everyone,
made by students and teachers participating in the
Erasmus+ program "In omnibus omnia est".**

Keeping healthy

By Finland

How to have a healthy lifestyle

Eat healthy, sleep enough and do sports. These are the main things you should remember when you want to have a healthy lifestyle.

Three things you need to know about staying healthy

1. Exercise

Exercise is a big part of staying healthy. Two hours of physical activities a Day is more than enough. Just remember you don't have to work too hard.

2. Maintaining personal hygiene

Personal hygiene is very important, so take a shower at least two times a week or you might begin to smell. And remember to brush your teeth twice a day.

3. Eating healthy

I'm not in a position to give you any good eating tips. But I found this picture from the Web. It's what you could call a Finnish plate model, so no we don't eat just porridge over here. All though that's good, too. Healthy life habits are important. But I think they should not control your life too much, so I think that you are good just the way you are. And you don't have to pretend to be someone you aren't!

Ps. Please, DON'T BULLY ANYBODY !!!
- Matias, the 9th grade

Why you should go to work by bike

- It is good for your body
 - It increases your stamina
 - It doesn't defile nature
 - It maintains and improves circulatory system
 - It helps you to lose weight
 - Moving in centre might be quicker
- Jere, the 9th grade



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

APPLE BANANA BERRY
DANCE FRUIT ORANGE
PARKOUR SPORTS



Advent calendar makes us move

This year our classes don't have an ordinary chocolate calendar for Christmas. Every day we pick a paper and it says what to do. One day we got "Mrs. Claus's morning exercise." Then we danced with the music of Jingle Bells.

- Enni, the 6th grade



5 Good reasons to start moving

1. It gives you good mood.
2. If you have problems in your life at the moment, you can escape them for a while.
3. You get better oxygen intake.
4. Exercise helps you protect against various diseases.
5. Your muscles will grow bigger.

- Salomon, the 9th grade



Rules for Finnish games

Pikipata - Tar pot

In this game the players form a circle with the exception of one, who remains on the outside of the circle. This player carries a stick and walks around on the outside of the circle, dropping the stick behind a random player. This player must then run around the circle in the opposite direction of the player who dropped the stick. The player who is first joins the circle and the other players becomes the stick-dropper.



The kids play Tar pot and learn English at the same time.

Viimeinen pari uunista ulos -The last pair out of the oven

In this game all players save one form a pair line. The one remaining player is the catcher and stands in front of the others and shouts: 'The last pair out of the oven', at which the two last players start running forward, each on their own side of the line. Their objective is to link hands on the other side and avoid being caught by the catcher. If one of them is caught, that player forms a new pair with the catcher and the player who was not caught becomes the new catcher.

Μείνε υγιής

3ο Δημοτικό Σχολείο Αγίων Αναργύρων

Healthy habits for healthy kids and healthy adults

Having healthy habits at a young age is a wonderful way to help children learn the benefits of these habits and continue wanting to practice a healthier lifestyle as they grow and mature. It is very important that both family and school cooperate to build a healthy way of living for the children.

Healthy tips

By Mathilde & Emily

Dear fellow students,
Have you ever wondered how you can be healthy and safe? We thought about it a lot, we made a research and we came up with the following tips.



1. Eat the rainbow every day: Colourful fruit and veggies, dairy, protein and grains will make your day!

Snack on healthy foods and eat less junk food and sweets. Drink water and fresh juice, not soft drinks.

2. Don't skip breakfast

Going to school without breakfast can make you hungry and grumpy later on.

3. Put physical activity in your life

Get out, play games, do sports. But... don't overdo it with extra curricular activities. Keep time for yourself! Relax! Get a 10' "brain break" before starting your homework. Sleep enough.

4. Put the electronics away!

Limit screen time, watching T.V., surfing the

net and playing computer games. Read books instead! Or Write your own book!

5. "Dad, Mum show me your love!"

Spend more useful time with your family. Play board games, ride your bikes or go for a walk together. Make a nice healthy meal or go shopping together with your family. "Hmm.. shopping! Lovely idea!"

6. Don't forget cleanliness and safety

Keep the rules of good hygiene. Brush your teeth twice a day. Wash your hands properly. Take a bath regularly. Use a tissue when sneeze. Keep the road safety rules. Always wear a seat belt or a helmet. Be safe! Love yourself!

Healthy... Riddles

By Dimitris & Yiannis

I am small and round
I get baked in a pie
Eat me once a day
Send the doctor away!
What am I?



I am round, cheeky
and juicy.
You can drink me.
What am I?



You can eat me in a salad
You can eat me in red sauce
I am very tasty with salt or not!
What am I?



We are twins and
we are red. Eat us
in the summer
Wear us on your ears!
Guess what!



Greek cuisine & traditions

Traditional Greek food combines fresh ingredients from land and sea to create a highly appetizing and healthy cuisine. It follows the principles of the Mediterranean diet with olive oil being the main ingredient of this diet.



We feel very lucky because we had the joy to live the experience of olive harvesting in our schoolyard. We picked up the olives, we took them to the oil press and finally we took the valuable olive oil, our own olive oil. It will help us live longer! We made healthy biscuits and our favourite Greek salad with it. Look!



Olive oil biscuits Recipe

- 1 & ½ a cup of olive oil
- ½ a cup of sugar
- 6 cups of flour
- 1 glass of orange juice
- 1 teaspoon of orange zest
- 1 tsp of cinnamon
- ½ a tsp cloves in powder
- 1 tsp of baking powder

Mix all the ingredients together. Give your biscuits your favourite shape. Bake them in the oven for 20 minutes at 180 C. Enjoy your biscuits!

Our Greek salad was unique!

One day my friends and I had the idea to make the famous Greek salad for you. Have you watched our video?

We used fresh, organic tomatoes and cucumbers, onions and green peppers, olive oil and capers, feta cheese and crispies on top. We sprinkled it with olive oil and here it is!



<https://www.youtube.com/watch?v=x-WvUIWN24SA&list=PLGGxBEi1F7iy6wjVmr-8WdaIB4e2aCnUI&index=4>

But today we have prepared another salad for you with pomegranate which is very healthy as well. Read the recipe and just make it. Please! It is going to be your favourite!

by Melina, Joanna, Helen, Bleona

Tasty salad with pomegranate

- Mixed green salad leaves
- 1 pomegranate, seeds and juice
- 1 pear in slices
- 100 grams grated hard cheese
- Pepper

Dressing

- 4 tablespoons of pomegranate juice
- 1 >> of lemon juice
- 1 >> of olive oil
- 1 >> balsamic vinegar
- ½ a teaspoon of honey



Greek breakfast habits

Some of the most popular choices of breakfast in Greece are the following:

- Choice of whole wheat or leavened bread, thyme honey, fruit jam and butter
- Cheese with breadsticks
- Pies, sweet or salty
- Fresh orange juice
- Yoghurt with honey and walnuts
- Greek coffee or Mountain tea



Mid morning snack

Since most Greeks don't really eat a huge breakfast they usually get hungry at around 10-11 a.m. Their preferred snack is a savory pie such as a cheese pie "τυρόπιτα-tiropita" or a spinach pie spanakopita. But our most favourite snack is "Koulouri" a sesame bun we can also buy from the school canteen!



Breakfast at school with Irene, Nicky, Sissy, Angela & Vassiliki from the left.

By Vassiliki, 11 yrs

A Flashback to the past

For ancient Greeks, food and eating was not only necessary to satisfy physical needs but it was also a social event. Plutarch, a Greek historian had said "We do not sit at the table to eat... but to eat together". Today, eating in modern Greece is indeed a very social event. It is the norm for people to relax and have great discussions and arguments ranging from politics to relationships while eating dinner or lunch.

The cornerstones of the ancient Greek Diet: **bread, wine, olive oil, fruit, vegetables, nuts, fish.**



Ancient Greek plate



Woman baking bread
5th century B.C.

Ancient Greeks believed that a healthy body was very important. They loved sports and most cities had gymnasiums where only men and boys practiced sports every day to keep fit and relax. Sport was a good preparation for war too. It is worldwide known that the most important of the sports contests was the Olympic Games (776 B.C) known as the Modern Olympics today.



Olympic champion in gymnastics Lefteris Petrounias, winner of the rings final at the Gymnastics World Cup AGF Trophy 2017 adding another gold medal to his collection.

By Nicky & Sissy, 6th graders

Have fun and keep fit with games and sports!



Sotiris



Stavros

A few decades ago children in Greece used to gather out in the streets or in parks and play games. Games that involved physical play and imagination. Nowadays, TV and computer games have taken up most of children's lives, however, a trend for traditional Greek games seems to attract more and more children who wish to learn how to play their parents' and grandparents' games. In our school we play a lot of traditional games during the breaks and on **"The Sports and Games Day"** once a month. We have chosen three of them for you.

Apples

In this game children are divided into two groups. Two players of one group stand opposite one another at a distance of 20 meters and the players of the other group gather in the middle, between them. The two players throw a ball at each other trying to hit one of the children of the rival group. If the ball hits a player then they get "burned" and get out of the game. However, if a player catches the ball, they win an "apple." The goal is to get as many "apples" as possible. Each "apple" gives the player an extra "life" they can use in case they get "burned."



A bee goes by

This is an old, traditional game. At least six children (5-7 yrs) are needed. Two children clap and sing. The rest pass under the clapping hands. Whoever is caught must decide which of the two clapping children he/she will join.

Finally, when all the children have taken sides forming two teams, they play tug of war and those who do not fall down are the winners.

"The bee goes by with the little bees and the little kids

[whispering]
What do you want?

The red rose or the white jasmine?

Go that way!"



Abariza

The game is played by two groups. Each group draws on the ground an "abariza", a 3-4 diameter circle and a square used as a "prison". Between the two "abarizas" there is a distance of 20-40 meters.

A random player of the first team starts running between the two "abarizas" and a player of the other team tries to catch him and put him in "prison." The winner is the team that manages to imprison all the opponents.

Let's enjoy our school life with more games and more fun! We are just kids!

By Sotiris & Stavros, 11 yrs

Healthy habits

by Spain

The students of 5th grade have cooked two healthy recipes: a green salad and a fruit salad. It was a funny and delicious experience.

Green salad

Ingredients:

Lettuce	Tuna
Tomatoes	Avocado
Corn	Crispy bread
Cucumbers	Olive oil
Carrots	Vinegar
Onions	Lemon
Cheese	Salt
Nuts	

1. Wash the lettuce and tomatoes with water.
2. Put the cleaned and chopped lettuce and tomatoes in a bowl.
3. Chop the rest of the ingredients and add them in the bowl.
4. After that, add the cheese, corn, tuna and crispy bread.
5. Put the lemon juice, vinegar and olive oil in a bowl.
6. At the end, add the sauce in the bowl and mix all the ingredients.
7. You can eat this healthy and delicious salad.



Fruit salad

Ingredients:

Watermelon
Oranges
Pears
Apples
Pomegranates
Grapes
Tangerines
Bananas
Kiwi

1. Wash, peel and cut all the fruits in small squares.
2. Put all the fruits in a bowl.
3. Put as many glasses as people are going to serve.
4. At the end, you can eat this healthy and delicious fruit salad.





Healthy Food

- MILK
- YOGURT
- APPLE
- BANANA
- BROCOLLI
- CHERRY
- CHEESE
- BREAD
- APRICOTS
- AVOCADO
- CANTALOUPE
- RASPBERRY
- TOMATO
- CRANBERRY
- LEMON
- LIME
- FIG
- ONION
- ARTICHOKES
- GINGER
- SPINACH
- SQUASH
- GARLIC
- PEANUTS
- SHELLFISH
- SALMON
- CRAB

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

Healthy habits wordsearch

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

BODY
FRUIT
TEETH

BRUSH
HANDS
WATER

DRINK
MILK
WASH

EAT
SHOWER
VEGETABLES

EXERCISE
SLEEP

Healthy habits

by The Netherlands

With the students of the 3, 4, 5 and 6th grade we start our researches about the theme keeping healthy with a word web. What do we think of when we talk about keeping healthy. The students came with a lot of words and ideas. The students had to decide about which subject they want to know more. Do they want to know more about sports, calories, fruit, vegetables, sugar, salt, how do you stay healthy? etc. Then they divided themselves in groups of 4, 5 or 6 students and started their research. The role of the teacher is a coach. We stimulate the students to discover things by themselves. In this e-magazine you can read the reports of the different groups.

Energy and calories

Hello everyone we are Jeroen, Weit, Marije, Myrthe and Demy. We had to create a presentation for Keeping Healthy. Our theme



was Energy and Calories. We came up with the idea to make a poster. For example, we have learned what calories are. And what food you get a lot energy

of. It went pretty good with a good result. We got a more than sufficient for our presentation and that was of course more than enough. It was great fun to do this.

Board game

We made a board game (Xander, Jordy, Niek, Huub). How it works is simple: you pick up a question card and if the question is right you can roll dice, if you are wrong, you cannot throw dice. The name is, Sport Quiz. We have learned that the biggest football stadion is and the English word offside for football.



Compare sports

Our research was about the comparison moving the Netherlands and Finland. There is not such a big difference between the Netherlands and Finland, football is also a little bit famous in Finland. We have been working on the presentation during the past few weeks. We have worked with Jelmer Elly, Sytske and Berber. We made a poster and made a tennis/football pitch. We have asked questions to Finland, sport questions. We had an answer within 2 days. Jelmer and Berber have done the tinkering the football field and tennis court. Elly and Sytske have done the poster. The information we had found on Google, we have put it in our own words. We have learned that sport fishing is in the top 3 of the Netherlands' most famous sports. The presentation went very well we thought, just a pity that Berber wasn't there.



Sugar

Hello, we have done a research about sugar. We have learned how sugar is originated and for what it is used. And we researched the difference between the sugar in fruit and vegetables. We have made a quiz where we asked questions. And we have made a power-point presentation with information about sugar. We had a good cooperation. Marike, Amber, Laura, Ricardo and Thijmen



Fruit

We have chosen the theme fruit. We have a fruit bowl made with 2 games figured out facts what to do with the theme fruit. We have discovered that there are 500 fruit pieces in the world, that some fruit pieces are healthy and unhealthy and that most vitamins are in an Apple. The first game works like this: you pick up a question and then find the right answer. The second game works like this: you grabber a ticket out of the box where some information gets up, and then you have some information! And the tidbits scrambling you just a high out of the box. The cooperation went well. And we think it was a super nice theme and we have learned a lot. Created by Wiebe and Sido, Manon, Amarins, Emma and Lynn



Puppet show

Hi we have a puppet show created about the 'schijf van vijf'. The 'schijf van 5' is a circle that exists about 5 subjects with different kind of foods. Every day you have to take some food out of every part of the circle to be healthy. We have learned a lot for example, to rehearse, and that the 'schijf van 5' looks different abroad. The collaboration went very well, but sometimes we had a little error, because then we went too much giggle. But further everything went well. We think the presentation was hard to do, because we could not think a lot and we didn't know what we had to do but finally we came out. When we did the presentation for the school and we were excited.

After all we were very happy and proud that everything went well. We learned a lot about food. We have received a good review.

Greeting Yindee, Ylona, Linde and Birte



Sports

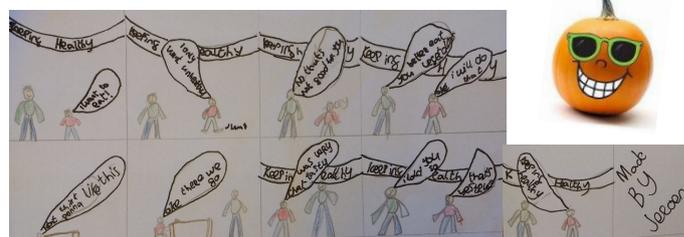
Our research was about sport. We looked up questions and wrote down the answer and we included that in a play, but that did not work as well because we could not practice for so long, so we just did a sport in the background. And that has become hockey. We have made a list of questions. We have learned about burning calories and how much energy is situated in certain food and how much do you have to sport to burn calories. Rients, Damien, Jarno and Tjitte



Sport

We have learned when sport originated, what sports does with your heart and your body. What is the most popular sport in the Netherlands is the answer is football. We have looked when the first World Cup has started from football. Here are the answers 1 sports reduces your heart 2 rate sports reduces stroke.

Sport originated between 1800 and 1900. We have made a journal with the ipad, we have come to this subject so that one of us wanted to make a book and the others a play we have learned many new things This was what we made with kind regards Sietse Ywan Thijs Jochem Sem



Keeping Healthy

by Northern Ireland

Children at Saints and Scholars are encouraged to keep fit and healthy

In our school we try to do lots of things to keep our children healthy. As part of our Erasmus+ project we spent some time sharing how we keep healthy. All school had a healthy day. We had our Health & Fitness day on Oct 27th



2017, just before our Halloween holidays. We were all allowed to wear sports clothes that day.

Our Health and Fitness day started with a Special Olympics Athlete. She explained what Special Olympics are and what as an athlete how she needs to train to ensure she can compete at this level. She told the children that she needs hard work and dedication to succeed.



Special Olympics Visitor

We made healthy break as part of our Erasmus+ project

During our health and fitness week we had a competition for our pupils whereby pupils with the support of their parents had to design a healthy breakfast. Each class voted on their best design and then we made these in school. It was a great way to involve our whole school community in the Erasmus + project.



Keeping Healthy Out of doors

In Saints and Scholars, we encourage all of the children to improve their fitness levels. We have lots of initiatives to support this. The pupils love cross country - we have a running club and



compete in lots of cross country event. We have pupils who get thought to the Northern Ireland finals.

Our three years are encouraged to be outside as much as possible learning to take risks and have fun.



Every year P 6 go on a residential to an outdoor pursuits Center to do lots of outdoor activities.



P5-P7 children work with a group called Healthy Kidz to help improve all children's health and well-being through a structured course of Physical Literacy. Healthy Kidz use a combination of technology-enabled learning tools and a programme of coach assisted physical literacy classes.



What are the outcomes?

- Kids become aware of why they should keep healthy and how.
- The school gets professional coach lead education programmes designed specifically for Key Stage 2 children.
- The Parent and child get to participate in fun activities and receive rewards for positive behaviours.



Språkskolan's work with Keeping Healthy

Keeping healthy

We all know that a good health is important, but how do we keep healthy? How do we give our children a good base within this subject so that they can lead a healthy lifestyle?



The mind and body are connected. To have a healthy body you must also have a healthy



mind, and vice versa. At school we think about the health and ecology aspect of our work. During our home ec. class we talk about the food we cook, where it comes from and why it is important.

We also have lectures and talk about what food is good and bad for you as well as its nutritional value.



A morning walk.

In school we have physical education class as well as morning walks and "röris" – which is a small break you take during class where you get to stand up and move your body with for example a dance. This small break helps you from sitting still in the same position for too long, you get better focus afterwards and you get a small stretch.

We choose to have a lot (as much as possible) of organic ingredients in our school lunch and less processed foods. Good and nutritious food makes us feel better and more alert.

It starts at home

We do everything we can in school to educate and encourage our students and staff to get healthier habits, but the real work starts at home.



Keeping healthy

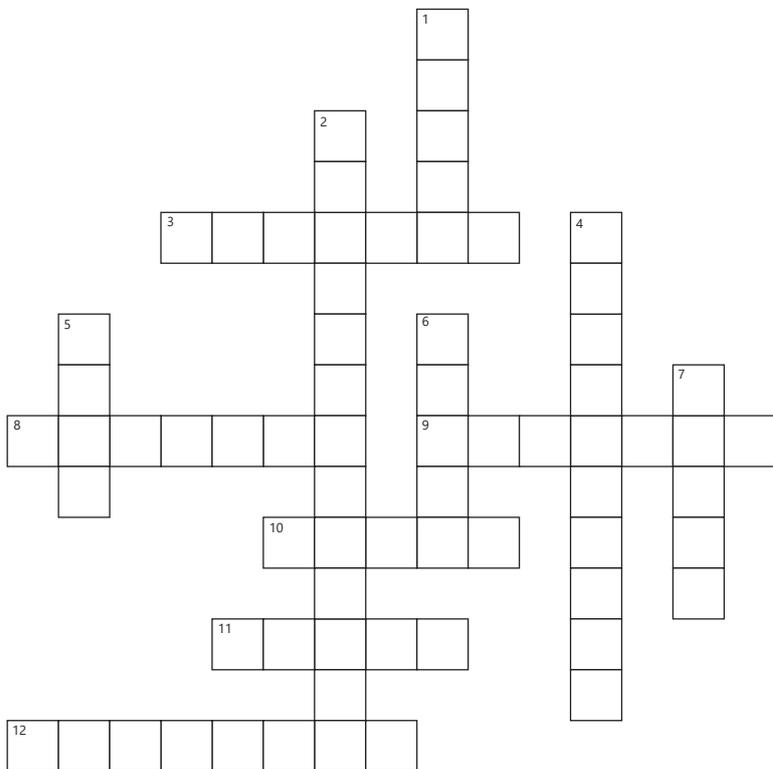
by Sweden



Kiwi smoothie - 1 glass

- 3 kiwis
- 1 handful spinach
- 1 lime
- 1 deciliter yoghurt (vanilla or neutral)
- ½ deciliter fresh orange juice
- 1 or 2 ice cubes (optional)

Put all ingredients in a mixer, mix until smooth.



