



Ways to tackle examination stress!



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Learn about recent events around the world!

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How secondary celebrated British Health Week!



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The importance of conducting a healthy lifestyle



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*May your Easter basket always be
full of Joy, Happiness & Peace*

*Happy Easter from the
SBS Team!!*



What it's like to prepare for exams!



Exam stress is a feeling of pressure that many young people feel during exam time. It usually occurs during the revision period before exams and immediately before the exams.

Students have many different questions going on in their minds. "Do I know it all?" "Am I ready for this?" "How will I do in the exam?"

Many students even experience cases of going 'blank' while revising or during the exam!



This is usually because of spending immense number of hours in front of the books/laptops/iPads and not taking frequent breaks to get some fresh air or divert the mind!

How to combat exam stress?!

Approach the exam with confidence.

Be prepared!

Avoid thinking you need to revise.

Get a good night sleep.

You can also share your concerns and difficulties with your parents or teachers! We can always guide you help you organize a study timetable with a balance of studies and relaxation/play!

1 Give yourself enough time to study 	2 Review syllabuses and subject reports 	3 Organise study groups with friends
4 Take regular breaks 	5 Practise on past papers* 	6 Snack on 'brain food'
7 Plan your exam day 	8 Organise your study space 	9 Get plenty of sleep



- by Shreya K.

Recipes

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Summer is almost here!
Keep yourself hydrated and
cool with these easy to
prepare recipes!

Fruit and yogurt popsicle



Ingredients and materials

1 1/2 cups plain yogurt

1/4 cup blueberries

1/4 cup raspberries

2 tablespoons honey

6 tablespoons milk

Cereal

Popsicle mold

Food grade popsicle stick

Large pot

3 small pots/cups



1. Mix the berries and yoghurt & milk

2. Then mix some more milk and
yoghurt with honey



3. Pour each of the mixtures in
the popsicle molds layer by layer

4. Add some granola at the top
and insert popsicle stick. Let
freeze till it is ready!

- by Asier R. M.

Smoothie of the month

Green Goddess!

Ingredients

Almond milk
Frozen banana
Spinach
Kiwi
Chia seeds



1. Blend ingredients till a smooth purée is
formed.

2. You can add coconut water if you wish to.



3. Start pouring in the glass with few kiwi slices
and one lemon slice (optional)

4. Garnish with chia seeds.

In conversation with...



This time we had a quick chat with the ICT teachers of SBS!

“If you could redesign the food pyramid, how would it be?”

“Firstly chocolate, then meat and fish and at the top, fruits and vegetables!”

“What was the last gift you gave someone?”

“A book with songs to my son”

“What’s your favourite eye color?”

“Honey”

“What do you normally drink at a restaurant?”



“Red wine”

“What inspires you?”

“Free time in nature alone”



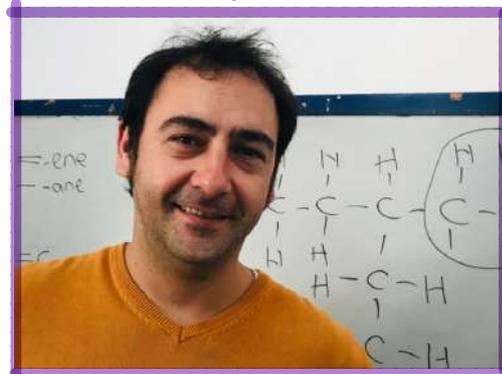
“If you could choose to be an animal, who would you be?”

“Eagles, as they’re free”

“Everyone has a fantasy app idea, what’s yours?”

“An app to mark exams and homework instantly”

*Mr. Carlos
Secondary ICT, Physics &
Chemistry Teacher*



*Don Fernando
Primary ICT & Spanish Teacher*



“If your life were a film, which one would it be?”



“The Princess Bright”

“You are on death row, what would your last meal be?”

“A very spicy one”

“What’s your favourite board game?”

“Chess or Risk”

“What 3 things would you take with you to a deserted island?”

“An iPod full of music, an iPad full of books and a snorkel!”



“What was your favourite subject in school?”

“ICT”



“What are your plans for this Easter break?”

“To go for a concert”



Why is staying fit so important nowadays

Given the lifestyle we lead nowadays, it is very important to keep our bodies and mind active as much as possible!



In the past few years, technology has made so many tasks easy and efficient! It has been an amazing development; whether we speak about transport, research or even shopping...everything is now possible with putting in minimum effort!

Teenagers spend most of their time in front of screens or on the couch....making their muscles/bones weak or not strong enough for extra activities!



It may seem as a small issue but with time, this lack of keeping the body active could lead to low stamina, fatigue or even health issues at an advanced age.

Many adults as well spend their time at work sitting on a chair most of their time, not giving the body the movement needed for simple processes like digestion



How to keep your body and mind fit and active!



PRACTICE DEEP BREATHING

Too Much Sitting (and Sleeping) Can Increase Your Chances of an Early Death



Source: The University of Sydney

THE GOOD BODY



ENJOY REGULAR BREAKS AND HOLIDAYS



KEEP YOUR BODY HYDRATED

School Events!



Dates to Remember!

- 02/05/19: Back to School
- 09/05/19: School Photographs
- 13/05/19: British Science Week

April Fool's Day! 😄

Secondary students and teachers had their heartbeats high when in a full secondary school meeting Mrs. Kanchan threw a phone belonging to a student out of the window because he was chatting!



