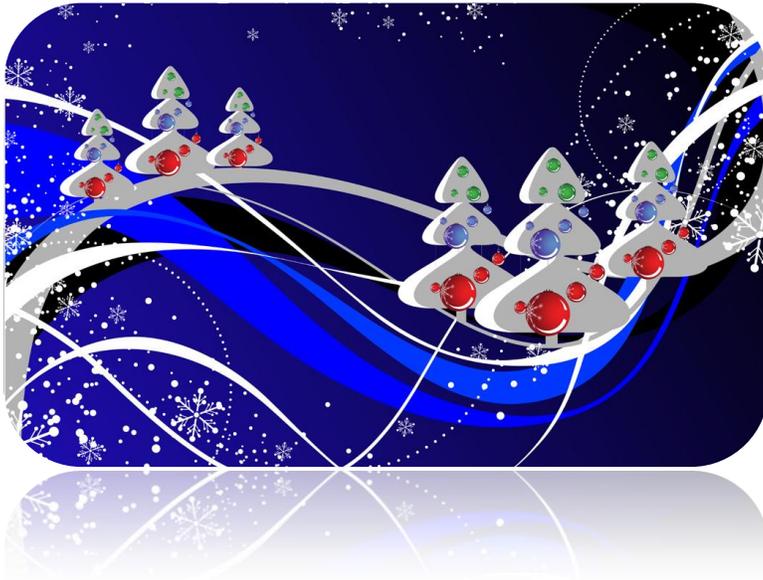




IH Porto Student Newsletter

That time of the year!

And so this is Christmas...



Season's greeting!

Welcome to the very first edition of our students' newsletter for the academic year of 2014-2015. We expect to share with you some of our work. It is full of facts and fun,

as well as interviews and advice on what to read, watch and/or visit.

Read on! You will not regret it!

Merry Christmas & Happy New Year!

Issue #1, December 2014

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"Merry Christmas to all, and to all a good night."

Issue #1: the beginning

A word from the editors:

Welcome everyone.

This will be the first of a series of newsletters produced by our students, that is to say your classmates and peers. All groups will participate, so you'd better start thinking about your topic too.

Ask your teacher for more information and don't forget to ask about the deadline for work submission, too.

Thank you for reading and a special thank you to those who took part in this month's edition! We hope you enjoy it!

The editors

Christmastime has come: another year, another special project

It's Christmastime and once again we would like to remind you that you can make a difference.

Every year we collect food items in order to help local families have a different type of Christmas. This year is no exception. Talk to your teacher to find out what ingredients we are collecting this year and lend a helping hand.

We usually focus on all the ingredients for the perfect Christmas dinner: eggs, flour, sugar, rice, *aletria*, tinned pineapple & peach, among others.

Ask us for more information but don't forget the deadline is **19th December!**

After last year's success we want to make sure we keep this tradition!

Your contribution is important so thank you in advance! ☺

Have a holly, jolly Christmas;

It's the best time of the year

I don't know if there'll be snow

But have a cup of cheer!



*'Twas the night before Christmas,
when all through the house
Not a creature was stirring, not
even a mouse;*

Clement Clarke Moore (1799-1863)

How does this poem end?

Learn more here:

<http://www.poetryfoundation.org/poem/171924>

Christmas recipes: *Rabanadas*



Preparation:

Slice the bread.

Put oil in the frying pan and let it heat up and in the meantime, boil water with sugar, lemon peel, Port wine and cinnamon.

Mix the eggs in a separate bowl.

Dip the slices of bread in the water (*calda*), then fry them.

At the end, pour the *calda* onto the *rabanadas* and sprinkle with sugar and cinnamon.

Ingredients:

- ✓ Dry bread (at least 1 week old);
- ✓ Port Wine;
- ✓ Sugar;
- ✓ Eggs (as many as necessary);
- ✓ Cinnamon;
- ✓ Lemon peel;
- ✓ Water;
- ✓ Oil.

