

English Newsletter

September 2023



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summer time
and
holidays
are over



welcome to school

5- back -to -school tips

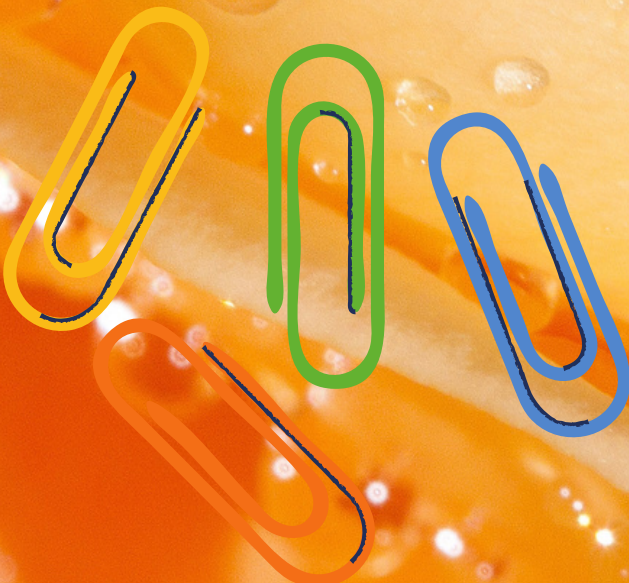
for students

new and old ones :-)

read them carefully

choose at least two of them

take them into practice



number one

start to get organised



- focus on what's important
- make daily and weekly to-do list of important tasks like tests, homework, set books, assignments
- manage your time well

number two

don't procrastinate and prioritise activities and tasks



- set small goals; it's much easier to cope with some small tasks than one big one
- remove distractions especially your mobile phone
- focus your attention
- your priority is to complete your small tasks one by one

number three

get involved in new activities



- find a new hobby, passion or sports activity
- it's good for your health and mind
- you improve your memory, motivation and mood
- it brings you out of your shell



number four

get enough sleep



Why?

- you are in a better mood
- you think more clearly
- you do well at school
- you are relaxed and feel fresh



number five

follow a healthy diet

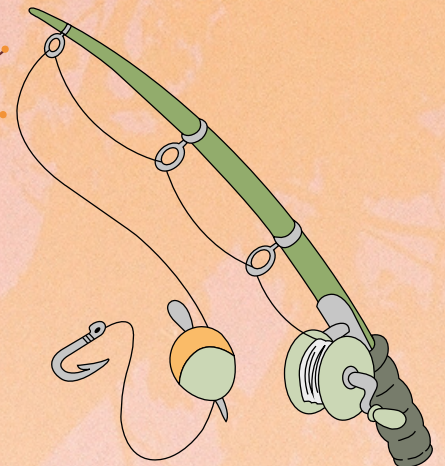
- eat lots of vegetables and fruit
- drink at least 1 litre of water daily
- avoid junk food
- choose whole grain products
- cut down on sweets and fizzy drinks
- eat more fish than meat
- aim for colour and variety



September bucket list



- go for a nature walk
- make an apple pie
- go fishing
- make homemade jam
- have a family movie night
- decorate for autumn



Let's learn English

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English Idioms

Autumn

- **a rainy day**

a day when we really need some extra cash

4 out of 10 people can't save for a rainy day because they have no extra cash to spare.

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- **an old chestnut**

an old issue or problem that has not been solved or has not gone

To reduce class sizes to 30 or under in primary schools, was an old chestnut from the 1960s.

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- **to drive someone nuts**

to irritate or annoy someone

It drives me nuts when people are constantly clicking their pen.

- **it's raining cats & dogs**

it's raining very heavily

During the autumn months it's raining cats and dogs, so make sure you wear your raincoat and take your umbrella.



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How to describe films

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English Adjectives

MOVIES

action-packed 😊
with a lot of thrilling incidents

second-rate 😞
mediocre, unexciting
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dreary /'driəri/ 😞
dull and uninteresting
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fast-paced 😊
with a lot of events or actions
happening very quickly
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predictable 😞
pretty obvious what is going
to happen in this movie
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absorbing 😊
very interesting, keeps your
attention for a long time

intriguing /in'tri:ɡɪŋ/ 😊
very interesting in a way that
arouses your curiosity
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hilarious /hɪ'leəriəs/ 😊
very funny

gripping 😊
very interesting



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and next time try to use any of
them



SCHOOL LiFE:

Most Irritating Moments

- Morning Alarm

Most Difficult Task

- To find Socks

Most Dreadful Journey

- Way to Class

Most Lovely Time

- Meeting Friends

Most Tragic Moments

- Suprise Test in 1st Period

Most Wonderful News

- TEACHER IS ABSENT