

# The Castle

issue 4 June 2022

## ANATOMY OF ANIMALS

sister and brother

A summary of my years in  
Kosmonosy

Unhealthy  
eating  
habits  
among  
teenagers

Parents and  
Teenagers

HOW TO MAKE  
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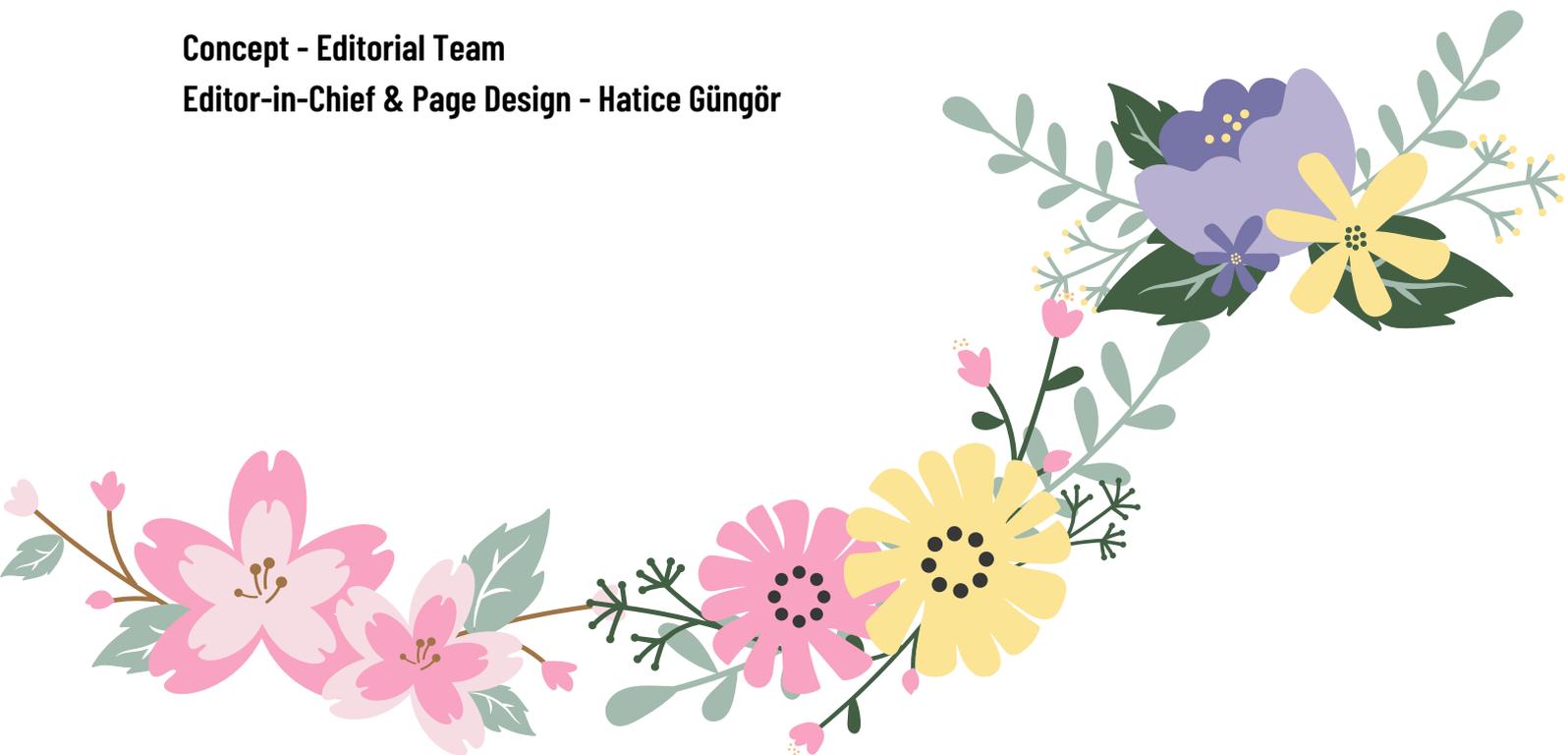
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**Editor-in-Chief & Page Design - Hatice GÜNGÖR**





## **Summer starts**

We are in summer, but I must admit that we didn't have the chance to experience much of spring or summer.

