

THE CASTLE

issue 1 May 2021

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teachers

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02 and
Escape room
game

Psychology Corner:
Crying, Calming rituals
and more

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Concept - Editorial Team

Editor-in-Chief &Page Design - Hatice Güngör

A few words about the first issue

This first issue of our school magazine "The Castle" is a collective work of the whole editorial team. When I sent them the first e-mails inviting them to take part in an English magazine, they were so excited and eager to work. Well, I admit that it lingered more than expected because I think we were a little bit off due to the quarantine conditions, but I believe everyone did their best of which proof is the magazine you're reading now. We did everything through online work, emails and messages. I congratulate each of them to keep their promise and complete their work.

I hope you enjoy it as we do.

See you in the next issue!

Hatice Güngör
Editor-in-Chief

ONLINE EDUCATION – Justýna ŠAFAŘÍKOVÁ

QUESTIONS:

1. How satisfied are you with online teaching?
2. What do you think is better, online classes or learning in school environment?
3. How would you improve online classes?
4. Pros and Cons?
5. Any tips on how not to get bored while online classes?
6. Any tips on how not to procrastinate?

Adam Tomsa 6C

1. Mostly I am satisfied.
2. For me, online classes are better.
3. Maybe more games and less teacher speaking.
4. Pros: I can be at home, we have shorter lessons.
Cons: We have more homework and we can't be with friends.
5. Playing computer games.
6. I don't know. I mostly do homework on time, but not immediately when we get them.

Luboš Ulrich 8A

1. No, I'm not satisfied because I don't like online learning.
2. 100% learning in school.
3. It would be better not to have so many lessons.
4. Pros : you can be at home, you don't need to wake up earlier.
Cons : when you are looking at the monitor for like 6 hours with some little breaks it's bad because it gives you a headache and you are tired. In addition, in online classes we are learning less than face to face education so that's bad.
5. I don't know how not to get bored because it's just boring.
6. Just focus more on school and try to have some motivation.

Lukáš Benda 9A

1. Sometimes I'm satisfied and sometimes I'm not.
2. Learning in school, because in online school I don't understand some of the things.
3. It would be better if teachers don't do just learning and homework all the time, but they could make learning more enjoyable and funnier.
4. Pros: We are at home and we can sleep longer.
Cons: I don't understand some of the things that we learned.
5. I don't have any tips.
6. The faster you start, the faster you finish.



Laura Gianquintieri 8th grade

1. Actually I like it. For someone like me who doesn't really want to be with other people, it's fine.

2. Online classes, because I mean it's more comfortable, but it's just sometimes harder to learn.

3. Honestly I don't know.

4. Pros: More liberty, more comfortable than school.

Cons: It's kind of harder to learn. Some teachers don't understand our problems with internet connection.

5. Just pay attention.

6. I have no idea.

Adéla Tarantová 9th grade

1. Online school doesn't meet my needs.

2. Learning in school is better.

3. I would make sure all teachers would be using the same app or internet page for the assignments. Other than that, they cannot be exactly improved.

4. Pros: Being able to sleep more, not having to worry about breakfast, which you can eat while the lesson is happening. And of course cheating is easier.

Cons: You lack social interaction, you don't really get to go outside much, everyday is the same, you lack motivation.

5. If I try to pay attention, I get bored no matter what, so I play the flute in class for example. Just when I can afford not paying attention of course.

6. I cannot give you any tips on that, because procrastination is like a part of my daily life at the moment. Surprisingly, I still do all the assignments. I would say you can procrastinate, but only if you are certain that you can finish the assignment. This is how I've been working, and nothing has ever been left unfinished.



Lukáš Melník 9A

1. I'm not satisfied at all.
2. Learning in school is better.
3. I think there isn't really a way of improving online classes. It would be best to open schools but that is impossible at the time.
4. Pros: I'm a 9th grader we don't have to learn unnecessary things and we can spend more time learning Czech and maths.
Cons: Sometimes I miss my friends and we probably won't be as smart as the other generations.
5. Have a snack.
6. Can't tell because I procrastinate all the time.

