



Bilcza

January - March, 2016

WE have prepared **THIS** magazine
for **YOU**

*Laskowska
Kasia*

*Nowak
Adam*

Pabis Pola

Pięta Daria

*Prokop
Kamila*

*Raczyńska
Ewa*



Special thanks for:

Bartłomiej Zawadzki 😊

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Editorial

Dear Readers,

We want to introduce you our second numer of *Enjoy*

Our project was finished but we want to continue the idea of English-language magazine. The objectives have not changed. Although they are the same they are the endless source of topics for us.

We found a new correspondent who agreed to write for us regularly. He is the patient of Ośrodek Leczenia Uzależnień w Chęcinach. His articles will be pieces of his long story about addiction, a kind of warning for us. His cooperation seems to be especially precious because will be provided us with a real life story. It is our honour to announce the results of a contest for the kindest person. The winner is Aleksandra Bieniek . Have a nice reading!

Our team.

*How many different meanings has
word „uprzejmy”?*



Debonair

Courteous

Polite

Kind

Pleasing

Suave

Nice

UPRZEJMY

Civil

Good

Considerate

Gracious

Accommodating



The kindest person in our class

In my opinion the most polite person in our class is **Aleksandra Bieniek**. She is very pretty - she has a nice face and a friendly smile. Her hair is dark and her eyes are brown. She is always prepared for lessons and she helps out other students at learning. She is very clever and smart. Teachers like her because she always says "Good morning" to them and she doesn't disturb them during the lesson. She always listens carefully to them and she is active in the class. She represents our school at the most important events and at the difficult competitions. She is very friendly and kind. She is always worried about other people and she likes giving them good advice. Everybody can talk with her about every topic. She is a great listener and she can cheer up others when they are in a bad situation. She never curses and she always expresses her opinion in a gentle way. She shows interesting ways to learn new stuff. She is a good example of a perfect student. In the future I want to be at least half as good as she, but I know it is hard.

Example to follow

I want to describe the best example to follow. My friend's name is **Aleksandra Bieniek**, she is 14 years old. She has got brown hair and brown eyes. Ola wears baggy clothes. She likes wearing jeans, a blouse and a pair of this sneakers. Ola lives close to me, at the same residential settlement and we attend to the some class. Ola is interested in dancing. She likes reading books. She is ambitious and inteligent. Aleksandra is a good student, She always does her homework and she is urgent. I can talk with her about everything and I'm never bored with her company. My friend has got many ideals, she is able cheer up me when I am sad and comfort me when I'm worried about something. I like talking with her and spending time wit her. I think, that Ola is a great friend and I know, that I can count on her.

My best friend

My best friend and an amazing person is **Ola Bieniek**. She's twelve years old. She lives in Kuby Mlyny in Poland. She is a very nice, helpful, friendly and lovely girl. She was born on the 13th of May, 2003. Ola has only the best marks: 5 and 6. She has got dark hair, blue eyes, glasses and a beautiful smile. She dresses in jeans and pretty T-shirts. Ola is an amazing person, because she often helps me and other people. She is very funny and crazy. Everything she does, does perfect. Ola doesn't like sport but she likes nature. Her favourite subjects are Biology , Chemistry and Art but she doesn't like Physical Education and Geography. She likes animals. Ola is also sometimes nervous and explosive. When Ola is sad, I try to comfort her. I and Ola often talk about all things and we spend a lot of time together. We get along very well. I and Ola live near each other, so next holiday we are going to spend time together.

I LOVE OLA!!!



My Best Friend

This is my Best friend **MajaCudzik**. She is fifteen years old. She is tall and slim. She has got brown eyes, big mouth and short, curly, brown hair. She usually wears leggings and a T-shirt. She is in Year two Gymnasium in Bilcza. She is in my class. Maja lives in Morawica. She is the only child in her family. Maja is clever and she is the best student in my school. Maja is a laureate of the Polish language contest. Besides she is also very talented in maths and other subjects except Physical Education. Maja is a good friend. She is always very helpful and sensitive. What is more, she isn't a noisy person but she is outgoing and sociable. Maja is sometimes crazy but she knows where to behave reasonable. When I have a problem I can always talk to her and she has time to think it over and give good advice to me. I like spending my free time with her by talking, listening to music, watching TV, walking and singing. I have chosen this person because people can follow her example and be a good student and friend. Besides she is very close to my heart. I'm glad that I have such a friend.

