

# THE REVIEW

## SPRING 2020



# THE VOICE OF ES INTERNATIONAL SCHOOL

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# **Welcome to the Review!**

**Welcome to the Spring 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. Through  
our zoom calls, we have  
collaborated to provide a  
wide selection of amazing  
articles for everyone to read.**

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## **Happy Reading!**

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# WHAT SETS GREAT ATHLETES APART?

Julian Montoya  
Grade 10

Here at Academia Sanchez Casal, we take pride in our commitment to athletic success. We do our best not only to improve, but to distance ourselves from the competition, becoming unique, self-sufficient competitors in life and sport alike. When playing a sport at the highest level, athletes' physical attributes become nearly identical, leaving mental ones to be the largest area of differentiation. While we spend plenty of time on the practice field replicating the physical techniques used by the pros, why not take a look at the mental ones, which have just as much relevance on the court as off it.

## POSITIVE, OPPORTUNITY DRIVEN ATTITUDE

Challenges are essential and inevitable, but they alone don't create a champion, it's the attitude towards them that does. The elites find and embrace opportunity in everything that's thrown at them, giving them an incredible competitive advantage over those who don't even notice those opportunities, let alone capitalize on them. Champions focus on things they can control at the present moment. This prevents them from dwelling on the past, which they can't change, and fantasizing about the future which only depends on what they do now. They focus more on processes within their control than outcomes, which may only be in part. As a result of this focus, top athletes always have clear goals they're working towards, every single day bringing them one step closer to achieving them, no matter what hand they're dealt.

## EMOTIONAL CONTROL

Great athletes are incredibly emotionally invested in their sport and must choose to either use that to their advantage, or have it used against them. Emotional control allows champions to calm themselves down in certain high-pressure moments as well as energize themselves, teammates, and supporters in others.



## DILIGENCE

Another easy way to distinguish an elite athlete from an average one is their diligence. The best athletes eat, drink, and sleep their sport; it's an essential part of who they are. This makes slacking off not only damage who they are as an athlete, but also who they are as a person. They view every action as either moving them closer or further away from their goals. Elite athletes have a "never satisfied" attitude; whereas "almosts" often avoid truly pushing themselves. Good athletes wait until they feel motivated, while the best ones get things done no matter how they feel.

## SELF-CONFIDENCE

Athletes reach a certain point in their careers, where they realize that there is no space for second-guessing, or overthinking. The game must become second nature because a split second of hesitation can be the difference between a win and a loss. After thousands of hours of practice, elite athletes understand their abilities inside and out, ruling out all options but self-confidence. Practice is the time for questioning and refining gut instincts, competitions are the time for trusting them.

With the basic knowledge necessary to shift your mindset from that of a good athlete to a great one, you are left with a choice: be like the vast majority of people and disregard most, if not all of this information, or, do your best to cultivate a positive attitude, emotional control, diligence, and trust in your abilities. Avoid the pitfalls which prevent so many athletes like you from being anything more than just talented or don't, the choice is yours.

# Quick and Easy Foods and Drinks

Julien Voisey, Grade 12

There are many quick and easy foods and drinks to make that are very delicious. Some people may prefer homemade lemonade, brownies and many more comforting foods that relieve the stress we feel every day. What are your favorite foods and drinks that are easy to make? We spoke to 4 students in our school and asked them what foods or drinks they love.

## Celery Juice - Irene Agusti, Grade 12

Yes, celery juice. It's green, salty, healthy, and makes your look wonderful.

You make it by putting celery in a juicing machine and it's ready to go!



Irene loves to drink her delicious celery juice before a workout. It has a bit of sugar which helps her performance in the gym and the vitamins are very healthy for her.

"I drink it because it has a lot of antioxidants, vitamin K, C, B6, potassium and folate."

## A Ham and Cheese Sandwich - Alex Baum, Grade 12

A ham and cheese sandwich is an excellent light meal that is also not so expensive. The academy's ham and cheese sandwich costs 3.95 euros and it's delicious!



Alex -committed to Colorado College- quietly eats his bocadillo in class without getting caught. He says that the tomato sauce ruins the flavor of the bread so he puts mayonnaise in his sandwich.

## A Cup Of Tea - Julien Voisey, Grade 12

What's better than a cup of tea after a long and tiring day of work or school? It hot, delicious and it's a great way to relax. You can make a cuppa by simply pouring hot water in a mug with a tea bag in it. You can add milk or sugar to your tea if you want.



