

School № 40 Today



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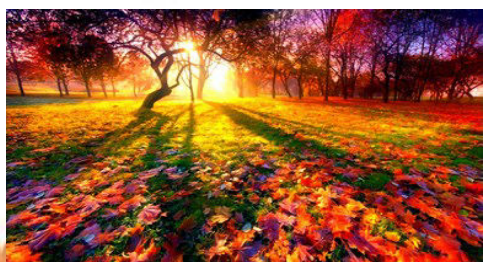
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The most colourful season



Autumn is one of the four seasons that goes after summer and foreshadows winter. This season also can be called as Fall and it is about big changes in nature and environment. Autumn is the most colorful time of the year from all seasons, when nature changes its usual appearance to golden colors in glimpses of autumn sun. The days become shorter and colder. The sun is rarely shown and warms up weaker and weaker, grey clouds tighten the sky and sometimes it is raining heavily. Birds fly to hot countries. They fly away in areas, where the average temperature in winter is not so cold and it will be much easier for them to find food and place to live. Forest animals are preparing for hibernation. The wind tears off the last leaves from the trees, leaving them naked and lonely. In the mornings one can observe a thick mist covering everything around, which gradually turns into a shallow rain. Autumn is a time

for harvest. Farmers and gardeners collect apples, pumpkins, pears, corn and other different crops, because the first frost can come suddenly and all the efforts to growing them will be in vain.



Soon, the autumn weather suddenly starts to please us with sunny days. This period is called "Indian summer", and it lasts two weeks. Indian summer is a wonderful time, when fall gives us the last warm days.

At this time, especially beautiful in the forest. The forest is changing, and some mystery appears in it. Trees stand majestically in gold dresses. The birds do not sing so loudly, many of them flew south. Animals hide in burrows and hollows in anticipation of winter cold. The sounds in the forest become quiet and muffled, and only the rustle of the fallen leaves disturbs the state of magic. The mushroom season begins, experienced mushroom pickers rush to collect baskets with forest resources and gifts.

For most students and teachers autumn is not only a beautiful season but also it is the beginning of the school year. It is believed that how you start the year is a sign of the way the year will conclude.

A strong start to the year makes everything else easier, while a weak start to the year is nearly impossible to remedy. Therefore, students try to start the school year as best as possible



Daria Tsar, 11 "A"

Great results of the previous school year

The beginning of the next year begins with the summing up of the previous year. Teachers are usually too tired or too excited or too busy to take time for reflection. Pupils also don't have time for reflection because some of them are looking forward to the summer break and some of them are preparing for their exams. But our school administration doesn't forget those who have achieved high results.



On the 31st of May teacher award ceremony was held in our school. Our headmaster and head teachers said a lot of warm

words and wishes. The teachers who prepared the winners of intellectual tournaments, subject olympiads, scientific conferences, creative and sport competitions, who share their own pedagogical experience at the district level, region level and republic level were given thank you letters.



Not only teachers have worked hard this year but also pupils. They did their best to glorify our school. Every year pupils get opportunities to test their skills and talents in different activities and find what they are really good at. Some pupils take advantage of these opportunities. They take part in various competitions, tournaments, Olympiads, conferences and so on and every year they show high results in these activities. Some pupils concentrate on learning their lessons well or take an active part in social school life. The best pupils of our school were asked to come up on the stage and were awarded with Certificates of honour.



Sometimes it's difficult, sometimes it's fun

What do you do before school when your lessons start on the second shift? Certainly, you are preparing for the lessons or busy with household chores. Our pupils from the 8th grade know how to spend their quality time active. They take part in laser tag competition.



Laser tag is a recreational shooting sport. It is a safe team tactical game in which players hit opponents with IR pulses using taggers. The hits are detected by special sensors on headbands or vests.

Laser tag is popular with a wide range of ages. Laser tag tournaments are staged for local, regional/state, inter-regional, national and international levels.

The minimum number of people to play laser tag is 2. But usually teams of five or six people get together.

The most important things to understand when playing for the first time are the equipment and the rules you have for your play area. Once you have a good understanding of both, it is important to be able to communicate the same ideas with your players. Players that understand these things will have a much better play experience than those that don't.



This time pupils from our school competed with the pupils from school № 33. And, of course, our team won.



The most famous sports activity in the world is swimming. People like to watch a world famous swimming match. They can keep awake until midnight to watch such a match on their TV.



At our school there is a team of excellent swimmers who every year win several competitions. It is not an easy sport activity. Nevertheless, there are a lot of advantages that you can get from this sport.

With swimming, you can burn 25% of your body's fat because it offers one of the best full body workouts in existence. Swimming doesn't involve any impact on the ground, which means your knees don't have to cope with added force from the impact. When you float, your muscles don't have to support your weight. For this reason, swimming is recommended for those with arthritis or muscle pain, and those who are overweight. When you swim, you help prevent diseases such as osteoporosis, which affects the bones in women over 45 years old. Additionally, swimming strengthens the immune system and reduces the cases of colds and the flu during winter. This sport also reduces stress. It also allows you to sleep better and eliminate insomnia. One of the main advantages of swimming is that it strengthens your heart function and improves your circulatory system in general. This means that it helps regulate blood pressure, reduces the risk of suffering from heart attacks, and even "cleans out" the arteries.