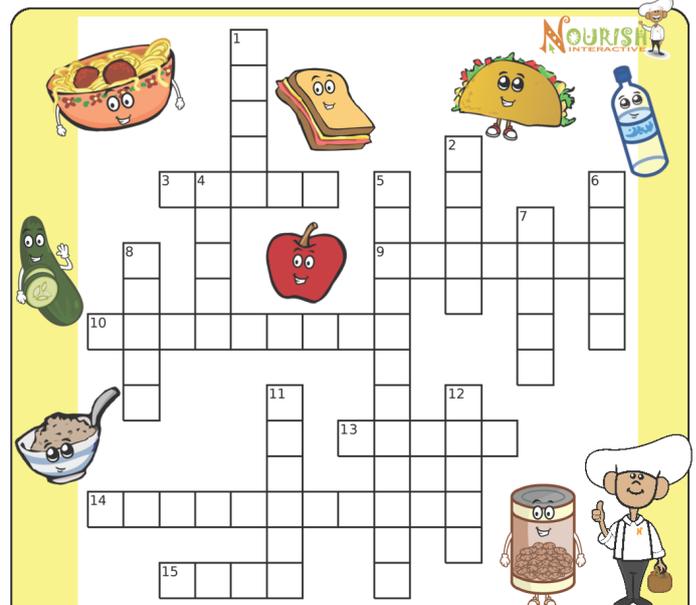
Down

1. one of your five a day
2. starches found in fruit and veg
4. they grow in the ground
5. eating healthy
6. gala or granny smith
7. fruit and

Across

3. they are orange
8. eating your fruit and veg will make you this
9. found in meat, fish and eggs
10. colour of vegetables
11. you drink it
12. running, sports and walking, etc.

Chef Solus Fiber Crossword Puzzle



Across

- 3 H₂O is the chemical symbol for _____
- 9 This is high in fiber and taste great with milk and raisins for breakfast
- 10 Veggie is short for _____
- 13 The tomato is not a vegetable, instead it is a _____
- 14 A drink that is the color of the grains group
- 15 High fiber foods (fruits and veggies) make your stomach feel _____

Down

- 1 Bread's main ingredient
- 2 Spaghetti and penne are types of _____
- 4 Red and delicious is my favorite type of _____
- 5 Cheerios and Kix have this; same goes for whole wheat bread.
- 6 Chef _____
- 7 Chicken, rice and _____ make a great taco; They are high in fiber too.
- 8 A sandwich needs two pieces of whole grain _____
- 11 What do most kids eat for breakfast?
- 12 Oatmeal and beans are high in _____

Christmas traditions in Spain

We use to celebrate Christmas the last day of the first term. During this day we all do activities related with Christmas. However during the month of December there are some things going on in the school, those things are also related to Christmas.

Advent calendar

Before the month of December starts, some parents that belong to the parent's association club, walk into the classes and offers each group an advent calendar.

Children love that event because it means that Christmas is close. They also love it because they love chocolate and as you all may know this Calendar hides chocolate pieces behind of each day.



Present from our invisible friend

The last day of school we all get a present. We make a game which is called "the invisible friend". Each student have got the name of a partner, it is a secret that we must keep until the last day. This name it's the person you have to buy a present to and the last day of school you offer it to your invisible friend who becomes visible!





Christmas cards and decorations

All the students make a Christmas card in the arts and crafts class. This Christmas card is a present for their families.

We also decorate the school walls with cards and beautiful pictures.



The last day of school, three wise men partners come to the school and we sing them a Christmas song and recite a poem. We also make a wish and tell them about it.

We sing Christmas carols and hit a piece of wood called TIÓ

The most funny and popular tradition from Catalonia is "El caga tió" a piece of wood that we look for in the woods and take care of it during some weeks before Christmas Eve. We feed him and cover him with blankets. Then on Christmas Eve we hit him with a stick and ask him to give us some presents and he does! We also celebrate this tradition in the school.



Every year to share with the families on the school we do a little Christmas Carol Concert. We work different songs with our music teacher and we sing them for our parents and friends. We love singing and we do it really well!



Christmas in Northern Ireland

1. Santa Claus

Santa clause lives in the North Pole and often says Ho Ho Ho!

The tradition of hanging up the stocking is still followed in Northern Ireland. Children hang their stocking on Christmas Eve, along with mince pies and carrots for Santa and his reindeer.



Santa travels across the world on Christmas Eve on a sleigh pulled by reindeer. Rudolph with his red nose is the most important reindeer. Children are in bed way before midnight.

2. Christmas food

Christmas Dinner is the dinner we eat on Christmas Day. It is a plate full of heaven with juicy ham and roast turkey! The table is normally covered with food like stuffing, Brussels sprouts, carrots, gravy, roast potatoes and sausages.



For dessert we have Christmas pudding which is delicious!



Christmas dinner is not Christmas dinner without a Christmas cake and mince pies.



Christmas Crackers



They were first made in about 1845-1850 by a London sweet maker called Tom Smith.

On a trip to Paris in 1840 Smith discovered the "bon-bon," a sugared almond wrapped in a twist of paper.

The cracker concept was hot and others were quick to copy Smith's idea. A Christmas cracker is a cardboard paper tube with a joke in it a paper hat and a small gift.

Families pull crackers before they eat their Christmas dinner.



Christmas play and pantomimes

What is pantomime? Panto is a peculiarly British tradition of winter musical comedy Theater. It starts with familiar fairy tales and children's stories like Cinderella or Aladdin, and injects a bit of music hall (British) style with audience participation to create a raucous, silly entertainment that's child pleasing yet has enough sly references to entertain all the grownups too.



The Queen's Speech



One Christmas ritual that is not an ancient tradition is the British monarch's broadcast on Christmas day. Queen Elizabeth II continues the tradition to this day.

Christmas in Greece

ΧΡΙΣΤΟΥΓΕΝΝΑ στην ΕΛΛΑΔΑ



“Many, many years ago a young and good-hearted woman, named Mary lived in the small town of Nazaret.

One day, Archangel Gabriel appeared in front of her, through a divine light and said: “I’m bringing good news to you .

God has chosen you to become the Mother of His Son. You are going to have a baby boy and you will call Him Jesus”.

And so it happened! Mary gave birth to the Son of God in a humble stable in Bethlehem, one cold night with Joseph by her side. There was no crib in the stable, so they laid the baby in a manger with fresh hay, feeding for the animals.

These same animals kept Baby Jesus warm with their breath, angels were singing happily and a bright star in the dark sky was showing the way to the shepherds and the wise men to the place where Baby Jesus was born”. This is the story of Christ’s Birth which is still told today to every child, in this simple way by their grandparents; it’s the same story I was told by my grandmother when I was a child. It is the same star which still shows us, but especially the children, the way to the humble cradle where Baby Jesus, the Saviour of humanity, was born. He expects no gifts from us only pure love and innocent child- like hearts.

“Glory to God, Peace on Earth, Goodwill amongst People!” the angels were singing then....

“Have a Good Day Sirs and if you allow me, I will sing the Birth of Jesus Christ at your home” children in Greece sing nowadays from door to door bringing the message of Jesus Christ’s Birth, the message of Peace and Love to every home!

Christouyenna, Christ's Birth

- This is the meaning of the word Christmas in the Greek language.
Χριστούγεννα, the most favourite, the most beloved holiday of children ...and not only.. all over the world!
- Christmas in Greece is a traditionally solemn, religious holiday. It is a very important period for the Greek Orthodox Faith and the simple people who devote Christmas Day to the birth of Jesus Christ by attending the early morning Christmas service in the churches scattered all around the country and gathering around the Christmas table with their families early at noon.
- However there are two sides of Christmas in Greece; one is religious and solemn, while the other is festive and glamorous. Both of them have their charm.
- "The Holy Days," are not what they were 40 years ago. Over the years we notice a universal culture developing as the western European customs spread more and more change. In some cases, it has caused the elimination of local customs in certain areas of our country.
- Today Christmas in Greece appears more impressive, glossier and more glamorous. Store windows are decorated almost a month in advance, and in the cities, the streets and town squares are lit with colourful lights. Also, many people now travel either abroad or around Greece to places which offer winter holidays.
- Young people will party at clubs or stay at home and watch some impressive holiday show on television. But on Christmas Day, all family members gather at the festively set dinner table.
- The name days of Manolis or Emanuel, Emanuela or Christos and Christina are all celebrated on Christmas Day, and friends and relatives will stop by to wish them "Many Happy Returns" or "Chronia Pola".
- In older times, Christmas was simpler, warmer, and certainly much closer to the true spirit of the Christian Faith. However many of the traditions of years, even centuries ago, continue to exist unchanged and so Christmas in Greece maintains its originality and many of the old customs. Here we will refer to just a few of them as the time and place is not enough to develop the rich cultural traditions of every part of Greece, from the north to the south, from the east to the west, from the mainland and the villages to the islands.
- The Christmas season begins on December 6th, which is Saint Nicholas Day and ends on January 6th, which is the Epiphany Day or Theofania.





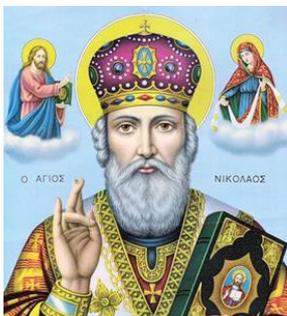
Christmas traditions

Άγιος Νικόλαος - Saint Nicholas

According to tradition, the Patron Saint of the holiday is Saint Nicholas, Aghios Nicholaos, who is also the protector of sailors. For this reason, you will often see boats decorated with many sparkling lights standing side by side with the beautifully decorated Christmas trees in our homes, city centers, remote villages but mainly on the islands.

The Christmas Boat (karavaki- a small boat) is a part of a very old Greek tradition. The roots of this custom date a few decades back when many Greeks, mainly those who lived on the islands, were working as seamen.

During Christmas time, when many of them returned home after a long time at sea, their wives and families would celebrate by decorating small wooden boats as a way of saying a warm
"Welcome Home"



The 12 Days of Christmas

According to another tradition, which is loved by kids, during the 12 days of Christmas (December 25 to January 6), goblins or elves called "Kallicantzari" in Greece, come out from the centre of the earth, where they stay during the whole year trying to saw down the tree of life. It's just during the 12 days of Christmas who come up to the surface, in order to tease people and eat their food.



This tradition is based on the legend that the "waters aren't christened" since Christ has not yet been baptized. The goblins are renowned for being very ugly and spiteful. However they are not very intelligent and they can't really hurt anybody. It is believed that they enter houses through chimneys, and this is the reason why people, especially in villages, keep the fireplace lit during the 12 days of Christmas, until the Epiphany Day when the waters are sanctified with Jesus' Baptism.

By the time they return to the centre of the earth, the tree of life will have grown strong again and they will have tostart from scratch, till the coming of the next Christmas!



Η Θεία Λειτουργία

Religious service: It is customary for those of faith to go to church on Christmas morning for the Holy service. We also go to church on New Year's Day and Epiphany as well. At school, we take our pupils to church on 23rd December which is the last day before we close for Christmas holidays. Later, during the same day, children present nice nativity plays and sing seasonal songs at the Christmas school feast.



Το Ρόδι - The Pomegranate

On New Year's Day there is the custom of breaking a pomegranate on the front door of the house for good luck. Pomegranate is a symbol of prosperity and everyone but especially the children, love throwing on the ground until it breaks and the little red seeds spread all around bringing happiness to our homes.

Early in the morning of New Year's Day, a child usually does the "podariko", the first -footing. The first person who enters the house is considered to bring luck to its owners. Tradition wants us to step into the house on our right foot holding the icon of Virgin Mary in our hands.

We believe that this action will bring God's blessing to our families and we will have good health for the year to come. Pomegranates with cinnamon, oranges with cloves are also very common Christmas decorations along with holly wreaths which decorate the doors of our houses.



Τα Κάλαντα - Christmas Caroling

Greek Christmas carols are sung in the morning of Christmas Eve, New Year's Eve and January 5, the Eve of the Epiphany. Christmas Caroling is very popular and it is handed down to us from Byzantine times. The custom is that children go from door to door in every neighbourhood, playing the musical triangles while singing the carols, Kalanda..

The hosts of the houses usually give them a small amount of money or Christmas treats. In the past when people were very poor they used to give them fruit, nuts or sweets. There are over 50 Greek traditional carols from different parts of the country, from the islands to the mountainous villages.



Η Νηστεία των Χριστουγέννων - Fasting at Christmas

In Greece, a fasting period starts 40 days before Christmas. While the fasting is predominately for religious reasons, many consider this period to be a healthful practice as well. The faithful do not eat any animal or its related products, i.e. meat, dairy or eggs. Then, when Christmas comes, they go to church and receive the Holy Communion.



Christmas Dinner in Greece

After 40 days of fasting, Christmas dinner is looked forward with great anticipation by adults and children alike! Christmas dinner like many other holidays in Greece, is a time for feasting. In the recent years, roast turkey has become very popular as the main dish of the holiday. Traditionally, the main course of Christmas dinner in Greece is pork with celery, roast lamb or chicken soup, with a variety of side delicacies such as sausages, stuffed cabbage leaves with mince meat and rice, salads and different kinds of pies with cheese, vegetables or meat. No matter what the main dish is, one thing is certain: Christmas food in our country is delicious and it is a way of bringing the family members together around the Christmas table!

However the most favourite delicacies of the days are the **Christmas sweets** mostly preferred by children.



• **Thiples**, greek pancakes with honey, melomakarona, biscuit-like honey sweets with walnuts and cinnamon and kourabiethes, buttercookies sprinkled with icing – sugar are the children’s favourite sweets of the day. The traditional “baklavas” is also one of the favourites of the day.



• **Christopsomo**, Christ’s Bread is the bread that is made on Christmas Eve, with a cross carved into the top crust before it is baked. On Christmas Day, the head of the family makes the sign of the cross on the surface of the bread, cuts it and gives a piece to each person at the dining table.

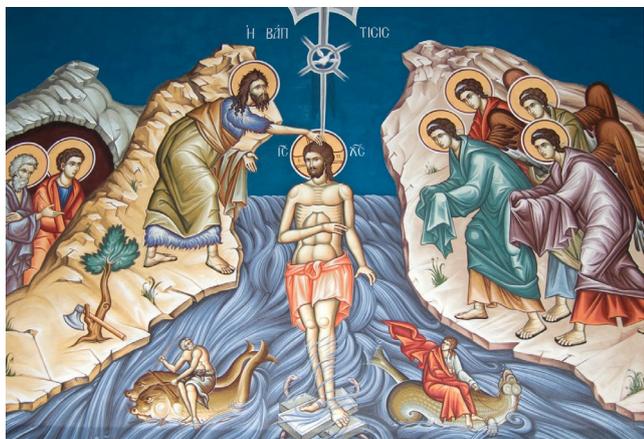


Vasilopita or Saint Vassilios’ pie is usually a sweet cake that is eaten on New Year’s Day. In some parts of Greece it is a salty pie with meat and vegetables. Mother hides a lucky coin, *Flouri*, in the cake which we cut at the midnight of New Year’s Eve. The head of the family makes the sign of the cross before he cuts the first piece which goes to Jesus Christ, the second to Virgin Mary, the third to Agios Vasilios, the fourth to the family house, and from then on, in order of age, to each member of the family. The person who will find the coin, will be blessed with good luck, health and joy for the new year. This custom has its origins back into the early years Of Christianity and the bishop of Caesarea, Aghios Vassilios. It’s worth reading about this Holy figure of Christianity in the “Christmas traditions in Greece” PPT already uploaded in the Christmas file of Greece on peda.net.



Θεοφάνεια - Τα Φώτα Epiphany Day - The Lights

The Christmas season winds down with the **Thophania** or **Epiphany**, on January 6th.



In the Orthodox church this feast is very important as remembrance of the Baptism of Christ. On this day around Greece, waters are blessed and a cross is thrown into the waters by the priest. A lot of brave young people dive into the freezing water of the sea or the rivers to retrieve the cross, which is believed to bring good health and God's blessing to the person that reaches it first. People also take holy water from the church and drink it with piety.

All Christmas decorations will go down on January 8th. This is also the time when children go back to school.



The most beautiful time of the year has just gone!

As you may have realized, the Greek Christmas Culture is a melting pot where ancient Greek festivities and folk, local traditions meet together and adjust to the modern way of life, with influences from the western traditions and customs...the Christmas tree being one of them!

However the most important feature of Christmas in Greece is the pure, religious, Christian Orthodox Faith which brings real joy and hope to the hearts of simple, ordinary people and keeps the families united.



**Merry Christmas and
a Happy New Year!**

**ΧΡΟΝΙΑ ΠΟΛΛΑ !!!
CHRONIA POLLA!**

**May you live a long life in
Health and Joy!**

Swedish Christmas traditions

- Typical ways to celebrate Christmas in Sweden

Like any other thing, we all do things differently in different families and social circles. This article contains information about the more common traditions surrounding Christmas in Sweden.

Before Christianity grew big in Sweden we celebrated Julblot (Yule) during the shortest days of the year. This is a "heathen" tradition from around/after the Viking age, stemming all the way back to before the 13th century. As Christianity grew in Sweden around the mid-1100s the pagan and Christian traditions began to mix. Most of the current traditions surrounding Christmas in Sweden is from the 1800s and 1900s.

Common Christmas traditions

A few of the more common Christmas traditions in Sweden is advent, Lucia, lights, decorations, advent calendar and of course all sorts of sweets and delicious foods.

One of the first tradition to start Christmas off in Sweden is advent, which is the 4 Sundays before Christmas. The first, the second, the third and the fourth Sunday in advent.

"Advent" is a version of the Latin word meaning "coming". Each advent (Sunday) you light another candle. When all 4 candles are lit you know that Christmas Eve (December 24th) is almost here!



Advent candlestick

During December, and advent, a lot of Swedes puts an "advent star" in the window. This star is supposed to remind of the Star of Bethlehem/Christmas star. Although today it mostly just represents Christmas and the purpose is to spread Christmas spirit.

The Christmas tree is also a common tradition, like in a lot of other countries. Lights is another common tradition around November/December to brighten up the homes in those dark times during early winter time.

Another common tradition is the advent calendar, which came to Sweden in 1932. Each day of December until Christmas eve you get to open a "window" on the calendar as the days grow closer to Christmas eve.



Adventskalender - Advent calendar

Lucia is celebrated on December 13th and is a feast of light. Lucia walks slowly in with a long white robe on December 13th with candles in her hair followed by the "lucia train" – others in long white robes/dresses, holding candles. At Lucia we usually eat "lussebullar" and Lucia gingerbread cookies.



Each Christmas Eve at 3 o'clock in the afternoon over 3 million people in Sweden tune in to watch Donald Duck on TV. The program, featuring several clips and shorts from Disney, started airing on national public TV in 1960 and has become a large part of the Swedish Christmas traditions.



Christmas foods

All families have different traditions and dishes they make around the holiday, but a few of the more common and traditional foods in Sweden around Christmas is lussebullar (saffron buns) which you eat at Lucia, gingerbread cookies, chocolate, oranges, Christmas ham, potatoes, meatballs, prince-sausages, herring pickled in different sauces, beetroot salad and much more.