Students and teachers in the school prefer different types of tea. The most favorites teas here are the builders tea with no sugar, and a milky tea with sugar. We asked 12 students and teachers what tea they prefer more and the builders tea won by 3:1.



Julien loves a builder's Yorkshire tea. He has bought 2 packets of 50 golden Yorkshire tea bags with a buy 2 get one free deal at a Tesco Express for only 2 pounds.

## Pot Noodle - Pieter-Roux Olivier, Grade 10

Pot noodles is a great late night snack to eat. Although it is not the healthiest food to eat, there are a variety of flavors to choose from, which can make it very scrumptious.



Peter is sometimes too lazy to walk 30 meters to the buffet so he will make his own pot noodle in his room by pouring hot water in to the pot noodle and waiting 2-3 minutes until it's complete. He loves the seafood flavor as he says "the broth satisfies my taste buds."

# Barcelona Hotspots

Barcelona is a unique city in the northern part of Spain with architectural masterpieces and many attractions. We at ES International School are lucky, because on the weekends we can explore the city. Here are some of the best attractions in Barcelona:

## 1) La Sagrada Familia



Sagrada Familia is a Basilica, the largest in Barcelona, and it was designed by Gaudi, a famous Catalan architect. Construction began in 1882 and is estimated to finish in 2026.

## 2) Tibidabo



Tibidabo is a hill 512 meters above sea level. On the hill there is a church called The Temple del Sagrat Cor with amazing architecture and adjacent is the Tibidabo amusement park. The hill provides amazing views of Barcelona.



### 3) Camp Nou



Camp Nou is a major destination for football. It is home to one of the most successful teams in the world: Barcelona FC. Watching a game is like no other; the atmosphere is indescribable. In addition to watching a match, you can also take a tour of the Barcelona stadium.

### 4) La Rambla



La Rambla is 1.2 km road leading to Plaça Catalonia. It is a great place to shop and eat with amazing restaurants. At the bottom there is a Christopher Columbus Monument and a museum.

### 5) Portaventura



Portaventura is located in Tarragona, Catalonia. It is the biggest theme park in Spain consisting of: a main park, water park and Ferrari land. Portaventura has a lot of roller coasters for thrill seekers.

# **CHANGES THE ACADEMY HAS MADE**

**KAEL SHAH— GRADE 10**

**Over the years the academy has made a number of changes for the benefit of the student athletes. These changes have made the student athletes happier as they feel more comfortable, safe and secure. Here's a list of some significant changes the academy has made:**

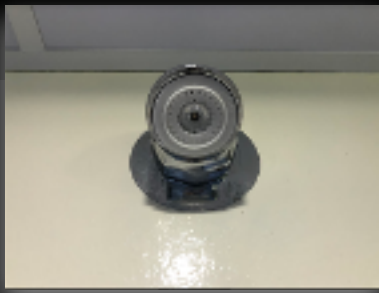
## **The Common Room**

The common room is a space on campus for students to relax which is exclusive to students. Most people that have free time go there to hang out and relax. There are a number of things in the common room such as: a flat screen t.v., sofas, bean bags, board games, three small computers and a place where you can plug in your console (X-box or ps4). People go there as it gives a chance for boys and girls to mix throughout the day.



## Showers

The academy changed most of the showers and are in the process of changing the others. They replaced the shower heads, painted the shower room and changed the functioning of the shower in order to fix the hot and cold water.



## Newly Painted Australian Open Courts

Last September, Greenset painted around 6 hard courts. Three courts were painted blue and are the same surface as the courts in The Australian Open. The other three courts were repainted green as the color was fading. These newly painted courts could help players that prefer a slower surface while the unpainted courts are for athletes who prefer faster surfaces. Recently, they also painted another court dark blue.



## Gym

The gym has slowly been developing over the years as new machines have been added for the benefit of the student athletes. Last summer, the structure was completely changed by Techno-gym, as they added new machines, equipment and upgraded old equipment. Now the gym has a larger variety of machines.





# EVALUATING THE CAFETERIA

Julian Montoya

Grade 10

Each month we spend dozens of hours in our cafeteria. Not only that, but our diet plays a huge role in both how well we live and for how long. It's also one of the keys to athletic success. The academy knows this, and on the website they promise "customized dietary care for each student-athlete", "adjust[ing] the diet to each stage of training, competition, and recovery.", allowing "all players [to] develop properly in this important area of competitive athletics". With so much at stake, from hours of our days to our athletic performance and overall health, it would be irresponsible not to at least evaluate such a promise. And how better than a survey?

