

# THE MIND-SHARPENER

THE NEWSPAPER OF THE 5<sup>TH</sup> GRADE OF THE 2<sup>ND</sup> PRIMARY SCHOOL OF PORTARIA ALLI MERIA

## SEND THIS COUPON AND WIN!

Cut this coupon and send it to our school (2nd Primary School of Portaria, Alli Meria 38500) or give it to Olia Lapioti from the 5th grade!

One of you is going to win a surprise present! Get our next issue to find out if you are the winner!

Write your full name!

Write your phone number!



Issue 1, December 2008

Price: 1 €

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**ENJOY  
READING!!**

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της Έλενας  
Παπαχατζοπούλου  
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May your heart be filled with  
warmth and good cheer,  
this Christmas  
and the coming Year.  
May the Christmas spirit of  
love and harmony  
bring joy to you and your family  
this Holiday Season.  
Becky Abel

## MY WEEKENDS

by Irene Stavrou



I believe that Saturdays and Sundays are nice days because we have not got school, we can go on a trip with our family, or we can play with our friends. That is because we have a lot of free time!

On Saturdays, I usually do my homework for school, go swimming, play with my friends, go to my relatives in Thessaloniki and I ALWAYS go shopping – the best!

On Sundays, I usually go out for lunch with my parents. In the afternoon I go to the cinema with my friends, I play with my friend, Helen, I watch TV and I revise my school subjects!

I like weekends because I do not go to school, I meet my friends, I play a lot, but I also do not like them sometimes because I have a lot of homework!

## TIME FOR JOKES

by Catherine

Lemonaki



- I know everything about animals!
- Name ten wild animals, then.
- All right. Seven elephants and three panthers.

- 
- I've got a problem with my eyes, doctor.
  - You're right! This is the bank!!!
- 

- What do kangaroos have that no other animal has?
- Baby kangaroos!

## RACING

by Alex Aggoumis,  
George Polychronou and  
George Tzigas

We all know that sports are good for our health and body. What about racing? We have interviewed our coach, Mr. Sideris, and managed to get some answers about racing.

### What do you think racing offers to children?

It offers a well-shaped body, speed and health.

### From which age can children start racing?

They have to be at least 3 years old.

### Do you think racing is better for the boys, or the girls?

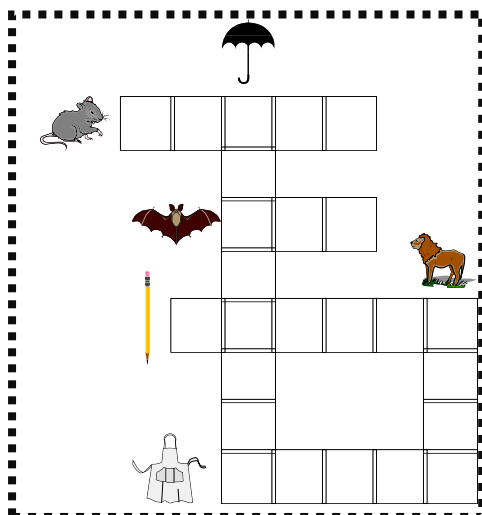
It's better for both, maybe a little more for the girls.

In conclusion, racing is a great sport! You can exercise your body, you can take part in games and you can make many new friends!



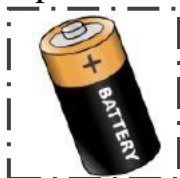
## LET'S HAVE FUN!

by Dimitra Kontogeorgi



## USING BATTERIES THE RIGHT WAY!

by Sophia Makri



We all use batteries at home! We use them in: cell phones, flash lights, radios, remote controls, toys, cameras, clocks, watches, wireless phones and many other things. But, do we use them the right way?

Here are some ideas you should think about:

🌐 We avoid the use of batteries as much as possible (e.g. in the house we listen to music by plugging our devices.)

🌐 We don't leave batteries in devices that we don't usually use.