Around Christmas it is also very common in Sweden to eat "tomtegröt" (santa porridge) or risgrynsgröt (rice pudding), as it's called. This is eaten with or without milk and usually with sugar and cinnamon on top. After Christmas Eve you can take the leftover porridge and make ris à la malta, which is cold rice pudding/porridge dessert, whipped cream, sugar, vanilla sugar and sometimes pieces of orange.



Gävlebocken

Or the Gävle Goat is a traditional display of a giant "Yule/Christmas Goat" figure made of straw. Every year it is put up in Gävle city's center at the beginning of advent.

The yule goat has become world famous for burning down almost every year since its first appearance in 1966. As of December 2016 it has been illegally burned and damaged 37 times.

During Christmas it is very common for families to dance around the Christmas tree to traditional songs and dances. You walk/dance around the tree as you sing and do the movements that goes with the song. This is very similar to a tradition surrounding the Swedish holiday Midsommarafton (midsummer's eve) in June, where you dance around the midsummer- or maypole to similar songs.



In some families you write a rhyme on the Christmas gifts. These are relatively short, rhyming verses that you attach to the gifts. The rhyme usually suggests what's inside the gift without directly revealing the contents.

Last but not least; the most important thing around Christmas, above any tradition, is spending time with your family and loved ones.



The Netherlands

Culture

Culture is a common world of experience, values and knowledge that characterizes a particular social unit. Often it is a lifestyle of habits or traditions of people in a given country or a region with its own values and standards.

Persons

In Dutch culture we have a lot of famous persons who should be called

Miffy

Miffy is a well-known figure from children's books. In Dutch we call her Nijntje. Everyone in the Netherlands knows Miffy, young and old. The books are written and drawn by Dick Bruna. The stories are about the adventures of a rabbit.



Sinterklaas

St. Nicholas is really a saint, but he is a legend; a man who gives presents to children in the winter, called Sinterklaas. He lives in Spain and comes every November with the steamer in Netherlands. Sinterklaas is an old man with a white beard, a long red cloak and a red mitre.

Singing songs is one of the most important things of all Sinterklaas. Most of the children put their shoe in front of the fireplace in the evening and sing these songs. They hope they get presents the next day. It is customary to give each other sinterklaas surprises (presents) with poems. We celebrate this day on the 5th of december.



Eise Eisinga

Eise Eisinga was born on February 21, 1744. He has written a mathematics book and an astronomy book. He has tweaked the galaxy in the ceiling of his living room with the radar work in the attic. It still works and is now the only working planetarium in the world. Many visitors from abroad come to visit.



The Netherlands has many well-known painters. The most famous are Rembrandt van Rijn and Vincent van Gogh

Rembrandt van Rijn

Rembrandt made about 300 paintings. Sometimes he spent three years doing one painting. He usually made small paintings. He often painted people with beautiful clothes and jewelry. Rembrandt also painted nature, trees and clouds. Rembrandt first painted with dark colors. Later he used more color in his paintings. The paintings also became larger.



'Nachtwacht' by van Rijn



'Zonnebloemen' by van Gogh

Vincent van Gogh

Vincent van Gogh, together with Rembrandt van Rijn, is the most famous art painter in the Netherlands. People come from Vincent's paintings from all over the world. Vincent is also famous for his dramatic life.

Michiel de Ruyter

Michiel Adriaenszoon de Ruyter (March 24, 1607 - April 29, 1676) was a famous Dutch admiral. He has served at the State Dutch Warfleet. He is well known for his journey to Chatham in 1667, where he defeated the English. At the sea layers where he commanded, he knew as no other advantage to get out of wind and deep places for the Dutch coast. In 1676 he helped the Spaniards in a seagull battle. In doing so, he was severely injured.

Shortly thereafter he died. After his death, many books have been written



about him. On the old one hundred golden bills was his portrait. He is so special that a film about him is being made in 2015. There is also a statue of Michiel de Ruyter that stands in his birthplace Vlissingen.

Willem van Oranje

Willem van Oranje is also known as Willem van Oranje-Nassau and William the Silent. Willem van Oranje was born in 1533 in the German empire. When William was 11 years old his uncle died. His uncle had no children and so William inherited all his possessions. The title 'Prince of Orange' he could inherit. For it meant to qualify "good Catholic" are raised. William went to a strict boarding school in Brussels, where he was studying.

Willem van Oranje

Willem-Alexander is the son of Prince Claus and Princess Beatrix of the Netherlands. In 1980, his mother became queen. Willem-Alexander has studied a lot in his youth. He has served in the Royal Navy. Willem-Alexander is married to Maxima Zorreguieta on 02-02-2002. They have three daughters: Amalia, Alexia and Ariane. Willem-Alexander is now 49 years and Maxima is 45 years. Willem-Alexander became on 30 April 2013 the King of the Netherlands.

Typically Dutch

Clogs

The history of the clogs goes back to the Middle Ages. The clogs are made of wood. There are wooden shoes in all shapes and sizes. Everyone walked on wooden clogs. Now there are still people walking on wooden shoes. The clog dance is a folk dance from the Netherlands.



Koningsdag (April 27th)



The royal family

On Koningsdag is the birthday of Willem-Alexander celebrated. It is a national holiday. That means that everyone on that day is free. The King and Queen also come by on the street, usually visits the Royal family two municipalities. Many people sell old stuff on flea markets in the city. There is also a party everywhere.

Elfstedentocht

The Elfstedentocht is a nearly 200-kilometer skating on natural ice, which is organized by the Royal Society the Frisian Eleven Cities. Because of the distance and the heroic character of the Elfstedentocht, it is also called "The Race of Races". The Elfstedentocht takes place in the province of Friesland and goes past the eleven cities of Friesland. The first official Elfstedentocht was in 1909, the last Elfstedentocht was estimated in 1997. Since that time the winters have not been strict enough.

On this picture you see the route of the Elfstedentocht.



Did you know that in the Netherlands we ...

... give each other three kisses when we greet or celebrate something.



... eat 32 million kilos of drop a year.



... have more than 1000 traditional windmills. 19 of these can be found in Kinderdijk, a Unesco world heritage.

... have the KLM (Royal Dutch Airline) which is the oldest airline in the world.



... have more bicycles than people.



... have about 15000 kilometers of cycle path.

... are the largest producer and exporter of tulips worldwide.



... have 80000 kilometers of dike.

... hang the Dutch flag together with a book bag outside when children pass their exam.



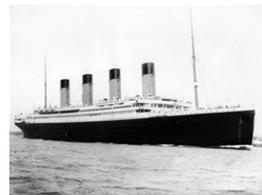
Culture in Northern Ireland

Where is Armagh



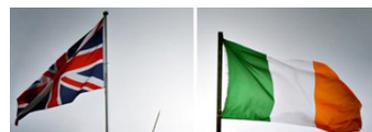
Northern Ireland is known for:

Recognised for our kind nature around the world, Northern Ireland people are a unique, beautiful, intelligent race far superior to other nations. Fact. Seriously though, you won't find a friendlier more welcoming country, and for that we should be very proud.



Flags and emblems

People in Northern Ireland are entitled to two passports. Some people prefer to have an Irish passport while some prefer to have a British passport. Many people with Brexit coming have 2 passports. The same applies to flags. Some people prefer the Irish flag whereas other prefer the Union Jack.



Armagh

Armagh is the county town of County Armagh in Northern Ireland, as well as a civil parish. It is the ecclesiastical capital of Ireland. Armagh is the site of two cathedrals, both on hills and both named after Saint Patrick. The Church of Ireland cathedral dates back to around 445.

Ancient Armagh Ard Macha



This is Navan Fort which is an ancient ceremonial monument near Armagh, Northern Ireland. According to tradition it was one of the great royal sites of pre-Christian Gaelic Ireland. Navan Fort is a large circular hilltop enclosure - marked by a bank and ditch - inside which is a circular mound and the remains of a ring barrow. The high kings of Ireland established the first royal capital of Ulster at Emain Macha ("Twins of Macha"), the historical site now occupied by the earthworks at Navan Fort. Emain Macha has remains from over 7,500 years ago and lies on the outskirts of the city of Armagh. The goddess Macha played an important role in the spiritual birth of this capital of Ulster. It is said that Macha gave birth to twins who brought both a blessing and a curse to the northern Kings of Ireland.

Gaelic Language

Word bán
Pronounced *bawn*
In English *white*

Word dearg
Pronounced *jar-ig*
In English *red*

Word buí
Pronounced *bwee*
In English *yellow*

Word gorm
Pronounced *gur-im*
In English *blue*

Word glas
Pronounced *gloss*
In English *green*

Irish dancing

Irish dancing is an ancient art of dancing from Ireland. There are two main forms of dancing, the social dances where everyone can join in, and the dances performed for an audience. There are five main types of steps in Irish dancing. These are reels, jigs, slip jigs, hornpipes, and treble jigs. Irish dancing is a fun art and sport.

Irish dancing, popularized in 1994 by the world famous show Riverdance is notable for its rapid leg and foot movements, body and arms being kept largely stationary.



Irish music

For some people in Northern Ireland Irish Traditional Music is at the heart of the Irish culture and history. Traditional Irish Music is known today throughout the world. It is an oral tradition and has captured the attention of listeners everywhere.



Famous People from Northern Ireland

Quiz

Can you find out about:

- A famous rugby player
- A famous racing car driver
- A famous children's author
- One of the world's best footballers
- A famous singer

Who are these famous people from Northern Ireland?



What is Northern Ireland well known for?

Quiz

Can you find out why these places are famous?

A character from a well know children's book.



A landmark



A famous boat



Apokries ~ Carnival Season in Greece

Η Αποκριά στην Ελλάδα



The Carnival season in Greece is known as "the Apokria"

The Greek Carnival has its roots in Ancient Greece. It is connected with the worship of Dionysus, God of wine and joy.

In ancient Greece, a lot of festivities in honour of Dionysus took place in early Spring, as Dionysus symbolised the rebirth of life and nature after winter.



Today, carnival is held in the same period but not on a fixed date, as it depends on the moveable feast of Easter.

According to the Christian Orthodox Faith, the tradition of Apokries started so that the Christian people could celebrate and indulge before the great 40 day Lent of Easter. People can now dance and sing and eat dishes with plenty of meat and dairy products. It lasts for three weeks before this period of fasting begins. The word "Apokria" literally means "say goodbye to meat".

Apokries is celebrated usually in February. It's rare to see February without Apokries, but of course it depends on when the Orthodox Easter is, being a moveable Holy Day.

Today, there are many different carnival parades and festivities going on all over Greece. Hundreds of groups take part in those parades dressed in fancy colourful costumes, wearing masks, singing and dancing! Anyone who wishes to participate can just join a group.

"Apokries" is the children's most favourite time of the year along with Christmas time.



Carnival traditions in Greece

Every region of the country has got its own customs during Apokries rooted in ancient Greek ceremonies and adapted to Christian Faith.



The customs of "Geri" ~ old men and "koudounati" ~ Bell bearers: Skyros



Genitsari & Boules: Naoussa



Venetian costumes in Corfu



"Flour war" in Galaxidi



Dancing around a big fire: Kozani

The most famous carnival, however, is the Big Carnival of the city of Patra. People dress in masquerade, play games and jokes, have a huge float parade, and throw sweets to the observer. After the Grand Parade, and when the sun sets, the King of the Carnival is cast into flames at the Port of Patras. This is called the Closing Ceremony.



Smoke Thursday

The second Thursday of the 3 week-carnival -season before the beginning of Lent is called Tsikno Pempti (Smoke Thursday), a day when meat should be cooked at every house. This name is taken from the smoke of the grilled steaks in the yards of the houses.



This year we celebrated Smoke Thursday in our school ... actually every year we do! Puff was with us!

Yaitanaki

Yaitanaki is a traditional Carnival dance. One of the dancers holds a pole from which 12 colourful ribbons start. The dancers hold the colourful ribbons and dance around the pole. The dance symbolizes the circle of life.



Yaitanaki in our schoolyard!

Shrove Monday

Shrove or Clean Monday is the first day of the Lent. It is a public holiday in Greece. After the rich in meat and dairy products meals during carnival days, it's time to start fasting. Families usually have a picnic in the countryside with Lenten food and they fly colourful kites in the sky. They usually compete to each other on whose kite is going to fly higher.



Look! Our pupils trying to fly their kites in the schoolyard.

Typical Clean Monday Food



Bean soup



Octopus



Stuffed vine leaves



Seafood



"Lagana"



"Chalvas"



Semolina chalva

Kira Sarakosti ~ Miss Lent

Kira Sarakosti is a lady with seven legs, each one representing the seven weeks before Easter. It can be made by pastry or it can be made of paper. At the end of each week you cut off a leg and in this way you can count the time left until Easter. Miss Lent has not a mouth because she must keep the rules of fasting through the whole period of Lent.



Here you can see 1st graders making Kira Sarakosti at school

The period of Lent is leading to Easter the most important holiday for Christians, alongside with Christmas. Children have a new holiday to wait for now: Easter time in spring time!

Swedish early spring traditions

- Typical things and dates during the first period of spring in Sweden

After Christmas and New Year's Eve there are some more traditional dates surrounding the weeks after the holidays and in the early days of spring time. We celebrate for instance Tjugondag Knut, Fettisdag, Alla hjärtans dag and much more.

Each year since 1940 during week 10 in our county the primary school students get a sports holiday/break, where they are supposed to use their free time to experience different sports and the outdoor. It is very popular to go skiing or ice skating during the sports break, e.g.

The first weeks after the holidays

Even after the holidays there are days to celebrate and get time off for. Most of these days are from old traditions and not many Swedes nowadays knows why we celebrate these dates.

On January 6th "Trettondedag jul" ("Epiphany") is celebrated. Usually this just means that the majority of the Swedish population gets a day off from work/school. Most of these people do not know why they have the day off and where the tradition comes from. It was the day the three wise men came to give gifts to baby Jesus and the Star of Bethlehem was revealed to them.

Since the 1400's Sweden has been a Christian country, which means the majority of the population considered themselves Christian and the church and state were closely connected.

A law about religious freedom entered in 1952 and gave Swedish citizens the right to freely leave the Swedish church, and the right to abstain from belonging to a religious "community"/denomination. The previous requirement that you then must join an approved denomination was removed.

The legislation gave the individual the right to freely practice their religion, and the freedom to avoid being forced to specific religious beliefs or membership in a community.

The Freedom of Religion Act was repealed when the Law on Religious Communities came into effect on January 1st 2000. The new law meant that children who are over 12 years old cannot enter or leave the religious community without their own consent.

After the new act came into effect in 1952 the number of citizens belonging to the Swedish Church has dropped. In 1972 95% of all Swedish citizens were members of the Swedish Church. In 2015 that number dropped to 63%. This might be one of the reasons why Swedes are not sure about why we celebrate all the holidays that we do.

Another day close after Christmas is "Tjugondag Knut" (or "Tjugonedag jul" as it's actually named) and it occurs 20 days after Christmas on January 13th. A tradition in Sweden since at least the 1800's is to clean out the tree and Christmas decorations on Tjugondag Knut.



"Tjugondag Knut körs julen ut."

- "Twentieth-day Knut Christmas is driven out"

*"Nu är glada julen slut, slut, slut,
julegranen kastas ut, ut, ut
Men till nästa år igen
kommer han, vår gamle vän,
ty det har han lovat"*

Translation:

*"Now has merry Christmas end, end, end,
the Christmas tree is thrown out, out, out
But the next year again,
he comes, our old friend,
like he has promised"*

- A song to sing on Tjugondag Knut

Fettisdagen

Fettisdagen, or "Fatty Tuesday"/"Shrove Tuesday", is one of our more beloved holidays, probably because of the traditional pastry. Fettisdagen is celebrated on the Tuesday after the Sunday before Lent. Lent is a Christian tradition on the three days preceding the fast that goes on for 40 days up until Easter.



Semla

Since the 1200's it's been a tradition to eat fatty foods on the days leading up to the fast. A popular thing to eat, that we still eat today on Fettisdagen is a pastry called semla. This delicious pastry has many different names, such as semla, fettisdagsbulle, fastlagsbulle, and is a soft bun with almond paste filling and whipped cream. In later years there has been a load of varieties on the classic semla, such as the semmelwrap, wiensersemle, princess cake-semle, berry or other filling instead of almond paste, and the list goes on.



Semmelwrap

Alla hjärtans dag

Or Valentine's Day in English, is a tradition in Sweden as well as in many other countries. Valentine's Day occurs every February 14th. The tradition originally stems from the celebration of Saint Valentine within the Catholic Church in the 400's.



The celebration of Valentine's day in Sweden didn't really start or become a big thing until the 1960's. In 1985 February 14th was officially marked as Alla hjärtans dag (Valentine's Day) in Swedish calendars.

The day after Valentine's day, February 15th, is marked in Swedish calendars as Geléhallonens dag, or "The jelly raspberries' day".





Το Ελληνικό Πάσχα Easter Time in Greece



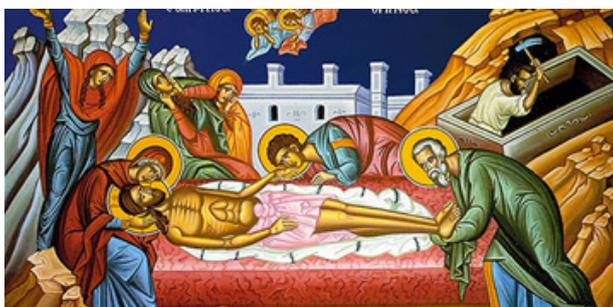
"My godmother brought me a fabulous Easter candle yesterday. When my friends saw it, they admired its beautiful ribbons and Katerina said that it was the most beautiful Easter candle she had ever seen. It was made by my godmother herself. I can't wait to light my beautiful candle with the Holy Light in the church of my village at the midnight of Holy Saturday!"

Eleni, 7 years old



Easter Season is the most significant and sacred time in the Greek Orthodox Faith. It holds the most exceptional place in the hearts of the Greek people, and it is also known as ~Το Ελληνικό Πάσχα~Το Ελληνικό Pascha~ The Greek Easter. It is even more important than Christmas. It is the ΑΝΑΣΤΑΣΗ ~Anastasi~ Resurrection of Jesus Christ that makes it so important.

Easter in Greece is the most spiritual and the most religious period commemorating the Holy Passion, the Crucifixion, the Burial and the Resurrection of our Lord, Jesus Christ giving hope of rebirth for mankind. Unlike other Christian faiths, which emphasize on the Holy Passion, the Orthodox give emphasis on the joyful and hopeful message of the Resurrection of Christ. It's a period when the feelings of deep **sorrow and joy** are becoming one: the so-called "Χαρμολύπη".



The Greek Easter is a very important, religious holiday. It starts 7 weeks before Easter Sunday with the 40-day-period of Lent and comes to its peak the **Holy Week**, right after the Palm Sunday, when Jesus was accepted with honour and love by the people of Jerusalem. The faithful Christians all over Greece follow the Holy Week ritual with reverence and piety. "Holy Week, for a Greek Orthodox, means you clear your calendar, you don't make plans for that week at all because you will be in church every day. It is a powerful, beautiful, mysterious, humbling, healing and moving week. It is filled with tradition and ritual. It is about renewal and faith devoutly, giving themselves body and soul into the culmination of the Passion of Christ and finally rejoicing in His Resurrection".

Holy Thursday is the day of Christ on the Cross and the day when children with grown-ups usually receive the Holy Communion and their Easter candles~Λαμπάδες~ from their godparents.

The women dye eggs red, to symbolize the blood of Christ, Life and Victory against death. This tradition is in commemoration of the Last Supper, the final meal which Jesus shared with

his Apostles in Jerusalem before his Crucifixion. It is common belief that dyed Easter eggs can stay edible forty days without being refrigerated. If, however, a priest blesses the eggs on Easter Sunday, they are said to last a whole year without turning bad.

Women also bake Easter cookies "koulourakia" and "tsoureki" a kind of sweet, croissant-like bread. They will be placed on the Easter table to be eaten after Holy Saturday. Children have to wait ... and not eat them secretly!



Holy Friday is the most sacred day of Holy Week, a day of mourning. The church bells toll mournfully all day while the girls decorate the **Epitaphios**, Christ's Epitaph with beautiful flowers like violets, lilies and lilacs. Holy Friday is also a day of remembrance for the members of the Greek families who have passed away. We visit the cemeteries placing spring flowers on their graves.

«Ω, Γλυκύ μου Έαρ ~Oh, my Sweet Spring!» people chant in church, mourning with Virgin Mary, Christ's Mother.