## BREAKFAST

The vast majority of people, (4 out of every five we surveyed), enjoy breakfast overall !

## SUGGESTIONS

- Slight tweaks to the current system:
  - cold milk, changing up the eggs
- More variety
  - Changing up the main dishes more often, Including more cereal, oat, & juice options.



As one student put it, "The breakfast should include more variations of healthy food, such as fresh fruit, more variety of cereals and oats, maybe freshly squeezed orange juice, as this is very suitable for a tennis player's diet. The breakfast now is fine, but if those little things could be added, it would be even better."





## LUNCH/DINNER

People felt a little bit differently about lunch and dinner. One thing's for sure though, appreciation for our incredible staff couldn't be higher. Also, several meals were mentioned that set the bar high, which, if met more consistently, would be a world of change. Taste seemed to be the largest area of improvement, which makes sense knowing the cafeteria's priority of healthiness. Though students also believe that more nutritional options, like vegetarian ones, would help.

## SUGGESTIONS

- More healthy & tasty sides like roasted nuts or chickpeas
- More hummus & other healthy spreads like nut butters, or guacamole that can then be enjoyed with vegetables, ex. carrots, celery, bell peppers, or cucumbers.
- Healthy drink options like fat free milk, milk substitutes, fruit beverages
- Entree ideas: Lean meat or vegetarian chili, more flavors of the skinless chicken breast, and cutting back on fried, breaded, & cheesy options currently served.
- Scheduling: Some believe lunch should be longer, given how important it is, or at the very least something should be done to reduce the wait time in line. The most common suggestion is to stagger release times to make the wait times fair, yet short enough to deal with.

Though the goal of this activity was to find opportunities to improve our cafeteria, certain beloved qualities never failed to shine through. These include the staff's great spirit, the importance of nutrition, and the atmosphere as a whole, which one student described as "a good place to relax and study". All of which combine to create the most sensible cafeteria experience I've ever had, putting the unhealthy, tacky, and run-down cafeterias in the U.S. to shame. That said, we still think it can be even better. That includes changing certain elements mentioned earlier to improve the quality and consistency of meals, add to the variety of healthy options, and improve the scheduling. With no doubt in our minds that our receptive culinary staff and administration will take these concerns into account while continuing to excel in the areas that they already do, we know there's a lot to look forward to for those of us returning to our beloved cafeteria next year.

# SITGES

BY: NICOLAS SERRET 12TH



Sitges is a wonderful place to visit and live. It has a beautiful coast line and a great mountain range to go hiking or mountain biking. Sitges is a very touristy place during summer and during its popular festivals. However, Sitges in itself is a very homely place. It has a great life style.



# The best time to visit Sitges

The biggest festival by far in Sitges is Carnaval. It's also one of the best times to visit Sitges. Carnaval is a celebration of a man and a woman who get crowned and then go around Sitges on floats with loud music, confetti and a general party atmosphere.

The whole town participates with the newly crowned king and queen. There are over 20 floats that play different music with people dancing. They go through the whole town 2 times a day for 4 days. The first time is at 12 o'clock in the morning, and that's when all the little kids participate on their floats by throwing confetti and dancing, which is a lot of fun, but I prefer the second time the floats go out, because its from 7:30 to 12:30 at night, and afterwards, when the floats are finished, the parties continue into the night

As I mentioned before, there are 4 days of carnaval. The first day is the coronation, the second day is the party, then we get a day off in between. The final day is called the burial; its the day the king and queen die and people walk through town with black clothing and hold crosses and pray.





# PRIVACY

BY KAEI SHAH  
GRADE 10

Privacy should be important to everyone as we don't want our personal information accessible to anyone at any time. Privacy is a state in which one is not observed or disturbed by other people. In this article I will list ways in which our privacy is being taken away by governments/ large corporations, how you can prevent your privacy from being taken away, and how technology affects our privacy.



## How people's privacy is being taken away?

One of the main reasons our privacy is being taken away is due to the government. The government has access to most of our personal information and in some countries can track what people are doing on their phones/ online. Privacy from the government enables us to create boundaries and protect ourselves from unwanted interference in our lives.

