



Quotes of great people:

“The family you to come from isn't as important as the family you're going to have.”

Ring Lardner

“I have a great family, to live an amazing life.”

John Oates

“The most important thing in the world is family and love.”

John Wooden

Newspaper release

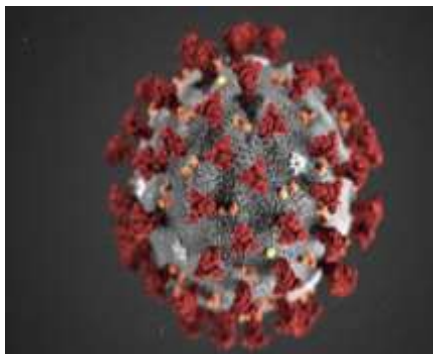
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The School Times

I ♥ English

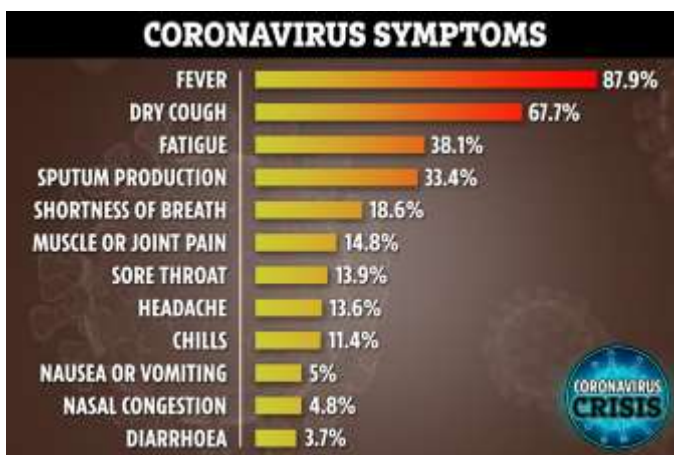


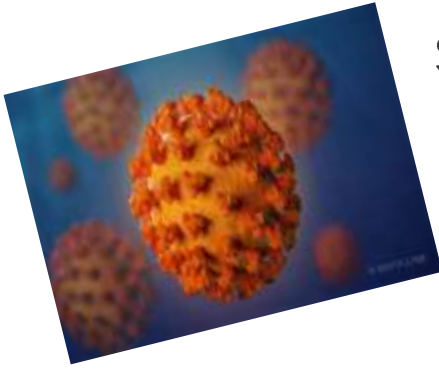
The Plague of the 21th century ?!



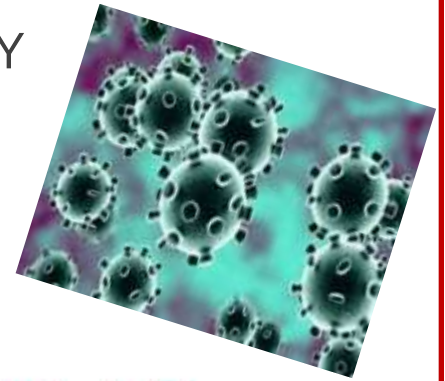
It's impossible to find a man who hasn't ever heard of Covid-19. ~~Only, maybe, in distant places of Amazon or African jungles where there is no TV and radio.~~ All mankind follows the latest news. And this problem doesn't leave anyone cold. What is it? When is it? How is it?

We try to find answers to all these questions in our today's newspaper.





SO NICE and LOVELY
but
SO INSIDIOUS and
TREACHEROUS



CORONAVIRUS COVID-19

COVID-19 is a virus strain that can cause an acute respiratory disease coupled with problems with the digestive system.

