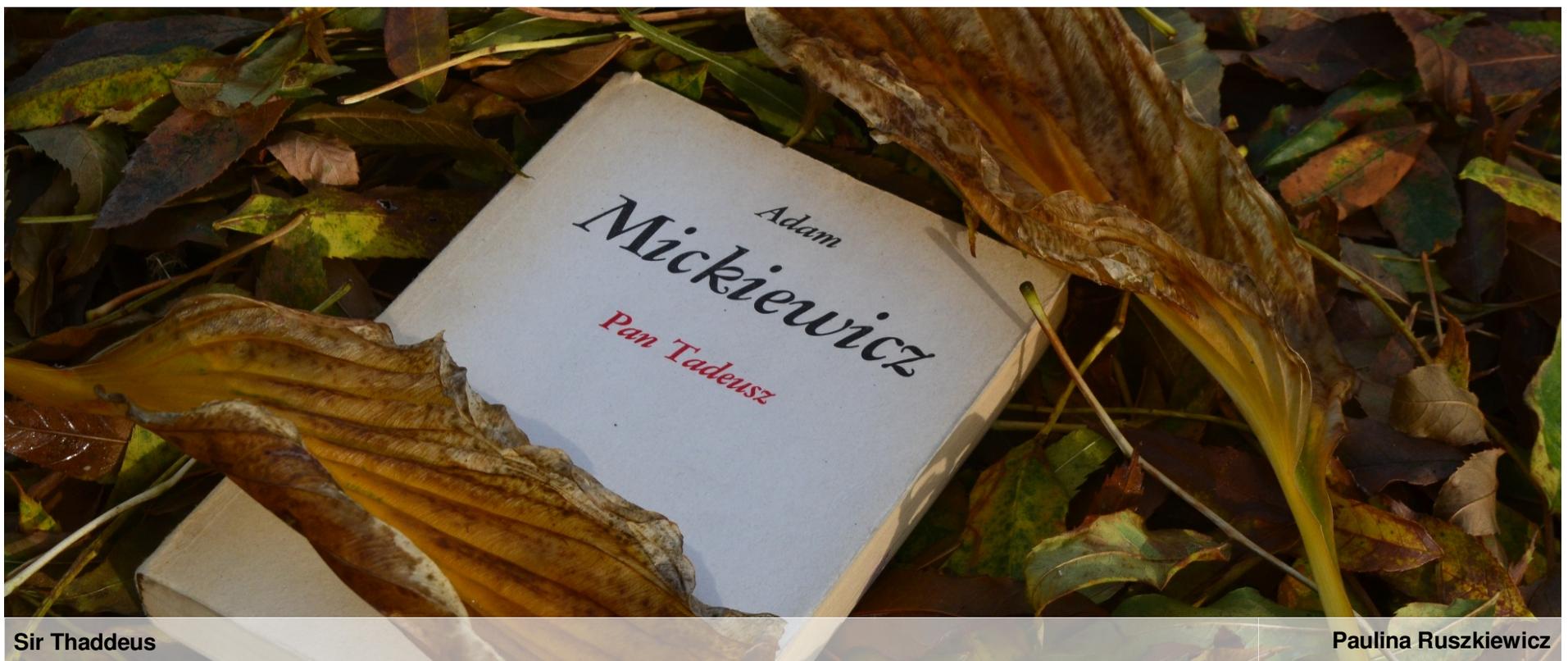


ON WITH THE SHOW!



Sir Thaddeus

Paulina Ruszkiewicz

It is a custom for our teachers to take part in cultural events in our school. Every school year our teachers perform a play which is watched by their students.

It is usually an adaptation of a well-known play or a story. It is a really fascinating event. The students have a chance to see their teachers in quite different roles. The idea appeared 5 years ago. Our older friends who attended the school then could watch the play which was entitled *Aladdin*. The following years the students saw the adaptations of *The Christmas Carol*, *Day on the Olympus*, and *Hamlet*. This school year the students will not be disappointed either. We will have a chance to see a humorous adaptation of *Sir Thaddeus*, the well-known epic poem by Adam Mickiewicz.

The teachers enjoy taking part in such performances and it is a pleasure to watch this kind of show. Till the last moment we do not know what we will see. One of the teachers who takes part in the performance is Mrs Janina Jary. She teaches German in our school.

.While I was interviewing her, she told about her experience and fun which she derived from it. She said, 'I have always been a person, who likes to perform in various cultural events in my school and when I was a teenager, I acted a lot of roles and I sometimes played the accordion on the stage.' Besides, she told us that her father was an accomplished artist too. Another teacher who agreed to talk with me was Mrs Joanna Wojdyła. She described the atmosphere at the rehearsals as great fun. She told that there appeared situations which were very comical. She still emphasized that it was a cool occasion to strengthen bonds between the teachers. Smiling, she mentioned that everybody did their best to act their part very well in the annual performance. However, she said, 'It is time for seriousness and concentration but there is also much euphoria and fun because we have a good laugh of scenes which have fallen through.' The same opinion was expressed by Mrs Katarzyna Pierzchała who teaches social studies in our school. Like Mrs Bojanowska who is a Polish teacher, Mrs Pierzchała is a director, set designer, costume designer and a stage manager of the theatre group at our school

To sum up the performances are a great undertaking for both the students and the teachers who put on them. They have to learn how to portray characters in a comic way, which is not easy. Besides, they have to attract our attention and first of all entertain us i.e. the audience. Our teachers have more and more ideas and they are planning to perform a next play in the next school year. I hope that it will be also a great cultural event in our school. If you are interested in it and you want to express your opinion, email to us.

