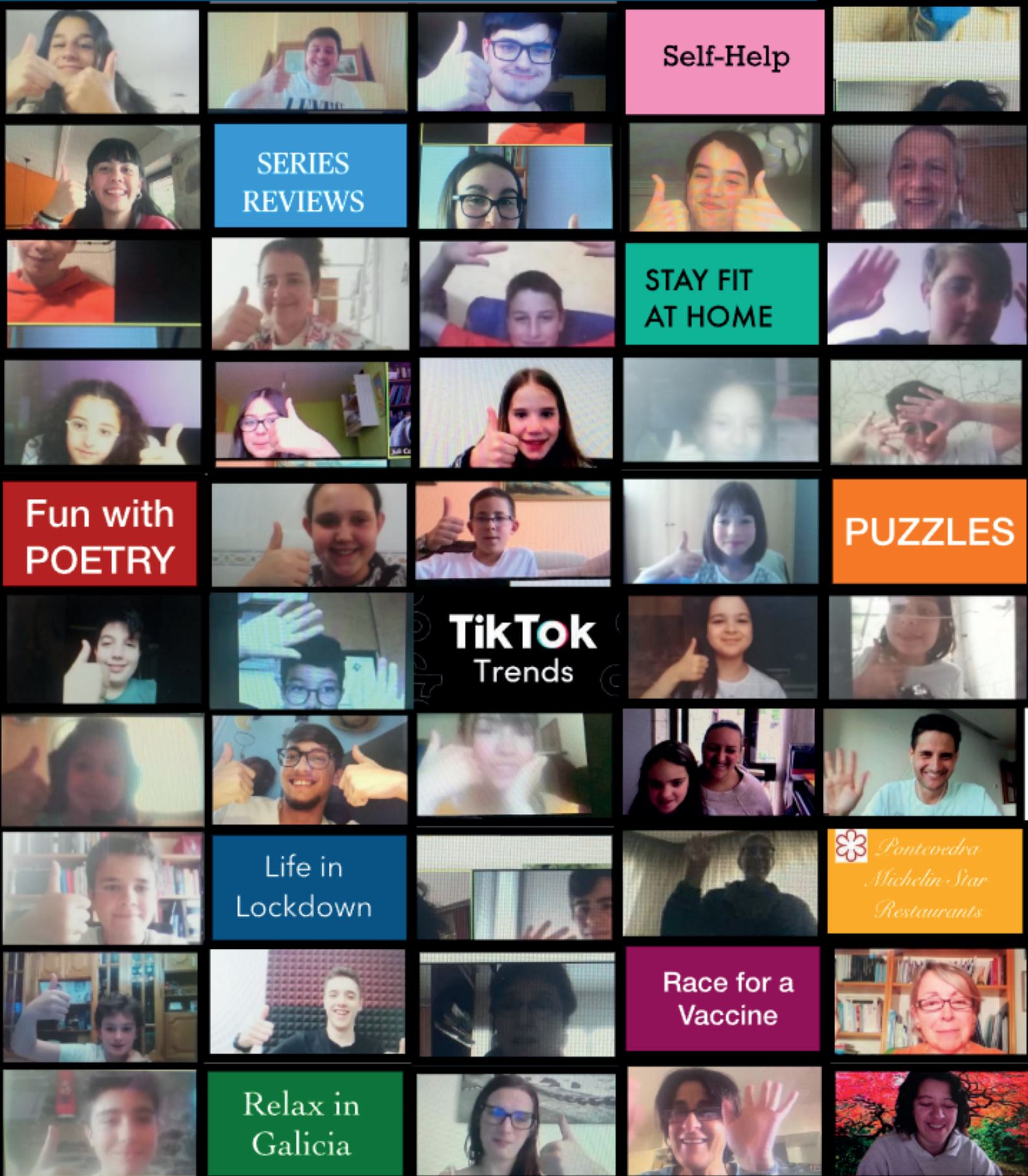


# TRL Splash

JUNE  
2020



# Diary of a student in Lockdown

My body tells me its time to get up at 8:30am (1 hour later than normal). I have breakfast before I look at my emails to see my homework for school. Then I do my homework and study. This takes about 4-5 hours. After lunch, I watch TV, often 'The Simpsons'. I do some more homework until 6pm which is when I go to the field to play football with my dad while my grandmother plants vegetables. I read a book before I go to bed. At the moment, I am reading 'Memorias de Idhún' by Laura Gallego.

