

Welcome

& back!

Hello

Autumn!



October/2024

NEW SCHOOL YEAR, NEW GOALS!



3

Things I'd like to get better at this year...

studying
relationships
dealing with difficult
situations

...



2

New things I'd like to try...

activities
hobbies

...



1

Thing I can do right now to start my journey...

be positive and optimistic

...

Back to SCHOOL

WORDSEARCH

Find and circle the words.

M	T	R	D	B	Y	B	A	A	S	A	K	I	T	Y	E
R	E	L	E	R	C	L	A	S	S	R	O	O	M	W	T
U	A	B	I	K	N	R	A	H	D	O	L	L	Q	T	A
T	C	F	W	P	H	O	M	E	W	O	R	K	I	I	F
R	H	S	T	U	D	E	N	T	E	R	G	A	M	M	E
X	E	Z	D	U	L	O	R	H	B	U	Q	G	B	E	H
I	R	V	U	Q	P	L	F	R	I	E	N	D	S	T	S
V	X	G	N	G	H	L	U	Z	O	R	M	A	H	A	C
O	Y	M	I	Y	J	V	Y	G	P	E	X	L	P	B	H
R	G	O	F	O	A	L	P	H	A	B	E	T	U	L	O
R	T	Y	O	L	B	A	C	K	B	A	C	K	C	E	O
V	G	F	R	S	G	R	E	C	E	S	S	A	T	I	L
W	D	A	M	F	L	I	B	R	A	R	Y	J	Y	C	G

- uniform
- alphabet
- teacher
- student
- friends
- school
- library
- recess
- classroom
- homework
- timetable
- backpack



BACK TO SCHOOL QUIZ



How much do you remember about school?
Read and choose the correct options and find out!

1 What days do you go to school?

- a) On Monday and Friday
- b) From Monday to Friday
- c) On Saturday and Sunday

2 Who helps keep the school clean and tidy?

- a) The janitor
- b) The teacher
- c) The librarian

3 Where do you go to borrow books in the school?

- a) To the cafeteria
- b) To the library
- c) To the playground

4 What do you use to write in your folder or copybook?

- a) Glue
- b) Crayon
- c) Pencil

5 Where do you eat lunch at school?

- a) At the cafeteria
- b) In the classroom
- c) In an office

6 Who helps you to read and write?

- a) The teacher
- b) The coach
- c) The bus driver

7 In which subject do you learn about numbers and calculations?

- a) Science
- b) Mathematics
- c) History

8 What do you use to carry your books and supplies at school?

- a) A lunch box
- b) A suitcase
- c) A school bag

9 Where do you go to do experiments and hands-on activities?

- a) To the library
- b) To the science lab
- c) To the gym


10 Where do you play sports?

- a) In the classroom
- b) In the art room
- c) In the gym




Interesting facts about apples

 APPLE CONSUMPTION MAY REDUCE THE RISK OF CANCER

 A FULL SIZED APPLE TREE CAN REACH FULL PRODUCTION IN AS LITTLE AS 4 YEARS OR AS LONG AS 10 YEARS

 THE AVERAGE PERSON EATS 65 APPLES A YEAR

 MOST APPLE PICKING IS STILL DONE BY HAND

 THE MOST POPULAR VARIETIES OF APPLES ARE THE RED DELICIOUS, GOLDEN DELICIOUS AND THE GRANNY SMITH

 NATIONAL APPLE DAY IS ON 21 OCTOBER



Do it yourself



1

To make these cute and soft pumpkins, you need scissors, needle and thread, wool, teddy fabric (if you don't have it, you can use an old sweater or something similar), cotton and wool.

2

To start cut several circles from the teddy fabric. You can make one larger circle (about 8-10 inches) for the base of the pumpkin. Place the circles on top of each other, with the inner side facing inwards.

3

Start sewing around the edge of the circle, leaving a small gap (about 1-2 inches) on one side. Use simple running stitches. When you're done sewing, turn the pumpkin right side out through the opening you left.

