

THE REVIEW



THE VOICE OF ES
INTERNATIONAL SCHOOL
FALL 2020

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Welcome to the Review!

Welcome to the Fall 2020 edition of *The Review*!

**During these Turbulent times
caused by Covid 19, our team
has worked hard to provide
you with entertaining and
informative articles. We have
selected amazing articles for
everyone to enjoy reading.
We have also added photos
from this year and previous
years before COVID!**

Happy Reading!

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Muted football

By Javier Sánchez

Grade 12

Our lives have been altered due to the global pandemic that we are living. Now our life revolves around a virus which is killing millions of people. Our habits changed, and those little things that made us happy have completely disappeared.

07/12/2019

VS

30/06/2020



Javi Sánchez in action

During this world-wide issue many companies have had to close due to the low demand in recent months. A large part of the earnings of a country and where more money is invested is in sports, more specifically in football. During these last years the money that was involved in football increased significantly because of many advertising companies, television rights, match tickets, etc...

We have to be concerned with what we have, and what role football plays in our society, making hundreds of people happy and keeping their spirit alive.



Football is culture!

IS HORSE RIDING CONSIDERED A SPORT?



By Andrea Montoya & José Montoya, Grade 11 & Grade 12



INTRODUCTION TO HORSES

Most of the time, when we think of horse riding, we tend to relate to it as a simple activity that anyone can do. But we are wrong, as it is not as easy as it seems. Almost everyone thinks that it is not a sport, as the only exposure most people have about this equestrian sport is through television, magazines ...

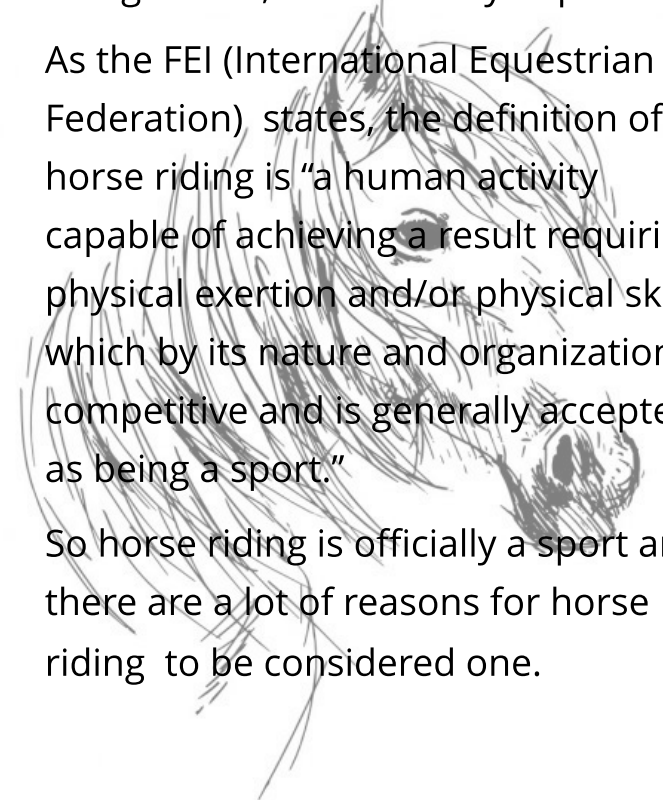
What this means is that the only side that is shown of horse riding as a sport is the one that professionals want to show and make it look effortless.

The other side of horse riding is the one that only riders see and undergo every single day, like hours of practice,

physical and mental strength, and also being skillful, which is very important.

As the FEI (International Equestrian Federation) states, the definition of horse riding is "a human activity capable of achieving a result requiring physical exertion and/or physical skill, which by its nature and organization, is competitive and is generally accepted as being a sport."

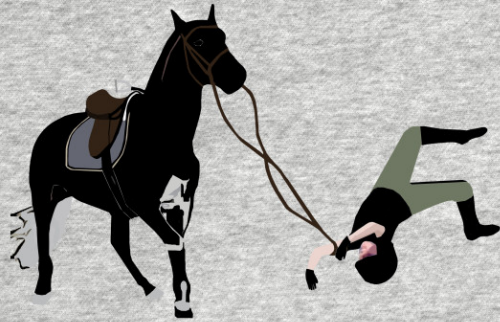
So horse riding is officially a sport and there are a lot of reasons for horse riding to be considered one.



WE DON'T JUST "SIT THERE"

This is the main reason that needs to be explained to a lot of people. Horse riding is not just "sitting there" as most people say. If riders just sat on the horse, the horse wouldn't go anywhere. The main skills that are needed to become a good horse rider are creating impulse and helping the horse to get a perfect balance, together with other main skills needed in this sport. So if riders just sat on the horse, as people say, the ride will fail.

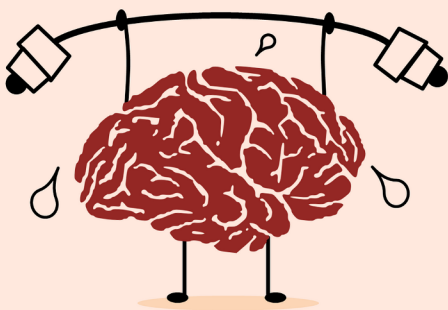
No, I Don't Just Sit There!



Sometimes I Fly,
UpSide Down

WE GET HURT AND TAKE RISKS

Every time we make the decision to ride a horse we are taking risks and may get hurt. Horse riding is a risky sport and injuries are very common. Riders are not aware that at any moment a horse can change its mentality and become a very dangerous animal, since they weigh a lot, have a lot of strength, and are much bigger than us. Due to these reasons, horse riding could be considered as being an extreme sport as riders take a lot of risks riding horses.



MENTAL AND PHYSICAL STRENGTH

Mental strength is very important due to the bond created with the horse, they are able to feel and know how you are feeling at every moment.

If you have a positive and open mind the horse will feel it and make it easier for you, but if you have a negative and stressed mind the horse is also going to feel it and the bond won't exist between the horse and the rider.

Physical strength is also very important as this sport requires strength, balance, agility, flexibility, and overall body awareness.



TEAMMATES



What we mean by teammates is the bond between the horse and the rider.

