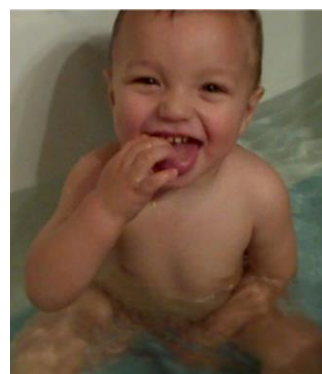
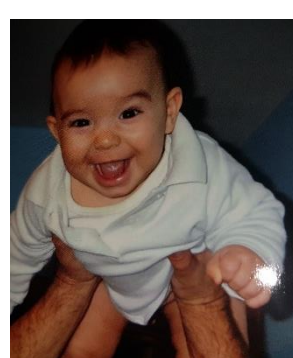


Who is who?



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International Rural School

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Editorial

A new academic year has started and the International Rural School had survived after all the problems we had with Mataró City Council. I'm glad to announce the school is now official with a code number (08075979) in Llinars del Vallès. HURRAY! Sadly, we are missing some students from last year but we have some new students; welcome to the school Arnau, Elias, Leah and Eva. We have some new teachers too; welcome Ronita and Kieran! We have founded the Parent Teachers Association (PTA) with an amazing board of directors, Yoya, Cynthia and Lali. This new year, we are focusing on sports and music. We are going once a week to the swimming pool for lessons with qualified instructors and once a week we go to the sports center in Llinars for Physical Education lessons. Violin and piano are the instruments we are playing now with the children. Why these instruments? The violin is a small instrument that you can take and play everywhere, it helps with auditory skills and they have to concentrate hard to achieve the right tune; piano helps them with fine motor skills, polyrhythms, hand and brain coordination, double reading and works both of the cerebral hemispheres. I have to tell you the children have really impressed me with their achievements so far!

My best wishes for this year 2017-2018

Maria Bellmunt
Principal



The idea of teaching at a school like this has appealed to me since the very beginning. No other place I have worked at has put so much focus into immersive teaching like International Rural School has. It's a great opportunity to be working alongside like-minded staff and parents who believe in this educational project. My passion for teaching began in 2012 when I set off to teach English as an Additional Language in Thailand. After gaining experience teaching Kindergarten, Primary, and Secondary Education in Bangkok, I returned to Hertfordshire, England in 2015 to complete my Masters Degree in Primary Education. Following the completion of my training, I taught a Year 1 class in St Albans, Hertfordshire for one year before taking up my position at International Rural School. I am excited at the prospect of this new challenge and hope to provide enjoyable, interactive learning opportunities for all of the children at the school. As well as this, I look forward to developing strong partnerships with the parents at the school to ensure the safety, wellbeing and happiness of all the pupils.

Kieran
Teacher Ks2 and Ks3



I am excited to be a part of this new adventure here in Llinars, working alongside supportive staff members and fantastic parents; there's definitely an amazing atmosphere and I have felt nothing but welcomed since the moment I began here. It's an exciting opportunity to be given the freedom to teach in a number of creative ways, with a number of different ages; I'm definitely having to think 'outside of the box' this year! My experience teaching thus far consists of teaching in a number of different schools including in public schools in England and private schools in Thailand and I have worked with a number of children with Special Educational Needs and English as an Additional Language across many different age groups from nursery and even up to secondary level for a brief stint. This is a new challenge which I gladly accept and I can't wait to see how it goes with the support of both parents and staff members. I would like to consider myself an approachable person so please come into the classroom to say hello and feel free to voice any queries in the mornings or after school.

Ronita
Teacher EYFS



All about me

Arnau



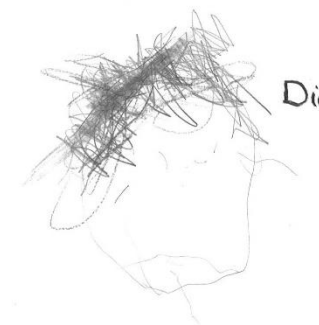
I am 6 years old.
I like playing with dinosaurs.

Carla



I am 4 years old.
I like going on the train.