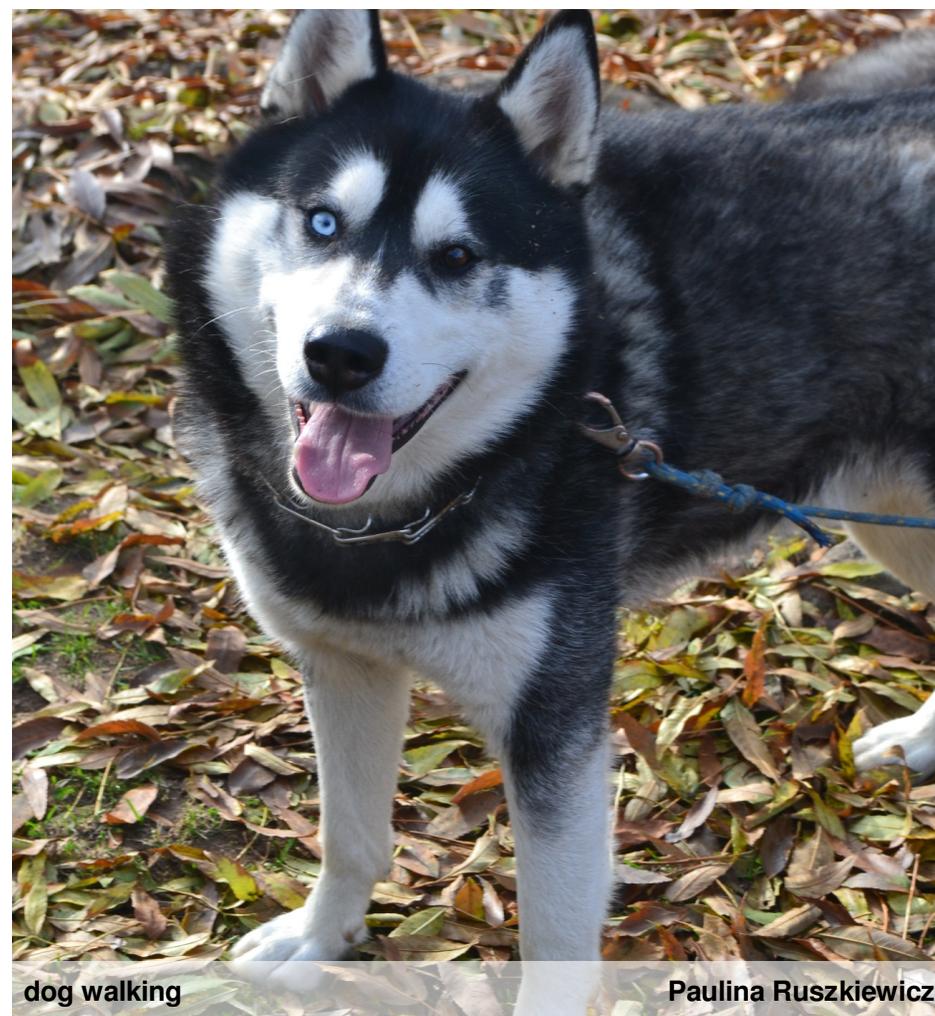
INSPIRED BY AUTUMN

Of all the seasons, autumn offers the most to man and requires the least of him. ~Hal Borland

We sometimes experience boredom. Each of us is usually bored in autumn. Dull and cloudy autumnal days are the worst period of time during the year. These days are generally the same and therefore boring. The monotony of autumn makes us get bored. Everyone wonders how to face this feeling. I mean the state of being bored. Actually there are many ways to cope with this emotional state and I will suggest some of them.

TAKE A DOG FOR A WALK

The first way is dog walking. The trouble is there are people who have not got such pets, so this tip is only for those who have. You can walk with your dog for an hour or two, which will be a good exercise for you and your pet. Firstly it will help you to keep fit. You can burn some calories and speed up metabolism including losing weight. Secondly you can meet someone interesting, maybe your would-be girlfriend or boyfriend. Who knows?



dog walking

Paulina Ruskiewicz

READ A BOOK

The second way is reading books. This pastime is chosen by many young people. You can always find an interesting novel, make tea and then read the book. It is really beneficial and educational. You can increase your vocabulary and you will get some information. You can improve your memory and you can even feel like a real superhero. When you are reading a book, you can imagine that you are the main character. Thus you can experience great adventures while you are sitting in your comfortable armchair in your cosy room. I advise you to read the books written by Stephen King. Believe me! All the books written by him are worth reading.

