

May 2022

The New Vermont Times

World Labour Day

On this day people across the world observe the day by conducting protests and marches for the rights of workers and saving them from exploitation.

May 1 is the international day of workers or International Labour day dedicated to workers and labours for the whole world. This day is celebrated to encourage them to be aware of their rights. The Marxist International Socialist Congresses started May Day in Europe in 1889 for the workers who especially worked more than eight hour a day. The Congress staged an international demonstration arguing for the work day to be at maximum 8 hours a day.

In Europe and in India, today, most people know it as May day.

In India Labor day is a national holiday. For the Indians the first Labor's day was celebrated in 1923

Chennai, India. This day was observed by the Kisan party of Hindustan. On this day one of the communist leaders had asked the government that May 1 should be celebrated as a national holiday to symbolize the efforts and work of the workers.

In the US and Canada, Labour Day is celebrated on the first Monday of September.

Written by Mahesh



Best Things to Do this Summer

With the temperatures rising and daylight staying, it seems like summer is nearly here. As summer starts, I feel better mainly because I am excited for the things you can do. Below are some of my favorites:

1. Swim: I prefer to check out cities' and friends' pools, but the lake and ocean also provide great options.
2. Road trip: Traveling out on the long road with music and seeing new sights is always a great idea!
3. Outdoor concert: Most major cities and even the smaller towns put on special events like concerts.
4. Hike: Make sure to bring drinks and snacks along as you take in the natural sights.
5. Barbecue: One of my favorite things to cook on a barbecue is chicken. You can cook and eat outside in the sunset hours.
6. Amusement park: Trying out a new ride is always a terrifying but also exciting experience!
7. Picnic: I like to take food and drinks with friends to the park. You can spend the day taking in the sun!
8. Ice cream-Now that the colder weather is gone, it is a great time to grab a chocolate ice cream, my favorite flavor!
9. Campfire: Depending on where you are, you may be able to have a campfire with smores or even a bonfire on the beach. Check local rules and make sure to be safe!
10. Relax: It is important to take some time at home doing just nothing to let your body and mind reset!

Written by Boro

The Aquarium

On May 12th, the Vermont Academy community traveled to the Atlantis Aquarium. Some students had been before with their families or friends, but most of us had never been before. There were sharks, penguins, sting rays, fish, and a turtle. In the aquarium, we were lucky enough to have a guided visit. This meant that someone that worked at the aquarium came with us to explain the different species and habitats. The museum is very interactive-you could measure your weight against animals of the sea; you could take quizzes on sustainability; you could pretend you were underwater.

After the tour, we had a quick class on the scientific method, where students were asked to develop research questions and think of how they could develop an experiment to test it. The groups choose:

- Are animals' mentally affected by living in captivity?
- Are octopus dangerous to humans?
- What is the best diet for a turtle?

Due to timing, we could not complete all the research and experiments, but it was more of a brainstorming activity. Additionally, there was a biology class activity-scavenger hunt. We had clues about different animals that we needed to find in the aquarium as well as questions to answer. Advisory groups will find out who completed it the best and be awarded WildCat Points once they submit all of their pictures.

Skin Care

Of all the organs of the body, the skin is the most versatile of all. It is the only organ that is directly and constantly open to the outside. The skin protects from external agents, from heat and cold, from air and the elements, from bacteria, it is waterproof, it repairs and lubricates itself, and it even eliminates some waste from the body

The face is one of the most elderly parts of the body, and I really can confirm that having good skincare is such an important factor in early life.

Skincare should consist of 3 fundamental factors:



1. The Sensitive Skin Serum:

The Facial serum combines the strength and properties of Rosehip, cell regenerator, and Hazelnut oil, nourishing and firming, ideal for flaccid skin that has lost firmness. Almond oil contains B vitamins that help retain water in the skin and help prevent dehydration and dryness. All of this gives elasticity and smoothness to the skin. We should use this serum after having a face wash.