Diego Lois

I Wake up at 10am (2h later than normal) and wash, have breakfast, check my e-mails and study. When I finish, I have lunch followed by a siesta and then I do more homework. I go to the field with my brother and my grandfather around 7pm to play football, go swimming in the pool or ride a bike.

Adrian Taboada

I wake up at around 10am .I have breakfast and then look at my email to see what homework I have to do. I try and finish them all before lunch so I can have the afternoon off. I have lunch and then watch some TV . If the weather is nice I go outside and play some football. If not, then I stay inside and play some games on my phone.

Daniel García

## COVID-19 Acrostic

**C**atch the virus  
**O**h no! It's on us  
**R**ace for vaccine starts  
**O**r we may die  
**N**obody is safe  
**A**sk for masks and gloves  
**V**irus will stay away  
**I**f we follow rules  
**R**apid return to normality  
**U**nder new instructions.  
**S**unshine will Rise

Teresa Soto, Carmen González and Maria Ares



## Christmas 2019



Song title: Christmas, baby please come home

Singer: Michael Buble

Link to The Red Lion students version and video of the song: <https://www.facebook.com/watch/?v=603741250198727>

We hope you enjoy it!





# The Fine Face of Lockdown

*Have you thought about the benefits that lockdown can provide you with? They can appear to be difficult to see but they are there. Finding these positive things can help make the most of the pandemic situation.*

## Time to reflect

At pre-coronavirus time, our stressed lives didn't let us think about how we live. A full routine keeps us so busy that we can't enjoy our free time as we should. Being conscious of how the world works and how pandemic problems arise can help prevent development of another pandemic.



## Slow down the routine

Working or studying at home reduces the high speed of life's rhythm. The time you save on transport can be used in both a relaxed and productive manner. This fact not only provides health benefits but also helps the quality of our work.



## Learn how to live with family

Living with the family 24/7 could result in exhaustion. However, it is a good moment to enjoy doing a jigsaw puzzle with your parents or distributing house chores with your siblings.

## Conclusion

Within every bad situation, there is always something positive to learn. Make the most of the Coronavirus situation, it's a question of perspective.



By Nicolas Abeledo

## Family members

R	U	E	T	D	H	E	U	U	U	C	R	A	D
B	P	T	N	T	O	U	N	S	N	E	P	A	R
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M	D	A	D	E	T	S	N	T	R	T	L	R	O
U	E	P	A	E	T	T	O	G	D	E	O	D	O
M	L	E	S	E	P	R	T	O	U	B	A	B	Y
A	C	N	R	A	B	T	H	D	S	N	M	M	G
N	N	S	B	M	U	M	A	M	A	I	Y	E	R
E	U	S	T	R	I	N	G	O	R	S	S	L	A
P	E	T	R	R	O	A	T	T	A	U	U	N	N
T	G	R	A	N	D	P	A	H	M	O	G	U	D
G	N	G	U	S	N	R	U	E	A	C	A	N	M
E	F	O	E	I	C	T	F	R	E	T	U	C	A
D	Y	T	R	G	O	D	F	A	T	H	E	R	R

MUM  
DAD  
AUNT  
BROTHER  
BABY  
GRANDPA  
GODFATHER  
GODMOTHER  
SISTER  
GRANDMA  
PET  
UNCLE  
COUSIN



## FAMILY word search puzzle

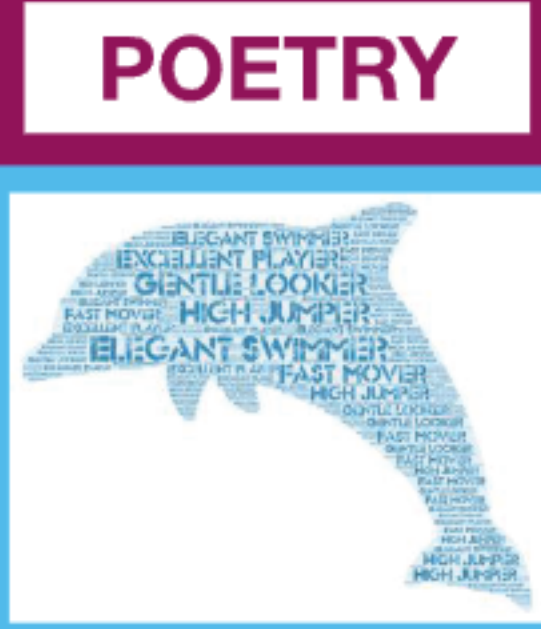
By Antia García, Irene Duro,  
Thais Rey and Lia Taboada



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By Lola  
Fernández,  
Enrique García,  
Paula  
Sanmartín,  
Nicolás Villar,  
Uxia Rodríguez,  
Alberto  
Cacheda, Xiana  
Rey, Xiana  
Taboada, Marta  
Iglesias



# POETRY





## Pontevedra Province Michelin Star Restaurants

by Mercedes Arcan

There are five Michelin Star Restaurants in Pontevedra, which all are part of 'GROUP 9', a group created specifically to promote Galician cuisine and Galician products but not solely.

