

## What we have been up this month



April 2019

NºXXI

# International Rural School

Llinars del Vallès



## Escola d'Infantil, Primària i Secundària

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## About us as a school

`Let me do and I will learn it`

In our western society, the family is the main transmitter of oral language and the school is the transmitter of written language. After children are born they are immersed in a world of writing. Parents read stories to children, go often to the library, parents keep reading at home and it is usual in most households to find a shelf space full of books, stories and magazines. This atmosphere encourages reading and writing and when school begins, the child already has a great background in the fascinating world of texts (Marina, 2008). Inspired by Celestin Freinet, at school we encourage writing through the Magazine that is published every month. Boys and girls write their articles and all of them are printed in the monthly Magazine. Also for Sant Jordi festivity we publish a book of stories that every student has contributed to, as you have seen in this edition of 2019 the book 29 Little Stories. Imagine how important that is for the children, even Freinet in 1924 acquired a printing press at his school in the Alps, because he wanted to publish the written works of his students, broadcast, publish a newspaper for children and the entire educational community to understand how important the simple works of children were (Freinet, 1974). It is important for children to express through writing all of their feelings and can thus channel their way of understanding the world; problems, difficulties, challenges expressed through imaginary characters and situations. There is a book that should be mandatory in all homes written by fantasy writer Gianni Rodari; the Grammar of Fantasy. This Italian writer has written such famous books as 'Telephone Tales' that surely all of you will remember from your childhood. In this book of fantasy, Rodari gives guidelines, an orientation to create and write fantastic stories through various techniques: the fantastic pair, the confusion of stories, the construction of the absurd and so on. According to Rodari, at the school, there is a lack of laugh and enjoyment and it is important for children to laugh and have fun writing, experiencing fantasy and creativity to enrich their environment (Rodari, 2012). Writing has the capacity to order the mind, the thoughts, expand the understanding, adjust expression and it is essential for the child's complete development. As Confucius says, writing is learned by writing, reflecting, observing, changing, correcting time and time again. Only by writing a lot and much, do you learn to write:

"Tell me and I will forget,  
Show me and I will remember,  
Let me do it and I will learn it"

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Hospitalet: Editorial Laia.

Marina, J. A. (2008). *La magia de escribir*. Barcelona: De Bolsillo.

Rodari, G. (2012). *Gramática de la fantasía*. Barcelona: Planeta.

Maria Bellmunt  
Headteacher



## My life with languages

A life different than others

Written by Salma Wright

When I was born, my hair was completely black and my eyes where like Chinese. From there my dad and mom decided to teach me Chinese. When I was just 1 year old, I started learning Chinese, and after a year (2 years old) I was starting to talk Chinese. My parents were very impressed, so they decided to teach me Russian and Arabic. By the time I was 4 years old I could speak six languages: Catalan, Spanish, English, Chinese, Russian and Arabic.

When I was 5 years old, I stopped with Russian because the teacher had to move to Australia. It took my mom a few months to find a new teacher.

At that time I lost a bit of that language. I had a new teacher, and I was nearly six at that time, so I could still recover the language. It also happened with Arabic for a few years.

It's a bit boring and it wastes a lot of time but my mom says that it's gonna help me when I travel, as I will know to speak all those languages, and I will have a bit of culture of each country. I really work hard on it.

I don't like doing the classes of each language but I like speaking the language with my friends from other cultures, and people from here don't understand.

Thanks for reading, gracias per llegir, gracias por leer, 谢谢阅读, Спасибо за прочтение, لِقراءة شكرا

أ	ب	ت	ث	ج	ح	خ
alef	beh	teh	theh	jeem	hah	khah
د	ذ	ر	ز	س	ش	ص
dal	thal	reh	zain	seen	sheen	sad
ض	ط	ظ	ع	غ	ف	ق
dad	tab	zah	ain	ghain	feh	qaf
ك	ل	م	ن	ه	و	ي
kaf	lam	meem	noon	heh	waw	yeh

# Atopic Skin

Written by Paris Sánchez

What is atopic skin?