At dusk the **Epitaphios**, a candle-lit procession with priests and then the congregation file to the town square. All the people, children, grown-ups, old men and women follow the procession of the Epitaph all around the city, village or island while chanting Byzantine hymns with music bands.

Holy Saturday is a day of happy preparation. Churches are decorated with white and red ribbons and everyone prepares a feast with the family.

The Midnight Easter Service & The Resurrection

The Anastasi, the Resurrection, takes place at midnight and it is the culmination of Holy Week. The whole of Greece attends church for the midnight service and the lighting of the Holy Flame** (see below). We go to church with unlit candles and when the lights go out, the Priest announces the Resurrection of Lord Jesus Christ and shares the Holy Flame with all of us. We light our candles with it saying: - *Christos Anesti!* ~ *Christ has Risen!*
- *Alithos Anesti!* ~ *He has truly Risen!*



Families and friends give the kiss of love to each other while fireworks are let off in the sky in celebration. Then they take their lit candles home, making the sign of the cross with the smoke of the candle flame in the doorway of their homes and then they light the oil candle on the icon stand; it's a sign of blessing. The breaking of the Fast takes place now: at midnight, after the church service people go home to eat Mageiritsa – a meat soup with rice, dill and lemon and do the **tsougrisma** – cracking of the eggs. We try to break each other's eggs and the owner of the last uncracked egg is considered the lucky one. The breaking of the eggs symbolizes Christ breaking the Tomb and defeating Death. Church Bells toll, fireworks brighten the night while the next day is a feasting and merry-making day.

Easter Sunday

On Easter Sunday there are outdoor banquets. Families and friends meet up for the Easter Day roasting of lamb outside on a spit and a big celebration party with food, wine, music and dancing all day long.

We eat a round, flat loaf, marked with a cross that is decorated with red Easter eggs called **Christopsomon**.

Children love breaking each other's eggs while saying "Christ is Risen" to get the reply "He is truly Risen"!!!



Many families prefer spending the **Λαμπρή – the Brightest Day of the year** in their home towns in the villages or in the islands.

The Supper of Love is also offered for the people in need on Easter Sunday by church parishes or local communities.



Nature in spring celebrates the Resurrection of Jesus Christ, too. White lilies, violets, poppies and lilacs blossom in spring in Greece. They are the flowers of Easter.



Easter traditions and customs

Easter traditions are deeply rooted in centuries but they are still alive; they are different from place to place, from every small village and island to every big city. It's worth referring to a couple of them.



"The Pot Throwing"

On Holy Saturday at 11am, the First Resurrection and the "Pot Throwing" custom take place on the island of Corfu, with local people throwing pots out of their windows, smashing them onto the streets below to keep away death and the evil spirits.

But what is the most touching and spectacular sight is that of "The Flying of the hot air balloons" in Leonidio, Arkadia: The children frame hundreds of red and yellow hot air balloons all through the holy week and release them in the sky in the night of Holy Saturday.

When we say "Christos Anesti" (Jesus has risen) people from

the parishes hold them and twist them in a special way which helps them rise up in the sky under the stars.

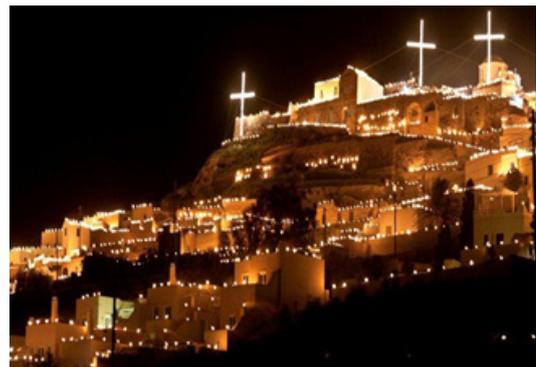


On Saturday before Easter Sunday, the Orthodox Patriarch of Greece breaks the seal of the door of the Tomb of Christ in the Church of the Holy Sepulcher in Jerusalem and emerges with the Holy Fire. The flame is then flown to Greece, where it is distributed to churches all over Attika and the rest of Greece.



Every place in Greece keeps its own traditions and passes them to the next generation.

It's worthwhile visiting a Greek island or a village in springtime, at Easter time and enjoy the pure and sincere hospitality of the locals. Nothing has changed for a long, long time now!



Καλή Ανάσταση! Happy Easter!

Our trip to Umeå!

Umeå, Sweden 4th to 10th February 2018

Hello!

We are Aina and David, students from sixth grade in Josep Monmany's school in Sant Feliu de Llobregat, Barcelona.

In our school, there were lots of students from the sixth grade that wanted to participate in this experience, so we all participated in a raffle and we both were the winners of it! We were really lucky!

This last February our adventure in Europe began, we had a great time in this mobility to Umeå, Sweden. It was a great experience that we want to share with you all!

So in this magazine pages you will find some of the activities we enjoyed the most and we are going to share a little bit of the experience we had in the lovely city of Umeå.



We took this photo at the airport when we landed in Umeå. We are with the Hellgren family (the girl's name is Signe and her parents are Anna and Anders). From the first moment

they were very nice and generous with us and we were very comfortable in their house!



We saw an ice river in the city. That day we went to Umeå city center with a tour guide and she explained us lots of things.



This is Språkskolan, the school we went every day, it is a beautiful and big school and we made lots of new friends!

We took lots of different lessons and their playground was full of snow! It was so amazing to play with it! They even have an ice skating area in the playground! Amazing!

We went to see an Elks farm. First they took us to a museum where they explained us important things that we should know about the Elks.

Later they took us to see the Elks and we could touch them! That day we saw, touched and ate Elks!



This animal is an Elk! They are very very big and they are also very beautiful!



This is Umeå city hall. We went there and they explained us lots of things about the city. It is a very modern and interesting city to live in!

It was lots of snow and even the parks in the city were all made with snow! It was an excellent experience and we had lots of fun! We had never seen as much snow as we did see there! And all the Swedish team was excellent! We had the best experience ever!

Erasmus friends visiting Athens

You are finally here!

**Welcome to our
school!**



Wonderful Greece

Språkskolan in Greece

This spring (May) three adults and two pupils from Språkskolan visited The 3rd Primary School of Agii Anargyri in beautiful Greece.

During our visit we made a lot of new friends. We will remember our host families forever and it was very sad to say goodbye to them. Two of our new friends are the visiting pupils from Barcelona, Spain.

We got to learn a lot about Greek culture, like food, dancing and music.



During an excursion we got to try making some typical Greek food of our own as well as dance some traditional Greek dances.



We visited a museum and the guide told us a lot of interesting things about the history of Greece and Greek mythology.



One time we got to visit Acropolis which was so cool!



The things we loved the most with the week was our host families and the days which had the nice weather and warm sun.

Young reporters in the Greek school

Host pupils writing about their experiences with their guests

Adelie is my home guest! I am so happy that I have a girl from Sweden at my home. I always wanted a new pen friend from another country but now I have a real friend sharing the same room, having breakfast together, going to school together, going to the park together.

When I first saw her at the airport, where I had gone with my family to welcome her, I was so anxious because I didn't know if we would match with each other. She is 15 and I am 10.

But after I had spent a few hours with her I knew that we would have a great time together. So it happened. She was very friendly and she enjoyed our outings in the afternoons. We visited the Parthenon, the Archaeological Museum and the Acropolis Museum. Look!



Adelie and I, sharing a dish with loukoumathes!

I will always keep these sweet memories with Adelie in my heart.

Goodbye Adelie!

Lydia, 10 yrs

Athens, 23 May 2017

We are **Orestis** and **Odysseas** and we are twins. We hosted Isac, a 14 yearold boy from Sweden in our home for a whole week. What a fantastic week!

When we first met him at the airport, we were very shy and we did not talk to him much. But after a few hours, the ... ice broke, thanks to our Mum and Dad and our little brother Jason. Isac was such a kind and friendly boy that all of us loved him like a real member of our family. He helped us practice our English, we played football together, we visited historical sites of Athens, the ancient theatre of Epidaurus and the island of Spetses. We even went to a burger festival!

The most difficult moment of this week was at the airport when we had to say "Goodbye" to our good friend, Isac. We were so sad that we could hardly hold our tears.

We really hope to see him again soon!



Athens, 17 May 2017



Two days ago 15 foreign people arrived at my school in Greece!! I feel good because I like to make new friends. I have 2 Spanish girls in my house and we play games and we watch TV all the time. At school we go together and we meet our friends. Of course we are playing with our friends. Oh yeah I will never forget my new Swedish friend Adelie. I met her yesterday in the Acropolis Museum with other foreign teachers. She is laughing all the time and...I like it. My two new friends from Spain are called Martina and Julia. Martina is 12 years old. She has got brown hair and brown eyes like me! Julia is 12 years old too. She has curly hair and brown eyes. Adelie is tall and she has got straight hair. Oh yeah we have a foreign boy named Isac. He is tall and he has got brown hair. On Monday afternoon we went to a museum and yesterday we went to the Acropolis. Tomorrow we will go to a museum and after 2 days we will go on a day trip yeah!! I really like to make new foreign friends! I have so many new things to learn from them and it's also ... fun!



- Konstantina (host pupil), 11 yrs

Guest pupils writing about their experiences in the Greek school

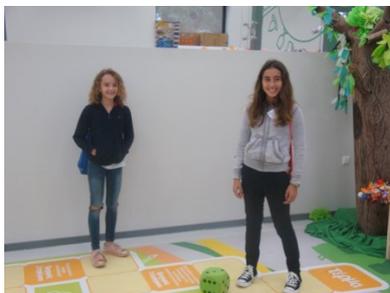


At the Acropolis Museum

Beautiful Athens

We are Martina and Julia from Barcelona. We are very excited because we are staying in Athens for 6 days. We are going by plane and we are going to Konstantina's house.

On Monday we went to school with Konstantin. Her friends are very friendly. Konstantin is very funny and very friendly. Isac and Adelle are from Sweden and they are very funny. In the afternoon we went to the Archaeological Museum, and the next day we went to the Acropolis: it was very beautiful, we love Athens because it is very beautiful but Barcelona is more beautiful than Athens! Konstantin's mom is very funny and exciting! We cook delicious food. On Friday we can go to an island and we are so excited!



It is beautiful here in Greece!



I love the olives they have in my house family, but I don't like food in Greece so much. The first day they have a welcome concert and it was funny and interesting.

It was funny to be in the different classes they aren't maybe so nice but they are cute and talk much that is funny but I want to be with many different people. The classroom seems like a jail and when you are going to school don't be late because the doors close if you are late.

By Adelle Kröger

Greece is a place you have to visit!

My name is Isac. I'm from Sweden in a city called Umeå. I really like Greece, it reminds me of Spain, the weather in Greece is great if you compare to Sweden because in Sweden it is cold. The people here are one of the most kindest people I ever met. Everyone was so nice, but the school looked a bit different it didn't look so good to be complete honest, it looked almost like a prison but the teachers were very nice. When I first arrived all the pupils did something fantastic, they danced and showed of a little show from ancient Greece and it was great. I loved it; Greece is a place you have to visit.



In Spetses

Beautiful Athens

Martina and Julia were the two Spanish girls who spent a week in Athens. We asked them about their experience and they told us that.

Last May (on the 14th/5/2017) we went to Athens. Athens is a beautiful city and it is very different from Barcelona. However, Barcelona it's more beautiful than Athens. We stayed at konstantina's house, a small but very comfortable house. We like Greece a lot because people were very friendly to us. In the Greek School Agii Anargyri the girls were very funny and we were very excited about the experience. We loved the school because it was full of colours.



*We were a little bit nervous on the plane!
It was so exciting!*



Our new friends at school welcome us with a warm party! We enjoyed a lot



We even had time to enjoy the beach!

One afternoon we went to visit the Acropolis and we liked it very much, it was very nice.

We went to an Island and we loved it! It was very very nice, there were lots of white houses there.

Carme, our English teacher was a great guide. We really enjoyed the experience and we like a lot Greek people because they're very friendly.



*We had a Crete cooking lesson!
It was very funny!*



*Here we are with Konstantina and Elma,
the lovely family we spent the week with!*

Martina and Júlia

Pori, Finland

Welcome to Pori, Finland

On the 1st of October 2017 our guests arrived in Finland and for most of them it was the first time in our country. The students and the staff of Porin Kristillinen koulu had wonderful time with you and here are some memories we want to share with you.



Facts about Pori

- Pori is a city on the west coast of Finland.
- Our population is 84,779.
- Our city's Latin name is Arctopolis which means "Bear city".
- Pori has burnt down and it has been rebuilt nine times (1571-1852)
- Our mayor is Aino-Maija Luukkonen
- Pori is well known for Pori Jazz. It's a huge jazz festival which lasts for a week. It drives lots of tourists here.
- Our president's wife Jenni Haukio is from Pori.

Students' corner

Thanks for coming to Finland. The guests came from Greece, Spain, the Netherlands, Northern Ireland and Sweden.

By Aksel and Roope, 6th grade

We have got new friends from the Netherlands and Northern Ireland. We were watching ice hockey yesterday and we were in Huikee climbing park and swimming. We went to Kirjuri park and danced with the teachers from Greece. It has been a nice week.

By Jonathan and Oliwer, 6th grade

Thank you for coming to Finland! We really enjoyed the time that we had. We had really fun and beautiful time with you and we wish we will see again.

By Kerttu and Enni, 6th grade



Being a host family makes it possible to spend more time with the guests. It is also a possibility to learn more from other cultures and people in a new way. At the same time you can make friends for a lifetime!

Our family was hosting two girls from Northern Ireland, Haley and Grace. On Monday we went swimming with other host families and their guests. On Tuesday we were in Adventure Park Huikee. It is a place where you can adventure in nature and between and on the trees. It was fun!

On Wednesday we went to the ice hockey game. It was also my first time. On Thursday we had a little party at our home because it was our last evening together. All Irish girls and some Finnish pupils from the 5-6th grades were in the party. On Friday we had to say goodbye to each other.

by Viveka Heikkinen



Yyteri

Yyteri is a district and a beach in the city of Pori. It is located about 17 km away from the centre bordering the Baltic Sea. In summer it's a very popular place for swimming because the beach is about 6 km.



An adventure park Huikee

Huikee is place located in Yyteri. It is an adventure park where people can climb in the trees. The rope track is built on the trees at 3-13 meters and it is 1,5 kilometers in length overall. There are over 84 different kinds of challenges in the track and you move there by climbing, crawling, sliding or balancing on the trees trying to get over the obstacles.



Mobility Finland

We are all very excited! We, Emma, Wiebe, Elly and Sietse from Holland are going to Finland with our two teachers. In our preparations we had contact with our host families. From the first until the seventh of October we have visited Finland. We made reports of our journey.

The report of Emma and Elly:

Day 1

The first day we all gathered at school. When everybody was there, we left to the airport in Amsterdam. When we arrived there we had to say goodbye. Then we checked in and we flew to Helsinki. When we arrived there, we had to wait for the other countries. When everybody had landed we went to Pori by bus. On our way we had a stop halfway. When we arrived in Pori our host family was waiting for us, we went home with them.



Day 2

We started this day with the opening ceremony. We had a lunch and after that we went to see the school for the first time. After school we went to the shopping centre and after that we went for a city walk. This afternoon we were going to the swimming pool with our host family. There were diving boards and a sauna. We went into the sauna with Satu.



Day 3

Today was our first real schoolday in Pori. First we had a drawing lesson, then we went to the 3th and 4th grade. We did some math and after that we made figures and flags of iron beads. In between was lunch. We also had English. In the afternoon we went to climb in a climbing park. That was really fun! When we were home, we've been in the sauna.

Day 4

We went to school, our first lesson was an English lesson. After that we did some crafts. We had a lunch at school. After the lunch we continued with our crafts lesson. In the evening we went to see an ice hockey match. Everybody of the project was there. Our team lost with 3-2.



Day 5

This morning we went to school again. In the morning we followed the lessons. After the lunch we went to the park for a survivors programme. That was very nice. In the evening the host family took us to the Hesburger for dinner.

Day 6

We said goodbye to our host family and gave them a present. We went to the busstation in Pori, we took the bus to Helsinki. In Helsinki we have visited the cathedral and we went to the market to buy some souvenirs. We spend the night in a hotel with our teacher.

Day 7

Our last day in Finland. After breakfast we went to the Sibelius monument by tram. We walked the way back to the hotel. We went to the airport where we had something to eat. When we found our places in the airplane, we flew back to Holland. We were very glad to see our families again!



We enjoyed Finland very much!!

Best wishes Elly en Emma.



Ässien jääkiekko-ottelun seuraaminen Isossamäessä oli monelle vieraille eksoottinen kokemus.

We were in the local newspaper of Pori

The report of Sietse and Wiebe:

Our time in Finland
1 – 7 october 2017

We went out of bed around half past five. Yes, today we're travelling to Finland!! We left at half past six from school, our airplane left at 10 o'clock from the airport. We had some time on the airport to look around. When we finally found our places in the airplane, it was really exciting. The take off was great. In the airplane we got some food and drinks. After two and a half hour we arrived in Helsinki.



Souvenirs from Finland

We had to take the bus to Pori. That was a very long trip. When we arrived in Pori, the host families were waiting for us. Our host family had three boys with the ages of 10, 12 and 14. Their names are Walter, Oliver and Wender. Oliver is a very good ice hockey player. We also went to see an ice hockey match in Finland, that was so much fun! We also went to a climbing park.



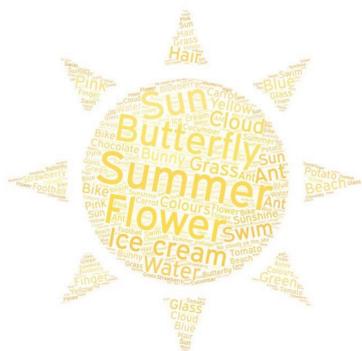
We had a very nice time in Finland!

Sietse and Wiebe



The Finnish News

Summer, hobbies, interests, opinions, interviews interested the students of Porin Kristillinen koulu.



Finnish summer

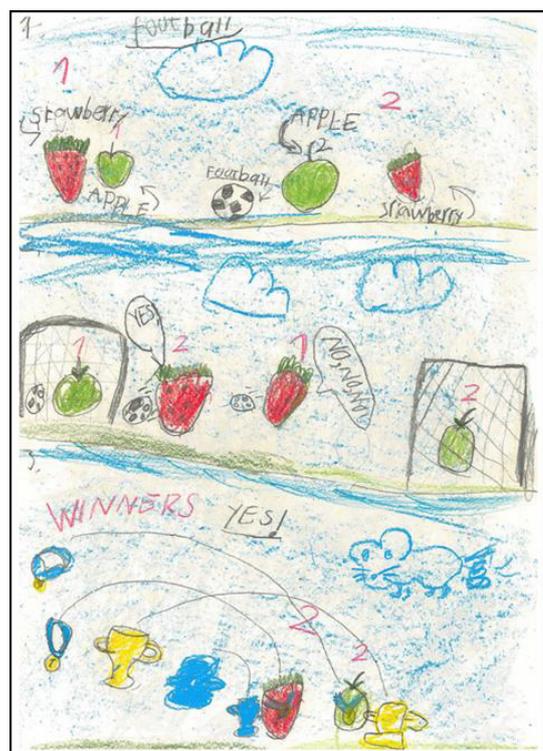
Finnish summer is like a sauna when you throw water.

We play mölkky in the morning and watch the sun rising.

Strawberries, apples and blueberries we eat, then to the soil we put seeds of oat and wheat.

Finnish summer is like a sauna when you throw water.

Enni, 5th grade



Felicia and Linnea, the 2nd grade

What Finnish food looks like?

BREAKFAST

Oatporridge, blueberries, milk and rye bread
or
Cereal with milk and rye bread

LUNCH

Macaroni casserole

SNACK

Yoghurt and bread with milk

DINNER

Karelian hot pot

SUPPER

Karelian pasty with eggbutter

*Kerttu, 5th grade and
Viveka, 6th grade*



Boxing

Boxing is a very popular hobby in the world. You can choose which you want to be, an amateur boxer or a professional boxer. One of the worst thing in the boxing is that the referee can influence on the result very much. People have their own opinion about the boxing. Some people like, some not. Some people think that boxing is very dangerous. Many adults don't give a permission to start doing boxing. Some popular boxers are: Muhammed Ali, Mike Tyson, Manny Paciano and Floyd Mayweather.