This bond is fundamental because when the bond between the horse and the rider does not exist, the horse may feel uncooperative and might not understand what the rider is asking them. Even though we don't speak the same language, riders have absolute trust in their partner, the horse.

Interviewing Water Polo Players

By Reid Thorson, Grade 10

Why would anyone want to learn about the water polo players at ASC? Personally, I think it would be a great learning experience for the people that live here because it is important to know more about the people you live near. Also as a community, it is important to know more about everyone so we can feel as close to a family as possible. Learning about someone is very important to grow bonds and friendships that could last a lifetime, and it can make everyone grow as a person and a player.



Interviewing Julian Montoya, Grade 11

When did you start playing water polo?

5th grade, 10 years old

Why did you come here?

To get better at water polo.

Do you have any regrets about coming now that you are here?

"I wish I would have worked out more.

How do you like it now that you are here?

"It's pretty cool, it's good to play water polo and be able to go out in Barcelona. The campus is cool and it's good to be away from home." What are your goals for this semester?

"Gain a lot of strength and muscle mass, and learn a lot playing with the local club team Sant Feliu."

What do you miss from your home?

"Not having a coach that is imposing on me. If there is a problem here it is a big issue, but back home it is more chill."

What was your first impression of the school?

"It was pretty chill, the teachers are chill and so are

the people."

What was your first impression of water polo here?

"Some of the Spanish guys are annoying. When we aren't swimming, the practices are good."

If you could change one thing about the school or water polo, what would it be?

"I would want the coaches to explain what we do every day in the gym and in water polo practice ahead of time for the week."

What is something you want to work on while here?

"I want to work on my ball control, shooting is a big part but ball control I need more work on"

What grades are you trying to achieve this semester?

"I want to get as close to all A's as possible."



Interviewing Zander Kaplan, Grade 10

When did you start playing water polo?

3 years ago, 12 years old

What motivated you to come?

"California is going up in flames and there is a better water polo program here."

Do you have any regrets about coming now that you are here?

"I wish that I had some of my mother's home-cooked meals."

How do you like it now that you are here?

"It is alright, but there are too many bugs."

What are your goals for this semester?

"To strategically learn how to be aggressive in the right moments of the game."

What do you miss from your home?

"I miss free water at restaurants and a sandwich called "Bay Cities."

What was your first impression of the school?

"It was pretty cool."

What was your first impression of water polo?

"Jesus Christ these guys shoot fast. The water is harder to swim in, and then some of the Spaniards

If you could change one thing about the school or water polo, what would it be?

"I wish we would focus more on water polo."

What is something you want to work on while here?

"To a stronger set player."

What grades are you trying to achieve this semester?

"At least all A's and one B."



Interviewing Anton Zamfir, Grade 12

When did you start playing water polo?

"Officially when I was 14"

What motivated you to come?

"The fact that I could finally combine academics with sports."

Do you have any regrets about coming now that you are here?

"Besides the fact that I had to leave a relationship, no."

How do you like it now that you are here?

"I like it a lot, and it improved me as a person."

What are your goals for this semester?

"Improve as a player and have fun."

What do you miss from your home?

"Friends, family, and lifestyle."

What was your first impression of the school?

"This feels a lot more like a family because it is a small school."

What was your first impression of water polo?

"It was tough, they play very differently here and I had to get used to it."

If you could change one thing about the school or water polo, what would it be?

"The schedule for school."

What is something you want to work on while here?

"Discipline and being more responsible."

What grades are you trying to achieve this semester?

"A 3.8 GPA overall."



3RD ATP CHALLENGER:

By **ASHLEY HUNTER &
HUGO SALMERON**

This year's Challenger was held during the week of October 5 – 11. However, no fans were in attendance this year as a result of the global pandemic. The total prize money for the tournament was €44,820 which was won by Carlos Alcaraz.



Carlos Alcaraz, our 2020 winner and ranked world no. 136 who won 4/6 6/2 6/1 against Damir Dzumhur.

Damir Dzumhur, who came runner up, moving up to world no.119



Salvatore Caruso, former 2019 winner, ranked world no. 76



Facundo Bagnis reached the quarter-finals and is ranked no.126.



Jaume Pla player at ASC, from Spain ranked world no. 562

This year there were no spectators; the environment seemed less enthusiastic compared to past years, as no one from campus or school was allowed to watch matches.



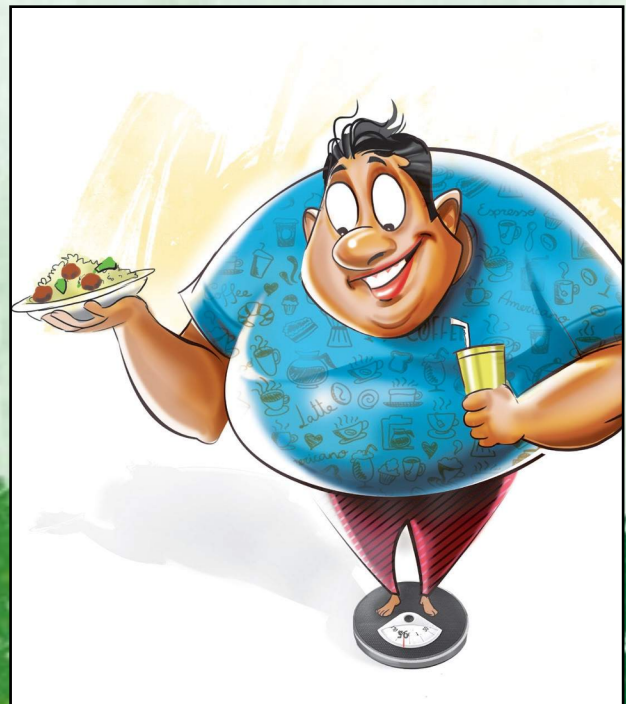
In the grand scheme of things, this tournament was a success. We are really looking forward to next year's Challenger tournament as the level of competition will be even higher and hopefully with spectators.

HEALTH & ENVIRONMENT

INTRODUCTION

Most individuals think changing our activities is all about determination and inspiration. Our environment makes an impact on our behavior.

