



SEPT. 2021

SBS NEWS

BACK TO SCHOOL

Index

ACROSS THE WORLD	3
BACK TO SCHOOL	5
COZY RECIPE	6
LONG ARTICLE	7
RESTAURANT REVIEW	9
MUSIC FOR LIFE	11
GET TO KNOW US	13
HOROSCOPE	15
VIDEO GAME REVIEW	17
THE SPANISH CORNER	19
QUIZNATION	20

Editor's Note

This month's newspaper is the first newspaper of this new academic year 2021-2022. We are very excited to continue with this legacy with new writers and a new designer.

Furthermore, this month's newspaper is focused on back to school and includes all the sections you have come to love like reviewed, get to know the school, recipes and our famous quizzes.

Finally, as always you will be able to keep up with your horoscope and you will have small snippets of news from around the world. Don't forget to also complete the quizzes and challenges on the last page!

We hope you love this first month's edition of the SBS Newspaper and we hope you follow us throughout the year as it is going to be a year full of interesting information, incredible food and writing and plenty of fun for all ages to read.

As always we would like to say thank you for your participation and for always being there and as always, enjoy the reading!

The Sierra Bernia School News Team

ACROSS THE WORLD

LA PALMA



On the 16th September La Palma volcano erupted and is currently throwing pyroclasts and ash from five mouths in the municipality of El Paso, in Cabeza de Vaca, near the monument to the Virgin of Fátima. The first eruption had two cracks, although five are already contemplated.

The lava from the volcano has already reached the sea and the consequences are being studied as we speak. The volcano is still active and will continue like this for an undetermined period of time.

There have been more than 5,000 people that had to be evacuated overnight, given the risk posed by the rivers of lava that flow down to the sea. As of this moment even more have been evacuated due to the growth of the river of lava. We are all hoping this ends soon for the people of La Palma.

EL SALVADOR

El Salvador makes history by becoming the first country to adopt bitcoin.

El Salvador has become the first country in the world to adopt bitcoin as legal tender, with the aim of reducing costs in sending remittances the approved law stated that the use of virtual currency will be "unrestricted, with liberatory and unlimited power in any transaction.



SAUDI ARABIA

Saudi Arabia renounces taking the UNWTO headquarters from Madrid.

Saudi Arabia has finally resigned from formalizing the candidacy to take the headquarters of the World Tourism Organization (UNWTO) from Madrid, according to sources from the Spanish Government, who point out that the Arab country has already transmitted its decision.



USA

United States Justice blocks the request of Spanish researchers to access the information of the servers of their social networks, hosted there .

The objective was to know if the defendants published messages on their social networks moments after the death of the young man and deleted them before they were captured.

The United States has refused to collaborate in the clarification of the crime of Samuel Luiz , the young man from A Coruña who died after a massive beating. After a rogatory commission sent by the Spanish Justice to request information contained in the servers of the defendants' social networks, the United States has denied access to the data alleging that it does not find a sufficient relationship in the request of the investigators and the resolution of the crime .



**By Norena
and Vania**

Keeping up with the changes

Another academic year has started and this year at Sierra Bernia School there have been many changes such as teachers, changes in the uniform and more.

The big first change are a few more teachers, you can find new teachers in primary and secondary. In secondary you can find: Mr angel (Science teacher) and in primary you can find : Kirsty, Ruth and Danielle. More about them can be found in section “get to know us” (page 00)

Another big change is the uniform policy. Now jewelry is accepted, the pants and the skirt can not be 4 fingers higher than the knee (If the skirt or pant is 5 fingers higher than the knee you would go to the office), and finally nail polish is accepted in nude colours.

Another change is that there are more new students in Secondary , there are new students in all levels all the way up to A levels. And to the new students we would like to say: WELCOME to SBS!



Another change are some of the lessons, Y7 does Music with Miss Violeta, Y8 and Y9 does Music with Mr. Jason and y 10 and 11 with Mr Jason. Y7 does mental maths with Mrs Violeta, Y8 with Miss kanchan and Y9 with Miss Violeta. Y7,Y8 and Y9 do English gr with Mrs Lorena this year.

In addition, now Primary have 2 days of sports on Tuesday's and Friday's.

These changes are good for the students because they can use jewelry and nail polish, new better teachers and new students to be friends with and finally new classes.

Some changes are seen negatively by the students like the skirt and pants, can not be five fingers higher than the knee because students have skirts that are not 5 fingers higher than the knee.

