



**ERASMUS +**

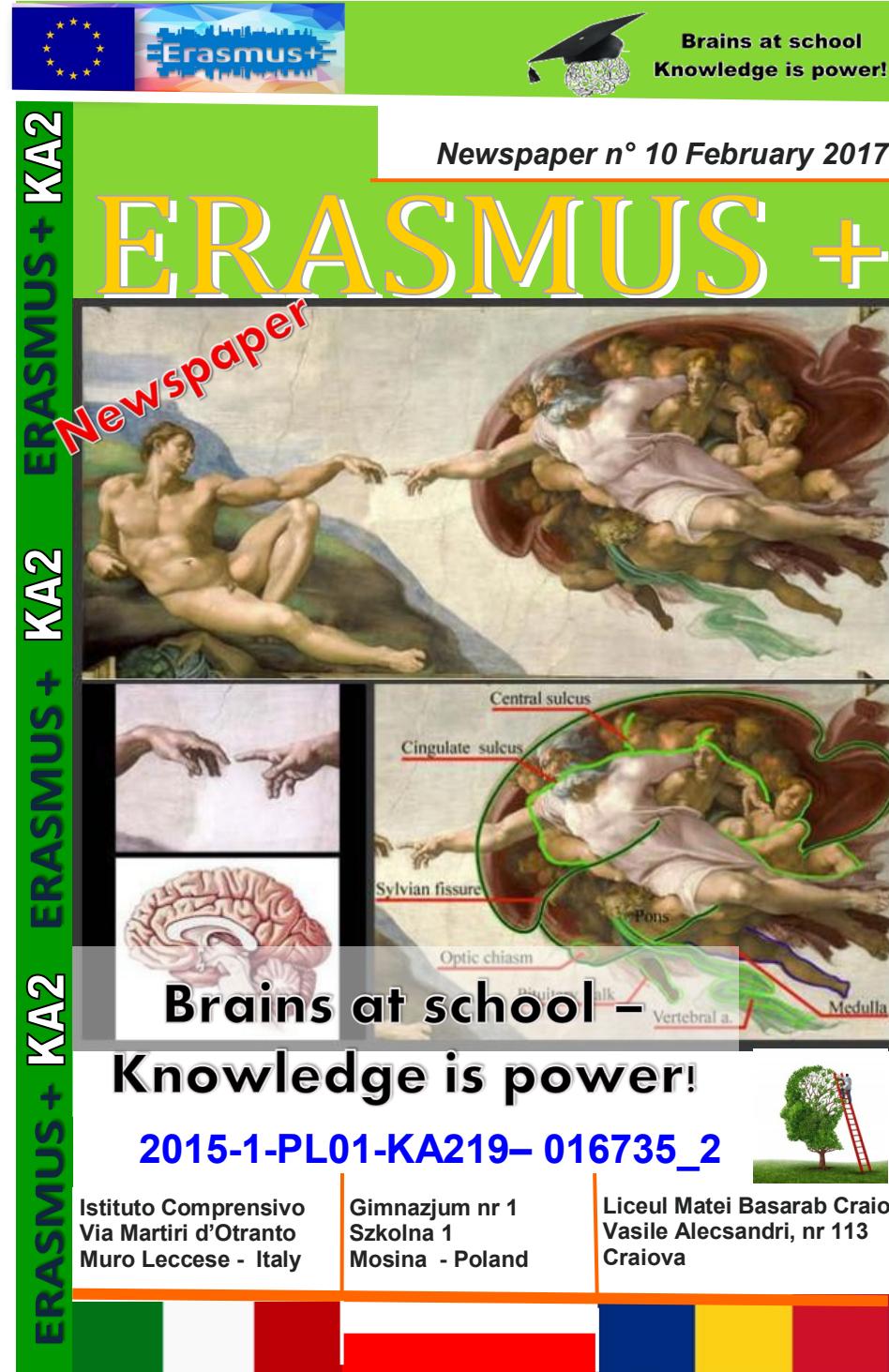
On the cover

### *The secrets of the God of Michelangelo*

In the fresco of the Sistine Chapel all the artist's anatomical knowledge: the contours of the figure of God and those of a human brain drawing are perfectly superposable.