When we use public WiFi, our privacy can also be tracked. If you do not use a VPN, the owner of the network is able to trace what you're doing and can use the information they have to find out more.





## How can you prevent your privacy from being taken away?

- When you are on a public WiFi the best solution is to use a VPN (Virtual Private Network). While using a VPN you can prevent companies from tracking your online browsing habits.
- You could also turn on private browsing so that anyone with physical access to your computer can not see what you are doing online
- Pay with cash, because, according to Business Insider, credit card companies are selling your purchase data to advertisers.
- Lie when setting up password security questions for websites you don't use too much.



## How technology affects our privacy?

Recent advances in technology have reduced the control people have with their personal information. People are becoming more conservative about revealing their personal data, and technology could open up a range of negative consequences. A study done by Cambridge Analytica in 2018 has demonstrated that worries of negative consequences are real. Technology can invade our privacy by gaining access to your phone's microphone, camera roll, or other important apps on your devices.



# The Residence

Julien Voisey,  
Grade 12

The Residence is the girl's dorms. With currently around ".." boarders, they live in either single or double rooms. There is also a room with 2 bunk beds in case access players come to visit.

The Residence  
Halls



Alessandra's warm welcome  
to her room during revision  
week:

## The Cleanest Room:



Iva Jovanova, Grade 8

## The Messiest Room:



Isabel Nubile + Alessandra  
Ceccarelli, grade 10

**\*Athena trying too hard when she is actually drawing random circles on her history notebook she uses for Ms Wynne's class.**



## **The Residence's Ghost**

Once upon a time, many years ago, during the Spring Break of 2019, there was a ghost called Jerry that roamed the residence. The cleaners cleaned Karina's room on the first day of spring break whilst she was away. No one entered until Karina came back a week later.

She entered her room to find her shoe cabinet fallen on the floor, the window open, a room tile broken and dirty shoe prints on her bed. The academy checked the outside and hall cameras and nobody entered her room. The workers soon checked her ceiling to fix the tile and they found magazines from 2003. The girls haven't heard from Jerry since then, but will they soon?









# La Sagrada Familia school trip

In this turbulent time, when we are confined to our houses and only allowed out for a few hours, we like to remember when we could go outside and there was no time limit, such as when grade 9-10 and grade 11-12 went to Sagrada Familia.

The trip was extremely factual and we learned a lot about Sagrada Familia. We had a personal tour of the cathedral where we marveled at the magnificent structure and had a guide. The guide talked to us about various things, such as who created the cathedral, as well as the window panes (stained glass). She also told us about Gaudi and that he died by getting run over by a tram. When the pope came to Barcelona he came to the Sagrada Familia. They only use the money that people donate to the foundation to work on the construction of the building, rather than using the money from admissions. After the tour, we had lunch at Five Guys.

The tour was extremely factual and is a very good opportunity for students of the school to be engrossed with the culture of Barcelona and the catholic religion, allowing students to be tolerant of other people's beliefs and cultures through knowledge and information.

# Fight against misinformation

By Nikola,Mijanovic Grade 12



The construction and spread of fake news has roots in ancient history; propaganda in that way was always used to influence and control the masses. It is important to learn how to detect and fight against these "social viruses". Today more than ever there is fake information that can harm you .

## Some Ways to Detect Fake News:

### Check the source:

Check who published the source. Are they reliable?  
What is their purpose?

### Read beyond:

Sometimes headlines are outrageous just to lure, but sometimes its just satire and none of it is serious.

### Check the date:

Sometimes certain websites re-post old news just to get attention or create a reaction.

### Think about your perspective:

Sometimes your beliefs and thoughts can cloud your judgment and can make you ignore important facts.

### Consult the experts!

If you just can't get your head around it or are unsure, ask your teacher or someone qualified to help you! It is important to check what you read before you spread!

# Interesting Hobbies for Confinement and Beyond

By Nikola Mijanovic. Grade 12

## Baking

Baking is a simple hobby. All you need is some water, flour, yeast and maybe some butter and milk and you're set! Impress your family or your friends and improve your baking skills!



## Reading

Reading is always a good option, be it a bad day, or even a good day, there is always an excellent book available for you! Also there is a huge variety to choose from and you will love something!

## Meditation!

Sometimes we get stressed and we need to relax. What better way to relax then meditation. Whether meditating at home, or somewhere else, it is one of the best ways to clear your mind!





