

School magazine



HOW TO HAVE A PRODUCTIVE DAY



1. Start your day with exercise and breakfast

A productive morning sets the tone for the whole day. Instead of hitting the snooze button, do some light stretches — it will wake up your brain. A good breakfast gives you energy. Without it, it's very hard to focus on your lessons.

2. Make a to-do list (and highlight the most important tasks)

Take a piece of paper or an app and write down everything you need to do. Then mark 2–3 most important tasks (for example, prepare for a test or learn a poem). Start with them, and do the small things later. This way you won't get distracted by little things first.



3. Break big tasks into small steps

"Learn a history chapter" sounds boring and long. But what if you break it down? Read one page → answer one question → retell a short part. When a task is split into tiny steps, it's easier to start, and your brain feels happy after each completed step.

4. Take short breaks (and no phone!)

Your brain cannot work for hours without rest. Try the "30 minutes of work / 5 minutes of rest" method. During the break, don't scroll through social media — your eyes need rest. Go to the balcony for two minutes, drink some water, do eye exercises, or just sit in silence.

5. Don't forget about sleep and a walk

The worst thing is studying until midnight. Lack of sleep ruins your memory and attention. If you feel tired, it's better to go to bed early than to torture yourself. And make sure to go outside for at least 30 minutes. Fresh air "reboots" your brain and helps you get things done faster.

«Believe you can and you're halfway there»

Theodore Roosevelt

Spring Fever: How We Celebrate



Spring Equinox Day

The Spring Equinox usually happens on March 20 or 21. On this day, day and night are almost equal in length. It marks the official beginning of spring in the Northern Hemisphere. After this day, the days become longer and the nights become shorter. Many ancient cultures celebrated this day as a symbol of rebirth, light, and new beginnings. Some people bake cookies shaped like birds, such as larks, to welcome the spring.

Петрова Валерия 5а



Easter

Easter is a major Christian holiday, also known as the Bright Resurrection of Christ. It is celebrated in spring and is associated with the Resurrection of Jesus Christ. Before Easter, people bake delicious Easter cakes, prepare a traditional dessert, and paint eggs — most often in red. According to tradition, on Easter Christians go to church and then gather around the festive table with their families. On this day, people greet each other with special words: "Christ is Risen!" and reply: "Truly He is Risen!". Easter brings warmth and hope into homes.

Казакова Мария 5а

International Women's Day

International Women's Day is celebrated on March 8. On this day, people congratulate their mothers, grandmothers, sisters, and teachers. Children give flowers, cards, and small gifts. Schools often hold concerts where students sing songs, recite poems, and dance. It is a day of spring, beauty, and kindness. Everyone tries to make women feel special and loved.

Титова Мария 5а

INGREDIENTS:

200 g carrots (about 2 medium)

2 eggs

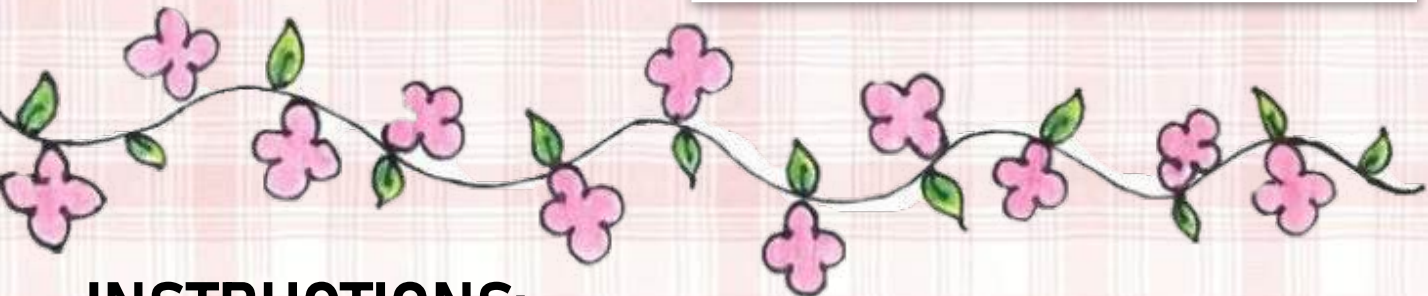
150 ml vegetable oil (about 2/3 cup)

