



ICSMILAN

Insights

20

DEC

ICS Milan

FIRST
EDITION

MENTAL
HEALTH
DURING
CHRISTMAS
TIME

HELPING
OTHERS:
ICS
VALUES
BEYOND
THE
SCHOOL

X-MAS
PLAYLISTS
RECIPES,
RIDDLES
AND MUCH
MORE





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Have an overview of our content. In this edition of the ICS Milan newspaper you will be able to find out about upcoming events at ICS, some of our favourite Christmas playlists, gift guides and more.

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COMING UP AT ICS

Christmas Break



I can't believe Christmas break is almost here. It's such a wonderful time of the year, where we get to take a break from school or work and spend quality time with our loved ones. I'm really looking forward to embracing the holiday spirit, decorating the Christmas tree, enjoying delicious meals, and exchanging gifts with family and friends. It's a great opportunity to relax, recharge, and reflect on the past year while making precious memories. Plus, I can't wait to curl up by the fire, watch holiday movies, and indulge in some winter activities like ice skating. Christmas break truly brings a sense of joy, warmth, and togetherness. I hope you have a fantastic Christmas break as well! - Jan Kalabiska

2024 Calendar

January						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Coming up this month...

Jan 1st- Public Holiday (New Years)
 Jan 2nd-5th- Christmas Holiday Break (continued)
 Jan 6th- Public Holiday (Epiphany)
 Jan 8th- PD Day for Staff (no classes)
 Jan 9th- Back to School/Classes Resume
 Jan 25th-26th, 29th-30th- Exam Days (HS)
 Jan 30th-Feb 2nd- GE International Music Festival (Barcelona)
 Jan 31st- PD Day for Staff (no classes)

February						
Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Coming up this month...

Feb 1st- Start of School/Beginning of Second Semester (HS)
 Feb 1st-Feb 2nd- GE International Music Festival (continued)
 Feb 2- Globeducate Reads
 Feb 4th- Parent-Teacher Conferences (USMS)
 Feb 9th- Carnival
 Feb 12th-16th- Winter Holiday Break
 Feb 19th- Back to School/Classes Resume

March						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Coming up this month...

Mar 4th-14th: World Engineering Day & International Math Day
 Mar 21st: GE Poetry Slam
 Mar 18th-22nd: GE EcoWeek WWF Quiz, Earth Hour
 Mar 19th-22nd GE MUN (Madrid)
 Mar 31st- Public Holiday (Easter Sunday)

April						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Coming up this month...

Apr 1st- Public Holiday (Easter Monday)
 April 2nd-5th- Easter Holiday Break
 Apr 8th- Back to School/Classes Resume/Midpoint
 Apr 10th- Parent-Teacher Conferences (HS)
 Apr 25th-26th- Public Holiday (Italian Liberation)/Long Weekend
 Apr 29th- Back to School/Classes Resume



BEST CHRISTMAS MOVIES TO WATCH DURING THE FESTIVE SEASON



HOME ALONE

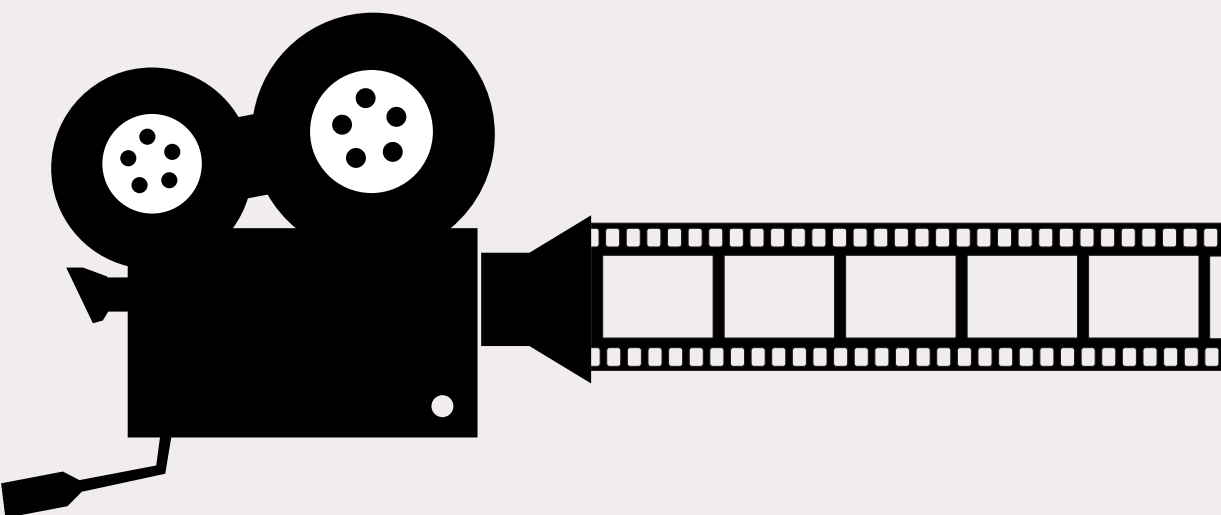
HOME ALONE IS A TYPICAL CHRISTMAS CLASSIC BECAUSE IT HAS MANY TRADITIONAL VALUES OF THIS FESTIVITY SUCH AS THE IMPORTANCE OF FAMILY, BUT ALSO SOME OTHERS SUCH AS THE IMPORTANCE OF SECURITY AND INDIPENDENCE. AND NOT JUDGIN PEOPLE FROM WHAT YOU HEAR ABOUT THEM. I THINK THIS MOVIE IS A PERFECT COMEDY FOR A FAMILY EVENING, IN ALL CONTEST. WE'VE INTERVIEWED SOME TEACHERS ABOUT THIS MOVIE AND THEY HAVE SAYED

- ONE OF THE FUNNIEST MOVIES THAT I HAVE EVER WHATCHED AS A CHILD-.