Responsible and clever

In my opinion the most polite person is **Natalia Picheta**. Natalia is very nice. She has long, blond hair. She is tall and fit. Natalia has beautiful, big eyes, mouth and long nails. She never refuses to help. She always smiles and she is very friendly. Natalia can laugh all the time. She is very responsible and clever. I think she should get the title of the most polite people in the school.

The kindest person to me

I know a lot of nice people and I can describe all of them but in my opinion one of them is special for me.

The kindest person in my school is my classmate, **Kamila Rutkowska**. She is 14 years old. Kamila is tall and skinny. Her hair is blond and very long. She has blue eyes. She likes listening to music, watching movies and doing sports.

I have chosen her because she has got a brilliant personality. Kamila is always optimistic and cheerful. She always makes me smile. When I need help my friend Kamila is there. I can trust her and tell her my secrets. She likes helping everyone and she doesn't want nothing instead. Kamila respects teachers and she is always kind to them. Everybody likes her and likes spending time with her. Kamila loves laughing and she is great with telling jokes. She has a lot of animals and is very caring. She is the best person in the world and my best friend.

Positive attitude to others

It is to describe my best friend. It is a beautiful girl, very intelligent and friendly, **Kasia Kita**.

I can always count on her. This is a person with a big heart. When someone in the class has difficulties with learning, she will always help.

It is a nice person, cheerful, with a positive attitude to others, open to new knowledge. Kasia is impossible not to like.

A girl with a slim build and a high posture. She is easily distinguished by her big, blue eyes and a small mouth in the shape of hearts.

She has short blond hair. Kasia has a sporty style T-shirt with short sleeves, comfortable leggings. When special occasion, she comes dressed elegantly and tasteful. She always smiles. She understands me like no one else. I couldn't have wished a better friend. I love her very much.



The nicest person in my school

Dorota Kozak and I have been friends since 4th Year.
Dorota always knows how to cheer talk and listen to me.



We sometimes meet after school. Dorota is very friendly she knows how to make me feel happy.:)

Dorota and I are in the same class. We talk on the phone every day.



Dorothy loves animals she has got a guinea pig caramel



and great person <3

I love Dorota. She is a great friend



Helpful and sensitive

My friend is **Sandra Pietrzyk**. She's short and slim. She has got long and red hair, blue eyes and light skin. Sandra is friendly, helpful and very sensitive. When we were at Climbing Wall, I couldn't climb and she helped me. Because of her I can climb. Then we went to drink something. We were talking for a long time. She was my friend. I am grateful for her. I hope that we will be friends for the rest of my life.

Exceptional person

Sandra Stępień is my friend. We are in the same school and class.

We met in the third grade of primary school and became friends in the fifth grade of primary school.

It is 13 years of friendship.

She is a dark-eyed, pretty and athletic brunette.

I like her for the sense of humor, sincerity and directness. She is characterized by love for animals, ambition and tenacity of purpose. She is also chatty, friendly and sympathetic. Our common hobby is dancing. We both like cooking and meeting with friends.

I may add that Sandra donated her hair to the foundation Rak'n'Roll.

My friend

Dorota Kozak is a nice person with green eyes, blond hair and beautiful smile.

She is nice, friendly, good, happy and caring. She likes dancing. This is her passion! She loves animals. She has a beautiful guinea pig.

She learns very well and gets great marks! We met in 4th grade and became friends right away.

We meet at school every day and talk about everything. Sometimes we meet outside school. When we have free time we like cooking or baking. We sometimes sing and laugh.