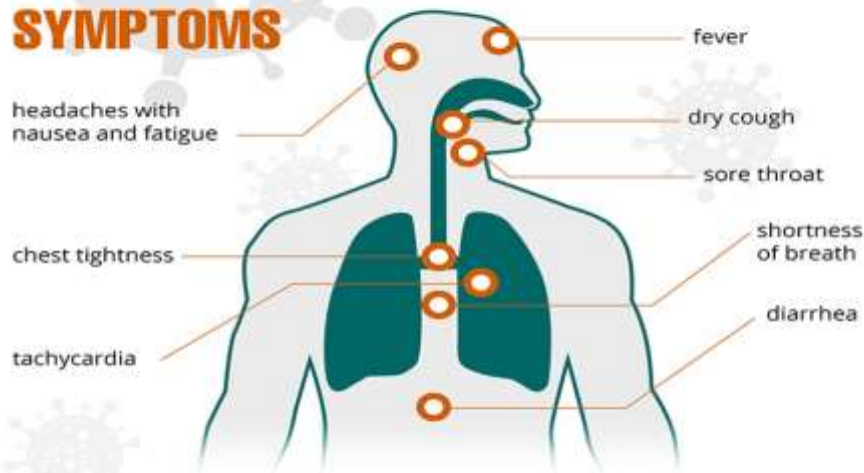
COVID-19 differs from other viruses in the following way

More people are susceptible to influenza and other acute respiratory infections than to COVID-19

COVID-19 is far deadlier than similar viruses

Unlike COVID-19, seasonal flu is impossible to contain

SYMPTOMS



Recommendations related to the COVID-19 outbreak

- avoid close contact with people with ARI symptoms
- wash your hands with liquid soap and water for at least 20 seconds
- use alcohol-based hand cleansers
- wash your hands, especially before touching your mouth, nose or eyes, and also after touching hand rails, door handles
- cover mouth and nose with tissue when coughing or sneezing
- use face masks in public places, change them every two hours
- drink more liquids
- keep your room well-ventilated and humidified

How did it all started ?

P. 3



It all started in the Chinese province of Hubei, in the city of Wuhan with the population of about 11 million at the latest December 2019. A new pneumonia virus appeared at Wuhan seafood market. The main disease carrier is considered a bat which are used as food in China. There were 100 cases confirmed on January 23, 2020. But at first China denied and concealed its existence and didn't take any urgent measures. The doctor who tried to warn his colleagues about an outbreak of

a Sars-like virus was among a group visited by the police. They were made to keep silence. So Dr Li Wenliang and other "whistleblowers" were silenced. China reported the virus to the WHO on December 31 because it went out of the control. Dr Li later died from Covid-19. Now all countries are attacked by this virus. The general number of people suffered is about 1,5 million, more than 82.000 have died. But there are positive news - 303 000 have recovered! Let's hope for the best. God saves us!

CORONAVIRUS PREVENTION

- AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.
- STAY HOME WHEN YOU ARE SICK.
- COVER YOUR COUGH OR SNEEZE WITH A TISSUE, THEN THROW THE TISSUE IN THE TRASH.
- CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES USING A REGULAR HOUSEHOLD CLEANING SPRAY OR WIPE.
- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER GOING TO THE BATHROOM; BEFORE EATING; AND AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING.

INFO FROM THE CDC

HAVE I GOT A COLD, FLU OR COVID-19?

SYMPTOMS	CORONAVIRUS	COLD	FLU
FEVER	Common	Rare	Common
FATIGUE	Sometimes	Sometimes	Common
COUGH	Common (usually dry)	Mild	Common (usually dry)
SNEEZING	No	Common	No
ACHES & PAINS	Sometimes	Common	Common
RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
SORE THROAT	Sometimes	Common	Sometimes
DIARRHOEA	Rare	No	Sometimes for children
HEADACHES	Sometimes	Rare	Common
SHORTNESS OF BREATH	Sometimes	No	No

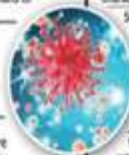
What you should know about viruses to understand Covid-19 better

What's a virus?