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Graphic design Prof. ***Maria Teresa Caroppo***



## FERIE ZIMOWE

W naszej szkole pierwsza połowa lutego upłyła na odpoczynku związanym z feriami zimowymi. Z tego powodu chcielibyśmy udzielić Wam kilku rad związanych ze zimowym, a zarazem zdrowym stylem życia, co oczywiście ma też pozytywny wpływ na nasz mózg.

Przede wszystkim powinniśmy starać się uprawiać jakiś sport. Jeśli to możliwe, warto udać się na narty lub snowboard. Dobrym pomysłem jest też pływanie, długie spacery lub po prostu ćwiczenie w domu. To ważne, bo w czasie zimy łatwo przybrać na wadze lub rozchorować się. Aby uniknąć tych problemów, warto skorzystać z naszych sugestii.



1. Pij tyle samo wody co latem (2 litry).
2. Dodawaj imbir do potraw.
3. Jedz dużo gorących zup.
4. Pij ciepłe napoje.
5. Jedz na śniadanie coś ciepłego.
6. Jedz co 3 godziny.
7. Nie zapominaj o kolacji.
8. Jedz dużo warzyw.
9. Śpij przynajmniej 8-9 godzin.
10. Ćwicz często i regularnie.
11. Odwiedzaj saunę.
12. Chodź na masaże.
13. Spaceruj.
14. Ubieraj się odpowiednio do pogody.
15. Miej czas na odpoczynek bez internetu (nie tylko zimą).



### Region Salento- contest and prize



Passionate about geography and with the desire to share my great Italian experience with my colleagues, I participated at the inter-county contest Alexandru Rosu "Geographic descriptions". My work was called "Discovering Salento- the region in the heel of the Italian boot".  
Students

participating at the contest prepared a work with geographic content and presented it using multimedia applications. The content of the presentation should compulsory reflect the experience of the student, and I had the opportunity to visit the Salento region in autumn, within the Erasmus + Project "Brains at school- knowledge is power!".

In the first stage of the competition I had the joy to convince the jury and I was ranked second place. And in the next stage, attended by students from several counties of Oltenia, I was awarded third place.



I'm impressed that I had the opportunity to present the beautiful surroundings of this region, the architecture of the cities, hospitality, joyful spirit of the people I encountered and especially that I was able to present all these to my colleagues and my teachers.

Student: Anna Stefan  
Prof. coordinator: Nadia Serban



## Regiunea Salento- concurs și premiu

Pasionată de geografie, dar și din dorința de a împărtăși colegilor frumoasa mea experiență din Italia, am participat în luna ianuarie 2017 la concursul interjudețean de „Descrieri geografice” Alexandru Roșu. Lucrarea mea s-a numit “Descoperind Salento-regiunea din tocul cizmei italiene”.

Concursul a avut ca scop realizarea de către elevii participanți a unor lucrări cu conținut geografic, prezentate cu ajutorul aplicațiilor multimedia. Cuprinsul prezentării trebuia să reflecte obligatoriu experiența trăită de elev, iar eu am avut posibilitatea de a vizita în toamnă regiunea Salento, în cadrul proiectului Erasmus+ “Brains at school-knowledge is power!”.

În prima etapă a concursului am avut bucuria de a convinge juriul și de a ocupa locul II. Și în etapa următoare, la care au participat elevi din mai multe județe ale Olteniei, am fost premiată cu locul III.

Sunt impresionată că am avut ocazia să prezint peisajele încântătoare ale acestei regiuni, arhitectura orașelor, ospitalitatea gazdelor, spiritul vesel al oamenilor întâlniți și, mai ales că, am putut să transmit toate acestea colegilor și profesorilor mei.