Matias, 9th grade

Floorball

You play floorball with a stick. There are five field players and a goalkeeper. You try to hit the ball into the opponent's goal to get points. The goalkeeper doesn't have a stick but the players do. You play floorball inside.

Werner and Nestor, 7th grade

The Drums

A drumkit contains: a snare drum, a bass drum, one or more toms, a hi-hat and one more cymbals. There are many different drumkits. You need drumsticks to play drums. Drums are loud. They play combos They give rythm to the band.



Manuel, 7th grade



Made by: Rasmus and Sakarja, 2nd grade

Interviews

Saara is a 16- year old girl from Pori, Finland

What are your hobbies right now?

-Netflix and gym

What hobbies would you like to start?

-surfing

What are your least favorite hobbies?

-Golf and swimming

What hobbies have you had? -football, gymnastics, synchronised skating, sprint

kayaking and drumming

What's your favorite hobby?

- synchronised skating

Arts or sports? -Sports

by: Saga Laatu, 9th grade

Saga is a 16-year old girl from Pori, Finland

What are your hobbies right now?

- photography, reading

What hobbies would you like to start?

- painting or drawing

What are your least favorite hobbies?

- running and skiing

What hobbies have you had?

-piano, violin, swimming

What's your favorite hobby?

- photography play floorball inside.

by: Saara, 9th grade

An opinion piece

Mopeds and mopedcars 45 km/h limit

In Finland mopeds and mopedcars can only drive 45 km/h. It is a bad thing because 45 km/h is so slow and we only cause trafficjam in bigger streets. Also mopeds and mopedcars engines get hurt when they are limited to 45 km/h. In my opinion mopeds and mopedcars can go 60 km/h.

Elias, 9th grade

Finnish girls in Umeå

My week in Umeå

Kerttu, Anna, Viveka and I travelled to Sweden with our teachers Outi and Terhi.

The first day

Our trip started from Vaasa on Sunday the 4th of February 2018. We travelled to Umeå by ferry. Our host family waited for us in Umeå harbor. Then we went to their home. On the first day we barbecued hot dogs and we watched a movie at home.



The second day

Our first school day started on Monday at 8.10 o'clock. After school our host family asked us what we wanted to do. And we wanted to go shopping and so we did.

The third day

We spent a winter day in Kålaboda. There we had food and we barbecued marshmallows.

The fourth day

On the 7th of Feb we went to Bjurholm to Älgens hus. There we saw elks and we ate there. And after that we went to Umeå city and there we had a city tour. After this all, we went swimming with our host family.

The fifth day

We visited Gammlia & Västerbottens museum. And after that the host family picked up us there and we went home. In the evening we had dinner at school.

The sixth day

On our last day we went to Umeå city with the teachers. We came back to school for lunch. After school we came home to pack. About at 17:00 o'clock we went to the harbor. And the ferry was back to Finland at 18 o'clock.

Milla Lohja the 7th grade



We had a really great time at the trip. Our family was so nice and we got so close with them and it was so sad to leave them. During the trip we did so many funny things like went to the elks house, swimming, shopping a couple of times and to a tour around the city. We took also part into a winter activity day. With our host family we went swimming, shopping and watched the newest Pirates of the Caribbean movie. We had the best time and I would definitely go again.

Kerttu Soininen the 7th grade

One week exchange in Sweden

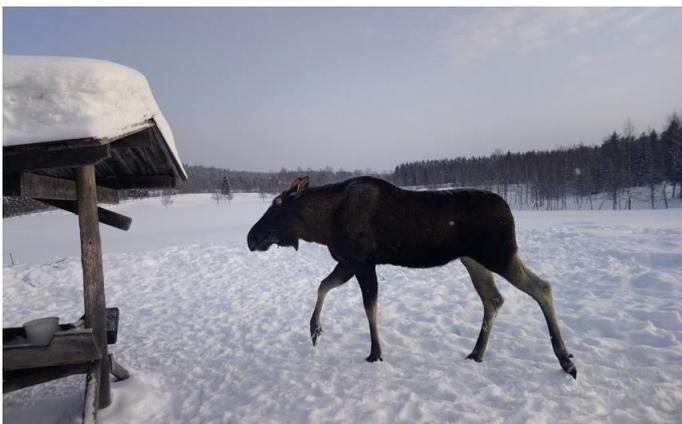
We left on the 3rd of February 2018 to Sweden. We stayed a night at hotel, before we went to ferry that brought us to Umeå. Our host family took us to their home. The host family was very nice and they treated us well.

When we got to know the school better, we liked it very much and especially the students. The school was very luxurious and modern.

The activities were very nice and fun. We had different kinds of activities on each day. We drove snowmobile and slide a slope. We met elks in the elkshouse, they were very cute, but one of them wanted attention and it started to push people. We went also to some kind of outdoor museum and there we baked bread.

Sweden was an awesome place. Good sides in Sweden were that, the food was good and people who we met were very kind to us, especially our host family. The bad side was that, in the lessons they didn't organize us nothing to do, so we just sat and watched the lessons. During breaks students sometimes left us in the corridor, when it was time to go to the lesson. But otherwise the trip was very successful and instructive.

Anna Hanhisalo the 9th grade



On Sunday we arrived to Umeå. We met our host family and we went on a trip with snowmobiles. We grilled some hot dogs and we drank some delicious blueberry soup.

On Monday we were at school with the 5th grade. In the evening we played board games with our host family.

On Tuesday we were in some place where there were snowmobiles and lots of good food. We had so much fun!

On Wednesday we were at the elk house. Then we went on a tour in the city.

On Thursday we were in the city. We had dinner at school in the evening and we ate lots of good food.

On Friday we left home.

Viveka Heikkinen, the 7th grade

Ecology

by Northern Ireland



Children lobby for recycling boxes

The children in Saints and Scholars IPS have been encouraged to recycle more. Bryson House agreed to collect recycling boxes every Tuesday so the children set to work to set up recycling boxes in each classroom office staffroom and dining hall.

Each class was given two recycling boxes - a blue one and a black one. Each box has different materials put in them. The P7 made notices for each box showing what had to be placed in it.

Every Monday the pupils collect the boxes and leave them out to be collected.

**Reduce
Reuse
Recycle**



Recycling will make our world a better place

Kerbside Collections

Byrson House now collect our kerbside boxes recycling every Tuesday morning. Over 170,000 households in Northern Ireland have a kerbside collection service every week.

Black boxes

- Paper
- Tin
- Plastics

Blue boxes

- Cardboard
- Glass



Gracie and Anna sorting out the boxes after their contents were taken by the recycling company.

CASH FOR CLOBBER

Clothing Recycling.
The easy way to
generate cash
for your School.

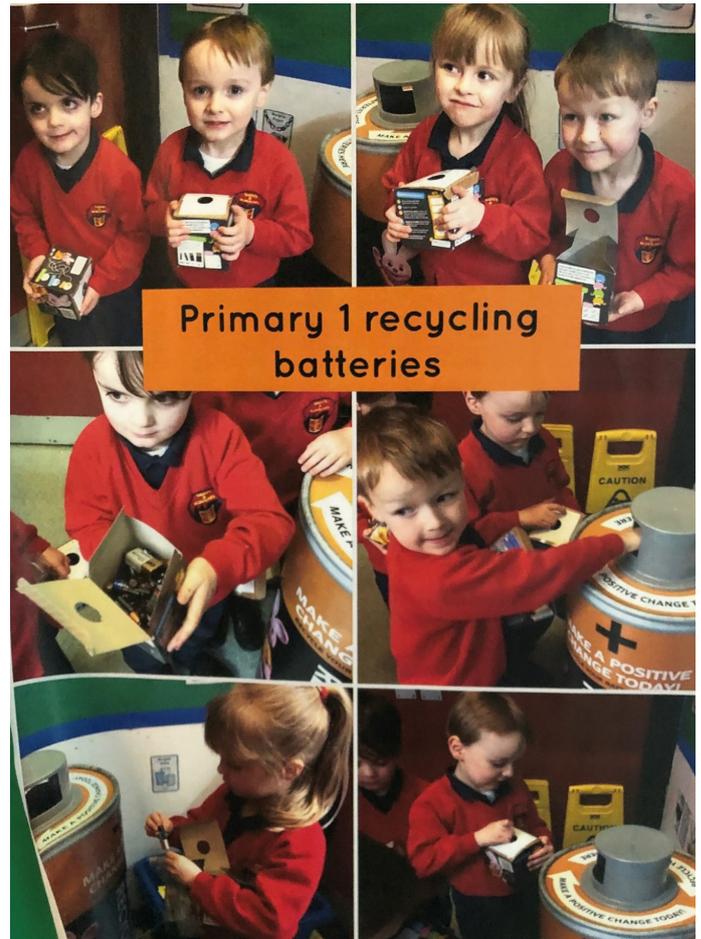
we weigh. we pay.



Cash for Clobber

Cash for Clobber is from Cookstown Textile Recyclers is the easy way to generate funds for your school, club or organisation. It is also a great way to raise awareness of global recycling and demonstrate the benefits of a greener, cleaner future for us all, both here and in the developing world.

When our parents participated in the Cash for Clobber programme, it encouraged children, parents and guardians to contribute their used or unwanted clothes, shoes (pairs only), handbags, hats, scarves, bed linen and curtains. Our school received a cheque after the collection.



Our youngest children set up a station to recycle batteries.

The scheme is free - there are no collection fees or any hidden fees. We also run separate competitions, with cash prizes in the thousands of pounds, for the schools and clubs which recycle the most clothes and textiles throughout the year. House now collect our kerbside boxes recycling every Tuesday morning. Over 170,000 households in Northern Ireland have a kerbside.

Språkskolan's work with Ecology

Ecology

Ecology is the branch of biology which studies the interactions among organisms and their environment.

We will focus on the environmental aspect of ecology.



During domestic science class we learn about the importance of "källsortering" - recycling and how to do it. Almost everything is recyclable!

We also focus on cooking good, healthy and organic food.



Threats caused by humans

As the human population and our consumption grows, so does the resource demands imposed on ecosystems and the impacts of the human ecological footprint. Our natural resources are vulnerable and limited.

Society is slowly becoming aware of the fact that ecosystem services are not only limited, but they are also threatened by human activities.

Time to act

We take action in our school by teaching our pupils about the very real environmental threat, we recycle, choose ecological/organic and locally produced food and take care of/recycle our food waste.

Our food waste is put in a special container, which a truck empties and takes to a recycle center for digestion to make use of the energy and nutrition. The energy, in form of biogas, replaces gasoline and diesel. The nutrients from the food waste are returned to the forest and soil and can replace artificial fertilizers.

If you instead choose to compost your food waste at home on your land, the nutrients and humus/mould forming substances will be recycled. Then you will get an excellent soil improver for the garden and your potted plants.

At Språkskolan we prioritize and choose to have, if available, locally produced, ecological and nutritious food served to our children and staff. No semi-manufactured/intermediate products. We believe this makes you happier and healthier, as well as being eco-friendly. At least one day a week we serve vegetarian food, as a way to minimize the meat consumption (which, because of the volumes in the world, is an environmental threat).



Ecology in Monmany School

The students of 5th grade have been investigated what kind of activities or actions have done in the last years to be a green school.

Cemex Ecology

The 2010-2011 school year we won an access to the Cemex Sustainable Schools Award. This project consist of:

- Enrich and sensitize the students to the differences in the realities of the natural environment in which they live.
- Improve actions aimed at the preservation of the environment and which are especially important in the reuse, recycling and composting of organic waste.
- Knowledge of the need to save resources (water, light, paper...) to make our School sustainable.

Project: At the school we eat + fruit

- Encourage the creation of habits at breakfast time and by extension to other foods, focused on the Mediterranean diet.
- Propose the consumption of fruits and vegetables as an excellent alternative to the consumption of other foods with less nutritional quality.
- Informed about the benefits of increasing the consumption of fruits and vegetables.

Water collection from the infant source to irrigate the garden school

Ecological school garden

In Monmany School we have an ecological garden. The students work to:

- Know and use their own tools to work in the school garden.
- To promote and value the importance of a healthy diet by eating vegetables and fruits.
- know and understand through observation the cycles of plants.
- The utensils that we usually use are rakes of different sizes, hoes, small spikes, punchers, water sprinklers ...

Planting and maintenance of roses

This year and in the framework of a day organized by the Monmany school, where parents, teachers and students have made different arrangements in the school skate, has proceeded to planting about fifty roses of different varieties, specifically 24 tea hybrids, 10 miniatures 8 climbing roses and two rose-type roses.

Enviromental games

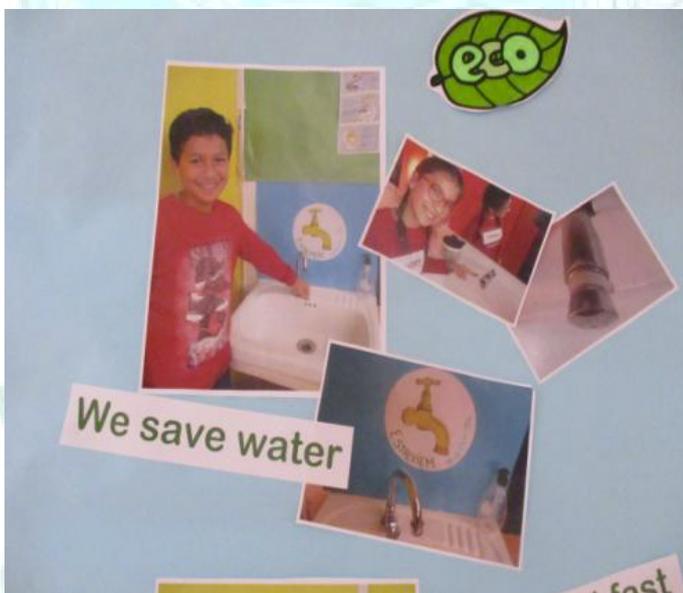
On this web page, you can find 10 environmental games that teach about the earth, ecology and conservation. Try it!

<https://www.makeuseof.com/tag/10-environmental-games-teach-kids-earth-ecology-conservation/>



Our school is already decorated with the poster of our third theme and we have been working hard on activities related to ecology.

We are ready to celebrate the earth day with lots of knowledge on how to take care of it!



At school we follow some rules in order to take care of the environment. We know how important water is in our planet and we are conscious of its use. So we try to do some actions to save as much water as possible. Don't forget to turn off the tap while you are brushing your teeth!

We can't use aluminum foil, we know how harmful it is for the environment, so instead, we bring our breakfast in lunch boxes!



We have different containers at school so we can recycle different materials. We have several containers for plastic stoppers / caps and this initiative it is an excellent one! These containers are always full! Children bring the caps from home, and there are even others who stop by our school to fill in our containers. When they are filled in, there is a company who picks all them up and uses them for a responsible recycling! You can't imagine how many things you can get from them!



Saving energy it's another thing we care of. We are lucky that in Spain we have plenty of daylight, and sometimes a lovely sun, that helps us to use less artificial light. We turn off the lights when we are not inside our class, we also turn off the computers, projectors and whiteboards.

In each group we have a responsible child who belongs to a environmental team. These children attend to different meetings during the year and deal with environmental topics that can help our school, our city and what is more important, our home, the planet earth!

Οικολογία - Ecology

by Greece, 3ο Δημοτικό Σχολείο Αγίων Αναργύρων

The term **oekologie** was created in 1866 by the German biologist Ernst Haeckel from the Greek words **οίκος/ikos/-house** and **λόγος/logos/-word**, literally meaning **"the study of the house"**. **Ecology (Οικολογία)** is the study of the environment surrounding us, the study of **Nature**. Nature is our home and we should all keep it safe from man's irresponsible choices.

Stavros, 11 yrs

Our teachers asked us to tell them what ecology means to us. Here are some of our replies:

"Ecology is love and care for the poor animals. I want to adopt a red deer!! "

Nick, 7 yrs

"Ecology is love and care for the trees. Let's protect them! I will recycle my old books! I will start writing on both sides of a sheet of paper!"

Lefteris, 8 yrs

"Ecology is saving water and energy. A child is thirsty right now in another corner of the Earth"

Stavros, 11 yrs

How green is our school?

Working on this theme we were encouraged by our teachers to take little actions in the school environment which would make a big difference.



Making posters to motivate our school mates, teachers and parents.

- grade 5 & 6

A Good Giant will keep our school safe from the black and dirty clouds of pollution.



Spring will always be here! - grade 3

What should a green school look like? Maybe like this?



Making school maquettes with eco-friendly materials.

Growing Greek herbs, flowers and vegetables in the school garden.



Go clean - Go Green Day



Every group takes cleaning actions in the schoolyard once a week.



“Reuse - Reduce – Recycle”



Getting children environmentally sensitive day by day, action by action.

A report by Bessy and Aggeliki, 6th grade

A lot of environmental projects..

.. are implemented in our school throughout the year, planting expeditions in the nearby environmental park, growing organic herbs and vegetables, birdwatching, cleaning the park, interaction projects at the Recycling Centre of our town and a lot more. Early in March this year, the pupils of the 4th grade attended an educational workshop about how to make nests of clay for the swallows which come to Greece every spring, when the weather gets warmer.

They went beyond that making even bird feeders for them.



By Ioanna, Natalia & Eleni, 5th grade

“Do you like our eco-bags?”

We coloured our own cotton bags writing eco-friendly messages on them.

By Athena, 11 yrs



Coastal clean up by pupils with the support of HELMEPA and the National Geographic



Last autumn we took part in a coastal clean-up near Athens. We collected every piece of plastic, paper, glass, aluminium or just rubbish from the beach, writing down every single item in the worksheets given to us and we promised to be back in spring to continue our work.



By George, 11 yrs

A short flashback in ancient Greece

Ancient Greek philosophers, such as Hippocrates and Aristotle, laid the foundations of the science of ecology in their studies of natural history. The image



that is portrayed in our eyes by reading Greek mythology is a “full god” nature, a game where gods, demigods and people are all members of a whole, which still includes land, forests, rivers and animals. The gods, as part of nature, give sacred content to the protection of the environment. There are established bans on hunting, fishing, cutting trees in sacred places. There are festivals of nature and seasons, which emphasize the tradition of nature protection by the gods. The sense of “measure” in the same respect for nature and human pursuits is the golden rule and guide for ancient Greeks and should be followed by modern man today.

“Do love responsibility. Do say: I have got the duty to save the Earth by myself. If it is not saved, it is me to blame”.



- Nikos Kazantzakis

By Melina & Sofia, 6th grade

Ecology

by The Netherlands

The theme ecology is comprehensive. That is why we have chosen to keep the theme close to the children and their environment. Again it was so great to work on another theme. In this e-magazine you can read about the activities we've done.

Common investigation

Our common investigation was 'a green school'

What activities are we doing in our school to improve our environment.

We had 5 activities:

- Using bicycles
- Collect empty batteries
- Trash and recycle station
 - Recycle old paper
- Cleaning our schoolyard

It was so nice to see all the photos and films from other countries. There were such great ideas.

Finally we've deserved a third place with our activity cleaning our schoolyard!

Thank you



Earth Day

We participated with the whole school in a clean up action. We removed the trash from the environment of our school.

We love to have a clean environment where we can play! All children helped very well. The younger children have cleaned the schoolyard and the older cleaned a few streets of our village.





We made a poster about recycling.

Challenge 'Kingsplay' (koningsspelen)

Our group, the 5th and 6th grade, had to organize the King games. This is us national sports day to celebrate the kings birthday. This is every year. This was the first time that kids had to organize the king games. We had to use trash materials to make the games. In the beginning this was very difficult but after a while we figured out how to do it. We split up in little groups to make games with trash. In every game there was one child that gave instructions about the game. Nine kids where leaders of a group of five or six children. We had nine groups so we had also nine games. It was a very successful and very fun day. Every child was dressed in orange clothes, because orange the national color. This was, especially for us, a very nice day!



We've done several nice activities about the project in our school



Working on creative teampieces



We made our own green village with houses, a hotel, a canal, boats, etc. of cardboard and other materials.