All of these restaurants require previous booking, there may be a long wait for some.

Chef Javier Olleros has a humble character which allows you to feel at home but with a completely different meal.

It is located in a little village called Reboredo in the town of O Grove. The building is similar to a modern chalet with its own parking area. It has its own orchard where they cultivate their own vegetables. From the dining room you have a view of the sea.

This is one of the best in all of Galicia in my opinion.



*Olleros de pau*



### Casa Solla

The food served is straightforward but complex in elaboration. The chef's restaurant became famous because of his father. However, the food served was very different to today. Pepe Solla still maintains his father's recipes for some dishes, especially a soufflé dessert.

The restaurant is situated in Poio, next to the road Pontevedra-Sanxenxo.

### Pepe Vieira - Camiño da Serpe

You can see incredible views of the 'Ría of Pontevedra' from the restaurant as it is situated on a hill overlooking the sea.

The restaurant has a modern geometrical architecture and the decoration has a similar style. It is large enough to hold wedding receptions with an ample natural open-air space.

They even cultivate their own herbs and flowers.

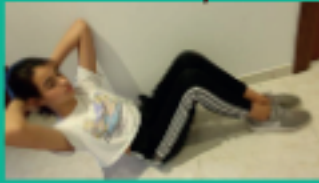
Pepe forms a great team with his brother, Xoan Cannas, who is an expert sommelier, promoting Galician wines.



# STAY FIT AT HOME

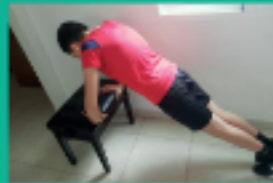
By Elena Rivas, Antonio Soutiño, Pablo Troitiño  
and Javier Sanmartín

## Sit ups



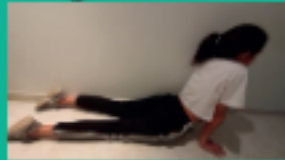
- Step 1: Lie on your back with your hands behind your head.
- Step 2: Put your feet on the floor and your knees up.
- Step 3: Lift your head, hands and back off the floor.

## Push ups



- Step 1: lie down on your belly
- Step 2: lean on a chair or a table
- Step 3: stretch and bend your elbows with your belly not touching the floor.

## Yoga Cobra



- Step 1: Lie on your front part.
- Step 2: Lift your chest.
- Step 3: Keep your arms straight next to you.

- Step 1: Lie down on your belly.

- Step 2: Put your elbows on the ground
- Step 3: Lift your body with your elbows and your toes. The body must be completely straight.

## The Plank



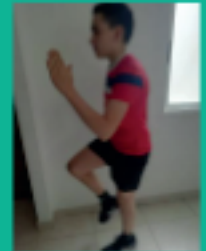
## LUNGES



- Step 1: Stand up.
- Step 2: Take a step forward with your right leg and bend your knees.
- Step 3: Return to the start.
- Step 4: Repeat with Left leg.

## Running on the spot

- Step 1: Stand up.
- Step 2: run in the same place for 30 minutes.



## Acne

It's known that refined sugar and industrial pastries, as well as processed food, make acne come easily. There is a big influence of the hormonal system at this period, so it would help to make some changes in your diet, as well as take some specific care of your skin. You can use pure aloe gel or chamomile tea on your skin.

## Energy

Maintaining your energy balanced after hard long working days at school can be easier if you consider your diet. Instead of energy or sugar drinks, why don't you try whole grains meals, sweet cooked vegetables like onion, carrot, pumpkin, or maybe nuts (almonds, hazelnuts, walnuts,...) or dried fruits (raisins, dates..)



## Four Natural Remedies to Help You

By Cristina Gende

### Concentration

To keep brain concentration, you should know that there are some foods which help, like local walnuts, dates, ground sesame seeds, lentils, avocados or bananas. Not only food, but outdoor activities improve your brain function.

### Sleeping well

Want to sleep quietly and deeply? Have your herbal tea one or two hours before going to sleep. Chamomile, thyme with liquorice root, aniseed and fennel seeds with chamomile, will surely help your best dreams.