I love her because she is always with me and helps me when I need it.

She is a great friend!



„Excuse me madam do you want to sit here?“ „Do you need some help madam?“-these are typical phrases told by Oskar.

He is the kindest person in my school. **Oskar Stąporek** is fourteen years old. He isn't very tall but he's thin and fit. He has got brown, curly hair and blue eyes. Have you got any intelligent friends? I've got one-Oskar. He's very intelligent and clever. He has got only good grades and he's the most polite student in my class. He's also helpful and friendly. In his free-time Oskar plays football. He really loves drawing and painting. I think Oskar is a person who we should admire. I like him very much.

Always willing to help

In this elaboration, I would like to tell you about the person who has done for me more than anyone else. It is **Konrad Banaczyk** who has been with me for two years, always willing to help me when I need it. He is friendly and helpful. Konrad helps me in difficult times, staying with me even when I was unbearable. He supports me like no other when it is hard for me. I hope that even after the school we will stay in touch.

The most courteous person

Hmm..., I don't know. I have never thought about this. But if I have to describe the most courteous person according to me I will choose **my grandfather!** My grandfather isn't high. He has glasses. He can never sit still, because he must still do something. He is usually busy. He often corrects something or tamps, too.

Qualities of his kindness:

Well-bred- He is a man of old date therefore he is very well - bred and he knows how to behave in different situations. For example, he always opens doors for women.

Cultural- I think he is the most polite person, he always speaks basic words of politeness such as: please , thank you and he can admit to the mistake and say sorry.

Helpful- My grandfather always helps me when I need it. He also helps others.

Isn't boorish and arrogant- He never offends no one.

Humorous- He has a sense of humour and can laugh all the time.

Nice- I consider that he is kind too, because he says only nice words to people.

Good- He is good because he never leaves people in need and never does damage to the animal.

Tolerant- My grandfather is tolerant because he respects all people regardless of nationality, faith or views.

Friendly- He likes talking to people, and this is a very nice feature.

Thoughtful- He always remembers about the beloved.



How to be a good neighbour ?

We usually live too close to each other and our flats' walls are too thin . So loud conversations, playing loud music, stormy quarrels, kitchen smells, husky vioces, can sometimes make our neighbours' lives terrible. If all people were polite and tolerant , we would find good solutions for each problem. To sum up notice your neighbours, say good morning, stop the lift's foor for your neighbour, help with carrying shoping bags, ask them about their health, be smile. Contact with your neighbours be intrested in residents' problems, because it can also be good for you.

My drug story.



My name is Szymon, I'm 33 years old. In two weeks I'm finishing my 12-month therapy.

Yes, I'm cocaine addict. Everything started so normal, I was just a regular guy with normal work and friends. My first drug was a small line of white powder. And this white powder became my worst enemy. At the very beginning it made me feel stronger, better. I felt like I'm the king of the world. Such an expensive drug like cocaine quickly killed my budget. I didn't feel so much like work any more. I was always tired with constant hangover. Quickly, I found new way of earning money. I became a drug dealer. I also started lying to my friends and family members about what really was going on with my life.

Living far away from Poland made my addiction even worse. I felt lonely and narcotics made me feel different. Within two years I destroyed everything what was built in last decade of my life.

Finally I decided to visit my family in Poland for Christmas. It was December 2014. It was supposed to be some sort of break from drugs. It took me 3 days to find a place to buy drugs. My family noticed that there was something wrong with me.

The first person who noticed my untypical behaviour was my father. My family interventions won – I admitted that I had a problem.

Then what now? It was the worst conscious moment in my life. Like always I was about to run away from the problem. But this time my sober me won.

On March 2015 I started my therapy at San Damiano in Chęciny. Its 12 months of hard interpersonal training and fighting with my weaknesses.

This rehab showed me how to interact with different situations and different people when I'm sober. This place became my home and my starting point in my new sober life.

Szymon M.