It is high time that we made summer preparations, holiday reservations etc. Our 9th graders know which schools they'll attend in September and we have the lists of our first graders. It is the time for renovation and liveliness.

This issue our writers wrote about various topics like always. You will see eye-catching drawings and read interesting articles. We hope to meet our readers in our September issue in the new school year.

Have a nice holiday everyone!

Hatice Gngr



# Unhealthy eating habits among teenagers

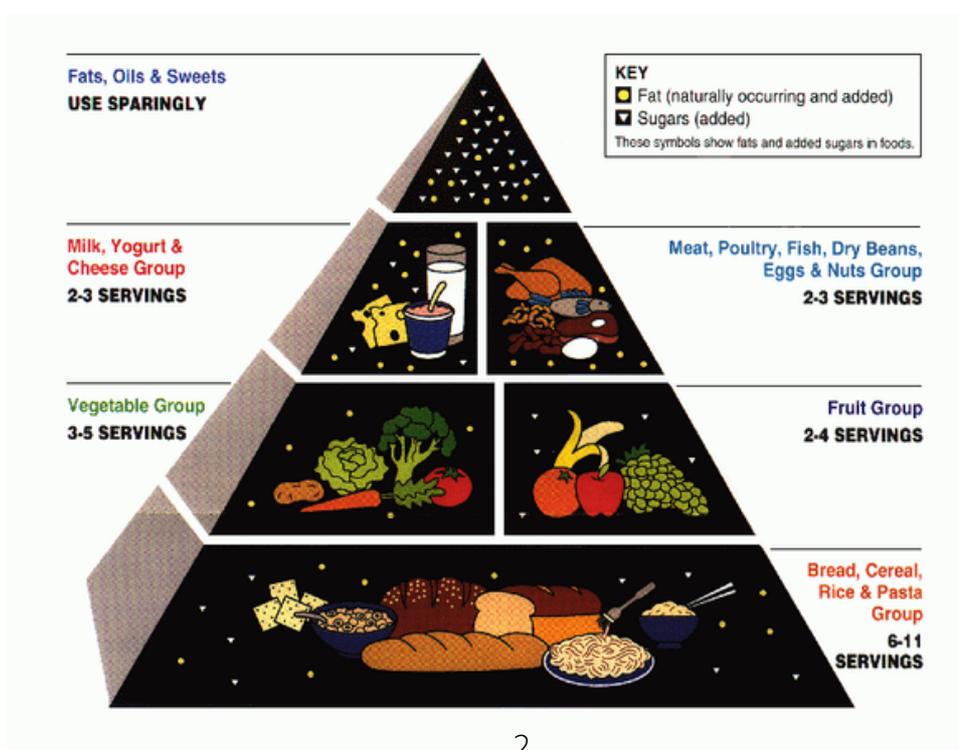
If a teenager has an unhealthy eating habit, most of his/her friends will have the same eating habits. As mentioned above, they have mostly the same eating habits, they may underestimate how bad their diets are because it seems normal to eat hot dogs and cookies and cola for lunch.

## Skipping breakfast

According to the American Academy of Pediatrics, as many as 20% to 30% of teens do not eat breakfast on a regular basis.

## Eating too much from a certain food group

Many teenagers eat too much from the top of the food pyramid. Everybody should eat everything





## Our “unhealthy” habits

Our favorite drink is a pepsi with 7up and my most favorite food is a salad with cheese.

## The most interesting things teenagers do

A new study shows that more than half of teenage girls and one-third of teenage boys used unhealthy eating habits like fasting, skipping meals, or smoking a lot of cigarettes and then the teenagers can't control their weight. Girls and boys who develop unhealthy eating or extreme dieting habits as adolescents are likely to carry those potentially dangerous weight control practices into adulthood.



# Crystals

Stella Malátová

Some crystals have a healing power, some can help us in the school as talismans and some can help with emotions.

