



# VIVAT, GYMNASIUM!

Gymnasium № 1 named after Academician E.F. Karsky, Grodno

FEBRUARY 2023

## Be Flexible

Flexibility is the necessity in today's world of opposites. We live in a very vague time. The tempo of modern life is very fast. We are often short of time for some important things: having meals together, meeting friends, visiting our parents. And I think it's a great drawback because it doesn't make our life better. I'm sure we must learn how to coexist in this unpredictable world.



Have you ever noticed that everything in our life comes in opposites, that everything we value is one of a pair of opposites? Have you ever seen that all our decisions are

between opposites and our desires are based on opposites?

Pay attention that our spatial and directional dimensions are opposites: up vs down, high vs low, long vs short, north vs south. All the things we consider serious and important are also one of a pair of opposites: good vs evil, life vs death,

freedom vs slavery. And our social values always put in terms of opposites: success vs failure, beautiful vs ugly, intelligent vs stupid. Our world seems to be a massive collection of opposites. That is why, being flexible in this world of opposites is necessary. But what does it mean being flexible? Flexibility is the ability to change to suit to new conditions or situations. It is the ability to see a problematic situation from different angles. It is the ability to change the familiar patterns for achieving goals, the ability to adapt to new circumstances. It is the ability to switch from one task to another effectively. Being flexible can look like a usual personal trait from aside, but it is all about preparations and accepting that things will change therefore you will have to change too. It is advisable to anticipate new developments before they happen and have a plan of actions to meet the occasions. Certainly, changes can be predictable and unpredictable. But by accepting the idea that unpredictable things may also happen, you will find yourself in the correct mindset to react to them, you can control the situation better.

Various people live in this world of opposites. Everyone has different points of view and perception of life. Flexibility is the ability that helps us to live in this contradictory world. So how does it work? Sometimes people have to go on concessions, it is very important if you want to make a compromise. This skill proves your flexibility. Besides, it is impossible to solve anything if you quarrel or abuse one another, we should understand another person's point of view, you should see their strong points and try to find a common solution to the problem. Sometimes it is necessary even to give up our own opinion, but in the end it will work for the good.



Flexibility is a skill that can be learned. There are some tips how to develop it. Firstly, you should have some time in your schedule to get to know about the latest trends in your sphere. Secondly, it's advisable to practise optimism, when your face a problem, try to see the benefits of each situation and aim to respond to it with positivity. Thirdly, you should speak about your expectations, discuss them with your friends. Flexibility is the ability that is needed everywhere : in family relations and international sphere, in agriculture and industry and certainly - in our social life ,for example, studying at school or university.

In conclusion, I would like to say that flexibility is not only the ability but it is a science. You need to learn and develop it. The world consists of different people who work in different spheres and you need to find your own approach to each person in different situations. It will help you to be in demand and avoid conflicts in the world of opposites.

Anton Stepuro,  
Form 10"Z"

## FOCUS

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## First Steps of a Young Researcher

No matter what form you're in or how clever and intelligent you are, there's always something to learn. Having curiosity and a love of learning new ideas and thoughts will help you to succeed in life. Our students are given wonderful opportunities to demonstrate their findings in different subjects by participating in the Annual School Research Conference. It usually takes place in February.

On February 18, the XXVI International Research Conference of students "New Philomaths" was held at our gymnasium. More than 70 students of our school and guests from Russia and Kazakhstan represented the results of their research. They took part in the work of 10 sections.

My friend Valeria Guszczka and I participated in the section of the English language. And I'm glad to share my impression of this experience. First we were invited to the Assembly hall where we enjoyed an excellent musical present from the group "Rumlovskie Zoraczki" and were warmly greeted by the Dean of Grodno University.

After that we were invited to the English classroom, where we were to represent our projects and surveys. The jury wished us good luck and the conference started. My friend and I were the first. We told about



the similarities and differences of the English and Belarusian amateur puppet theatres. In the beginning the two of us were nervous, worried and scared. We were in a hurry. But soon we realized that everything would be fine because we had done huge work on gathering and analyzing the information. So we became calmer and finished successfully. Our research had taken a lot of time and diligent efforts, that's why we hoped for good results. Also it was exciting to listen to other participants as well, everyone had such different topics.