2. The Soap

For a luxurious experience lather the soap into a soothing and creamy foam. You then let the ingredients of goat milk and honey clean and nourish your skin. This can leave your skin soft and moisturized. Goat milk contains alpha hydroxide acids that help remove dead skin cells. It is high in vitamins helping repair damaged tissue, making it perfect for sensitive and prone to eczema skin. It's excellent for acne and pimples. Its minerals, potassium, selenium, and magnesium do wonders for your skin. Almond oil and shea butter are extremely moisturizing and honey has antibacterial properties.



3. The Botanical Face Cream

Why a cream that is regenerating, antioxidant, balancing, moisturizing and purifying? A rich revitalizing cream with a moisturizing, and skin-softening base of alpine plants and geranium, lavender, and orange is a facial cream for all kinds of skins. Formulated in Switzerland, it hydrates the skin while balancing and repairing the epidermis. It prevents cellular aging thanks to the properties of oils rich in vitamins and minerals such as Macadamia oil, which regenerates skin deeply and helps lessen the appearance of wrinkles.

Written by Candela



The History of Easter

Last month, Easter was celebrated around the world with not just one day but many. It is a Christian holiday that is celebrated by 95 countries; it was celebrated on April 17 this year. Around this time of year, other religions have other holidays marking similar themes of new life. Muslims celebrated Ramadan 2022 from the evening of Friday, April 1 until the evening of Sunday, May 1. There was Orthodox Easter on Sunday, April 24th. Jewish people celebrated Passover from April 16th-23rd. Because I have celebrated Easter before, below I have written about Easter.

For Christians, there is also Good Friday, which is a Christian holiday commemorating the crucifixion of Jesus and his death at Calvary. This day is commemorated every year, and it is usually the third week of April. On this day, Christian people tend to leave work and attend church to commemorate him. There tends to be a feeling that this is a sad day for Christians. Easter is the Resurrection of Jesus three days after his death by crucifixion. It is the joyful end to the commemoration, and they also attend church on this day.

Here in Spain, it's celebrated by a special mass, family get-togethers, and gifts of la Mona de Pascua, or decorated cakes. In some areas, there is a ritual of destroying rag dolls that represent Judas Iscariot, who betrayed Jesus, known as Judas dolls, on this day.

But back in India, we celebrated this differently, on this day we all attend church again like we did on Good Friday but it is a joyful moment. All the people come with happy faces and worship God- there is a lot of singing.

In many countries, people have an Easter bunny and eggs. We celebrated with bunnies because rabbits usually give birth to a big litter of babies, so they became a symbol of new life. The eggs represent Jesus' emergence from the tomb and resurrection.

Written by Toro

MET GALA 2022

This event occurred on the 2nd of May 2022 in The Metropolitan Museum of Art. The Met Gala is a super-awaited event in the calendar of people who love fashion and clothing. This event is for the finest designers, singers, writers, sport athletes, actors among many others. They have a clothing theme in which they are supposed to follow in order for it to be perfect. This year the theme was to be “continued 2021's exploration of American style,” so they should've worn some long dresses with sparklers showing how they used to wear them before. A great example is this tv show “THE BRIDGERTON”,



But instead of that we got some awful dressed people like Tommy Dorfman in Christopher Kane, in which she wore a black dress that had nothing to do with the theme.



Another thing that lent surprise to the audience was the KIM K dress she wore-it was the iconic Marilyn Moonroe happy birthday Mr. President dress. She took it out of the museum it was showing in and wore it herself. There were many complaints on what occurred. People said it should not have been taken outside the museum because it's hers and iconic and a sign of disrespect towards Marilyn. Additionally, the back of the dress didn't close, and so she had to put on a jacket on top to cover it up, as well as the people helping her put on the dress could have destroyed the piece.



Overall, the fashion of the night was awful, and I as many others hope to see a better display next year.

Written by Patricia

April 2022

The New Vermont Times

War in Ukraine

Right now we are all aware that there is a war going on between Russia and Ukraine. It's happening in Ukraine, which is being attacked by Russia. Putin, current leader of Russia, is the one responsible for the damages and invasion. At least 902 civilians have been killed and 1,459 injured. Many cities have been bombed and attacked-the picture below shows the cities and how they have been taken over so far. In addition to damage within the country of Ukraine, people around the world have been affected by increased prices in gas, oil, and some food products due to supply chain disruptions.

How much of Ukraine does Russia control?