Another natural remedy you can use is putting some fresh or dried lavender under your pillow, or you can choose some drops or good essential lavender oil if you prefer.



# WHAT ARE YOU DOING THIS SUMMER?

Nowadays, we live in a new situation, it is "the new normality". For this, we have to think about our future plans and organise our trips for this summer. In this article you will discover wonderful places that I am sure are unknown for the majority of you. Truly, you will be surprised! You don't need to travel far to discover heavenly places. Galicia is a wonderful place for discoveries with family or a special person. Nonetheless, if you prefer to explore alone, it sure is a good idea for this summer.

The first place that we will travel to, is the site where our ancestors kept snow to make ice and conserve meat and other foods because they didn't have a fridge. This place is called the 'NEVEIRAS DE FIXÓ'. Fixó is the name of the town where they are, in a small place in Forcarei, a town near Silleda. To discover this place, you can go in your car, and when you arrive at the last house in the town, you walk the trail and breath pure air and enjoy nature.



On the way, you are sure to find wild animals and enjoy beautiful views. When you arrive at the "Neveiras" you see two deep holes. One of these holes is fenced, but the other hole has a spiral star and you can go down. When you are inside, you can feel the change of temperature. Inside the hole, you will feel much cooler. Don't worry if you don't know the history of this, because near the "Neveiras" you can find a complete explanation of this beautiful place.



On the same road, you must visit another beautiful place with spectacular views, "Grobas" village. Here you can find an abandoned village where only wild animals live now. In this place, we can enjoy the peace and hear the birds sing, it is a relaxing experience. Grobas town is known for the green well. Where the river is born, there is a green well, the colour of the water is really green. This colour is because the well is very deep and the vegetation gives it this colour. In this site, you can refresh and spend some relaxing time. The water of the river is normally cold, but in the summer, and after walking there, you will appreciate the bath. Another idea is the possibility of camping in Grobas or near here. If you enjoy nature, this is the perfect place.

These are just two examples, but near Silleda you have many places and possibilities to travel and have an unforgettable summer. Galicia has beaches, mountains and crowded cities, for these reasons it is the best place to choose and enjoy the summer without having to travel far.

NEVEIRAS DE FIXÓ - FORCAREI  
GREEN WELL - GROVAS village  
Distance from Silleda approx 20 km

By Barbara Sánchez



# FILM AND SERIES REVIEWS

'Friends' is one of the most viewed comedy series of all time. It is exceptional and makes you smile.

It is about six friends and their lives. The characters are Ross, Rachel, Phoebe, Monica and Joey. The series mainly focuses on their coexistence.

I prefer the three first seasons than the others because they are more interesting and funnier. My favourite characters are Joey and Phoebe.

This sitcom is suitable for everyone, especially teenagers and adults.

By Zoe Rivas

If you like films of war and drama, 'American Sniper' is your film. This film, directed by Clint Eastwood was nominated for 6 Oscars but only won one.

This film is based on a true story. Chris Kyle is a boy that joined the SEAL, and he travelled to the war in Iraq. Chris became the best sniper because he saved a lot of people in the army. He was the SEAL star because he had a kill record but he had a family and when he went back home, Chris wasn't the same. Perhaps the war was more difficult than he had expected and Chris never should have gone to Iraq.

In this film, you can see how difficult life is for people in the army. The war is complicated but if you have a family, it is even more complicated. Bradley Cooper, the main character, captivates the audience with his provocative but sad portrayal of Chris Kyle. A definite 5 star must-watch film.

By Carlos Lázara

One of the best Sci-fi mystery series of the 21st century is 'Stranger Things' by the Duffer brothers. If you watch the first episode you will be hooked the entire three seasons.

In the early 1980s, four children meet at a friend's house in Hawkins, Indiana. Will, who lives in the surrounding area, goes home on his bicycle. He doesn't arrive home and his bike is later found abandoned in the woods.

The series has three seasons with eight chapters each of 45 minutes. This first season has the character Eleven, but Will disappears. In the second season, the four children search for the monster. The third is the final battle.

By Valeriy Towmach



If you enjoy 'Stranger Things' with a more serious note, you will absolutely love 'Dark'. It's the best Sci-Fi story of a journey through time.

A child disappears from a mysterious town in the 1980s and appears in the 21st Century. This tragedy repeats itself and by strange coincidence, there is always a priest nearby.

Jonas, who lost his father to suicide, is a teenager in 2019 whose little brother disappears in similar circumstances.

The first season of this series is very complicated to understand but when you watch the second season, everything becomes clear since 'Everything is Connected'.

