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Brains at school
Knowledge is power!

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On the cover
Snow and the Tree Illusion.
Coda-craven.org

Graphic design Prof. *Maria Teresa Caroppo*

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Newspaper

Brains at school – Knowledge is power!

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Istituto Comprensivo Via Martiri d'Ortranto Muro Leccese - Italy	Gimnazjum nr 1 Szkolna 1 Mosina - Poland	Liceul Matei Basarab Craiova Vasile Alecsandri, nr 113 Craiova
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Złote zasady uczenia się

Jako że zbliża się czas egzaminów w tym artykule damy Wam kilka rad dotyczących uczenia się. Naukę najlepiej zacząć wcześniej. Ale zanim zaczniecie... uważajcie na lekcjach, róbcie dobre notatki i...



A w ciągu dnia 20-30 popołudniowa drzemka (nie dłużej!) pomoże Wam lepiej zapamiętywać. Nie uczcie się kiedy naprawdę jesteście zmęczeni.

3. Dobre zaplanowanie – klucz do sukcesu. Po szkole róbcie listę rzeczy do nauczenia się. 30 minut nauki każdego dnia daje lepsze efekty niż 3,5 godziny raz w tygodniu.

Uczenie się...

1. Powtórzcie materiał co najmniej 3-4 razy. Powtarzajcie na głos. Róbcie krótkie przerwy. Przepytujcie sami siebie aż do chwili, gdy zdolacie powtórzyć wszystko bezbłędnie.

2. Zapamiętujemy lepiej to co rozumiemy. Jeśli coś jest dla Was trudne zapytajcie rodziców, nauczycieli, przyjaciół. Bądźcie aktywni!

Nie poddawajcie się! Wasz mózg jest niesamowity!

3. Zdecydujcie, co jest najważniejsze do nauczenia się. Zaznaczcie to! Bądźcie kreatywni: podkreślajcie, rysujcie, róbcie wykresy, używajcie kolorów, strzałek, ramek, tabeli, obrazków, map myśli....

Odkrycie, co najlepiej pomaga WASZEMU mózgowi w zapamiętywaniu.

4. Pora na przerwę. Kiedy jesteście zmęczeni zróbcie sobie krótką przerwę (5 -10 minut). Pospacerujcie. Poćwiczcie. Otwórzcie okno. Wypijcie szklankę wody. Zjedzcie orzechy, owoce albo nasiona słonecznika.

5. Używajcie różnych zmysłów: wzroku, słuchu i dotyku. Podczas nauki rysujcie, powtarzajcie na głos i, jeśli Wam to pomaga, chodźcie. Im więcej zmysłów używamy do nauki, tym lepsza jest nasza pamięć.

6. Poznajcie techniki pamięciowe (np. śmieszne historie) i używajcie ich!

POWODZENIA!

Agata Walter



Liceul "Matei Basarab"-50 years of existence

Our highschool has Matei Basarab as a spiritual protector. **Matei Basarab** was the ruler of Romania Country between 1632 and 1654.

At first, our Highschool profile was constructions and that is why it was given the name of Matei Basarab because Matei Basarab is considered "the greatest religious founder of our nation." He built or rebuilt 126 monuments, including royal courts, 46 churches or monasteries such as Arnova (1634) where he is buried or St. Dumitru Church in Craiova.

This school year we celebrated the 50th anniversary of our highschool. All teachers and students took part in the celebration by organizing activities and parties.

"Healthy food" was an activity where students with the help of their teachers prepared fruit and vegetable salads. Very tasty!



"A gift...Happy Anniversary, Matei Basarab!"-as you can notice we are proud of being students of our highschool!



Happy Anniversary
"Matei Basarab"!



Exhibition of drawings because we like learning at Liceul "Matei Basarab".

"Gastronomy" is an art when you are talented!

We are very smart that is why we participated in a contest using "Kahoot!" platform.



Liceul "Matei Basarab" -50 de ani de existență

Liceul nostru îl are pe Matei Basarab ca protector spiritual. Matei Basarab a fost domnitorul Țării Românești între 1632 și 1654.

