

Issue 5

February
2019

Sierra Bernia School
British school



SBS NEWS

Welcome back to school!!

We hope you had a relaxed, yet fun-filled holiday!

There's a lot in store & we hope you're as excited as we are!



**Creating
decorations
using recycled
materials!!**

Read more on page 7

**Take a closer look at gaming
addiction!**



Read more on page 1

**DIY gifts for
your loved
ones!!**



Read more on page 2



**Trinity examinations, carnival
and other upcoming events...**

TRINITY
COLLEGE LONDON

**Examination
Centre**

Read more on page 6



ADDICTION TO GAMING!



Many people believe that addiction to gaming means that you spend many hours gaming, be it on your Play Station, Xbox or even tablets!

Addiction is actually when a person not just games for unlimited hours but also keeps thinking about it and cannot get their mind off the concept and focus more on the real world!

Some of the **signs/symptoms** of compulsive or addictive behavior include:



- Anxiety or irritability when unable to play
- Preoccupation of previous online activity or constant discussion
- Anticipation of next online activity and eagerness to play
- Isolation from others (friends/family) to be able to game

The World Health Organization (WHO) has defined this as the **"Gaming Disorder"** where a person isolates themselves to indulge in excessive gaming. This can be diagnosed after observing the gaming pattern of a person for 12 months.

Top 3 "most played games" 2018-2019

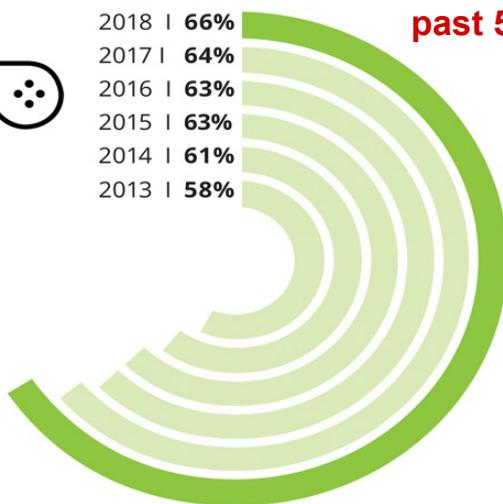


PERCENTAGE OF GAMERS

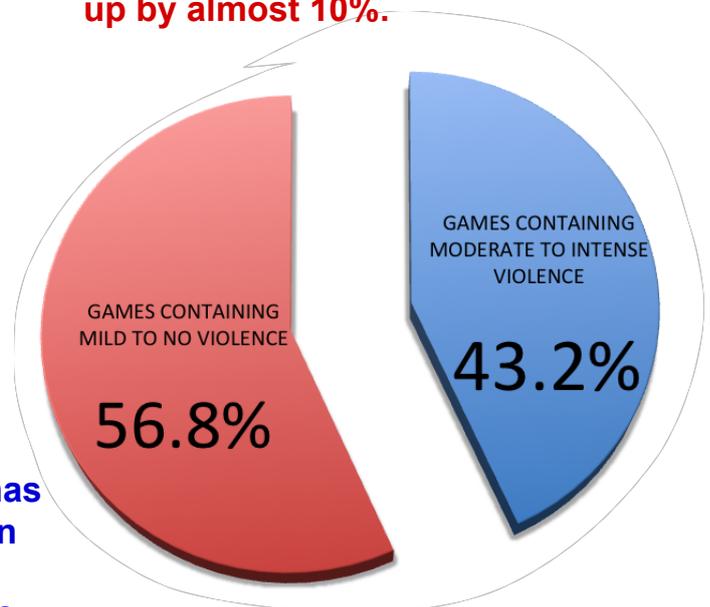
Among general population (aged 13+)



2018		66%
2017		64%
2016		63%
2015		63%
2014		61%
2013		58%



Even though, it may look insignificant, over the past 5 years the % of gaming population has gone up by almost 10%.



Generally, a range of behavior changes has been noticed after the purchase of certain video games that contain audio visual content which isn't appropriate for all age groups,

- by Linus L.

DIY gift Ideas

2

DIY #Candybottle



What you need:

- An empty glass bottle
- Favourite candy (jelly beans, gummies, swizzle sticks)
- A stick
- Paper
- Scissors
- Coloured pens



Method:

1. Wash and clean the bottle 🧼
2. Fill it in with the favourite sweets of your lover, friend, parents 🍬
3. Use the coloured paper to draw a ❤️ and then stick it on the end of the stick
4. Make a personalized label/ message to stick on the bottle

DIY #The Secret Box

What you need:

- Any type of box
- Red or pink paint 🎨
- Foam letters

Method:

1. Paint the box by applying 3 coats of desired colour
2. Stick the foam letters on the lid of the box
3. Fill the box with chits about things you love about your beloved one.