Kateřina Husáková 2nd year of
high school

1. I'm not satisfied, I'd rather go to school.
2. Definitely learning in school, because I'll learn more in school.
3. Some of the teachers I'd teach how to work better with computer.
4. Pros: I like that I don't have to commute a long way to school and I don't come home late.
Cons: We have no contact with friends and other people. I learn less through online school.
5. I don't have any tips.
6. I procrastinate a lot, but I try to force myself to learn mostly graduation classes.

Adéla Staňková 9A

1. I didn't like it much at first, but I got used to it.
2. For me, learning in school is better.
3. I would add more topics that I can use in practice to the curriculum.
4. Pros: We have more time for studying for entrance exams.
Cons: We can't learn that much like in school.
5. Focus on lessons and try to be active.
6. Tell yourself- I'm doing it now.



RESULTS:

78% of pupils surveyed would rather learn in school than through online learning.

85% of pupils surveyed are glad to be able to sleep longer and to be at home

62% of pupils surveyed think that learning online is harder and that they don't learn as much as in school.

50% of pupils surveyed miss their friends or they lack social interaction.



TIPS FROM OTHER PUPILS

++The faster you start, the faster you finish.

++++Have a snack.

++++Just pay attention.

+++++Tell yourself- now I just do it.

++You can procrastinate, but only if you are certain you can finish the assignment.

++++Focus on lessons and try to be active.

++Just focus more on school and just have some motivation.

HOW WOULD PUPILS IMPROVE ONLINE SCHOOL?

"I would make sure all teachers would be using the same app or internet page for the assignments."

"I would add more topics that I can use in practice to the curriculum."

"I'd teach some of the teachers how to work better with computer."

"It would be better if teachers don't do just teaching and homework all the time, but they could make learning more enjoyable and funnier."

"It would be better not to have so many lessons."

"Maybe more games and less teacher speaking."



ENGLISH @ home

ELIŠKA BENEŠOVÁ

WHY SHOULD WE LEARN ENGLISH?

It's simple, you'll need English language in your life whether you like it or not. If you want to travel- you'll need it, if you want a good job- you'll need it, and even if you want to watch some serials and movies- you'll need it. Anyways it's not hard to learn, you just need a good motivation.

HOW TO LEARN ENGLISH AT HOME?

We all know that this situation isn't ideal but it's a really good opportunity for you. You have more time than usually so seize the opportunity and learn with more fun!

YOU CAN:

- watch serials and movies in English
- talk in English with your friends
- think in English
- translate your favourite songs
- play games in English
- read books in English
- set your mobile to English



HOW TO STAY FIT IN QUARANTINE - Denisa PREKSLOVÁ

1- maintain your mental health

2- do sports

3- eat healthy

4- don't fall into the bad news and bad energy

5- be the best of yourself- you can motivate someone else and even yourself

STEP NUMBER ONE

- do your favourite things (just the ones you can do even if there is corona)
- talk about your feelings with your parents or friends
- take a break and meditate
- do something you're good at to feel better
- accept who you are

STEP NUMBER TWO

- try to do sports 5-6 times a week (3-4 times a week for beginners)
- work out at home- find videos on youtube if you don't know how to start (my favourite is Pamela Reif)
- go for a walk or run

STEP NUMBER THREE

- eat regularly
- cook your own food (you will feel better)
- try to find some recipes on internet and get inspiration.
- it's okay if you have bad days, but don't fall into it

STEP NUMBER FOUR

- of course, you want to be informed, but don't watch the news every day
- keep your mood positive
- meditation can help you a lot
- do your favourite routine

STEP NUMBER FIVE

- keep your mind sane
- try to be strong and balanced
- be a happy person with good vibes
- you must be physically and mentally healthy.

and the last tip:

LOVE YOURSELF!!!



Psychology Corner ★ Eva ČERVOVÁ

Welcome to Psychology Corner! Also known as the section of the ZŠ Kosmonosy English magazine where you can learn both about the human mind and new vocabulary.