Artur Satsevich, 10 "A"

After—school activity

I study at school № 40. I like my school subjects and the teachers. But sometimes I felt bored. I wanted to take part in some activities connected with photo, music and video. And finally we were able to do it. The principal of our school Alexander Rymko helped us and now we have the best school media centre in Grodno.



We have a special classroom with all modern equipment: cameras, computers, microphones. Here we can interview different people (we had very special guests). We can also montage videos and upload to our website.

On 1st September there was a great opening of media center. We call it 40-TV. All our team was so excited!!! Because the guest were overworld. Grodno mayor Mechislav Goj, Grodno+ TV director and other famous people.



With the help of our head Olga Vasilevna we wrote the screenplay. After that we, rehearsed a lot. And finally we did it. Our center was opened!

Now we have a lot of work. We highlight all school events not only with the help of this newspaper, but also with the help of 40-TV. A lot of students take part in our activities.



We are really glad to have such a wonderful place, where we can develop our talents and skills.

Alexander Petushok, 11 C

Tips for learning irregular verbs

Did you know that about 70% of the time when we use a verb in English, it is an irregular one? That means that learning and using irregular verbs is essential for learning English!

The English language has so many irregular verbs that it can make you go crazy... but even irregular verbs follow some patterns.

These three simple tips will help you to these verbs easily. What we are going to do now is regroup irregular verbs into three different group.

First group of irregular verbs base form, past simple and past participle don't change at all. All the forms of them are the same.

put—put—put
shut—shut—shut
hit—hit—hit
cost—cost—cost
hurt—hurt—hurt
let—let—let
bet—bet—bet
set—set—set
split—split—split

Second group of irregular verbs follow a basic rule where after the base form, second and third form repeat itself.

get—got—got
have—had—had
keep—kept—kept

sleep—slept—slept
leave—left—left
find—found—found
bring—brought—brought
catch—caught—caught
build—built—built

And the **third** and last group of irregular verbs have three different forms.

blow—blew—blown
fly—flew—flown
drink—drank—drunk
sing—sang—sung
drive—drove—driven
take—took—taken
eat—ate—eaten
see—saw—seen
know—knew—known
fall—fell—fallen
write—wrote—written
give—gave—given
ride—rode—ridden

Easy to remember, right?

Elvira Bulay, 8 "Z"

Pumpkin soup recipe

Some recipes should be kept simple as nature intended them to be, and in my opinion, Pumpkin Soup is one of those dishes. The natural flavour of pumpkin is good enough that you need very little to make a beautiful, creamy, full flavoured soup.



It's just a great EASY Pumpkin Soup recipe, a classic version that has everything it needs and nothing it doesn't to be can't-stop-eating-it delicious!

The secret ingredients to make pumpkin soup tastier is onion and garlic!

To make this great quick and easy pumpkin soup, you will need:

- Pumpkin – Peeled and chopped into large chunks (or purchase it pre-cut). See below for the best pumpkin to use and recipe notes for canned pureed pumpkin option;
- Onion and garlic – the secret ingredients that adds extra savouriness into the soup flavour!!
- Stock/broth and water – for a tastier pumpkin soup, don't skip the broth!
- Milk, cream or half and half stirred through at the end. Does it make it better? Yes, insofar as adding richness to the soup. Is it necessary? Absolutely not. You do NOT need cream to make the soup thicker. All the thickness comes from the pumpkin itself. I usually make Pumpkin Soup with milk instead.

If you don't have cream but want extra richness in your soup, just add a touch of butter!



How to make pumpkin soup

1. Place peeled pumpkin, onion, garlic, broth/stock and water into a pot;
2. Boil rapidly for 15 minutes until pumpkin is very tender;
3. Use a stick blender or transfer to blender to blitz smooth; and
4. Adjust salt and pepper to taste, then add either milk OR cream – whichever you prefer.

The secret ingredients are the garlic and onion. It makes all the difference to add extra savouriness!



If

your soup is too thick, just loosen it with a touch of water when reheating.

If it's too thin (unlikely, but could happen!), then just simmer on the stove for a while to let it reduce – this will thicken it.

Pumpkin soup will keep in the fridge for 4 to 5 days, or can be frozen for 3 months – just thaw then reheat using your chosen method.

Though plain pumpkin soup is the best one, sometimes it's nice to change things up by adding other flavours! Here are a few suggestions:

- Curried pumpkin soup – stir in a touch of curry powder once you blitz it, add little by little.
- Lightly Spiced – stir in 1/2 tsp each cumin, coriander and smoked paprika.

Daria Arshun, 10 "A"