

# The 1234 Times



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Winter 2024



## Latest School News

### THE INCREDIBLE FESTIVAL

“Animated Paintings” took place at our school in September! It united creativity, art and imagination of our talented students.

Every class chose a unique form of performance, presenting different eras, styles and subjects of art on the stage. It included a range of issues: from school daily routine and portraits to sports and cultural traditions.

It was a brilliant performance! The students of 6 C class presented a magical world of Gonsalves' images. 6 E class and 7 A class reminded us about the importance of schooling via the works of Bogdanov-Belsky and Repin. 5 D class presented to us an excursion to the Tretyakov gallery. And 8 A class animated the portraits of Yan Vermeer and Zinaida Serebryakova.

It could not do without pictures devoted to sports – 8 E class and 9 C class demonstrated sports as a part of human culture.



Besides, 9 A, 8 C and 6 A classes expressed the beauty of Russian tradition via the pictures of Zhuravkov, Kustodiev and Korovin.



The Festival was concluded by the performance of 8 C class, they reminded us about the

importance of saving memory presenting the installation “The Shoes On The Danube Bank” by Gyula Pauer.

I was really impressed by the fact what talented people surround me and I do hope it was the first but not the last creative experiment at my school.

*Dimitri Kim, 8C*

### TEACHER'S DAY

is a precious occasion that honours the dedication and impact teachers have on their students' lives. In the weeks leading up to Teacher's Day, students immersed themselves in preparations, crafting thoughtful gifts for their beloved teachers. Basically, they were different confections.



The effort and creativity showcased by the students spoke volumes about their appreciation and respect for their educators. After presents, teachers always were glad and said that because of moments like these, they continue doing their best. Also, on teacher's day, children replaced lessons for the lower grades, and I believe that this is a wonderful and integral part of the teacher's day in our school.



In conclusion, Teacher's Day was a big success, marked by heartfelt tokens of appreciation and joyful celebrations. It served as a reminder of the important role teachers play in shaping young minds. Let us continue to express our gratitude, not just on special occasions but every day.

*Grigori Lobasiuk, 11C*



# Teacher Interviews

## WHY I BECAME A

### TEACHER:

#### Inspiring Stories from Our Faculty

We all know that getting an education directly affects the quality of our life in the future. But does everyone realise the responsibility for their level of hard work in their youth, because youth is the time to gain knowledge and experience? If so, why? What

I decided to learn about the

favourite physics teacher from our school, 1234.

I interviewed our physics teacher, Nikolai Yuryevich. I learnt that when he was a student, he was motivated by reprimands.



Being lazy and not studying was shameful, and gaining knowledge was prestigious, so Nikolai



Yuryevich successfully graduated from Moscow State University of Environmental Engineering, Moscow State Pedagogical University, and then graduated from two more universities: in Moscow and St. Petersburg, and eventually became our favourite physics teacher.



Nikolai Yuryevich also said that he always had the skill to easily communicate with children; this played a significant role because when Nikolai Yuryevich was looking for a job, the geography teacher Andrei Vadimovich offered him to work as a physicist officially in our school, after which Nikolai Yuryevich began teaching at school 1234.

*Varvara Vorotnikova, IIC*



## UNSERE SCHULE feiert viele verschiedene Sachen und ich werde über die erzählen.

•Vorbereitung für das Neujahr  
Unsere Schule feiert Neujahr wie alle anderen Schulen. Unsere Schule macht zum Fest viele verschiedene Sachen.



Wir organisieren ein Konzert für die Schüler und Lehrer. Jeder kann am Konzert teilnehmen. Die Schüler schmücken auch die Schule mit Girlanden, Glaskugeln, Ketten und Goldfäden. Im Vorraum der Schule steht gewöhnlich ein schön geschmückter Tannenbaum. Mein Lieblingsspiel ist Geheimer Weihnachtsmann. Jeder zieht einen Namen und gibt später sein Geschenk einem anderen Mitschüler. Wer das Geschenk bekommt, weiß nicht von wem. Das ist sehr geheimnisvoll. Das

### •Theater-Woche

Jede Klasse der Schule 1234 muss ihr eigenes Theaterstück vorbereiten und dann den anderen vorzeigen. Die Themen sind immer verschieden. Die jüngeren Klassen kriegen natürlich die leichteren Themen. Wenn die Klasse fertig ist, muss sie ihre Aufführung vorstellen.

### •Benefizveranstaltung - Arbatmarkt

Das ist ein Markt, wo alles, was verdient wird, wird den kranken Kindern gegeben, die Hilfe brauchen. Alles, was auf dem Markt verkauft wird, kann man nur mit „Arbatiki“ kaufen.