However, all in all, the students are happy with the changes this year and are excited to start this new academic year.

INGREDIENTS ☆

Wheat flour 3 heaped cups
Chicken eggs 2 pieces
Butter or margarine 200 g
Sugar 64 g
Soda 32 g
SALT 43 g
Vinegar 1 teaspoon
Vanilla sugar to taste
boiled Condensed milk 1 can

Cozy Recipe ♡



INSTRUCTIONS 😊

Step 1: crush eggs with sugar.

Step 2: melt the butter.

Step 3 add vinegar quenched baking soda.

Step 4: knead the dough.

Step 5: Put the dough into the mold.

Step 6: bake the nuts.

Step 7: cool down

Step 8: Fill the nuts with condensed milk.



By Anfisa

How to loose the end of summer blues.

Have you ever heard about the summer blues ? Normally most of the students aren't aware of it. Why? Well, it normally occurs when there's a change of season and the change typically results in depression. Students normally get into a depression or depression like symptoms because they start school. When students start school they are obliged to wake up very early, also they need to start to study, do homework etc, and only hearing that I don't want to go to school.

However, I'll give our 10 recommended tips for you not have the summer blues:

1. Look for a new hobby,

or a new passion, that could make you feel that you've got something to live for and something to wait for. You should look for something that can trigger positive emotions and that gives you an extra motivation to take action, as well as something that could allow you to get some rest from work.

2. Eat healthily:

Your plate should be colourful and filled with fresh fruit and vegetables. And never skip breakfast, as adding some sort of fruit for breakfast will boost your energy levels early in the morning. Eating warm, well cooked meals is excellent for your digestion and helps to pacify anxious energy.

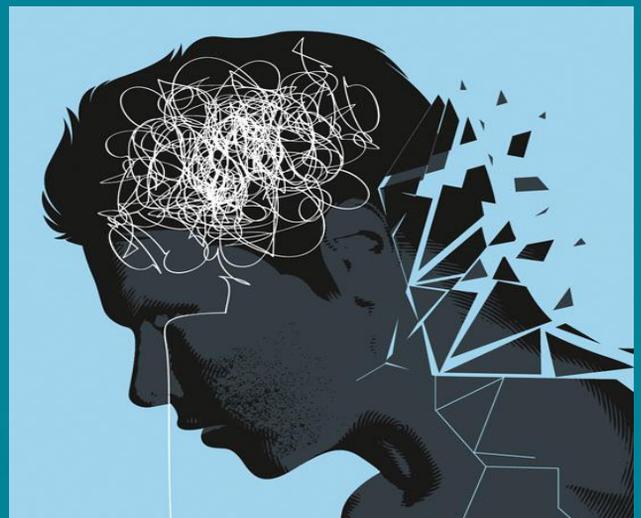
Incorporate warming spices like cinnamon, ginger, cloves, fennel, cardamom and cayenne. Get seasonal root and bright orange vegetables like onions, potatoes, carrots, beets and radishes to help you feel more grounded.

3. Sort out your sleep patterns:

Waking up exhausted and craving more sleep is common in autumn. Stick to a routine of going to bed and getting up at the same time. It will work better than drinking coffee to help you to stay alert.

4. Be active during day:

Exercise helps boost your energy a feeling of well-being. So try jogging, or visit the gym or even yoga class. Exercise, best done in the fresh air, can help to quicken the circulation and strengthen your immune system.



6. Music, art and creativity:

Listen to music we enjoy can really raise our mood and bring us back to ourselves, and help us re-engage with parts of ourselves we may feel we lost when summer ended. Being creative or taking part in art class or drama club can also towards making us feel more alive, engaged and happy during times when the inclination is to feel grey or miserable like the weather.

7. Be goal orientated and challenge yourself:

During the summer months, there is more positivity floating around, and it can be much easier to begin new things or explore new interests. In the colder months, we can tend to fall into a more comfortable routine. However, by setting yourself new and challenging goals you allow your mind to focus on new interests, instead of just that it is colder and there is less light! Even if your goal is to finally finish reading a book you got given for your birthday. Setting targets and sticking to them in the winter months will give you a fantastic sense of routine.



8. Be kinder to yourself:

In the colder months in particular, when we can be more prone to being insular it is even more important that we take time to be kind to ourselves. Give time back to yourself to the things you enjoy doing with your spare time. Even if you are only able to find a short amount of time, this will still allow you to feel happier, more content and invigorated. It can be helpful to remind yourself that the low thoughts and mood you experience can be a result of the lack of light and sunshine, which your body needs.