In the first issue, we'll talk a bit about psychology itself and then we'll look into the science behind crying and differences in personalities. Lastly, we'll learn a useful psychological trick.

Tip: If you don't understand some words, look them up! The action of looking a word up yourself, believe it or not, helps your brain memorise it better. And not only that; this way, you also fight your laziness and satisfy your curiosity. ;)

What is the origin of the word psychology and what is psychology about?

The initial term is derived from the Greek words *psyche*, which means "mind", and *logos*, which means "the study of". Combined, it gives us "the study of the mind", which is exactly what psychology is. Its general goal is to understand the behaviour, functions and processes of human beings.

Why do we cry?

When we cry, our bodies release hormones that help relieve both mental and psychological pain. So we essentially cry to soothe ourselves.

Why are there such major differences between people's personalities?

About half of our personalities is determined by genetics. The other half comes from the environment around us and life experiences. We constantly learn, thus evolve.

That's why we change over time. Throughout our lives, changes in personalities can be barely noticeable, or, on the other hand, incredibly huge. It all depends on the particular individual.

What is a calming ritual?

It is a "move" you can perform in order to calm yourself down and relieve stress. If you'd like to implement your very own calming ritual into your life, it's not that hard.

First of all, you need to figure out this "move". It can be all sorts of things, really, but it is better to choose something that you usually do not find yourself doing, such as touching your right cheek with your left hand, touching your left shoulder with your left hand (and vice versa) and so on.

Next step is helping your brain associate this action with the state of calmness. To achieve that, simply perform your action every time you experience something that makes you feel really relaxed, happy and calm. It might take a few weeks for your brain to get used to it, but once that happens, you'll be able to trick it into thinking you are supposed to be feeling calm. The only thing that'll be needed to be done to achieve that is performing your ritual.



NETFLIX

RECOMMENDATIONS

Lucie ŠOFRLOVÁ



1. Umbrella academy: Comedy series about adopted kids named by numbers that are trying to save the world from the apocalypse. This series has 2 seasons. I would recommend it for 16+ and for sci-fi or fantasy fans.

2. Gilmore girls: American comedy drama series from 2000-2007. This series has seven seasons and 153 episodes. It's about the young mom Lorelai with a daughter named Rory and their life in Stars Hollow.

3. Teen wolf: Drama/horror series with 6 seasons of 100 episodes. It's about a group of teenagers that are mostly supernatural creatures (werewolf, banshee, hunter). Those teenagers have to deal with many evil creatures and protect their friends and family.

4. Call me by your name: Drama, romance film. This film takes place in 1980's Italy where a 17-year-old boy falls in love with his father's research assistant. I would recommend this film to people who like romantic films.

5. Enola Holmes: Adventure, crime film that is about a girl named Enola Holmes, she's the sister of Sherlock Holmes. One day, her mom goes missing so her two brothers have to take care of her. But she runs away to find her with some keys her mom left her. On the way to find her, she has to go through many dangerous incidents with Tewkesbury (young lord).

6. Marriage Story - Drama comedy film. To be honest, this is one of the saddest films I've ever seen. It's about a couple going through a hard divorce.



MOBILE NETWORK O2 HAS BEEN FINED £10.5M BY TELECOMS REGULATOR OFCOM FOR OVERCHARGING ITS CUSTOMERS



For eight years, some customers who were leaving the network were double-charged some fees on their final bills, Ofcom said.

"The error affected more than 140,000 pay-monthly subscribers between 2011 and 2019, totalling £2.4m".

O2 said it had refunded many of the customers, adding an extra 4% to the sum involved.

But it has been unable to contact some of its former subscribers. Those refunds will be donated to charity.

Despite the refunds, Ofcom decided that O2 had broken important rules about providing customers with accurate bills and that it deserved a fine.

On top of the 140,000 who paid the extra amount, a further 110,000 people were overcharged a total of £38m - but did not end up paying the bill, and were not due a refund.

Ofcom said that O2 knew about the "issues with its billing processes" in 2011, but failed to fix them. It kept overcharging customers for a further eight years.

O2 said: "We are disappointed by this technical error and sincerely apologise to the effected customers."

