JANUARY-FEBRUARY 2022



VIVAT, G Y M N A S I U M !

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

### The Main Ingredient of Happiness

Life in our modern society is quite hectic and chaotic. It results in our being



extremely stressed out . People are so busy studying , making careers , trying to earn more money that they often forget to take care of their health. It leads to problems with both mental and physical health .

Leading a healthy way of life doesn't seem easy, but it is quite important if you want to be happy and live a long life. Right now you might be wondering what you should start with . So I'd like to give you some tips to follow. They

FOCUS	
<u>The Main Ingredient of</u> <u>Happiness</u>	p. 1
<u>Welcome the Year of the</u> <u>Blue Tiger</u>	p. 2
The Public Speaking Contest	p. 3
<u>Candlemas</u>	p. 4
Happy Valentine's Day	p. 5
<u>To Know When to Go Away</u>	p. 6
<u>If You Want to be Happy</u>	p. 7
Live and Learn	p. 8
Look and Smile	p. 9

may sound easy, but not so easy to fulfill.

First of all, make sleep a priority. Try to sleep 8-9 hours every night.

You should think what you need to change so as to get enough sleep. Sleeping enough will help you to stay healthy, happy and smart.

Another significant thing which I'd like you to do is to drink water. Lack of it can lead to dehydration, different diseases and tiredness. The amount of water required for our bodies is different for everyone. So you should find out how much water you need to stay active and be in good shape within a day.

The next tip is your nutrition. Eating habits are probably the hardest to follow. But what we eat - greatly influences our health.



So it is extremely important to force yourself to eat various fresh and organic foods. Checking the nutritional value of the products you buy will help you to understand what ingredients your food consists of and how many calories you consume. Try to avoid eating unhealthy food as it can lead to obesity and other problems.

The most pleasant tip of all is surprisingly simple-- do nothing for 15 minutes. It can not only help you to relax and forget about your problems for a short while, but also to concentrate and get head straight. This simple and enjoyable recommendation will do much good to your mental health.

No need to explain that physical activities will do plenty of good to your health. Of course, doing sports professionally doesn't improve your health because of different injuries. But running and jogging in the morning will give you energy for the whole day. Stretching your muscles is advisable for reenergizing.

Doing some things you enjoy is extremely significant so as to get rid of stressful thoughts. I advise you to take up a beloved hobby that will cheer you up and help to overcome hard periods of life. Hobbies help to get rid of stressful thoughts and concentrate on what really matters. And last but not least, I recommend you to laugh and smile and be positive as these things prolong life and make living pleasant.

Anna Rybalko, Form 9 'M"



## WE AND THE WORLD

#### Welcome the Year of the Blue Tiger

The wheel of time has completed another circle, and Chinese New year 2022, the year of the Blue Water Tiger, has arrived. This year's Spring Festival fell on February 1, and traditionally this time was full of festive events for the students of our gymnasium. On January 26 the students of Confucius Class together with the governor of the Grodno region V. Karanik took part in shooting video congratulations to Chinese people. The congratulations were shown on Chinese television on February 1 and the Chinese were favorably impressed by the warm words of our students.

https://mp.weixin.qq.com/s/ v7FuCtKETQmyQPeUqoHFxA



Jianzhi is the traditional Chinese art of paper cutting. On January 31, on the eve of Chinese New Year, pupils of form III took part in the workshop where they cut out Chinese decorations- - butterflies and dragons.

On February 1, a festive musical break was held in the gymnasium hall with the performance of the dance group "Podnebesnaya", the vocal group "Ulybka" and the music band "Rumlevskie zorochki". The audience enjoyed the artistic and language skills of the participants. And later everyone had a chance to take part in a paper-cutting workshop.

The night before the Spring Festival is the time for the whole family to get together. A big 12-course family dinner is prepared, the main dish is the traditional dumplings. The workshop where students cook and taste dumplings is one of the favourite traditional events in our gymnasium. Once again the students of Confucius Class were shown on the Grodno+ TV channel on the news about the Chinese New Year celebration in the gymnasium:

### https://www.youtube.com/watch?v=5ZtsI1M-Nhw

An important part of Chinese theatre is masks. The colour of the mask traditionally denotes different character traits of a person wearing it. For example, red symbolizes bravery, white stands for an old age, blue - for villains and green - for robbers. On February 3 the second- formers took part in the workshop where they learnt to draw Chinese masks and the mask of the Tiger - the symbol of New Year 2022 On February 4, Vice Director N. Lukashenko and the teacher of Chinese V. Zdanovich took part in the talk show "Windows of the City" on the Grodno+ channel where they discussed the topic "Grodno - China: social, cul-



tural and economic relationships". During the live broadcast different issues were raised : the history of Confucius Class in our gymnasium, the difficulties and challenges caused by learning and teaching the Chinese language.

https://www.youtube.com/watch?v=dKSZJmO7tg4

The festive week ended on February 5 with a concert organized by Confucius Class students. The children prepared amazing performances and demostrated their progress in learning Chinese: they sang songs, danced and recited poems. Not only students of the gymnasium but other educational establishments of our city also participated in the event.

