



TELEPHONE

THE NATIONAL GALLERY
SAINSBURY WING

Almost everyone can agree, the hardest part of the day is waking up. You open your eyes, usually still tired, a lot of people wake up with a terrible headache or moody. You think, that it will be the worst day in your life.

You should do whatever you can to try and make your mornings better, here are 5 steps that might help you wake up happy and refreshed.



Don't eat before going to sleep

Even when we sleep, our digestive system stays up and running. If you ate 2 slices of pizza right before bedtime – You will probably wake up very tired. It's better to avoid eating late at night so your digestive system gets some rest. For your early dinner choose a healthy meal that will help you get into bed not hungry, but not awfully full either.

No monitors and screens

The lights from e.g. smartphones interrupt the creation of melatonin – the sleep hormone – and by that cause sleep disorders and even weight gain. People who sleep with their smartphones near their head tend to take a peek at the screen even before they leave bed and by doing so – might start their day badly from reading an angry work related email or a phone call they prefer not to get. ☺

Morning exercise

It's really hard to think about going for a run at 6 AM, But if you manage to get over that feeling and start moving, your whole day will look different. When this happens early in the morning, Your body will start the day in a very positive way. Doing morning exercises will increase your metabolism during the day which in turn – will help you lose weight.

Alarm clock

Pressing the alarm button makes us very angry. The best way is waking up without it. We can do that by going to sleep and waking up at exactly the same time every day. But until this happens, try putting the alarm clock far away from you so you won't go back to sleep. ☺

A glass of water

Start your day with a glass of water. Drinking up to 8 glasses a day can help with losing weight, metabolism, and even oily skin. Adding lemon might help with cleaning the body from toxins and will allow us to open our day in a healthy way.

STRESS

Have you ever found yourself with sweaty hands on a first date or felt your heart pound during a scary movie? Then you know you can feel stress in your mind and body.



It is an automatic response developed in our ancient ancestors as a way to protect them from predators and other threats.

These days, you probably do confront multiple challenges every day, such as important exams and, of course, secondary school certificate. That can have serious consequences for your health.

You might get a stomach-ache before you have to give a presentation, for example. Sudden emotional stresses – especially anger – can make heart attacks and even sudden death. Although, this happens mostly in people who already have heart disease.

Chronic stress is worst. You might feel unable to concentrate or irritable for no good reason, for example. It can make a lot of damages in Your body.

What can you do?

- ✓ Identify what is causing stress and eliminate it.
- ✓ Do a list of everything, that makes you worried, think about solutions and start doing it.
- ✓ Do sport when you are angry.
- ✓ Go out with friends more often.
- ✓ Chill out!!!!!! 😊

“What doesn't kill you, makes you stronger!”



FINAL EXAMS

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The 4th of May 2015 was a very important day for lots of young people in Poland. It was the first day of the final exam, which determines their future and which is a special test for another reason – it should check the knowledge they gained since they finished a primary school, not only in the middle school. This year, students born in 1996 from high schools like Banach (with three-year curriculum) had to face a new form of this exam. The biggest and the worst change in their opinion, was the change made in the form of the first language oral exam. Last year this exam consisted of making a slide show and bringing it to the school, so the student's presentation based on this slide show could be judged by teachers. Now the exam is harder in their opinion. This year it consisted of choosing a random set of questions from many sets. These could include anything defined as an artwork: a painting, a literary text or even a sculpture. Students have 15 minutes to make their statements and they have to talk about the given piece of art and about the other examples which confirm their statements for 10 minutes. It might be very difficult for people who are not likely to talk about something without an earlier preparation.

On the 4th day of May, young people from all over the country took their first language (Polish) exam. The next day, on 5th of May they were writing a math exam. They also took an English exam on May the 6th. The students had to choose 1 extra exam this year. They could choose between subjects like biology, physics, math, English, Polish, chemistry, geography and many others. But, what's new, they had to take this exam on advanced level and people who took their exams last year, or people from schools with a four-year curriculum could choose between a basic and advanced level.



INTERVIEWS

Before final exams

Hello Michal Mamelka. Can I interview you?

Hi. Of course.

How are you preparing for final exams?

To the final exams there is very little time, but the preparations are buzz. All the time I have the impression that I'm learning too little and it is not enough to write final exams at a high level.

Are you stressed?

Am I stressed? I'm not stressed with the basic level subjects. Perhaps this is because Polish I can always pass without a problem, and with math I have no problem because I am on a mathematic-physic profile. Respecting the foreign language is also not a problem. More stressing are extended subjects - math, physics, because of these two subjects depend if I get to my wanted studies.

What are you most scared of?