Diego



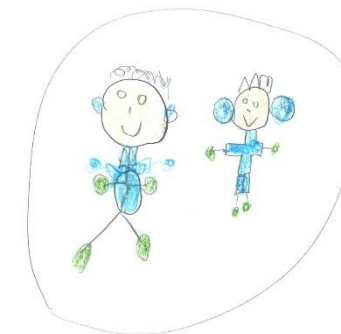
I am 3 years old.
I like playing tractors.

Eva



I am 4 years old.
I like ice cream.

Elias



I am 6 years old.
I like flying my drone.

Jordi



I am 7 years old.
I like building things.

All about me

JULIEN



I am 5 years old.
I like the trampoline.

Koutia



I am 5 years

old. I like COLOURING.

LEAH

Leah



I am 3 years old.
I like tigers.

Nico



I am 3 years old.

I like Anna from Frozen.
Serge

Nava



Noa



I am 5 years old.
I like drawing.



I am 4 years old.
I like building.



Visit to the Naturopath

On October 4th we went to visit a naturalist who was called Jordi and explained lots of interesting things about medicinal herbs and natural remedies. He explained to us what we can do with each plant. He even made us eat aloe vera. It is very good for the muscles and stomach but it has a very bad taste. It is also good for the skin. It is antioxidant and it helps cure the damage when you have a scratch, if you have a lot of blood, or if you burn yourself. To cure it you cut out a leaf of aloe vera in half, you'll see some kind of gelatin, if it is for curing a blood scratch you put it around the blood scratch, with the help of a rope or towel, you tied. You will have a crust, next morning. If you burn or scratch yourself, you rub the gelatinous part of the aloe vera in to the scratch or burnt and it will calm your scratch/burn.



He also explained to us that the eucalyptus sweets will be very good for neck pain and coughs as long as we take those sweets which do not have sugar. You can also make a muscular cream with the eucalyptus that will be very useful for muscle pains. To make the cream you need 5 drops of lard oil and half of a coconut. When it is melted we mix it, and leave it to rest. Then we add the rest of the ingredients. Then when it is cooled it will become a cream that can be used for muscle pain. He also told us that if you boil the eucalyptus and smell the steam / smoke that makes the water with the eucalyptus it will help you to take snoots out.



For cough we can make a syrup that doesn't taste very good. It has lemon (optional) onion and honey it, we must put all the juice of a lemon, a peeled onion and 2-3 tablespoons of honey, let it rest all night and next morning you can take it.



Daily Life at Our School



Some Recipies

Witches Fingers



Ingredients

100 grams of butter
100 grams of caster sugar
1 medium egg
1 teaspoon of vanilla extract
225 grams of plain flour
½ teaspoon of baking powder
Almonds a paquet
Strawberry jam
Colourant green

Repice

Put in the ball of butter sugar and you mix it. Then you add the eggs and the vanilla and you mix it. Then you put in some flour and the baking powder. If you want you can put colorant green to be more spooky. Then you mix it. Then let repose for 30 minutes and prepare the oven 180 .c Then you can turn them into fingers. Then you put them in the oven for 10 or 12 minutes. When it's done you put some strawberry jam in and then put the almonds for the nail and that's it!

Halloween cupcakes



Ingredients

240g flour
4 tsp ground cinnamon
1 ½ tsp baking powder
½ tsp baking soda
½ tsp salt
14g coconut oil or unsalted butter, melted
1 ½ tsp vanilla extract
1 ½ tsp vanilla syrup
120g Greek yogurt
120mL nonfat milk
56g chocolate chips

Repice

Preheat the oven to 350°F, and lightly coat 32 mini muffin cups with nonstick cooking spray. In a medium bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a separate bowl, whisk together the coconut oil, vanilla, and vanilla crème stevia. Stir in the pumpkin purée and Greek yogurt, mixing until no large lumps remain. Alternate between adding the flour mixture and milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 3 equal parts.) Gently fold in 3 tablespoons of mini chocolate chips. Divide the batter between the prepared muffin cups, and gently press the remaining chocolate chips into the tops. Bake at 350°F for 12-15 minutes or until the tops are firm to the touch.