At the end of the concert the children competed for being the best with chopsticks .

Then everyone took part in the calligraphy workshop and got a piece of paper with their name written in hieroglyphs.

The tradition of welcoming New Year with tangerines was born in China around 1000 BC. A guest of the party always presented the host with a couple of tangerines because "two tangerines" sounds like "gold" in Chinese. In this way the Chinese wish each other wealth. The New Year's Eve celebrations last for 15 days and end in the Lantern Festival. On this day you can have a wish and set off a red lantern into the sky.

Let the year of the Blue Water Tiger bring you happiness, health, prosperity and good luck!

Maria Belevich, Form 10 "Z"



2

JANUARY-



# On the SCHOOL ORBIT

JANUARY-FEBRUARY 2022

#### **The Public Speaking Contest**

Why are we fully persuaded by the arguments of some people but doubt the ideas of others? Have you ever thought of it? I do believe that it is all about the art of



public speaking. The ability to speak correctly, structure thoughts clearly, convince people, present the ideas in an accessible way, attract the attention of the audience and win it over is something everyone is eager to possess. Right? Moreover, it is common knowledge that excellent speaking skills are an important component of being successful in life. They are the key to achieving our goals, as even history is changed by the power of great orators.

Are orators born or made? Some people feel that effective speaking is a natural talent: either you have it or you don't. But this is not true. You can learn different types of speaking and become capable of it. Public speaking is a science, the study of which allows you to hold a conversation in such a way that it will arouse people's trust and sympathy. Every word you say will be a tool on the way to achieving your goal. Conflicts, misunderstandings, inattention to your words – all this will remain in the past. I guess, everyone would like to try themselves in this field, and our high school students are no exception.

The public speaking contest was held in our gymnasium on 22 January and students from the seventh to ninth grades took part in it. Seven topics were offered to choose from. They touched various spheres of life, so that everyone could find something to their taste. The event was a great opportunity to share your opinion, as well as to listen to others. Some guys chose the same topics, but their thoughts, arguments, examples -everything was different and that was completely expected. We are different, everyone has their own worldviews and philosophies. We saw how differently the participants used their voice, body language, tools to draw the audience emotion-



ally. One fact was vivid: public speaking required practice.

To put it in a nutshell, the contest was both educational and enjoyable. It showed that our pupils are on the right way of being brilliant speakers and being successful. Daria Tihonovich, Form 9 "Z"

3



# **Different Countries - Different Traditions**

### Candlemas

Candlemas is one of the twelve great Christian holidays . It commemorates the



Presentation of Jesus at the Temple. In Belarus this holiday is called the Meeting of the Lord (Sretsenie Haspodnie)

or the Day of Thunder (Hramnitsy). Catholics celebrate this feast on 2 February, Ordox believers do it on 15 February. The obligatory attribute of the holiday is a Hramnitsy candle which is blessed in the church and kept in the house for a year. These blessed candles serve as a symbol of Jesus Christ who referred to himself as the Light of the World. In the past Belarussians had many beliefs connected with this day. They were sure that winter met spring that day. If the day was sunny, people were sure that spring would arrive soon; if it was a cloudy day, they knew there would be a long winter with snowstorms. . A frosty



JANUARY-FEBRUARY 2022

day meant that the snow would melt soon but the spring and summer would be cold and rainy. Our ancestors believed that it was the only winter day with thunder and lightning. On that day they lit candles because they were afraid that lightning would burn their houses. People also made bonfires and blew clay or wooden bird whistles because they hoped that spring would come sooner. Domestic birds were fed on grain on that day so as they would lay a lot of eggs in the summer. People also shook the snow off the trees in their gardens as they believed it would help them to have a large fruit harvest



in summer. Belarusians thought that a strong wind would bring them a good flax harvest. The melting snow gave them hope of having a rich wheat harvest in the summer. As you see ,this religious holiday also helped our ancestors to predict weather and harvest.