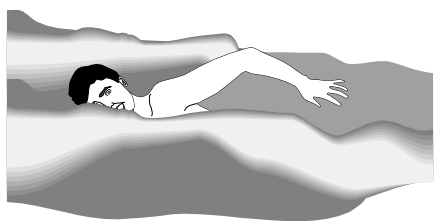
🌐 We prefer solar batteries where they can be used. They charge with the sun's light and we don't throw them away.

🌐 We shouldn't use old batteries with new ones in the same device.

🌐 ***WE RECYCLE BATTERIES THAT DON'T WORK!***

## LET'S ALL START SWIMMING!

by Mark Bazarefski and John Stamos



Swimming is one of the sports that most of the children like. We all understand that this sport is quite different from the other sports but what does a trainer have to say about it? We have interviewed

our trainer, Mr. Makris, and he has given us some useful information.

🏊 **From which age should someone start swimming?**

A child can start swimming from the age of two. But if he or she wants to practice it, he or she should be from six to eight years old.

🏊 **In your opinion, which sport can exercise the human body better and why?**

Definitely swimming! That is because it can exercise the arms and the legs at the same time. Also, training takes place in a different environment which is the water and not just the air.

🏊 **Why do you believe swimming is a nice sport?**

I believe this because I really love swimming and I love the water!

🏊 **For which reason have you decided to be a swimming trainer and not, let's say, a football coach?**

Because I love swimming, and one of my teachers in this school has helped me learn all the secrets of swimming.

🏊 **How many times in a year do the children compete with other children?**

The older groups compete in 3 games in the big pool. The younger groups participate in 15 competitions in a year.

🏊 **How many trainers do you work with and what are their names?**

In our team there are the following trainers: In the pool for learning how to swim there are Mr. Stamos Makris and Mrs. Panagiota Zioga. The rest of the trainers are: Mrs. Ioanna Tsitse, Mr. Ranagiotis Glikos, Mr. Kostas Ioannou, Mr. Lefteris Hatzistamos, Mr. Grigoris Madas and Mrs. Helen Mada.

Swimming is easy, fun and good for your body and health! It is never too late to start practicing it and enjoying all its benefits!

## YUMMY YUMMY

by Fotini Karabina



### KOURABIEDES



#### Ingredients:

½ kg melted butter  
5 spoonfuls of cognac  
2 spoonfuls of powdered sugar  
1 egg yolk  
1 spoonful of soda (for cooking)  
1 spoonful of baking powder  
250gr white chopped nuts  
about 1kg of flour

#### How they are done:

We melt the butter in a bowl. We add the sugar and the soda in the bowl. We mix all the ingredients together. We bake them and then sprinkle them with sugar.

### TROUFAKIA



#### Ingredients:

1 bottle of milk (Vlahas)  
2 cups of powdered sugar  
4 vanillas  
2 cups of chopped nuts  
100gr truffle

#### How they are done:

We mix all the ingredients with the truffle and we put the mixture in the fridge!

## OUR NUTRITION AT SCHOOL

by Helena Papahatzopoulou



Do we eat healthy food in school? In the 2<sup>nd</sup> Primary School of Portaria Alli Meria we have done a survey about what the children eat for breakfast in school. Would you like to see if our nutrition is healthy?

The children of our school have answered a questionnaire. The results are the following: 60% of the children eat homemade food and 40% buy food from the market or the baker's. The children who take homemade food seem to prefer mainly toasted sandwiches and pies, while the children who buy food prefer snacks and chocolate.

The conclusion from this survey is that most of the children of our school eat homemade, healthy food. We all know that we must have a good breakfast in the morning to have energy to move and think better. Also, we should not put sugar in our milk and we should eat lots of fruit!