Atopic skin is a rash that some people have because it depends on certain fabrics or even the sun. Atopic skin can last more than two months depending if you scratch it, and it can expand more or it can also last a day, but that if after a few hours it doesn't go away.

What is the way to cure atopic skin?

The way to cure it is not by scratching. Creams that in the pharmacy can be worth as a maximum € 5 but in one case you can always operate to heal but it is not very safe.

Atopic skin on the inside of the elbow.



What are the advantages of atopic skin?

It is a rash that can be cured (not like others that you have left a mark for a lifetime), that there are creams for atopic skin ...By the way, the atopic skin is also caused by emotional stress. What happens to me sometimes? That's why I have atopic skin, since when I make a change of school or if someone dies, for example.

What are the disadvantages of atopic skin?

The disadvantages are that this type of rash may be expanding more and more until you could get to put it in the middle of the body, it can also happen many times in a row but do not get nervous / because it is very normal this sure there are thousands of people who have the same thing about you, but just think about not scratching yourself!

## How my life changed

Written by Ali Mohamed

First, I was living in Egypt but now Egypt is a very complicated place to live. This is because it's dirty and people don't follow the rules. For this reason my mum and dad thought about living in another country. They considered that Spain was a country with a good standard of living; it's not dirty, people follow the rules and the most important thing is that there is no racism, because most of the countries have racism.

Now, I'll say how my life changed. I left Egypt and I didn't go with my family only my mum. My brother lives in Málaga. At first we didn't know anything or any person so it was a bit hard at first. However, in the beginning of anything in life it will be difficult but after you take on it you feel it's going to be ok.

Now, I'll talk about myself and my personal experience. For me I didn't have any friends except at school and it was upsetting to leave all of my friends in Egypt, and my cousins too. However, at least I can live a better life now, but also I have to say that I really really miss Egypt, even though if it's bad it's because of the presidents and ministers.

At last, I will say that I'm starting to have a better life in a better country.

This is me when I was in Egypt in a place called Sharm el Sheikh.



# Bulletproof vests

The vests that save lives

Written by Éric Olea

Bulletproof vests are vests that are used to protect the wearer from bullets.

The vests are not waterproof because the water acts like a lubricant so the layers that has the bulletproof vest wouldn't stop the bullet.



The vest changes depending on the gender of the person; the male one is flat across the chest, but the female one needs stronger protection in the chest and with a shape of a bra or swimsuit.

A bulletproof vest is not the same as an anti-blade weapon, because a bulletproof vest can't protect from a stabbing. However, the anti-blade vests are more expensive.

The vests are not 100% reliable because included the ones that are specialised on one calibre not always can stop the bullet.

Normally the people that use the vests are police officers, private security guards and some civilians. Everyone can buy one, and they cost between 30 € and 1000 €, the unisex ones are not better than the ones that are not unisex.



The vests use ball plates to protect you from the bullet, and in some jackets there are some of this ball plates like this one.



# A is for Apple...

We are Healthily Eating the Alphabet  
Early Years  
Written by Jenni Aitkin, Class Teacher



This month we have been learning about healthy eating in our sessions for Personal Education. We have talked about the different foods like we like and we have focused on fruit and vegetables - which are your favourites?



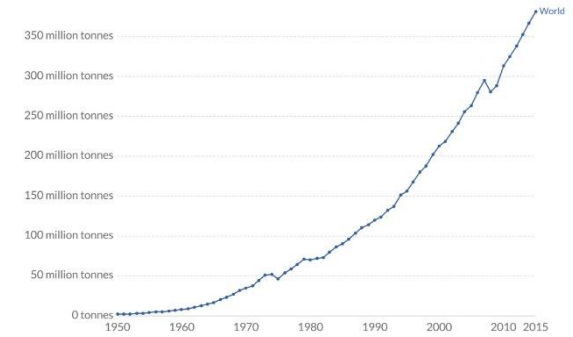
We have explored different kinds of fruit and tried tasting them. In Cooking Class we peeled, chopped and mixed to make a yummy fruit salad. We learned and sang along to the song, 'Fruit Salad' by the Wiggles.