„Arbatiki“ sind so viel wert wie Rubel. Jeder kann etwas mitbringen, was er selbst gemacht hat: Weihnachtskerzen, Märchenfiguren, Spielzeug, Neujahrsschmuck. Es ist auch möglich, auf der Auktion einzigartige Sachen zu kaufen, z.B. den handsignierten Fußball. Ich finde diesen Markt sehr wichtig.

*Altair Khasanov, 8A*



## EL PRIMER DÍA

de escuela para los niños soviéticos.

El año escolar en Rusia comienza el 1 de septiembre y esta fecha se conoce como el "Día del Conocimiento".

El primer día de clase es especial.

Entonces, ¿qué suelen hacer los alumnos de primer grado el 1 de septiembre? Lo primero es agruparse frente a la escuela antes de la alineación ceremonial. Vestirse de gala es una obligación. Comprando flores para el profesor (sigue siendo una tradición que cada niño de la escuela regale un ramo de flores a su profesor). Descubriendo la escuela, el nuevo lugar que se convertiría en un segundo hogar durante los próximos 10 años. Conociendo a su primer profesor. La primera llamada de una niña y la última “primera llamada” de un estudiante de grado.

*Sofia Shkolnikova, 11A*



## Study Tips

### EFFECTIVE NOTE-TAKING

#### Techniques for Better Learning

Do your notes look like orderly lines of carefully highlighted text? Or do words jotted down in rushed handwriting seem more familiar to you? Either way, it's clear to see that writing information down is a crucial part of learning it — all the notebooks you've accumulated over your school years act as solid proof. However, problems such as struggling to write fast enough or finding it difficult to revise using notes are not uncommon. Here are a few tips to help you improve your note-taking skills.

### The Cornell Method

This popular technique was developed by a professor at Cornell University in the 1950s. First of all, divide the page you are writing on into two columns: a wider one for notes and a smaller one for main ideas, cues and questions.

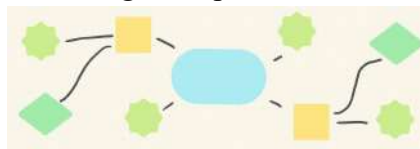


Leave some space at the bottom of the page — that's where you'll write your summary.

Start writing in the note-taking column, avoiding long phrases and using abbreviations instead. Later, look through your notes and highlight the main concepts in the cues column. Finally, fill in the bottom section of the page by giving a short overview of the lecture and tying all your ideas together. This technique is very convenient when it comes to revising!

### The Mapping Method

This technique involves representing information graphically. Write the main topic in a circle in the centre or at the top of the page. Then, draw similar shapes around it containing subtopics.



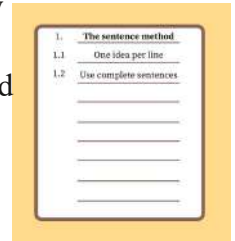
Add further details to the subtopics by connecting them to new shapes. Use colour if possible to make the relationships between these ideas even more evident. Structuring information like that can really

help you memorise it. While this method may not work for every subject, it works wonders when it comes to understanding connections — and it looks really nice on paper, too!

### The Sentence Method



This is one of the simplest yet practical approaches to note-taking. First, write the main topic of the lecture at the top of the page. Then, record ideas and terms in sentences connected to the topic. Number your sentences and start each one of them on a new line. This method is good for covering a lot of ground, and it doesn't require any



preparation beforehand. It helps information stand out and makes your notes feel more put-together and organised without using much effort.

So, try these methods out, and maybe you'll find the one that works for you!

*Zlata Selina, 10M*



### HOW TO OVERCOME

#### PROCRASTINATION:

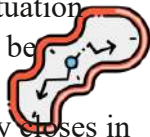
##### A Scientific Approach

We all studied or went to school and sooner or later faced the problem of procrastination. Procrastination is a very complex and disturbing condition that does not cause much harm to health but significantly complicates life.





A person constantly postpones his affairs for tomorrow, even those that require urgent participation. If no action is taken, over time the severity of this condition only increases, and a person will be able to neither make a decision at the most crucial moment nor fulfil routine daily tasks. To get rid of this condition, you need to understand why it is formed. What were the reasons for the development of procrastination? Are there effective methods of getting rid of procrastination, and do you need to follow them to improve your life? Postponing things "for later" is a symptom that is a set of psychological problems affecting a person's emotional state, self-esteem, and self-doubt, as well as an understanding of the importance of personal participation in any actions. At a time when a person must realise that the situation that has arisen will not be resolved without his participation, he simply closes in on himself. According to many experts, procrastination is increasingly common among modern youth due to the many complex tasks in society, which are equal in importance. Weak people begin to avoid problems; it is difficult for them from an emotional point of view. From this moment on, the root of procrastination is born. And now about the solution to this problem: As they say, there are 4 stages of denial: anger, bargaining, and acceptance.