# AMERICAN POLITICS

**By: Mark Lurlund**

**Grade: 11**

While Trump is coming to the end of his 4-year term, many people are not sure if Trump will be elected again or if Joe Biden may become the new president.

The purpose of this article is to provide information, rather than try to persuade you towards favoring one candidate over another.

Let's start with Trump's beliefs and what he wants to do to change the United States. Trump's vision is mainly focused on the national economy. He passes laws that lower taxes for people, but at the same time he is not willing to have a universal health plan for people that cannot afford basic medical care. He doesn't want a national health plan because it will raise taxes for the rich and middle class, which then may cause the economy to crash. He wants everyone to have a health care plan of their choice, rather than one health care plan that the government chooses for all the people.





Also, Trump is focused on getting all illegal immigrants out of the United States and securing the U.S. border so people cannot enter America illegally. Another important thing Trump is determined to do is to create new jobs for people, but it doesn't matter what job. For example, Trumps creates jobs by adding fracking to states, as well as coal mining. These policies are often favored by right-winged people.

In contrast to Trump, Biden wants to focus on completely different things. One thing he is determined to do is to eliminate capital punishment on the federal level. Also, he wants to create a health plan that can provide families with health care that cannot afford it. He also wants to raise taxes for the rich so people who are less fortunate can get money for health care and schooling. In addition, Biden wants to ban all automatic and semi-automatic rifles. If he is unable to ban them, he will make it harder to acquire guns of this caliber.

Overall, both sides are very different, but it is up to you to decide who you feel represents you the most to be the president of the United States.

# HISTORY OF PASSPORTS

By Ferran Fuentes

Grade 12

When traveling from country to country, in most cases you need a passport. This is so the nation you are trying to enter will know all your information in order to let you in.

There's not a specific year when people started using passports. The Roman Empire was one of the first times where you needed permission to leave the country, showing this permission to the other country saying they were there with the backing of the Roman government.

This documents contained:

- A description of the person
- Who issued it
- Where they issued it

There wasn't any type of verification.

This method of identification became more famous over time, with almost all of Europe using it.







The term passport started to appear in the mid 16th century. France gave a passport to the people wishing to leave the country, and it was verified with the signature of the king. Even though they were not necessary to travel at this point, they were only given to people with a higher rank, or those going on important business.

It wasn't until the mid 19th century that passports started working as we now know them. Britain started this after the death of Napoleon the third. So Britain changed the passport to a type of identification, instead of only being a travel authorization.

However, the passport as a type of identification wasn't implemented across Europe until the refugee crisis after WWI. All of the problems Europe was going through forced people to emigrate all over Europe. As a result, In 1921, European countries formulated a new system for passports in order to protect their own borders, leading to the passports as we know them nowadays.

# 10 BEST SELLING ALBUMS OF 2020 (So Far)

By: NICOLAS SERRET, GRADE 12

**1. DIVINELY UNINSPIRED  
TO A HELLISH EXTENT.  
BY: LEWIS CAPALDI**



**2. HEAVY IS THE HEAD.  
By: STORMZY**

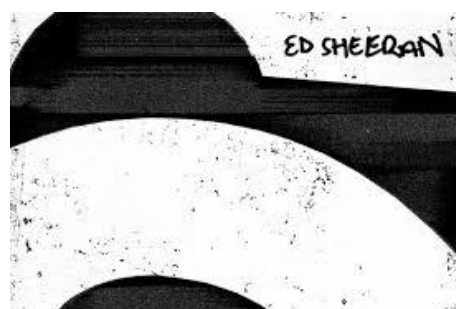
**3. MUSIC TO BE  
MURDERED BY.  
BY: EMINEM**



