

# ECS PORT REGIS SCHOOL MAGAZINE

Week 5



## **IN OUR MAGAZINE YOU WILL FIND:**

**WHY CAN'T WE LIVE WITHOUT MUSIC?  
WHICH SONGS ARE MOST POPULAR AT  
THE MOMENT?**

**THE INCREDIBLE BENEFITS OF VIDEO  
GAMES**

**WHICH STAFF MEMBER ARE YOU MOST  
LIKE?**



## Hey there guys!!

My name is Lotta and I'm from Munich. I am the Editor of this year's journal. First of all, I want to say that we're finally back in business! I thought I was going to die during these two years without ECS. But anyway, now we're here, even though we're not many... Only 30 students! There used to be over a hundred! Although there are not many of us, we're having fun, too! We have amazing social and sport activities, like Quidditch and Casino Night! Thanks to Staff and the Etchells family who are supporting us and organize new exiting activities every day! It's always different and never boring at ECS!



During this week we went to Shaftesbury, played Quidditch, had a Casino Night, and made an advert. On Friday a lot of people left to London to stay there for the weekend and the other students made a campfire which was also very cool! You can find a lot of interesting articles about our evening activities in this magazine and also some other engaging articles that are listed up on the next page. We hope you enjoy the result of our hard work (which was also a race against time, given how many people went to London). Anyway, I hope you enjoy our magazine that couldn't have been produced without Kaja's help!

Thank you very much! It was great to work with all of you, and we did great!!

Lotta Willrodt

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# Music and why we can't live without it

Do you ever wonder why music makes us feel good and relaxed? That's what we will talk about in this article!

## What Is Music?

Music is a natural form of art. It's special because it has no boundaries. The word music is formally defined as the art of combining vocal and or instrumental sounds together to create musical notes that become sheet music. Music is a noun that translates to *musica* in Latin and originated from the Greek word muse. Synonyms of this word are: *melody*, *harmony*, and *song*.



## How does music create happiness?

Music creates happiness in several profound ways. It can touch us deeply. Listening to music can make us feel a full range of emotions from happy to incredibly sad. What's more, music releases dopamine in your brain. Dopamine is a chemical that can help improve your mood and make you happier.



## Musical Notes

There are many forms of music in nature and within the environment. Just remaining silent and listening to the world around can be a form of music, natural and raw.

The building blocks of written music are musical notes that represent the pitch and the duration of sounds:



## Top Tracks of 2021 according to Spotify

- Drivers license - Olivia Rodrigo
- MONTERO (Call Me By Your Name) - Lil Nas X
- STAY (with Justin Bieber) - The Kid LAROI, Justin Bieber
- Good 4 u - Olivia Rodrigo
- Levitating (feat. DaBaby) - Dua Lipa, DaBaby.

Valentina and Khalid



## **Past events – memories of our camp**

### **Visiting Shaftesbury**

*A small town with fascinating history*

On Wednesday ECS students visited Shaftesbury. After a long day of classes and workshops, everyone was relieved and excited for this amazing programme.

Shaftesbury is a small market town in Dorset. In this town you can find the famous Gold Hill which some of you may have heard of. This place has been described as “one of the most romantic sights in England.”



*Gold Hill is a steep cobbled street and it is famous for its beautiful view.*

Pupils were most excited for the shopping part. Because it is a market town there are a lot of fun shops around. There are Farmer’s Markets, book fairs, flea markets etc... and on occasion there is a Food Festival. Students made sure to explore everything and experience Shaftesbury’s excellent customer service. At the end of the trip everyone was tired from all the fun they had had and started to freshen up in cute cafes around town.

Sarah



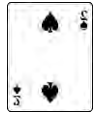
## Quidditch



I hope you've heard of Harry Potter. If you've watched the movies or read the books you must know Quidditch. Quidditch is a competition between two of the four houses in the Harry Potter franchise. It's a game where two teams fly on brooms and try to score points by throwing the ball (Quaffle) through one of the three set up rings of the other team. The game is over as soon as one team has caught the Golden Snitch. We tried to play the game as our social evening activity. With no brooms to fly on, so we used hockey sticks instead. Our Golden Snitch was a yellow multiball thrown in at three points of the game by the staff, and our Quaffle was a soft red ball. Staff put us in different houses (like in Harry Potter) and we started to compete for our invisible Quidditch Cup. In the end we all had fun and the winner of the game was, like in the books, Gryffindor.