Indeed, recognising the existence of a problem is already a step towards a solution. Then, based on my personal experience and confirmed by a scientific article, advice: make a list of things to do on paper. This helps in differentiating cases and realising their number. It motivates. Realisation of the result, which depends on personal actions, is motivation. Human behaviour is formed based on two motivating factors: motivation for something that needs to be obtained and motivation from something that can be lost. Therefore, next to each point it is necessary to indicate an event that can happen if you do something and if you don't do it. You can also write down your achievements without exaggerating or downplaying what you have achieved. The human brain is organised in such a way that it needs to visually show what needs to be achieved. Thus, a person can begin to control his behaviour, directing it in a positive direction. In particular, it is recommended to conduct a detailed analysis of the task set. If a complex task is divided into separate fragments, the human brain perceives it as an easy version. Crushing the volumetric problem will help to move forward and start solving it right now. Unfortunately, people often face failures after their actions. Don't be afraid of it, because it's a natural process, as a result of which experience is formed. All famous personalities who have achieved success or created

some world masterpiece have gone through hundreds of failures on the way to success. Failures should be treated as a temporary event that points us to errors that require correction. In addition, I recommend changing the structure of thinking. You need to learn how to change negative thoughts into positive ones. All thoughts that are aimed at stopping the implementation of the planned action should be attributed to negative and try to eradicate them at the start of the formation. Therefore, it is necessary to pay attention to your thinking. I also recommend reading the work of Fiore Neil, "An easy way to stop putting things off."

*Maria Giulsoi, IIC*



WE ALL

## PROCRASTINATE

We wake up with one important task to do, and then we push it off to tomorrow. And then to the day after. Or next week. Soon. So how do you stop this endless cycle? Here are 3 tips to help you overcome procrastination and become more productive.

### 1. Prepare the night before

Take a piece of paper and a pen. Write down three things you did well today, and three things you need to do tomorrow (be constructive, not pessimistic).



Below, write down one thing you completed today that had the greatest impact. Then write down one equally important thing for tomorrow.

## 2. Break it down

Think back to when you first started learning something



new or launching a big project. You're

probably familiar with the feeling of heaviness that usually accompanies it. Our brains are not naturally able to immediately connect the results with prolonged stress, especially if we are far from our goal. Often we face internal doubts, and first of all, it is fear that prevents us from starting. Break things down into pieces and do one at a time.

## 3. Take care of yourself

The main reason for procrastination is lack of motivation. And to increase the level of motivation, it is enough to simply take care of yourself. A quick solution: do exercises throughout the day, at least warm-ups - this will prepare your body for rest. And avoid any gadgets two or three hours before bedtime, so as not to overload your head.

*Daria Zhuravleva, 11C*



# Healthy lifestyle

## HEALTHY EATING ON

### A BUDGET:

#### Simple Recipes for Students

Tips for healthy eating

1. Eat a variety of foods, including fruits and vegetables
2. Don't eat on the go
3. Limit your sugar intake
4. Do not eat junk food
5. Do not eat fruits in the evening



### Green omelette with spinach

*Ingredients:*

- Avocado
- 1/2 pieces
- Chicken egg
- 2 pieces
- Light cheese
- 20 grams
- Olive oil
- 1 teaspoon
- Tomato
- 1/2 piece
- Spinach — 50 grams
- Salt and pepper — to taste



1. Cut the red tomato into thin slices
2. Peel the avocado and cut into thin pieces
3. Grate the cheese
4. Add spinach and chicken eggs to the blender bowl
5. Grind all the ingredients until smooth
6. Pour the egg mixture into a preheated frying pan with the addition of oil. Cook over medium heat under a lid
7. Put the filling of vegetables



on it and sprinkle cheese on top. Continue cooking under the lid until the cheese melts.

8. Carefully close the omelette and serve it to the table

*Sofia Khubulava, 7A*



## LAS RECETAS Y LOS

### CONSEJOS

#### para una alimentación saludable

La alimentación saludable es un componente muy importante de la vida de la gente, especialmente de la vida de los niños. Todos necesitamos vigilar la dieta y comer productos sanos. La gente debe comer más frutas y verduras, carne, pescado y mariscos, nueces, menos sal. Es malo que muchos niños tome la comida rápida todo el tiempo.

Cada plato debe tener un equilibrio de proteínas, grasas y carbohidratos.