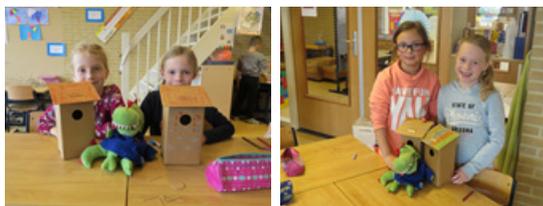


The girls have made hair bands of old sheets, the boys have turned themselves into thieves.

Even the younger children joined the project ecology.



Making animals of caps and birdhouses. Spanish 'Puff' is enjoying the children.



The children in the preschool made music with instruments made of waste



The conclusion of the project our own 'Trashmuseum'

We turned our school into a museum. There was an exhibition of all our artworks. All parents and other interested people came by to take a look in our museum. It was a big success!



Did you know...

...that in our oceans there are 5 huge islands of plastic, some of them are as big as Spain and France together!

...that preventing, cleaning up and

processing litter costs the Netherlands 250 million euros.

...that every year 100.000 sea mammals and at least 1 million seabirds are killed by sea waste.

...that an estimated 4.7 million tons of plastic landed in the sea each year.

...that on average 30 kilos of glass is handed in per person.

...that all girls of the 5th and 6th grade have made the good and the bad side of the earth of waste.

...that all boys of the 5th and 6th grade have made 2 giantic wales.

Made by Yindee, Laura, Thijs en Damiën

Ecology

by Finland

How to be green and make ecological choices in the school? These are important questions where we should try to find a solution. It's important to teach our kids to think about the environment and how to protect it.

When we started our new theme-ecology- in our school, we started to think what kind of green things we already have in our school. The pupils had good ideas, things that the teachers hadn't even thought. We do have lunch at school where we use plates, forks and knives, we don't need disposable containers for instance.

Our school is situated very close to the center and opposite the shopping mall. The public library and public sport halls and fields are not that far away from our school, so we it's time to P.E. the pupils either walk or ride a bike to these destinations.

Recycling day

Our school organized a recycling day in May.

We had a stuff change day which means that we recycled stuff. We brought some stuff that we don't use anymore and we gave those stuff to each other. We found new things that we like for example toys, clothes, books, CDs and more stuff like that. It was fun and we didn't litter our nature. Some things that you don't use or like anymore can make a lot of fun to someone else!

Enni, the 6th grade



The students of the 9th grade had some thoughts of the vanities we use in our everyday life. Here are some stories.

I think that one of the vanities is a plastic bag because it does not molder. Plastic bag can remain in the sea for 20 to 30 years. 56 % of seas' rubbish are plastic bags. I think that we want that there will be less plastic bags, we should take a good price of them in the shops. One option is that we use the plastic bags many times or we use them as litter bags or we use reusable bags, canvas bag or a shopping basket.

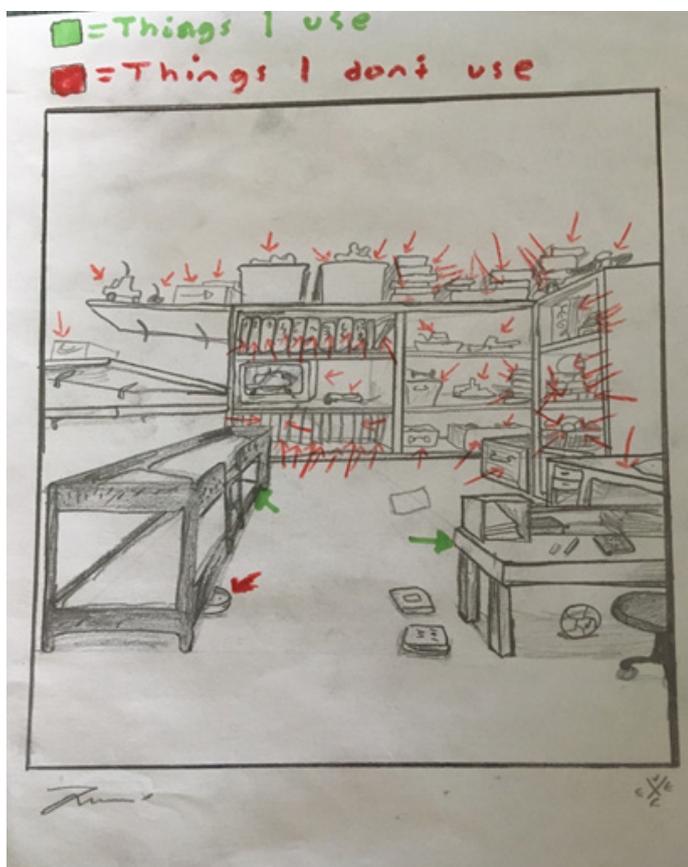
Anna, the 9th grade

What do I need in my room?

Lets's talk something about my room vanities. I have a few vanities in my room. I have one table that I don't use. I don't use it, because I do my homework on my bed. I have to get rid of it, but I dont know where I should put It. I have a wardrobe, where my clothes are. Then I have a carpet that I dont like it at all. I Don't think it's a vanitie but it collects so much hairs and dust, and that's why I dont like it.

Unna the 9th grade

So the question is: what do we really need? Are our homes full of extra furniture, clothes, toys and other things?



Connected by the sea

Students from Josep Monmany school have been working the history and connections of the sea during the last weeks.

Students from 4th grade have been learning about sports that we can practice in the water: sea, river and also swimming pool.

First we decided the sports, then we wrote and drew and finally we hung our materials in a beautiful and colourful display.

Would you like to see the process and the final product?



Also we prepared a **wordsearch** for you all: would you like to see the sports and other words chosen?

Can you find 11 words in this wordsearch?

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

You can find these words: sea, river, swimming pool, kayaking, rafting, swim, dive, surf, waterski, glasses and vest.

Our countries are connected through the sea

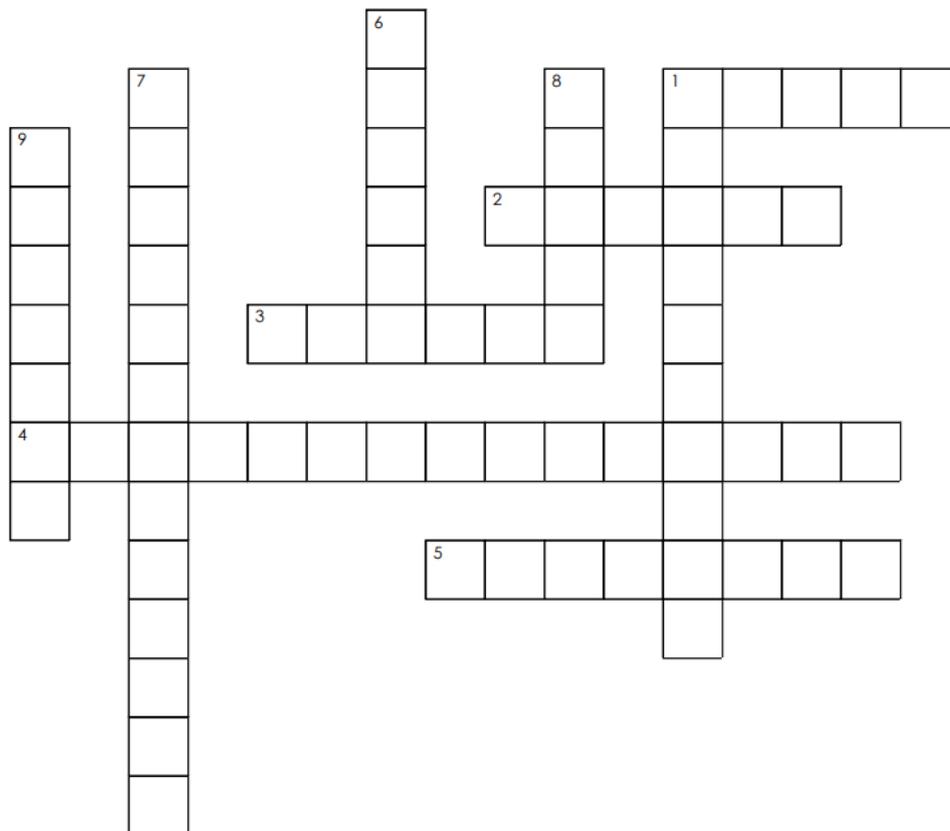
6th graders have been building this display during a week. They have been working collaboratively finding, sharing and writing information and also tracing the map.

They found interesting facts about the exchanges through the sea between our countries. Here you are some pictures of the process:



Are you ready for a crossword?

We prepared this crossword for you all. We hope you like it and you can solve it:



Across: →

1. Sea near United Kingdom and Netherlands
2. The sea between Sweden and Finland
3. At the west of Finland
4. North west , it shares the island
5. Ocean at the west of Europe

Down: ↓

1. In the middle of Europe
6. In the south of Europe, with islands.
7. It's a sea between Spain and Greece
8. Surrounded by Mediterranean and Atlantic
9. One of the biggest country at the north

The sea

by Sweden

The Vikings

In our modern times, the entire population during the period, both peaceful traveling families like colonizers and farmers, has been called Vikings, although the word actually only described the small group who went out "viking" and engaged in trade and robbery (plunderage). For most Scandinavians the farm was the center of life.

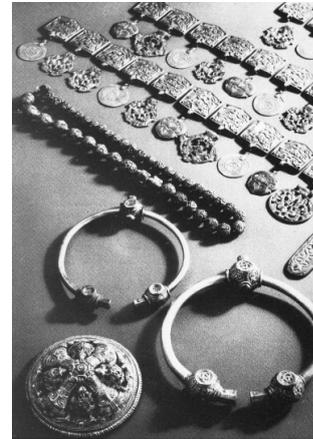


Even as navigators, the Vikings were skilled. They were able to carry out long journeys on the open sea, for instance by studying the positions of the stars and celestial bodies in the sky as well as the movement patterns of the waves and the winds.

The Viking era was nevertheless a period of transition and the contact with the outside world fundamentally changed the whole society.

The first invasion of Vikings in England took place at Dorchester sometime between the years 786 and 796.

The Viking ships were sleek, fast and safe. The construction enabled them to withstand long sea voyages while being suitable as landing vessels because of their shallow waters.



Treasures found in Vårby, Huddinge, Södermanland



Years and routes for some important Viking trips.

Trading accelerated, great treasure finds like the one from Vårby shows that. The treasure contained jewelry and costumes from both Russia and the Muslim Empire, the Caliphate.

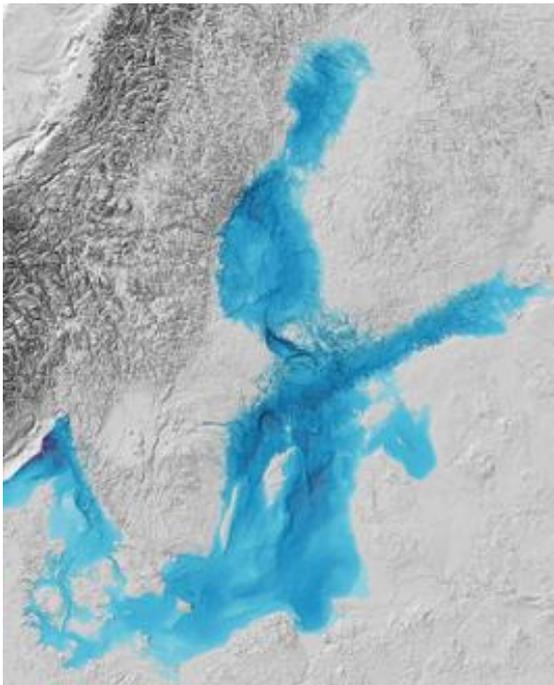


The sea

by Sweden

The Baltic sea

The Baltic Sea has at all times been an important transport route between the surrounding land areas, which are thereby linked culturally, economically and at times even politically.



The Baltic sea

The largest cities on the Baltic coast are Saint Petersburg (Russia), Stockholm, (Sweden), Helsinki (Finland), Kiel, Rostock (Germany), Gdańsk (Poland), Riga (Latvia), Szczecin, Gdynia (Poland), Kaliningrad (Russia), Tallinn (Estonia) and Klaipėda (Lithuania).

The ongoing land rise reduces the Baltic Sea's water volume by 1–2 km³ per year.

Save the Baltic sea

We have not treated the Baltic sea very well. Fishes in the Baltic sea is poisonous that can be dangerous to eat. This is bad because a lot of people have been dependent upon the fish from the Baltic sea. The codfishes are disturbingly small. Poisonous algae are blooming all along the coast in the summers. This is because we have let out an excess of the nutrients nitrogen and phosphorus in the sea. The emissions from agriculture, sewage treatment plants, individual sewers, traffic and industries must be reduced even more to avoid these algae blooms, oxygen deprivation and sediment death.



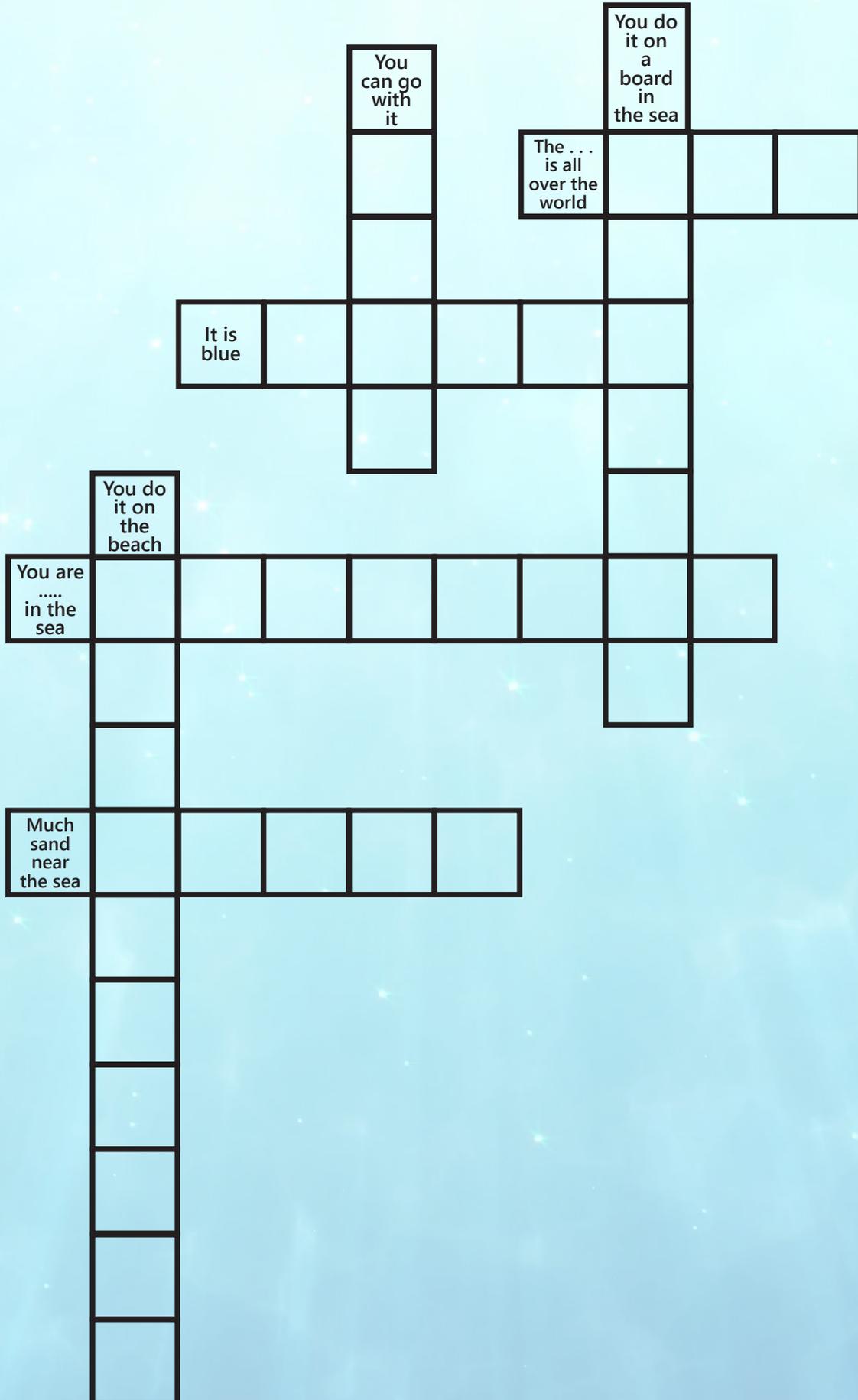
Algae blooming

But we have done progress:

- We have more sewage plant
- Better washing-up-liquid and better laundry detergent
- The salmon are getting better
- The sea eagle are flying again
- Teamwork over the land borders



Sea Words



Consequences of sea pollution

- The holocene extinction " sixth mass extinction"
- Air pollution
- It kills animals
- It is expensive
- It upsets the food chain

Tips

- Buy a bracelet that are made of plastic from the ocean)
- Stop producing black plastic
- Give up water bottles
- Use straws that are made of glass
- Don't use so many plasticbags
- Put more bins in the street
- Use bags that are made of clothes
- Make fresh squeezed juice
- Buy food that does not not come from packages and bring glass jars

Quiz

1. A cubic meter trash, as much as five bathtubs, floats ashore along the Swedish province Bohuslän every...?
a. Hour b. 15 minutes c. Day
2. How much of the trash picked up has a disintegration time of more than a 100 years?
a. 90% b. 80% c. 70%
3. What has happened with a plastic bag thrown overboard in 1967?
a. It has been broken down into smaller and smaller pieces and will probably never disappear
b. It's still floating on the ocean, or possibly stuck inside a whale
c. By 1977 it had totally disintegrated, becoming one with the ocean
4. The petrel in the north sea seeks food out in the ocean, but often mistakes plastic for food. On average, how much plastic does a petrel have in its stomach?
a. 44 plastic pieces b. 33 plastic pieces c. 55 plastic pieces
5. 2002 Ireland introduced a tax on plastic bags, which made them cost a little bit in stores (previously they were free). What was the result?
a. In a couple of weeks the use of plastic bags decreased by 94%
b. In a year the use of plastic bags decreased by 48%
c. The use of plastic bags stayed the same
6. The Shore Crab (Carcini. Maenas) can absorb microplastics both from what they eat and through their gills. Later the plastic can be absorbed by other animals who eat the crabs. For how long does the plastic stay in the crab?
a. Up to 3 weeks b. Up to 2 months c. Up to 1 year

Key: 1) a 2) a 3) a 4) b 5) a 6) a

Word Jumble

All of these words are in the jumble 5 times, but you only need to find the word once

OCEAN PLASTIC POLLUTION ENVIRONMENT GARBAGE

VCSTZAKCJJUPIFMYQVOYBZPPOLLUTIONOCEANZMIBEFMWENCNPJKTUYBWVGMRX-
ZIDKXZCGMZGOJEAHXNYDYUERSJXGAJYVPLZRBRDZDBGARBAGEEJKHNLUOOECK-
OLHXNTKQNDHIIPQGTIKOQBWKYVPPKNDTROVLZZSXOYFHDDJMMLBLKTGALIVEDT-
PYJYZXDIKPTMEOCEANKUSVKYKKNQTMNFBCNRZLGHKYOGARBAGETMKACOYXHM-
LCNDNEYJUCKKSOQMEKBWINNIIESULYTBXPTLRSXPFGTVVYUQPLLYPINLJXDTEXCR-
HAHDKGBGPXIIJFAHLPZXUXVVPIOZHIFCGFUHUPIHDUXXOHWDGYYBGOISSRNYZP-
MJTUCEXYFRGRQVCGIFIIWOVZMGDWYSYOLNCENVIRONMENTATTNAMIEOLQPIIPKE-
AGWYSMWDOQEJWYIIVLYIWRFLGCHTRWVRITPXEYJGPJNOYWCWYIOOKKFDAICG-
FZJXPFEUUXNKUVFJMVIZRSFQZXDPPXSHZJMQJSLUPUUTC GFUFKQQLRQWANDBDO-
REPYFYIRCTEDOCJWZNUOKHJHLLPSUQWIFXDOKZKUIWOGRBGVTNUJXEGTLHRS-
SGAUVDPDXZNRDTAVOTNFEMMYXEKQMZXSGDUZCFTYDTGDAXSHQZTHCHIUPC-
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Finnish students visited 6th grade in Barcelona

Niklas and Olli, two new students at Monmany School

Niklas and Olli, from Finland, arrived in Sant Feliu last Sunday. They stayed with a host family and they studied in 6th grade with lots of new friends.