The thought-provoking script keeps your mind busy. Trying to understand time, can be surprisingly complex. If you are willing to enter the mystery of Dark, the reward is great.

By Fran Lázara

It's possible 'On my Block' is the best series for teenagers ever. It excites the viewer and is incredible to see.

There are four or five 15-year olds who have to survive school life, typical teenager problems. Furthermore, they need to deal with the drugs and money situations that move the gangs of 'The Saints' and 'The Prophets' in their street.

There are three seasons with 28 chapters in total. I recommend watching all seasons as it gets better and better as you watch it.

By Martina Novo



I guarantee that you have never seen an action series like 'Money Heist'. It is one of the most intriguing series and when you watch a chapter you want to see more.

A mysterious man, known as the teacher, is planning the biggest heist in history and to carry it out, he creates a band of eight people who have nothing to lose.

The two first seasons were broadcast by 'Antena 3'. The band raid 'The Fabrica Nacional de Moneda y Timbre'. The third and fourth seasons are on Netflix in which there are new characters who raid the Bank of Spain. They are expected to bring out more seasons.

I like this series a lot because it isn't at all boring, it's almost spell-binding.

By Lucia Fernández



If only all sci-fi series were this good. If you're into series with mystery and action, you will love 'The 100'. This story is based on many teenagers that go into the centre of the earth to explore if it is habitable. When they discover the answer, they think they are alone...

Young people discover that some people on Earth survived the apocalypse. These are the dependents of those who locked themselves up before the event. The 100 try to survive the conditions on Earth, battle against Earthlings and communicate with spaceships.

The series has six seasons and in my opinion it is very entertaining. I think it makes you empathise a lot with the characters and throughout the series, it makes you feel a lot of emotions together.

By Sabela Novo



The Red Lion  
School of English

## THE RED LION SCHOOL OF ENGLISH



## KIDS AGAINST BULLYING 2020

This year our students worked hard to find solutions for bullying in school or how they can help themselves.

## CHRISTMAS COMPETITION

GUESS  
HOW  
MANY

SWEETS  
OR

CHOCOLATES

*As every year, our students enjoy participating in our annual competition of guessing how many sweets or chocolates there are in the jar!*





## REDUCE REUSE AND RECYCLE

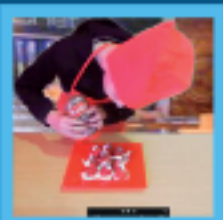
These are some of our entries in a competition about saving our world.

By Paula Mato, Elena Rivas, Leire Fernández, Elisa Mato, Noelia Ramos, Lola Fernández, Daniela Varela, Lois Fernández, Sarela Martínez, Uxia Rodríguez, Nicolás Villar, Rosalía Agra, Isaac Miguez, Javier Sanmartín, Xian Tato, Noelia González, Marcos Pavón, Andrés Estévez, Pablo Troitinho, Antia García, Olalla Montilla, Alex Taboada.

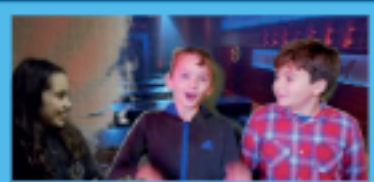


Watch our Masterchef clips where we made aperitifs and find out what the winning dishes were!

5



**VICTORIA AND PIMLICO**  
<https://www.facebook.com/theredlionschool/videos/446883052690070/>



**ANGEL AND BAKER STREET**  
<https://www.facebook.com/theredlionschool/videos/1052455885086292/>







Food in Nudesa  
Feed your animals with this  
Chicken, pigs and cows

## We used figurative language and wrote Haikus for Silleda

By Antonio Soutiño, Elena Rivas ,  
Javier Sanmartín, Andrés Estévez and  
Pablo Troitiño



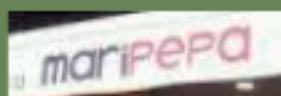
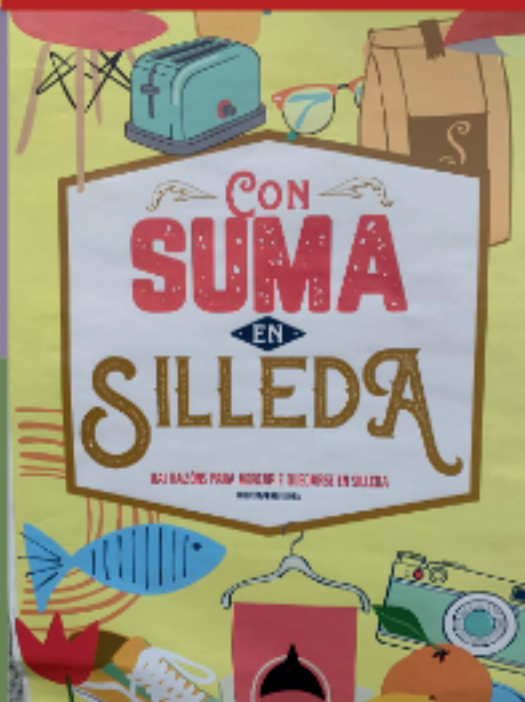
Alfinete wow  
has materials soft as  
clouds  
strong as a building