9. Be altruistic:

Caring for others whether it is volunteering a few hours of your time at a homeless shelter or just doing something extra for a friend or family member, can really improve mental health in the winter months. It is also key to keeping relationships going and can bring you closer together, adding a great deal of satisfaction to your mental health.

10. Plan a short break:

Booking a short break outside of where you live can really help in getting through the winter months as it not only gives you something to look forward to but it is also a new experience. It does not necessarily need to be somewhere warm; as just doing something different to your usual routine can make a big difference.

In conclusion these are my 10 tips for the summer blues, many people have tried them and they all passed these summer blues moments. So please if you have summer blues don't panic and try these tips, I assure you'll be entertained.



PLAZA MEXICO

Plaza Mexico is a restaurant located in L'Albir. You will find there delicious homemade Mexican food. The restaurant is a modern and cozy place where you can enjoy of a cheerful environment.

WHAT SHOULD I TRY IN PLAZA MEXICO?

Every single plate in Plaza Mexico is delicious, however there are plates which I like more than others. The 'Nachos Plaza Mx' are on fire! They have guacamole, pico de gallo, meat (there are three types from where you can choose), cheese, jalapeños and salad. Another plate to highlight is 'Tacos Dorados'. These are crunchy flutes of corn stuffed with minced beef, accompanied with salad and some sauces. This plates are worth trying them.

WHY SHOULD I GO TO PLAZA MEXICO?

Plaza Mexico is much more than a restaurant. Firstly, the quality of the food is extraordinary. You will enjoy of every bite you take, as well as the impeccable presentations of the dplates. Secondly, the staff is effective and professional; they will be there for anything you need. Lastly, the price. To be honest Plaza Mexico isn't cheap, nevertheless the food is worth the money.

FACTS ABOUT PLAZA MEXICO

-Firstly,when you go to Plaza Mexico yo should always reserve before because if not, you will not get a table (there are lots of people).

-Even though lots of people go to Plaza Mexico,the restaurant has measures with tables and you need to put hydroalcoholic gel before entering on the local.

-And finally, Plaza Mexico has lots of cocktails for grown-up people and alcohol-free shots for children.



DUCADOS



Ducado is a restaurant located in Benidorm. You will experience new delicious homemade Spanish food which would change your life. The restaurant is active since 1980, even though, the establishment is still a modern and nice place to bring your family to.

WHY SHOULD YOU GO TO THIS RESTAURANT?

There are lots of reasons to go to Ducado. The food is the most important thing in a restaurant and here, in Ducado, there are lots of variety. Prices are also important. People pay for food taste, food presentation and waiter's service, in this restaurant, they meet all the requirements.



WHAT SHOULD I TRY IN DUCADO?

As I told you in one of the reasons to go to this restaurant, there is lots of variety in Ducado. For entrance they have food like iberian jam, cheese, eggs, salmon, etc. For first there are lots of things. It can be: 3 types of "Paella", lots of plates of meat, fish of salads. And for dessert you could have egg custard, coffee, cheesecake, chocolate brownie or a mini-chocolate cake.