At the end of the conference diplomas of I, II and III degrees were awarded to the best young researchers. Valeria and I were happy to win first place. As you see, only inquisitive and hardworking students can discover something new and look at the world around us from different angles. Don't forget that the universe is full of magical things patiently waiting for our wits to grow sharper.

Daria Chepiga  
Form 8 "Z"





## Reunion Day

Nobody knows exactly when the tradition of meeting former classmates started. It's known that the first Saturday of February was chosen for this purpose in the former USSR. It was called Reunion Day. Why?- you can ask me. At the beginning of February all the sessions were taken at Institutes and Universities and winter holi-



such meetings. The USSR hasn't existed for more than 30 years. But Belarusian school-leavers continue observing this wonderful tradition.

So on February 4 Gymnasium #1 opened its doors for its numerous school-leavers. The Principal of the Gymnasium warmly greeted them and told them about



days started. Tired but happy students returned to their native towns and villages to visit their relatives and friends. They wanted to know how their school friends had spent that time too, so students chose their schools as a place of meeting their friends. As a rule, their teachers also came to those meetings. They were happy for their former students and rejoice at their achievements. Teachers also shared the latest school news with them.

Soon his tradition spread from small towns and villages into large cities too. Not only former school leavers but also university graduates began organizing



our latest achievements and results.

We, ten-formers, prepared a festive concert for our guests. We sang, danced, staged some stories from our school life. After the concert our school-leavers walked along the corridors of the school, attended their former classrooms, met their tutors and teachers. Many of them recalled some happy moments of their school life, others remembered some funny episodes. But everybody agreed that school time was careless and unforgettable, that childhood would never return.

Daria Glebovich,  
Form 10 "Z"





## Karneval, Fastnacht oder Fasching?

Der Karneval (in Süddeutschland Fastnacht oder Fasching) hat eine sehr lange Geschichte. Schon die Griechen und Römer begingen Dionysos und Saturn zu Ehren fröhliche Frühlingsfeste. Auch die Germanen feierten das Ende des Winters und die Vertreibung der bösen Winterdämonen. Später übernahmen die Christen einige der heidnischen Bräuche.

Am Aschermittwoch, vierzig Tage vor Ostern, beginnt die Fastenzeit, sie erinnert an die Zeit, die Jesus Christus in der Wüste verbrachte. Während der Fastenzeit dürfen gläubige Katholiken kein Fleisch essen, manche Menschen verzichten auch auf Süßigkeiten und Alkohol. Während der Tage vor der Fastenzeit



wird daher noch mal richtig gegessen und gefeiert. In Deutschland sind die „Hochburgen“ des Karnevals das Rheinland und die schwäbisch-alemannische Fastnacht.

Im Rheinland heißt der Karneval auch die fünfte Jahreszeit. Es ist Brauch, dass sich die Frauen als Hexen oder alte Weiber verkleiden, sie stürmen das Rathaus



und schneiden den Männern die Krawatte als Symbol der männlichen Macht ab. Für die nächsten sechs Tage übernehmen die Narren dann das Kommando in der Stadt.

Die schwäbisch-alemannische Fastnacht startet meistens am Dreikönigstag. Das Besondere bei der Fastnacht sind die traditionellen Kostüme, die jedes Jahr wieder verwendet und manchmal sogar von einer Generation an die nächste vererbt werden. Typisch für die Fastnacht sind in Fett gebackene „Fasnetsküchle“. Aber auch in anderen Regionen Deutschlands wird zu Karneval Fettgebäck gegessen, z.B. die Krapfen oder Berliner.

Während des Karnevals werden gesellschaftliche Regeln ausgesetzt. Aber spätestens am Aschermittwoch kehren alle wieder in ihre alten Rollen zurück.

Ksenia Konopelko,  
Klasse 11 “M”



## Pancake Day in Britain

The British enjoy holidays. They have a lot of unusual traditions connected with these holidays.