- by Natalia P.





Do you believe in love at first sight?



Is it possible?

Do people really meet and in moments simply know they're meant to be?

The idea is wonderfully romantic: Two strangers see each other "across a crowded room," there's an instant attraction and a spark!

It's called the love spark so that two people realize that in that exact moment is when they are designated to be a couple for ever and ever.

If only life were a lovely fairy-tale....

Many people do believe in love at first sight, where as there are other who have a rather practical approach: they believe in getting to know the person better and checking the compatibility levels before giving in instantly!

How to tell if you're experiencing love at first sight!?

- **Sense of euphoria:** you can feel butterflies in your belly and can't stop smiling

- **Being authentic:** you no longer want to pretend to behave in a certain way. You feel like showing your true colors and expect the same from your partner

- **Instant click:** you immediately feel a rush of emotions towards that special someone

Famous couples who fell in love at first sight



Victoria & David Beckham



Shakira & Gerard Pique



Justin Timberlake & Jessica Biel

- by Josep M.P.

How will you be spending Valentine's Day?

"I'll be doing planning for class, sat at my computer making work sheets"

Why did you want to become a teacher?

"Because I like to make a difference"

What's the craziest valentines present anyone has got you?

"A lovely cruise down the river Nile"



Mr. David (Year 5/6 Tutor)

What's the funniest thing that has ever happened in your class?

"One student thought that elephants laid eggs. And the same student thought McDonald's existed in great plague..."

If you could go anywhere in the world where would you go and why?

"Seychelles to be on my own and to chill out. No one calling "Mr David" every two minutes"

Who's your favourite celebrity?

"Bette davis. She actually wrote a letter to me when I was 13. I've watched all her films and love them"

- by Maddison M.

What class did you teach first?

"Year 11"

If you ever changed your profession, what would you want to be?

"A librarian"

Who is your celebrity crush?

"Hugh Jackman...the guy from Wolverine!"

Do you think you are a feminist?

"Yes, I believe so!"

What do you think about BREXIT?

"I think it's a really big mistake"



**Mrs. Ana
(Secondary Spanish Teacher)**

Were your parents very strict with you?

"Yes...quite strict!"

- by Aryan A.

Healthy Eating Habits = Self-Love

5



Make sure to have at least 2 fruits with breakfast every morning for an energetic kick start to your day! 🍓🍌

breakfast



- 1 cup quartered strawberries 🍓
- 1 sliced banana 🍌
- 1/4 cup raw almonds
- 1 cup low-fat yogurt 🥛
- 1 teaspoon Maple syrup

There's nothing more important than loving yourself and your health first!

Here we have for you easy to make healthy recipes to take you through the day 😊

Meal

- 2teaspoon of olive oil
- 2/3cup diced red bell pepper (from one bell pepper)
- 3/4 cup frozen whole kernel sweet corn
- 3/4 cup canned unsalted black beans , rinsed and drained
- 12 ounces skinless , boneless rotisserie chicken breast shredded (about 2 1/2cups)
- 1/3 cup organic barbecue sauce
- 10 (6-in.) corn tortillas
- 1/2 cup plain 2% reduced fat Greek yogurt
- 3 tablespoons chopped fresh cilantro leaves ,plus more for garnish
- 1 tablespoon fresh lime juices
- 1/4 teaspoon kosher salt



Try and have the heaviest meals during the day and keep it light and simple by night! 🍷

Dinner :



- 225g wholewheat spaghetti
- 1 yellow squash
- 1 courgette
- 450g peeled and deveined medium prawns, tails removed
- Freshly ground black pepper
- Salt
- 2 tablespoons olive oil
- Handful cherry tomatoes, halved
- 4 cloves garlic, finely chopped
- Pinch crushed red chilli flakes, optional
- 120ml low-sodium vegetable or chicken stock
- 2 tablespoons chopped fresh chives

- by María & Lucía

What's happening in school?



26/02/19 - 08/03/19

It is celebrated to support children born with congenital heart diseases, a range of birth defects that affect the normal way the heart works

We look forward to raising awareness the upcoming week!



01/03/19

Get your costumes ready for a fun filled day!!