Every zodiac sign has some crystals, for example:

Gemini: Selenite

Aries: Smaragd

Aquarius: Quartz

Virgo: Unakite

Taurus: Lapis Lazuli

Cancer: Tiger's Eye

Sagittarius: Malachite

Pisces: Labradorite

Capricorn: Opalite

Libra: Rose Quartz

Scorpio: Karneol

Leo: Pyrite

If you have nightmares, I recommend amethyst under the pillow. You must recharge your crystals in sunlight, moonlight or in the ground etc.



# Anatomy of animals

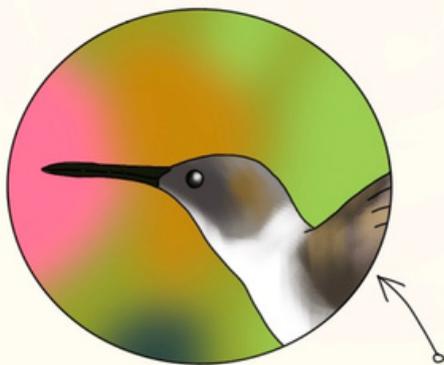
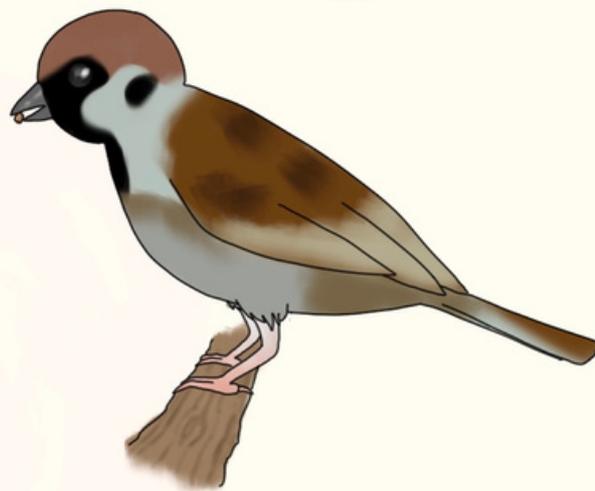
Ema Kopecká

## Birds

An Ostrich is the largest bird in the world. It weighs up to 130 kilograms.



House sparrow feeds mostly on seeds of grains and weeds.



The smallest bird in the world is the Bee Hummingbird. It weighs between 1,96g - 2,6g

It's found in most parts of the world.

# sister+ brother

VÁCLAV PETŘÍČEK  
&  
MARIE PETŘÍČKOVÁ

## Václav:

My sister Marie and I go to the same school. How does it feel to be twins?

In school we act normal. I think when someone doesn't know that we are twins they won't notice that we are twins, we have some differences.

We are not friends, but I don't hate her, maybe sometimes. I don't know what the benefits are in school because it's normal for me to be with her in school but at home sometimes I'd like to be somewhere without her, but sometimes it's good to play games or cook together. She can tell me what homework we have. I don't think it's bad to have a sister, but sometimes I think about how it feels to be an only child.

## Marie :

I don't like my brother much. He always plays games and says "I'm sigma" . I don't know what it means, but he is so annoying. People don't think we are siblings because we don't look alike. We don't have the same hobbies, we are really different. We don't talk much at home or in school. We don't have the same friends and he never helps me in school. He talks to me only when he wants help or when he wants my food. Someone might think that it's an advantage to have a brother because when I'm bored we can play some games, but when I am bored he would tell me to go away or something like that. The disadvantage is that we have everything split in half. He's sometimes nice, I think it's like once a month, though.

# A summary of my years in Kosmonosy

Veronika Česáková



*I remember myself walking into our class on the first day. I found a stuffed animal on my desk and I sat down with a friend from kindergarten. I was excited for it all to start.*

*In second grade, I became best friends with a girl that was treating me horrible but I am grateful for the experience. I also started to be bad at maths.*

*In third grade, I was still best friends with that one girl but less than another friend who later became one of my friends until today. I started going to basketball and I cut almost all my hair off because I was angry with my mum. I regret that. If I could, I would take it back.*

*In fourth grade, our teacher made me sit with this boy that I hated and we became friends after a while. I started to like history a lot.*