THEY ESPECIALLY LIKE THE ACTING OF THE PROTAGONIST (MACAULY CULKIN), BUT ESPECIALLY THE ANTAGONISTS WHICH WERE REALLY FUNNY AND TRASMITTED A GOOD MESSAGE OF EVIL CLUMSY PEOPLE.

GENERAL
RANKING: ★★☆☆

1ST PLACE 🏆





BEST CHRISTMAS MOVIES TO WATCH DURING THE FESTIVE SEASON



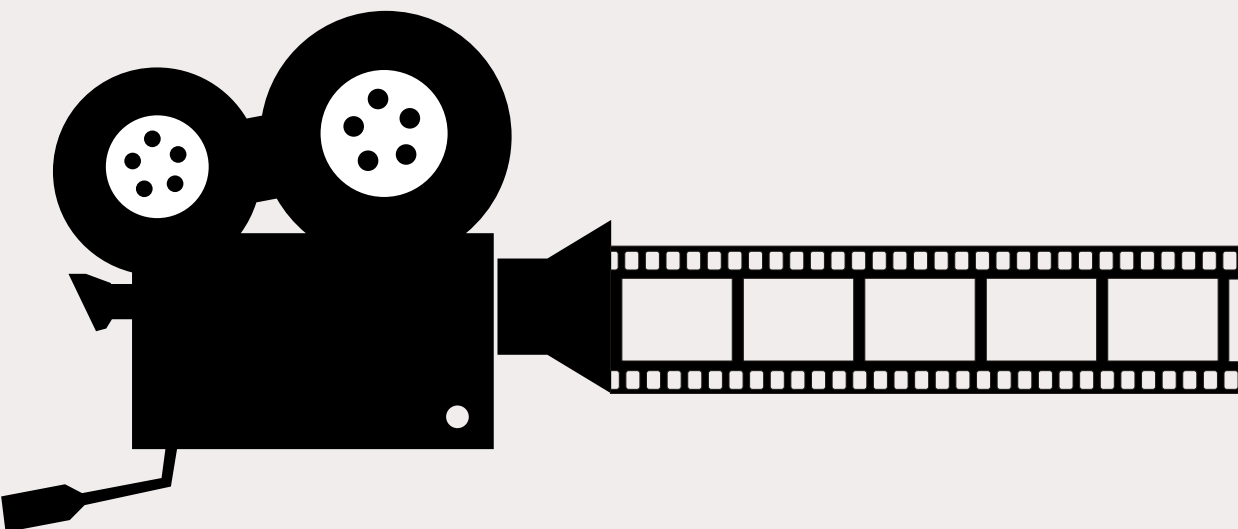
THE GRINCH WHO STOLE CHRISTMAS (MOVIE)

THIS READAPTATION OF THE CHILD BOOK WRITTEN BY DOCTOR SEUSS HAS A UNIQUE CHRISTMAS SPIRIT, SINCE IT HAS THE CLASSIC GRINCH VALUE WHICH IS CHRISTMAS IS NOT ABOUT PRESENTS, BUT HAS ALSO ADDED THAT PAST MUST BE KEPT IN THE PAST TO LIVE WELL IN THE PRESENT. WE'VE ASKED VARIOUS STUDENTS, WHICH HAVE SAID THE STORY AND PLOTLINE WERE CLEAR, THE MOVIE WAS INTERESTING AND THAT THERE WAS A CLEAR DIFFERENCE BETWEEN GOOD AND BAD CHARACTERS. OUR INTERVIEWEE IN THE STAFF OF THE MYP INSTEAD HAS SAID

-THEY COULDN'T CHOSE A BETTER ACTOR. HE IS REALLY EXPRESSIVE AND PERFECTLY FITS THE ROLE WITH HIS CARTOONISH FACE-
I PERSONALLY REALLY LIKE THIS MOVIE BECAUSE IT GOES DEEPER ON THE ORIGINAL STORY, GIVING VALID REASONS WHY THE GRINCH HATES CHRISTMAS AND DEFINING MORE HIS PAST.

