



HOW STRESS AFFECTS TEENAGERS



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Current situation of BREXIT and more world news!



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STRESS & SELF-ESTEEM

The term “stress” has been seen becoming popular since a couple of years...but what exactly is stress?

Stress is a mental/emotional reaction of our bodies when a situation doesn't go our way or something unexpected happens!

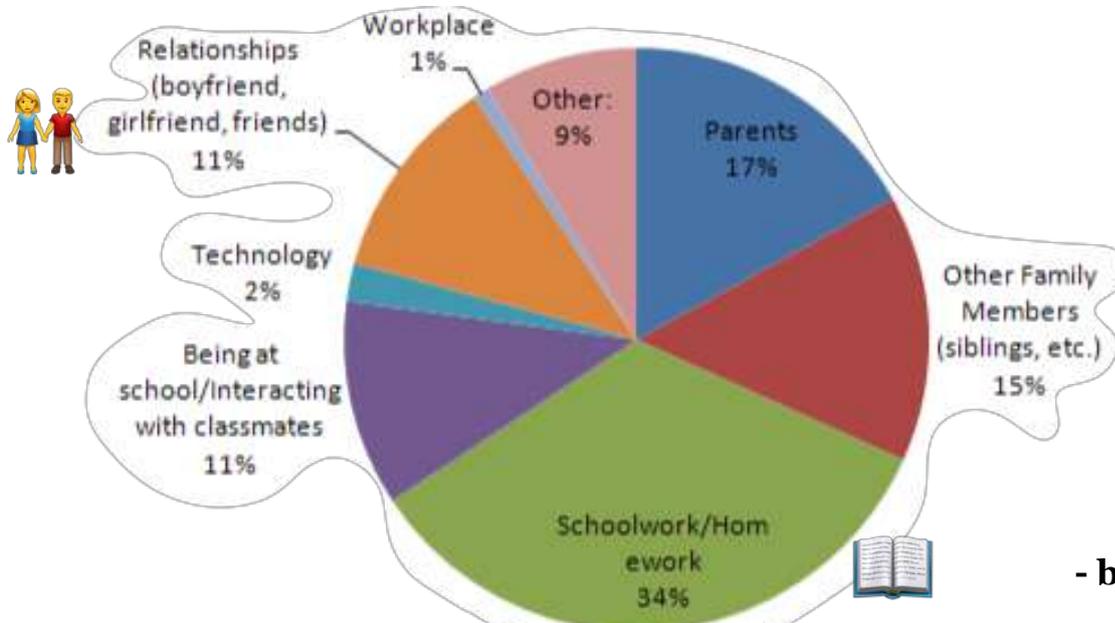


For example, when you forget someone's birthday and don't know how to confront them....or when it's examination week at school, or for something as simple as not wanting to eat vegetables!

Teenagers are easily stressed due to hormonal changes and the environment around them: school, friends, personal image, family, etc.



Not only does this lead to poor eating habits but can also lead to situations like anxiety and low self-esteem



- by Lucia. R.

The most common reasons of stress in children aged 11-20

How to tackle stress and low self-esteem?!

Repeat these phrases to yourself whenever you feel low!



Don't take everything too seriously

I believe in myself!



My happiness is important too!

I'm grateful for what I have



Super nutritious apple chicken grain bowl

Easy and healthy lunch recipe to boost your energy for the whole day! Only 25 minutes to prepare and apple combination!!!

Ingredients

450ml of vegetable stock (made by hand or bought)

150 bulgur wheat and a quinoa mix.

1 carrot, likely shaved into ribbons

1 apple cut into thin slices

Chicken breasts(250g better) cut in slices

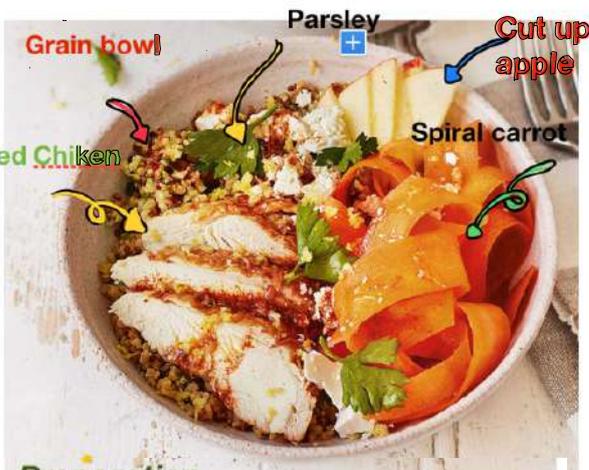
Salad cheese and parsley (5g) to serve

Half a spoon of: coriander, cinnamon and paprika

10g of chopped up parsley

1 and a half tea spoon of olive oil

- by Diana S.



Preparation

1) Boil the vegetable broth in a sauce pan and then add the quinoa and bulgur wheat. Stir and reduce the heat, simmer it for 15 minutes and then remove and dry it and let sit for 10 minutes.

2) Fry the chicken with a little salt and a little pepper, you can fry it to the point you want!

3) Mix the cinnamon, coriander and paprika together in a pan, then put all in a jar and add the lemon juice and chopped parsley. Mix all together

4) Add the spice mix into the grain mix and mix together.

5) Put the mixed spicy grain on the bottom of the bowl, and the chicken and sliced apple and spiral carrot on top. Finally dress with a little parsley, salad cheese and lemon juice.

6) Enjoy your healthy meal!

