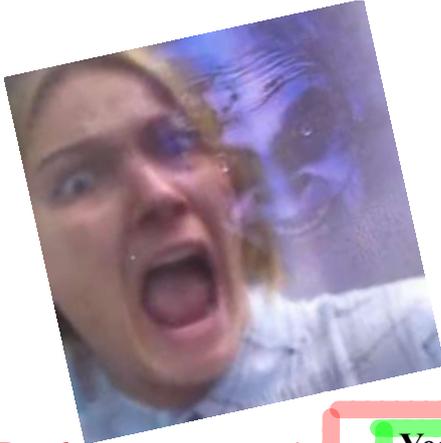


# SBS NEWS

How to make easy and cool DIY  
Halloween decor!



*Read more on page 4*

Year 8 become scientists!



*Read more on page 5*

Cómo afectan las redes  
sociales a los jóvenes...



*Read more on page 3*



Join us on the 31st October  
for a Spook-tacular  
party!!! 🎃👻🎉



# FAST FOOD COUPONS



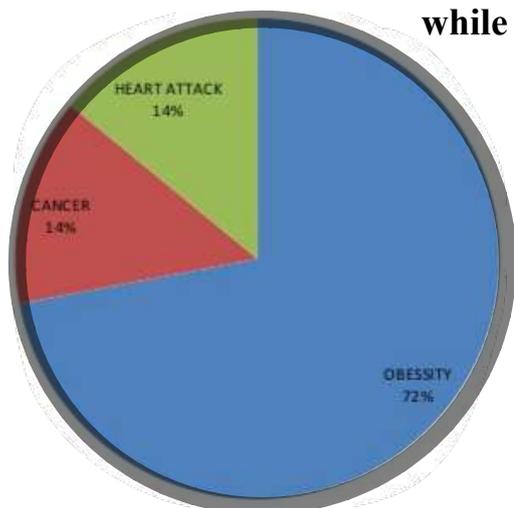
Food coupons are a commercial strategy that fast food chains are using on a bigger scale nowadays.

Not only have people started visiting these outlets more often, but are also using these for lazy days and quick fix options!

These are very common amongst teenagers as they have access to the latest updates through their downloaded apps and social media platforms too!



Even though these coupons can save you from cooking once in a while or grab a quick bite, can these be bad for health too?



The answer is yes!

Gradually, these discounts make you prefer fast food to normal food. Many people find fast food extremely tasty but give little importance to the amount of sugar and additives it has. The problem is most of these substances can have many negative effects on you, such as cholesterol, diabetes, obesity and more.

- by Daniel Göring

# INTERVIEWS



*Miss Lorena*  
*Primary French teacher*

How many languages do you speak?

*"I speak Spanish, French, English and a bit of Romanian & Valenciano"*

Why do you prefer teaching primary than secondary?

*"Well, its just different"*



What's your favourite hobby?

*"Painting"*

What would you prefer on a Saturday night; Netflix and chill or going out?

*"Both of those, I guess"*

What would you rather wear; dresses or skirts?

*"Dresses!"*



What's your favourite native food dish?

*"From Spain, Paella and from England, chocolate!"*



*Miss Alba*  
*Nursery teacher*

Where would you like to travel in the future?

*"All around the world or Bali"*

Do you have any phobias?

*"No"*



Who is your spirit animal?

*"Tiger"*

What is the greatest lie you've ever told your parents?

*"I'd told my parents that I didn't take or use my mobile in school but I did, so I was punished for 2 years without a mobile!"*



- by *Lucía Padial & Lucía Gomez*



# DRONES



*These spying robots are called drones , many people already have them but they're not always good.*

*They are flying robots that can be controlled by a remote and that have a camera that you connect to your phone and you can observe everything the drone films.*

*People use them in different ways; most of the time it is used to film really cool videos from the birds eye view that look completely amazing or even security purposes!*



*- by Daria Golovatskaya*

*Yet, there are many places where drones are actually banned: Iran, Iraq, Barbados, Kenya.. and fourteen more. Many countries are still unsure about the legal implications so they just ban them.*

## Efectos de las redes sociales

*En la ultima década las redes sociales se han convertido en un problema grave, especialmente en los jóvenes. Aunque las redes sociales (Instagram, Whatsapp, Twitter, Facebook, etc) son herramientas muy útiles y divertidas de usar se pueden convertir en una adicción.*

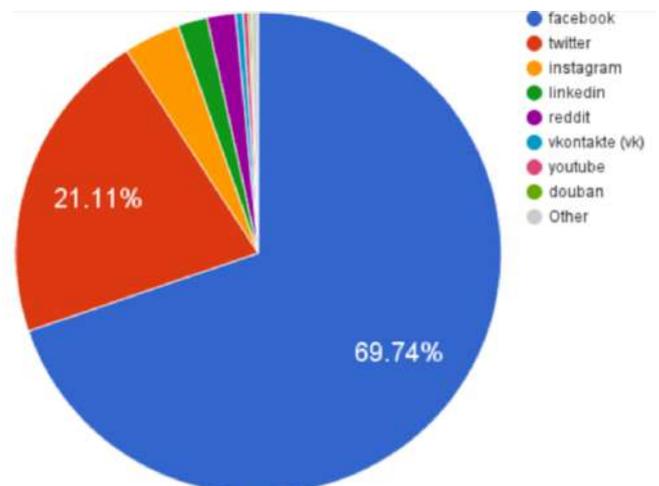
*Esta adicción suele causar los siguientes síntomas:*

### **Ansiedad**

*Suele ser por querer más likes o seguidores, ver quien te ha escrito o ver quien te ha comentado una foto.*