*In fifth grade, I got my first phone. I joined gymnastics and I stopped being best friends with that girl which I am so happy for. I reached out to my kindergarten bestie and started to hang out with her.*

*In six grade, my second best friend moved into another city and changed her school and we were no longer in contact. The guy I was friends with went to a grammar school and we also lost contact. I was alone for a while but then I started to hang out with the most annoying girl ever.*

*In seventh grade, all things were great. I quit basketball and lost my interest in classes. We went on a ski trip to school. It was the best trip with school we had so far. Before that, I became friends with my current best friend which I am so grateful for. Then the quarantine happened.*

*Eighth grade was the best year.*

*Now in ninth grade I am sad that I have to leave all these things behind. I would change some things, but if I did, I wouldn't be the same.*

# Book Review **Sword Art Online**

LUKÁŠ RAIS



This book is about a boy named Kirito who is 16 years old. There is a new gaming technology named nerve gear which can directly bring you into the game and you can feel all senses including pain.

When Kirito logs into the game the creator of the game announces that ten thousand people cannot log out anymore and are trapped in the game. But if they die in the game, they die in real life.

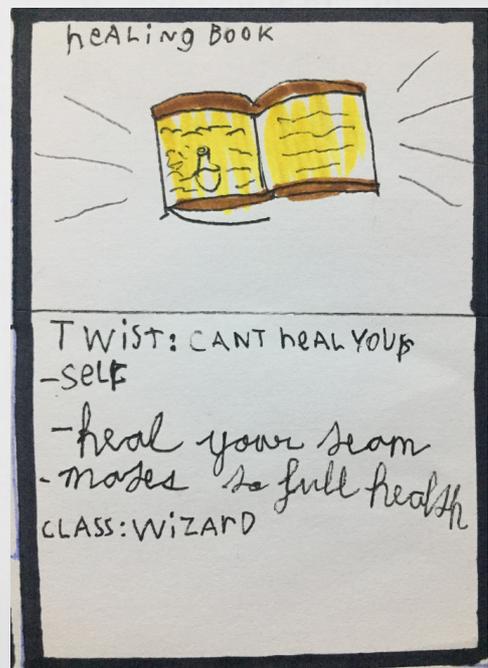
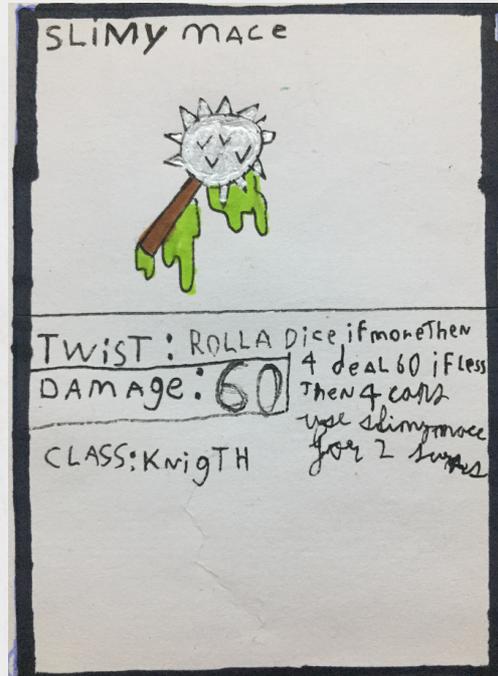
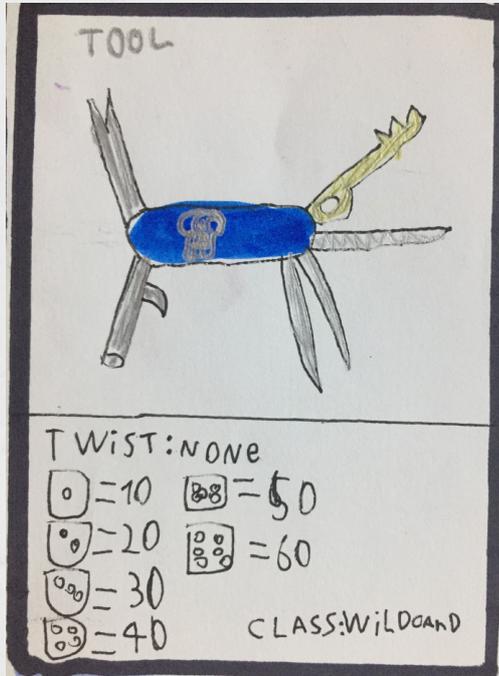
But since some people in the real world didn't know this, they will die when they take off nerve gear from players trapped inside. The only way to get out of the game is to beat all 100 bosses.