Christmas Recipes: Codfish with coconut milk



Ingredients:

- 2 pounds thick fish fillets or steaks, halibut, cod or salmon
- 4 teaspoons fresh lemon juice
- 2 tablespoons vegetable oil
- 2 cups finely chopped onion
- 1/4 cup vegetable oil
- 2 teaspoons minced garlic
- 2 teaspoons minced ginger
- 1 teaspoon minced green chile, serrano, Thai or jalapeno
- 1 cup chopped fresh tomatoes

Spice mixture:

- 6 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon ground red pepper, cayenne
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon fennel seeds, coarsely ground with mortar and pestle
- 1 1/4 teaspoon salt
- 1/2 cup canned unsweetened coconut milk
- 1/4 cup chopped cilantro, for garnish

Preparation:

Cut fillets crosswise into strips 2-inches wide. Rub fish with mixture of lemon juice and oil, cover and refrigerate for 1 hour.

Preheat oven to 350 degrees.

In medium frying pan, over medium high heat, fry onion in oil until edges are nicely browned. Add garlic, ginger, and green chile, and stir over medium heat for 2 minutes. Add tomatoes, spice mixture, fennel seeds, and salt, and fry, stirring constantly until tomato pieces break down to form a lumpy paste. Add coconut milk and simmer about 5 minutes until a thick, rich sauce is formed.

Arrange fish in an oiled baking/serving dish large enough to hold fish in a single layer. Bake, uncovered, for 10 minutes in the preheated oven. Pour sauce over fish, cover tightly with aluminum foil, and return to oven for 15 to 20 minutes until fish is opaque.

Christmas mixed puzzles and activities

Christmas



Can you find these words in the puzzle?

C	T	L	W	G	L	N	L	T	S	G	J	S	R
S	H	P	L	J	J	B	N	A	J	R	L	M	M
A	X	R	X	P	I	R	M	X	E	E	R	N	T
N	U	X	I	R	Q	T	T	I	G	B	M	Z	R
T	A	W	C	S	S	N	N	N	B	E	L	L	S
A	E	R	S	I	T	D	A	Q	J	Y	J	N	B
C	D	Q	R	T	E	M	R	Q	Z	N	O	W	B
L	A	H	W	E	F	G	A	Q	J	Z	N	Z	Y
A	C	Q	R	R	L	I	M	S	G	Z	X	L	B
U	G	S	A	G	M	T	G	D	T	J	L	M	T
S	L	T	Z	D	Q	M	Y	E	K	R	M	K	J
B	S	J	L	T	X	T	Z	L	G	J	E	W	M
K	B	Y	L	J	Q	X	N	S	N	R	N	E	W

- Christmas
- Star
- Santa Claus
- Gifts
- Reindeer
- Crib
- Christmas tree
- Sled
- Angels
- Cadeaux
- Bells



The Sports Section

This month's highlights are basketball and football

Our class decided to focus on the rules and relevant facts about two important sports. We hope you like it!

Basketball

Here are the rules of basketball. Read them and guess what we have been studying in class! *

The ball may be thrown in any direction with one or both hands.

The ball may be dribbled in any direction with one or both hands.

Players cannot run with the ball. They must throw it from the spot where they catch it, except when the person who catches it is running at good speed and tries to stop.

The ball must be held in or between the hands; the arms or body must not be used for holding it.

No holding, striking or pushing the opponent in any way. The first transgression of this rule by any person shall count as a foul; the second shall disqualify him until the

next point or, there was evident intent to injure the person, for the whole game. No substitution shall be allowed.

A foul is striking the ball with fist, violation of rules three and four and such as described in rule five.

If either side makes three consecutive fouls, it shall count as a point for the opponents (consecutive means without the opponents making a foul in the meantime).

A point shall be considered when the ball is thrown or dribbled from the ground to the basket and stays there without falling, providing those defending the point do not touch or disturb it. If the ball rests on the edges, and the opponent moves the basket, it shall count as a point.

When the ball goes out of limits, it shall be thrown into the field of play and played by the first person touching it. In case of dispute the referee shall throw it straight into the field. The thrower-in is allowed five seconds. If he holds it longer, it shall go to the opponent. If any side

Continued...

persists in delaying the game, the referee shall call a foul on that side.

The referee shall judge the men and note the fouls and notify the official when three consecutive fouls have been committed. He shall have the power to disqualify people according to rule five.