Trasdeza Natur  
The best of healthy  
food  
Trasdeza Natur



Dulce Deza Cakes  
Eat and eat but don't get  
fat  
The best chocolate cake



Maripepa is  
a good bar in Silleda  
It has great tapas



Rai Sport Silleda  
The best clothes and shoes for  
sports  
Buy now in this shop



Fruit, bread and yoghurt  
A Despensa de Raquel  
Vegetables and Ham



Surprising  
Sedela Jewellery  
Where ugly  
people become  
beautiful



Dia  
Supermarkets:  
with richer foods  
than Amancio Ortega



## Limerick

There was an old man in the lockdown  
Whose mind was as boring as the town  
So he thought of a plan  
And opened a can  
And took some sardines to the playground

The sardines were all out of date  
Nonetheless they all tasted great  
Some went down the slide  
Nearly all night  
The rest we don't know the fate?

By Oscar Otero





# CORONAVIRUS VACCINE RACE

*The whole world is participating in the search for a vaccine against corona virus. Nonetheless, there are some problems.*

One of the problems is that the major pharmaceutical companies want exclusive world wide rights before investing in a potential medicine. The major drug companies make little profit in epidemics that afflict developing countries or run their course before a vaccine hits the market.

Another problem is to test the vaccine in humans, and it is necessary that the virus is well spread and activated. To test the vaccine, it is essential to contrast the results with people that have been inoculated with a placebo and others with the vaccine to prove it is effective.

Meanwhile the situation of the investigation in the world is as follows:

- Oxford University scientists assure that they have found a vaccine effective in monkeys. The only thing they need is to see the result of tests on human beings.
- India, the world's largest supplier of vaccines, is involved but it cannot expect to be granted with exclusive marketings rights. **M**
- China needs to test the vaccine but the population infected there has plummeted and it would be difficult to investigate in humans.
- In South America the researchers said that they cannot count on richer countries as the vast majority of the population is poor and they might not be able to afford to pay the vaccine.

In any case, more than one vaccine would be needed because costs, dosages and patients are different. It would be wise for the nations to co-operate because this situation is provoking poverty in all the world.



# TikTok

*Why is everyone obsessed with this new app? Well, the truth is, there are some secret tricks they've been keeping to themselves! Wanna know which ones? Keep on reading!*

## ***In the beginning...***

Some people think Tiktok was created in 2018, but it's much older! The app comes from a Chinese company that's been running for years and the app was in use in some Asian countries way before we even knew about its existence. In 2018, this same company bought the popular app 'musical.ly' (remember it?) And they both became one. That's how it got to our hands!

## ***But why is it so addictive? I can't stop watching!***

Would you believe me if I told you there's some psychology behind it? For example, most mobile designs don't show the time directly in the app. This might seem normal or you probably didn't even notice before. It's a technique used in casinos too (isn't it fancy?), where there are no clocks or windows, which makes people lose track of the time they spend playing, or, in this case, watching.

## ***The short videos aren't a coincidence either!***

They last around 15 seconds and with a simple swipe you just get a new one! That's a total of four videos per minute. Our brain gets used to having short, quick stimuli and every time it wants more... and more... and MORE... until the point where it is hard to focus on simple tasks, just like any other addiction.

## ***Beware!***

So, yes, this app is funny, entertaining, easy to use... and everything you want, but be careful! Always use the media with responsibility, Don't let it control you!

By Iris Pérez



**CAN YOU SOLVE THE SECRET MESSAGE? FIND THE HIDDEN PICTURES IN THE MAGAZINE TO SOLVE THE MYSTERY!!**

**CLUE: In what year was the academy founded?**





# TIPS TO GET ALONG WITH ANYONE

- ✓ *How do you do to create a good ambiance when you are sharing a space with other people?*
- ✓ *How do you get into a positive mood?*
- ✓ *How can you put a brick on the wall for getting along with others?*



Have you ever felt, maybe at school, with your co-workers or even with your closest intimate partner, that some feelings of nerves, anger and fear come out? In addition, they put you in a mood in which negative emotions cause real damage in your interaction?