Pancake Day, or Shrove Tuesday, is the traditional feast day before the Lent starts on Ash Wednesday. The Lent lasts 40 days and leads up to Easter. It was traditionally a time of fasting. On Shrove Tuesday Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell rang to call people to confession. This bell was called the “Pancake Bell” and it is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2023 Shrove Tuesday falls on February 21st.

Shrove Tuesday is the last opportunity to use up eggs and fats before the Lenten fast. Pancakes are a perfect way of using up these ingredients. A pancake is a thin flat cake made of batter and fried in a frying pan. A traditional English pancake is very thin. It is served immediately. Golden syrup or lemon juice and caster sugar are usual toppings for pancakes.

The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is also very old.

They say the ingredients for pancakes symbolise four points of significance at this time of the year:

- Eggs ~ Creation
- Flour ~ The staff of life
- Salt ~ Wholesomeness
- Milk ~ Purity

In the UK pancake races form an important part of the Shrove Tuesday celebrations. It is an opportunity for a lot of people, often in fancy dresses, to race down streets tossing pancakes. The aim of the race is to get to the finishing line first, carrying a frying pan with a cooked pancake in it and flipping the pancake as you run.

The most famous pancake race takes place at Olney in Buckinghamshire. According to the tradition, in 1445 a woman of Olney heard the shri-



ving bell while she was making pancakes. She ran to the church in her apron still clutching her frying pan. The Olney pancake race is now world famous. A lot of tourists come to watch it. In the past only women in aprons and headscarves ran in the race. Today men can also take part in the Pancake race, but they must wear an apron and a headscarf, too.

Each contestant has a frying pan with a hot pancake. She or he must toss it three times during the race. The winner is the person who is the first to complete the course and arrive at the church, serve the pancake to the bell ringer and be kissed by him.

One more interesting event of this day is the annual Pancake Grease. It is held at Westminster School in London. A verger from Westminster Abbey leads a procession of boys into the playground.



The school cook tosses a huge pancake over a five-meter high bar here. Then the boys race to grab a portion of the pancake and the one who ends up with the largest piece receives a financial reward from the Dean. It was originally a guinea or sovereign. So you see the British have a lot of fun during this week before the Lent.

Daria Klim,  
Form 10”Z”



## My School Years

Currently, the role assigned to schools is to prepare children for life. Some students like school, others don't; but they all study for eleven years and gain knowledge. For students who do well in most subjects and want to get higher education, school is an attractive place. For those who do not succeed in school subjects and who are always under pressure from their parents and teachers, unfortunately, school seems dull and uninteresting. But in fact, I believe school is not only a place for learning, but also a place for plenty of recreational events and clubs where you can have fun and find new friends. That's why for me school years are associated with different emotions and memories.

It was the first day of school when this long journey into the world of knowledge started. Since early morning everyone was in a rush to get ready for the one of the most momentous occasions in a child's life. It appears to me I was a little confused but happy at the same time as my extended family gathered and they all congratulated me. I don't remember much from that day



but I do remember feeling joyful and relieved because I immediately made a friend in my class.

My primary school flew like winking. I had a strict form tutor but she was always willing to help and explain everything if I faced any difficulties. She taught me determination, fairness, honesty and responsibility for my own words and actions. She also communicated me knowledge and did her utmost to prepare me for my exams so that I could be confident in myself and I remember I really was as I passed all the tests with flying colours. During my junior years I attended a lot of clubs including drawing, acting, dancing, swimming and singing. I even took part in some school concerts.

Then my secondary school began. I wasn't very excited about seeing new faces in the classroom and getting acquainted with a new tutor who, in the end, became one of my favourite teachers. She was really kind-hearted. I didn't become close to anyone but when I think about that

period it always recalls some fond memories. We stayed after lessons and celebrated holidays together. We watched films, ate snacks, took photos and played games. There was also a picnic after the last bell. It was something that was extremely meaningful to me.

In the 8th form I got to know the rules of volleyball and I instantly liked the game. So the rest of the year I attended the volleyball club which was run by my PE teacher. I didn't succeed much and it always made me feel bad and rueful, I want-



ed to give up playing volleyball and in the end I did. It took me a year to pull myself together, find motivation and courage to take it up again. However, I still need a lot improving in my manner of playing, but I'm trying to think positively and do my utmost.