GENERAL
RANKING: ★★

2ND PLACE 





BEST CHRISTMAS MOVIES TO WATCH DURING THE FESTIVE SEASON

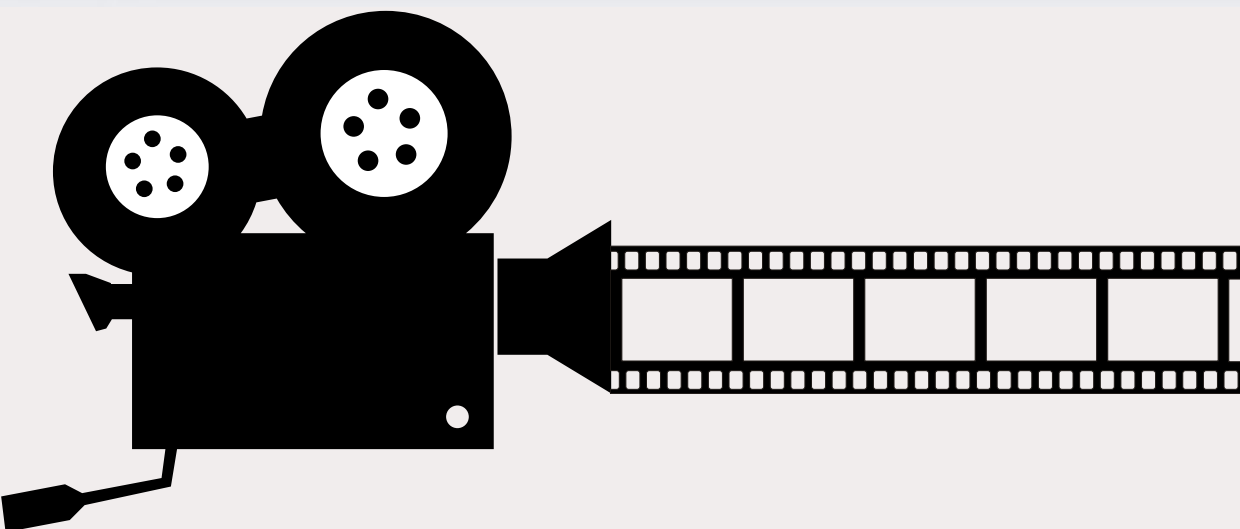


THE GRINCH (CARTOON)

THIS CARTOON-VERSION OF THE TALE OF THE GRINCH HAS GREAT CHRISTMAS MOVIE CHARACTERISTICS (SUCH AS THE TYPICAL OVERALL THEME OF CHRISTMAS VALUE) BUT HAS ALSO THE THEME OF CHANGING AND THAT, EVEN THOUGHT SOMEONE HAS DONE SOMETHING BAD, HAS TO BE FORGIVEN. WE'VE INTERVIEWED SOME STUDENTS OF SECONDARY SCHOOL AND THEY HAVE TALKED ABOUT THE GREAT QUALITY OF THE ANIMATION AND THE STYLE OF THE MOVIE, WHICH ARE BETTER THAN THE PREVIOUS CARTOON VERSION. THE DETAILS ARE GREAT AND THERE ARE SOME REALLY FUNNY JOKES AND MOMENTS OF GREAT LAUGHTER. IN CONCLUSION, THINK THAT IT IS GREAT FOR KIDS BELOW TEN BECAUSE, IT COULD SEEM REALLY CHILDISH TO OLDER STUDENTS AND ADULTS, EVEN THOUGHT THE OVERALL MOVIE IS GOOD.

GENERAL
RANKING: ★★

3RD PLACE 🏆



5 PLACES TO VISIT FOR YOUR CHRISTMAS HOLIDAYS

Everyone loves to spend Christmas with their families, however I'm sure we all need some time away to explore new cities and have some time to ourselves. Below you will find a list of 5 places to visit for your christmas holidays, whether it's big cities with lots of activities or small towns where you can enjoy the beauty of nature.



Basel, Switzerland



Basel is one of the most visited cities in Switzerland. A city with historical buildings next to modern architecture. If you're someone who loves walking around Christmas markets admiring all the decorations and festivities, Basel is the city for you, having not only one but two Christmas markets. These are filled with small stands with hand made products and Christmas themed gifts.

Basel is also filled with magical courtyards, one of the most popular being "...the 'Magical courtyard by Johann Wanner'". Situated right next to his Christmas store, well-known local producer and seller of handcrafted Christmas decorations Johann Wanner transforms the historic Spalenhof into a Christmas haven with a vintage look."

(Basel.com, 2019)



Gdansk, Poland



Gdansk is perfect if you're in the mood for a cozy, port city holiday. If you visit Gdansk in early december or late january you might even find the city covered in snow, which makes the effect of its warm and delicate architecture even more effectful.

Some highlights of visiting Gdansk during christmas season are the advent windows, a magical snow globe, a sleigh ride flight simulator, and a speaking elk.

Inari, Finland

While most people head to the Lapland city of Rovaniemi, we suggest heading even further south, to the freezing weathers of Inari.

Inari is the perfect place for a secluded holiday amidst a winter wonderland.

Inari is filled with great attractions which will bring you closer than ever to Finland's jaw-dropping views.



“A unique way of getting to know the waterways in the winter is by spending a night in a floating Aurora hut. This intimate experience is offered by the boutique chain, Wilderness Inari, and brings visitors closer to an outdoor experience than ever before – without leaving a trace on the surrounding nature. The eco huts are equipped with double beds and incredible views of the northern sky – and hopefully, the Northern Lights.” (www.visitfinland.com, 2023)

London, United Kingdom



“Christmas in London is truly an enchanting time to visit. There's a certain magic that can be felt throughout December. The lights are brighter, smiles are larger, and the city's attractions look even more beautiful than usual.” (Golden Tours, 2023)



London will always be a city which you can always come back to. The Christmas charm makes the city bright with joy, displaying all the Georgian townhouses and lively pubs. If you're a fan of Christmas lights, you won't have to go far to find them in London, the city is generously decorated with lights along the streets, inviting us into the city's wonders. Some main attractions in London include ice skating around various parks, browsing through pop up stores, visiting the Christmas markets and dining in some of London's best restaurants.

Salzburg, Austria



Salzburg is a perfect city for enjoying a calm Christmas. It's no secret the city is also found on the UNESCO Heritage list, in honor of the history, architecture and culture preserved in Mozart's town. The city is a great place for your bucket list if you're a fan of Sound of Music, as the city was used as the backdrop for the movie, some of the filming locations still being open to the public to this day.