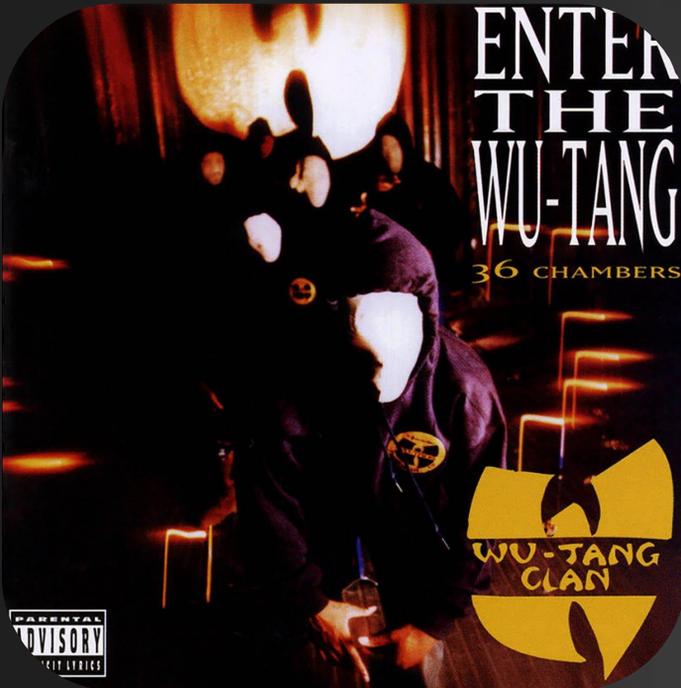
FACTS THAT WOULD HELP YOU IN DUCADO

As I told you in one of the reasons to go to this restaurant, there is lots of variety in Ducado. For entrance they have food like iberian jam, cheese, eggs, salmon, etc. For first there are lots of things. It can be: 3 types of "Paella", lots of plates of meat, fish of salads. And for dessert you could have egg custard, coffee, cheesecake, chocolate brownie or a mini-chocolate cake.

By Oscar

Music for the gym

by Roman



Wu-tang clan- enter the wu tang (36 chambers)

This is a great album of you are an old hip hop head, has a lot of jazz elements but is mostly old school hip hop.

It has quite raw lyrics which really make you feel like you are a part of it all and will definitely get you in the mood for some exercise.

7/10

Aphex twin

Selected ambient works 85-92

Considered one of the greatest electronic albums with mix of fast beats and mixed with slow dark ambient sounds will definately make ou do more reps of any activity you are doing.

Aphex twin makes the best music for the gym and just even taking a walk by yourself.

10/10



AphexTwin Selected Ambient Works 85-92

Heavier gym albums

By Roman



DARKTHRONE

a blaze in northern sky

One of the most classic norwegian black metal albums and bands out there, raspy guitars with screaming vocals that sound like they were recorded in the 16th century, sound really good when you are exercising, does get repetitive though.

9/10

**Emperor
Reverence**

Short EP, by the great black metal band "Emperor". This album mixes raw black metal with symphony, has long songs but doesn't get repetitive. Good to help you time your workouts and is better for those with a love of meldy.

8/10



GET TO KNOW US

By Sahil

How old are you?

I'm 34 years old

What song do you listen to motivate yourself?

Frank Sinatras' My Way

What is your horoscope sign?

Taurus

What made you become a teacher in Sierra Bernia School?

The school was looking for a science teacher so I decided to join.

What did you like the most about the school when you came here for the first time?

The people always look happy.

What was your first lesson like and how were you feeling?

Physics year 10, a little nervous but happy and good.

What subject did you like the most and which subject did you like the least when you were in school?

Physics and chemistry and the least music.

If you had unlimited money what would you do?

Travel a lot!

Where have you worked before getting a job in Sierra Bernia School?

As a Robotic programmer.



Mr Angel

GET TO KNOW US

How old are you?

I'm 25 years old

What subjects are you teaching ?

I teach all subjects in primary Year 1

Who is your favourite singer or group?

Ed sheeran

Are you married or not?

Yes I'm married.

What is your favourite place to go for a nice relaxing vacation?

I wanted to go to albir but now I live here.



Miss.Danielle

Which fiction character would you like to be?

Hermione Granger.

What is your favourite movie?

The hunger games.

What was your best gift ever given to you?

My engagement ring.

How were you feeling in your first lesson of school?

Great, I was really excited I'm happy to be in this school.

If you were to meet an actor who would it be?

Jenifer Anniston.

HOROSCOPE

It will not be advisable to rely on luck when it comes to your exams.



This month is bringing with it the opportunity to learn.



Happy almost solar return, Libra!



Take breaks as needed, you're not a robot!



Let your motivation be what guides you through spring.



Don't knock yourself down before you fully give yourself the opportunity to fail.



You are about to see wonderful boost to your career including exceptional progress.



You could find that there's a significant amount of secrecy in the air.



Your dreams are falling in place.



You can blame the world and its aunt for what's going wrong. You were not sent here without powers.



You should take this month for some self reflection.



Turn your attention to your home life and family, Capricorn!