Smoothie of the Month



Tropical Raspberry Ombré Smoothie

Ingredients

- 1 whole pineapple
- 1 whole ripe mango,
- 125g water
- 250g raspberries
- Ice



Steps:

1. Peel the pineapple and chop it in medium sized pieces
2. Peel the mango and cut in small pieces
3. Mix the fruits in a blender and add some water or juice of your preference
4. Pour your smoothie in a glass. You can add some ice if you wish! And decorate with some raspberries or pineapple



- by Daniel G.

Feminismo

El feminismo es el movimiento social que pide para la mujer el reconocimiento de unas capacidades y unos derechos que tradicionalmente han estado reservados para los hombres.

Se inició formalmente a finales del siglo XVIII.

Ahora las niñas pueden ir a los colegios, pueden trabajar como los hombres, mantener la propiedad en los mismos términos que los hombres, servir en un jurado o ser una abogada, etc.

El Día Internacional de la Mujer es un evento mundial que celebra los logros de las mujeres, desde lo político a lo social, al tiempo que reclama la igualdad de género!

Se celebra cada año el 8 de marzo!!

Si tuvieras que poner otro nombre al 8M qué sería?

- by Shreya K.



Paris Lees
English Journalist and Female Rights Activist

She has participated in various feminist and transgender equality activities and has written a few articles as well!

What we did in school!

We spent women's day speaking about how women struggle for basic rights in different countries around the world.

Other than that, we also made some DIY cookies and then grooved to some Just Dance videos for a fun and light day!





In conversation with...



We've got some funny anecdotes this time...keep reading!

What has been the most embarrassing incident you remember?

"I once fell off the stairs in a public place"

What is your biggest dream?



"To keep my children happy!"

If you could wish for 1 thing, what would it be?

"I'd like to travel around the world!"



What do you prefer; milk or coffee?



"Milk"

What's your favourite restaurant in Benidorm?

"Mariano's and Fosters Hollywood!"



Mrs. Nisha

Secondary Geography, History & ADT teacher

Why did you decide to become a teacher?

"Because I've always enjoyed helping children since I was young"

What is your biggest fear?

"High altitudes"



If you were stuck in an elevator with 2 famous people, who would they be?

"Dani Martin & Brad Pitt!"



Miss María

Nursery Form Teacher

Which is your favourite season of the year?

"It's got to be Christmas"



What do you think is the best way to teach kids?

"You need to be very patient with them"

What was the most embarrassing moment you remember from class?

"A little kid started to paint the walls with her/his own poop!"



- by Carla K. & María C.

What's happening in school?

Colourful Carnival:



Following our pizza break, we participated in a treasure hunt set up by Love and Timur.



We made our own pizzas!

Pizza party!



Dance parties, pizza breaks and treasure hunts!

Easter break will take place on the 18th of April until the 2nd of May!



Easter DIYs:
Jar, chocolates, paper, any decorations.

Wooden spoon, paint, felt, marker.

Clothes peg, foam, yellow paper, markers.



KS4 have mock exams in the 1st week of April.

Study tips

- 1** keep energy levels high
sleep 7-9 hours so you can be more awake and energized
- 2** 50-10 rule
study 50 minutes of every hours. spend 10 minutes clearing your mind.
- 3** organize your calendar
designate time for studying, free time, and exam times.
- 4** make study guides
begin preparing and making study guides one week before the exam.
- 5** study in groups
but only if it helps you. don't let it be a distraction.

Happy Easter!



Things around us!

Movies to watch over the weekend!



Captain Marvel



Escape Room
A movie about real-life challenge to save your life!

Are you a cake lover?
Do you fancy themed birthday cakes?



9
6
6
8
8
9
1
8
5



Check out MyBakery by 3Daniels in Benidorm & get your hands on personalized cakes for a special someone!

Instagram: @mybakerybenidorm



Looking to get fit before summer is here?!



Fitness Corpore has an exciting promotion on for 6 or 12 months!

Make sure to sign up till it's valid!



Benidorm | Finestrat | Albir | La Nucía

618 60 18 29



Theresa May is applying for a 3 month delay for Brexit!

Nevertheless, this process needs to be approved by all EU members and this may take while.

There is a lot of uncertainty about the current situation!



A recent airplane crash of the Ethiopian Airlines has had many passengers feeling unsafe about travelling by flight

Many countries have banned Boeing 737 MAX until all systems have been checked and updated

This has caused a problem in booking flights as there is a shortage of airplanes till the first week of April!



ARIES

You've grown in self-awareness, surprising even yourself! Dreams can come true, but you must believe



TAURUS

Prepare to expect the impossible over the next 7 years. You haven't yet scratched the surface of your potential



GEMINI

The divine spirit is always watching you. Be true to yourself and set an example for others.



CANCER

There could be sudden connections or fallouts with friends so be prepared and don't burden yourself



LEO

Clarify your values, keep your perspective and remain detached and you will reclaim your power to decision making



VIRGO

Trust your instinct but be patient. Avoid making assumptions and seek transparency



LIBRA

Take time to re-evaluate your lifestyle; mentally, physically, emotionally and spiritually



SCORPIO

Be yourself and you will attract those who see your infinite inner beauty and depth



SAGITTARIUS

It's about mind over matter. Forget your fears and think positive



CAPRICORN

Renegotiate financial and personal agreements for better security & freedom



AQUARIUS

Slow down and regain balance on situations as a domestic situation approaches



PISCES

Free your mind, be innovative and dare to live your truth

QUIZZES

$$\text{Mario} + \text{Mario} + \text{Mario} = 60$$

$$\text{Mario} + \text{Peach} + \text{Peach} = 30$$

$$\text{Peach} + \text{Mickey} + \text{Mickey} = 9$$

$$\text{Mario} + \text{Peach} \times \text{Mickey} = ?$$

Think of a **number**.

Double it.

Add ten.

Half it.

Take

away the number you
started with.

Your number is

5

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