Lotta

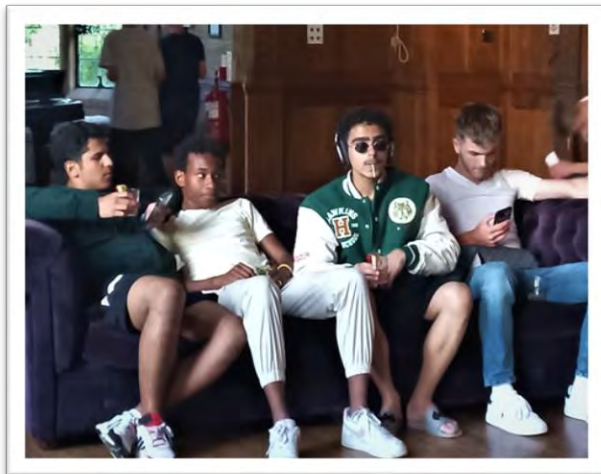


# Casino Night



A night we will always remember

Tuesday's social was Casino Night. After dinner the students got changed into beautiful and fancy clothes. There were long skirts, high heels, black suits, ties and everything you can imagine. The teenagers headed towards the "casino" which was located in the library. £80 worth of playing money and delicious mocktails were waiting for them. They could play poker, black jack and roulette. Everyone found a game that they enjoyed. Later, the games got very serious, people were shouting, laughing and they had so much fun. At the end of the night, the staff asked us how



much "money" we had left. There were people with no money at all, less money than what they had started with and students with much more money than what they had originally. The staff members told them how amazing it is that everyone got involved and made good memories. They also told the students all about safe money use in casinos, which was very interesting and instructive.

In summary, the whole night was a wonderful experience and everyone got something useful out of it. We will definitely be talking about this for years.

Sarah



# Waterslide Party

## The party of the year

Thursday's social activity was a waterslide party. Thanks to the unexpected heat wave the students were able to have this programme. The party took place next to the beautiful Rose Garden. After a long and tiring day everyone was happy and excited. Pupils and the staff arrived in swimsuits and the party began.



The waterslide was covered in soap which made it easier to slide and easier to trip and fall also. But every injury was worth it!

The best part of this social was the water gun fight. Everyone was attacking each other, screaming, fighting and having the time of their lives.

Sarah

The most used phrases during the party were:

- Stop it! I've had enough!
- Guys, stop running!
- Let's go down together!
- Uh. Did that hurt?
- I want to go next!
- Give me the water gun!



## Green school interview

In the recent years at ECS, Chris and all the staff have made an effort to stay green and help the environment, but today in this interview we're going to learn more about how and why with Chris Etchells.

**Q: When did you start thinking about making ECS a green school?**

**A:** We wanted to be a green school since the beginning. In fact, we wanted to make this a farm where the kids would work with animals and speak English to each other, but we quickly realised that it wasn't possible, but we still wanted to keep a green policy.

**Q: Why did you want to make ECS an eco-friendly place?**

**A:** Because we all have a responsibility towards nature, and if we forgot to do our part we would be in big trouble.

**Q: Were there any big problems in the beginning making this plan more difficult to complete?**

**A:** The biggest problem are the flights. Obviously, we can't do anything for that but we try to balance by supporting CO2 reduction projects in China, Uganda and India.

**Q: When did you start to see the first positive changes?**

**A:** When we stopped using single use plastic and diminished a lot the use of paper photocopies in our course.

**Q: How did the rest of the staff react to the idea of being green? Was there anyone who didn't like the idea?**

**A:** There were only positive reactions from the staff, in fact I think that many professional young people chose us also for that.

**Q: Do you feel satisfied with what you've accomplished?**

**A:** Yes. As a school we also encourage the other schools to have a green policy.

**Q: Is there anything you would change if you had the occasion to?**

**A:** I would encourage more people to stay longer to make the most of their stay in England and not waste their flights.

**Q: Do you have any plans or ideas for the future, or would you keep it all the same?**

**A:** One thing I would like to accomplish in the future is a workshop based on environmental issues, and how to solve them.