En nuestro comedor escolar tiene la comida saludable, por ejemplo, la ensalada «Compañía Feliz» y las galletas «Corners». También es muy importante moverse y hacer el deporte regularmente. Otro consejo muy útil para los estudiantes es dormir al menos 8 horas al día y estar en un estado de calma.

*Arina Ivanova, 10B*



## Kid's Healthy Eating Plate





## TIPS & IDEAS ON WHAT TO EAT AT SCHOOL

Student life is hectic. Modern pupils have a great amount of things to do. To cope with all the difficulties successfully, you should think about your eating habits. This article will give you some tips and ideas on what to eat during the school day.

Some of my friends don't eat breakfast at home, and that is quite strange and even unhealthy.



Our morning should start with a glass of water because it helps our body to get up. Moreover, drinking water in the morning helps your body recover from its nightly dehydration. Your body absorbs water faster when your stomach is empty. Then we should have some food. For example, an omelette, boiled eggs, cheese, avocados, and yoghurt mixed with some raw nuts, seeds, and berries.



After breakfast we go to school, where we can have a snack. I have found some recipes for healthy snacks that can be eaten at school during the break. You can make rolls, which consist of rice, fish, avocado, or cucumbers and cream cheese. Also, they can be cooked with lavash, boiled chicken, and tomatoes.



Don't forget to add fresh lettuce. If you don't like meat, you can make a mix of mozzarella, tomatoes,

salt, and oil. Wash and cut some fruit: an apple, a banana,



a kiwi, strawberries, a pear, an orange. Combined with nuts, these can make a healthy snack.

Handmade pizza is a good decision, too. But don't forget to add more vegetables to it.

I have said about food, but what about drinks? I would recommend students have a bottle of water with them. If it's cold, you can take a thermos with tea.

In conclusion, I would like to say that we are what we eat, so choose only tasty and healthy food. It will help you to have more energy, be more concentrated during your studies, and improve your mental health.



*Pavel Pyrkov, 11C*

## TOP 3 CAFES NEAR OUR SCHOOL



### Where to Grab a Snack After Class

Almost every day I am hungry after hard classes, so I was looking for some interesting places near my school. And that's what I found.

1. First of all, there is a cool cafe across the street. Its name is "Volkonsky." Several times a week, my friends and I

visit this place to buy a cup of coffee and a sandwich before or after lessons. My favourite coffee here is flat white; you should try it as soon as possible! Atmosphere there is really quiet and you can relax after hard work.

2. Another one, my favourite, by the way, is "Surf coffee." For real, it's an extremely authentic venue.



I really enjoy spending time there with my friend. All of the points on their menu are delicious, but I can recommend a smoothie with berries.

3. And finally, there is one more cafe in the building in front of the school. It's called "Shokoladnitsa," and it's a really popular place. But honestly, I am not too keen on this spot. The taste of coffee is ordinary, but salads and sandwiches are amazing! You can buy them to take away.



In conclusion, I want to say that there are a lot of cafes in our district, and you can visit all of them to decide which one is your favourite and where you and your friends will spend time.

*Elizaveta Beliaeva, 11C*



# fashion & style

## TOP 5 FASHION

**TRENDS**  
at our school. What are students wearing?



It's no secret that clothes are a very important element in creating a human image. Nowadays, a lot of different trends and styles have appeared. Fashion trends do not bypass educational institutions. I want to present 5 fashion trends according to the students of our school.

### Longchamp bag



These bags have become one of the most popular in recent times. They are famous for their durability and rubberized waterproof fabric (specifically several similar models) which is very convenient for our climate. Also, longchamp bags satisfy all aesthetic wishes. There are many different models and colors, so anyone can find the perfect option for themselves.



### The Tote bag, Marc Jacobs

These bags are also very cute and comfortable. They have plenty of space for textbooks and notebooks.

Many school-children prefer these bags, but unfortunately now



they can be seen in every third person, so it will not be possible to show individuality.

### Ballet shoes

Ballet flats have been on trend for a long time, but this year their variety and popularity have increased significantly.



They can be combined with almost everything, and it is also an ideal and intelligent option for school.

### Loafers

These boots are perfect for every business look. They favorably emphasize a business suit and give the image solidity. There are many colors



and models, but unlike other trends, such shoes will always be popular and in demand.

### Striped and Plaid Business Suits

This is the main trend of this year. Business clothes with this print are always welcome in educational institutions. It allows you to emphasize the image without violating school rules. Many students choose such jackets and trousers. This year, many different brands have released collections of business clothes with such prints. Also, these things do not go out of fashion for a long time.