Healthy eating is essential, especially for toddlers, because they need to grow so their brains can be more developed. If toddlers do not eat the right amount of nutrients, they can get iron deficiencies and obesity. It could be a significant problem for the toddlers, so parents must supply the children with the right nutrients. In general, they should have a balanced diet. Many children will have to go through cavities in their teeth if they do not consider having a healthy diet.



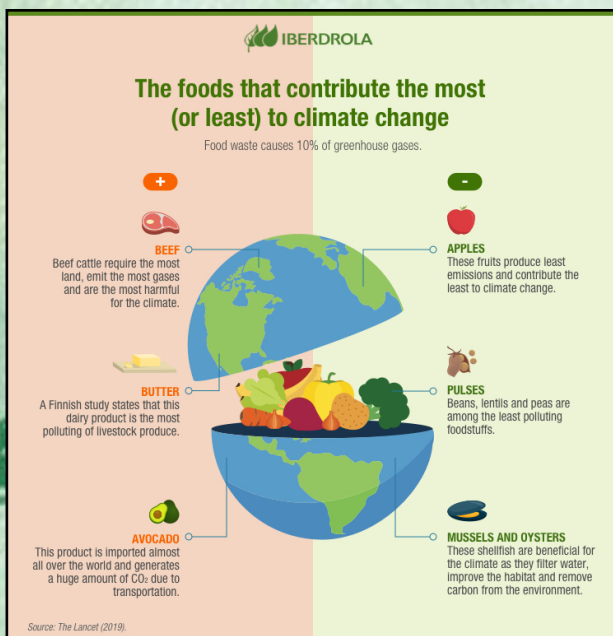
WAYS OF EATING BETTER

People gobble food because they do not have time, and they have other important things to do. It is not a healthy way to eat. Eating too quickly can cause people to have obesity. It can also cause burping, heartburn, constipation, and the body will not have enough energy. It will be a complicated job for the stomach to break down the food into pieces. It is also essential to concentrate while eating, which means no watching television, talking, and reading.



WHAT IS A GOOD ENVIRONMENT WHILST EATING?

A good environment when you are eating is when you are surrounded by quiet areas with not a lot of noise, which can help to improve the conditions of the way you are eating. The weather can also affect the environment, whether it's hot or cold. The best option or time to have your meal is when you are with your family or friends. At this time, you talk about positive things. It is important to avoid arguments because this can cause anxiety and stress.



FAMOUS DISHES YOU SHOULD KNOW IF YOU LIVE IN SPAIN

By Hugo Salmerón

Grade 12

Spain is a very famous country because of its food. Spain is a coast country next to the Mediterranean Sea; this helps in a way that they can have very good fish quality compared to other countries that do not have the sea around. Many different parts of Spain have different dishes which are delicious.

1. TORTILLA ESPAÑOLA

We start our list with the ultimate tapas bar classic, “la tortilla Española” or Spanish omelet as it’s known around the world. However, it’s not just a tapas treat. Tortilla can also be eaten as a main dish, a break time snack, or even in a sandwich, which is popular with kids. To create your own tortilla, you will need to slowly fry up onions and potatoes in olive oil before adding the egg. This will caramelize the onions and give your omelet that extra sweetness.



2. GAZPACHO

What better way to cool down during a hot Spanish summer day than with a cool bowl of gazpacho? Usually served as an appetizer, this chilled tomato soup packs a punch. To make it easier, blend up some fresh tomatoes, peppers, cucumbers, garlic, and herbs, and serve it with toasted bread for a low-calorie dish crammed full of vitamins. After eating cold tomato soup on a hot summer day in Spain you will be shocked!



3. PAELLA VALENCIANA

For many, this colorful rice dish epitomizes Spanish food. However, many Spanish people see paella as a Valencian dish, not a national dish. Traditional paellas often use chicken or rabbit, but many chefs will throw in some seafood to keep things fresh. Depending on your taste, you can opt for calamari, mussels, prawns, or even clams. If you are feeling particularly adventurous, you can try the black paella. This uses black rice stained with octopus or squid ink.



4. PAN TUMACA

Possibly the simplest Spanish dish of all, pan tumaca (or pan con tomate) is nothing but bread, olive oil, salt, and fresh tomato spread. This is the perfect breakfast, side dish, or afternoon snack, and can be found all over Spain—but it's especially famous in Catalonia. Sample it on a Barcelona food tour or make it yourself at home with this recipe. One bite and you'll never look back.

THE BENEFITS OF SLEEP

WHY IS SLEEPING IMPORTANT

The majority of the world needs to know how to eat right and exercise to be healthy. Why is sleeping important? Sleeping is essential, so our body can rest, and we are ready to do anything the following day. Obtaining enough sleep is vital to help a person maintain optimal health and well being. According to the National Sleep Foundation, "adequate Sleep for adults is between 7 and 9 hours a night, and athletes may benefit from as many as 10 hours. " Sleep is as important to athletes as consuming enough calories and nutrients.

LORENZO PATEL
GRADE 11

WHY IS HYGIENE IMPORTANT?

Good sleep hygiene the most significant step in self-care because it's better for your health and well-being. Many of us don't meet the recommended guidelines for sleep: seven to eight hours. Your power to perform high functioning tasks require your mind to be sharp. Good sleep hygiene is important for your ability to process information . Once you are tired, it's harder for your mind to focus and recall information.



LOWER RISK OF HEART ATTACK

People who do not exercise are much more likely to get coronary heart disease and die from it than folks who are lively. Without adequate sleep, your memory and focus are impacted. Good sleep can increase productivity and reduce stress. It can improve concentration and your mental state.

HOW TO GET A GOOD SLEEP

Engaging in a good evening and bedtime routine can help you get a good night sleep. Try a warm bath or shower to relax your body by raising your body's temperature and dropping it. It is the change of temperature that makes you feel tired and sleepy. Practicing relaxation techniques before bedtime, like meditation or quiet time, can help you go to sleep. You can also practice deep breathing techniques or visualize a soothing scene. Enjoy a cup of non-caffeinated tea and listen to some relaxing music.





Teams VS *Edmodo*



By Atomu Maruyama, Grade 11

Last school year, during the quarantine of COVID-19, ESIS changed the online education platform to Microsoft Teams. Before the quarantine started, our school had an education platform called Edmodo. In this article, I'm going to compare and see which one is actually better.