I'm most scared of... I write poorly and did not get the direction to which some time ago I decided to apply. Time will tell.

After final exams

What impressions after the final exams?

It's ok. Basics for me were very interesting, but the extension of mathematics was hard and it was a lot of counting and as for the number of exercises 180 minutes is about 90 minutes too short, in my opinion. It could have been better – all the solved sheets from previous years were 60% correct. As to the extended physics - it was not very difficult, but I'm not great shakes in physics so it went fair to middling ☺

Where do you want to go after this school?

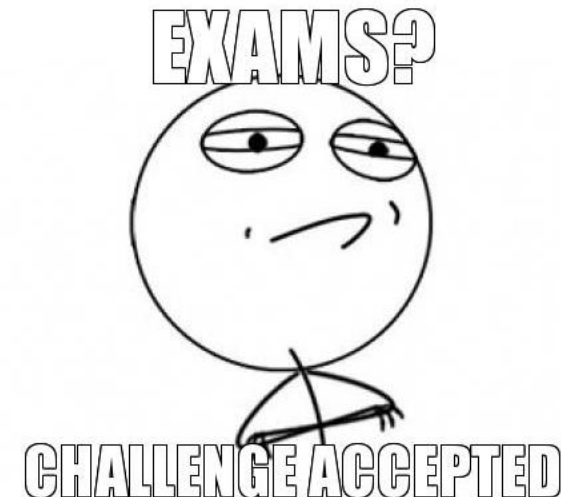
In the future, I plan to become a student of Wroclaw University of Technology at the Department of Electronic of the Automation and Robotics. It should be possible ☺

What are your plans for the longest holiday?

On holiday I will earn! 3 months of work. For sure I find some work, but I also moonlighted in a band playing at weddings.

Interesting, good luck! Thanks for the interview, Michal!

Thank you, have a nice day!



Before the final exams

Hello Mateusz Machnicki. Can I ask you several questions?

Hey, sure.

How are you preparing for the final exams?

In preparing for the final exams I decided to focus only on repeating and forgo for several days with my favorite activities like Gym, running, playing the guitar and part of responsibilities. I began to make notes with the most important information, in particular from the Polish. One day I repeat the humanities, mathematics and by turns. Together with high school graduates from a nationally created group on facebook when we exchange our knowledge and also have an access to the materials to many subjects. I try not to overwork my mind. When I need a break, I just do it.

Are you stressed?

Honestly? I'm not stressed out, I think that it is the next stage in life which we must go through. Somewhere in the back of the head is a thought that it's the final exam, a school-leaving examination, but I will take it in my stride, and I think it is worth taking such an attitude. I think when I open a sheet, encoding will be a little of stress, but for sure I will try to stay calm and focus on my main task, which is write the exam well.

What are you most scared of?

Of course I'm afraid of math. Since the beginning of high school it causes problems and I admit that this is not my strong point. I'd like to pass it at first time and I think that I am able to do it. I'm afraid of the oral exam in German. Speaking in a foreign language, especially when it is assessed, causes me the problem.

After the final exams

What impressions after the final exams?

Till the end of high school I've got two more tests left, oral German and for 'dessert' extended history. I am **moderately** happy with the basic Polish and extended civics. The final exam in math caused me difficulty, but it shouldn't be a problem with passing it. I think the extinction in Polish language went well. I am extremely happy that I was able to get 95% of oral Polish. My goal was in around half, but it came out much better and it made me very happy.

Where do you want to go after this school?

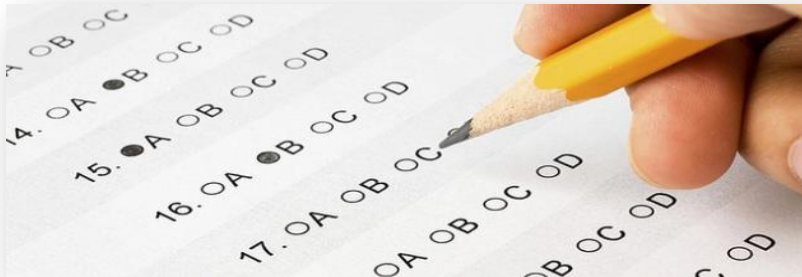
Unfortunately I am not decided on a specific course of study yet, which is why I decided to write extended Polish, Civics and history to have more opportunities to choose the direction. Seriously I think about the law, national security and international relations. In a year I would try to write an extended biology, because sport is my passion, and maybe my future will be linked to it. We must wait for the results and keep our fingers crossed.

What are your plans for the longest holiday?