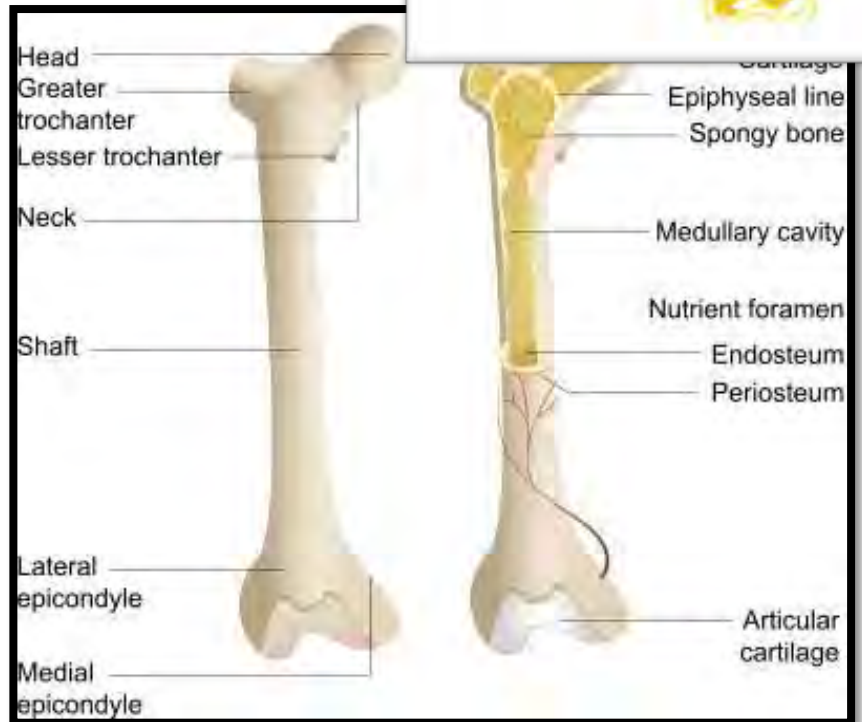
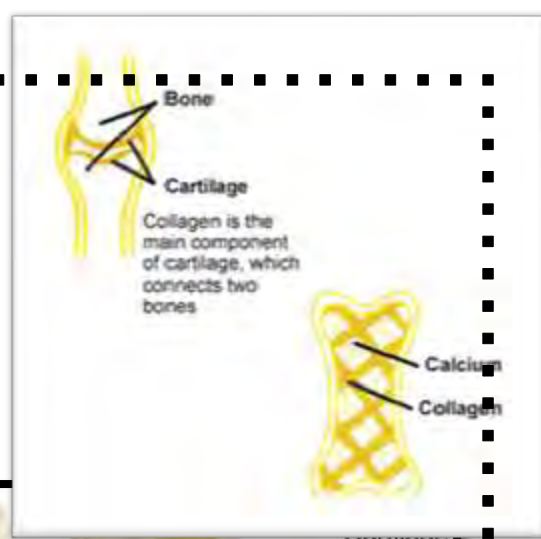


The structure of the bone

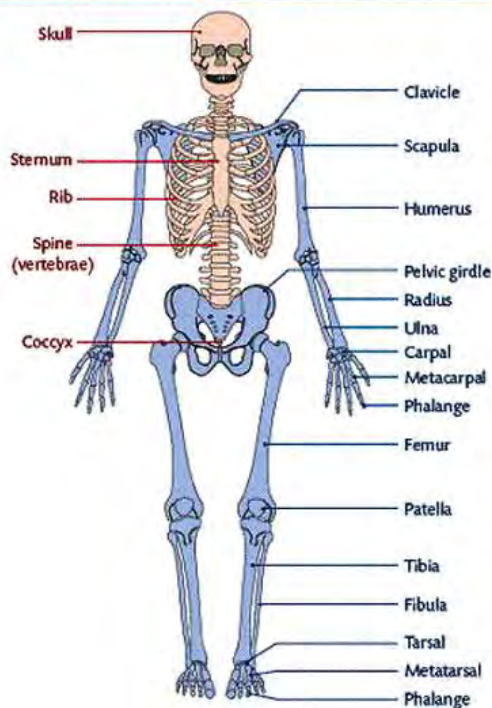
In the human body there are four types of bones.