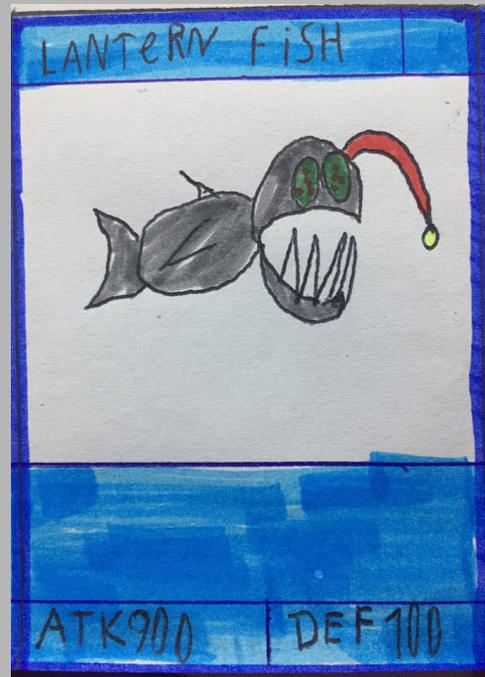
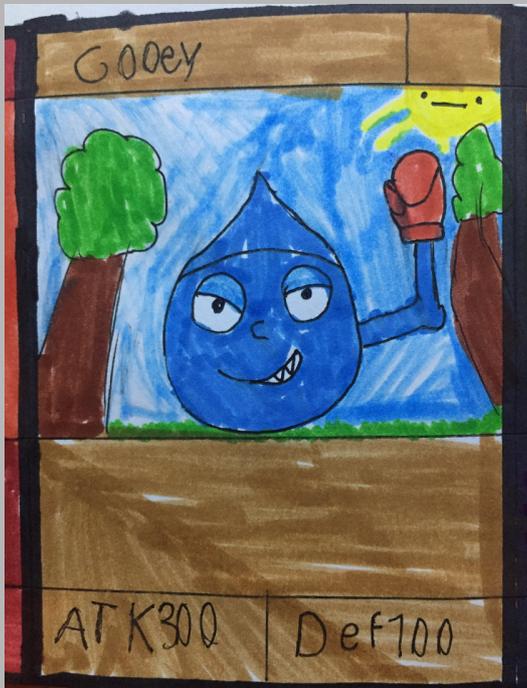
I loved this book because there are some extremely exciting times when they are close to losing. The book is overall very interesting, probably my most favourite one.



# DAILY DOSE OF RANDOM NONSENSE

## EXAMPLES OF HAND DRAWN POKEMON CARDS





AND A DINASOUR  
;) )





One of the most famous cats is Garfield, it's a cat from comics. He really likes lasagna and sleep. He was born in a restaurant kitchen. His owner is Jon Arbuckle and he also has a dog named Odie. First comic came out in 1978.

Cats  
Lea BENEĐOVA  
Ester BOKOROVICSOVÁ

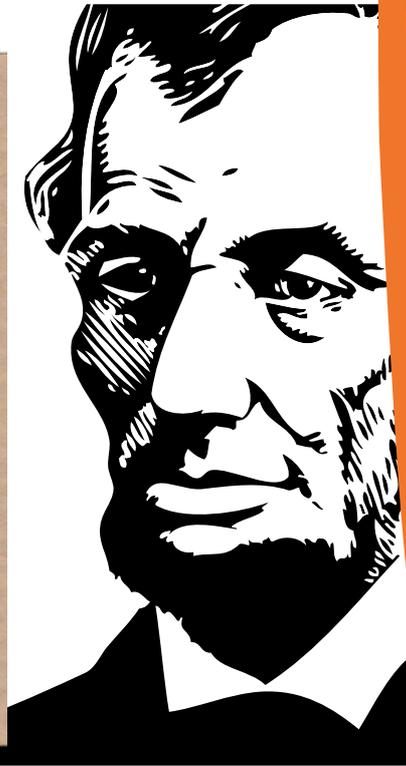


How to take care of cats:

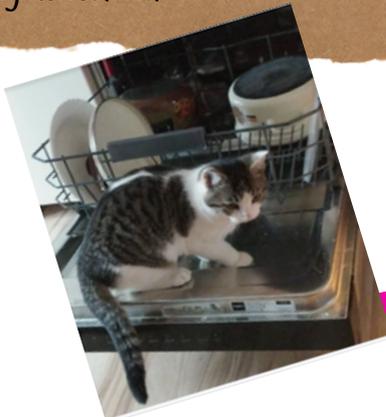
- Give them food and fresh water regularly.
- Provide the cat with outdoor access
- Vaccinate them against major feline diseases
- Provide them with love and human companionship
- Provide a clean and comfortable bed
- Be prepared to empty their litter box
- Provide them with a safe environment

LINCOLN'S CATS

Abraham Lincoln was a 'crazy cat lady'. He regularly took in strays at the white house and was gifted two kittens, Tabby and Dixie, by a cabinet member. He was so in love with the duo that he fed Tabby under the table at a state dinner and was heard exclaiming, 'Dixie is smarter than my whole cabinet! And furthermore she doesn't talk back!'



This is my lovely cat named Aiko, he's 6 month old and he's my newest cat

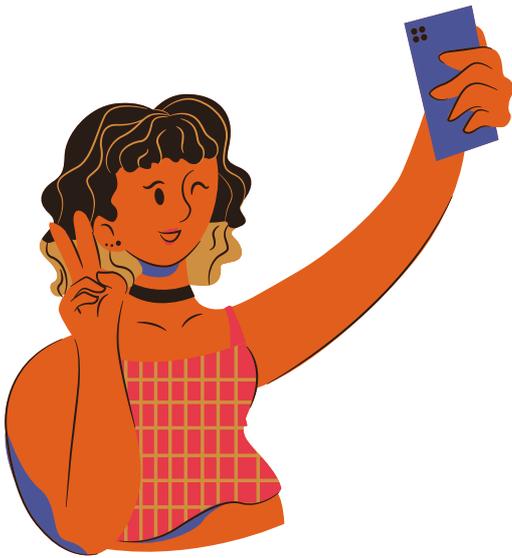


and this is Lucy, she doesn't have one eye because of some infection. She also has a sister



AND THIS IS MICI, YEAH SHE IS THE SISTER





## Parents

- Parents often complain about teenagers not cleaning their room.
- Parents often complain about bad grades and not looking at the good ones
- Parents also complain about not always listening to them and sometimes having another opinion
- Parents sometimes complain about not pausing an online game
- Parents complain about not finishing your food that you don't want to eat

## Teenagers

- We teenagers actually don't see "the mess" because when we want to clean it or when we think it is necessary to clean it, we clean it.
- We think it is dumb because when I'm good at a thing and I get a bad grade from another school subject they always talk about the bad mark instead of the good ones.
- Teenagers often complain about not getting enough pocket money
- Teenagers also complain about not closing the door when leaving your room
- Teenagers hate when parents say "You can do better than that"
- We sometimes don't listen to our parents because sometimes the thing they ask for is just stupid
- We think it's bad to force your children to eat something they don't like
- We can't just pause an online game because all the people playing with us would have to pause the game too.



# HOW TO MAKE STICKERS

*Emma Filipi*

We will need: paper, duct tape, baking paper and crayons

Apply adhesive tape to the baking paper.



draw a picture and cut it out.

then place the image on baking paper and reattach it. cut out and you're done.



# VALORANT



TOMÁŠ NOHYNEK  
VOJTĚCH ONDRÁČEK

Valorant is a first person free to play 5v5 character-based shooter game made by Riot Games. It is available worldwide. Riot games is a company from Los Angeles in California.