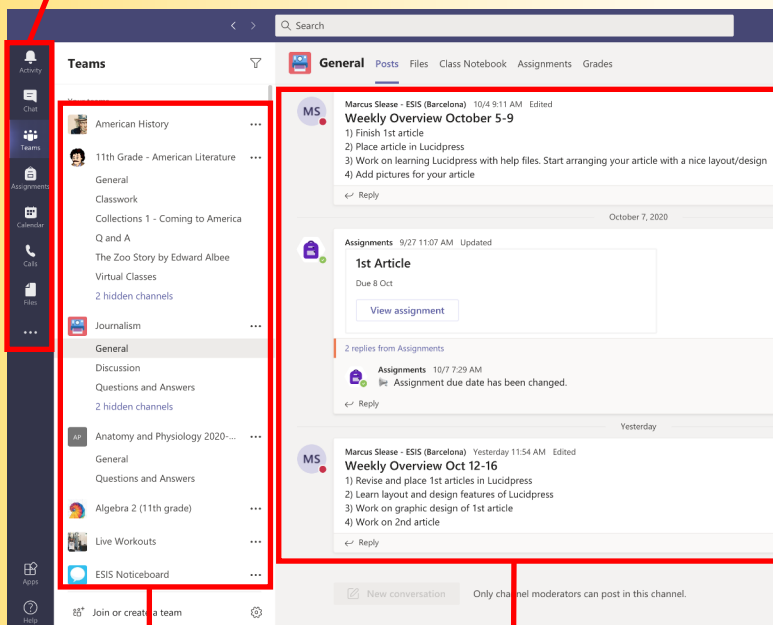
What is an 'Education Platform'?

It is a website or an app that can be used to communicate with your teachers and your classmates, hand in assignments, or get notifications from your school.

Let's see some advantages and disadvantages of each

Tools (from top: Activity, Chat, Teams, Assignment, Calendar, Calls, Files, Others)

Teams' home screen



Teams

Positives +

- + There is a video call tool
- + Easy access to chats
- + Fun animation when you turn an assignment in
- + Easy to use if you are Microsoft Words, PowerPoint, Excel, or other Microsoft apps user
- + React with Emojis

Negatives -

- Poor connection sometimes
- Hard to check assignment (they solved this problem in the recent update. It is better now)
- Microsoft problems... (For example, freezes when open the app)

List of classes

Posts in the class

Compare to *Google Classroom*

Google Classroom is also a popular education platform on internet. ESIS doesn't use it but let's review some features.

Positives +

- + Easy to login from Google account, user friendly
- + Easy to use if you like Gmail, Google Docs, Slides, or other Google apps more than Microsoft apps
- + Easy to identify the classes
- + Very few technical issues
- + Easy to check assignments
- + Having 'To-Do lists' with clear visuals
- + Easy to access from any type of device

Negatives -

- Uploading video takes longer time than other platform (but actually you can upload from YouTube so it's not really a big problem)

Edmodo

Positives +

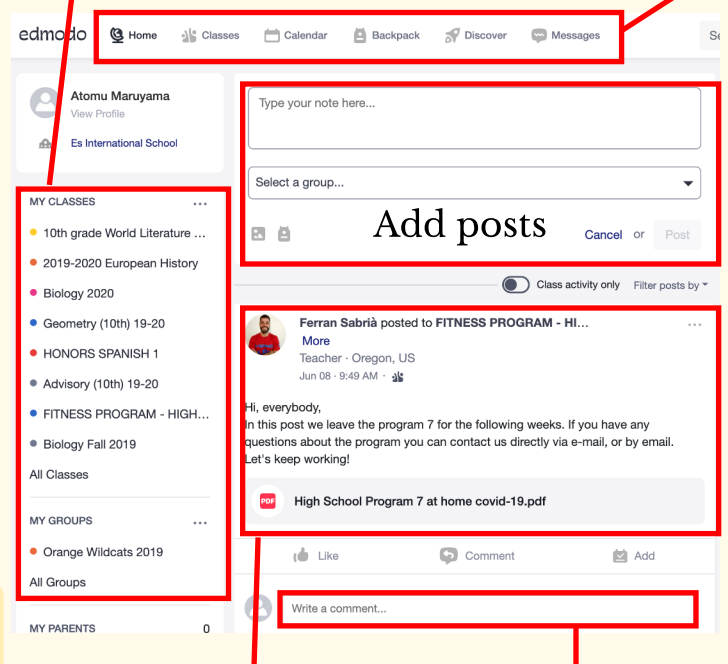
- + Easy to check posts (all the posts are shown in one place)
- + Clear visuals. We can identify classes easily by looking at the color shown next to each class
- + Easy to check the upcoming assignment
- + Simple and clear calendar

Negatives -

- No video calls
- Only the 'Like' button to react

List of classes and class colors
(Each class have its own color so it's easy to check classes visually)

Edmodo's home screen Tools




Posts from all classes

Comments

"When you look at Edmodo, the first thing you think of is 'wow, this is like Facebook, it's so easy and simple'"

— Mr.Collins

Next page: Teams vs Edmodo, from teachers' perspective →



The user of education platforms is not only students but also teachers. I interviewed three teachers in ESIS. Let's see some opinions from the teachers' perspective.

Mr. Slease

Literature teacher

Which platform is easier to use as a teacher, and why?

- I think **Edmodo** is easier to use, it's more user friendly in terms of where to find things. For example, folders and files, I think it's easier to use, and you can put more things in files. Also, Edmodo is more straightforward.

What were some difficulties that you had when the school changed Edmodo to Teams?

-Teams require a lot of resources, so when the WiFi isn't so good, it's more difficult and gets glitchy. Also,

Teams has good visuals but I think it gets slow for computers. On the other hand, Edmodo has problems sometimes but requires fewer resources.

Mr. Collins

Literature/ESOL teacher

Which platform is easier to use as a teacher, and why?

- To be honest, Edmodo was much more straightforward. Basically, it's like using social networks. I've been using Facebook for years and I think Edmodo is modeled in many ways on Facebook.

When you look at Edmodo, the first thing you think of is 'wow, this is like Facebook, it's so easy and simple'. Also, Edmodo is designed for teachers; whereas Teams was initially designed as an application to be used in businesses. Of course, there are elements in teams that would be nice to see in Edmodo as well. But, to answer the question, Edmodo is much more user friendly.