La început, profilul liceului a fost de construcții și de aceea i s-a dat numele lui Matei Basarab, deoarece Matei Basarab este considerat "cel mai mare fondator religios al națiunii noastre." El a construit sau reconstruit 126 de monumente, inclusiv curți regale, 46 de biserici sau mănăstiri, cum ar fi Arnova (1634), unde este înmormântat sau Biserica Sf. Dumitru din Craiova.

În acest an școlar am sărbătorit a 50-a aniversare a liceului nostru. Toți profesorii și elevii au luat parte la această sărbătoare prin organizarea de activități și petreceri.

"Mâncare sănătoasă" a fost o activitate în care elevii, cu ajutorul profesorilor lor, au pregătit salate de fructe și legume. Foarte gustoș!

"Un cadou ... La mulți ani Matei Basarab!" - Așa cum se poate observa, suntem mândri că suntem elevi ai liceului nostru!

Expoziție de desene pentru că ne place să învățăm la "Matei Basarab"



"Gastronomia" este o artă atunci când ești talentat!



Suntem foarte inteligenți, acesta fiind motivul pentru care am participat la un concurs folosind platforma "Kahoot!" .

La mulți ani
"Matei Basarab"!

Coordonator: Ionuț Grosan (clasa a X-a D)

In this article we'd like to give you some advice about selflearning as the time of exams is coming. And it's better to start earlier... But before you start.... pay attention in class and take good notes:) and...

1. Take care about your work environment: study in a clean, quiet and orderly room. Good light and fresh air are important.



No cellphone, no TV, no Facebook etc.

2. Take care about YOURSELF: eat and drink before work. Be rested! Sleep at night. And 20-30 minutes of nap in the afternoon (not more!) help you to remember better. Don't study when you're really tired.



3. Good planning – the key to success: After school do the list of things you have to learn. 30 minutes of learning every day are more effective than 3,5 h once a week.

Learning...

1. Repeat the material at least 3-4 times. Do it aloud. Do short breaks. Ask yourself questions about your material. Stop repeating if you remember everything without errors.



2. We remember better when we understand. If something seems difficult to you ask your parents, teacher, friends. Be active! Don't give up! Your brain is amazing!



3. Decide what is the most important thing to remember. Mark it! Be creative: underline, draw, do charts, use colours, arrows, frames, tables, pictures, mindmaps.... Discover what helps YOUR brain to remember.

4. Break time. When you are tired, take a short break (5-10 minutes). Go for a walk. Do some exercises. Open the window. Drink a glass of water. Eat nuts, fruit, sunflower.



5. Use different senses: sight, hearing, touch. When you learn, draw something, repeat it aloud. If it helps you, walk while studying. The more senses we use, the better we remember.

6. Learn memory techniques (f.ex. funny stories) and use them!

GOOD LUCK!

Agata Walter

LIBRIAMOCI 2016

il piacere della Lettura

La Scuola Secondaria di I grado di Muro Leccese e Palmariggi ha aderito alla settimana dedicata alla lettura, all'interno della rete LIBRIAMOCI. LIBRIAMOCI 2016 è un'iniziativa nazionale per favorire il piacere della LETTURA, promossa dal MIBACT e dal Centro per il libro.

A SCUOLA DI CHISCIOTTATE è un progetto di lettura di brani estratti dal romanzo Don Chisciotte della Mancia di M. de Cervantes, a 400 anni dalla sua morte. Don Chisciotte della Mancia rappresenta il primo romanzo della civiltà occidentale e si pone alle origini della narrativa europea con un protagonista che, tra avventure esilaranti, è un coraggioso difensore dei valori della cavalleria; valori che, declinati nella contemporaneità, altro non sono che i nostri valori di equità, solidarietà, rispetto e attenzione per gli esclusi e per i deboli della società: in altre parole, ciò che noi oggi chiamiamo CITTA-DINANZA ATTIVA.

LIBRIAMOCI 2016 si è svolto in collaborazione con l'Amministrazione Comunale di Muro che ha ospitato due incontri nelle sale del Palazzo del Principe, dove il Sindaco Antonio Donno, l'Assessore all'Istruzione Rita Ruggeri, il vicesindaco Tonino De Pascali, insieme al DS Antonella Corvaglia, ai docenti e ai ragazzi e alle famiglie delle terze classi, si sono intrattenuti in un forum tematico e nella pubblica lettura di alcuni capitoli del Don Chisciotte.