If so, I can offer you a brief guideline to avoid it when, for instance, you are working in group:

1. First, you have to be patient, always giving the other person the chance to to express themselves. Don't interrupt their conversations and allow them to participate.
2. We should listen to any opinion showing respect. All perspectives have to be accepted. Everybody has to be encouraged into dialogue and different opinions could be shared and respected.
3. In the case that you are chosen to lead your working group or lead a discussion, pay attention to participants, accept volunteers and let them speak in order.
4. Being a good conversationalist means not trying to dominate the dialogue.

## HAPPY INTERACTION IS A PRODUCTIVE WORKPLACE!

Getting along with others is not complicated, but we have to practice these tips into our daily interactions:

1. Listen with the intent to understand, not only to reply.
2. Walk in their shoes and view the situation from someone else's point of view.
3. Be polite and careful of other's feelings.
4. Take the opportunity to say a kind and encouraging word to or about somebody.
5. Show interest in others' pursuits, work, home or family.
6. Keep an open mind, discuss but don't argue.
7. Listen intently. Tongue and ears cannot be used at the same time.
8. Be positive. A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
9. Finally, be sincere.



While each one of these tips is important, none stands alone.

Treat everyone with kindness and understanding, be gentle with them, accept their strengths and weaknesses, and remember that what we give to others we get back

It's time to practice this. Our goal is to get along with everybody. How committed are you?.

**Feel free, feel good, dare to!**

by Victor Novo



When we grow up...





# SPYRO

## Dragon Machine

By Oscar Otero

A long time ago in a huge city called Dillahaben, there was a huge machine with the form of a dragon. It was called Spyro and it protected the city from attackers. It lived in a watchtower until a strange person called Mercy modified Spyro to attack the people of the city. Two years later, most of the people that lived in the city had a parasite, a creature with magical powers that helps their hosts.

A girl called Katelyn had one of the parasites called Scar. They were thieves for survival. Katelyn had black straight long hair and she was 1,80 metres tall. Scar was a Dragon skeleton attached to Katelyn's body. Scar gave her the power of flying and breathing fire. One day, they were stealing when suddenly a person called Ravenous hit Katelyn and they passed out. Ravenous was a boy with two robotic arms. He took them to a secret site in the city under a huge building and then they started to talk:

-“Where am I?”- said Katelyn

-“You are under Spyro's Watchtower, I need your help to kill Spyro”- answered Ravenous

-“**And what do we gain?**”- shouted Scar

-“you get that”- Ravenous turned away and pointed to a lot of gold bars.

-“Wow!”- said both Katelyn and Scar. “You convinced us. What is the plan?”

-“The plan is to kill the dragon when it is switched off, so we need to do it fast.”

They climbed up the tower and got up to the top. There they found Spyro was turned off, so Ravenous hit the head off Spyro, then the dragon got up and threw Ravenous to the edge. After that, Katelyn used Scar to throw fire and melt Spyro, but Spyro only lost one of its arms.

In one desperate moment, Spyro threw fire towards Katelyn but Scar threw fire too. In doing that, Spyro completely melted. Quickly, Katelyn ran to help Ravenous, this meant the city was safe. Even so, Mercy was still around.... to be continued.





# A musician's life during lockdown.



*Do you think music was important during this lockdown? It is a particularly difficult situation for a musician. Do you want to discover why and how?*

*I am going to show you how I do it.*

Do you want to know how I practice?

Not all musicians have the possibility of having instruments at home. Nonetheless, they have to search for a way to keep on practicing.

My solution was to use furniture and objects in my surroundings.

For example, I used the table to simulate the snare.

## Positive things

One good thing about the lockdown was that we had time to practice a little more. In addition, people had more time to enjoy themselves with music. Another good thing is that we have more time to focus on technical practice, which is very important for a musician.