What were some difficulties that you had when the school changed Edmodo to Teams?

- We changed it when we were not in school (online classes). So, we didn't really have the support that we would've had if we were all in school. I don't blame anybody for that, it's nobody's fault, but it's the way it happened. Another thing was just getting used to it, and

having students all over the world, not being able to show them how to use Teams on a projector. There were some students who were struggling with how to use Edmodo in online classes, so trying to get them to use Teams at the same time was difficult.

My Opinion as a Student

I think Google Classroom is actually the best platform in terms of usability and capability. I've used this platform for 3 years at my last school and it was very simple and practical. I think the best thing about Google Classroom was that it has an easier access with other Google apps such as Docs, Slides, YouTube, Drive, Gmail, etc.



Teams vs *Edmodo*





Ms. Wynne

History/Politics teacher

Which platform is easier to use as a teacher, and why?

- Easily **Edmodo** because it was created for teachers. Edmodo was where teachers all around the world can connect with each other and share resources. Teams, on the other hand, was developed for the business world; it is a platform that you can share resources and exchange materials but wasn't built for teachers. It is a closed platform for us because it is just for our school and our students. So there isn't the influence of teachers and access to information from around the world. I think the interface is good as well; Edmodo is user friendly, it also has a higher capacity for the exchange of materials. For example, when you want to post work and it's 20 pages long, you can post it in Edmodo but Teams has limits.

Is there any way that Teams does better than Edmodo?

- I think Teams has more different functionalities than Edmodo, such as an organizational and administrative tool, which is not necessary for the teachers but for more administration of the school. You can also have access to a lot of Microsoft apps, but I found they have limited usability Edmodo has fewer tools in some ways, so I would say Teams has more possibilities but not practically. Also, I like the way you can integrate video meetings. That's obviously something that Teams does and Edmodo doesn't have. And I like the color, good feminist purple color.

What were some difficulties that you had when the school changed Edmodo to Teams?

- I'm one of the teachers that had been using Edmodo for longer, so I had built up a massive library of resources that I could share with my students through Edmodo. I also had connections with other teachers who shared resources and I was very used to using it. For example, I could post a newspaper article that I thought would be interesting for my students to read, keeping track of their progress, and having everything on one platform. So for me switching it to another one was hard and

Teams wasn't as user-friendly. It was switched during the pandemic and we were online, so everybody was stressed. A lot of students had problems with understanding how to use the new interface. Also, for resources for the AP classes, that I was teaching, students couldn't send me all the stuff they needed, and still can't actually. I had to set up Edmodo groups for my two AP classes, so they can submit the big amount of work because Teams has limited amounts of work that they can send.

The Podium

Teams vs Edmodo, it seems like we have a clear winner. Even though Microsoft Teams has more functions and tools, it is very important for education platform to be user-friendly for both, students and teachers. Also, Edmodo is designed specifically for schools while Teams is designed for business uses.

Congratulations *Edmodo!!!*



We miss you a lot.

Thank you for reading!

CLASSROOM LEARNING

FOCUS

- The focus is mainly on the teacher.
- He/she is the one that imparts the information, explains it and gives directions.
- Studying in a classroom is more about teaching than just learning.

V

COMMUNICATION

- The students have a more clear and direct communication with the teacher.
- The students can easily ask questions and understand the topic better.

LEADERSHIP

- The main leader of the class is the teacher, he/she knows what each student has been assigned to do.
- There are less individual distractions and the teacher has a clear "teacher role".

ANDREA MONTOYA
GRADE 12

ONLINE LEARNING

S

Focus

- A more independent way to stay focused.
- The focus is mainly on the student.
- Online learning is more about learning than just teaching.

COMMUNICATION

- Communication skills are asynchronous and less direct as there is no direct contact with the teacher.
- Less opportunities of one to one, student and teacher.

LEADERSHIP

- Less opportunities for the teacher to have absolute control over the class.
- She/he is not able to know what each student is doing during each class period.
- More possibilities to get distracted.

High School Trip By Akari Ichikawa grade 12

The 11th and 12th grade went to Cosmo Caixa for the school trip on Thursday, October 1st and 9th and 10th grade went on Tuesday 6th October. We had such a great experience of VR (Virtual Reality), films, and the science museum.

1. Symphony

The symphony is an immersive audiovisual virtual reality experience held at Caixa Forum in Barcelona. The viewer will be able to live and understand classical music as if they were in the orchestra.



11th grade

2. Virtual Reality

The virtual reality chairs spun around and it felt like we were part of the orchestra as well as the audience. There was classical music played by Beethoven.



Mr. Collins

3. Museum

We also went to Cosmo Caixa and there was the Science Museum, and Bosque which had a lot of information about DNA.

Bosque → meaning forest in Spanish



STUDENT IMPRESSIONS

Nina Klein (11th grade)

It was very fun, especially when we watched with the glasses on the VR. The Orchestra and Beethoven were amazing. We also went to the museum and I enjoyed seeing lots of species of fish.



Atomu Maruyama (11th grade)

Film and VR was my favorite part of this trip. The film showed us how sounds and noises in our life form music. These films and VR were very impressive, and I really liked them.

Radha Rads (10th grade)

I really enjoyed it, especially the concert. The video they made where it showed the 3 different instruments combined with street sounds and village sounds was really cool. We could have touched the devices in the museum, but it was still fun to walk around.

Where is this **PLACE** in our academy? Quiz

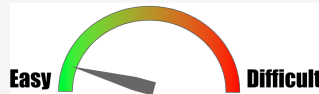
By Atomu(11th) & Akari (12th)

Hello Everyone! We will give you a challenge to show if you know where these places are in our Academy. Let's see how many questions you can answer correctly!

Answer in bottom left corner.



↓ 2



I never seen metallic palm trees before.