A virus is a type of parasite that can only replicate inside living cells of organisms it infects. Viruses are capable of infecting all type of life forms, from humans to bacteria.

Since 1892, when the first virus was described by a Russian scientist, more than 5,000 species have been studied, and millions more are known to exist.

10³¹ Scientists estimate there are 10 million times more viruses than the number of stars in the universe. Most of them are found in oceans.



Are viruses alive?

Viruses are often described as "organisms at the edge of life". They're considered non-living and do not possess all the characteristics of a living creature.

Some consider the virus a life form because it contains genetic material, reproduces and evolves through natural selection. But viruses lack cell structure, which is a necessary marker of life, and do not perform metabolic activities.

Viruses are also restricted in the way they reproduce. They cannot replicate unless they are inside a cell of a living organism. Effectively, they live in our cells but aren't actually alive.

How are viral diseases treated?

Some of the most widely and frequently occurring diseases stem from viruses – common cold, flu and chickenpox. Viruses also cause many severe illnesses, from Ebola to AIDS.

A number of viral infections only last for a short period and can be managed by treating just the symptoms.

Many viruses are treated using antivirals, some of which try to prevent viruses from replicating or from entering cells.

Though the body's immune response can often fight off a viral infection, in some cases with the help of vaccines, some viruses can prove difficult to treat because viruses are delivered by our own cells.

How are viruses different from bacteria?

Bacteria are a lot more complex than viruses. They are larger, single-celled and can reproduce outside a host cell.

Viruses and bacteria are completely different type of organisms, and therefore treated differently. Antibiotics are only effective against bacteria. Less than 1% of bacteria cause diseases in humans.





The best ideas of Healthy Lifestyle from Nikita Vorono

Today healthy lifestyle is becoming more and more popular with both the old and the young. People have become more health-conscious. They say that the greatest wealth is health. And it's true. The healthier we are, the better we feel. The better we feel, the longer we live.

So if you want to be a healthy person then follow some tips.



1. Get enough sleep (8-10 hours) every day because it keeps you awake and attentive, so you don't have to drink caffeine and sugar-loaded energy drinks.

2. Laugh and smile a lot because as it, has been scientifically proved, keeps you healthier.

3. Eat more fruit and vegetables because they provides us with vitamins and minerals which give us good eyesight, heal and grow new cells. In general, our body needs to receive a sufficient number of nutrients every day (about 40 elements) such as proteins, carbohydrates, fats, fatty acids, vitamins, minerals. They give us energy that we spend doing physical exercises or when we work, play and grow.



4. Drink at least 250-gram glasses of water three times a day because good old H₂O

helps you re-energize and keep going and working throughout the day.

5. Run , jog, play active games and do sports because all these things will keep you fit and healthy. The lack of exercise in our life is a serious problem.



Now we walk less because we mostly use cars and public transport. We certainly don't have to be professional sportsmen, but we should go jogging and walking much more than we do today.

6. Do something you love. Play with a pet, go swimming, ride a bike or go for a walk.

If you have a bad day at school or at work doing things you love to do will keep you in a good mood and take out your anger. Not only it is this fun but it lets you be yourself for a while.

7. Feel good about yourself. Get positive emotions because they are healthy, prolong your life and make living pleasant.

8. And last, but not least: We must understand the harm of bad habits for our health. Smoking, drinking alcohol, taking drugs mean serious illnesses and even death from lung cancer or liver diseases, for instance. Cigarettes kill about 3 million people every year. So I think there is no place for bad habits when you lead a healthy way of life.



Health is wealth. Follow these well-being tips.



GOAL 3: GOOD HEALTH AND WELL-BEING



BY: MARGREET DE HEER

GOOD HEALTH AND WELL-BEING...?



WHAT DOES THAT REALLY MEAN...?

IT MEANS THINGS LIKE THIS:



1. A SAFE AND HEALTHY BIRTH FOR MOTHER AND CHILD

CHILD BIRTH CAN BE PRETTY DANGEROUS! WITH PROFESSIONAL SUPPORT THE RISK OF DEATH OR COMPLICATIONS IS MINIMIZED.