However, Salzburg is also, as mentioned before, the city of Mozart, the whole town creates a very vintage and cozy feel, filled with intricate architecture. The city is filled with history, with roots dating back to the 15th century. Salzburg as well as other Austrian cities is home to the *bauernkrapfen* (fried pastries) which make the walks around the town even better and more enjoyable. -Michela

A GUIDE TO GIFT GIVING FOR BOYS AND GIRLS BETWEEN 10 AND 14

Finding presents for your loved ones before Christmas is always a struggle. Will they like this? What if they already have that? There are many things you have to take into account. Lucky for you, we have created a list of perfect and trendy gift ideas for girls and boys between the ages of 10 and 14, and who knows maybe these will inspire you with other ideas. -Michela Care' Maj



GIFT IDEAS FOR GIRLS BETWEEN 10 AND 14



Lush Snow Fairy Lip Jelly



Fuzzy and warm socks



Victoria's Secret Body Mist



Cute PJ sets



Scented Candles



Good Quality Makeup





GIFT IDEAS FOR BOYS BETWEEN 10 AND 14



Tech gadgets: such as smartphones, tablets, headphones, or portable gaming consoles.



Sports equipment: like a new basketball, soccer ball, skateboard, or a bicycle.



Video games: for popular gaming consoles like PlayStation, Xbox, or Nintendo Switch.



Clothing or accessories: based on their favorite sports teams, superheroes, or hobbies.



Remote control robots or drones: for both educational and entertainment purposes.

Share your quirkiest Christmas gift experience with us! Submit your story, and your most unusual Christmas present could be featured in our upcoming issue.



MENTAL HEALTH DURING FESTIVE SEASONS

The festive season can be a challenging time for mental health for several reasons. It is important to acknowledge and address these challenges to ensure a positive and healthy holiday experience.

1. Increased stress: Preparing for festive celebrations can lead to additional stress due to various factors such as planning parties, buying gifts, and financial pressures. This stress can worsen existing mental health conditions or lead to the development of new ones.



2. Loneliness and isolation: The festive seasons can intensify feelings of loneliness and isolation, particularly for individuals who may not have close family or friends to spend time with. This can be particularly difficult for those grieving the loss of loved ones or experiencing difficult relationships.

3. Unrealistic expectations: Festive commercials, movies, and social media often portray idealised versions of the holiday season, creating unrealistic expectations. When reality doesn't measure up to these expectations, it can lead to feelings of disappointment and sadness.

4. Seasonal Affective Disorder (SAD): The lack of sunlight during the winter months can contribute to seasonal affective disorder, a type of depression that occurs at specific times of the year. SAD can cause low mood, decreased energy, and changes in sleeping and eating patterns.

To support mental health during festive seasons, consider the following strategies:

1. Self-care: Prioritise self-care activities such as maintaining a regular sleep schedule, exercising, eating nutritious meals, and practicing relaxation techniques like meditation or deep breathing.

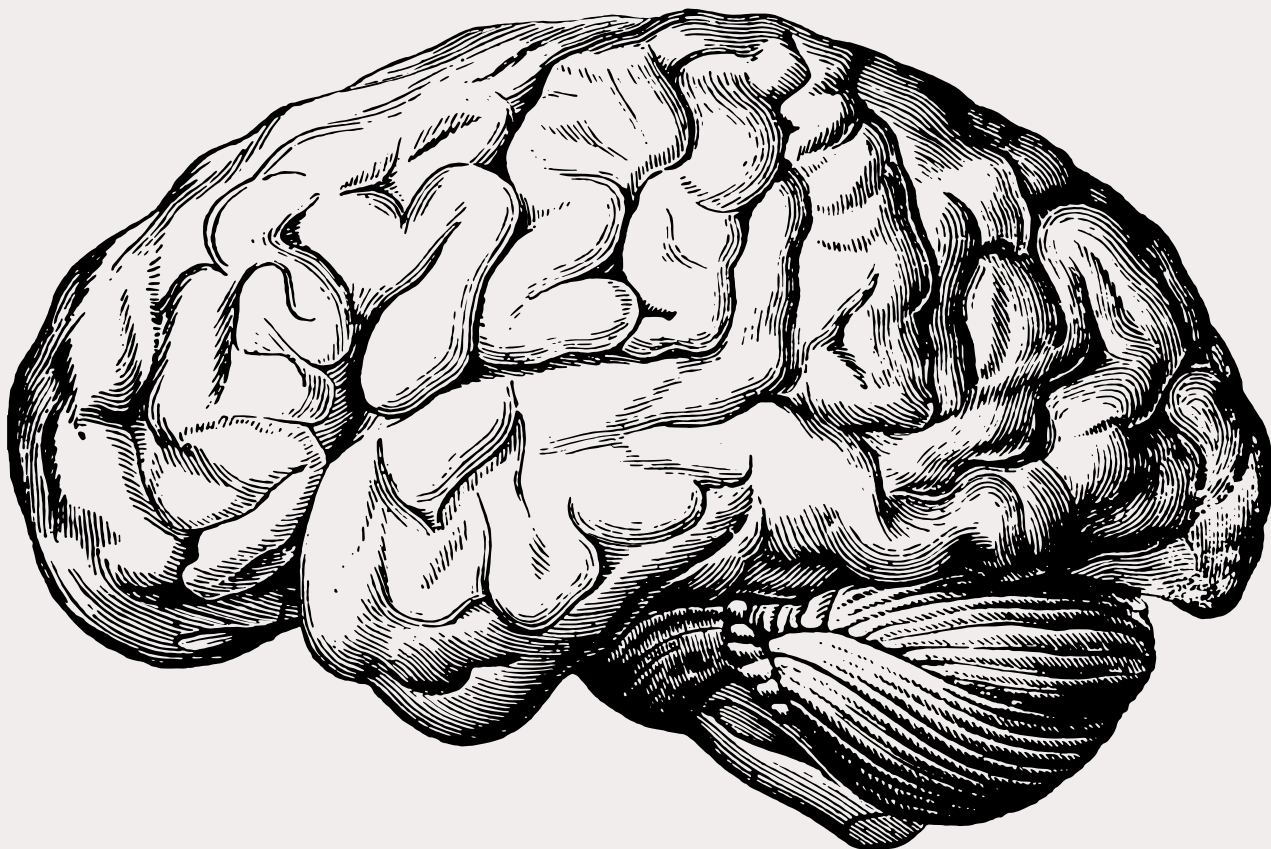
2. Set realistic expectations: Focus on enjoying the present moment rather than striving for perfection. Adjust your expectations and be mindful of your limits.