You play as an agent which you can pick before every match. Every agent has specific abilities. The most famous agents are Jett, Raze, Reyna, Phoenix, Sage, Skye and Neon. There are totally 18 agents in the game. There can't be 2 same agents in one team.

There are 7 maps in the game. The best maps are Haven, Bind and Fracture. When the match starts and you pick an agent you are on spawn with your teammates.

One side is attacking and the other one is defending. As an attacker you have to either plant the spike or kill all defenders. When you're a defender you have to kill the attackers, or defuse the planted spike before it explodes.

As the match goes on you make money and you buy gear (guns, abilities, shields) for it. There are two or three places to plant the spike on every map - A and B or A,B,C. The game has great matchmaking so it won't take too long to join a match.

# You've got mail from the next school



*Hello, my name is Anna, I used to study in ZŠ Kosmonosy for 9 years. Now I am in the second year of Josef Pekař Grammar School in Mladá Boleslav.*

*I remember my days in the Kosmonosy Castle and I won't ever forget them. I was asked to write a letter about myself, how I am doing here.. However I want to write a letter for you, students. It doesn't matter in which class you are. I want to tell you, that abilities are not about your zodiac signs or about the stars that were shining on the day you were born.*

*Abilities are about work, not about pushing yourself, but enjoying it, loving it, feeling it. About feeling great watching ourselves grow. About being proud about our success, because you deserve what you earned. I am not telling you to go and do something. It's okay to feel tired, to feel useless, to feel pressure. It's okay to feel something. But don't ignore it. Take your time. Listen to music, go running. Punch the wall. Do everything that takes the terrible feelings out.. If you calm down, you can start and go.*

*I never actually believed I would go this far. But teachers made me believe I can. But I saw the little doubts myself. Am I able to do this? Am I able to go there? When I got there, new questions came to my mind: "Am I able to survive it here?" It was the roughest year of stress, doubting, feeling upset, useless, however, it was also a year of growing and progress.*

*Never say you can't. Because you will curse yourself with that word. And you won't ever do that. Let me say it instead of you. You can. And if you didn't. The world is not falling apart. Eat chocolate, cry as you want, you will feel terrible for some days, but in this world. There are some missing parts you can fill. Maybe you will have a very long way to your dreams, but you will achieve them. Never stop believing. This may seem pretty dumb to you. I understand that, I used to hear that from some people. I used to laugh at it as you do. But now I don't, I am telling you the same words as they used to tell me. You will find out one day what they mean. Just to assure you, I am doing great. Sometimes not, but sometimes yeah. It's changing like the weather outside. Or the colour of leaves in Autumn. It will always be like that. Nothing can be perfect. As Tolstoy said: "If you look for perfection, you will never be content." And "All the beauty of life is made from light and shadow." Every person on this planet had his/her/its a bad day, so you are not that special.*

*But to sum up, I am doing great and I mean it with pure honesty. I always loved to write stories, so I do write stories. I always loved to go swimming, so I do swim. I always loved history lessons. So I am having 3 from Chemistry, but I am very happy to be reading chronicles at 10pm. To be honest, I wasn't a talented person from the beginning, I was learning for all the 1s I got. And it didn't satisfy me, till it had satisfied someone else. So my final words to you are „You are working for yourself, not for others.“ That's the key to being happy, content or satisfied. Take care of yourself.*

*Anna*

# Advice from the 9th graders

**SOBOTKOVÁ Klára**

You will have a teacher, Marcela Červová. She likes when classmates are active. You should be quiet in her lessons, because if you aren't quiet, she will give you all the tests. If I could go back in time, I would be more active, sometimes it's fun. Don't worry about teacher Turek, because he is good and sometimes it's fun with him. You should be good students, because then teachers will be good too. Remember that Hatice Gungor is an English teacher and at the beginning you will not understand her, but when you are older, you will understand that she is such an amazing teacher and yes, you will understand her. Teacher Jonášová is the best teacher in school for me, I hope you will like her too. Our teachers are so cool and good, it's fun with them, but I said that too. I hope you will love this school and I think you will, because these nine years are the best years in my life. But I don't know because I have my whole life in front of me. Our class had the best teachers!!