Many people around the world have started to aid Ukraine. We can send

food, medicine and help to Ukraine. Some people living outside of Ukraine have even decided to travel to Ukraine and to join the war. This all shows empathy with the people and country of Ukraine. Most of the countries in the world are supporting Ukraine. Many countries are taking in refugees, are offering to host peace negotiations, and sending monetary aid. Military action by other countries has not yet happened due to fears of escalating the war to World War 3. The Spanish government has been sending food, clothes, medicine, and money to help the people of Ukraine.

More than 1 million Ukrainians have left the country seeking refuge in other areas of the world. Many are leaving through the border with Poland and relocating in Poland, Slovakia, Hungary, Romania and Moldova. All over the world there has been an increase in Ukrainian refugees.

Written by Patricia

TATA TRUSTS

Interview with Capi Zlex

Zlex is an 18-year-old boy from Manipur, India. He has a twin and one younger brother. He is currently living in Madrid to fulfill his dream of becoming a professional footballer, and he is a student at the Vermont Academy.

Zlex started playing football when he was 10 years old-he is very happy with what he has achieved so far. Zlex plays in Atlético de Madrid Youth B, and his position is left back.

He is trying to achieve more to fulfill his dream and he has been working very hard to achieve it. After school Monday-Friday, he goes to practice. Practice is a combination of football drills, football games, weights, and running. Usually, there is a game once a week. On the weekends, the schedule

is dependent-there could be practice or he could be free.

He really likes living in Spain for many reasons. Some that he said were "The people are very kind and nice. The cities are very clean, the weather is nice, and the food is nice." In his free time, he also likes listening to music, especially Spanish Reggaeton music.

Life for him at home in India was very different. In his free time in India, he liked to go out with friends because his friends make him happy and he really enjoys spending time with them. Here in Madrid, he still likes hanging out with friends, but it is usually at school and at the residence.

His goal for this year is to improve his English as much as he can and get a better grade in all subjects. In terms of football, his goal is to maintain his fitness, improve his kicks, get first eleven in every match, and help the team win.



*Written by Boro and
Toro*

Fashion Week

Fashion weeks happen all over the world at different times to showcase the new designs. This month, we looked at Spring's and Summer's Paris Fashion Week. Although named fashion week, the overall calendar lasted about 8 days. Preparations take months and months prior to the actual shows happening. Many brands participated; including Louis Vuitton, Chanel, Dior, Saint Laurent, Balenciaga, Off-White, Stella McCartney, Miu Miu, Chloe, Givenchy, Valentino, Balmain, Vivienne Westwood and The Row. The most common and popular designs across the different shows were the black blazer, the color neon pink, and dresses.



This year to showcase support for the people of Ukraine different designers did different things. At one show, there were t-shirts dyed in the colors of the Ukrainian flag waiting at each seat at one show. In addition, Gvasalia recited a poem in Ukrainian over the loudspeakers.



The pictures show my favorite designs. I am really looking forward to the bright colors in the coming months.

Written by Claudia

YAOSHANG

India is a land of festivities and Holi is one of the most popular festivals celebrated in the country. While Holi is popular and is celebrated with ceremonies across the Northern and Western part of India, the North-Eastern state of Manipur celebrates a festival very much similar to Holi yet pretty different.



Going by the name of Yaoshang, the festival is similar to Holi. This too is a festival of colors. Yaoshang is the most important festival of Manipur. This festival usually starts on the full moon day of March; there is no same date of the festival every year. It depends on the calendar.

Most of the people who live in Manipur celebrate this festival. This festival is celebrated for around 4 to 5 days.

The 1st day is called (Yaoshang mei thaba) . It means the day burnt the hut. Children and young people will make the Hut with straw before the evening of Yaoshang mei thaba. When the sun sets, they burn the Hut, and when the hut is burning they will pray to the god about what they want. After they finish burning the hut, the children and kids will start to go to each house to ask for a little bit of money. Our cities are made up of small villages, and the children will go to the houses in their village and sometimes to the neighboring villages.