**4. WHEN WE ALL FALL  
ASLEEP WHERE DO WE GO.  
BY: BILLIE EILISH**



**5. NO 6  
COLLABORATIONS  
PROJECT.  
BY: ED SHEERAN**





## 6. FINE LINE. By: HARRY STYLES

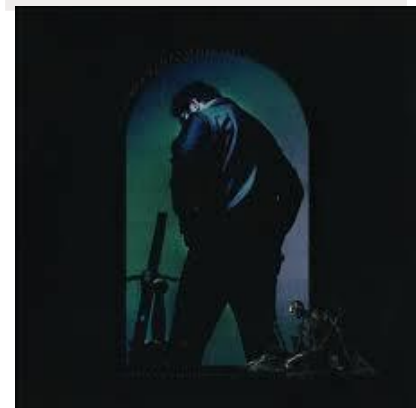


## 7. BIG CONSPIRACY. By: J HUS

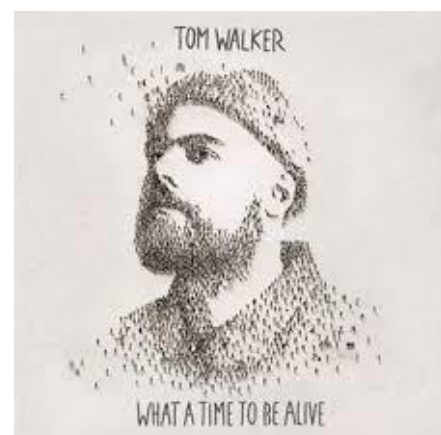
## 8. MAP OF THE SOUL – 7. By: BTS



## 9. HOLLYWOOD'S BLEEDING. By: POST MALONE



## 10. WHAT A TIME TO BE ALIVE By: TOM WALKER





# Prevention Of Covid-19

ESIS INTERNATIONAL

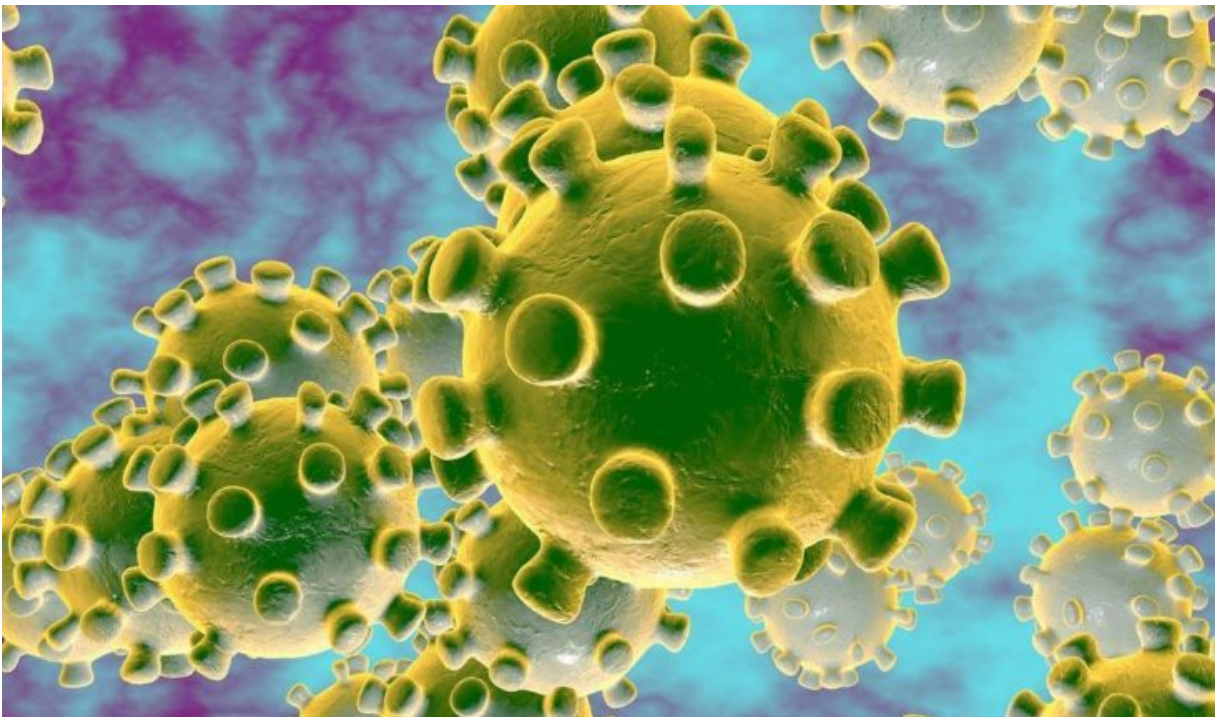
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MARCH 5, 2020

By MARK LAURLUND, Grade 11

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The coronavirus has surged to about 94,000 cases in the world as of March 5, 2020. Each day the number of people infected only goes up, and currently the death toll in the United States is around 3,000 deaths as of March 5, 2020. The disease was first noticed in Wuhan, China, when people were getting sick and didn't know from what. Soon word got around that the virus was spreading tremendously fast throughout China. This virus is like a common flu, however the flu only has a 2% death rate before the vaccine. The current estimate is that coronavirus has a 3.4% death rate. This is scary because there still is no vaccine. Many researchers are looking for a vaccine for this disease so they can stop it in its tracks.

