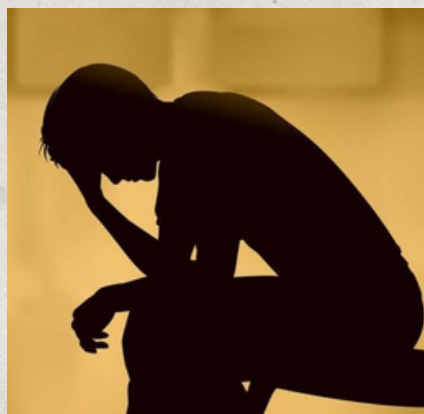




## SELF-ESTEEM ACTIVITY HAS BEEN MADE TO SOME TEENAGERS

Self-esteem consists of the positive or negative assessment that we make of ourselves. During the adolescence, having low self-esteem is very common due to several factors. For instance, physical appearance, school grades, social pressure... ourselves. During the adolescence, having low self-esteem is very common due to several factors. For instance, physical appearance, school grades, social pressure...teen is very common due to several factors. For instance, physical appearance, school grades, social pressure.

In other words, this symbolized that after all these situations many people would end up without any self esteem.



Finally, the teachers divided the class into small groups by giving a different color paper to each one. Each group went to a different place in the playground and sat in a circle. Each time one person went to the middle and the rest of the group had to write positive things about that person on the paper. In addition, the person in the middle .

had to write things he liked about himself. This was repeated with all the members of the group.



On the other hand, the second part of the activity consisted of adding the papers that you've broken before, having the chance to change its size as you like, in order to see how much your self-esteem increases with positive sentences told by the teacher.



In order to raise awareness of this, some Newton teachers such as Sara Milling and Luismi, the nurse, have made an activity on the 14 of March. It was divided into three parts. The first one consisted of breaking a paper into pieces according to how much some examples of negative situations told by teachers would affect us. The size of the cutted paper simulates your wound and the rest of the paper symbolizes the self- esteem you have left after these problems. At the end of the exercise many people ended up without any paper left.



We quizzed Luismi, the Newton's nurse, about the importance of self-esteem. Luismi said that it's important to care about self-esteem because during adolescence it changes a lot and it must be reinforced. Besides, teenagers experience lots of ups and downs. Moreover, he added that it affects most of our daily-life activities and it explains our positive and negative behaviours.





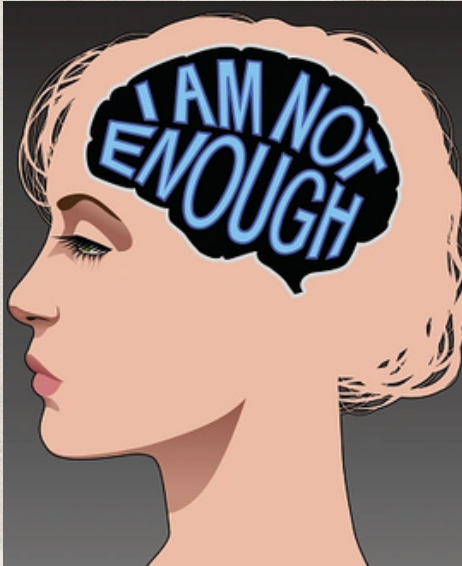
For example, a person who has low self-esteem can bully others, in order to increase its own self-esteem. In contrast, someone who has a very high self-esteem puts a lot of pressure on himself to be perfect, and this can cause anxiety, depression.. We asked him why it affects more to teenagers and he explained that during our infancy, we aren't conscious of our self-esteem, but when we grow up we start judging ourselves more, for example due to social media and because we are more sociable.



To conclude, we agree with Luismi about the purposes of this activity. We believe that we should raise awareness of self-esteem and mental health in teenagers.