Our skeleton divides into two parts: axial skeleton and appendicular skeleton. Each bone in our skeleton has its own name.

Long bones are composed

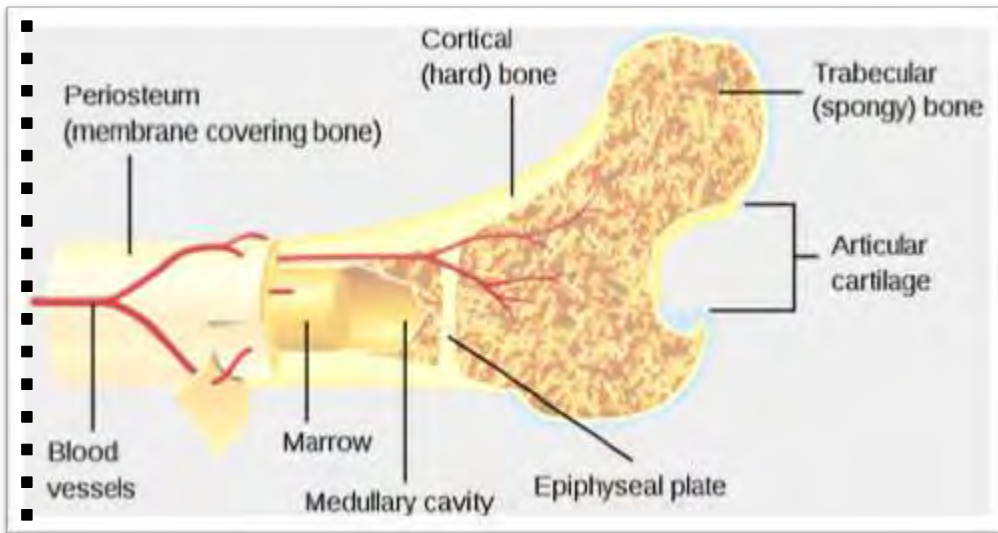


THE AXIAL SKELETON THE APPENDICULAR SKELETON



of some parts: head, trochanter, neck, shaft and epicondyle. Each bone in our skeleton is build of: two types of tissues (cortical and cancellous), marrow, endosteum, periosteum, nerves, blood vessels and cartilage. Bone is composed of different types of bone cells: osteoblasts, osteocytes and osteoclasts.

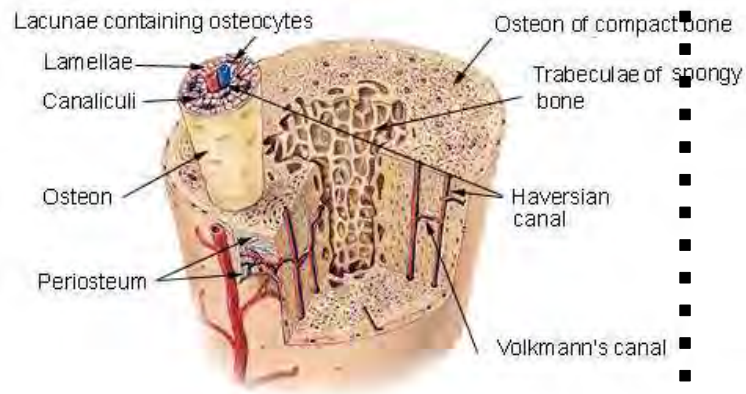
Bones have an organic component mainly of collagen and an inorganic component of bone mineral made up of various salts. The inorganic mineral calcium phosphate gives bones their rigidity. Organic collagen, an elastic protein improves fracture resistance.



The cancellous (trabecular) bone is an open cell porous network. Thin formations of osteoblasts create an irregular network of spaces.