An Escape Room game has gone free!

A game that has been released in 2017 has gone free on the 2.2.2021 Called "we were here". I have tested and finished the game and it's a 2 people co-op. There is an explorer and a librarian, the librarian navigates the explorer and helps him reach the exit and the explorer does all of the work by solving the puzzles with the librarian's help. Before the exit the librarian enters a stage and the explorer tries to imitate the play that is played on a gramophone, it has a time limit because a shadow marionette is slowly trying to get to you and "abduct you", after you finish the play you are forced to sacrifice one player so the other player can exit and finish the game, the game took us like 2-3 hours to finish because the first time we didn't know how it went on the other side after we finished the game we switched roles and then it tooks us like 20-40 minutes on the second try. The other chapters will be free on the 23.2.2021

Overall a great game, so many variants, alot of action, very fun and I recommend it.



Q&A WITH TEACHERS - Lukáš MELNÍK

I'd like to welcome you to our first interview with the teachers. In our first issue we are hosting Ivana Strnádková, one of the most favorite teachers in the whole school.

Do you use English often ?

I use English a bit at work now and sometimes on holiday.

Is English hard for you?

English isn't really hard for me as it used to be. But It's hard for me to say sentences correctly. Our teacher was really strict on us so I rather don't speak at all.

How many languages can you speak?

I'm not sure if I'm really good at it but I know Russian. Three years ago I had a lecture in Russian language at college. And as I said I understand English but I rather don't speak.

What is your biggest problem in English?

Past perfect tense!

When did you start learning English?

I had English from seventh grade in elementary school and four years at grammar school and two years at college.

Why did you want to become a teacher?

I wanted to become a teacher since I was young. When I started to go to school I had a great teacher so, of course, I wanted to be like her. But, this was quite hard. I think that even today I have a lot of things I should work on so I could be better at my job.

What do you like most about your job?

The thing that I like most about my job is when I see that my students are happy because they understand mathematical problems and when they're good at it. Or when I can help someone. But the thing that made me happiest is when I saw two of my students went to faculty of education to study mathematics.

Do you have any nickname?

I'm not really sure. Nothing really came to me. But most of the time students just say " už jde Iva."

I know that you are a big fan of collecting boots, so how many pairs do you have?

Well, I don't know for sure. I don't have that many of them. I would say around 20 pairs, plus some pairs of dancing boots.

What is your biggest fear?

Biggest fear... I've never thought about it. I think that everyone is scared of something, it connects us. These days we should think about the things that make us happy and things we're looking forward to. I am looking forward to going a normal trip, going to the cinema and meeting friends. Or the times when we could go shopping for my favourite boots.

Film Critique

Adéla LANGEROVÁ

Jumanji: The Next Level

It is the second part of the movie Jumanji. The four teenagers Spencer, Bethany, Martha and Anthony "Fridge" go to different universities and don't see each other for a long time. Therefore, Spencer decides to invite everyone in his hometown for Christmas. Everyone comes there, but Spencer doesn't answer the phone and reply to messages. Therefore, they decide to look for him but they can't find him at home. There is only his grandfather. In the basement, they find only Spencer's phone and the repaired game Jumanji. By mistake, they are all drawn into the game of Jumanji and experience a new adventure again, but this time in different characters.



The Angry Birds Movie 2

When a new danger appears that puts both Bird and Pig Island in danger, Red, Chuck, Bomb, Chuck's sister Silver and Mighty Eagle team up with leader pig Leonardo, assistant Courtney and inventor Garry to form a superteam to save their homes.



Sport in 2020 and early 2021

Kristýna Mladá, Jakub Mladý

Children already couldn't do sports for a long time, for example, we didn't play basketball for maybe 6 months. It's terrible, not training three times a week and not having one or two matches almost every weekend. Although we can go out for a run or go for a walk, training with the team will not replace it. Everyone must be strict on themselves. We can't only eat, play PC games and lie on the sofa. Sport is important for our mental and physical health. And we're looking forward to better times for doing sport.