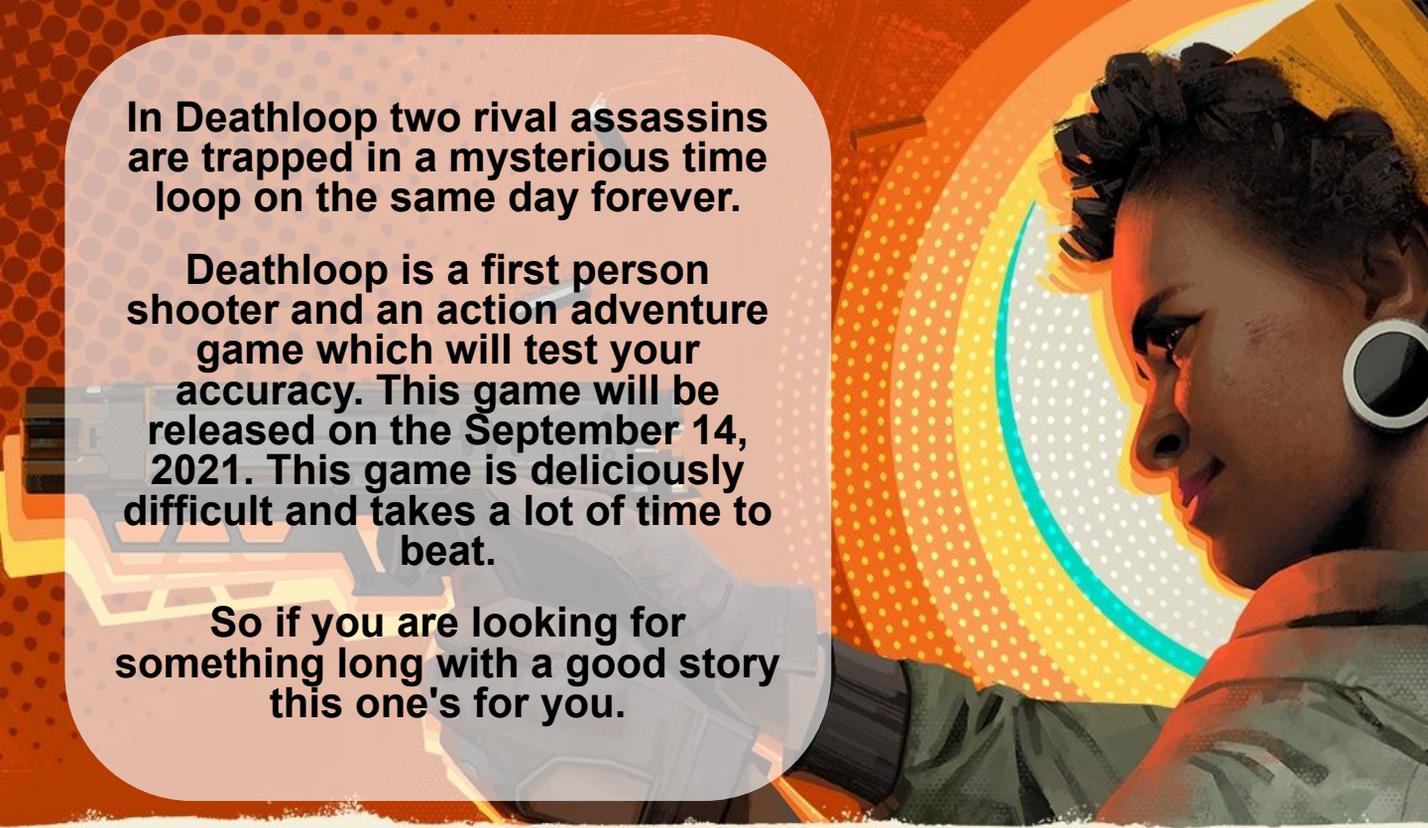


By Ferran

M T W T F S S

					1 world vegetarian day	2	3 National Boyfriend and Girlfriend day
4 World animal day	5 World teacher day	6	7	8	9	10 World mental health day	
11 No School	12 No School	13 Madrid trip	14 Madrid trip	15 Madrid trip	16	17	
18	19	20	21	22 World Earth day	23	24 World Veterinary day	
25	26 National pumpkin day	27	28 Non-Uniform Day.	29 School halloween party	30	31 Halloween	

October 2021



In Deathloop two rival assassins are trapped in a mysterious time loop on the same day forever.

Deathloop is a first person shooter and an action adventure game which will test your accuracy. This game will be released on the September 14, 2021. This game is deliciously difficult and takes a lot of time to beat.

So if you are looking for something long with a good story this one's for you.

"DEATHLOOP"TM



All in all, it is an entertaining video game that will engage you playing it all day long.

This game has gorgeous FPS(Frames per second), very fun to play and has a high quality graphics. This a definitely a game you want to purchase if you love shooting, adventure and action games. The game has been released in PS5 and pc.

NBA 2K22

2K22 is a sport video game, an adventure game and a simulation game that was released on the 10th of September, 2021. There is multiplayer and you can play with a random player or with your friends. Unfortunately pc, xbox and playstation players cannot play together, they should have the same device to play together.