The cortical bone consists of multiple microscopic columns, each called an osteon. Each column has a lot of layers of osteoblasts and osteocytes around a central canal called Haversian canal.

Compact Bone & Spongy (Cancellous Bone)



Inside the bone there is a medullary cavity and inside the medullary cavity there is a marrow. The bone marrow produces red blood cells.

Bones play important roles in our body. They support and protect the various organs of the body, produce red and white blood cells, store minerals, enable grow .

Maria Skłodowska - Curie and Ameryka

Marie Skłodowska-Curie was a Polish scientist. She discovered a polon and a radium.

She also conducted research on cancer treatment in medicine. To describe the achievements of this woman, we have to use the phrase: "the first person/woman to...". She was the first woman to get the Nobel Prize and the first person awarded with two Nobel Prizes as well as the only woman to win in two fields. She was the first woman to be appointed chair at the Sorbonne in Paris. She was the first woman to be buried in the Paris Pantheon.

Madame Curie, nicknamed Radium Lady, made two trips to the United States. Both were very successful and profitable for the scientist. The first visit took place in 1921. Marie Skłodowska-Curie was already laureate of two Nobel Prizes in two different subjects: Chemistry and Physics, but the prize money had already been spent both on improving the shed which was her laboratory and on x-ray equipment she used to equip military hospitals during World War I. She did not earn money from her discovery because she refused to patent it on the assumption that other scientists should be able to conduct their research freely.

In this hard financial situation, the future of her research was uncertain.

Based on *Zoom in on America*.



Paderewski and America

When Ignacy Jan Paderewski set out on his first American concert tour arranged by the Steinway piano company in 1891, he was already a celebrity in Europe. Audiences in Vienna, Berlin, Paris and London had witnessed his spectacular recitals. The USA welcomed him in a surprisingly different way.

A representative of Steinway offered him a “fleabag” hotel, small halls for recitals and reminded Paderewski that fame in Europe does not automatically translate into success in America. Worst of all was the timetable: 107 concerts in 117 days, with his time packed to the limits. Paderewski was shocked. Back in Europe he might not play six concerts in the whole season. With just four concerts ready and two not yet prepared, he faced round the clock work: practice, concert, repeat, concert.

Some people might say “thank you” and break the contract, but not Ignacy Paderewski. There was no turning back for him. A contract was a contract and he knew how much was at stake for his career on this first American tour. But he also would not accept sub-standard conditions. He endangered to break the contract, if Steinway did not provide better concert halls and better accommodation. He got his terms and he played on. The halls were packed.

Paderewski's first American tour was a big success, a success, however, with a steep price. His constant playing - often for 17 hours a day - left its toll, a serious injury of his fourth finger.

Despite damage, or maybe because of his extraordinary ambition, perseverance and unshakeable wish to complete the tour, he “conquered” America during this first tour. He made acquaintance with other artists, industrialists, philanthropists, millionaires, politicians and journalists. The acquaintance and friendships turned out to be of great importance not only for Paderewski but for his homeland, Poland, when the hope of getting her independence back emerged during World War I.

If becoming a pianist was one of the greatest dreams of Paderewski, seeing his beloved homeland back on the map of the world was another. As he did with his other dream, he put all his heart, hard work and enthusiasm into making it reality.

Paderewski had always been interested in politics. Touring America - from 1891 to 1941 he had become an unofficial ambassador of Poland in United States who used every chance to raise American awareness of the "Polish questions". He went by the name of "The World's Most Famous Pole".

In 1915 during World War I the political shape of Europe was transformed and Paderewski used all his influence and skills to put forward in the international arena the case of independent Poland.

Paderewski's hard work, personal charm and charisma, and above all, an intense passion to direct his efforts to serve Poland - was clear proof that one man can make history.