THE FUTURE WORLD

Our guest writers Tomáš VNOUČEK and Lea BENEDOVÁ are telling us their predictions about the world in the future.

Tomáš 's predictions about future

Our bodies will be more perfect

The possibilities for improving our bodies will increase and people will be smarter, faster and much more capable than today. We will have suits that increase physical strength.

Artificial intelligence will dominate our work

Most workers will have an artificial intelligence counterpart. Thanks to this technology, it is possible to treat a person and prevent the hereditary transmission of negative characteristics to offspring



Colonization of Mars

In the next century, Mars will have a population of 1,000,000 . We don't have enough technology yet to enable us to live on Mars. The future inhabitants of Mars will have to produce their own resources needed to start the colony and for energy.



Lea's predictions about future

We will have more advanced technology. We will have problems with global warming, pollution and over population. I believe cars will have something like "autopilot". As a result of deforestation a lot of animals will lose their homes and lives. Computers will look different and have better softwares.



Peter: I believe the future will be very modern and technological. "That scares me."

Mother: We won't be working in the office but at home. We will shop only online. We won't be owning cars we will be renting them.

Father: We will be able to recycle more of used products. Hopefully natural resources will be used more wisely.

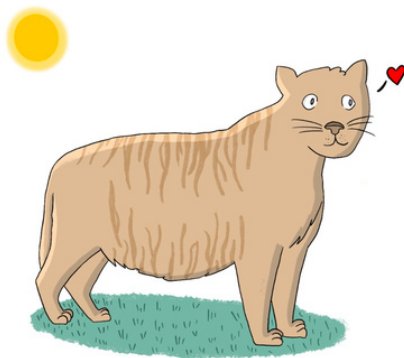
UNUSUAL ANIMALS

EMA KOPECKÁ

Liger

Liger is a mixture of a male lion and female tiger.

It belongs to mammals, felines. Liger 's fur is ochre (like lion 's). Liger has stripes like tiger, but lighter. The male has mane, but smaller than lion 's. The biggest Liger weighs 418 kg and his name is Herkules.



He was born in 2001. He lives in America in safari park. He eats 11 kg of meat everyday. Ligers don 't live in the wild. They live in the Zoo or in a circus.

CARICATURES OF TEACHERS



We drew caricatures of two teachers from school. Pay attention to the details and you'll find who they are. E-mail us if you know the answer and we'll add your name to our next issue.

Natálie ŘEZÁČOVÁ

If you need clues email to
natalie.rezacova@zshosmonosy.cz
or
Ema.KOPECKA@zshosmonosy.cz

KOPECKÁ Ema



CROSSWORD PUZZLE

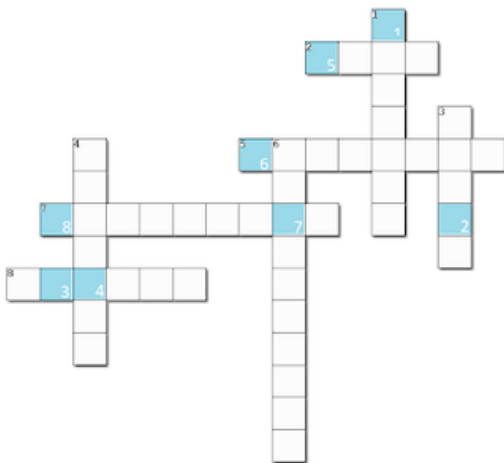
Barbora LINHARTOVÁ

&

Kateřina REITEROVÁ

Crossword

Complete the crossword puzzle below



Across

2. A small green animal, it can jump
5. European state with the most lakes
7. Ninth month of the year
8. The largest state in South America

Down

1. A big black animal
3. State with 1,28 milliard people
4. One of the states of Great Britain
6. Popular winter sport in Canada

----- sleep only 20-30 minutes a day, still standing and in pieces during the day.

Milliard is used in South African English, In standard English it is billion



A LETTER FROM THE NEXT SCHOOL

Barbora Kancnýřová

Dear reader(s), my name is Barb.