## EASY SUDOKU

by Ioanna Pagonidi and Sia Roussopoulou

		4	
		1	2
4	3		
	2		

	1		2
2			
			3
3		4	

		3	2
			4
1			
2	3		

3		4	
			2
1			
	4		3

## THE PROBLEMS IN OUR SCHOOL

by Irene Stavrou



Every school in the world has got problems! Our school is not an exception! What do the children think the problems of our school are? We interviewed the children of our school and did a survey about the problems in our school. Would you like to see if you agree with them?

In our school, children believe that there are many things that need to be changed.

- The school yard is very small.
- There is no canteen.
- The classrooms are very small.
- The WC (toilet) is very dirty.

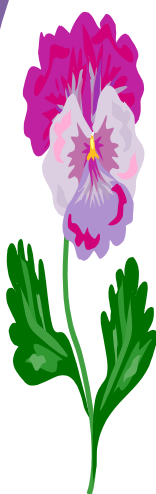
Obviously, we all look forward to a new school, a new building that will have everything we need! Please, change this bad situation, we will all be happier and the number of the students will be greater!

### NOTE:

For any comments concerning this paper, please refer to Miss Olia Lapioti from the 5<sup>th</sup> grade!

### ΣΗΜΕΙΩΣΗ:

Για οποιαδήποτε σχόλια σχετικά με αυτή την εφημερίδα παρακαλούμε απευθυνθείτε στη Δις Όλια Λαπιώτη της 5<sup>ης</sup> τάξης!



## ΤΙ ΠΡΕΠΕΙ ΝΑ ΠΡΟΣΕΧΩ ΣΤΗ ΔΙΑΤΡΟΦΗ ΜΟΥ

της Έλενας Παπαχατζοπούλου

1. Να τρώω σε τακτικές ώρες και όχι όποτε θέλω.
2. Να πίνω τουλάχιστον δύο ποτήρια γάλα την ημέρα. Είναι προτιμότερο να πίνω παστεριωμένο φρέσκο και όχι μακράς διάρκειας.
3. Να τρώω πολλά φρούτα. Τα φρούτα να μην τα τρώω αμέσως μετά το φαγητό αλλά μακριά από τα γεύματα κατά τη διάρκεια της ημέρας με σκοπό να αποτελέσουν συμπλήρωμα τροφής γιατί η ηλιακή ακτινοβολία μας βοηθά να παίρνουμε περισσότερες βιταμίνες από αυτές που έχουν τα φρούτα.
4. Να πίνω αρκετό νερό και χυμούς καθημερινά, όχι όμως αναψυκτικά και ειδικότερα όταν το στομάχι είναι άδειο γιατί κάνουν κακό στα δόντια μας και το συκώτι.
5. Να αποφεύγω ζάχαρη και να την αντικαθιστώ με μέλι.
6. Να τρώω ψωμί και να προτιμώ το σιταρένιο ή το πολύσπορο και όχι το λευκό. Προτιμώ το ίδιο και για τις φρυγανιές (σιταρένιες, σικάλεως). Αποφεύγω τα πολλά γλυκά γιατί παχαίνουν και κάνουν κακό στο συκώτι.
7. Σε κάθε γεύμα θα πρέπει να υπάρχει χορταρικό ή σαλάτα ωμή, της εποχής, γιατί οι ίνες βοηθάνε στο έντερο. Στη σαλάτα και στα φαγητά να τρώω ελαιόλαδο που προστατεύει τον οργανισμό γενικά.
8. Να τρώω όσπρια 1-2 φορές την εβδομάδα.
9. Δεν είναι απαραίτητο να τρώω κρέας κάθε μέρα.
10. Να τρώω ψάρι 1-2 φορές την εβδομάδα.
11. Να αποφεύγω τα πολλά τηγανιτά, τις πολλές σαλάτες και τις υπερβολικές φέτες ψωμί στα κύρια γεύματα.
12. Να μη φεύγω ποτέ με άδειο στομάχι απ' το σπίτι. Το πρωινό μπορεί να περιλαμβάνει κάτι από τα παρακάτω:

- γάλα
- τσάι
- κέικ
- ψωμί
- φρυγανιές με βούτυρο
- μέλι με φρυγανιές (ή ψωμί)
- μαρμελάδα, φρυγανιές (ή ψωμί)
- δημητριακά







# FIND THE PHRASE!!!

by Ioanna Pagonidi and Sia Roussopoulou



Replace the symbols with the letter and find out what the girl is saying!!!