**KLABANOVÁ Markéta**

**Clean the class, be considerate of yourself, treat the teachers the way you want them to treat you, do not eat in the classroom or the teachers will be upset.**

**PROCHÁZKOVÁ Tereza**

*You should study more.*

*Be careful of Marcelka's hours.*

*Pay attention in Maths.*

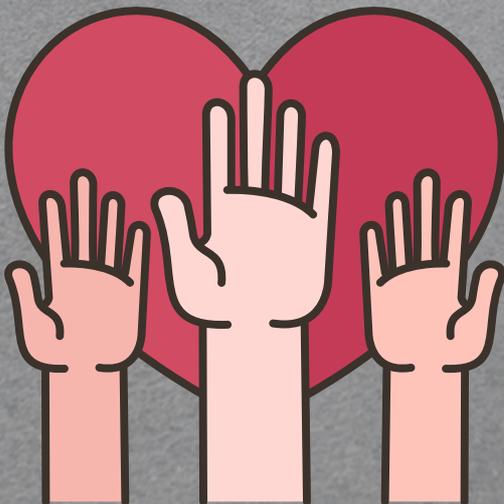
*Do not listen to other people.*

*Do the homeworks.*

*Study at home more and keep explaining your family to you.*

*Do not stress about the entrance exams.*

*Stop playing stupid games on your phone.*



REFEROVÁ Kateřina

*You should study more than I did.*

*Try not to have problems with teachers!*

*Don't worry about teacher Jonášová, she is the kindest teacher I know.*

*If you don't know something, try to think about something and say it intelligently.*

*Be prepared for Červová. Don't forget your homework.*

*If you want good marks, you can make a presentation, teachers like it (some of them).*

*You should be smart :)*

*Try to enjoy every moment with your classmates.*

ŠTECHOVÁ Karolína

First level is easy, but the second is hard, so you must be careful.

Teachers in school aren't bad or aggressive, they are kind, don't worry about that.

Best teachers are Jonášová, Novák, Hatice and Pilářová, but be careful of math lessons, because they are hard and the maths teacher is strict.

GOOD LUCK<3

ULRICH Luboš & TESÁŘ Stanislav

Deutsch, biology and music should be voluntary. I would like to study Russian or Spanish. I like maths with Marcela Červová. She knows how to study and She is good at maths.

MELICHAR Jan

-Be careful of your classmates, you never know who's the traitor.

-Always rethink your actions before doing them, or you might regret them in the future.

-Hard work always pays off.

-Violence is never the answer.

-Peace and tranquillity are the key.

-Never act differently around different people.

-Always prove your worth, never hide it.

-Too many options are better than having none.

-Never give up, life is a rollercoaster of hiccups.

-It's better to ask too many times than not knowing anything and being a clown because of it.



HRADCOVÁ KATEŘINA

1. DON'T BE TOXIC TO OTHERS
2. START LEARNING
3. START READING BOOKS MORE
4. BE MORE ACTIVE IN CLASS
5. DON'T LOOK AT THE PHONE AT NIGHT
6. BE HAPPIER
7. GO OUT MORE WITH FRIENDS
8. GO TO BED EARLIER
9. ENJOY YOUR LIFE MORE
10. DON'T TALK TO PEOPLE WHO AREN'T SYMPATHETIC TO YOU

MAČENKOVÁ Kateřina

1. You start to learn more.
2. You start to do homework.
3. You should sleep more.
4. You should read more books.
5. Be more active in class.
6. Be more happy in class.
7. You should go more outside.
8. Start paying attention to the clock.
9. You should go earlier at school.
10. Enjoy your life more.

PYRIZHOK Khrystyna

1. You have to listen carefully to the teacher.
2. Don't forget about good behaviour.
3. You should always do your homework.
4. You have to try to study well to have a good education later.
5. It is important to come to lessons on time, do not be late!
6. Don't put off until tomorrow what can be done today.
7. I think you should first understand others, and then try to understand you.
8. Find a motive to study well.
9. When you are doing homework, do not be distracted by the phone.
10. Praise yourself for your success in school.