## The issue with plastic

Plastic is malleable, ductile, lightweight, flexible, transparent, strong, and relatively inexpensive. Those are the attractive qualities that lead us, around the world, to consume an excessive amount of plastic. Plastic takes centuries to degrade. This has caused a very serious problem.

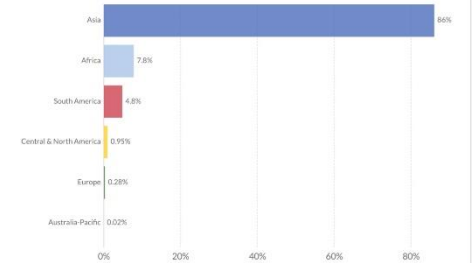
As illustrated in Diagram 1, plastic pollution has and is increasing rapidly.



## Where is all this plastic coming from?

We clearly see in the chart that Asia produces and consumes the most plastic. Asia represents 86% of the global Earth plastic pollution. This is followed by Africa at 7.8%, and South America at 4.8%. There is a tremendous difference between Asia and the rest of the countries. Asia produces an awful amount of useless plastic.

We certainly see that the problem mainly comes from Asia. China, Japan, Indonesia... Asia is dumping more plastic into the oceans than the rest of the world combined, according to a 2017 report by Ocean Conservancy. However we can't just blame Asia. Asia produces the plastic we all consume. Everything comes from there, in particular China.



## What are we all using plastic for?

Plastic is mainly used in packaging and plastic bags. It's also used often in textiles. Factories use an excessive and unnecessary amount of plastic. They even double wrap some products, then insert it in a plastic box and give it to you in a plastic bag!



## Where is all this plastic going?

A small amount of plastic is recycled. Some other is incinerated, contaminating the air. However, mostly it's just discarded, left around contaminating the land. You may not realise it, however it's incredibly serious.

The main problem is in the sea. All air and land end up contaminating the sea. It is said by scientists that by 2050 there will be more plastic than fish in our oceans. We've even created a plastic island!

## Conclusion

While plastic pollution is a very problematic issue, there are solutions, and recycling is one of them! Avoiding plastic is another obvious yet simple alternative; bags, straws, plastic bottles.

We can't time travel, we can't go to the past and avoid this. However, with everyone's help we can still change and prevent big disasters and catastrophes. We don't have another planet! What are we doing?!





# Black Holes

By Sara Bellmont

What are black holes ?

A black hole is a supernova star which, if it does have a lot of mass, will turn into a black hole. This happens because it will have too much gravity that will collapse it. Black holes absorb everything around them, even light cannot escape from them. They also absorb stars. Our sun can't turn into a black hole because it doesn't have a large amount of mass. In fact, we have a bigger risk of dying from global warming than a black hole.



Can we enter a black hole?

Maybe in the future we can invent a spacecraft that can't be damaged of a large amount of gravity. Furthermore, some people say that inside a black hole you can see the future, but there is no way back! A black hole should have an end and a start from inside it so we should see from space like a kind of wall. Scientist predict that in the middle of space there are lots of black holes, and giants ones.

Interesting facts



John Archibald Wheeler

A physicist named John Archibald Wheeler discovered black holes in 1967. Black holes don't last forever. In fact, they evaporate and leave their energy in the universe.

## Plastic Pollution

Be part of the solution not of the pollution

By Judit Bellmont

### Introduction

I'm going talk about plastic. Plastic was a miracle back then in the 60s. However, it is now a problem. Animals live in the ocean and land without leaving trash. We humans contaminate everything, land and sea. So, let's be more animal! Do you really need that straw? 8.5 billion of straws are thrown away each year. It's unbelievable! What is happening?



Then we turned our attention to vegetables and learned that they can also be very colourful and interesting, especially when we make a salad! We enjoyed doing this in another Cooking Class and everyone ate it! We discovered that it is really fun to eat vegetables when we have prepared them ourselves.