A	B	C	D	E	F	G	H	I	J	K	L	M
▽	*	◇	▯	♥	○	+	△	♠	⌘	■	↑	◆
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
☆	□	⊗	↕	☾	◀	●	↶	◎	⊠	✋	⌋	↓

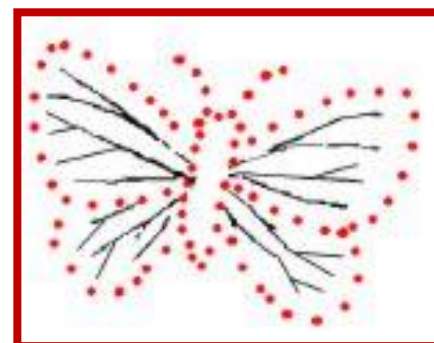
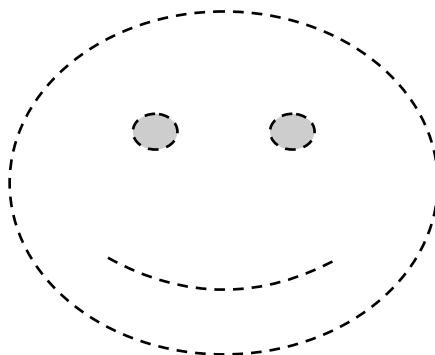
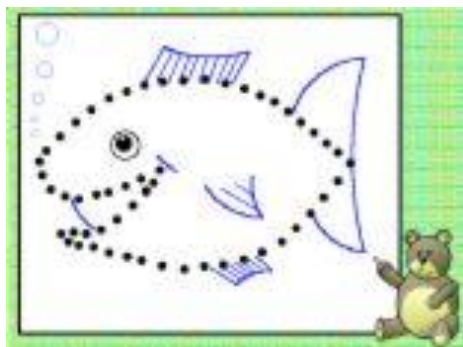
△	♠	,	△	□	⊠		▽	☾	♥		⌋	□	↶			?

⊠	□	↶	↑	▯		⌋	□	↶		↑	♠	■	♥		●	□

*	♥		◆	⌋		☆	♥	⊠		○	☾	♠	♥	☆	▯	?