On the next day, which is called Aber teinaba, it means the color day. From that day people are able to use colors-in water balls and water guns. On this day, teenage girls are going to the road, then they will stand on the side of the road across from another with a rope. The rope will block the way of the road, so they will ask for money from the people who drive the vehicles on this day. For all my state, the office and the work are all off for Yaoshang, so the road will not have too many vehicles like before. Only boys-teenagers and young people-will go on the road. The idea is for young girls and boys to make new friends.

If they meet each other, a girl will ask for money from a boy, who comes with their vehicle. The boys will give the money to the girls or kids. If they don't have it, it's okay-it is not mandatory to give the money. After that boys are going to ask to put coloring on the girls' faces. If they agree, you can enjoy coloring each other. Most people will agree because this is the traditional festival from the early period.

From days 2 to 5, the people are going to continue to celebrate like this. Yaoshang finishes on day 5; all schools and government offices in my state are closed. Not only do they celebrate these days with the roads and colors, they put on sports and competitions for the Yaoshang for every village. At these events children, old people, teenagers and adults are participating.

Yaoshang is a very important festival in Manipur because it brings love, community and tradition.

Written by Mahesh

The New Vermont Times

Spring is Just About Here!

Spring begins this month on Sunday, March 20th and will last until Tuesday, June 21st. The start of Spring begins when the Sun crosses the equator. This means that although Spain is going to have spring Brazil and other countries

south of the equator will have their Spring from September to December.



Some ways nature lovers and zoologists note that Spring is in the air is from common new animal habits; such as:

- The call of the cuckoo.
- Frogspawn become tadpoles and tadpoles become frogs.
- Many animals start to mate. One to watch out for is the boxing hares because you may be lucky enough to see the female hare actually boxing the male to ward them off.
- Wild deer tend to come out after a rough month of

winter to eat grass that has started to grow.

If you are not fortunate enough to see the signs of Spring from animals, you may be able to enjoy the changes in nature.

During the spring season, flowers will blossom from bulbs or buds. New, green and fresh leaves will appear on the trees and bushes; the grass will become greener and greener every day. Zola is most looking forward to the almond trees blooming into white and pink flowers on the VALE Liceo Campus.

To celebrate and welcome in the new season, we recommend a few things. One of them is spring cleaning. The origin of spring cleaning is debated. Some people say that it comes from the Iranian Nowruz, the Persian New Year, which falls on the first day of spring. Others say it stems from getting ready for Lent. It is traditional to clean the house thoroughly either right before or during the first week of Great Lent, which is referred to as Clean Week.

If you do not love cleaning, we recommend that you enjoy some time outside. Most people go for a run, go on a

hike, or ride a bike. We are so excited for Spring to come!

Written by Lucky and Zola

Interview with Victor



Since 2019, Vermont Academy and Liceo Europeo have been in partnership with each other. There are two campuses-one private boarding school in Vermont (United States) and the other is a private, day school in Madrid (Spain). Students can complete their high school on both campuses. The location, the tuition, the sports, the subjects, and the campuses are different. However, the philosophy, language, and grading are the same.

One student, Victor P, started school at the Madrid campus-he completed the first term

in Madrid. In January, he left and joined the community in Vermont. He is not the only student from Spain in Vermont, but he is the only one that this year that has been a part of both programs. He said, "He always wanted to go to the Vermont campus since he arrived at Vermont Academy at Liceo Europeo. He wanted the incredible experience and nowadays he is actually living it. He also wants to learn more English, and he also wants to meet new people." At first, there were only 1 or 2 other people that he was friends with on campus, but he was able to make friends. One of his first friends was from Mexico, but he has now left to return

Vermont Academy home. He enjoys the fact that he gets to go skiing everyday after having school in the morning. There is a snow park just near the school, which he really enjoys and goes with his friends. One of the biggest differences is that it is a boarding school, so he doesn't return home. His routine has changed- he doesn't do the habits he did day after day in Spain. He is also adjusting to a smaller living space. His favorite class at the new campus is math-it is currently called algebra.

This month he has returned to Madrid for his Spring Break, which is earlier than VALE, because he attends classes also on Saturday's. He says, "He is having a really good time meeting new people, doing new things, and learning about different cultures." Being away from home is "definitely a living experience you need to

try at least one in your life!" he says!