NBA 2K22 puts the entire basketball universe in your hands. In this you can create your own dream team with today's star and yesterday legend. You can live out your own pro journey and experience your personal rise to the NBA.

Altogether, it is an enjoyable game and will attract you to play a lot. It has a better gameplay balance, better shooting mechanics and better dribbles move.

This is definitely a game that you want to buy if you are a basketball fan. It is released on playstation 5, playstation 4, xbox 1, xbox x, nintendo switch and in steam for PC players.

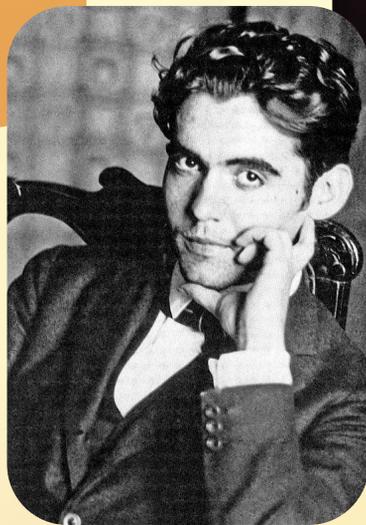


The Spanish Corner

El cielo es de ceniza.
Los árboles son blancos,
Y son negros carbones
Los rastrojos quemados.
Tiene sangre reseca
La herida del ocase,
Y el papel incoloro
Del monte está arrugado.
El polvo del camino
Se esconde en los barrancos,
Están las fuentes turbias
Y quietos los remansos.
Suenan en un gris rojizo
La esquila del rebaño
Y la noria materna
Acabó su rosario.

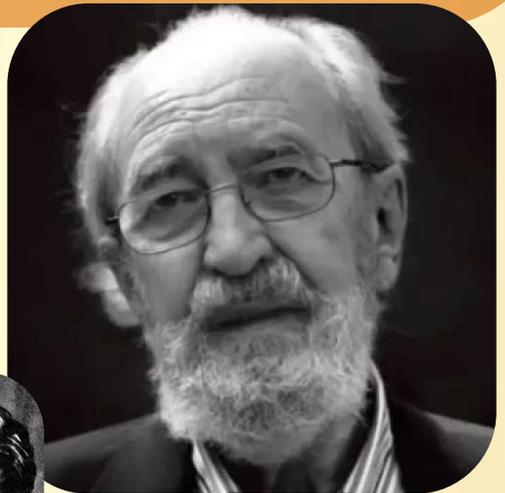
El cielo es de ceniza,
Los árboles son blancos.

García Lorca



Angel Gonzalez

Para que yo me llame Angel
Gonzalez,
para que mi ser pese sobre el suelo,
fue necesario un ancho espacio,
y un largo espacio:
hombres de todo mar y toda tierra,
fértiles vientres de mujer, y cuerpos,
y más cuerpos, fundiéndose
incesantes,
en otro cuerpo nuevo.
Solsticios y equinoccios alumbraron
con su cambiante luz, su vario cielo
el viaje milenario de mi carne.



By Gonzalo
and Aleiandro

QUIZNATION

Grammar Grill

1. When did the Romans invade Britain?

- a) 50 AD
- b) 43 AD
- c) 100 AD
- d) 44 AD

2. Where did the word lawyer come from?

- a) Anglo Saxon
- b) Vikings
- c) Roman

Maths

What is the answer :

1) $(5+5)-(6-9)+(92-30)=?$

2) $9+(-2)=?$

3) $(-3)+(-7)=?$

4) $3+(-4)=?$

Biology

- 1. What is the type of exercise that you can do for a long period of time?**
- 2. What is the name of the white cell that produces antibodies?**
- 3. People that study biology are call ...**
 - a) Scientists
 - b) Biologicals
 - c) Chemists

Quiznation Answers

Maths: 1) Answer is 75

2)7

3)-10

4)-1

Grammar grill

1. B

2. B

Biology

1. Light walking

2. Lymphocytes

3. C

SBS Newspaper TEAM

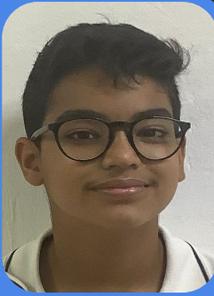
Mr. Jason

Gonzalo

Sahil

Alejandro

Anfisa



Vania

Ferrán

Jiabo

Manuela

Norena



Oscar

Tori

Roman