**Q: Do you have any tips on how to live a more sustainable life?**

**A:** Be responsible towards the environment, and stop eating lots of meat!



# Ukrainian Cuisine



- **What is different between the Ukrainian and the English cuisine?**

In Ukraine dishes are rich. For example, in borscht we have not just vegetables like in soup. It is made with fresh beets, beef shank, onions, carrots, potatoes, cabbage, and dill, then all topped with a dollop of sour cream.

\*Borscht – traditional Ukrainian dish. Served with sour cream.

- **Difference in serving**

In Ukraine we also put a lot of food on a plate, not all people eat with knife and fork. But usually we have a salad with different cereals and baked or fried meat. Some people add mustard, tomato sauce or mayonnaise. At the end, we always have a glass of water or juice on the table.

- **Some Ukrainian dishes:**

- Kutia.
- Borscht.
- Varenyky.
- Holubtsi.
- Pampushki.
- Palianyci.
- Compote.



Viktoria Katolichenko



## **Brain section**

### Hobby burnout – how to overcome it?

I think everyone had a moment in their life when something started to feel too complicated. Moments when we wanted to quit our hobbies either because of failure or simply burnout.

#### **What is hobby burnout like?**

I'll just use an example. Let's imagine that someone plays basketball. They have trainings three times a week, love every minute spent on practice, and then a match comes up. One



move in the middle of the match isn't performed well, and this is when we need to draw a line. If this person remains calm, they just continue to play, as always. They get over it thinking "it's just one wrong move" and it's the best decision.

But sometimes we forget that our mistake is such a small thing. We start to get more stressed with every other thing that doesn't go as we planned, we lose our concentration because we obsess about everything that already went wrong and we end up doing even more mistakes. I used it just as an example, but we are going to stick with basketball.

Things like that usually don't happen during a match, but something similar may happen. A longer or shorter amount of time in which we start to feel like we're spacing out from our hobbies. We either don't enjoy them as much as we used to or just stop having ideas, and that could be a problem when it comes to drawing or writing. The most common advice given in this situation is rest. If possible, you should do something else.

Try not to think about drawing, writing or any other activity that gave you this burn out. Do something you usually don't do because of lack of time or interest. Most of the time inspiration will come back, either with some movie you will watch, place you will visit or music you will listen to. It's just how it works, you can't force your ideas to simply come back. You have to patiently wait for them to show up again.

### **Possible reasons for a burnout:**



I think there are two major reasons for a hobby burn out. In fact, I've experienced them as well. I'll use my basketball reference as an example. First reason can be the one I tried to describe at the beginning, so losing the confidence that we have because we're sure we're good at something. It always gives us an energy bump when we know there is at least one thing we are for sure good at. But sometimes when things don't go as planned and we start making mistakes, lose few matches in a row or even stop doing so well during practice, we start questioning our skills and abilities.

Second one is the moment when many important things in your life are happening at the same time. I'm talking about times when you need to keep focused on important things. Imagine having very stressful month or two, maybe even more. Some bad news from family, stress caused by events happening all over the world, exams to pass, important decisions ahead of us, such as choosing a new school... All of this happening at the same time and you're the only person there to figure it all out.

In such circumstances feeling overwhelmed is normal. Of course, we have to remember that it's just an example and for every single person an "overdose of events" can work on different conditions.

The question is:

## What can we do?

If your experience matches the first reason, I would recommend focusing on parts of your hobby that you already mastered, then try to spot and get better at things which you aren't sure about. It's important to still remember all, even the smallest things, you already can do. That way you should avoid losing self-confidence and you'll eventually keep getting better in other areas of your hobby.



While experiencing the second of reasons, you will need to ask yourself an important question. “What does your hobby give you?” It's important because sometimes in stressful periods, this few hours of “basketball training” will allow you to relieve some stress and also give you feeling of safe routine. Unfortunately, things don't always go that way, sometimes hobby can give us even more stress or take away time, which we should spend on resting. In such circumstances best option would actually be to take a break and wait for less stressful time when you will be able to come back to your hobby.

Still, these all are only my ideas and observations. I think we all should keep trying to understand ourselves and not give up on things that make us feel good and are important to us. Good luck with this!