*Subbotovskaya Sofia, 10 B*



## SCHOOL UNIFORMS Tradition or Restriction?



Nowadays, fashion is more than just clothes; it shows people individuality and personality. The hustle and bustle of students lives demands balancing style, comfort, and practicality.

At first, school uniforms appeared in Great Britain. In 1552, Christ's Hospital School in London decided to supply orphans and children from poor families with special clothes. These uniforms were blue because it was the cheapest fabric. The school uniforms originated as a symbol of discipline and equality among students. Today, school uniforms cause heated discussions all over the world. Some countries require school uniforms as a compulsory thing; students in some countries can do without school uniforms.



In Russia, school uniforms were introduced in the 19th century. All the students should wear dark green jackets with golden or silver buttonholes. Sometimes students had to wear special blue jackets with red collars. People could recognise the schools of these students looking at their uniform. Then the colour of the uniform changed several times. When women's school appeared, their students wore brown dresses with black aprons on weekdays and white aprons when it was a holiday.





In the 1950s, school uniforms returned to Russia because life after war was hard but children should be equal and disciplined. Boys wore grey jackets and grey trousers, and girls wore brown dresses and aprons. Nowadays, the administration of schools can establish school uniforms in their schools. Our school requires wearing a white top and black bottom on holidays, but the main colour is the dark blue. Also, our school has its own merchandise. There are some pros and cons to wearing school uniforms.



### The pros:

1. It creates a sense of identity and unity among school students.
2. There is no need to decide what to wear in the morning, and it can save a lot of time and energy for students to get dressed.
3. It is believed that children who wear a school uniform demonstrate better academic results in their classes and focus more on education.

### The cons:

1. There is no need to make dress code policies for the students.
2. School uniforms restrict the

restrict the freedom of expression and can even threaten the individuality of a child.

3. A student may feel uncomfortable wearing a uniform, and it may affect his/her concentration and mood in the school.

I interviewed some of my friends about their attitude toward wearing school uniforms. Some of them were for school uniforms, but some were against.

I think that the idea offered in our school is rather good because it allows us to wear different garments and feel comfortable in any situation. In conclusion, it should be said that school uniforms are effective either way. School uniforms are introduced for recognition and the feeling of standing together united. School uniforms were not meant to cause any harm to students.

*Polina Fokina, 10 B*



I'd like to tell you about our school fashion trends.

What everyone wears in our school?

Today, in our school, it's considered cool to wear "baggy jeans" and a "planta rosa" hoodie. But baggy jeans are no longer in fashion. Now we need to switch to straight ones. Every year, the fashion of students in our school is developing more and more.

*Katerina Vasilieva, 7 M*



## Student initiatives

### MAKE A CHANGE!

"Ooh...I'm so tired of standing in those endless queues in my school canteen." Have you ever thought of something like this? Well, today we asked several students to tell us about something they would like to change at school. The survey was anonymous. After each statement, we expressed our own opinion of the statement, telling if it might come true or not.

The first student,

"I want our phones not to be taken away! In my opinion, if the person is responsible enough, he is supposed to use his phone in a proper way." There's nothing our school can really do about it since using phones during the lesson has been forbidden since 19th of December 2023, and giving phones away at the break time and taking them away back when lessons start is more than just hard to do. That's why phones are kept even during teens' free time. On the other side, this improves students' discipline and makes them talk to each other more, so they socialise better.

The second student,

"Please, bring back "Mufti-day!" "Mufti-day" was a day when students could wear whatever they wanted. Well, when wearing something apart from school uniform is really fun, some people don't wear school uniform at all.



That breaks some laws of the school and bereaves other students of their "Mufti-day.". As long as there are people who don't wear school uniforms, "Mufti Day" is highly unlikely to happen.

The third student, "I wish our biology and chemistry lessons had more practice." Chemistry and biology lessons are indeed very exciting when it comes to practice. Having some extra ability to test something by experiment is indeed very entertaining and more fun to learn. This change has a lot of potential, especially at classes that have a lack of practice lessons.

If you want to change something, think about the advantages and disadvantages your idea has. Then be brave to share your ideas with everyone, because

***"Sometimes to make a huge change, all you need is a little push".***

*Fedor Dobrov, 10 B*



## School life



### One week in the life of a graduate

This story is about a regular week of an 11th-grade student. The protagonist has neither name nor surname - this is a combined character based on my own feelings and opinions of a number of current 11th graders. I'll omit how everything 'must be' according to the rules (all orders and requirements are available on the school's website; come and take a look if

you do care). Let's take pure reality.

So, the schedule...

