



# SBS NEWS

Summer is almost here and we have so much in store for these last weeks of school! Keep reading for more details!

## Social Media Anxiety



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## Climate issues & current fashion!



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## Get up to date with our school events!



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## Are you a procrastinator?



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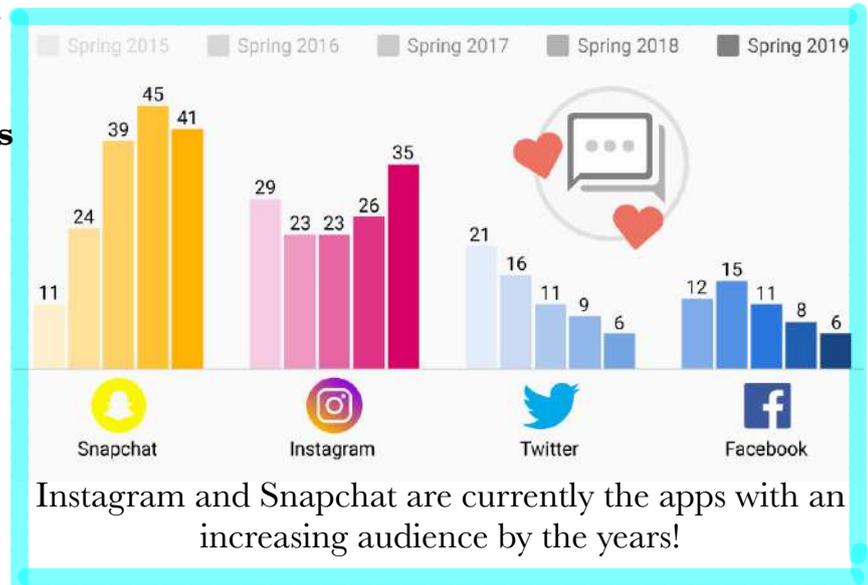
# Why is our generation addicted to social media?!

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*There has been a boom in the social media industry due to the increasing use of apps like Snapchat, Instagram, Facebook, etc.*

People find these apps very helpful and interesting as they can make friends, find new and current information, laugh on jokes/memes and even participate in current events/discussions using the #Hashtag!

Unfortunately, many young people, especially those aged between 13-26 get influenced by the unrealistic goals that are set by many famous people on such apps!



What they cannot see is that a picture on such apps is just a highlight of their day or week, and probably not how they live 24x7! The thought of having an unhealthy body spreads around this youth, making them follow strict, non-healthy diets or even starve themselves

Other than that, many followers aspire to live a lifestyle like the influencers for which they may create conditions or an environment merely to click that one Instagram picture and upload it on their story!

For instance, there are young girls who have undergone immense number of surgeries to have a specific face structure, or even to look exactly like Barbie!

The famous & unrealistic Instagram accounts of girls that resemble Barbie!

@valeria\_lukyanova21

@pixeefox

*This thought process of trying to achieve something that isn't real and showing it to the world via social media is leading to people developing anxiety and depression*

*Social media isn't about boasting or bragging about your life. Followers are not the people who decide whether your life is "cool" or "happening", or if you're a "stylish" and "fit" person!*

**You create your own happiness! Never let social media influence your thoughts about yourself or your life!**

**- by Diana S.**

# Are you a procrastinator?



What is procrastination?

*Procrastination is the act of delaying or postponing a certain task until it's deadline.*

Many people are strictly against procrastinating, whereas others believe that procrastinating helps them work better and produce results of better quality!

This depends on each individual, their capabilities and their thinking process.

Let's list down some positive and negative aspects of procrastination!



**PROS**

**CONS**

Being under pressure helps people work better until the last minute. Having to work under pressure seems to motivate them better and succeed

Worrying about work that can be done later seems more of a hassle than actually doing it, so people don't think about certain tasks till the deadline is very close and put in all their focus during that time, rather than before

Leaving work until the last minute causes stress and anxiety in people that are sensitive

Sometimes, the lack of time may get you to complete the task quickly, but not all people are capable of delivering good quality results

A continuous habit of procrastination can lead to spending more amount of hours doing work that could have taken lesser time if completed earlier

To conclude, procrastination is something we can do once in a while, but shouldn't make a habit out of it, as it will eventually lead to a higher number of working hours, effort input and anxiety!

*"Never leave that till tomorrow which you can do today"*

- Benjamin Franklin

- by Shreya K.

This time, we have a typical Spanish recipe, along with our smoothie of the month!

## Torrijas



### Ingredientes (para 8 personas):

8 Rebanadas de pan duro  
250 ml de leche  
1 Rama de canela  
2 Trozos de cáscara de naranja y limón  
25g de azúcar blanco

### Para freír:

Aceite de girasol  
1 Huevo

### Para el rebozado:

Canela en polvo (1 cucharadita)  
100g de azúcar

*En un cazo se pone la leche a calentar con las cáscaras de limón y naranja, la rama de canela y el azúcar.*

*Una vez caliente se retira del fuego y con una cuchara se vierte poco a poco sobre las rebanadas de pan distribuidas en un plato hondo y se pasan por el huevo batido. Se fríen en abundante aceite caliente, se ponen sobre un plato con papel absorbente y se dejan secar.*

*Se mezclan los 100g de azúcar y la cucharadita de canela en polvo, se pasan las rebanadas de pan fritas por la mezcla y se sirven.*

This creamy and refreshing blueberry smoothie is a delicious way to start off the day!