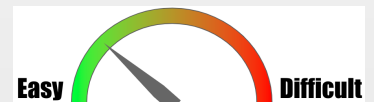
↑ 1



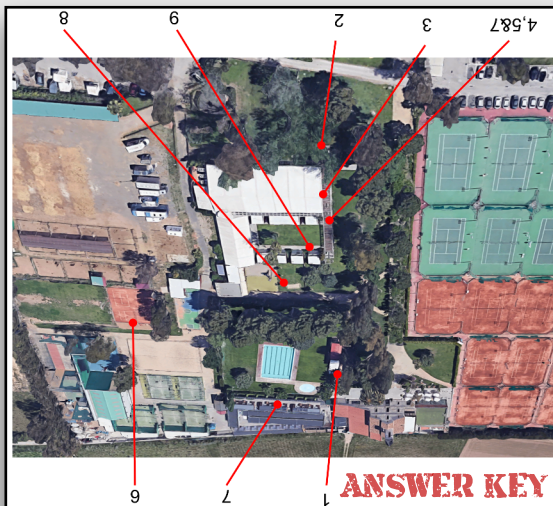
The first question!
Too easy, right?



↑ 3



It's a little difficult now. We can see a beautiful blue sky through the wood pillars.

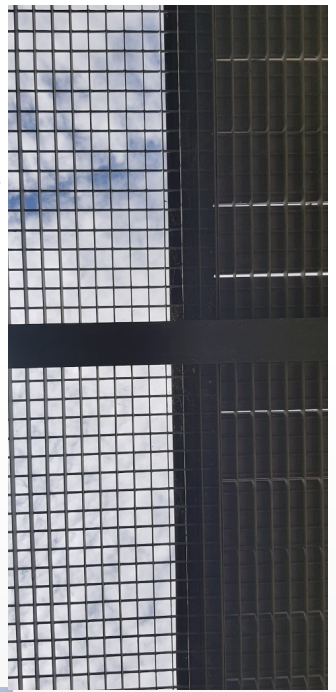




Illuminations
are hung
between trees.
I think many
people know
this place.



Wait... what is
this???



Is this place
even in our
academy?
Water reflects
the landscape
beautifully.



I know this
is a tennis
court but
which one
is it?



Car parking
but only for
toy cars.



Alright, I give
up.



Quarantine in the Academy

As you well know, we are living in a very difficult period. A pandemic has turned our lives upside down. But apparently not for everyone, especially for all the guys who have spent the quarantine locked in the academy.

By Isabel Nubile
grade 11



Adham Al Ramlawi (Dido), graduated 2020

"I would describe my time in lock-down as an eye-opening experience. In my case, I believe it was nothing less than perfect.

I played padel, tennis and hide and seek when we were allowed to do activities outside. When we weren't allowed out, I mainly just played video games.

One of the reasons I loved quarantine so much was because I got so much closer to all my friends and I formed tighter friendships that I'll forever be thankful for. There were only three coaches present during quarantine and I formed very good relations with all of them which I am very happy about.

I learned what hard work in the gym is thanks to Vova.

I'll forever cherish the afternoon gym sessions with Vova and the squad."



(Dido
&
Isabel)

Kael Shah, grade 11

"I would describe my experience at the academy during the lock-down as a new learning experience, as it was fun with the people living on campus due to the uncertainty of everything.

My relationship with the coaches and the rest of the people that were stuck there with me was incredible. We were like a family and helped each other if needed.

Some activities that we were doing during quarantine were: padel, soccer, ping pong, different games to keep us busy and also watching movies; things like that.

Something that I will never forget was the day that the helicopter came and we had to leave the balls and our bags on the court and run into a place where the helicopter couldn't see us. 20 minutes later, we heard that the police were at the academy and that we could not play tennis for 3 or 4 weeks after that."

Alessandra Ceccarelli, grade 11

If I had to describe my experience during lock down at the academy, in a simple word, it would be: **amazing**. I had so much fun; I grew so much as a person, I grew with a community, with the coaches, my friends, the supervisors. We all became like a family. We always supported each other. I improved my physical and mental strength a lot.

The coaches were so supportive. We were never bored for a second. We played games. We had talks. We trained super super hard. Everybody was there for each other. Everybody was laughing and having fun. Our relationship was a crazy close family of all different cultures, people, ages, just all together in the Academy.

During the lock-down the thing that I learned the most is that you don't know your true limit, that your mind stops you way before you can actually be stopped. I can thank Vova and Ireneo for pushing me and making me realize that when I think I should stop I haven't even started. For example, they made me do 40 laps around the volleyball and padel courts and ten by tens.

I'll never forget playing hide and seek with every single person in the academy. I'll never forget Vova's 40 minutes warm up in the morning of constant running. I'll never forget the 'quarantine girls' and all the fun that we had together in the residence. I'll never forget our addictions to yakisobas. I'll never forget playing mini tennis in the Carpa and running away from helicopters. I'll never forget turning the volleyball courts into our beach and I'll never forget how special it was to be part such of an amazing family."



(Rachel, Athena & Isabel)



(Quarantine Girls)

Aaron Lara, tennis coach

“My experience at the academy during the lock-down was really a long experience, can't lie, but also a satisfying experience at the end.

The relationship between the rest of the people was pretty difficult at the beginning because we didn't know each other, but we ended up being a little family where everyone was there for everyone.

From this event I learned to work as a manager in the maintenance of the courts, to be a physical trainer, to improve a lot on the tennis court and the relationship with the players, in addition to stringing rackets and saving the gym from a flood.

Something that I will never forget are the huge rains that, as I said before, flooded the entire gym. I will never forget that a group of basic strangers got so close as to end up being a family and the long walks from the bungalows to the restaurant or to the whole academy in general. For sure I will never forget living in a 20 square meters bungalow.”