The referee shall be the judge of the ball and decide when it is in play, within bounds, which side it belongs to, and control the time. He can decide when a point has been scored and keep record of baskets, with any other duties that are usually performed by a scorekeeper.

The time shall be two fifteen-minute halves, with five minutes' rest between them.

The side with the most points is declared the winner.

by Teens 2 TT

* ANSWER: modal verbs

Football

We decided to highlight some of the players we consider as top players in the world.

We have chosen the following because they have proven they are the best. The score may goals and they helped their teams win matches. These are the reasons why we think they are the best in the world.

Here is our list:

Cristiano Ronaldo
 Leonel Messi
 Marcos Reus
 Ibra
 Neuer
 Robben

Do you agree?

by Teens 2 TT

Did you know?



Here are some interesting facts about Christmas:

The world's largest Christmas stocking measured 106 feet and 9 inches (32.56 m) long and 49 feet and 1 inch (14.97 m) wide. It weighed as much as five reindeer and held almost 1,000 presents. It was made by the Children's Society in London on December 14, 2007.



The British wear paper crowns while they eat Christmas dinner. The crowns are stored in a tube called a "Christmas cracker."

©
<http://facts.randomhistory.com/christmas-facts.html>

Review of the month

A brand by and for angels

The worldwide known brand Victoria's Secret seems never to stop surprising us. On the 2nd December 2014 they'll prove to us again that their annual fashion show is worth waiting for.

The brand known for its glamorous lingerie and also for the way they present their models, known as the Victoria's Secret Angels. One of the aims of the brand is to change the beauty stereotype of today's fashion industry, promoting a healthy body as well as a balanced lifestyle.

One of the aims of the brand is to change the beauty stereotype.

What keeps the public anxious for the whole year is not only their innovative collections but also the special guests the show has every year. The 2014 show will have three big names of today's music industry: Ed Sheeran, Ariana Grande and Taylor Swift, who will be participating for the second time in a row.

However, this year's biggest attraction will be much more than that. The world's most expensive bras, worth half a million dollars each, made of diamonds, will be worn by the Brazilian duo, Adriana Lima and Alessandra Ambrosio, two of the main Angels of the label.

Based on everything previously said, we are sure that this year's show will become more memorable than the others. We advise you to wait for it!

Beatriz
Marta
Catarina
Mariana

Did you know?



The first person to decorate a Christmas tree was reportedly the Protestant reformer Martin Luther (1483-1546). According to legend, he was so moved by the beauty of the stars shining between the branches of a fir tree, he brought home an evergreen tree and decorated it with candles to share the image with his children.



The Viking god Odin is one precursor to the modern Santa Claus. According to myth, Odin rode his flying horse, Sleipnir (a precursor to Santa's reindeer), who had eight legs. In the winter, Odin gave out both gifts and punishments, and children would fill their boots or stockings with treats for Sleipnir.

©
<http://facts.randomhistory.com/x/Christmas-facts.html>

Flash interview: Santa Claus

New Inspirations: Do you have any sons or daughters?

Santa: I have my deer and my elves and they are family to me.

NI: How many elves work with you?

Santa: Lots of elves work with me, and I know all of their names!

NI: Why did you choose Rudolph to go in front of the sleigh?

Santa: Because his nose shines and lights the way. This is important because I travel at night.

NI: How do you deliver all the presents to every child in the world in one night?

Santa: I work all year to have the presents ready on that night but the big secret is that it isn't me who delivers the presents on that night. My elves go to every corner of the world and give presents to the children.

NI: What did you ask for Christmas?

Santa: Ho, ho, ho! I asked for two things: to retire and to move to a big, hot country.

NI: Why did you make an ad for Coca-cola?

Santa: I'm going to tell you my biggest secret. I was created by Coca-cola. Well, my clothes were. And... I'm not saying anything else without the presence of my lawyer. OH! Look at the time! I have to go to now, it's almost Christmas Eve!



Watch this spot for the monthly flash interview with our celebrities!

We are New Inspirations – Alice, Catarina, Inês P, Inês T, Joana – and we would like to thank Santa for his time!

Last page fun by New Inspirations

Easy



Average