3. Reach out to others: If you're feeling lonely or isolated, make an effort to connect with friends, family, or support groups. Reach out to loved ones and let them know how you're feeling.

4. Manage stress: Find healthy ways to cope with stress, such as engaging in hobbies, taking breaks, practicing relaxation exercises, or seeking professional help if needed.

5. Seek support: If you're struggling with your mental health during the festive season, don't hesitate to reach out to a mental health professional or helpline for support and guidance.

Remember, everyone's experience during festive seasons is different, and taking care of your mental health is crucial. If you're struggling, prioritize self-care and reach out for support. -Jan Kalabiska



Merry
Christmas





A GUIDE ON HOW TO SHOW KINDNESS THROUGH SMALL GESTURES

Showing kindness through small gestures is a beautiful way to brighten someone's day and make a positive impact on their life. Here is a guide on how to express kindness through small acts:

1. Smile: Smiling is a powerful gesture that can instantly higher someone's mood. Smile at strangers, friends, or anyone you come across.



2. Say thank you: Expressing respect is a simple yet powerful way to show kindness. Say thank you to anyone who helps you, whether it's a teacher, a stranger, or a friend.

THANK YOU!

3. Hold the door open: If you see someone walking behind you struggling with bags or strollers, hold the door open for them. It takes only a few seconds but can make someone's day easier.



4. Compliment: Give genuine compliments to others, highlighting their achievements, or even their appearance. A few kind words can go a long way in boosting someone's confidence.



5. Offer to help: Whenever you notice someone who may need assistance, offer your help. It could be helping a friend with a heavy workload, offering to carry groceries, or assisting an elderly person crossing the street.



6. Send a thoughtful message: Take a few moments to send a kind and uplifting message to friends or family. It could be a simple "thinking of you" or words of encouragement during a difficult time.



7. Donate or volunteer: Small acts of kindness can extend beyond individuals. Donate to charities or volunteer your time to help those in need. Whether it's at a food bank, animal shelter, or community center, your efforts will make a difference.



8. Offer a listening ear: Sometimes, people need someone to talk to. Be willing to listen carefully without judgment when someone wants to share their thoughts, feelings, or problems.



9. Leave positive notes: Leave small, encouraging notes at places where others can find them, like a co-worker's desk or a public restroom mirror. Messages like "You are amazing!" or "You've got this!" can brighten someone's day.



10. Be empathetic: Practicing empathy is an essential part of showing kindness. Put yourself in other people shoes, try to understand their perspective, and offer support and compassion properly.





11. Surprise someone with a small gift: Occasionally surprising someone with a small gift can be an incredibly thoughtful gesture. It could be a favorite snack, a book you believe they'd enjoy, or a bouquet of flowers to brighten their day.



12. Practice active kindness online: Spread positivity by leaving uplifting comments on social media, reaching out to someone who seems down, or sharing positive news. The digital world can benefit greatly from small acts of kindness.



Remember, kindness comes from the heart, and even small gestures can have a big impact on someone's life. By practicing these acts regularly, you can contribute to creating a kinder and more compassionate world. -Jan Kalabiska

If you or a loved one is feeling depressed, it's important to seek help. Here are helpline numbers for mental health support in several countries:

Italy:

1. Telefono Amico: 199 284 284
2. Samaritans Italia: 800 86 00 22
3. SOS Il Telefono Azzurro: 1 96 96 (for children and adolescents)

France:

1. SOS Suicide: 01 45 39 40 00
2. Fil Santé Jeunes (for adolescents): 0800 235 236
3. Suicide Écoute: 01 45 39 40 00

United States:

1. National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
2. Crisis Text Line: Text 'HELLO' to 741741
3. Veterans Crisis Line: 1-800-273-8255, Press 1 (or text 838255)

**I'M
NOT
ALONE**

United Kingdom:

1. Samaritans: 116 123
2. Mind Infoline: 0300 123 3393
3. Papyrus (for young people): 0800 068 4141



EXCLUSIVE INTERVIEW

Jan and Michela, in a recent exclusive interview, had the privilege of sitting down with Nicola Owen, the visionary founder behind a charitable organization that is leaving a lasting impact on countless lives. Nicola's unwavering dedication to aiding others and her steadfast commitment to philanthropy have played a pivotal role in the resounding success of her charitable endeavors.



During our interview, Nicola shared her inspiring journey of founding the organization with the aim of making a positive difference in the world. Her personal experiences and encounters with challenges have shaped her perspective on the significance of giving back to the community. -Jan Kalabiska

Throughout our interview, we were struck by Nicola's humility and genuine dedication to uplifting others. Despite the tremendous progress her charity has made, she emphasised that there is always more work to be done. - Jan Kalabiska

In a recent interview, we had the opportunity to sit down with Nicola Owen, who has been actively involved in a charitable initiative for the past 3-4 years. When asked about the recipients of the donated gifts, Ms. Owen explained, 'We collaborate with a charity called Sospese Milano, which allocates the gifts to various charitable organizations.'