### INGREDIENTS

- 1 1/2 cups apple juice or white grape juice, dairy milk—almond milk
- 1 banana halved
- 1 1/2 cups frozen blueberries
- 3/4 cup vanilla Greek yogurt
- fresh blueberries and mint



## Smoothie of the month

Just put in all the ingredients in the blender and mix until smooth! You can always top it off with some crushed ice or fresh blueberries



What would you do if you found a penguin in your freezer?

**"Leave him in the North Pole"**

"If you could go back into time, where would you go?"

**"I'd go back to the time when I was a little kid"**

"What is your dream city?"

**"New York"**



"If you could change your name, what would it be?"

**"Martina"**

"What's your favourite fast food joint; Mcdonalds, Burger King or KFC?"

**"KFC!"**

"You've been given an elephant but you can't sell it or give it away. What would you do?"



**"Start a company that organizes elephant trips"**

**Miss María José**



**Pre-Nursery Teacher**

**Mrs. Hutchinson**



**Year 3 Form Tutor**

"What was your childhood dream?"

**"I wanted to be a Marine Biologist"**



"What is your favourite sport?"

**"Diving"**

"Where do you see yourself in 5 years?"

**"In Europe"**

"Would you rather live in a beautiful house with unpleasant neighbors or in a horrible house with pleasant neighbors?"

**"I would live in a horrible house with pleasant people and renovate the house!"**



**- by Carla K. & María C.**

# School Events

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Dates to remember!

13th June - Prize Day

14th June - Cable Ski

20th June - Terra Mítica overnight stay

It's Exam Time!

From

5th  
to  
11th  
June



Make sure students are up to date with their notebooks and are making the most of these last days before exams begin!

## FALLAS & HOLI PARTY AT SBS

SBS will be celebrating Fallas by burning sculptured made by the secondary students in ADT.

Following that we will be having a Holi party and get colorful!



**Date: 25th June!**  
Students must come in a white T-shirt that is **NOT** the school uniform and they don't mind staining with the colour!

OTHER  
EVENTS

## Maths Fun Day!

Spend the day solving super fun maths questions and work on some quick projects too

## British Science Week!

Explore your taste buds, learn about reactivity & create your own pH indicator...



**Scientists believe that global sea levels could rise far more than predicted!**



There has been an increase in the melting of glaciers in Greenland and Antarctica. This could lead to the displacement of hundreds of millions of people!  
Also, a possible extinction threat for certain species of penguins!

**H&M launches an eco-friendly collection!**



H&M has recently started a Conscious Exclusive Limited Collection which includes clothes and shoes that have been made using sustainable and recycled materials! Grab your favourite pieces before they're out of stock!

**Fashion blogger: @aashnashroff**

## Horoscope



**ARIES**

Financially & emotionally you're in a comfortable position. Rise above your insecurities



**TAURUS**

Be true to yourself, even if it means letting go of old aspirations



**GEMINI**

Sudden changes at work or daily routines can take you closer to manifesting a dream



**CANCER**

You're connecting with new and old friends. This will help you open previously closed doors



**LEO**

A 7 year phase of you breaking through has begun. There are no limits in your professional field



**VIRGO**

You might hear from a friend overseas or about a business opportunity



**LIBRA**

A professional situation is heating up. Be careful not to compromise your values in greed of success



**SCORPIO**

You can't control others. Let go of expectations. Pay attention to those who actually stand by you



**SAGITTARIUS**

Prioritize your emotional well-being. This is a chance to live life by your rules



**CAPRICORN**

Shake up your routine. Be creative and innovative. Dig deeper to find what brings you joy