My school holds a lot of various concerts and performances. They all are incredibly well-prepared and you simply can not miss them. Last academic year before New Year holidays there was a concert in which the senior students participated. After it a loud disco took place. I clearly remember feeling thrilled and excited while jumping and dancing to the music with my friends. This year we also had a disco but it wasn't so atmospheric and special as the previous one.

To sum it up, I'd like to say that school is a stage of life which every person should go through. It's a pity that school time will end and I'm pretty sure that I will miss my carefree school years and will look at all the photos with warmth despite all the challenges I have faced. My school and teachers that have taken part in bringing me up will remain in my heart forever.

Arina Chervyak,  
Form 10 "Z"



FEBRUARY 2023

## My native Town Grodno

My native town is Grodno. I was born here and I've lived here all my life. I am fond of this place and always talk willingly about it. I'd like to confess that my roots and my heart belong to this marvellous place.

Горадзень, Гародня, Гродна... My ancient and at the same time such a young town. It was first mentioned in 1127. It is a witness of many historic events, happened on its territory. It remembers the Great Dutchy of Lithuania, Polish kings, Russian tsars. A lot of invaders left their traces on the bank of the Nieman. But despite all the invasions Grodno survived; not by chance there is a deer of St. Gubert on the emblem of Grodno. It's a symbol of freedom and independence.

Tourists say Grodno is one of the most interesting and beautiful places in Belarus. It can be even called "an island" of old European civilization among the forests and pushchas. Every square and street every house in the centre of the town has its history. So if you want to get acquainted with the history of Grodno and appreciate its beauty, Zamkovaya Street is the very place you'd better start



Today Grodno is a modern city with new residential areas rising up in all parts of it. It's a big centre of education and science. There are several higher educational establishments, many schools, colleges and vocational schools here. The social and cultural life of Grodno is various. There are two theatres in Grodno: the Drama Theatre and the Puppet Theatre. The reconstructed Grodno Philharmonic also offers a wide range of cultural events to its audience. Grodno can boast of its modern cinemas, museums and exhibition centres.

When in Grodno, tourists always visit Sovetskaya Square which is in the centre of Grodno. It is a pedestrian area. You can see some old buildings here. They are really well-kept because the residents of Grodno take good care of them. You can buy wonderful souvenirs made by handy craftsmen in the square. These unusual souvenirs will remind you of our hospitable city. You should also admire the Farny Church and have a look at its oldest clock in Europe in Sovetskaya Square. I think that the first chemist's is also worth visiting here.

My town is famous not only for its historic monuments and buildings but for its natural beauty. If you are tired of hustle and bustle of the city, you can have a rest in Pyshki, Zhiliber or Rumlyovo parks or just sit on the bank of the river Neman admiring beautiful views.

As you see, Grodno is the town where the past and the present meet.

Ksenia Sitko,  
Form 10 "Z"



sightseeing. The river Nieman divides Grodno into two parts. And the oldest part lies on the right bank of the river where you can see the Old Castle, a royal residence built for the king of Poland – Stefan Batory in the 16th century. Now it is an archaeological museum famous for its rich explosion. Standing near the fortress on Zamkovaya Hill, you can find yourself in any century you like. The Boris and Gleb Church (or the Kalozhskaya Church) will remind of the 12<sup>th</sup> century. It was built by the Grodno knight Mstislav Usevalodavich in honour of his brothers (Boris and Gleb).

Going on excursion about Grodno you'll be offered to visit other churches.

People of different nationalities and religious groups live there. So there are some Roman Catholic Churches, the Pokrov Church which represent the architecture of the end of the 19<sup>th</sup> – the beginning of the 20<sup>th</sup> centuries.



## Valentine's Emoji

Try to guess the Valentine's Day-themed words and phrases written with Emojis. The person with the most correct answers wins!

1.  \_\_\_\_\_

2.  \_\_\_\_\_

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5.  \_\_\_\_\_

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12.  \_\_\_\_\_

13.  \_\_\_\_\_

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15.  \_\_\_\_\_

Total Correct: \_\_\_\_\_ / 15