Sul sito www.libriamociascuola.it è possibile aprire la pagina dell'I.C. di Muro Leccese per conoscere ...

A SCUOLA DI CHISCIOTTATE

Prof.ssa Maria Domenica Muci

LIBRIAMOCI

GIORNATA DI LETTURA NELLE SCUOLE



INIZIATIVA NAZIONALE PROMOSSA PER FAVORIRE IL PIACERE DELLA LETTURA TRA I RAGAZZI E SOTTOLINEARE L'UNITÀ PER LA CRESCITA SOCIALE E PERSONALE



sito www.libriamociascuola.it, in occasione del centenario della nascita di un autore capace di divertire e incuriosire i più giovani lettori e, allo stesso tempo, di affrontare in modo leggero argomenti seri, come l'educazione dei giovani e i modelli comportamentali (non sempre positivi) proposti dagli adulti e in genere dalla società contemporanea.

Le giornate dedicate a R. Dahl hanno costituito l'avvio di un percorso più ampio di approccio alla lettura dei classici, sia condivisa che individuale. Le letture sono state anche accompagnate da discussioni in classe e da proposte di scrittura creativa, prendendo spunto dai personaggi e dalle tematiche incontrate nei testi.

Prof. Flavio Massaro



Titolo del percorso:
"Roald Dahl: il piacere di leggere"

La classe I A di Palmariggi ha aderito al progetto "Libriamoci 2016" con tre giornate (26, 28, 29 ottobre) dedicate alla lettura ad alta voce di alcuni passi tratti da celebri romanzi di Roald Dahl, come Matilda, La fabbrica di cioccolato, Le streghe. Si è scelto così di dare spazio ad una delle proposte indicate sul

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the pleasure of Reading



The Secondary School in Muro Leccese and Palmariggi joined the week dedicated to reading, within the "Libriamoci" network. "Libriamoci 2016" is a national initiative to promote the pleasure of READING, promoted by MIBACT and the Centre for the Book.

"A SCUOLA DI CHISCIOTTATE" (At the Quixotades School) is a project concerning the reading of excerpts from the novel Don Quixote de la Mancha by M. de Cervantes, 400 years after his death.

Don Quixote is the first novel of Western civilization and stands at the origins of the European narrative with a protagonist who, among hilarious adventures, is a brave defender of the values of chivalry; values that declined in the contemporary world are nothing but our values of equity, solidarity, respect and care for those who are excluded and the weakest members of society: in other words, what we now call ACTIVE CITIZENSHIP. Libriamoci 2016 took place in cooperation with the Municipality of Muro who hosted two meetings in the halls of the Prince's Palace, where the Mayor Antonio Donno, the Councilor of Education Rita Ruggeri, the deputy mayor Tonino De Pascali, together with the Headmaster Antonella Corvaglia, teachers and students of the Third Classes and their families were entertained in a thematic forum and the public reading of some chapters of Don Quixote.

On the website www.libriamociascuola.it it is possible to open the page of the I.C. Muro Leccese to learn about ...

the QUIXOTADES SCHOOL

Teacher: Mrs M. Dom enica Muci



Title of the course: **"Roald Dahl: the pleasure of reading"**

The First class in Palmariggi has joined the project "Libriamoci 2016" for three days (26, 28, 29 October) dedicated to the reading aloud of some passages from famous novels of Roald Dahl, as Matilda, Charlie and the Chocolate Factory, The witches. We have chosen in this way to give space to one of the proposals mentioned on the www.libriamociascuola.it website, to mark the centenary of the birth of an author able to entertain and intrigue younger readers and, at the same time, to face lightly serious topics, such as the education of young people and behavioral models (not always positive) offered by adults and usually by contemporary society. The days dedicated to R. Dahl have been the beginning of a broader process of approach to reading the classics, both shared and individual. The readings were also accompanied by class discussions and proposals of creative writing, inspired by the characters and the topics met in the texts.

Teacher: Mr Flavio Massaro