25/02/19

Oral examination

13/03/19

Written examination

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Special wishes!!

The SBS team congratulates Mrs. Fernández for her wedding!!



We wish Mrs. Violeta a healthy and happy baby!! Hope to see you and the newborn soon!

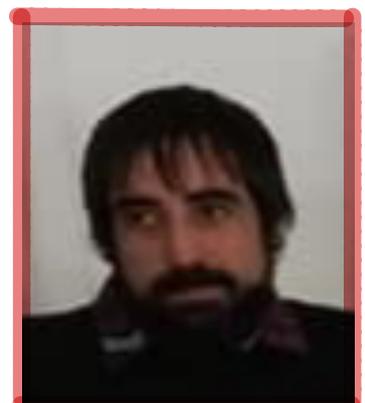
New in the SBS Team!!

Mrs. Nisha

**Geography,
History & ADT
supply teacher**

Mr. Domingo

**Music & ICT
intern teacher**



Reciclando para decorar

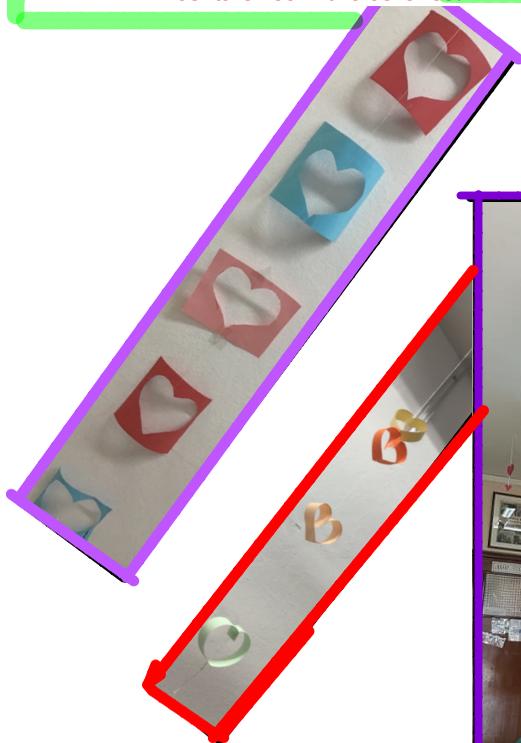
Miss Ana, nuestra profesora de español ha organizado con los alumnos las decoraciones de San Valentín

¡CON PAPEL RECICLADO!



Hemos recortado corazones ♥ pequeños y grandes con cartulinas usadas y los pegamos a hilos para las paredes y puertas de las clases

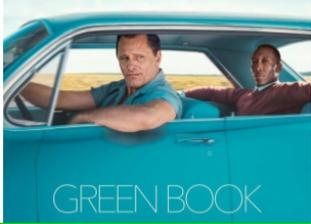
También se han reutilizado tubos del rollo de papel de cocina para crear colgantes de corazones multicolores!



Things to do



Movies



GREEN BOOK

"Green book"



"How to train your dragon: the hidden world"

New speed limit!



**Drive safe and avoid any fines!
Stay up to date with the new speed limits and radars around you!**

**Looking to pamper your loved ones?
Indulge in exquisite facial, body and hair treatments!**



Any López Esthetician

Pide tu cita

865 710 769 - 656 306 167



Visitanos en:

**C/ Marques de Comillas, 4,
local 6, Benidorm**



What's your sign?



Aries

You're unique and have a valuable contribution to make. Avoid comparisons, accept yourself the way you are.



Taurus

Practice what you preach and walk the path with humility. The higher you go, the greater the drop!



Gemini

Unexpected opportunities could further your ambitions, and you're free to explore them. Stay true to a long-term vision.



Cancer

Life is changing rapidly, developments suggest you're nearing a breakthrough professionally and personally.



Leo

Create healthier boundaries where necessary and release what drains you.



Virgo

You can have what you need, but only you are responsible for your happiness. Avoid projection or expectations



Libra

Be honest with yourself & pour your energy into what/who heals your heart, body and soul.



Scorpio

Life is pushing your boundaries & asking you to be innovative. Be humble & unafraid to ask for help.



Sagittarius

Trust and have more faith in yourself & your abilities as you dare to follow your passion.



Capricorn

Push past your childhood insecurities and you can be freed to live more fearlessly!



Aquarius

Awareness can be painful, but you're learning where you stand, on fertile ground.



Pisces

Selfish motives and desires will be your downfall. Altruistic goals will uplift you!

credits



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