The morning begins early for everyone in their own way. Being late for the first lesson or skipping school at all might be a fatal mistake. Moreover, the time before classes is 'great' for learning something urgently or finishing something you have completely forgotten about in the past few days, or just chat with friends. Then, lessons come one after another - sometimes pairs or even triplets of the same subject. You study more often in main or core subjects, but in completely non-core or foundation subjects (such as chemistry for humanitarian students) you quietly mind your own business. For example, you can do homework for courses you have outside of school or other additional classes - this saves quite a lot of time. During the breaks, you can unload your head a little and go for a walk in the corridors. And somehow the desire to run, demolishing everything in your path, does not arise. And sometimes you have to write up to 5 tests in a row, all in different subjects!

Amazingly, modules on different subjects end at the same time...

There is a good simple question: who asked to return all subjects to all profiles? The eternally repeated phrase "for general development" no longer works for a simple reason - all "general" development has already taken place in middle school.

In grades 10-11, all subjects usually contain either specialized preparation for exams with the study of new modules or themes according to the federal plan or revising and deepening of knowledge acquired in high school (I'm talking about federal state educational standards, for example, chemistry and biology for grade 11, where everything learned in grades 8-9 is repeated in smarter terms, which makes no sense!). Someone may say that this has happened due to the incompleteness of the 11th-grade certificate, and they will be right. Initially, this question arose when (conditionally) universities could ask physicists for a certificate with a grade in chemistry, which ended in the 9th grade. The solution could have been much simpler: creating a special group if necessary or copying the grade from the 9th-grade certificate, because there were not so many such requesters (this is usually the specifics of highly competitive universities). However, they simply ordered all subjects to be returned, cutting off the hours of specialized subjects and narrowing the profile of areas. After classes (there are always at least 7), you either go to additional classes in specialised subjects (what to do if the hours are cut off?) or you go home. No, not with the hope of relaxing at the computer, but counting the minutes of rest for food and catching your breath. Lessons end at 3:25 pm - the earliest time; you come home by 4 pm (and some only at 4:30 pm - depending on the distance); you need to set aside half an hour for a snack; and in the evening, you still need to fit in courses and do

homework, although it would be for regular subjects, which go more than once a week. By the way, additional classes together with courses on average last from one and a half to two hours. And now, after the courses, it's already well past 6 (even 6:30 pm). And then you sit down for lessons, and the fun begins. It is very difficult to estimate the average time for completing homework - everything depends mainly on the subject, the difficulty of the task and the complexity of the topic. If we take my level of knowledge and speed, it takes 30-35 minutes to complete assignments in Russian literature (including reading the work/its summary and sometimes a file with tasks). Mathematics - consistently 30-40 minutes without tasks with an asterisk to suffer from. English - a page is completed in 10-15 minutes. Plus, the specialised ones take an hour and a half in total (that's why they are specialised). In total - let's say 2.5 hours. And it's already 9 pm. You eat dinner, then you want to talk to your family, go to the shower, get yourself in order... So, 10 pm. According to the most optimistic estimates, there are 9 hours left for sleep. And the wheel of Samsara begins a new turn.

On weekdays there is usually a break - not all days are filled with additional education. But even this time is quickly filled with personal hobbies, for example, a sports school or a theater club.

Not to mention school rehearsals... Weekends still remain relatively free - it is common to engage into some kind of long webinar preparation or take a trip to the theater/cinema. And in reality, often one day off is completely free. And this is exactly the time that is spent on writing serious essays (oh yes, we always have a practice test in some subject once a week and a final essay for homework weekly!) and completing assignments for one-hour subjects - which take place once a week.

But I didn't mention personal life... Where is it? In the pauses between studies, during breaks, on transport, at night through instant messengers. But the further life goes, the greater the load grows. In modern society, most people are focused on a career more than a family, including women. Coming home from work, people want to eat and go to bed. So why do "armchair warriors" see a decline in the birth rate? - Who will raise the children, though? Again, if you look at the history of upheavals in this country over at least the last century, the fertility sine wave is crying on the sidelines.

*Viacheslav Rezaev, 11 C*



## Events & Culture

### TOP FILMS FOR TEENAGERS

#### **The Devil Wears Prada**

With an aspiration to become a journalist, Andy, a smart but sensible young graduate, travels to New York. She starts working as an assistant to one of the city's biggest high fashion magazine editors, the cynical Miranda Priestly.



#### **The Family Plan**

The Family Plan follows Dan Morgan, a man very happy with his quiet suburban life but he has a secret past and it's about to catch up with him in this family comedy action movie.

#### **Wild child**

It is a 2008 film that follows the story of Poppy, a spoiled and rebellious young girl from Los Angeles. Following a series of disruptions at school, Poppy is sent to a boarding school in England, where she struggles to fit in and adapt to a completely different way of life.