Delving into the motivation behind the choice to donate gifts rather than money, she shared, 'We opt for gifts because the destination of money is less transparent. Gifts provide a tangible, visual impact, helping children understand where their contributions are going and who they are helping.'

Reflecting on the importance of contributing to charity, Ms. Owen expressed, 'I believe it is crucial to raise children's awareness of their privilege and the things we often take for granted. Unfortunately, not everyone is as fortunate.'

When asked about the possibility of making monetary donations, she revealed, 'Yes, the PTA is open to contributing financially and is already doing so.' This insight offers a comprehensive view of Ms. Owen's dedication to the cause and the thoughtful considerations behind their chosen method of giving.



Ms. Owen has seamlessly integrated charity work into her role. When asked about the decision to incorporate charity, she revealed that it's something she's always done, even prior to her time in Italy. She explained various methods, including sponsored walks with children designed to impart valuable lessons.

Reflecting on the impact of charity work on the school community, Owen noted a positive shift evidenced by an increased interest in charity events. She emphasized the growing thoughtfulness of students, as reflected in numerous emails seeking information about these events.

Owen shared specific examples of charity initiatives undertaken by the school, such as sponsored walks and reads, aligning with the school's development as ICS. Despite facing challenges, including logistical issues in sending collections to Uganda, the school shifted its focus to local endeavors.

When queried about balancing the responsibilities of being a principal with managing charity work, Owen acknowledged the prominence of the PTA in handling financial aspects. However, she stressed the stress and logistical demands of managing charity work, particularly during certain times of the year.

Discussing the positive effects of charity work on academic and personal student development, Owen highlighted its particularly beneficial impact on early years. She emphasized its role in fostering learning experiences, opening up discussions, and contributing to academic growth.

In selecting charities or causes to support, Owen mentioned choosing initiatives close to the community, ensuring effective utilization within the local context.

Ensuring alignment with the school's values and mission, Owen emphasized the importance of helping children, as students can relate to this. She highlighted the shared values between the school and Milano Sospesa, emphasizing the focus on providing what is needed to those who need it most.

Addressing challenges faced in implementing charity initiatives, Owen discussed the physical act of managing and delivering gifts, time constraints, and the busy nature of December, which often leads to delayed parental participation.

Finally, offering advice to other principals interested in incorporating charity work, Owen recommended finding initiatives that students and families can relate to, emphasizing the importance of shared involvement. She highlighted the significance of expressing gratitude from charities to families, noting that teamwork has significantly eased the process.

In summary, Nicola Owen's interview left a lasting impression, showcasing her unwavering commitment to community service. Her innovative approach and dedication serve as an inspiration for individuals and organizations alike, underscoring the transformative impact one person can have when striving to make the world a better place.





CHRISTMAS PLAYLIST

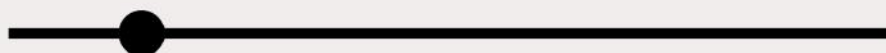
Christmas songs are a huge part of the holiday season. They bring joy and cheer to people of all ages and help create a festive atmosphere.

It's interesting how Christmas songs span different genres, from traditional carols to pop and rock renditions. Artists like Mariah Carey, Bing Crosby, Michael Bublé, and Wham! have all had huge hits with their Christmas songs.

It's also fascinating to see how new Christmas songs are being released each year, adding fresh and modern tunes to the holiday music repertoire. Some recent hits include 'All I Want for Christmas Is You' by Mariah Carey and 'Last Christmas' by Wham!

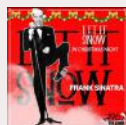
In addition to the popular songs, there are also culturally significant Christmas songs in different countries and languages. For example, 'Feliz Navidad' by Jose Feliciano is a well-known bilingual Christmas song that has gained international popularity.

Overall, Christmas songs have become an integral part of our holiday traditions, creating a festive ambiance and spreading holiday spirit. They remind us of the joy and happiness associated with the Christmas season. -Jan Kalabiska





Last Christmas
WHAM!



Let It Snow
Frank Sinatra



Christmas Time Is Here
Vince Guaraldi Trio



Rockin' Around The Christmas Tree
Brenda Lee



Jingle Bell Rock
Bobby Helms



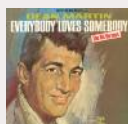
Winter Wonder
Michael Bublé



It's beginning to look a lot like Christmas
Michael Bublé



Jingle Bells
Frank Sinatra



Everybody Loves Somebody
Dean Martin



It's The Most Wonderful Time Of The Year
Andy Williams



Santa Claus Is Coming To Town
Frank Sinatra



O Christmas Tree
Tony Bennett



Let Her Dance
Bobby Fuller Four



All I Want For Christmas
Mariah Carey.