The first goal of the longest holiday is look around for universities, I think of Wroclaw. After the last final exam I will go back to trainings (running and gym), I want as soon as possible catch up with my arrears. I would also like to relax with friends and recharge the batteries for further challenges. Currently perhaps the biggest dream is to spend a holiday somewhere with my love and friends.

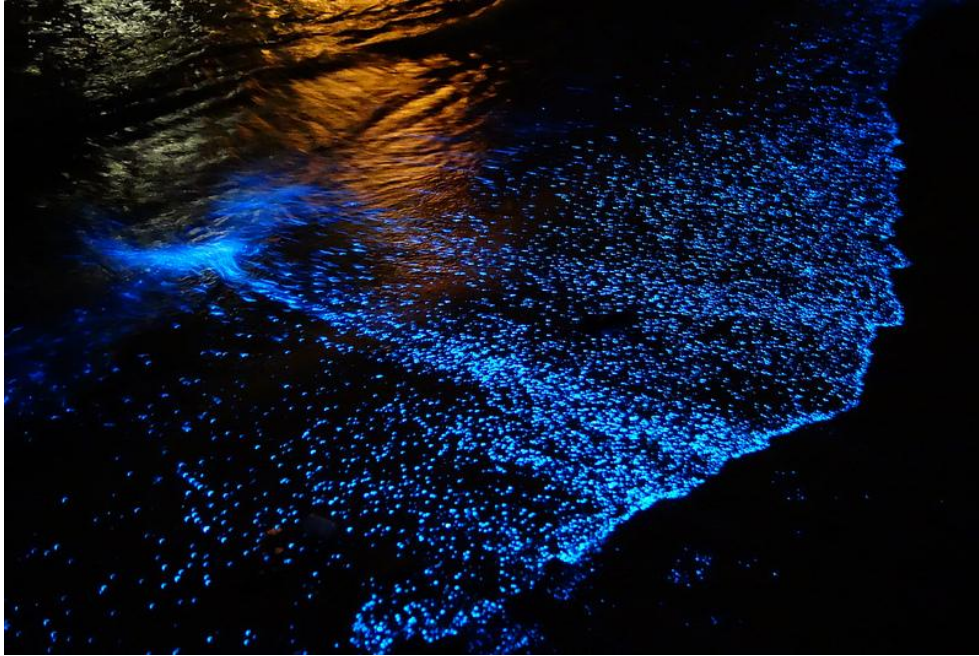
Good luck and thank you for the interview, Mateusz!

Thanks!



BIOLUMINESCENCE

Bioluminescence is the production and emission of light by a living organism. It is a form of chemiluminescence.



The ability to make light – bioluminescence – is both commonplace and magical. Magical, because of its glimmering, captivating beauty. Commonplace, because many life-forms can do it. On land the most familiar examples are fireflies, flashing to attract mates on a warm summer night. But there are other luminous landlubbers, including glowworms, a snail, some millipedes, and – you are not hallucinating – certain mushrooms.

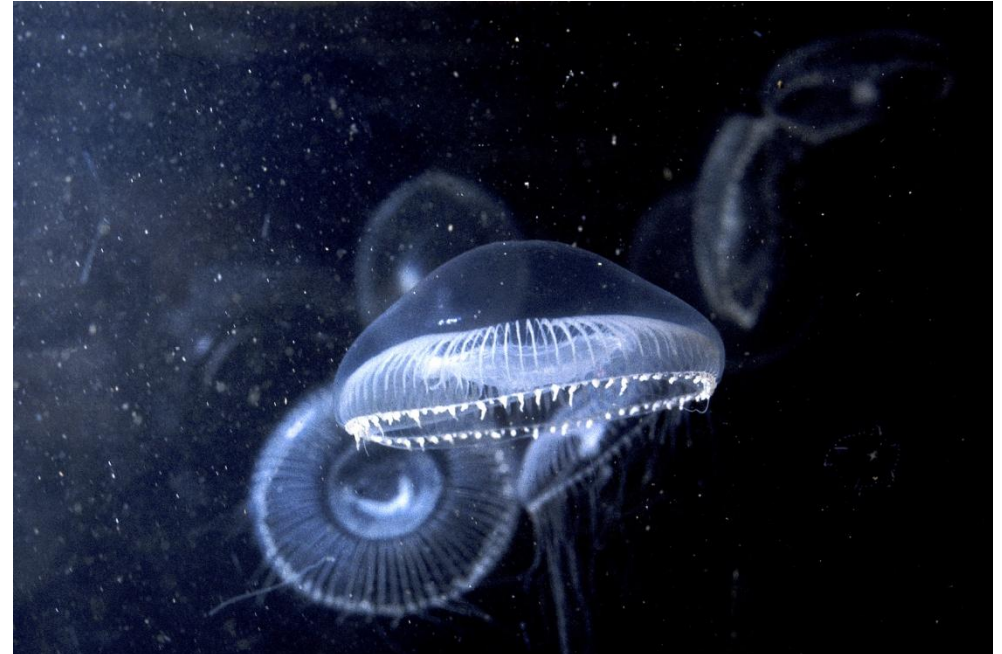
But the real light show takes place in the sea. Here an astonishing array of beings can make light. Such as ostracods – tiny animals that look like sesame seeds with legs – flashing to attract mates, like seafaring fireflies. Or dinoflagellates – speck-of-dust-size beings named for their two whiplike