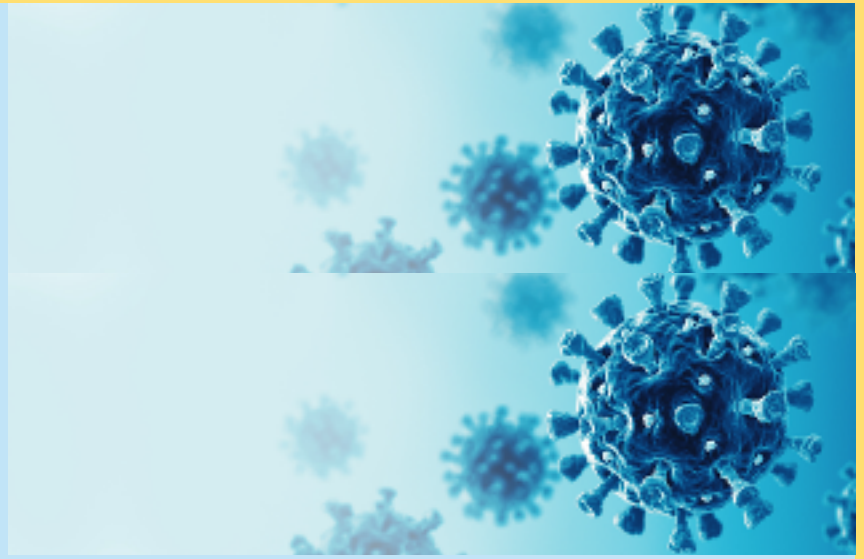


However, since most of the people reading this are not scientists, I cannot explain how to make the vaccine to cure this virus. However, I can explain the most effective ways to avoid this rapidly spreading virus that is getting stronger day by day. That's great news so we can control this virus as much as possible. The very first thing you should do to increase your safety from this virus is to WASH YOUR HANDS. Washing your hands kills over 95% of bacteria on your hands. Just by doing this decreases the chances of you spreading and getting this virus. The next step anyone can do to decrease your chances of getting this virus is to buy a face mask, not just any face mask though. Face masks that just have a seal over your nose and mouth does not prevent you from getting the virus. You need a face mask with a vent on it that is able to filter the air before you breath in bad bacteria. Not only does this help you, but it also helps others so you can't spread any viruses you might have. You might look a little weird, but just know that the person who is laughing could be breathing in the coronavirus as you speak. These are just some simple ways to prevent getting the coronavirus. Remember though, just because you do all of these doesn't mean you are immune to this virus. BE SAFE, but also have fun and still live life to your fullest, even if you have the coronavirus.



**By: Dunara Senadheera**

**Grade 9**



# CORONAVIRUS

A TRENDY TOPIC THAT EVERYONE IS TALKING ABOUT IN THEIR DAILY CONVERSATIONS IS THE CORONAVIRUS, OR COVID-19. A FAST SPREADING, DEADLY DISEASE WHICH ORIGINATED IN WUHAN, CHINA. THERE ARE REPORTS OF CORONAVIRUS IN ALMOST EVERY COUNTRY, INCLUDING THE UNITED STATES. THIS ARTICLE HIGHLIGHTS FACTS ABOUT THE VIRUS, SYMPTOMS & COMPLICATIONS, AND TRANSMISSION



# FAQS

- CORONAVIRUS IS ZOO NOTIC. MEANING THE VIRUS IS TRANSMITTED BY ANIMALS TO HUMANS
- MORE THAN 118,000 CASES OF CORONAVIRUS HAVE BEEN CONFIRMED IN THE UNITED STATES AS OF MAY 10 2020
- MOST SEVERE CASES OCCUR AMONG THE ELDERLY AND THOSE WITH HEALTH ISSUES

# TRANSMISSION

- TINY DROPLETS THAT ARE CREATED WHEN ONE COUGHS OR SNEEZES
- DROPLETS ENTER THE AIR, WHICH MEANS CORONAVIRUS IS AIRBORNE