A Town With An Ocean View
Joe Hisaichi



Only Ones Who Know
Arctic Monkeys



There'd Better Be A Mirrorball
Arctic Monkeys



Body Paint
Arctic Monkeys



The Meeting Place
The Last Shadow Puppets



Black Plant
The Last Shadow Puppets



The Dream Synopsis
The Last Shadow Puppets



Theme From New York, New York
Frank Sinatra



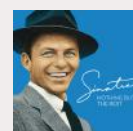
You're A Mean One Mr. Grinch
Dr Seuss



White Christmas
Bing Crosby



Fly Me To The Moon
Frank Sinatra



L-O-V-E
Nat King Cole



Baby It's Cold Outside
Michael Buble



Christmas Kids
Roar



CHRISTMAS RECIPES

In this special Christmas edition, you might be wondering: are there any recipe recommendations for your festive lunch? Look no further! As an Italian citizen, I have curated some authentic Italian tradition recipes, along with an English one, to enhance your holiday feast. Whether you choose to celebrate on the night of the 24th or during lunch on the 25th, get ready to whip up some culinary delights! -Anna Zanetti

Ingredients for 4 people

- 150g of Cooked and sieved pumpkin
- 20g of Crushed amaretti
- 50g of Fruit mustard
- 20g of Grated Parmigiano Reggiano
- Pepper
- Salt
- Nutmeg, cloves and cinnamon

For the pasta

- 1 whole egg + 1 egg yolk (60 g + 30 g)
- 100g of 00 white flour

Serve with:

- 50g of Butter
- 20g of grated parmesan cheese



PUMPKIN TORTELLI

Execution

- Choose a pumpkin and cut off a slice of approximately 300 g and cook it in water lightly salted and sweetened (to compensate for the loss of sugar during cooking) for 30 minutes or until you see that it is soft like a boiled potato. Remove it, private it of the peel and pass it through a sieve. Add the pumpkin puree thus contained to the amaretti biscuits, chopped mustard, grated Parmesan cheese and all the spices. After the union of all the ingredients, let the mixture rest in the cold until you prepare the pasta.

- Make a hole in the flour and break a whole egg plus one yolk.
- Work well until you obtain a homogeneous and porous mixture.
- Roll out the dough with the help of a machine or with a rolling pin and cut large squares of 8cm. Per side.

- Place a little filling (6-8 g.) in the center and close like a candy, diagonally, doing:

1) match the tips diagonally

2) folding again

3) pressing well around the filling: Throw in boiling water and cook for 5 minutes. Serve with butter and Parmigiano Reggiano

One more tip

The pumpkin must be very heavy

2) it must have deep inlets and a very dry petiole

3) it must be yellow-green and wrinkled, not shiny

If you see that the pumpkin puree, once cooked and passed through a sieve or food mill, is a little watery, place it in a linen or cotton bag and squeeze it until it loses most of the water.

Ingredients

- 1.2kg of magatello
- 2 carrots
- 1 leaf of laurel
- 5 cloves
- 1 and a half liters of water
- salt

Procedure

Cook the piece of meat in a pot by placing it in cold water with carrots, laurel, cloves and a handful of salt. Water has to cover the meat. once it starts boiling, lower the heat, put a lid ajar and cook for 1 hour and a half.

Take out of the pot the piece of meat, wait until it is cold and then slice it

Sauce Ingridients

- 200g of tuna
- 400g of mayonnaise
- 4 anchovy fillets
- 1 tablespoon capers
- 1/2 lemon

Procedure

- Put all the ingredients in a mincer and blend until it is a cream
- Put the cream on the slices of meat and garnish with capers.

**VITELLO TONNATO****For the dough**

- 400g flour
- 100g brown sugar
- 150g honey
- 1 egg
- 120g butter
- 2 tablespoons of cinnamon
- 2 tablespoons ginger
- Nutmeg

Procedure

- on a table work the flour and the cold butter cutted into cubes, then add an egg, brown sugar, honey, cinnamon, ginger and nutmeg.
- once it becomes a dough, wrap it in cling film and let it rest in the fridge for at least half an hour.
- roll out the dough (approximately 2/3 cm) and cut the biscuits with the cutters. bake them at 180 degrees for approximately 15/20 minutes.

For the frosting

- egg white
- cream of tartar
- 2 drops of lemon
- 400g of icing sugar

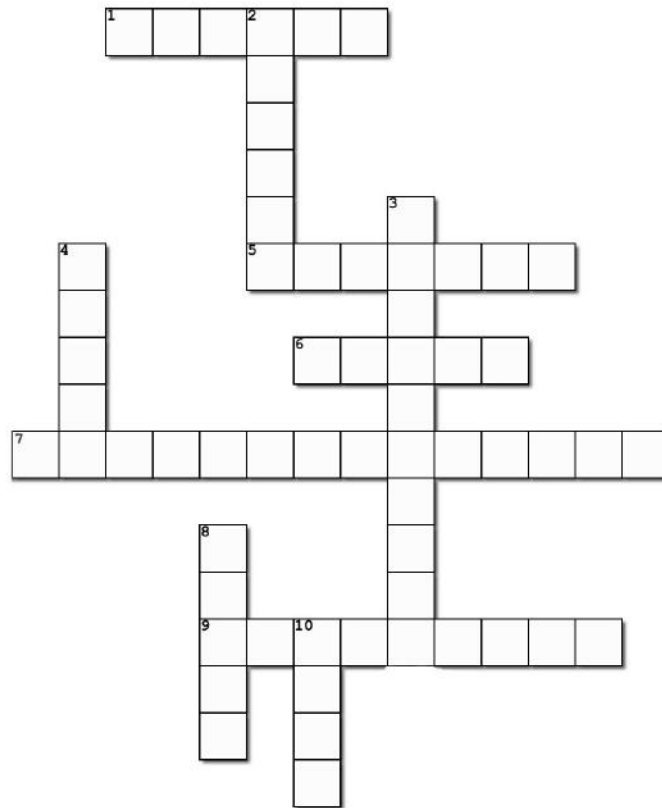
Procedure

Mix the ingredients in a bowl and use the cream to decorate the biscuits!