(Alessandra & Aly's Birthday Party)



(Everyone wearing black clothes for hide & seek)

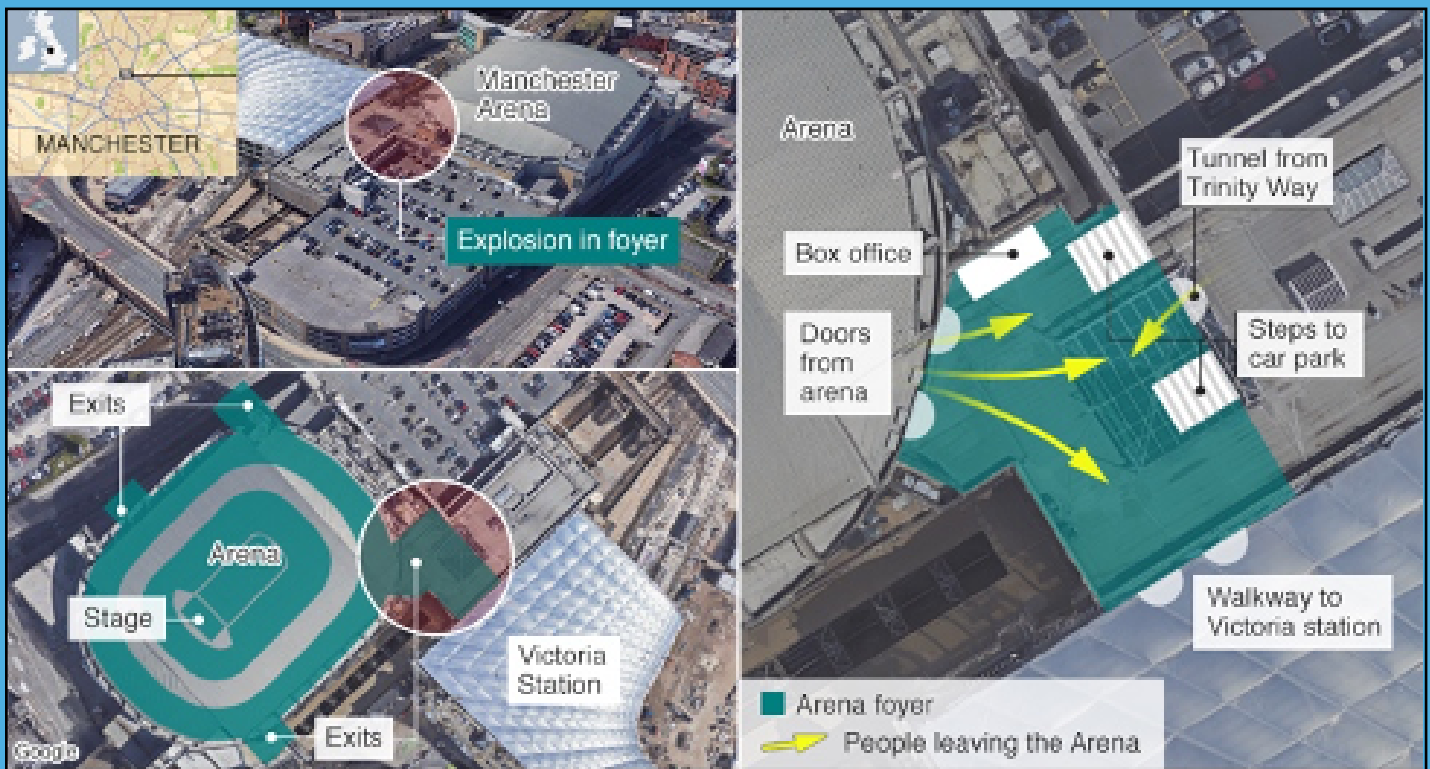


(Kael & Rafa ...pranked)

MANCHESTER ARENA BOMBING

By ASHLEY HUNTER
GRADE 10

On 22 May 2017, 22-year-old Salman Abedi detonated an improvised explosive device (IED) in the foyer of the Manchester Arena as crowds left a performance by singer Ariana Grande. The attack occurred just after 22:30 BST in which twenty-three people died, leaving 800 people wounded.



This shows how the arena was evacuated and the immediate effects of the bombing.



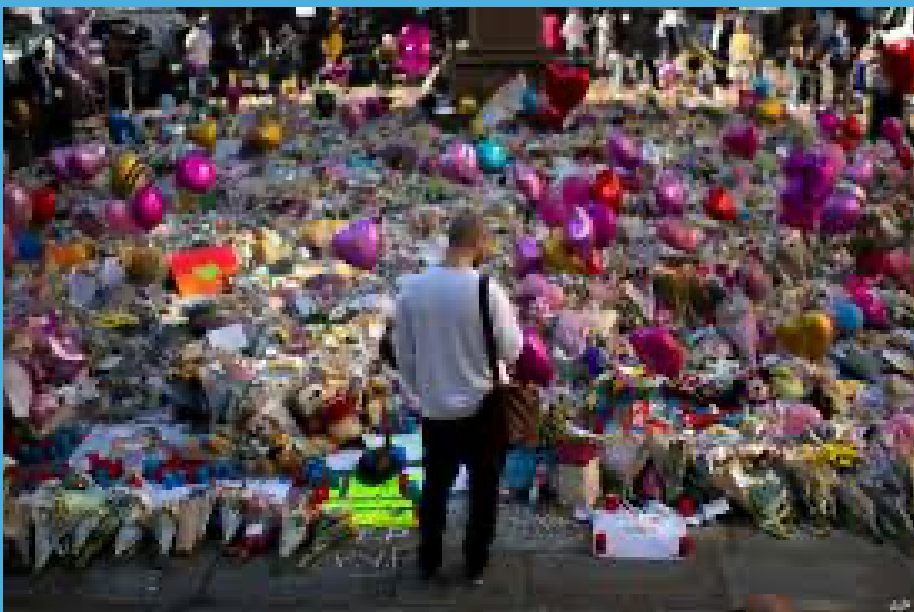
This is a COBRA meeting where important government officials meet only during a national or regional crisis.



The assailant was named as Salman Abedi, who was a 22-year-old man who had a Libyan background.



After the explosion, the arena was quickly evacuated. The police, fire and ambulance services instantly taking control of the situation.



The reactions poured in from all over the world, including many leaders and governments of countries.

THE POWER OF MUSIC

music

['mju:zɪk] **noun**

vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion.

without music, life would be a mistake.

Six most common genres of music are pop, funk, classical, techno, country, and rock.