*Nina Giginieshvili, 7 M*





# The Best Films for Students: What to Watch this Season

Today I want to tell you about the best films for students and what I recommend watching this season.

The hit of the summer-autumn season 2024 is «**Inside Out 2**».

This is a continuation of the first part of the film about a girl, Riley, and her emotions.



After moving to another city, Riley grew up and found new friends with whom she became incredibly close. Joy, sadness, anger, fear, and disgust, living in the girl's head, became the basis of Riley's personality. Joy built a mechanism that allows her to get rid of negative emotions. All together, they lived happily and peacefully.

Riley turns 13, and new heroes-emotions appeared in her head: jealousy, shame, boredom, and anxiety. Anxiety takes the primary control over Riley's actions. From this moment, everything is going upside down. Riley, on the one hand, wants to save relationships with old friends; on the other hand, she wants to get into the hockey team of cool older girls. The problem is that her new emotions try to get rid of her old emotions. And here the show begins.



This film is about teenage

emotions, experiences, and anxiety. Here we can see how it is important to keep friendship and family relations and manage your personal psychological health.

## Despicable Me 4

One of the most popular and highest-grossing films of 2024 is Despicable Me 4.



The fourth part of the story about Felonious Gru, a former supervillain and owner of charming minions, begins with a picture of the typical life of a large family. Gru and his wife Lucy live in perfect harmony and are already raising four children: adopted girls Margot, Edith, and Agnes, and their own child, Gru Junior.



The birth of a baby makes quite big adjustments to the family's life: the boy does not obey his parents and does not want to contact his father at all.

Moreover, a criminal and long-time enemy of Gru, Maxim Le Mal, escapes from prison, intending to take revenge on Felonious, and, together with his beloved Valentina, rushes to find them. Gru and his family are forced to go on the run.

A harmonious relationship in the family is the key to a happy future.

*Roman Alekseev, 6 A*



Many people like watching films, but not everyone likes reading books. For students, this problem is more actual because understanding information from films is easier than from books. For this case, I would like to present three films that are easy to watch and have deep meaning.

### 1. The first one is **Knockin' on Heaven's Door** by Thomas Jan.

The quiet Rudy and the slob Martin find themselves in the same hospital ward. Having learnt the disappointing prognosis, the friends decide to use the last days to the fullest—steal a car with money and, of course, see the sea. This film gives a change to understand that we need to live.

### 2. The second film is **Shawshank Redemption**

by Frank Darabond. It tells us a story about accountant Andy Dufresne being accused of murdering his wife and her lover. Once in Shawshank Prison, he encounters cruelty and lawlessness everywhere. Andy, who has a quick mind and a kind soul, finds an approach to both prisoners and guards and plans an escape. The central theme of the film is hope, which serves as a light in the darkness of prison life.



### 3. The last one is more a cartoon than film.

It's **Shrek** by DreamWorks, one of the best studios.



An ogre, who hates humans, saves a princess to get his swamp back. Revolutionary animation about how beauty is inside. This film has the simplest morality, but it is actual for everyone.

These three movies influenced me, and I really enjoyed watching them. I hope that you who read this title will feel the same emotions as me.

*Oleg Gikalo, 11 C*

### The Best Films for You to

Watch



I would like to share a small selection of films that I like. I am fond of horror and comedy.

1. **The Illusion of Deception (Now You See Me)** is an interesting film about a team of illusionists. While watching this film you can laugh, worry and get angry at some of the characters. Some famous actors took part in the film: Jesse Eisenberg, Mark Ruffalo, Woody Harrelson, Isla Fisher, Dave Franco and others.

### 2. The Adventures of Paddington

(Paddington, two parts) is a comedy with a cute bear. He came from Peru to England, where he was sheltered by a cheerful family. The actors who took part in the film were: Ben Whishaw, Nicole Kidman, Hugh Bonneville, Sally Hawkins.



3. **Scream** is a horror film, in which people escape from a masked killer. It is an interesting and scary film. In this film took part: Neve Campbell, David Arquette, Courtney Coss, Emma Roberts.