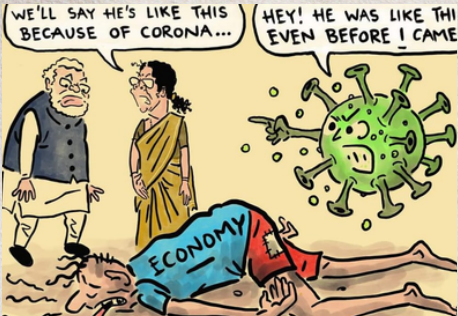
He also commented that at this age our emotional brain starts communicating with our national brain. Luismi told us that these activities were essential in high schools as they helped us to get to know ourselves better and make us more emotionally intelligent. All this prepares us for adulthood. media and because we are more sociable. He also commented that at this age our emotional brain starts communicating with our national brain. Luismi told us that these activities were essential in high schools as they helped us to get to know ourselves better and make us more emotionally intelligent. All this prepares us for adulthood.



ENTERTAINMENT



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



| Word Bank: |            |         |          |
|------------|------------|---------|----------|
| ARCHITECT  | CARPENTRY  | HVACR   | PAINTER  |
| BUILDER    | ELECTRICAL | MASONRY | PLUMBING |



## STUDENTS OF 3º ESO VISIT THE EXPOSITION OF MAUTHAUSEN: SHARED MEMORIES



Students of 3º ESO of the high school Isaac Newton visited an exhibition about the Holocaust at the Mauthausen working camp, in the Mayor Street on the 28th of March. The trip was supervised by Javier Moya and Sara Mailing, the history and maths teacher.



In 1938 a working camp was created in Austria by the German nationalist regime, the Nazis, to exterminate and detain the Jewish, Soviet prisoners, and foreign slaves. Apart from this, during the Spanish Civil War, they sent republican prisoners here. They lived in terrible conditions such as malnutrition, constant abuses and forced-labours. It reached more than 85,000 prisoners and it had from 122,000 to 320,000 mortal victims. With the other working camp Gusen I, they were considered the hardest ones in the whole of Europe, they had 3rd degree. Furthermore, it was the last camp to be liberated by the American Forces. After it, in 1945 it was used to house displaced people and as a military training camp of the British army.



Firstly they arrived by railway at Mauthausen station and were organized in groups by the SS soldiers. Secondly, they were identified, their name, surname, birth date, nationality, contacts... Similarly, they made them a medical inspection and were shaved, disinfected and bathed in hot water. What is more, they were given their striped clothes, a spoon and a plate. The Nazis dehumanized them and assigned them their barrack. Finally, they gave them their task inside the working camp. Apart from this, at the end of their daily journey, they had to go up 160 stairs carrying a big stone, they were called the death stairs



Photo of the death stairs, 1940

Inside, the camp prisoners were subjected to medical experiments by army institutions and private laboratories. At Mauthausen prisoners were frequently given injections to the heart that caused them pain and paralysis. They were also placed on an experimental diet of gruel, intended to deprive them of protein. The Hartheim castle was used by the SS for its euthanasia programme and the weakest prisoners at Mauthausen were subjected to gas.



Enrique Calcerrada Gujarrro was the last Mauthausen Spanish survivor. He was born in 1918 in Barbazan, Madrid and he died in 2004 in Debat, France.

He fought as a republican volunteer in the Popular Militia during the Spanish Civil War. In 1940 he was detained by the German army and deported to the Mauthausen camp where he was held for 3 and a half years. Then he was hospitalized for almost two years in Austria and then he was settled in France. Finally, he wrote a book about his experiences at Mauthausen



The Nazis assigned the prisoners a symbol in order to dehumanize them and classified them. They consisted of inverted cloth triangles attached to their uniforms. Furthermore, the republicans were identified with the blue triangle and stateless people with a red one. Both of them had an "S" in it because of their spanish nationality. The Jews also were identified with David's star. All of their registration numbers, which they have tattooed on their wrist too, were placed below their triangles in black figures on a white background.



Photo of Mathausen prisoners, 1939



Copy of the prisoner's striped uniforms at the exposition.

The community of Madrid has been making memorial plaques in front of the houses of the Spanish republican victims of the Holocaust in Mauthausen, in order to pay tribute to them. We have one near to our high school, in Franco Rodriguez, dedicated to Máximo González Casado.



In conclusion, we believe it is very important to learn about Spanish history, especially this topic, because it is not very well known and recognized as Spain didn't participate in the Second World War. And it is also important because many people have been there and shared their terrible experiences. In addition we should learn about this history so we don't repeat it again in the future.