ADVANTAGES

- Reduces stress
- Better memory
- Raises mood
- Helps to concentrate more

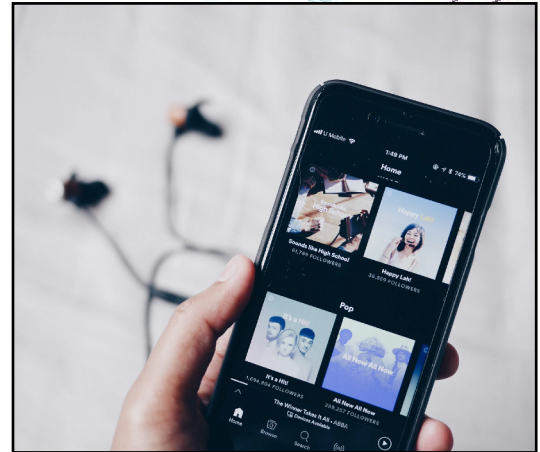
DISADVANTAGES

- Can cause hearing loss
- Making bad decisions
- Can disturb people around you
- It can be used to go against a social group

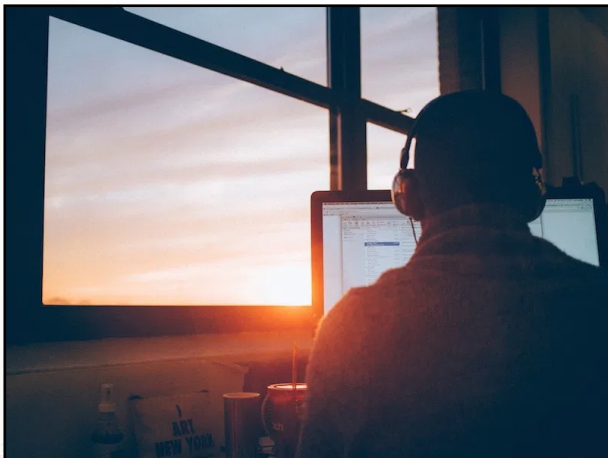
Should we listen to music while studying?

Music raises your mood, which is the key to studying better. Although it helps you study better, it can also distract you.

To avoid this, it is recommended to be away from those things that distract you, such as your phone. Also, I have to add that this varies depending on the person since as I said before, some people can raise their mood excessively and become distracted and forget about studying.



Does it help to concentrate more?



Several studies demonstrate that music helps to concentrate somehow, but not all types of music are helpful. This also varies depending on the person. Classical or chill music is recommended as it relaxes the mind and helps you to capture information in a faster and more efficient way.

Jose Montoya
GRADE 11

OUR NEW NORMALITY

#STAYATHOME

On March 15, 2020 the Spanish Government implemented a total lock-down throughout Spain.

Did the lock-down have only bad effects on us?

What are some positives of the lock-down?

15TH OF MARCH -- 21ST OF JUNE

Javier Sánchez
Grade 12

POSITIVES OF LOCK-DOWN

Isolated staff reported the feeling of depletion, separation from others, uneasiness when managing patients, sleep deprivation, helplessness, uncertainty, weakening work execution, and hesitance to work.

DISCOVERIES IN QUARANTINE:



Home made recipes:

Food journalists and home cooking specialists are adapting to the situation, offering home cooks assets and plans, responding to their inquiries, and making new spaces just to talk about cooking. Newspapers like the New York Times Cooking segment and Bon Appétit have been offering recipes that can be made with simple ingredients while individuals are remaining at home.

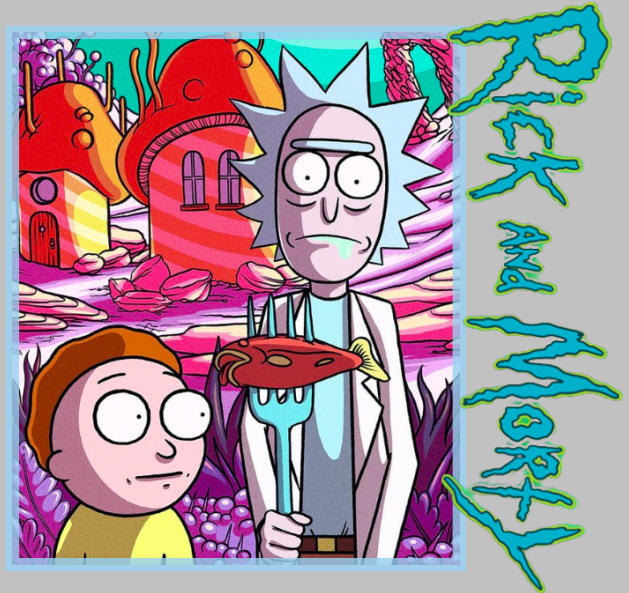
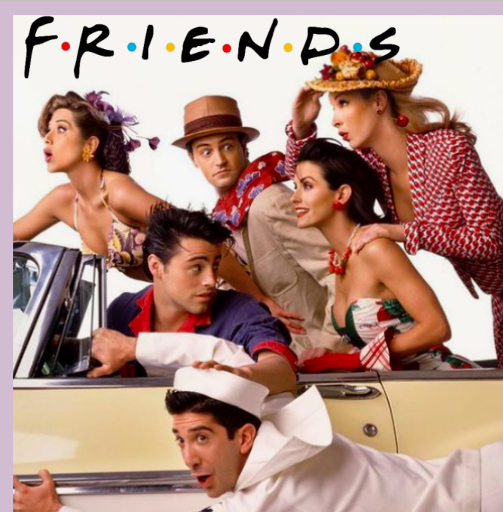
Groups-workouts:

Home wellness has been in our lives for quite a long time - and it's taken on another part since the Covid-19 pandemic shut rec centers far and wide. Regardless of whether it's a yoga class on Zoom or purchasing fitness equipment, a significant number of us are attempting to exercise at home.



TV SHOW

WHAT ARE THE MOST WATCHED TV SHOWS DURING THE LOCK-DOWN?



The Office



"THAT'S WHAT SHE SAID."



NETFLIX

Email
Isabel Nubile

Password
grade 11

TV SHOW



STRANGER THINGS

The **FRESH PRINCE** of Bel-Air

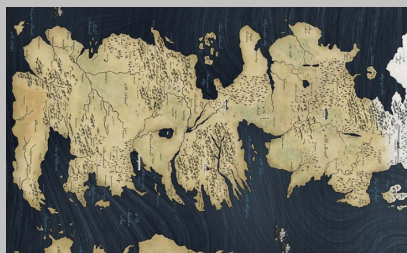


GAME OF



Luke's
Stars Hollow, Connecticut

Gilmore girls





*Some pictures taken from years before COVID