You probably associate me with the calligraphy letters that used to be hung on the school's halls. Maybe they're still there but, I guess, that is one of the things that I'll never find out. First of all, I'm not studying at your school anymore because I'm so old... However, as soon as quarantine allows it, I'll come back!

For now I'm at home, joining online lessons at Gymnasium Dr. Josefa Pekaře. When I was in the 9th grade at Kosmonosy, was wondering about all the new things that were about to happen and I even had a chance to take a look at my new school then. Honestly, the beginning of my my career (:DDD) at the grammar school was hard (I'm not saying it isn't now). I remember the moment, when I walked in my new class. I suddenly, heard a voice speaking in my head saying "this is not the place where you belong, Barb!" It was really weird. However, the thing is that I'm a type of person who loves spontaneous decisions (they're the best, aren't they?); on the other hand, I hate changes... what a dilemma!

So, just a quick reminder for the ones who got in the new school. I know you are scared of the new beginning and need to read a message (probably the worst you've ever read): you got in, you passed that entrance exam, that means there is an assigned place only for you! and You're not alone in this!

Last but not least, you've had the best preparation that you could. I think that our primary school offers a lot of possibilities.

without all of these amazing people I wouldn't be where I am now - at the school's halls, even at the Festival of Cultures, where I had a chance to show people my calligraphy creations!! I've made everything with your assistance, Kosmonosy!

And I'm absolutely sure that your story begins at the end of something great. Sometimes we have to make a decision that hurts a lot. The harder the present is, the better the future is.

"Always go with the choice that scares you most, because that's the one that is going to help you grow."

- Caroline Myss

Love, Barb



HISTORY OF COMICS

The history of American comics started in 1842. The first comic book that was released was : The Adventures of Mr. Obadiah Oldbuck by Rodolphe Töpffer


HISTORY OF MARVEL COMICS

Marvel comics was founded in 1939, by Martin Goodman. The first comic book by Marvel was Marvel Comics no.1 which featured several superhero characters, for example well-known Human Torch. In the 1940s, It was golden age for Marvel Comics. In those years the famous

HISTORY OF DC COMICS

Malcolm Wheeler-Nicholson founded National Allied Publications in 1934, following year the company released New Fun – the first DC comic book. One of the first comics was about the well-known veteran Superman. In the golden era, DC also created heroes such as Batman and Wonder Woman.

Captain America appeared. As the whole world was in a war, it was a great tool for American Government to recruit young & new soldiers.



Routine Schedule In Quarantine

Natálie Řezáčová

If you don't know what schedule is then let me tell you. Schedule is a list of plans we have to do or need to be done. There are many types of schedules like "class schedule", "meeting schedule" or "routine schedule" we can see everyday in our lives, but due to coronavirus our schedules have changed.

It is important that we keep a routine schedule as similar as possible to the previous one, it will keep us from going crazy at home. Adding new hobbies or sports can spice our day up to keep us busy.

So we decided to ask a few of our lovely friends how their routines have changed in the past year. These people want to keep their identity in secret, so we won't mention their name. Each person has their own colour.

How did your routine schedule change?

Now I go out very rarely and study more. I also need more sleep because I get more tired as I am always at home. I used to get up at five but now I get up at six. I have more time to prepare for school.

Can you compare your previous schedule to the current one?

I get up later than before Covid and spend more time on my mobile phone and computer. We used to go to schools, but as we are at home we have more stuff to learn.

What do you like about your new Schedule?

Staying at home in the morning is comfortable for me and using my computer for studying is also great. I like the fact that I realize a lot of things that I didn't have the chance to do. I have more privacy because I'm in my own house.

What do you dislike about your new schedule?

I don't like that we have no contact with our classmates and that teachers don't have tolerance for technical problems. We have to learn and study more than before and a lot of teachers didn't take into consideration that we would have the entrance tests ahead. I can't see my friends as often as I'd like to.

If you could change anything about your schedule what would it be?

I would change the chaos with my school materials and bad time planning. I'd like to have less learning and more online classes focusing on the subjects we need to pass the entrance test. I would also change my sleeping schedule so I could wake up earlier.