**AQUARIUS**

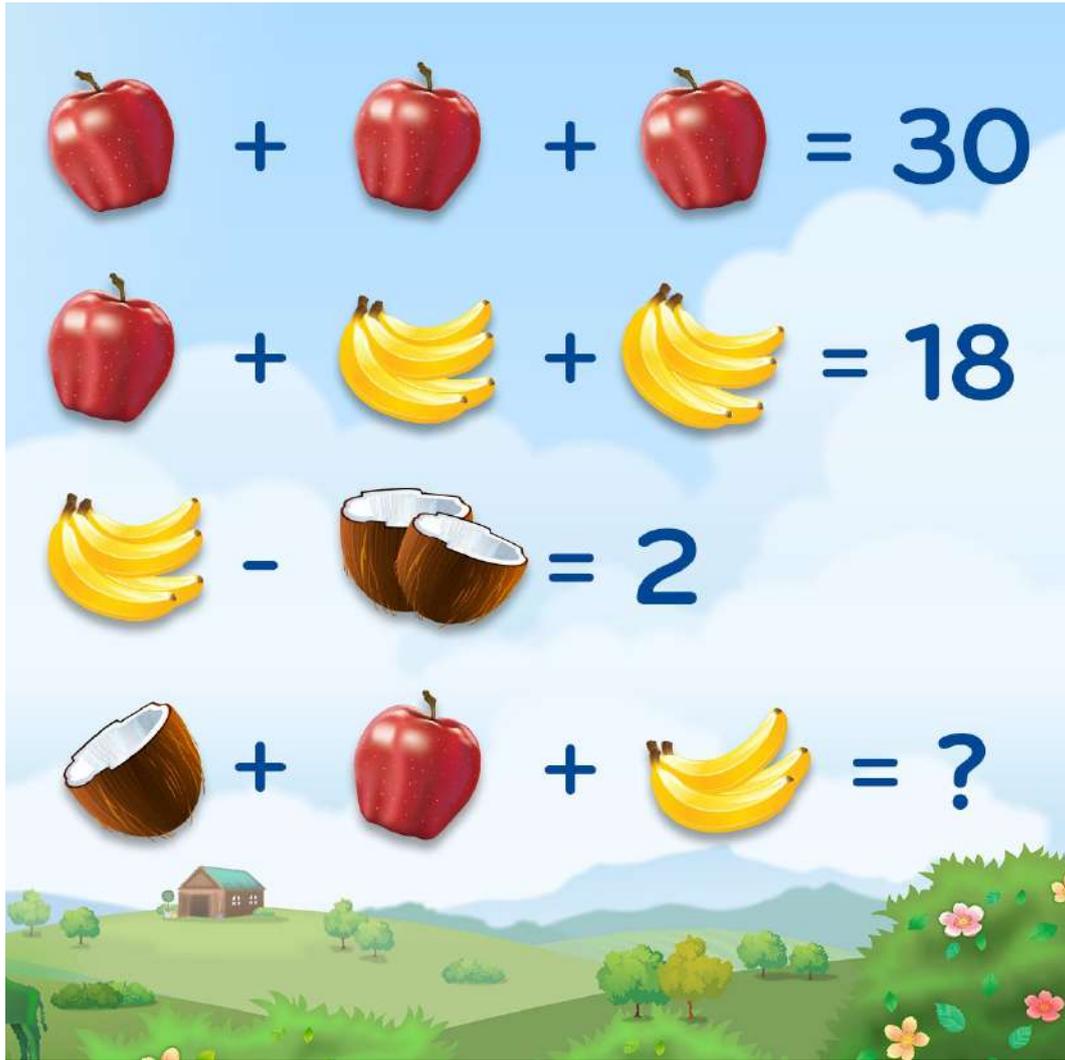
Domestic matters are highlighted, but as you reach a deeper understanding you can free yourself



**PISCES**

Avoid judgement and you will see infinite possibilities. Lead with your heart

# Can you solve these?



I do not have wings, but I can fly. I don't have eyes, but I will cry! What am I?

# Things to do around us

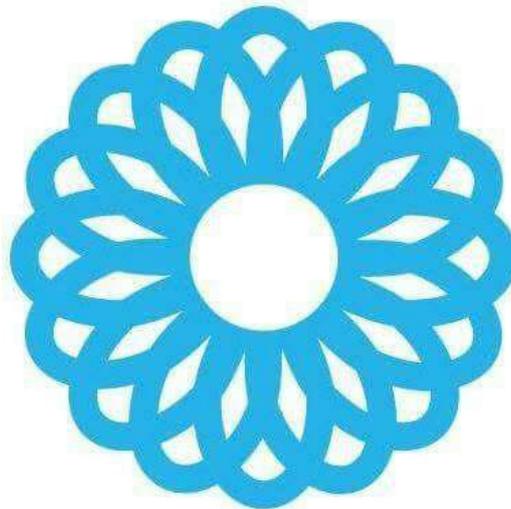
Celebrate your birthday or just spend a colorful evening at Paintball Benidorm!

*Go play paintball*



Avenida de la Comunidad Valenciana, 121  
03503

Get fit and in form for summer!  
Enroll to Pilates Benidorm Futura Studio!



☎  
6 6 2 1 2 1 4 2 7

Calle Maravall, 1, 03501

## Movies to watch!



There's games, great burgers and desserts! You can reserve via phone or Instagram

Reservado

XOXO  
GRILL & BILLYBREADS

Domingo  
*Party*  
26 Mayo

Copas a 5,50€  
Beer Pong  
Tapas GRATIS  
Shishos 15€  
Chupitos GRATIS  
Música

**Menú 15€**  
(13:30h-16:00h)

Entrante	Segundos	Incluido
Croquetas queso de cabra O Nachos	Hamburguesa Americana Hamburguesa Avatar Hamburguesa Mr.bbq O Udon Pollo/Vegetariano	2 cañas y 1 Gin Tonic

# credits

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