Last week, Niklas and Olli arrived at our school and we started a different and special week. We started talking in English for a few days so that we could communicate with our new friends.

Our timetable and subjects changed and we did different kind of activities: we taught the new students cultural things from our town and we also learnt things from Finland!

Would you like to read what students from 6th grade think of these days? Here you can read some examples:

The Erasmus week

This week was very fun. Last Monday we went to Sala Iberia to sing "Mamma Mia" to the boys and girls of Erasmus+.

On Tuesday we did Gaudí's project. In this project we wrote the life of Antoni Gaudí and we made the Sagrada Família with modeling clay.

On Wednesday we did puppets of the typical characters from Sant Feliu. After the playground, the Finnish teachers taught a class with lots of activities and information.

What we really liked was the Finnish class and Gaudí's project.

By Miranda Rodríguez and Marc Romo

In this picture we can see all the students from 6th grade as well as the new students Olli and Niklas:



6th grade students

Our Erasmus week

After these special days we have a lot of things to explain. The first day we did the presentation. We learned a lot of things from Finland, Greece, Netherlands, Northern Ireland and Sweden.

The next days, with our friends Niklas and Olli (from Finland) we did a lot of different cultural activities of Catalonia: the Sagrada Família (the biggest cathedral of Barcelona) from Antoni Gaudí (a famous Catalan architect). Also, at the P.E class, we played a typical sport of Finland: floorball. It was very funny.

Today, it's the last day so we are very sad. In this week we spoke, we did a lot of activities, but the best is that we lived a special week with people of other countries. We say goodbye and thank you for this Erasmus special week.

By Sofia Roué and Nacho Navarro

The inusual week

This week 4 children and a lot of teachers around Europe came to our school.

In our classroom we did a lot of activities one of them was about a famous architect, his name was Gaudí.

Also, the Swedish teachers taught us things about Sweden, and we taught to the Finnish children things about Catalan culture.

This week was amazing and very fun. We think that this should repeat again.

By Adriano Valencia and Nil Muntané

A week in English

This week there are fifteen teachers and four pupils in the school, two from Greece and two from Finland.

On Monday we did a presentation and the second day we did a project about Antoni Gaudí.

On Wednesday morning we played with typical puppets of festivals and in the afternoon we played a floorball match at the Physical Education class.

This week we had a lot of fun. THANK YOU FOR COMING!

By Sara Jordi and Noa Quiroga

Here you have some examples of the activity we created with the Finnish teachers:

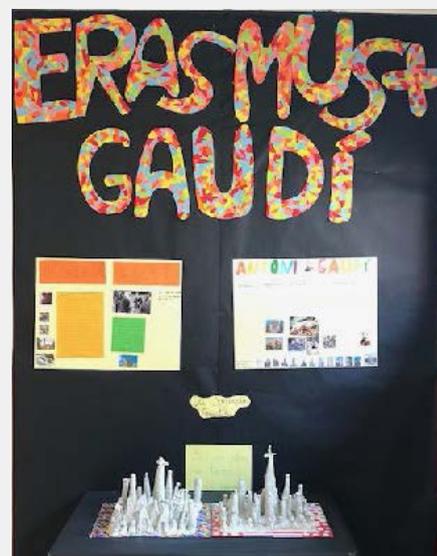


More pictures of our fantastic week:

Students from 6th grade playing floorball:



This is the result of our incredible project about Antoni Gaudí:



Greek students visited Barcelona

Greek students visited Monmany school in Sant Feliu de LL.

Two greek students Despoina and Georgos from Athens have been studying in our school for a week as a Spanish Children.

Despoina and Giorgos arrived to Barcelona airport on Sunday the 11th of November. Their host family was waiting for them and Spend the afternoon visiting Montjuic castle in Barcelona.

On Monday morning all the school made a big presentation to show Spanish and Catalan culture to their visitors.

All the mornings Despoina and Georgos were attending classes. They met a lot of new friends.



Also all the afternoons after school they went to visit museums and lovely things in Barcelona.



Host family having a crab attack at the Illusions museum of Barcelona.

They survived from a shark attack and they have had nice and lovely adventures.



They visited Barcelona with all the teachers.



Teachers and students in front of the Generalitat Palace in Barcelona.



At the end they said goodbye in the farewell party with all the families and kids from the school.

What an awesome trip!

I am Yorgos, I am 10 years old and I am from Athens, Greece. I've just come back from Barcelona and I already miss Carla and Dario, my new friends from Escola Monmany.

In Barcelona I had a very nice time! I had a great time! It was my first trip to another country and I was very excited that this country was Spain!



The family that hosted Despina and me was the best family we could ever have in another country.

They were waiting for us at the airport with a big hug and happy smiling faces.



We did a lot of things together: we visited Montjuic castle overlooking the city of Barcelona. It was awesome!

One afternoon we played bowling and then we went to McDonald's.



Some of the best moments for me was when we visited the place where my favourite team, Barca and Messi train themselves or when we went on a tour in the centre of the city and drank water from the Canaletes fountain!



A very special day for me was when I met Einstein in the Cosmo Caixa museum and saw so many experiments, different kinds of fish and huge trees in there! I even played chess with a robot but he got the game!



One of my dreams came true!

Hello! My name's Despina and I am a ten-year-old-girl from the 3rd Primary School of Agii Anargyri. First, I'd like to say "thank you" to my school and my parents for giving me the opportunity to take part in this amazing trip to Barcelona and then share some of my best moments in Escola Monmany with you.



It was Sunday afternoon, when we arrived at the airport and I remember how patiently our host family were waiting for us even though we were late. When I saw their open arms and smiling faces, my stress went away. They took us to Montjuic castle right away because it would get dark in a while. It was very nice to look at the city from up there.

Then we went home, a nice, cosy home and Mr. Jose cooked pizza for us! The next morning we had a very warm welcome from the Spanish school with nice songs, dances and traditional Catalan customs.



Yorgos and I danced a popular Greek dance on stage and we invited Carla to dance with us, too. It was such a nice moment!



In the mornings we had breakfast at school and we participated in various activities: making sculptures with white clay and plasticine while listening to music, watching videos or playing games in the schoolyard, and the best part? "I had no homework in the afternoon!"



I also made a lot of new friends at school that I will never forget!



Thank you Mr. Jose, Mrs. Sonia, Carla and Dario! I will never forget your hospitality and I hope to meet you again in Greece next time!

- Yorgos Firfilionis

Our week at school was full of interesting activities. In the mornings we went to school and we attended classes with the 5th grade. The teachers and the pupils were very helpful and nice. We did a lot of projects together in the Art Class and exercises in P.E Class. At noon we had different kinds of lunch but I liked the Mexican lunch most of all!

One afternoon we watched a traditional Catalan festivity, the Human Towers at school, it was breathtaking but I tried to do it myself and yes, I did it!



In the afternoons we were taken to different places like the Science Museum, the Cosmo Caixa where I took these pictures, the one with the penguins is my favourite.



We also went to the Illusions Museum with our host family where Carla and I made it to the top of Sagrada Familia after I had taken a romantic picture with Dario...!



The last day, we went on a sight-seeing tour in the centre of Barcelona. We saw Antoni Gaudi's famous buildings, we walked around the old part of the city and the Cathedral and when we got really tired we had lunch in a nice restaurant with delicious dishes!



Later in the evening we went to the Goodbye party of the school wearing ancient Greek costumes. My new friend,

Carla was also dressed like an ancient Greek goddess while other children were wearing Spanish costumes. It was the best party I had ever been to!

I was having so much fun until the moment I had to say goodbye to my second family, Mr. Jose, Mrs. Sonia, my friend Carla and little Dario. My eyes got full of tears when I fell into their arms. What a surprise when the next morning a group of our new friends from the school came to the airport to say goodbye to us! I will keep their letters forever!



I will never forget our host family, the love and care we took from them. They made us feel like home! I want to see them again one day. I miss them so much!

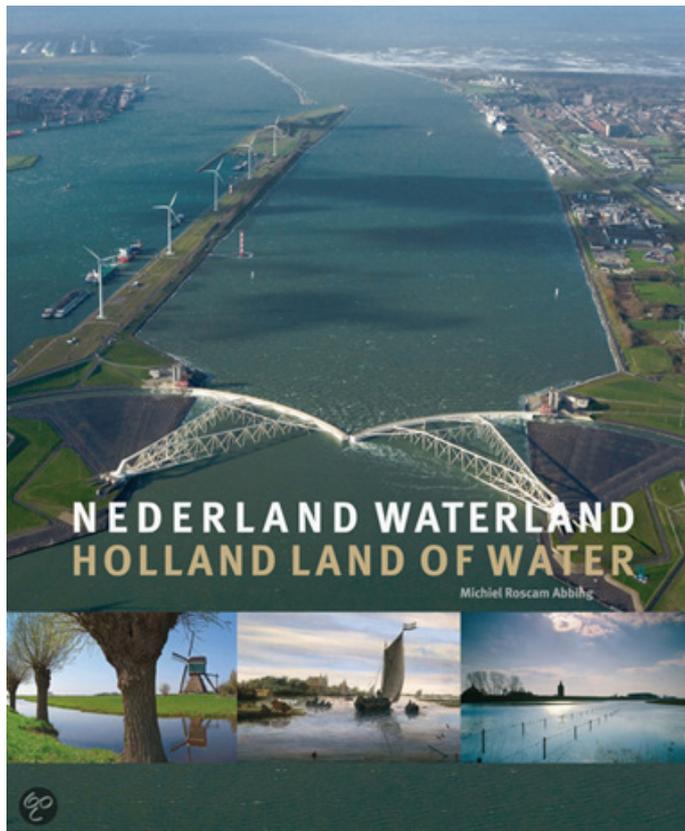
- Despina Stamatelia



The history of the sea

by The Netherlands

The sea is very important for us. A large part from the Netherlands borders the sea. It's important to protect ourselves against the sea through dikes.



Many villages were built on mounds. This is a higher place. If there's a lot of water, people could hide there.



These girls made a puppet show about ebb and flow. They have processed all information in their presentation.



The children made lighthouses with paint and markers



We visited the water treatment place. A father of one of our students works there. He has given us a guided tour of the company. He showed us what happens with the sewage. It was a very interesting tour.



This is waste that people flush through the toilet. The people working there find the most crazy things, like mobile phones, goldfishes, creditcards etc.



In 1953 in the Netherlands we had the biggest natural disaster of the 20th century, a flood. During this disaster dikes broke through and there died 1836 people and there are over 10.000 animals. After this disaster we build many dikes to protect our country against the sea.



We built the 'Deltawerken'.



And good dikes to protect ourselves.



Children did their investigation about this subject. They've investigate what will happen with our country if there are no dikes. Then our country will look like this:



We want this never to happen!

The sea

- driving force behind the Greek civilization

Η Θάλασσά μας, ο Πολιτισμός μας

We'd like to start our e- magazine about the sea theme by taking you on a "long" journey into the Greek history and civilization which are both inseparably tied with the sea. It couldn't have been other wise, since Greece is surrounded by three seas, the Ionian, the Aegean and the Mediterranean Sea!



Greece is a maritime country with hundreds of islands marked like small dots in the blue sea. Greece is easily recognizable on a map by its multitude of islands, about 6,000 in total with about 200 of them inhabited! Yes, it is true! The combination of islands and rugged peninsular coastline gives Greece the 12th longest coastline in the world, 13,676 km, longer than those of Italy, the United Kingdom and Mexico.

History, natural beauties, the sea and the sun have always become a pole of attraction for people from all over the world.

Nowadays the increasing tourism rates have given a tremendous economic boost to the development of the islands and seaside areas.



Temples dedicated to Poseidon, the ancient god of the sea, are still standing side by side with the white churches dedicated to Panagia, Virgin Mary or Saint Nicholas, the protector Saint of seamen in the Orthodox Faith.



The picturesque islands scattered like pearls in the blue sea with the sunlight above, the white houses and windmills have inspired great poets like our Nobel Prize Laureate, Odysseas Elytis to write beautiful poems:

«Η Παναγιά,
το πέλαγο κρατούσε στην ποδιά της
Τη Σίκινο, την Αμοργό και τ' άλλα τα παιδιά
της»



We learnt how to sing them in our Music Class while the 1st graders of our school made this beautiful poster which depicts the simple but unique beauty of our islands.



"Virgin Mary holding the sea in her arms, Sikinos, Amorgos and all Her children (islands)"!

<https://www.youtube.com/watch?v=p7S4D4GrP1w>
<https://www.youtube.com/watch?v=tqQVaVno6V8>

A flashback to History: the impact of the sea on the Greek civilization

In our History Class we studied about the impact of the sea on the Greek civilization. We learnt that our ancestors had been great seafarers, developing trade since the 8th millennium B.C.! Ancient Greeks being renowned sailors could launch colonial expeditions across the Mediterranean from Asia Minor to southern Italy, Sicily, North Africa, and even to the coasts of southern France and Spain (8th-6th century B.C.)!



Almost 60 shipwrecks dating from ancient Greece to the 20th century have been found in the Aegean sea!



In Homer's epic poem "The Odyssey" (8th century B.C.) the pupils of the 3rd grade lived the adventures of Odysseus in his 10 year long journey from Troy back to his island, Ithaca.



Welcome on board!

<https://www.youtube.com/watch?v=dmY6XNrJpV8>



Having strong memories from our summer holidays in our grandfather's seaside village we tried to depict them on our maquettes and sea paintings in our **Art Exhibition** at school.



Our grandparents have got hundreds of sea tales to tell us about mermaids and fearless sailors, shipwrecks and light house keepers, sponge men diving in the dark waters. They still go fishing in the same way their ancestors did 10.000 years ago!

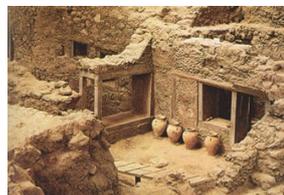


by Elias, John, Myrti, Evi & Irene, 6th grade

Then we learnt that navigation helped the ancient Greeks create the famous ancient Greek Civilization, which has never been overcome by anybody (3.000 -1.100 B.C.) the Cycladic, the Minoan and the Mycenaen, considered as the first Hellenic Civilization!



It was sad to read that the eruption of the volcano of Santorini, followed by an enormous tsunami, destroyed this great civilization!



(Ancient city in ruins, Santorini)

Moving to the Classic Era we learnt that the rise of the Athenian empire and emocracy along with the wealth that commerce brought, enabled Athens to become the leading city of

Greece, both in politics and culture during the 1st millenium reaching its peak in the 5th century B.C.



(The Parthenon, 5th century B.C.)

When we read that "the wooden walls" of Athens were the Athenian triremes, the warships of the invincible Athenian Fleet, we visited the Hellenic Maritime Museum and we tried to build our own ancient ships! Look!



by Alexis, Manolis, Athena & Adriana, 5th grade

Modern Times

During our visit to the Museum Ship "Georgios Averof", a legendary warship of the Greek Navy which took part in the World Wars I and II, we realized that the sea has always been a valuable ally to us from ancient times until today: from 480 B.C. when our ancestors defeated the Persians in the sea battle of Salamis, to 1827 when the National Independence from the 400 year Ottoman occupation was certified at sea with a glorious naval battle, the Navarino Naval War.



It is the feeling of freedom that the sea has always given to us: freedom to fight for it and keep it or rather die if we lose it, as the 9 lanes of the Greek flag imply: Freedom or Death.

Nowadays

Did you know that Greece has continued to



strengthen its position as the largest ship owning nation in recent years, currently

controlling 18% of the world fleet? Also that Piraeus, the largest port in Greece, is also one of the largest ports in the Mediterranean Sea and in the world? Yes, it's true.

Refugees in Greece

Today the Aegean islands, like Lesbos and Chios give shelter to refugees from countries in war who see the Aegean Sea as a bridge to life.



The sea has made Greek people more open-minded, kind and hospitable giving help and hope to those in need.

by Spyros, Nassia, Vassilis, Despina, Anna grade 5

The sea is fun too!

What's summer without a day at the beach (or two, or three..)?



Not many things beat a day by the seaside. There's nothing quite like the feel of the sun on your back and waves breaking over your feet. There are a lot of activities that can take place at the beach: you can go swimming, diving and snorkeling, splash and surf, build sandcastles and sunbathe, catch a fish or a crab, collect sea shells, explore a sea cave go horseriding, help the baby sea turtles find their way to the sea or just watch the sunset!



What a wonderful way to end your day at the beach!

by Sophia and Melina, 6th grade



Now you can enjoy your summer holidays, the sea and the watersports with safety, downloading Safe Water Sports app on your mobile phone.



<https://safewatersports.com/en>

Enjoy Summer and Sea Sports with Safety first!

by Maria, 5th grade

School-year Closing Day with Greek traditional sea dances and songs!



The sea has undoubtedly influenced the Greek culture in every aspect of life! Come and see it for yourself!

"Enjoy your summer! We will!"

The pupils of 3dim, Athens

History of the sea; driving force behind civilisation

by Northern Ireland

The Seafaring Irish

Ireland has the largest percentage of coastline in Europe, in fact, there are few spots in Ireland more than miles from water.

The fact is that the early Irish were a seafaring race is revealed in ancient manuscripts, and confirmed by modern archeology. From as early as 7000 BC, Ireland's settlers came across the seas; from the Fir Bolg, who escape from Greece in boats made of wood and leather, to the Celts of Iberia, who came in a fleet of ships with which they traded along the coast of Europe.



People arrive in Ireland by boat

The first people in Ireland are thought to have crossed from Scotland, in wooden boats, to what is now county Antrim around 8000 BC.

The Girona

In 1588 the Girona, one of the largest ships of the Spanish Armada, was wrecked on a jagged reef near Dunluce Castle. After their defeat in the English Channel the Spanish fleet was forced to flee the long route home, around Scotland and Ireland.



Northern Ireland's coast has been shaped by a long and troubled history, but perhaps surprisingly the recent troubles have protected it. 30 years of neglect have saved it from some of the less desirable consequences of tourism and development. But now, as Northern Ireland gears up to make the most of its coastal attractions, this stunning landscape faces new challenges.

Today the Antrim Coast road remains one of the most unique and scenic coastal drives in the UK.



Northern Ireland is home to some of the most spectacular beaches in Europe. The naturally stunning formations of the coastline provide long stretches of golden sand and impressive sand dunes. The Northern Ireland coastline is one of Britain's hidden gems, with over two hundred diverse kilometers in the care of the National Trust, much of it contained within one of two Areas of Outstanding Natural Beauty.

P6 had a fun day at the beach



Fun things to do at a beach in Northern Ireland

My favourite things to do at a beach

1. Bury my parents in sand.
2. Build sandcastles.
3. Swim in the sea and splash my sister in the sea.
4. Sunbathe on the soft sand.
5. Eat delicious ice-cream
6. Donkey rides



Connected by the sea

by Finland

Students in Porin Kristillinen koulu have studied the sea theme during the last months. The students have learnt why Pori was built where it is situated today because of the sea. The students have sung sea songs, written stories and poems with sea theme. Here are some highlights of our theme.

The gym lesson in Yyteri

The pupils of 3rd, 4th, 5th, 6th and 8th grade spent their gym lesson in Yyteri, near the sea. We took a bus from the school and found "a Winter wonderland" with snowy dunes and fresh air. Here are some thoughts from our 3rd and 4th grade pupils about the day and the activities you can do by the sea. The sea between Finland and Sweden is the Baltic Sea and the part between the countries is called the Gulf of Bothnia. The sea close to Pori is called the Bothian sea.

"We sledged on the dunes of Yyteri. There were many ski jumps and lot of snow. We ate the snack there. It was fun!"

"In summertime you can build sand castles, swim, dive and enjoy the sun on the beach. In the winter you can skate, go ice fishing, sledge and even walk on ice."

"At sea you can sail, swim, row the boat and fish."



The pupils with sleds.



Short stories - Lighthouses

In the old days lighthouses were taken care by the lighthouse keepers. Today this profession doesn't exist anymore because the technological advances. The pupils of the 3rd and 4th grade have studied The Baltic Sea and during that time they wrote diaries of the lightkeepers.



Today was a horrible day. I got a lot of hate, because I trusted that the light house's light would last all night and I fell asleep. The lamp broke in the middle go the night and that's not all, it started raining and it stopped at six.