Only to later know it was just a mobile soft cover! All were shocked with their mouths wide open! Teachers went RED mentally imagining Mrs. Kanchan having lost her job!

British Health Week



Students celebrated this week with numerous activities!

Dissections of the heart & lungs were performed by a young doctor!

We also had a quick CPR session and indulged in some yoga and fruit smoothies!



Easter Celebrations

Secondary students made Easter Monas and decorating them with sprinkles, chocolates and painted eggs!



KS3 was given the "Egg in a Flask" Challenge in Science to fit a boiled egg in a small flask using their knowledge on gas & air pressure.

Congratulations to Year 9 for winning!



International Food Fair

Our last day before Easter break was spent by all students bringing their traditional food and an amazing party with music and dance from all around the world!





WORLD NEWS



The music app TikTok is failing to keep predators away from the teenage users!

Due to numerous cases of hacking & inappropriate messages, the app has started to be banned in many Asian countries!

Enormous fire breaks down at the Notre Dame Cathedral in Paris.

Reasons are still mostly linked to renovation work!

An HD simulation from the video game Assassins Creed will be used as the model to rebuild the affected parts!



A group of churches and hotels were attacked by suicide bombs on Sunday, 21st April in Sri Lanka.

A total of 290 people have died and more than 500 are injured.

Government officials say this is linked with some local and international jihadist groups

Tesla is currently investigating an explosion case in China where one of their Model S car burst into flames in a car park in Shanghai



HOROSCOPE



ARIES

The new month is making way for balanced relationships. Make wise choices and do not fear



TAURUS

You have the chance to deepen friendships and collaborations. Be patient as more chances reveal



GEMINI

You may be feeling isolated or left out socially. Don't be afraid and feel free to reach out for help



CANCER

Be creative, imaginative and respectful. You have the power to inspire people with your vision



LEO

You're on a journey to accomplish long term goals. Live life on your own terms. Walk your talk



VIRGO

Things could get romantic and dreamt with some creative financial opportunities too



LIBRA

International connections have begun as part of a healing process. This might be a solution to your problems



SCORPIO

Cut out habits and addictions that drain you emotionally, financially and physically



SAGITTARIUS

You're exploring new areas. It may seem like a risk but why pass out the chance to be happy



CAPRICORN

Appreciate how far you've come. Give yourself the chance to slow down and relax



AQUARIUS

Be more present in the home front and live in the moment. Keep an open mind



PISCES

You may be growing financially but success and money is no fun alone

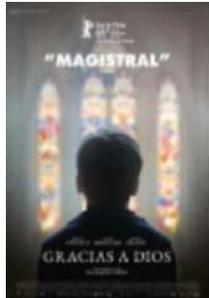
Things around us!



Movies to watch!



Kalank
(Bollywood)



Gracias a Dios
(French)

Indulge in some **international movies** with **Spanish subtitles** at **Cines Colci Rincon!**

LIVIN' LA VIDA LOCA



Gear up for Ricky Martins concert on 22nd August!

Venue: Guillermo Amor Stadium

Tickets: from 45 euros

Available at: Carrefour, FNAC



FORESTAL PARK LA NUCÍA - BENIDORM



Get active with tons of exciting activities at Forestal Park in La Nucía!

They even organize **birthday parties** and **adult activities!**

For more information →

 662009481

 @forestalpark_nucia

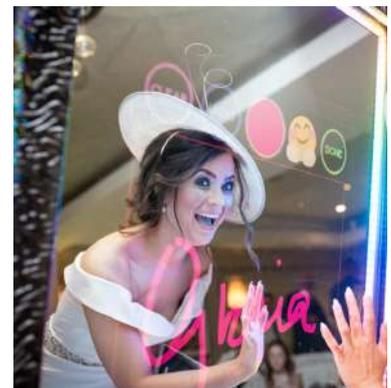


Costa Blanca Magic Mirror!

Stay up to date with the latest and fun photo booth trend for events!

The magical mirror is all you need for the photos!
Pose, caption, print!

 @costablancamagicmirror

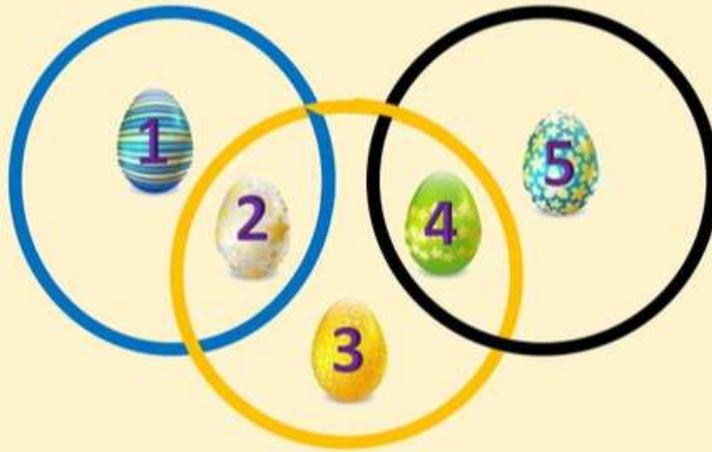


6
4
9
0
1
8
4
1
0

Can you solve these?



We had five numbered Easter eggs and put one in each space made by the Easter Rings.



Can you make the numbers in each ring add to 6?
Is 6 the only total that this works for?



A man in a car,
sees a door, A Gold Door 🚪, A Diamond Door 💎 & a Silver Door 🚪
Which Door Does He Open First?



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Quizzes !?

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