*Mikaela Chuginova, 7 A*



### Have you ever binge-watched a TV series?

If so, how much time do you think you spent on it? According to the results of the survey by Netflix in 2014, 74% of people say that binge-watching is "watching 2-6 episodes of the same series at a time". People often binge-watch series, because at the end of each episode we become intrigued and we want to know what will happen next. Binge-watching happens when we're eating, before going to bed, in a car or a plane. But have you ever thought about consequences? For example, according to statistics, watching films at the table does not give satiety to our body and you do not pay attention to what you eat. You start eating what you have next to you, and because of that you overeat. Usually, it happens with fast food, like popcorn, pizza and french fries. Because of binge-watching, we also don't get enough sleep if we watch a movie before going sleep. Especially if you are watching a scary series or thriller, after that it is often difficult to sleep and

you can suffer from nightmares. One of the solutions to the problem is to set a viewing limit per day. For example, 2-3 episodes a day when you go home or after work. Now there are also many apps that allow you to adjust your screen time and regulate it. Don't forget to follow the real world, which is much more interesting than what's on the screen.

*Anna Aramian, 8 A*



## CULTURAL FESTIVALS IN

### MOSCOW

#### What's Coming Next?

Some upcoming cultural events in Moscow:

1. November 25 — drama performance "Warsaw Melody" at the Variety Theater.
2. November 29 — the play "Classics of romance. Tchaikovsky, Rachmaninoff" in the Musical Apartment in Tverskaya Street.
3. From October 28 to December 5, 2024 — the festival "Biennale of Theatrical Art. Directing lessons" in Moscow. She will talk about the history of theaters and theater buildings in Moscow, as well as about recent Moscow premieres.

*Fedor Dobarin, 7 M*



## Literature parlour

**Geoffrey Chaucer** (1343(?) - 1400)

Geoffrey Chaucer is a famous English writer and poet, the "Father of English Poetry" and the "Founder of Realism in English Literature"

He was born in 1343 in London. His father John was a wine merchant who



had connections with the court. When Geoffrey was 17, he became a page of a Countess of Ulster. In 1359, he used to take part in the Edwardian War. Then he was a valet and a squire.

Chaucer used to thoroughly study the texts of European writers like Virgil, Dante, Ovidius, and others and to write himself. Probably he has travelled in France, Spain, and Flanders as a messenger. In the 1360s, he apparently attended the London Higher Law School. Around 1366, he married a lady-in-waiting, Philippa de Roet.



In 1372, he was commissioned to negotiate with Doge of Genoa. In Italy, he immersed himself in the literature of Petrarch and Boccaccio, and it affected him

In Italy, he immersed himself in the literature of Petrarch and Boccaccio, and it affected him much and helped him become a very famous author in his time. Actually, in those days in Britain, the language spoken by nobility was Norman French. English was spoken by people of lower classes, but it wasn't the main official language anyway (and this is the reason that English is quite illogical in some moments). All literature was in Norman French.

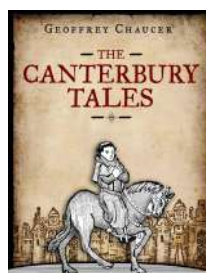
But Chaucer was the first great writer who revived literary English.

The most famous books he wrote are "The Book of the Duchess," "The Legend of Good Women," the first big poems in intermediate English, "Troilus and Criseyde," the retelling of the ancient Greek tragedy, and, of course, "The Canterbury Tales."

"**The Canterbury Tales**" is a very important writing for English.

language and literature. It is a big poem that contains 22 different stories told by characters of the book besides detailed prologues. The poem is inspired by Boccaccio's "Decameron" and tells us the realities of that time, so "The Canterbury Tales" is considered the first realism poem in England.

Unfortunately,



Chaucer hadn't finished his book. Actually, he laid the foundation for the development of the English language, and if he hadn't, we would hardly have known such subsequent authors as Shakespeare. He died exactly 624 years ago on the 25th of October, leaving behind beautiful great poems and a large number of short poems.

*Aleksandra Zakharyan, 10 B*

**Anton Pavlovich Chekhov**

(1860-1904) was a Russian writer, playwright, doctor, honorary academician of the Imperial Academy of Sciences in the category



of fine literature. He was born in Taganrog. In 1868, he began studying at the Taganrog Gymnasium. At the age of 13, Chekhov visited the theater for the first time, where Jacques Offenbach's operetta "The Beautiful Elena" was being performed. It was then that Chekhov fell in love with the stage and literature. Anton Pavlovich wrote his first play in 1876, "Fatherlessness" and the vaudeville "No wonder the chicken sang". Chekhov wrote humorous short stories, novellas and plays. One of the most famous plays is "Three Sisters, A Lady with a Dog, a Duel, a Cherry Orchard" - Now performances based on his plays are staged in various theaters.

The poster of the theaters where performances based on the plays of Anton Pavlovich Chekhov are held in - Theater on Malaya Bronnaya - "Cherry Orchard", The Vakhtangov Theater "Uncle Vanya", Lenkom "Three Sisters", Theater named after Chekhov's "my life"

*Alexandra Spektor, 8 C*