# SYMPTOMS

- SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE
- FEVER
- SHORTNESS OF BREATH
- COUGHING
- FATIGUE
- BODY ACHIE

**DUNARA SENADHEERA, GRADE 9**

# **FIVE FUN ACTIVITIES TO DO WHILE QUARANTINED AT HOME**

**ARE YOU BORED FROM BEING QUARANTINED DUE TO THE CORONAVIRUS? HERE ARE FIVE FUN AND TIME CONSUMING ACTIVITIES TO DO AT HOME!**

## **BAKING**

**BAKING CAN BE A VERY CALMING ACTIVITY. IT CAN SOOTHE RUFFLED NERVES BECAUSE IT TAKES UP ALL YOUR ATTENTION AND MAKES YOU FOCUS ON ONE THING. SOME EASY DELICIOUS TREATS TO BAKE**

**:**

- ✦ **MUG CAKES**
- ✦ **COOKIES**
- ✦ **BROWNIES**



## **PAINTING / ARTS & CRAFTS**

**PAINTING PROVIDES A FUN, NEW HOBBY THAT SHARPENS YOUR MIND AND DELIVERS NUMEROUS MENTAL HEALTH BENEFITS. YOU CAN MAKE A GIFT FOR A FRIEND OR JUST MAKE SOME ROOM DECOR.**

## FACE MASK

**FACE MASKS ARE FUN TO DO WITH YOUR FAMILY. IT HELPS YOUR SKIN LOOK GLOWY AND FEEL MOISTURIZED. SOME DIY (DO IT YOURSELF) FACE MASKS:**

- ♦ **2 TBSP YOGURT & 2 TBSP LEMON JUICE = GLOWING SKIN**
- ♦ **2 TBSP HONEY & 1 TBSP LEMON JUICE = CLEAR SKIN**
- ♦ **1 TBSP COCONUT OIL & ¼ TUMERIC = HEALTHY SKIN**

## WORKING OUT

**MOST STUDENTS OF ESIS ARE ATHLETES. BEING QUARANTINED MAKES IT DIFFICULT TO PERFORM OUR NORMAL TRAINING, BUT WE NEED TO KEEP IN SHAPE. SOME EXERCISES TO DO AT HOME:**

- ♦ **RUNNING**
- ♦ **ABS/CORE**
- ♦ **LEGS & ARMS**



## WATCHING MOVIES & BUILDING FORTS

**A NICE WAY OF GETTING RID OF ALL THE STRESSFUL TASKS YOU NEED TO COMPLETE IS BUILDING FORTS AND WATCHING MOVIES, WHICH IS A FUN AND COZY ACTIVITY TO DO. SOME APPS WITH A GREAT SELECTION OF MOVIES:**

- ♦ **NETFLIX**
- ♦ **DISNEY PLUS**
- ♦ **AMAZON PRIME VIDEOS**



# GOOD NEWS

By: Nicolas Serret, Grade 12

With the world being in a pandemic I would like to shine some light on some good things that have happened and how this Pandemic has united a lot of different people. It is during these times that we can often see humanity at its greatest. Everyone is trying to help and it can be amazing.



In Spain a taxi driver who has been taking people to and from the hospital free of charge, since it became a real problem in Spain, got a warm welcome to the hospital when he only thought he was meant to pick up someone. As he walked in he immediately started to get applauded from the health care workers at the hospital. Tears were running down his face by the end.



## HEALTH WARRIORS

Food organizations all around the world have mobilized since this pandemic has started. Health warriors is a non profit organization that talks to different restaurants to cook food so then they can take it to hospitals, police stations, firefighters, and other first responders.



# BIG COMPANIES HELPING THE WORLD

BY FERRAN FUENTES  
GRADE 12

## Burberry

Dedicated one of its factories that is typically used to make its iconic trench coats to make non-surgical gowns and masks for patients in UK hospitals.



## Dior

Dior reopened one of its factories in the northwest region of France to create face masks for frontline medical workers. The company said that the factory is staffed with volunteer workers.

Dior

## H&M

H&M, one of the world's largest fashion retailers, is using its global supply chain to produce and distribute protective clothing for hospital and health care workers.



## Alibaba

Jack Ma, the richest man in China, and the founder of ecommerce giant Alibaba, pledged to donate 500,000 masks and 1 million testing kits to the US. Ma has also pledged around \$16.5 million towards the development of a vaccine to cure coronavirus.