200 g flour (about 1 cup)

5 tablespoons sugar

1 teaspoon baking powder

1 teaspoon cinnamon



INSTRUCTIONS:

1. Whisk the eggs with the sugar, add the oil, and mix.

2. Add the grated carrots and mix again.

3. Combine with the dry ingredients.

4. Optionally, you can add nuts or raisins.

Pour the batter into a baking pan and bake at 180°C (350°F) for about 40–45 minutes.

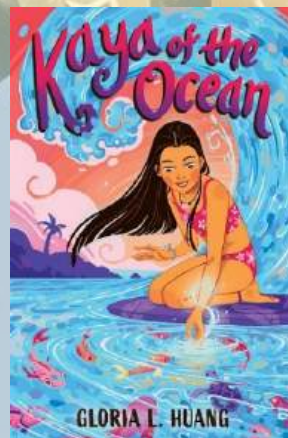
What to read in the spring?

A selection of atmospheric books

Kaya of the Ocean

Gloria L. Huang

Anxious thirteen-year-old Kaya has always been afraid of everything, but when she finds out that she is a descendant of the Chinese goddess of water, she will have to pull herself together to master her powers!



Spin the dawn

Elizabeth Lim

A masterful story about Maya, who disguises herself as a boy to become an imperial tailor. She has to complete an impossible task — to sew three magical dresses from the laughter of the sun, the tears of the moon and the blood of the stars. An inspiring story about a dream, talent and courage.

Montgomery Bonbon: Murder at the Museum

Alasdair Beckett-King

A funny and witty detective story. The girl Bonnie and her grandfather are investigating a crime — of course, under the guise of the famous detective Montgomery Bonbon! Perfect for those who like to laugh and solve riddles.



Spring Crossword Puzzle



Across:

1. A tiny thing from which a plant grows.
3. When it is not hot and not cold, it is just right
4. An animal that has wings, feathers, and sings songs in the morning

Down:

1. It is big, yellow, and stays in the sky to give us light and heat.
2. The color of the clear spring sky.
3. A small part on a tree branch that opens into a leaf or a flower.
4. It has a beautiful smell and grows in the garden.
5. The first month of spring when the snow starts to melt

Spring (short version)

Frost-locked all the winter,
Seeds, and roots, and stones of fruits,
What shall make their sap ascend
That they may put forth shoots?
Tips of tender green,
Leaf, or blade, or sheath;
Telling of the hidden life
That breaks forth underneath.

Blows the thaw-wind pleasantly,
Drips the soaking rain,
The waking sun looks down:
Young grass springs on the plain;
Young leaves clothe early trees;
Birds sing and pair again.

There is no time like Spring,
When life's alive in everything,
Before new nestlings sing,
Before the daisy grows a common flower,
Before the sun has power
To scorch the world in his noon hour.

Christina Rossetti

Cultural Corner

Spring has come. The sun is shining. The birds are singing. And I'm still sitting at my desk doing homework. Someone please tell spring to wait.

Spring is when you open the window and let the fresh air in... ..and then close it again because fresh air is too cold.

Why do birds fly south in winter? Because it's too far to walk! But in spring they fly back — probably because they forgot their phone chargers.

IDIOMS ABOUT SPRING

- ✓ Turn over a new leaf - начать с чистого листа
- ✓ Come rain or shine - при любой погоде
- ✓ As fresh as a daisy - свежий и бодрый
- ✓ A breath of fresh air - глоток свежего воздуха
- ✓ To be in bloom - быть в расцвете

5 beautiful words in English

Ephemeral- мимолетный
Solitude- уединение
Aurora- северное сияние
Petrichor- запах после дождя
Serendipity- счастливая случайность
Eternity- вечность

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