2. LIVING THROUGH EARLY CHILDHOOD

CHILDREN UNDER THE AGE OF FIVE ARE ESPECIALLY VULNERABLE. THEIR HEALTH CAN BE STRENGTHENED BY VACCINATIONS AND PROPER FOOD.



3. PROTECTION FROM PREVENTABLE DISEASES

EPIDEMICS CAN BE PREVENTED AND MANAGED. PEOPLE WHO CONTRACT A CONTAGIOUS DISEASE MUST GET QUALITY TREATMENT.



4. FREEDOM FROM ADDICTION

EDUCATE PEOPLE ABOUT ADDICTION AND PROVIDE TREATMENT FOR AFFECTED PEOPLE.



5. KNOWING YOUR BODY AND RIGHTS

IMPROVE INFORMATION ABOUT - AND ACCESS TO - SERVICES RELATED TO SEXUAL AND REPRODUCTIVE HEALTH.



6. ACCESS TO HEALTH CARE

PROVIDE ACCESS TO ESSENTIAL HEALTHCARE SERVICES, MEDICINES AND VACCINATION FOR ALL.



FUNNY ENGLISH

Help the Super Crew Find Yummy Foods

K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	S	E	B	K
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	I	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T



- | | |
|-------------|------------|
| Cucumber | Chicken |
| Spinach | Legumes |
| Apple | Cheese |
| Blueberry | Broccoli |
| Salmon | Watermelon |
| Yogurt | Orange |
| Carrots | Beans |
| Bell Pepper | Milk |
| Kiwi | Pudding |

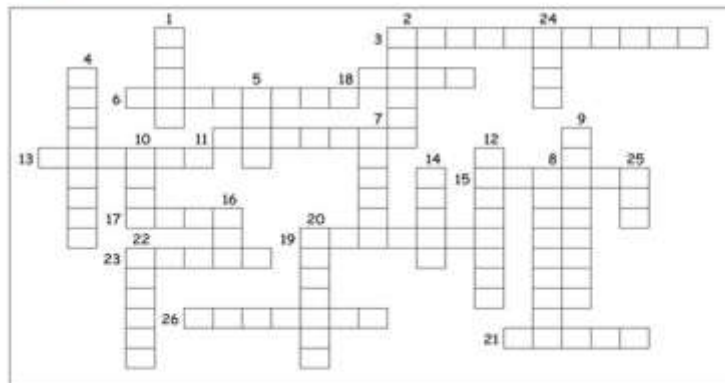
*saving the world one healthy food at a time!™

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We speak English

FOOD

Look at the pictures and identify the food items by filling in the crossword

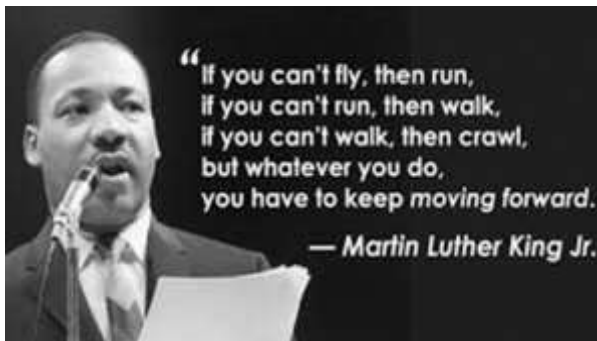


ISLCollective.com

Our address:
69 Tuhachevsky street
Lida
231292,
phone number:
(8 (0154) 65-28-43
e-mail:
shc15_lida@mail.ru

Editorial:
T. I. Burdo
T.A. Polonskaya :
Chief editor:
Olga Chernyavskaya :
Design:
Anastasiya Zhilinskaya
Irina Radevich

Quotations



What is ‘holistic health’? According to the dictionary, the word holistic is defined as: *“characterized by comprehension of the parts of something as intimately interconnected and explicable only by reference to the whole.”* So, when we use the word in reference to our health, what we mean is the picture of health that includes not only the obvious physical factors, but mental, emotional, social, and even spiritual factors as well.