Soon we will get creative with fruits and vegetables to make forms of transport that we will be learning this term in our Topic.

# Personal writing in Primary

Written by Helen Smart

In Primary, we always write diaries about our weekends on Monday. Below are six of the eight reasons for writing a diary which sum up what a useful and important exercise this is, as disclosed by the National Literacy Trust on the TheSchoolRun.com website. Get them writing at home too!

## 1. Keeping a diary improves children's writing

According to recent research, fewer children are writing for pleasure in their own time, to the detriment of their writing ability. **Just five per cent of children who never write outside school are able to write at a higher level than is expected for their age**, compared to over 30 per cent of those who do write in their own time.

Writing a diary is a great way to get children to write outside school, with a knock-on effect on their attainment: pupils who keep a diary are twice as likely to exceed age expectations in writing. 'In terms of quality, the more children write, the better they are likely to become,' says Clare Argar, Senior Programme Manager at the National Literacy Trust. 'Anything children write outside school is good practice – you can be as creative as you like.'

## 2. Children can choose what to write

Within the classroom, **children rarely have much choice in what to write about**. The subject matter is almost always dictated by their teacher, whether they're writing a poem about the seasons or a factual account of a school trip. Diary writing, on the other hand, gives children complete freedom. 'When you're writing for yourself, rather than writing something that has to be handed in, anything goes,' Clare says. And with the vast majority of children (82 per cent of girls, and 76 per cent of boys) saying that **writing is more fun when they can choose what to write about**, it's a brilliant opportunity for them to discover the pleasure they can get from writing.

## 3. It improves handwriting

With children spending so much time using computers and other technology, in and out of school, handwriting is becoming a lost art. But although it's been replaced by typing in many situations, it's still an essential skill, and **a percentage of marks in English SATs is allocated on the basis of handwriting**.

## 4. It makes writing routine

**Writing a diary helps children get into a writing habit**, so that it's no longer something they dread, procrastinate about or feel afraid of. 'They don't have to do it every day; they could do it every other day, once or twice a week, or at the weekend,' Clare explains. 'But writing a diary can help build children's confidence in their own writing ability, and as confidence grows, so does their motivation to want to do more.'

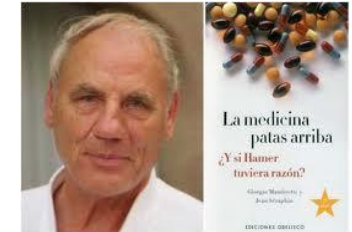
# A method to understand any illness by yourself

Biodescodificación

Written by Amara Forcada

Biodescodificación is a method for finding out the meaning of any emotional disease that we have and why we have it.

I decided to do an article about this theme because there are so many people that don't know about this and I think it is important, and once you know then you can decide what to do.



## How is it used and who discovered it?

Biodescodificación is used to understand the cause of the physical symptom or mental pattern that a person could have, and how to fix the problem.

Doctor Hamer, born in 1935, discovered all this. He was working with patients with cancer, and is pictured to the right, with his book. In 1978, his son was shot, and died after a few days. Dr Hamer then discovered that he had developed cancer, which was very strange, since he hadn't felt sick. Dr Hamer began to investigate, and after some time, he related his cancer to his dead son. Doctor Hamer was seeing that all his patients had an unexpected shock. Since that, this shock impacted within a specific area of the brain, making an injury.

So he discovered that all the strong diseases begin with a shock. He believed that every illness has two parts: the suffering phase and the solving phase. He named all his discoveries "The Five Medical Biology Laws", since his investigations are completely in accordance with the natural laws of embryology and the logic of evolution. His theories were confirmed with approximately 40,000 cases, but some people think that he's lying.

## Are there any advantages and disadvantages?

Well, Biodescodificación is a METHOD to understand a disease, and although there are people who think that it is a scam, there are now many Naturopaths that are making biodescodificación workshops and people are going (with many different diseases). The Naturopaths tell them:

"If you want, you can cure cancer!"