LISTEN TO MUSIC

Listening to music is the third way of coping with boredom. It is advisable for you to listen to music when you have free time. Then, if you want to relax and contemplate a little, put your headphones on and chill out. I admit that music is the best option for me. Young people who listen to music a lot may take up playing a musical instrument. If you practise every day, who knows, you may become a musician of a famous band. In short, you can change boredom into something profitable.



pastime

Paulina Ruskiewicz

HAVE A BARBECUE

The summer has already ended and the winter is coming. Now we enjoy the most colourful but also melancholy season which is called autumn. Everyone knows that it is last chance to bask in the sunshine this year. I think that each of you had beautiful holidays which you can talk. Autumn is your last opportunity to give a barbecue party in your garden. Sizzling sausages, smell of the smoke from barbecue and warm atmosphere will definitely put you in a more relaxed mood. In winter you will reminisce about an amazing time you had. Do not miss that opportunity. Enjoy the last warm Sun's rays.

AUTUMN ON CAMERA

I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it. ~Lee Maynard



autumn in Rolnik

Anna Ciecieląg



autumn in Rolnik

Anna Ciecieląg



autumn in Rolnik

Anna Ciecieląg



autumn in Nysa

Anna Ciecieląg



autumn in Nysa

Anna Ciecieląg

World Cup Men's Volleyball Championship

World Cup Men's Volleyball Championship 2015 was held from 8 to 23 September, 2015 in Japan. It was a very important sports event in the world because it was the first chance for national volleyball teams to earn qualification for the Summer Olympics Games in Rio de Janeiro in 2016. Two best teams qualified for the Olympics.

Twelve teams participated in the tournament. The teams were divided into two groups of six teams each. The one group consisted of the national volleyball teams from Canada, USA, Japan, Italy, Australia and Japan whereas the teams from Argentina, Poland, Russia, Iran, Tunisia and Venezuela made another one. The games were played in the system which is called "everyone with everyone". It meant that each team played eleven matches. The team from USA won the World Cup and Italian one was the second. Consequently, these two teams have qualified for the Olympics.

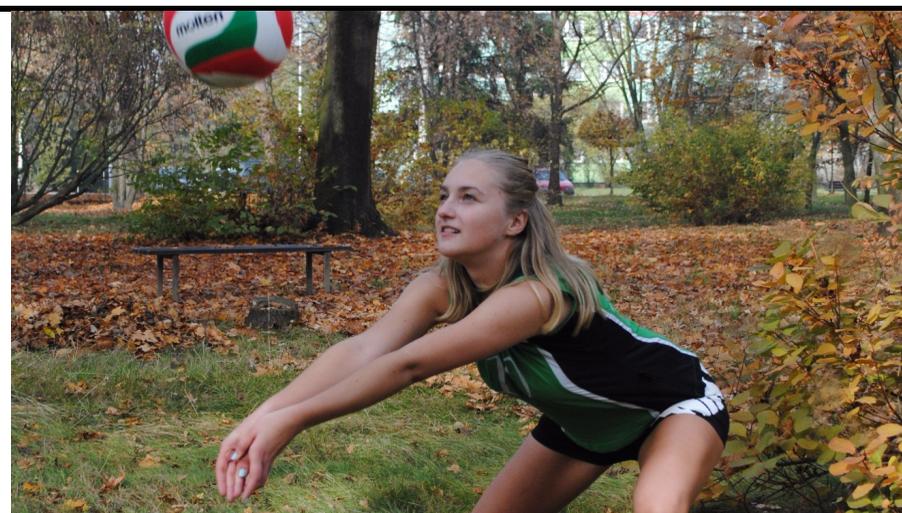
Polish National Volleyball Team lost only one match in the World Cup Men's Volleyball Championship in 2015. Consequently, the team took the third place in its group and it has not qualified for the Olympics Games. The fans of Polish National Volleyball Team as well as the team players must think that FIVB rules are unfair.

In other disciplines such as handball, basketball or even football qualifying competitions are still continuing. Unfortunately, those who thought up such rules have never taken account of the latest achievements. The team which has won 10 or 11 matches and it is the World's volleyball champion has not deserve for the Olympics. In my opinion, it is really unfair.



volleyball

Anna Ciecieląg



volleyball

Anna Ciecieląg



chocolate cake

perudelights.com

COOKING CORNER

RECIPE FOR CHOCOLATE CAKE

Ingredients:

- 175 grams of soft butter
- 1 ½ cups of sugar
- 3 teaspoons of vanilla extract
- 3 beaten eggs
- 1 ½ cups of flour
- 2 ¼ teaspoons of baking soda powder
- 3 tablespoons of cocoa
- 1 ¼ cups of milk

Preparation:

Preheat the oven to 180 C. Put the butter, sugar and vanilla extract in a bowl and pound until they are smooth. Constantly stirring gradually add the eggs. Sift flour into a separate container and add some baking soda and the cocoa. Add flour and milk alternately, pound all the time. Pour the resulting mixture into a square baking tin that has already been greased and lined with baking paper. Bake it for about 55 minutes. Leave the cake in the tin for 10 minutes. Decorate with whipped cream and fresh fruit. Bon appétit!