

ENGLISH CORNER

WINTER 2018



In this issue:

- Grammar tips
- Christmas crossword
- Winter poems
- How to survive winter?
- How to stay positive in winter?
- Christmas dishes



CULTURE CORNER

CHRISTMAS DISHES IN GREAT BRITAIN

The main course is a **roast turkey** coated with some **cranberry gravy** and, of course, **roast potatoes**. You cannot miss **Brussels sprouts**. Sometimes British people replace turkey with roast beef or roast duck. The alternative for vegetarians is the **nut roast** - the meal made of Brazilian nuts and cashew nuts. Edible chestnuts are also quite popular.

The most popular dessert is definitely Christmas pudding – a pie made of dried fruits, grease and a little bit of flour. It is a really long - term dessert. Some people eat their pudding even a year after they had made it!

The next most popular one is – light, biscuit cake with the addition of whisky and a lot of candied fruits. It's usually decorated with almonds.

Chocolate Yule log is a longitudinal, interestingly decorated baking in the shape of a fireplace log.

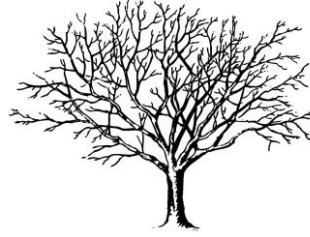
Mince pies are made of puffy dough stuffed with candied fruits, cinnamon and mace. They are really delicious but don't eat too much!



POETRY CORNER

Hello, Winter!

poems

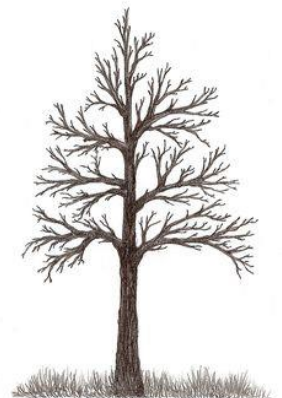


autumn has left and oh man,
the winter has just begun
don't look for bees
'cause they couldn't handle all that freeze
and they're sleeping tight
under cover of the night
but don't you worry, lad
'cause I see you're getting kind of mad
when it is warmer
they'll appear around the corner



I'm staying inside because it's cold,
but don't yell at me that I'm not bold,
'cause if it is warmer a couple degrees,
I'll be making snowmen, kneeling on my knees.

I'm waiting for the first snowflake to fall
'cause it seems like you don't like winter at all
and I'll show you why I love this season
the climate of it is pretty much to my reason
scarves, evenings, trees without leaves
cocoa, blizzard and long sleeves



Instructions

Butter is grated with sugar. Mix the egg with salt. Add flour mixed with baking powder, soda, flakes and coconut. Mix with a spoon. We form balls, which are then lightly flattened with a spoon. The oven can be heated up to 150 degrees with hot air, or up to 180 degrees without hot air. We bake cookies for about 15 minutes.

3. Sport

In addition to food, we can improve our mood in a different way. A good idea is to walk outdoors in warm clothes. However, if it is too cold outside, a good alternative is to train at home. We can do exercises such as: crunches, push-ups, squats, women's pumps.

- Pumps 10 repetitions
- Board on elbows 30 seconds
- A reverse pump of 12 repetitions
- Approaching hands to legs, with a board in the palm of your hands and back 30 seconds

Martyna Strusińska



TIPS CORNER

HOW TO STAY POSITIVE IN WINTER?

When days are getting longer and darker, most of us are depressed and has no motivation. We have some tips for you to help you fight with this annoying feeling.

1. **Be productive.** Being productive will help you forget about your problems but remember to take regular breaks. The fact is, you will be more productive and less stressed if you take regular breaks.
2. **Exercise.** Exercising gives you an energy and motivation, it will also lift your mood. You can have a great time in winter!
3. **Stop thinking about things you can't change.** Maybe it's cold and cloudy outside but you have no influence on it.
4. **Get care of your body.** Have a long hot bath, put on face mask, and turn on calm music. It will make you feel relaxed and help you fall asleep.
5. **Listen to music.** Make your own playlist of songs which can help you when your sad.
6. **Be grateful for the small things.** Like:
 - A roof over your head and a warm home.
 - Clean water.
 - Three steady meals every day.
7. **Vitamin D supplements.** They give back a lot of the energy you tend to lose during a long winter.
8. **Talk to you friends and family.** Heart-to-heart is the best medicine for sadness.



GRAMMAR CORNER

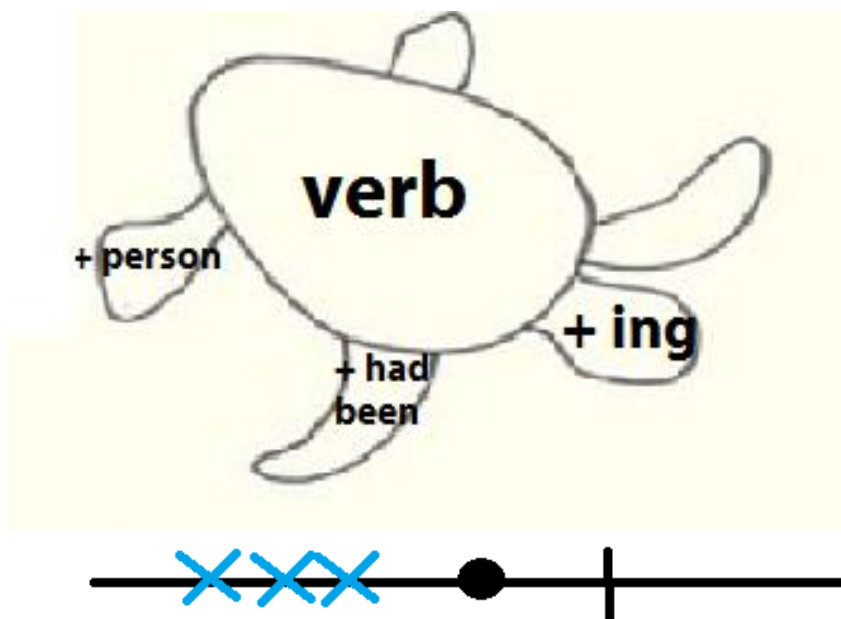
PAST PERFECT CONTINUOUS

When do we use the Past Perfect Continuous?