And there are cancers that can be solved and cancers that people and doctors think they cannot solve. These Naturopaths help you to understand the cause that is behind the symptom. And then when you know this cause you can try to eliminate the symptoms. The people who think that Biodescodificación is a scam say that Naturopaths are lying, and that they are doing it only for money...

Finally, I have explained what I know, and I hope you understand. Now you can decide what to think about it. I think this is a good method to solve diseases and I don't think it is a scam. What I think is that an illness is not only because you have a virus, I think that there is something that we do not know behind this disease. If you are interested in it, there are people that do this and so many books:

Enric Corbera talks about it and does it. And there is a formation center in France "Biodecodage" and so many books like: Dictionary of the diseases, books of En Corbera etc.



## The teenager stage

The teen stage is a difficult stage of life

Written by Màxima Monsalve

Adolescence is a stage full of vitality and enthusiasm, but it is also a period of emotional instability. The adolescent's role is to discover who they are in general.

This period of life begins with the onset of puberty, which marks the end of childhood, and it finishes in the entry of adulthood, when the development of the body has been completed. This starts between the ages of 11 and 13, and its completion is at around 19 or 21 years old. It is a vital period between childhood and adulthood. This is a stage to experience things about life and things about ourselves.



Adolescence is characterized by physical growth and psychological development. This transition must be considered a biological, cultural and social phenomenon.

### Love

Girls and the boys start to fall in love. It's a new feeling. To fall in love is to want to spend more time with the person you love, to have time together and learn things together. The love of young people is when they find a person who understands them, and will be accepted, recognized.

### Greta Thunberg

Greta Tintin Eleonora Ernman Thunberg is a Swedish girl, born January 3, 2003. This teenage girl has a lot of competition wins. In August 2018, she became a prominent figure in student strikes outside of the Swedish Parliament, generating awareness of global warming. She went to speak to the government about global warming in her Swedish city. The government first negated doing this and had a passive attitude.



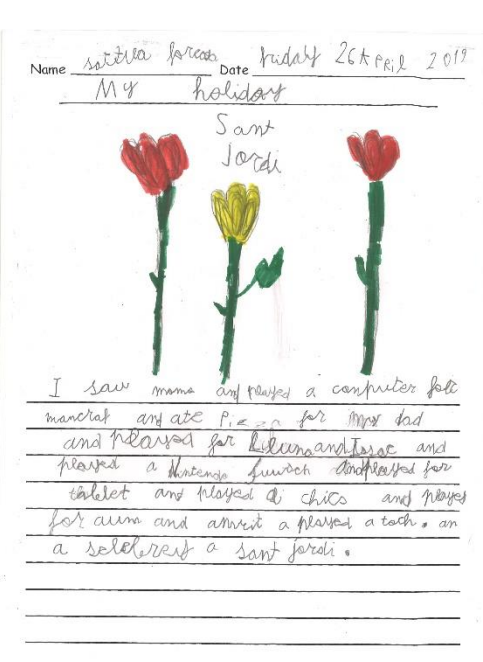
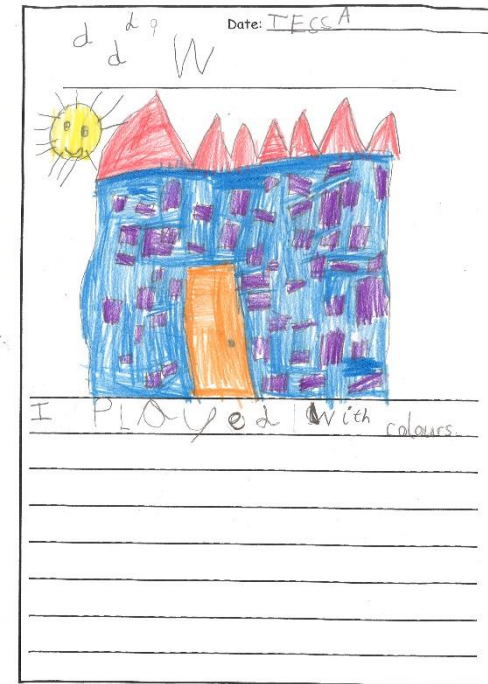
Millions of people around the world went on a global strike, as a rejection of world governments.