Tosia

## The incredible benefits of videogames

What would you do if I told you that videogames could actually change our world? Even though this sentence sounds crazy, it's actually based on the research of Jane McGonigal, a game designer. She noticed that people playing games – gamers – have the amazing determination to cooperate with others to change the world. The only problem is that they don't genuinely believe that they can change the reality because their only experience comes from videogames.



### **So how exactly can gamers change the world?**

That's what Jane McGonigal explains. The phenomenon of “Epic win” – the extreme joy of accomplishing something that is thought of being nearly impossible to succeed in. She says that this is what we need to make a change. McGonigal also stresses



the importance of the story about the first invented game in the world – dice game. This type of game was invented in the kingdom on Lydia about 3,000 years ago during famine. The situation was so extreme that the king of Lydia decided to do something to distract his people from it.

That's how dice games were invented. They were playing dice games a whole day without food and then the next day they were eating. They survived 18 years living like this – eating in one day, then playing for a whole another day. After those long 18 years



the king decided to do something even more crazy. They split the kingdom into two halves and then played a dice game one more time. The winners would stay in the kingdom of Lydia with the supplies that would be enough for half of the country and the losers would have to go on a journey to find a new place to live in. A little bit of madness, determination and hope, confidence in one's abilities - these are necessary traits to make changes on Earth for the better.

Jane McGonigal and her team already started creating videogames that will improve our decision-making skills. In 2010 she presented 3 games. One of them is "World Without Oil". It's a simulation game about the world if there was an oil shortage. The game is very realistic, during the gameplay you are given tons of information about how much oil costs, what's happening in the world and what you can do to help. It's a life-changing experience. I would really recommend trying out the game yourself! Experiencing a simulation of a disaster and trying out where your limits are on an epic adventure – that's what we need to change our world.



Julia



## Which staff member are you most like? - Quiz

Do the quiz to find out! Then turn the page to see your results.



### 1. If you could live anywhere in the world, where would you live?

- a. Grenada
- b. Colombia
- c. London/Dorset/California
- d. Spain
- e. Winchcombe

### 2. What is your favourite fruit?

- a. watermelon
- b. mango
- c. peach
- d. raspberry
- e. apricot



### 3. If you were an animal, what animal would you be?

- a. octopus
- b. sparrow
- c. poodle/swallow
- d. dog
- e. eagle

### 4. What name would you like to give to your future child?

- a. Child no 1
- b. Evan
- c. Agnes
- d. Lily/Joshua
- e. Zoe

### 5. What is your biggest fear?

- a. that the film based on my life receives 1\* rating on Rotten Tomatoes
- b. snakes
- c. not enough pizza for dinner
- d. bees and wasps
- e. that humanity will not recognize the need for urgent climate action

**RESULTS:**

Mostly A's: You're...



LILY!

Mostly B's: You're...



OLI!

Mostly C's: You're



LASZLO!

Mostly D's: You're...



ADAM!

Mostly E's: You're...



CHRIS!

Yasmine

## **LONDON, baby!**

*“When a man is tired of London, he is tired of life; for there is in London all that life can afford.”*

*Dr Samuel Johnson*



This week 12 people are going in london that it my opinion is the most amazing city in Europe. Read the article to find out why!

London is the capital of the United Kingdom. It is inhabited with more than 9,002,488 people it's a city that moves a lot as much in the morning and evening .

### **SHOP TILL YOU DROP!**

We can find many stores like:

- Zara
- Primark
- Breska
- JD sport ...

Make sure to visit the huge stores in Oxford Street and small designer shops in Covent Garden!

### **FOR A CULTURE VULTURE...**

London is a very beautiful city, full of famous landmarks, also very touristy, for the tourists can visit Westminster, Greenwich, Tower Bridge, the Buckingham Palace, the London Eye and many more.

## HUNGRY?

We have the Bourough market! Borough Market is a wholesale and retail market hall in Southwark, London. It is one of the largest and oldest food markets in London, with a market on the site dating back to at least the 12th century. You can taste traditional dishes like fish and chips.



Have fun in London and don't forget to bring lots of pictures (and memories!)

Yasmine Nyaki



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**Thank you and see you all next year!**





Thank you for reading! - The magazine team