# JOIN THE DOTS!!!

by Dimitra Kontogeorgi, Ioanna Pagonidi and Sia Roussopoulou



# Star Signs

by Aspa Margelou



*Aries (21/3-20/4)*

**Friends:** You'll be together during the holidays!

**Fun:** You will have a great time!

**Family:** Invite all your relatives for dinner!



*Taurus (21/4-20/5)*

**Friends:** The New Year will bring you new friends!

**Fun:** You will only think about fun this month!

**Family:** Do not forget your grandparents during the holidays!



*Gemini (21/5-21/6)*

**Friends:** A lot of music, a lot of dancing and lots of fun with your friends!

**Fun:** It may be the best holidays ever for you!

**Family:** You may go on a family trip!



*Cancer (22/6-22/7)*

**Friends:** You organize lots of things together!

**Fun:** You really know how to have a good time!

**Family:** Your mum needs your help with the Christmas preparations!



*Leo (23/7-22/8)*

**Friends:** You will meet friends from the past!

**Fun:** Go out! Have fun! Don't stay in!

**Family:** Don't do things that make your parents angry!



*Virgo (23/8-22/9)*

**Friends:** Call them! They need you!

**Fun:** Going out is not boring! Get dressed! Leave the house!

**Family:** They love you and they show it!



*Libra (23/9-22/10)*

**Friends:** They are always near you!

**Fun:** You are more social than ever!

**Family:** You really enjoy the atmosphere at home!



*Scorpio (23/10-21-11)*

**Friends:** They make you laugh!

**Fun:** Holidays will be super for you!

**Family:** Don't get angry so easily! Relax and enjoy the moments with the people who love you!



*Sagittarius (22/11-20/12)*

**Friends:** You will meet more and more friends every day!

**Fun:** It's your favourite hobby!

**Family:** You really want to spend some time with them!



*Capricorn (21/12-20/1)*

**Friends:** You will go to many parties and see some old friends there!

**Fun:** It will be great! Fun is all you will care about!

**Family:** It's time to meet some family members that will come from another country!



*Aquarius (21/1-18/2)*

**Friends:** Be careful! Some of your friends are not true friends!

**Fun:** You will not stay at home so much!

**Family:** They all want the best for you!

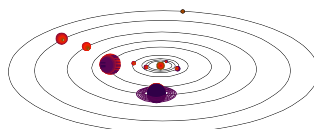


*Pisces (19/2-20/3)*

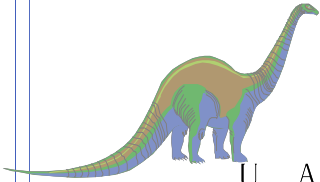
**Friends:** It's a good time to talk to one of your friends about some problems you have!

**Fun:** You will go for walks and have fun at parties!

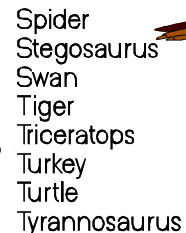
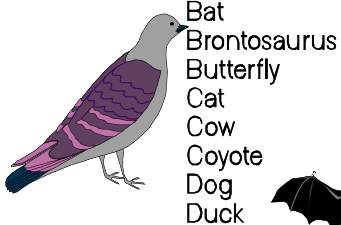
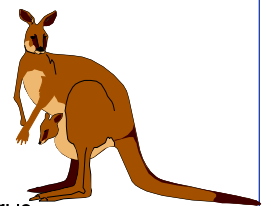
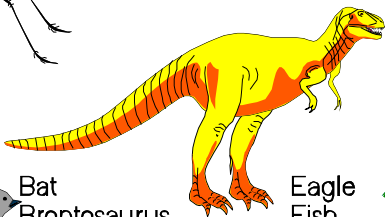
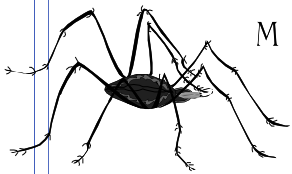
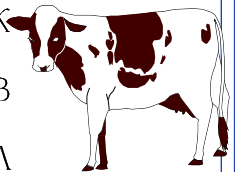
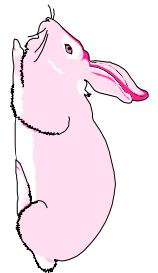
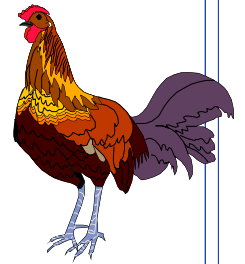
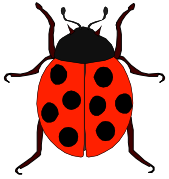
**Family:** You will probably have a baby brother or sister soon, or a new pet!



# ANIMAL WORD FIND



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



Bat  
 Brontosaurus  
 Butterfly  
 Cat  
 Cow  
 Coyote  
 Dog  
 Duck

Eagle  
 Fish  
 Flamingo  
 Frog  
 Horse  
 Kangaroo  
 Ladybug  
 Lion

Parrot  
 Pig  
 Pigeon  
 Pterodactyl  
 Puppy  
 Rabbit  
 Reindeer  
 Rooster

Spider  
 Stegosaurus  
 Swan  
 Tiger  
 Triceratops  
 Turkey  
 Turtle  
 Tyrannosaurus