ENTERTAINMENT

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



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 8 | 7 | 4 |   | 2 | 1 | 9 |   |
| 2 | 4 | 5 | 1 | 6 | 9 | 7 | 8 | 3 |
| 9 |   |   | 5 | 8 | 7 |   |   | 2 |
| 7 |   |   |   |   |   |   |   | 6 |
| 4 | 2 |   |   |   |   |   | 7 | 9 |
|   | 3 | 9 |   |   |   | 2 | 4 |   |
|   |   | 1 | 6 |   | 3 | 8 |   |   |
|   |   |   | 8 | 7 | 1 |   |   |   |
|   |   |   |   | 2 |   |   |   |   |

|           |            |           |
|-----------|------------|-----------|
| Summer    | Hot        | Sweat     |
| Pool      | Swimming   | Sprinkler |
| Ice cream | Sunshine   | Bike      |
| Friends   | Watermelon | Picnic    |
| Hot dogs  | Popsicle   | Swimsuit  |
| Vacation  | Outside    | Camping   |





# THE ORIGINS OF NEWTON HIGH SCHOOL

Nowadays this building is used as a high school but from 1955 to 1983 it was the Peñagrande maternity center, it worked as an internec for single pregnant mothers from 15 to 25 years old. It was founded by Carmen Polo, Franco's wife, as it was illegal and socially unacceptable to get pregnant out of marriage and underage.



Due to its bad reputation, rich families took their daughters there as well as poor families. Some of them were sent there because of familiar rapes. Here they were hidden from society. In addition, there were suicides, abuses, child robberies... It was directed by the catholic church and the nuns humiliated the mothers and forced them to make hard labours. According to the nuns, they educated women in the catholic faith and changed their morals.



Moreover, there are some legends about the dark past of our high school. Some people say that in the afternoons a woman in a nightdress is seen carrying a baby, running towards a window and throwing herself through it. Besides, at midnight nuns ghosts are seen and babies crying are heard. In 2008 students from 3ºESO created a film short called "Opera Prima" with Antenna TV. It was filmed in the attic part of the building, which hasn't been renovated and where we can find objects used in the maternity center, such as real cradles, stretchers... Furthermore, on the 17th of December of 2018, the City Hall of Madrid made a plaque in memory of those women and as homage in order to give them visibility and recognition.

In conclusion, we think that it is very surprising that where we are studying nowadays was used for horrible purposes decades ago. We believe that many people don't know this story and it's an important part of Madrid History.



A nun, worker from the Peñagrande Maternity Center with kids, 1963

En recuerdo y homenaje a las mujeres que vieron privados sus derechos en la maternidad de Peñagrande.

Para que su resistencia no caiga en el olvido.





# IS SOCIAL MEDIA REALLY POSITIVE OR NEGATIVE?



Secondly, social media offers a lot of laboral opportunities and the marketing or promotion for business. Furthermore, it's a huge source of entertainment, such as funny Tik Tok videos, Youtube blogs, Instagram stories...or as an information source, such as Facebook and Twitter.



Social media has drastically changed the way we communicate, interact and receive information. In general, it has completely changed the way we live and we can't imagine a life without them. There are several advantages and disadvantages in its use, which affect us individually and as members of society.

On the other hand, social media can be addicting, as it creates emotional dependence. It furthers the seeking of external approval and comparison, while fueling envy and low self esteem. What is more, it promotes cyberbullying and hate.



Firstly, social media can be a very useful tool to communicate instantly with people from all over the world. In addition, you can get to know new people with your same interests. This provides us with a great cultural learning moment as it helps us to understand and appreciate different cultures, traditions, customs... It promotes tolerance, peace, understanding and diversity.

We should also remember that not everything you see on social media is reality, and that it can become a deceitful source that spreads fake news, as well as scams and cases of fraud. These acts have big consequences in our society.

Social media has become essential to our daily life and has both positive and negative impacts on society. While it has promoted social connection and information sharing, it can also result in addictions, spreading of negativity and misinformation. It is important to be aware of its dangers and use social media with responsibility in order to balance its advantages and disadvantages. Similarly, we should use it to promote positivity, diversity and understanding. In addition, the impact of social media depends on how we use it, and it is up to us to make sure that we use it for good.



## ENTERTAINMENT