Yekaterina Kuzmich, Form 9 "Z"



# **Different Countries - Different Traditions**



## Happy Valentine'sDay

With you around sweetheart, My life's a Song! A big warm hug To wish you Happy Valentine'sDay!

Day and night you are in my thoughts! Please be my Valentine!

Valentine's Day is celebrated by millions of people all over the world. The celebration falls on the 14th of February. On this day people celebrate and show their love to each other by giving gifts and cards and perhaps ,by having a romantic dinner.

The history of Valentine's Day – and its patron saint - has a lot of mysteries. But we do know that February has long been a month of romance. Customs which have a link with St Valentine's Day started with the popular belief held by people in Great Britain and France during the 14th and 15th century that birds begin to mate on 14 February. Lovers, therefore, found St. Valentine's Day the right time to send love letters and gifts to beloved. Now, people take opportunity of the day to wish "Happy Valentine's Day" to anyone they love - their father, mother, teachers, siblings, friends, coworkers or anyone special to them. The idea is to give love and spread happiness around us.

JANUARY-FEBRUARY 2022

But, who was Saint Valentine? One legend says that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men – his soldiers. Valentine thought it was unfair and continued to marry young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. It's no surprise that by the Middle Ages, Valentine had become one of the most popular saints in England and France.



Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it had become common for friends and lovers in all social classes to exchange small gifts or handwritten notes. By the end of the century, printed cards had begun to replace written letters. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged.

Nowadays according to the Greeting Card Association, one billion Valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year.

Veronika Patsenko, Form 10 "Z"



## **TALENTED** and **CREATIVE**

## To Know When to Go Away and to Come Closer is the Key to Any Lasting Relationships

The greatest treasure for everyone is a



close lasting relationship. What should we do to keep it? They to know say, when to go away and when to come closer is the key to any lasting relationships. So when is it good to leave your beloved alone and when

is it time to bring them out of their isolation? Let's find the answer to this question.

According to psychologists there are 4 zones of our "personal space": an intimate zone, a personal, a social and public zones. And every zone has its own distance. The intimate zone is considered to be our personal property. That's why only close people are allowed to enter it.

While discussing relationships, we can say that our partner is allowed a lot, but not everything. We trust him or her, but this person should appreciate our own space. Lasting relationship also means trust, understanding and support. When we find a person who is dear to us, we should understand that we influence each other. Certainly ,we realize how much we have passed together, we know there have been some quarrels, misunderstandings and offences. But ,nevertheless, we appreciate this relation and don't want to lose it. If we want to keep it, we should find a compromise and no doubt, communication will



6

JANUARY-

help us to do it. If we talk to each other, if we share our joys and sorrows, we understand each other better and feel when it's high time to leave our dear alone and when it's good to calm him down.

But I'm sure we shouldn't forget about our personality too. Being independent, not forgetting about things which bring us joys and happiness are very important. Remember, starting a relationship we can still do everything we wish, but we shouldn't invade our partner's personal space without permission. It raises our self-esteem and saves our relations from routine and boredom.

So you see that it is hard work to be happy in relationships. That's why I advise both people to work at their relations as nobody will succeed while passing this way alone.

Alexandra Fialko, Form "M"





## **TALENTED** and **CREATIVE**

JANUARY-FEBRUARY 2022

### If You Want to be Happy for Life, Love What You Do Everyone has favourite activities which

they adore doing, and there are also things which they



they have to do, but always don't want to. I believe that it is very important to find a reasonable balance between these things. Try living in harmony with yourself and make yourself happy.

In our life there has always been and will be something that we need to do. For example, teenagers are not very fond of doing homework, as well as their parents dislike doing their household duties. Few people like to stand in long queues at supermarkets or do important paperwork, but we all have to do it because it is necessary.

It's good to find some positive moments in these things. For example, while doing our homework we become more disciplined and intelligent. It develops our sense of logic and makes us ready for future working duties.

Almost every person works. At least, in order to eat, dress, and live somewhere. But unfortunately, very few people can say that they really love their jobs. Many people work just for money and it's really terrible. That's why we see so many angry, irritated, unhappy people around us. But remember that our productivity increases, if we are interested in what we are doing. If you hate



what you are doing, you are always in a bad mood. You simply have no time for pleasant things. You are more and more absorbed in routine.

When you start doing what you have a passion for, life changes. You stop hating Mondays, looking forward to Fridays. Absolutely every day brings you pleasure. But the most important thing is that you love what you dedicate your life to, it means that you love yourself.