4

Fill the pumpkin with cotton wool making sure that it is evenly distributed. When you are satisfied with the amount of stuffing, close the opening by sewing the edges. You can add a few stitches so that the filling does not come out.

5

To make the pumpkin look more realistic, you can sew a few stitches from top to bottom to create "ridges" on the pumpkin. For the stem, cut a small piece of green material or thread and attach it to the top of the pumpkin. You can also add leaves or other decorations if you like.





Apple pie recipe



Here's a very brief overview of what you can expect when you make this old-fashioned apple pie recipe at home:

- 1. Make the filling: On the stove, make a paste with flour and butter. Add the sugar and water and bring to a boil. Simmer, then remove from heat.**
- 2. Assemble the pie: Press one crust into a pie plate. Place the sliced apples on the bottom crust. Use the top crust to make a lattice crust according to the recipe below. Pour the butter-sugar mixture over the lattice crust.**
- 3. Bake the pie: Bake the pie in a preheated oven until the apples are soft and the crust is golden brown.**

You'll bake the pie at 220 degrees C for 15 minutes, then you'll reduce the temperature to 180 degrees C and continue baking for 35-45 minutes. All in all, the pie will bake for about one hour, give or take a few minutes. You'll know the pie is done when the apples are soft and the crust is a beautiful golden brown color.



All around the campfire



It was the last week of summer break before school. My friend group invited me to a camping trip that lasted 3 days in a small forest not too far away from my house. Sure, why not? As I packed my things, I wondered if I would need to bring extra socks or not? “Better safe than sorry!” I said, as I stuffed the last two pairs of socks into my duffle bag that was already overflowing with my things. I zipped my bag up and set it aside, going downstairs to eat dinner with my mum. She made lasagna, my favorite! Does anyone else agree that your mum’s cooking is always better than anyone else’s or is it just me? Oh well, at least I get to enjoy my lasagna! I quickly ate my portion and said good night to my mum, ran upstairs to brush my teeth, set my alarm to five AM and went to sleep...



Story



...the next morning, when I woke up, I got into my clothes quickly, took my bag and ran outside, where my friend, Melanie, was waiting for me. We got into her car and met at Mark's house. That's where our hike began! We followed a lot of trails and trees to get to the campground, we needed at least half an hour to get there, though, I can't say that it wasn't worth it. As we got to the campground, we all set down our things. Us girls set up the tents, which included me, Melanie and Thea, while the boys, Mark, Elijah and Mason, set up the campfire. Of course, we all goofed around like the teenagers we are, like throwing each other in piles of leaves, of playing sword fighting with sticks...