In today’s modern world, many of our systems and customs seem to be organized in a way that separates the different facets of health- for example, a nutritionist might recommend ways to eat healthfully, and a therapist might recommend ways to cope with stress, but often, there is little to no crossover guidance, or framework for fitting the pieces together as a whole.

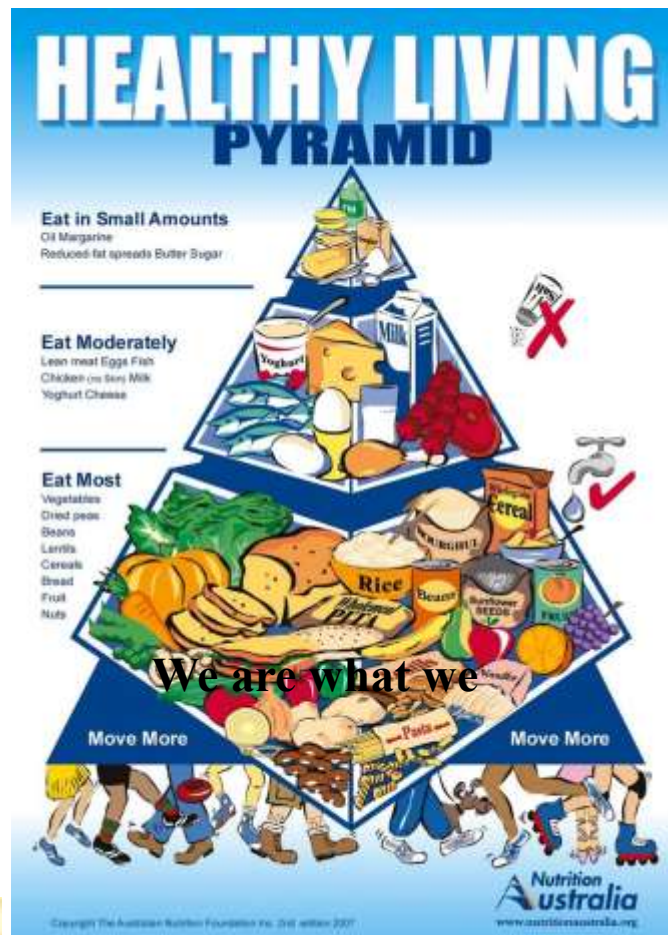
It seems that we have forgotten the idea that health encompasses not just the absence of physical disease, but involves healthy habits, thoughts, coping mechanisms, and peaceful ways of relating to our environment and to others. Holistic health can be broken down into parts, but each part is ultimately inextricable from the whole. With this vision in mind, so we offer some favorite quotes to share with others on their journey to a well-balanced life:

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.” – B.K.S. Iyengar

Wise Quotations



TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.



We are what we



THINK POSITIVE
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY

Winners of school Olympiads-2020



**Nikita Vorono,
form 9**



**Alexandra Popko,
form 7**



**Daria Oleshkevich,
form 11**



**Karina Rusakova,
form 4**

**Our congratulation
to all winners !!!!**

**And
GREAT THANKS to**

**Lopan A.V.,
Polonskaya T.A.,
Venskaya O. Y.,
Santotskaya S.S.**

**who did their best
to make them
winners!!!**



**Daria Moskalyova,
form 5**



**Alexander
Podvoisky, form 6**



**Artyom Yaskel,
form 6**



**Liz Fedorovich,
form 5**



**Daria Khilimonchik,
form 8**



**Ilya Shalkovsky,
form 4**

IVELY
DAILY
G
S