When we want to show that an action started in the past and continued up to another point in the past.

I'd been driving for two hours when I finally found this restaurant.

Construction of the Past Perfect Continuous



Statement: By the time the bus arrived, we had been waiting for an hour and a half.

Question: What had you been doing by the time the bus arrived?

Negative sentence: We hadn't been waiting for an hour and a half by the time the bus arrived.

GRAMMAR CORNER

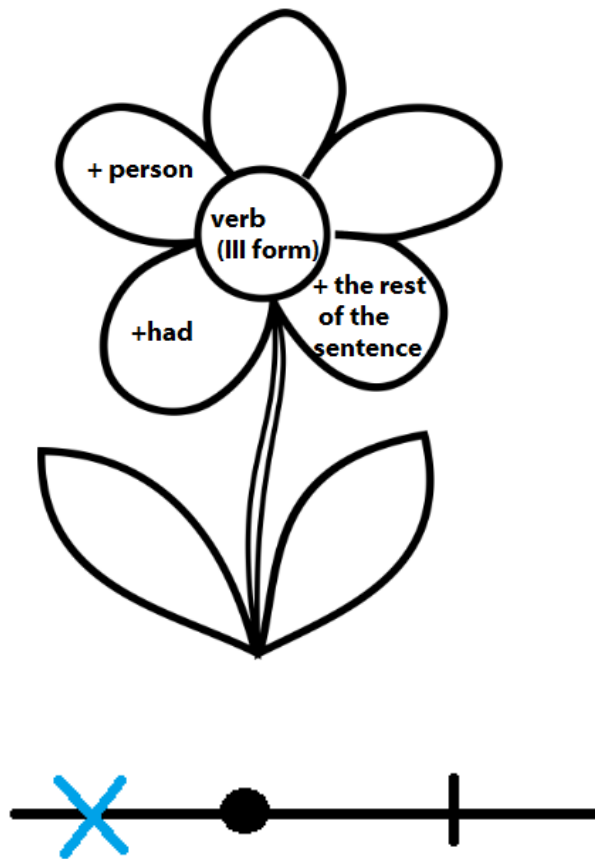
PAST PERFECT

When do we use the Past Perfect?

When we want to show that something happened in the past and to refer back to something that happened before that time.

She studied Spanish before she moved to Madrid.

Construction of the Past Perfect

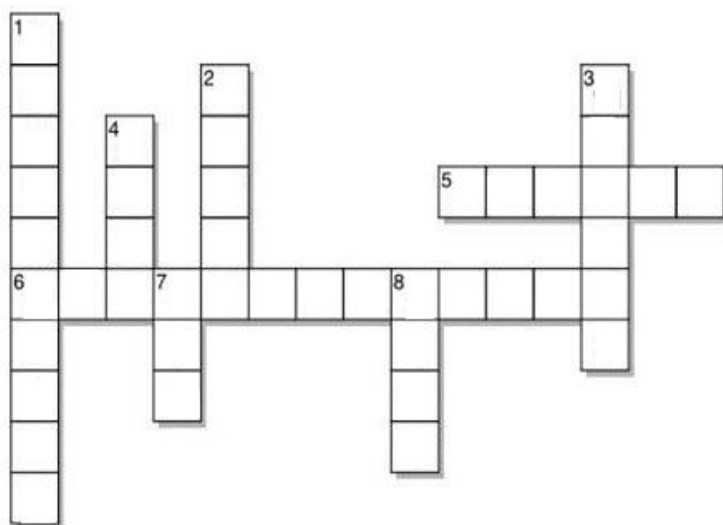


Statement: The concert had already finished when my brother got there.

Question: Had the concert already finished when my brother got there?

Negative sentence: The concert had not finished yet when my brother got there.

CROSSWORD



ACROSS

- 5 Christmas songs.
6 Green and decorated.

DOWN

- 1 He brings children their presents.
2 Little creatures, usually dressed in red or green.
3 This keeps your hands warm and dry.
4 You can see this at night on the sky.
7 Frozen water.
8 It's cold and white.

WORD BANK: CAROLS, CHRISTMASTREE, SANTACLAUS, ELVES, GLOVES, STAR ICE, SNOW.

Martyna Strusińska

STORIES CORNER

"Music is the best medicine for sadness and the creator of joy"

-Emily, why are you so sad?
-Don't know, Nicola. Why should I smile?
-If you'd like to talk, I'm here for you.
-Thanks...
-Why don't we listen to something? "Dancing Queen" Abba's?
Nicola plays the song.
Woman gets up and starts dancing. Emily joins her.
Suddenly, both friends can't stop having fun.

Małgorzata Przybysz

KID' S CORNER

DIORAMAS BY 5TH GRADERS



SOCK PUPPETS by 4TH GRADERS