flagella and the whirling motion they make (dinos means “whirling” in Greek). Dinoflagellates light up whenever the water around them moves; they are the critters typically responsible for the sparks and trails of light you sometimes see when swimming or boating on a dark night.

Because it is found in so many different types of organisms, bioluminescence must serve many functions in the ocean. However many of the functions are still unknown, because experimental evidence has been gathered for only a few of the many proposed roles. Luminescence can serve two or more purposes, both offensive and defensive, within a single organism. Here we summarize the range of functions that have been proposed for marine bioluminescence.

Bioluminescence has arisen over forty times in evolutionary history.

You may not have heard of it, but the hydromedusa *Aequorea victoria* is probably the most influential bioluminescent marine organism.



This small squid in the genus *Abraliopsis* has several different types of light organs. In addition to the bean-shaped ones at the tips of two central arms, it has small photophores covering the underside of its body.



Californian biotechnologists team and Dr. Antony Evans want to replace traditional streetlights glowing plants. For they played the role of natural light, it is necessary to their genetic modification. It involves the development of computer plant gene so as to produce luciferase.

Although already they worked on this type of experiments, but only now scientists want to make the luminous plants "product" for mass use. The first attempts were successful .



Research in this direction also lead researchers from the University in Taiwan - leaves of the plant are shining in blue or red. Scientists want to replace toxic organic non-toxic material phosphorus in the LEDs.



/strych

"PARTY HARD" IN MAY



On the first and second day of May in Żagań there is a big party. There are a lot of rundabouts, rollercoasters and in the evenings- many different concerts. This year there was „Materia” – a metal band. A lot of people had big fun. When the festival was over, we could admire a fireworks show. It was an awesome view.

A few opinions of our students:

„It was quite a good party, but this festival was better a few years ago, in another part of the city.”

„There were too few stands, but I think it was a good idea to show different kinds of music on the stage. I was happy because I could take a photo and talk with „Materia” in the „Elektrownia Club”. My friends made my time on this festival fantastic!”

„It was the best festival I've ever been to! Places which organisers have prepared were awesome! I was there with my friends, and we will remember this party for a long time.”

„I love this festival. Music on the stage was really good, but for me the concerts were too short. I think when you are with friends, rest isn't important. I will go there next year again!”

„On Friday I went with my friends on one of the concerts. We had fun, so on Saturday we went, too. The music was really cool. I hope next year it will be the same or maybe better, who knows?”

„Organisation was horrible and worse than a year ago, but I spent nice time with my friends. Greetings for people who put the toilets next to the important monument...”

Near Żagań – in Żary, there is a similar festival every year. I was there on the concert of Mesajah – one of the best reggae performers in Poland. He made everybody happy and everyone sang his songs with him, it was amazing! After the concert fans could take a photo with him and his band („Riddim Bandits”) and he gave autographs. I've got a photo! I couldn't believe, that I was talking with him, it was a really fantastic experience!

/PD





A BOOK REVIEW:

"CYKL INKWIZYTORSKI" – J. Piekara

„Here he – inquisitor and servant of God. A man of deep faith”. These words begin each book in the series about the Inquisitor Mordimer Madderdin. The book is set in an alternate version of our world, in which Jesus Christ comes down from the cross, punishes his persecutors and those who do not believe in him. Mordimer, like an inquisitor, appears wherever there are promoted secret cults and heresy. He hunts with unquenchable zeal all the presence of Black Magic. Sometimes they assist him in this his companions. Kostuch and Twins, individuals, none of them would a man want to meet

on his way. It is a series of written works with an amazing sense of humour and irony that perfectly reflects an alternate world. There are shown in it things that seem to be barbarism, but in this world there is harm.

With all my heart I recommend a series to a person who does not abhor violence and ruthlessness. They are not books for people with weak nerves!

/IB



SEE YOU SOON



We would like to start Your Opinion Column in the next issue of our magazine, so please share your opinions with us.

The first topic is:
Young people are lazy. Do you agree?

(Box for Your answers will be near class 109)

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