Based on *Zoom in on America*



Robert Luis Stevenson

Robert Louis Stevenson (13 November 1850 – 3 December 1894) was a Scottish novelist, poet, essayist, and travel writer. His most famous works are *Treasure Island*, *Kidnapped*, and *Strange Case of Dr Jekyll and Mr Hyde*. His works have been admired by many other writers, including Arthur Conan Doyle, Henry James, Ernest Hemingway, Jack London. Half of Stevenson's original manuscripts are lost, including those of *Treasure Island*, *The Black Arrow* and *The Master of Ballantrae*. Stevenson was a celebrity in his own time, but with the rise of modern literature after World War I, he was seen for much of the 20th century as a writer of the second class, relegated to children's literature and horror genres. According to the Index Translationum, Stevenson is ranked the 26th most translated author in the world, ahead of fellow nineteenth-century writers Oscar Wilde and Edgar Allan Poe.

This is an extract from R.L. Stevenson's novel. Write an ending.

„I felt like eating an apple from the barrel kept on deck. The barrel was almost empty so I climbed into it. While I was down there I heard Silver persuading a man to join them in an act of piracy...”

deck: any of the floors of ship; here,
the top deck

join: associate with

piracy: robbery by pirates



School survey

Questions for teachers

1. The funniest situation you remember:

- the boy did not bring the paper and said that the dog ate it,
- someone ran and did not notice the net,
- a boy's dad took his homework, because he wanted to spend time with his son,

2. The most annoying students' excuses:

- younger brother destroyed the homework or the dog ate it.
- I did not know,
- I do not have my exercise wear because my mum did not dry it.(PE)
- I did not want to do it, I forgot,

3. The beginnings of teaching:

- stressful, I was wondering if I could handle it,
- these were the coolest times, the children were very eager to everything,
- those were the best times,
- a heavy period in which I had difficulties with putting bad marks but with time it is still getting better and better,

4. The funniest students' response

- (Maths) the task was to appoint X in figure, students stated it and gave the answer: here is X,

Easter in Britain

Easter Egg Hunt

People hide chocolate Easter eggs and children look for them. Children have a lot of joy. Easter eggs are usually hidden in the gardens. Parents tell their children that the Easter Bunny rabbit brings the Easter eggs.

Hot Cross Buns

Good Friday is the Friday before Easter Sunday. Christians remember when Jesus died on the cross. Hot cross buns are popular on Good Friday. Hot cross buns are delicious snacks in Britain. They eat it on this day.

Rolling eggs.

The winner of this game is the person whose egg is the fastest or whose egg is broken as the last.

British Easter starts at Good Friday and ends at Easter Monday. All four days are a break from work. In Britain people aren't used to having food. There are a lot of street festivals on Easter Sunday. On the first day they meet with friends and family. After breakfast they go to church and go for a walk. They prepare a basket which they take to park or outside a city.



US Consulate

On Wednesday, 16th of December, it took place a school trip where few pupils from middle school took part in meeting with US Consul. Our aim was to enlarge our knowledge about the USA.

We went away about 8 a.m. from our school in Bilcza. Another school went with us. Travel wasn't long. We arrived in Cracow at about 11 a.m. We had to wait for meeting in queue because everyone had to be inspected by security guard. When we came into building we saw a nice woman who invited us to a small room. We took our seats and we were waiting for the Consul. There were a big screen and a small table in the room. When consul came, everyone of us greeted with him. It was a very nice young man. He told us about himself. He also answered our questions about USA. We found out a lot of interesting things about his country of origin. It was a very nice experience. After meeting we had a free time on market square. We had fun 😊 We were also in " Collegium Maius ". There were many interesting things from the old days.

About 6 p.m. we came back to school with our English teacher. From my point of view, this trip was very educational and interesting. We found out about US traditions and we saw many interesting things in the museum.





Collegium Maius

There was a nice young woman who was our guide. She showed us around big old chambers. We found out a lot of interesting things about this university. She showed us one of the first globes in the world. On this globe we could see first idea of America. We also saw an Arab astrolabe from 1054. We found out about student's life. The life was difficult many years ago. The sightseeing was very interesting.



*It's the oldest globe in
the museum*