One ship sank, but just a couple of people got injured. But now it's a very beautiful weather, the birds are singing on the trees. And the trees are dancing in the wind. It's very sunny I'm going to go swimming, and fishing.

I'm going to write more tomorrow.

Iida-Maria, 3rd grade

I was about to go swimming but then I saw blue-green algae.
If I had gone swimming, I would have gotten sick.
But then I noticed that it was me who had trashed.

Jasper, 3rd grade



Keeping safe online

by Sweden

Social media

Article 13

The EU Copyright Directive is an attempt to harmonize copyright laws across all EU member states and make it more relevant to today's internet.

There is one section in particular that have drawn criticism for being overly harsh: Article 13. It is the part of the directive that dictates how copyrighted content is shared online.

It says that anyone sharing copyrighted content must get permission from rights owners, or at least have made the best possible effort to get it, before doing so.

The impact could mean a substantially more closed internet of the future.

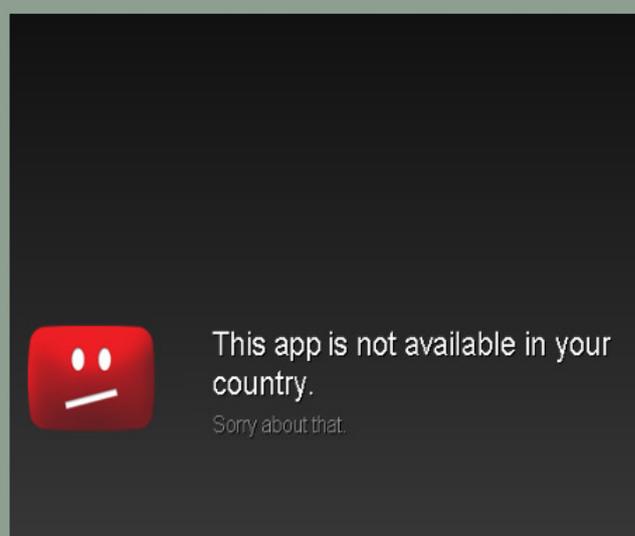
Critics say "Article 13 takes an unprecedented step towards the transformation of the internet from an open platform for sharing and innovation, into a tool for the automated surveillance and control of its users".

An organized campaign against Article 13 warns that it'd affect everything from memes to code, remixes to livestreaming. Over 5 000 000 people have so far signed a Change.org petition against it.

ARTICLE 13



Before



After



Dos and Don'ts

DO:

- be nice
- treat people like equals
- treat people with respect

DON'T:

- insult people
- hate people because they are different
- bully someone because it is easy hiding behind a screen saying stuff you would not say otherwise
- leak someone else's, or your, personal information

Did you know..?

... that there are about 3.397 billion active social media users in the world

... that on average people have 5.54 social media accounts

... that the average daily time spent on social media is 116 min a day

... that the average users spend 25 min on snapchat a day

... that pizza is the most Instagrammed food

... that 23% of all Facebook users checks Facebook 5 times a day

... that about 70% of snapchat users are female

... that Instagram launched on October 6 2010 and on December 21 2010 the app had more than 1 million users

... that Cristiano Ronaldo has the most Instagram followers and on second place comes Selena Gomez, who had the lead for several years before Ronaldo did

Source: Brandwatch, Searchenginejournal, miappi

Keeping safe online

by Northern Ireland

Children at Saints and Scholars are encouraged to keep safe

Amazing Fact

When 400 scientists engineers and academics were asked what was the greatest invention ever there were three popular answers – the wheel, the printer and the World Wide Web (Internet). The overall winner was the World Wide Web. We have to make sure we are safe and sensible when we are online

Safer Internet Day

This year's Safer Internet Day celebration took place on Tuesday, 5 February 2019. The campaign's slogan, "Together for a better internet." We participated in this event and hoped to play our part in creating a better internet for everyone, and especially for younger users.

S Be Safe
Keep your personal information safe and secret. Think carefully before you share a photo of yourself or your friends.

M Don't Meet Up
Never arrange to meet an online friend because it can be dangerous. No matter how well you think you know people, they might be pretending.

A Accepting Emails can be Dangerous
If you receive junk mail (called Spam) or messages which make you feel uncomfortable, tell an adult that you trust and delete them. Don't reply to them!

R Reliable?
The internet is full of friendly people and amazing information. However, sometimes people might say or write things which are untrue, so you should always think carefully before trusting what you see or hear.

T Tell Someone!
Most of the time that you are online, you will have lots of fun. However, if you see something that makes you feel uncomfortable or worried, make sure that you tell an adult who you trust.

Teaching Ideas
www.teachingideas.co.uk

We looked at our digital footprint and made Internet safety posters

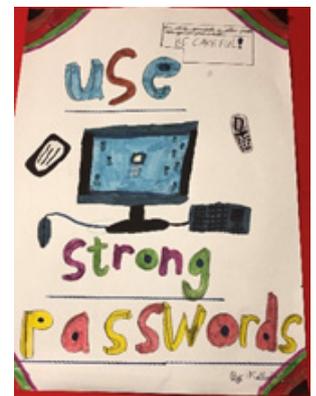
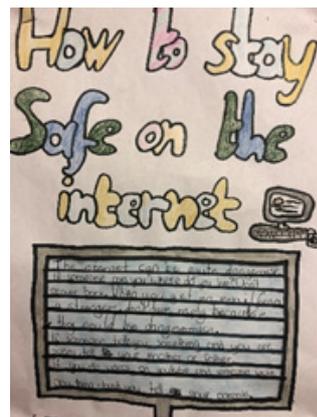


Staying Safe Online

Don't post any personal information online – like your address, email address or mobile number.

1. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore
2. Keep your privacy settings as high as possible
3. Never give out your passwords
4. Don't befriend people you don't know
5. Don't meet up with people you've met online. Speak to your parent or cared about people suggesting you do
6. Remember that not everyone online is who they say they are
7. Think carefully about what you say before you post something online
8. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
9. If you see something online that makes you feel uncomfortable, unsafe worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately

We looked at our digital footprint and made Internet safety posters



Keeping safe online

by The Netherlands

We worked on the theme 'Keeping safe' as a school wide project.

In preschool and the 1st and 2nd grade children talked a lot about feeling safe. They talked about friends, the police

A father of 2 of our students is a doctor. He gave us information about his work and how he helps ill people.



In our school the 3rd, 4th, 5th and 6th grade received information about social media. Afterwards everyone received a certificate.



The 1st and 2nd grade visited the hospital. They went to the cuddle clinic. They brought their dolls to make them better. It was a very interesting excursion.

Internet Safety – Having fun and keeping safe online



Working on our investigation in the 3rd, 4th, 5th and 6th grade. All students of this group are divided in 3 groups.

The first group made the poster, they talked and discussed about the contents. They made a huge poster, every subgroup made it's own piece.

The first part is about keeping safe in traffic, it's about the signs and lights in traffic that keep us safe.

The second part is about keeping safe in school, we work with a special method for the social and emotional development of children. It's a method from Finland, called Kiva. During this lessons the children learn how to act when there's a problem between children.

The third part is about keeping safe on the internet. Choose a safe password and be aware of what photos you post on the internet.



The second group made a song about keeping safe. They came up with the song by themselves. They made a song in rhyme. It's a combination of Dutch and English. They loved working on it. You can see the result on our pedanet page.



The third group made films about a subject on the internet, our common investigation.

They made a film of the subject 'How important it is to choose a safe password'. The students used their ipads and green screen to make the film.

The other film is about the game Fortnite and it's dangers.

You can see the films on our pedanet site.



Keeping safe online

by Spain

Internet Safety Tips for Children

The 6th graders have been working the internet safety during the last days. They have been working collaboratively finding, sharing and writing information about this topic. They found interesting tips about the internet safety for children and teens:

- **Personal Information.**

Don't give personal information without your parents' permission. You shouldn't share your last name, home address, school name, or telephone number.

- **Screen Name.** When creating your screen name, don't include personal information like your last name or date of birth.

- **Passwords.** Don't share your password with anyone but your parents.

- **Photos.** Don't post photos or videos online without getting your parents' permission.

- **Online Friends.** Don't agree to meet an online friend unless you have your parents' permission. Sometimes people pretend to be people they aren't. Remember that not everything you read online is true.

- **Online Ads.** Don't buy anything online without talking to your parents first. Some ads may try to trick you by offering free things or telling you that you have won something as a way of collecting your personal information.

- **Downloading.** Talk to your parents before you open an email or download a software. Attachments sometimes contain viruses. Never open an attachment from someone you don't know.

- **Bullying.** Don't send or answer to mean or insulting messages. Tell your parents if you receive one. If something happens online that makes you feel uncomfortable, talk to your parents or to a teacher at school.

- **Social Networking.** Many social networking websites (e.g., Facebook, Twitter, Second Life and Myspace) and blog hosting websites have minimum age requirements to sign up. These requirements are there to protect you!

- **Research.** Talk to your librarian, teacher or parent about safe and accurate websites for research. The public library offers lots of resources. If you use online information in a school project make sure you explain where you got the information.

Social Media Crossword

1. A small, attractive application on a website such as a hit counter.

2. A site updated frequently by an individual or a group to record opinions or information.

3. Simple web pages that can be edited by other users.

4. Anything shared across social networks that get passed along rapidly, e.g. YouTube.

5. A system that manages content.

6. #

7. It is an image or username that represents a person online most often within forums and social networks.

8. A free URL shortening service.

9. A one-to-one communication on the Internet

10. Clusters of a user's friends, colleagues, family or connections on Google+.

11. Platform founded by Mark Zuckerberg.

12. A network for online picture sharing.

13. They are also known as message boards.

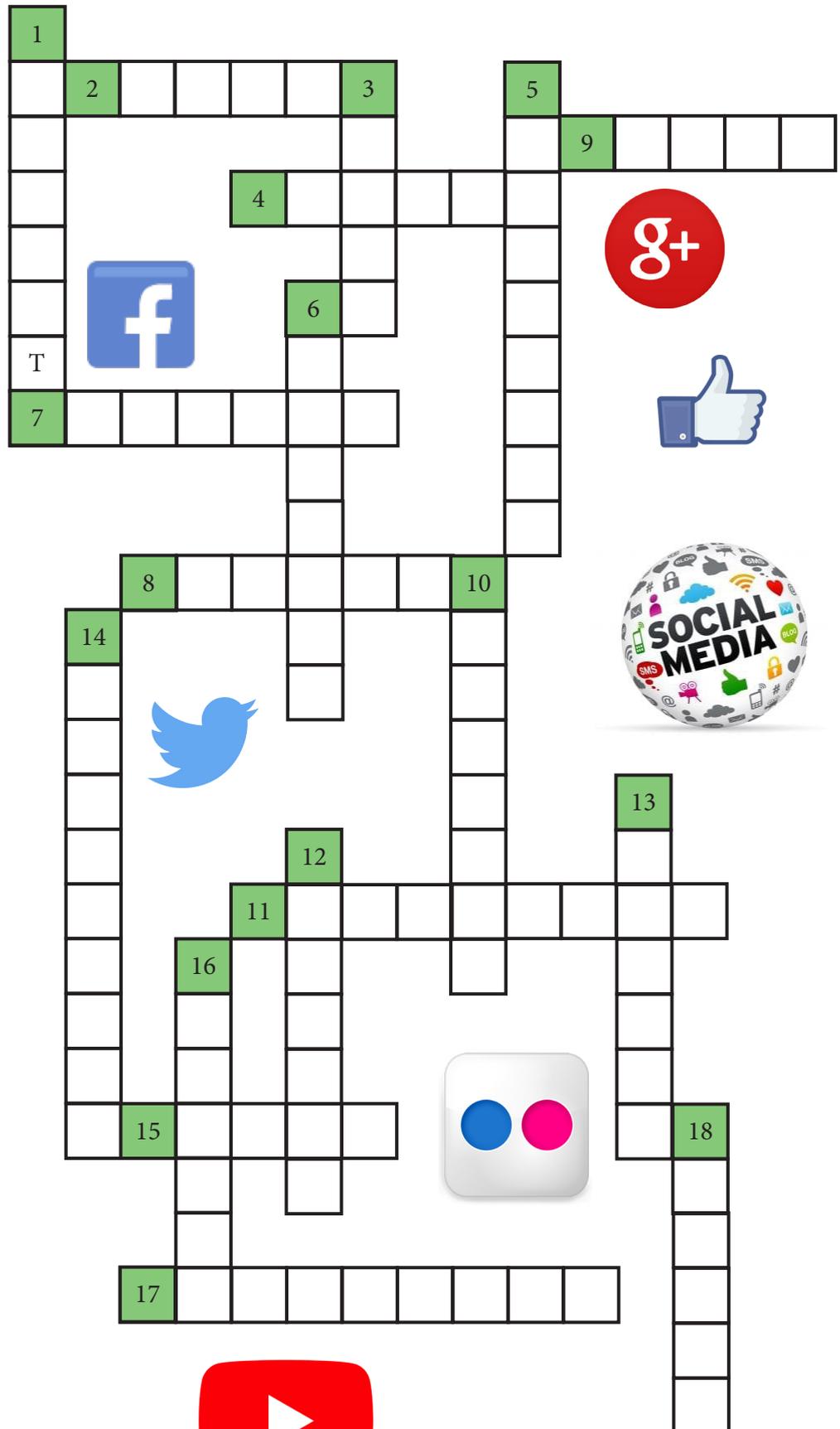
14. A photo sharing application gained more than 300 million users.

15. An action that can be made by a Facebook user.

16. A self-portrait taken using the reverse camera on a smartphone.

17. A pictorial representation of a facial expression which is used in writing.

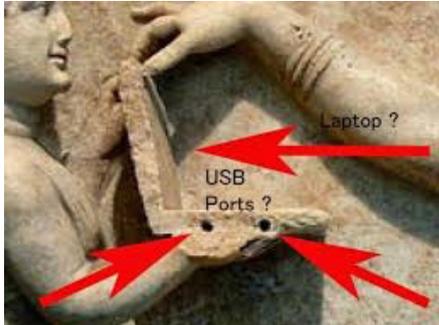
18. A message sent on Twitter.



Keeping safe online

by Greece

Impossible! Laptops in ancient Greece?!



The Antikythera Mechanism is now understood to be an ancient Greek computer dedicated to predict astronomical positions and eclipses for calendar and astrological purposes.

A visitor can see this ancient Greek device in the Archaeological Museum of Athens.



The second part is about keeping safe in We, the older students of 3dim made a research about a sophisticated technological device found in Greece about 100 years ago, the so-called the Antikythera mechanism, a well-hidden secret in the bottom of the sea, for more than 2.000 years!

You can find more information on our peda.net page and you can also watch the video here:

www.youtube.com/watch?v=UpLcnAIpVRA

What was this device? A clock? A calendar? A computer?



The Antikythera mechanism is a 2,000 year-old computer, the first computer of humanity according to scientists.

Sometime before Easter 1900 a Greek sponge diver discovered the wreck of an ancient cargo ship off Antikythera island which is in the north-west of Crete. Divers retrieved several bronze and marble statues and other artifacts from the site.

However, it was in May 17, 1902 that archaeologists noticed a piece of "rock" which was in fact a heavily encrusted and corroded mechanism that had survived the shipwreck in three main parts and dozens of smaller fragments.



We worked nicely together on this project searching for more information in the internet and we realized that we can

use the internet for our own benefit: to learn more, experience new things, make new friends and stay connected with one another. On the other hand there are too many websites full of inappropriate content which can misguide us and put us in danger. Even online fun games or a "friendly request" may hide unpleasant surprises. Being aware of all this we started our own campaign against the risks of the thoughtless use of internet trying to motivate our schoolmates and friends.

Internet Safety tips for smart kids from 3 dim!

Keep safe when surfing the net!

We want to give you, our own message against the dangers of the internet through our song. We wrote the lyrics with the help of our English teacher and our Music teacher composed the music. We are very proud of it! Listen to it!

The Internet Safety Song

If you follow "the rule"
 Be safe, be smart
 Follow the tips
 Be safe, be smart
 Welcome to the club!

Stay safe on the net
 Keep your pictures
 Safe in your chest
 Share them only
 with your friends!

Playing games online is cool
 but playing too much is not so good
 Surfing the net is fun
 but playing ball with friends is more
 than that
 It's real life!



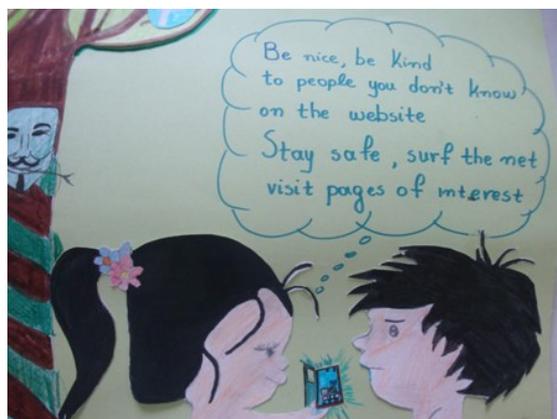
You can listen to us singing it here:
www.youtube.com/watch?v=1FZRhASDQVw

A digital story

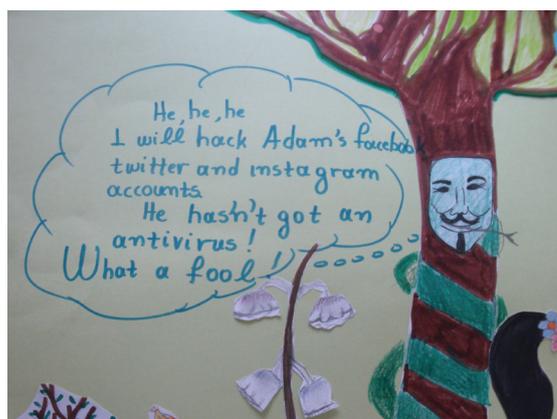
"Adam and Eve in the garden of Eden.net"
 We also created this digital story with drawings to motivate our younger schoolmates.

www.youtube.com/watch?v=b4P8yLRq4ag

We were inspired by the story of Adam and Eve in the Garden of Eden when the serpent deceived Eve into eating fruit from the forbidden tree and she gave some of the fruit to Adam disobeying God's Will. In this poster the serpent, with the mask of Anonymous, tempts Eve with a red dress which she can order online from a smart phone.



Adam gets so excited with this new device that he wants to have it too!



This time, God says that he can keep it, if he follows his rules...



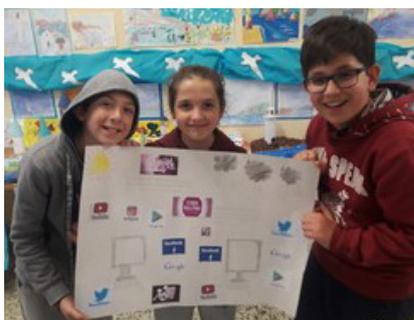
You can read the lyrics of our song and the whole story in our page in peda.net



by the pupils of grade 5

Posters and Leaflets

We made posters and handed out leaflets with internet safety tips for our schoolmates and friends.



Educational Workshops



We attended a course about the adolescent addiction to the Internet by a professional trainer, followed by a workshop during which we filled in Questionnaire about digital citizenship and internet addiction!



The conclusions, many and interesting: but mostly we found out that although we are familiar with the social media, we are not aware of the serious dangers we may find ourselves in as internet users for so many hours during the day! Some of us surf the net or play online games even for 8 hours or more! Why not reading a book or playing board games with our family instead? Let's think about it!

An... Internet farm in our school!

The sufferings of farm animals as Mr. Pig and Miss Goat from the thoughtless use of the net on the school stage in the awarded educational performance for Digital Literacy by the theatrical group "Hiliodentri".



We visited this page, actually this is the Greek Center of Safe Internet approved by the Ministry of Education. We watched videos, we played games online, answered quizzes and a lot more! We can learn a lot with fun!

www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/safer-internet-day-2019-quiz

The Little Red Riding Hood on the internet!

Finally, we would like to share this smart and funny video with you. At least we think that it gives useful internet tips in a funny way!



Stop cyber bullying Mr. Wolf!



www.youtube.com/watch?v=XCKOhmxaf6A

"Let's enjoy our holidays this summer without a tablet!"

The pupils of grades 5 & 6 of 3dim

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Thank you for reading our e-magazine!