### **Insomnio**

*Suele ser consecuencia de la ansiedad de mirar el móvil cada hora!*

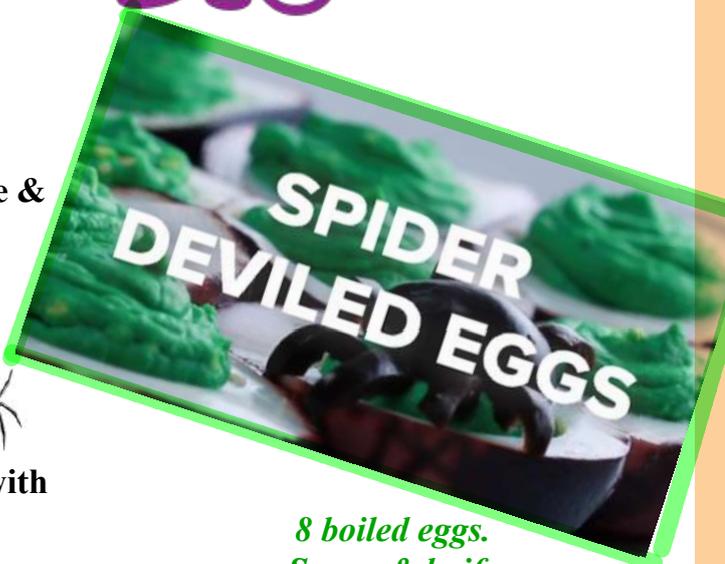


*- by Daniel Göring*

# Recipe & DIY



1. Crack the eggs with the spoon.
2. Put the eggs in a hermetic bag & add black food-dye & the cup of water.
3. Let sit for 15mins & then wash them with water.
4. Rip the shell of the egg & cut in 2 halves 
5. Separate the white part of the yolk & mix the yolk with mayonnaise, mustard & green food-dye.
6. Cut the white part of the egg in circles and rectangles to form spiders.
7. And finally ride the half eggs with the green mix and the spider.



*8 boiled eggs.  
Spoon & knife  
1 cup of water  
2 tsp of black food dye/1 tsp green.  
1 Hermetic bag.  
3 tsp of mayonnaise.  
1 tsp of mustard.*



*What we need:  
Mirror effect spray.  
Scary picture(monster,baby,nun..)  
Black card.  
A frame.*



## Steps:

1. First we paint the glass of the frame with the mirror effect spray.
2. After that, we put back the frame with the spooky photo between the glass and the black cardboard.
3. Make sure to measure the same length of cardboard as the glass.
4. Close the frame and hang it wherever you want!

*- by Carla Nistor*

# School Events



## *Under the microscope!!*

Key Stage 3 has been learning about Cells in Biology! Students learnt the parts of a microscope and then followed the scientific method to observe onion cells under the microscope with Miss Kari!



## *Dates to remember!!*



**31/10/19: Halloween Party!**

**01/09/19: No School**

**6th - 9th November: No school**



## *A day in Alicante!*



Year 7 recently visited the **Laboratory of Climatology** at the university of Alicante with Miss Simona & Miss Violeta to explore their current Geography topic!



Other than that, our elder secondary students attended the UniTour University Fair with Mrs. Kanchan & Mrs. Fernández to become aware of the different degree courses available, their requirements, etc.





A parachutist hit a city lamp during Spain's national day military parade. Luckily he wasn't injured.



Tension in Catalonia rises as separatists collapse El Prat airport. A total of 108 flights were cancelled.



Victoria's Secret - home of the impossibly-sculpted, minutely-clad supermodel - unveiled the first "plus-size" model to grace its stores in its 42-year history.



A British model who staged a silent protest over Gucci using straitjackets at Milan Fashion Week will donate their fee to mental health charities.

## October's Horoscope

**♑ Capricorn**  
October marks a whole new professional cycle, bringing exciting opportunities to take your career to a new level. Take the time to clarify your goals, then you can make conscious choices.

**♈ Aries**  
Also, become aware of your relationship with authority and dig deeper for your values while releasing your parents' values surrounding sex, commitments, money, and marriage.

**♊ Gemini**  
October marks the beginning of a passionate new cycle, sparking love, romance, creativity, and sexual desires. This is a chance for you to reconnect with your inner child and find a balance within.

**♋ Cancer**  
Family and domestic matters are calling for your attention this month. This is a chance to confront the past honestly, make peace, and leave it behind as you create a new future.

**♌ Leo**  
This is creative and persuasive energy, giving you an edge in negotiations. But avoid bending the truth or resorting to passive-aggressive behavior. If something upsets you, take a deep breath before you react.

**♍ Virgo**  
Your financial and emotional commitments are evolving, too. As powerless as you've felt, you're the one who holds the cards in a situation.

**♎ Libra**  
Happy birthday to Libra! You're in a new personal cycle, coming out of your cocoon and unfurling your wings. October sees you on the move, going places—literally and figuratively. Pace yourself so you don't burn out.

**♐ Sagittarius**  
A cycle is ending, perhaps you're ending a job or changing your routines. Trust that this is a breakthrough, clearing the path for you to live your best life and chase your passion.

**♒ Aquarius**  
October brings you to a crossroads in your journey, asking you to widen your horizons and explore enticing professional opportunities. As you can see, you have more freedom and options than you imagined.

**♓ Pisces**  
Life is evolving profoundly in October, asking you to surrender control in a financial or intimate commitment or a situation in which you feel out of control.

**♉ Taurus**  
As you enter October, you're in a new cycle of work, health, daily routines, and life, and you're in the process of finding balance and healing where you need it the most.

**♏ Scorpio**  
The first three weeks of October mark an introspective phase, drawing you into a deeper search of your soul. You're becoming aware of subconscious processes, secret desires, fears, ambitions, and fantasies that you rarely are aware of.

- by Daniel García



# credits



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