**GINGERBREADMEN**



CHRISTMAS RIDDLES



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Popular snow man name used in many movies
5. Something Easter, Christmas and Carnival have in common
6. One of the decorations you might put on a Christmas tree
7. Typical Christmas Biscuit
9. Lovers might kiss under this

Down

2. The vehicle in which Santa travels on
3. Popular Christmas song
4. What is the name of the protagonist from home alone (1990)?
8. Santa's reindeer which has the same name as a star
10. You can find me oftenly in the mountains





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



Cracker
Family
Rain
Scrooge
Tree

Cookie
Elves
Gift
Santa
Stocking

Claus
deer
Frost
Rudolph
Snowflakes





STUDENT POETRY AND WRITING

It's Christmas Time!

By Flaminia Morelli

Its winter
And it fills my inner

Everything is white
I'm enjoying my time

I play in the snow
Everyone and everything is a big lump of glow

I see my beautiful Christmas tree
I start to see

I can feel the moods in the air
I start to feel rare

I can smell gingerbread
My excitement is hanging on a thread

I see my friends having fun
I start to run

I hear my heart burst
I feel a sudden thirst

Under the tree we look
We see a book

It's Santa's list!
We start to think we are blissed

We see were on the "Nice kids" part
We immediately feel our heart

I'm ready to smile
It's Christmas time





STUDENT POETRY AND WRITING

Silent New Year

Vasmin Awad

In Palestine, where the new year's dawn bears strife,
Fire bombs shadowing every hopeful life.
Contrasting this, where cheers ring loud and clear,
In different worlds, hope and despair coexist near.

In one land, celebrations may feel hollow,
While elsewhere, joy follows like a bright tomorrow.
Whispers of struggle and dreams so bright,
Human stories entwined in the same moonlight.

In the gentle glow of the new year's dawn,
Palestine's narrative, a tale still drawn.
Children step forward, burdened by despair,
No joyous celebrations, just the weight they bear.

Dreams, like shadows, lost in the conflict's mist,
A distant yearning, in the war's twist.
No grand galas, only lingering whispers,
In the winds of war, where happiness seldom grows.

Yet, within their hearts, a flicker of strength,
A determination that travels length.
For these young souls, as a new year nears,
Amidst the strife, facing unspoken fears.

Yet, within their fortitude, a spark,
A determination shining in the dark.
For these kids, as a new year unfolds,
They endure amidst the strife, their stories told.





STUDENT POETRY AND WRITING

My Christmas wish

Beatrice Massa

A Christmas wish,
a wish to keep secret,
nobody knows the pain,
the sadness,
that they feel every second.

A Christmas wish,
so bright it looks like a rays of the morning sun,
a lion's soft, golden main
which brightens the world,
and makes it seem like everything is fine,
when it's not.

A Christmas wish,
a place to keep all their secrets,
a place to relax,
something only they want with all their little heart.

A Christmas wish,
while others get their presents,
they just fall to the cold earth's ground,
while others cry of joy,
they cry of agony,
while others hear cheering,
they hear gun shots being fired around them
and while others wish for new wishes,
they still keep our only wish,

the one they will never abandon,
the one that will never come true,

A Christmas wish.

For all the kids in the war between Ukraine and Russia





STUDENT POETRY AND WRITING

Under The Mistletoe

Bianca Papini

As Christmas approaches, we feel winter in the air.
But our hearts are warmed by care

Snow is falling, all around
Houses are covered in white
as if they were wrapped in white fluffy blankets
The smell of cinnamon in every shop
The sound of bells in every ear

The golden Christmas stars shine down
Lighting up the whole town
Holly wreath on every door
Lighting coming out from every window
And Christmas songs from every radio

Carols singing in the distance
People laughing everywhere
You can see snowflakes
Floating in the air
In the winter freezing air

Christmas morning
When the house is covered in gifts
And kids jump and run
Love fills up the room
And sadness leaves the room

Across the white Christmas morning
Each home is filled with candlelight





STUDENT POETRY AND WRITING

Christmas Poem

Pierre Pappini

The snowman waits,
Every single year.
For the sound of the deer,
Who may be very near.
Once he turns around,
He notices who he's found.
And he starts to sway,
Towards the golden sleigh.
Santa is close,
Wearing red clothes,
Dragging his huge bag along.
Thinking that nothing
Could have ever gone wrong.
Billy was waiting.
On the side of the tree,
Wondering if Santa liked tea.
Santa fell down,
Hurting his knee,
Waking little Billy,
Who was now very sleepy.





STUDENT POETRY AND WRITING

Christmas.

What images paint our mind when we hear this word?

Christmas.

Snow. A city covered in blankets of shiny lights. Santa Claus. Presents. Christmas trees. holidays. Cookies and hot chocolate under a warm blanket and an avalanche of other joyful thoughts cross our minds at the sounds of those letters being pronounced.

This wonderful holiday, celebrated in the entirety of our sphere, dates back to the 9th century. It was acknowledged for the first time in Rome, where people celebrated the end of the harvest and the return of longer days. People would gather at the centre of the city, sing songs and exchange gifts.

Throughout time, this world-wide festivity has blossomed, spread and evolved. Though, these days, what has Christmas actually become? Well, if we whizz back through the years, back then the point of Christmas was to spend time with your loved ones and feel joy together, giving thanks.

Nowadays, though, the actual meaning of Christmas has been torn apart by consumerism. People look forward not to Christmas but to the presents they will buy and receive.

We now await the holidays for the glitz and glam of that shiny new gift and no more for the true meaning of Christmas- charity, family, faith, celebration. The happiness of Christmas that was once a hug or eating all together has now become a shopping bag.

Merry Christmas to everyone.

-- Student work shared by Mrs. Gaspari