Elev: Anna Ștefan

Prof. coordonator: Nadia Șerban

**ERASMUS + KA2**

**WINTER BREAK**



1. Drink the same amount of water in winter as in summer (2 liters).
2. Add ginger to dishes.
3. Eat lots of hot soups.
4. Drink warm drinks.
5. Eat hot breakfasts.
6. Take a 3-hour break between meals.
7. Don't forget about supper.
8. Eat lots of vegetables.
9. Sleep at least 8-9 hours.
10. Exercise frequently.
11. Go to sauna.
12. Have a massage.
13. Go outside.
14. Remember to wear warm clothes and shoes.
15. Have a relax and wifi-free day (not only in winter).



Justyna Nojszewska

Since the first half of February was a time of a winter break in our school, we would like to give you a piece of advice about healthy winter lifestyle. Of course it's very good for our brains, too.

First of all try to practice sports. If it's possible, try skiing or snowboarding. If you can't do this, you can always go swimming, take long walks or do some exercises at home. It's important because during winter it's quite easy to put on weight or become ill. To avoid these problems, try to use our suggestions.

## TUTTI INSIEME IN ARMONIA

### La CONTINUITÀ: un valore, un impegno

La parola 'continuità' è una parola che 'pesa' e che spinge a riflettere su come assicurare la trasmissione della continuità all'interno del percorso formativo dell'Istituto Comprensivo.



sia; per un totale di 40 ore) aperto anche ai genitori, che hanno partecipato numerosi.

Unico tema: **la discriminazione, con particolare riferimento alla Shoah.**

I 5 laboratori si sono tenuti presso la sede di via Martiri di Otranto e hanno visto lavorare in compresenza i docenti e gli alunni delle V classi della Scuola Primaria insieme ai docenti e gli alunni delle terze classi della Scuola Secondaria. I laboratori si sono conclusi con un incontro finale di presentazione sabato 28 gennaio, dalle ore 11 alle ore 13.

Sempre al valore della continuità i ragazzi della 3C della Secondaria, a tempo prolungato, hanno dedicato i loro sforzi per accogliere in classe i bambini delle V della Scuola Primaria. Nella mattina del 28 gennaio hanno illustrato i due progetti in powerpoint: "La condizione a tavola", dedicato all'esperienza della mensa scolastica, e "A scuola di chisciotte", ispirato alla lettura del romanzo di M. de Cervantes "Don Chisciotte della Mancia"

Prof.ssa Maria Domenica Muci



## ERASMUS KA2 ALL TOGETHER IN HARMONY

### The CONTINUITY': a value, an engagement

The word 'Continuity' is a very 'heavy' word that drives us to reflect on how we can ensure the transmission of continuity within the Education training path of the Istituto Comprensivo.

During this school year the engagement to ensure continuity of values, methodologies and working climate, was actualised by all of us, teachers, Headmaster and parents. The last week of January **"All together in harmony"**, we carried out an integrated course of five workshops (art, choir, percussion, prose and poetry, for a total of 40 hours) and numerous parents attended that, too.

**A single theme: discrimination, with particular reference to the Holocaust.**

The five workshops took place at the premises of Via Martiri di Otranto and the teachers and pupils of the last classes of the Primary School worked together with the teachers and pupils of the third classes of the Secondary School. The workshops ended with a final meeting on Saturday, January 28th , from 11h00 to 13h00.

To give more value to the Continuity', the students of the 3rd C class of the Secondary School, which is a full time class, accommodated in their classroom the pupils of the last class of the Primary School. The 28th of January they illustrated, with a PowerPoint work, the two projects: " Sharing a meal at the table", concerning the school canteen experience, and "A Quixotades School ", inspired by the reading of M. de Cervantes' novel "Don Quixote de la Mancha "

Teacher: Mrs M. Domenica Muci