We are teenagers and it is high time for us to identify our talents and find activities which are close to our heart. As for me ,I am keen on Math. I enjoy solving problems and doing sums. Math is PE for my head. It makes me more organized and teaches me to analyze and make conclusions. I hope that my future job will be connected with this subject.

Confucius said "Choose a job you love and you'll never have to work a day in your life". And I absolutely agree with it. In this case your job will bring you a lot of satisfaction and you will be a happy person. I hope that I will be able to do this.

Veronika Strelkovskaya, Form 9"M"



## **TALENTED and CREATIVE**

live Learn

### You Live and Learn

"You Live and Learn"- what does it mean? I think throughout our life we need to acquire a lot of knowledge and various skills.

When we go to school, we get more opportunities to learn some basic things. But I'm sure that the most important experience and knowledge we receive while solving some problems and overcoming some difficulties.

"You live and learn"- this proverb is used to say when someone has learnt something from experience. Sometimes these lessons are surprising and even unpleasant, but this experience gives us a lot. Sometimes it makes us stronger, sometimes it makes us wiser, sometimes it makes us more careful and attentive.

Unfortunately, many teenagers are not interested in studying and they don't realize the importance of education. So in the future they will have problems with finding a good job and also with social life. No doubt, learning broadens our horizons, helps to interact with people, explains almost everything in our life.

"It's never too late to learn something." I completely agree with this saying. We have been studying all our lives, from birth to death. For example, in the first year babies come through some milestones. They learn to focus their vision, to explore things around them, start recognizing their parents and their nearest relatives. They learn to walk, to speak, to play.

When we go to school we learn to read and write, to do sums and solve problems. At different lesson we get some specific skills. But school also develops us emotionally and socially. Here we make our true friends, we fell in love, we learn and realize what people we can trust and who can betray us at any moment.

When I was about 10 I had a friend and I believed that she was my real friend, that I could trust her and that she was the shoulder to cry on. But one day I found out that she was talking behind my back. I understood that she was a false friend .I realized that I should be more careful while choosing friends.

We can't be more intelligent and smarter only because we have become older. We must learn and develop ourselves throughout our life. Nowadays we live in the era of technologies. Science and technology are widely used in every sphere of our life and affect us every day from the alarm clock in the morning to various gadgets we use for studying, working and entertainment. So if you want not to lag behind the times we have to learn.

Most teenagers have learnt how to use gadgets. But sometimes these gadgets can be not only a blessing, but also a curse, because they can distract us from our studies and doing household duties. They can make us forget about real people and dive us into the virtual world.

In conclusion, I'd like to say that nowadays life gives us a lot of wonderful opportunities to become well-educated people and we shouldn't miss them.

Nadezhda Matusevich, Form 9 "M"

JANUARY-FEBRUARY 2022



much noise at home.

couldn't do my homework.

them to turn the sound down?

Miss Clark: Surely you could have asked

Simon: No, Miss. There was no else in

kind of noise?

the room.

# **FUNNY COLUMN**

**JANUARY-FEBRUARY 2022** A teacher asks her class: A teacher asks his pupil: - Who is smart here? Put up your hand. - Why are you late, Bob? Then all the boys and girls except Peter Bob answers: raise their hand. Because of the sign. Teacher: Teacher: Peter, why aren't you raising your - What sign? hand? Bob: The one that says, «School Ahead, Peter: - Because if I raise my hand then you'll Go Slow.» be all alone. A math teacher is going to ask a This essay you've written complicated question, so he says to about your pet cat is word for word exactly the same essay Of course it is. her pupils: whoever answers my next as your sister has written. It's the same cat question, can go home. After her words sly Brian throws his backpack out the window. HA-hal Teacher asks: who just threw that?! Brian: Me! It was your question. HA-hal May I go home now? okes 00 Simon didn't do his homework. At the first lesson after summer At the lesson his teacher Miss Clark vacations a teacher welcomes her puasks him, «Where's your homework?» pils: «Hello boys and girls. Remem-Simon: I couldn't do it. There was too ber!!! Nothing is impossible.»

The wittiest boy says: «Ok Miss, You ,please , try to take out all the Miss Clark: Noise? All evening? What toothpastes and put back it into the Simon: It was the TV. It was too loud. I tube again.»

9

**Editor-in-Chief: Olga Khatsuck** Address: 82, Y.Kupala Avenue, Grodno, 230010 Phone: (+375-152)33-90-25 http://gymnasium1-grodno.by/ vivat- gymnasium/