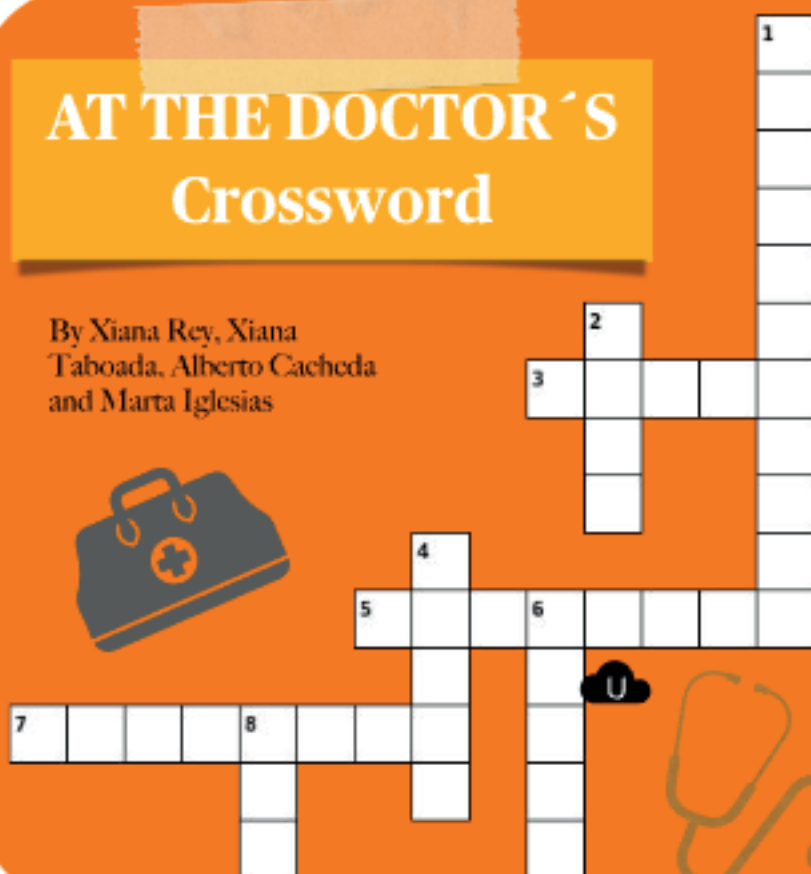
## Negative things

On the other hand, the government has abandoned musicians in this situation because they think that culture is not very important. Therefore, we were the last to be able to begin our new 'normal'.

By Pablo Mosquera

## AT THE DOCTOR'S Crossword

By Xiana Rey, Xiana  
Taboada, Alberto Cacheda  
and Marta Iglesias



### Across

- 3. You get a dry throat and you must cover your mouth
- 5. A good advice for this illness is to rest
- 7. You take this when you are ill

### Down

- 1. A body part that hurts related to food
- 2. You get a runny nose and a temperature
- 4. When you have a high temperature
- 6. You can get a headache and feel strange
- 8. A wound on your skin that can bleed





...we can't  
 have too much  
 of a good thing!

If music be  
 the food of love,  
 play on!

23<sup>rd</sup> APRIL  
 CERVANTES VS SHAKESPEARE

What man can pretend  
 to know the middle of  
 a woman's mind?

Love all,  
 Trust a few,  
 Do wrong to none.

No Limits but  
 the sky!

No Legacy is  
 so rich as  
 honesty

WORLD BOOK DAY



# MASKS AND GLOVES

By Nuria Pérez



REMEMBER ME ? I'M  
OLLY THE OCTOPUS !  
TODAY WE ARE  
GOING TO TALK  
ABOUT THE USE OF  
MASKS AND GLOVES.

1

FIRST OF ALL, YOU  
MUST WEAR A MASK TO  
GO TO ANY SHOP AND  
GLOVES ONLY IF IT IS  
SPECIFIED.



2

ALSO, ALWAYS MAKE SURE THAT YOU  
THROW THEM AWAY IN THE CORRECT TRASH  
BIN !



3

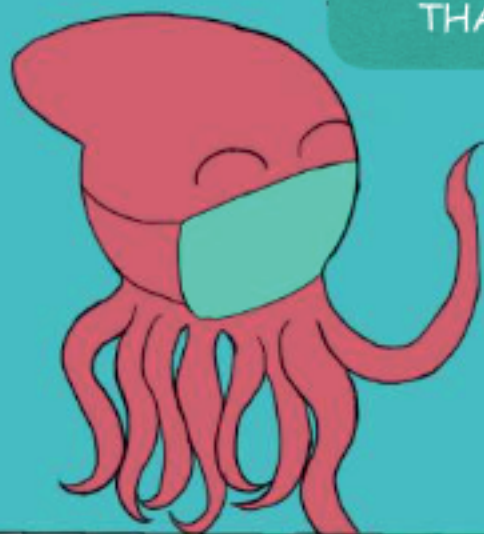


REMEMBER TO USE  
HYGIENE GEL ! IT PREVENTS  
COVID-19 INFECTIONS



4

THAT'S ALL ! STAY SAFE !



5



A big **THANK YOU** to ALL our students and staff !