### 5. It builds resilience

With mental health issues on the rise in children of primary school age, **learning how to express emotions is a vital life skill**, and one which keeping a diary can help them develop. 'Writing a diary is a great way for children to process their thoughts and express their feelings,' Clare explains. 'It can help them build emotional maturity and resilience.'

### 6. It's creative

As fans of Diary of a Wimpy Kid and the Tom Gates series will know, **keeping a diary doesn't just have to be about words**. 'Children can doodle and draw in their diaries, as well as writing, which is another good way for them to express themselves,' Clare says. 'Writing a diary isn't just about putting facts down on paper: it can be very creative, too.'





Name AMRIT Date Friday 26th April 2019  
My holiday

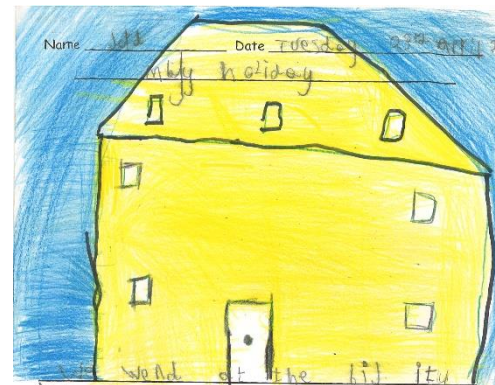


I played SWITCH.  
 I saw LOOK TV MOMO.  
 I played ddb.  
 I played MOMO.  
 I saw FORTNITE on TV.  
 I saw seeds on TV.  
 I played LLONA.  
 I went to played an dog.

Name EMMA Date Friday 26th April 2019  
My holiday



I was in nalls house.  
 I was in a Big Big Castle.  
 I ate chocolate eggs.  
 I was in FFA with my family.  
 I was in the park play it was  
 funny.



We went at the big ity.  
 Was fun. we had a most very  
 blue. We went at merdoness  
 we had a big swim. I get a  
 boys, cold we playet sub.  
 Ted G15 mi a var with a  
 spayc with in the water. We get som  
 CLUS very old we use  
 and meg CLUS for may  
 I watched another movie  
 we our grandad hns for

Name Nahli Date Friday 26th April 2019  
My holiday



I played with Emma and  
 Elina. I played with  
 friends. I saw The tv and  
 it was fun. I went to my  
 friends house and I sleep  
 there we watched a  
 movie.

Name Elvira Date Friday 26th April 2019  
My holiday



We took the car to France and in France we  
 went to calcasen. there was a big race in Sade.  
 we saw a spayhouse. It was scary. After  
 that we ate a big ice cream. one other  
 day we Mummy hid chocolate eggs for  
 us to hunt. we had to follow the clues.  
 and when we have found them. and  
 one rather day I Emma vincent played  
 in the park with Nahli we played hide-  
 and sick. Mums friends came from Sweden  
 and we watched Harry Potter 5.

Name Amr Date Friday 26th April 2019  
My holiday



I played tablet and I like it.  
 I watched television. I played switch.  
 I ate Floss cake. It was delicious.  
 I ate a big ice cream. I watched  
 Momo and it was scary.  
 I ate a computer and I played.

Name Nico Date Friday 26th April 2019  
My holiday



on Friday I went to  
 marial a (I) went to  
 my grandad's house and  
 I played with my Leo and with  
 my uncle. Video games. on  
 the next thursday my mome  
 told me that my grandad  
 and my grandad were ill. I  
 I next Wednesday on Friday  
 I sleep in my uncle's house  
 it was fun and we played and  
 we played Pokémon lets go! POKÉ

Name Sergi Date Friday 26th April 2019  
My holiday



I went to visit granma.  
 I went to rina I played  
 I played with Silvia and Jordi