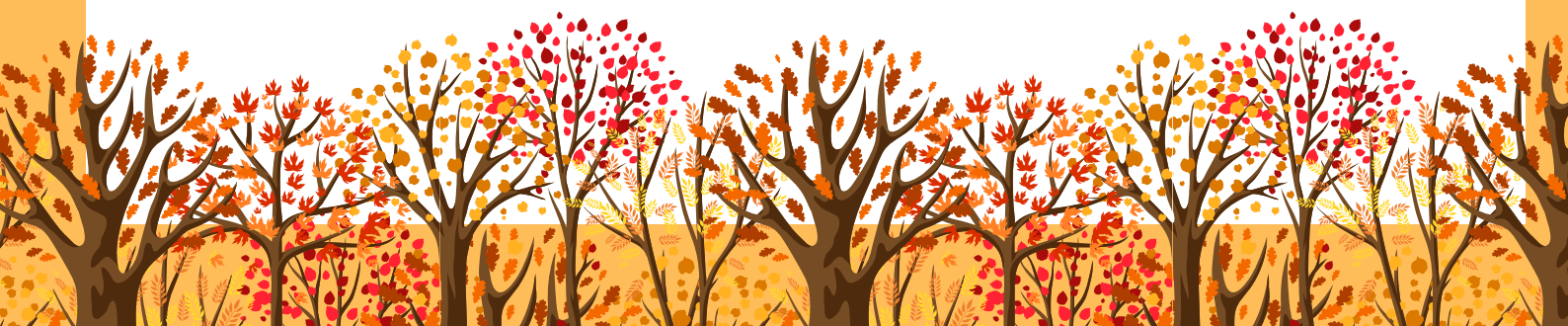
Story

...as the sun set, we finally got the fire to go. Finally! We cooked some s'mores and drank the water we brought along. Mason saw a spider and screamed like a little girl! We all laughed until Melanie squished it with her bare hands! Icky... We took some flashlights and told scary stories. For me, Thea's was the scariest... Imagine being a police officer and being around criminals all day! Then patrolling at night when it's so silent and dark... Jeepers! I could never! We sang some folk songs as well. Elijah is a very talented guitarist, even a few baby foxes came over to listen! Melanie took a picture, and it was the cutest thing ever! I am going to put it on my wall! We realized it was already getting late, and we needed to go sleep...



Story

...we all got into our tents and fell asleep. The next day, I was the one who woke up first. I got out and felt the nice, cool air hitting me straight in the face. I put on my hoodie and went out of my tent, making coffee for every one of us with the portable oven we brought along. What? We can't survive off of only s'mores and water! As the days went by, we went on hikes, hill climbing, and the boys even tried to make a treehouse, which they failed at, of course. As the days were coming to an end, and school was creeping closer like a snake, I relived those happy moments during summer break, and finally accepted the fact that school was indeed tomorrow.





Thanksgiving day

THANKSGIVING IS A SPECIAL HOLIDAY IN THE UNITED STATES. IT'S A TIME FOR PEOPLE TO COME TOGETHER AND BE THANKFUL FOR THE GOOD THINGS IN THEIR LIVES. FAMILIES AND FRIENDS OFTEN GATHER TO CELEBRATE.

ON THANKSGIVING DAY, MANY PEOPLE HAVE A BIG MEAL, WHICH USUALLY INCLUDES TURKEY, MASHED POTATOES, GRAVY, AND PUMPKIN PIE. IT'S A TIME TO SHARE DELICIOUS FOOD AND ENJOY EACH OTHER'S COMPANY.

ONE TRADITION ON THANKSGIVING IS TO GO AROUND THE TABLE AND SAY WHAT YOU ARE THANKFUL FOR. SOME PEOPLE ARE THANKFUL FOR THEIR FAMILIES, THEIR FRIENDS, OR THEIR FAVORITE TOYS. IT'S A WAY TO REMIND OURSELVES OF THE GOOD THINGS WE HAVE.

THANKSGIVING IS NOT JUST ABOUT FOOD AND FUN. IT'S A TIME TO REMEMBER THE IMPORTANCE OF BEING GRATEFUL AND APPRECIATING THE PEOPLE IN OUR LIVES. IT'S A DAY TO SAY, "THANK YOU" FOR ALL THE GOOD THINGS.



grateful
♥



THANKSGIVING



1. What is the big, hot ball of gas in the sky that gives us light and makes our days sunny?

Answer: ***Last Thursday in November.***

2. Which historical event is Thanksgiving Day commonly associated with?

Answer: ***The Mayflower voyage and the Pilgrims' first harvest feast.***

3. What is the traditional centerpiece of a Thanksgiving meal?

Answer: ***Turkey***

4. Which Native American tribe is famously associated with the first Thanksgiving?

Answer: ***Wampanoag***

5. Which president officially established Thanksgiving as a national holiday in the United States?

Answer: ***Abraham Lincoln***

6. What is the name of the annual Thanksgiving parade that takes place in New York City?

Answer: ***Macy's Day Parade***

7. In Canada, when is Thanksgiving celebrated?

Answer: ***The second Monday in October***

8. What is the Thanksgiving practice of expressing gratitude for the good things in one's life?

Answer: ***Giving Thanks***

9. Traditional Thanksgiving cranberry dish?

Answer: ***Cranberry Sauce***

10. In the game of American football, what is the name of the annual Thanksgiving Day game hosted by the Detroit Lions?

Answer: ***Thanksgiving Showdown***



Comic





SEE YOU IN
DECEMBER!