*Written by Alex, Juan,
Luca*

Holi

During the month of March, Holi, which is a Hindu holiday, is celebrated. It is celebrated on March 18th, and it is known by many names- the Festival of Colors, the Festival of Love, and the Festival of Spring.

It has been celebrated since the 4th century as a way to welcome spring. Holi is a Hindu festival, so most people who celebrate are Hindus. It is celebrated in different countries-India, Nepal, Bangladesh and Pakistan. In this festival, people dye their face with different colors, play with water guns, play music, dance, and party. During the Holi Festival, people dance through the streets and throw colored dye on each other.

In our community, a few students; such as, Mahesh, Zlex, and Rameshor, celebrate it. When talking about it to them, they all said they really liked this festival because they like partying, and also because it's an important festival for them as they are Hindus. Depending on the state that you live in in India and the language of your state, you may have the day off and know it by another name. For example, Asem comes from Manipur, where it is called Yaoshang.

It can be an eye opening and joyful experience to try if you ever get the chance.





Written by Asem and Puia

February 2022

The New Vermont Times

Learning New Cultures



On Tuesday, January 25th, the VALE community came together for a flag ceremony. The flag ceremony is a yearly tradition at Vermont Academy in Vermont, and this is the first year it was celebrated in Madrid. On January 25th, The Vermont Academy of Liceo Europeo, had a ceremony in which we recognized the countries of the people that either study or work in this community. We honored them by putting on the anthem of the country and showing the flag around the library.

The community is very diverse-the flags of Spain, Mexico, USA, Ireland, UK, India, Japan, and Venezuela were showcased. Juan

B. carried the Mexican flag, Puia carried the Indian flag, Isaac carried the Venezuelan flag, Andrew carried the Irish flag, Nacho carried the Japanese flag, Angeline carried the American flag, Jonathan carried the British flag, and Adriana carried the Spanish flag.

People seemed to really enjoy the ceremony. When we asked students about their experience, they were all positive. Juan B. was excited to walk in while the Mexican anthem was playing, and his favorite line is "Mas si osare un extraño enemigo." Asem noted that he liked the ceremony because "It was



nice to see all the flags together.”
The ceremony was also great because we got the chance to learn new things about other people’s countries. One interesting fact about Mexico is that it was the site of where the dinosaur killing asteroid landed-changing the course of human history. Both the UK and Spain are known for having long histories-the UK has one of the world’s oldest monuments, Stonehenge, and Spain has one of the world’s oldest restaurants, El Botin. India has the highest bridge, which is called Chenab Bridge. There were many more facts, and it turned out Andrew knew the

most-he was the winner of the game!
After the flag ceremony, all the flags were hung up outside the classes, so we can continue to have a memory of all the cultures here at Vermont Academy.

Written by Alex, Luca, and Juan B.



Interview with Puia



Puia playing football at the training fields in Alcala.

Puia is a student in 11th grade at VALE. This is his first year at VALE after studying for one year with the international exchange program at Liceo Europeo. Puia is from Mizoram, India. He grew up in Mizoram with his two siblings, and he's the middle

child. He came to Spain to play football in the Atletico de Madrid Academy, and his position is central midfield.

He enjoys going to school because he is very fond of the teachers and the facilities that they provide. But there is one thing he wants to change in the school-if he could, he would change the time of the school to end earlier than now.

He is a very unique and talented kid. He plays a lot of different sports besides football.

Table tennis, Badminton, Basketball, Carrom, Ludo, Padel and Cricket are some of the sports and games that he enjoys playing. He is a champion in

badminton in his town-he won a local tournament in 2019. He used to get the chance to travel and play sports in different grounds and in different places. In the future, he wants to be a professional football player to earn a lot of money and support his family because they are the one that he cares about more than anything in this world.

This year Puia's goal is to do his best in school and football, and score as many goals as he can. Mostly, he will love to get a chance to go back home to his family and friends.

Written by Lucky

Valentine's Day

On February 14th, many people celebrate Valentine's day. It is a day to celebrate good relationships between people. Couples express their love with nice cards or small gifts. Now, it has also expanded to express affection between relatives and friends, as well. Most people give gifts-usually roses, chocolate, and teddy bears.



The holiday was possibly created in the 3rd century A.D. It is hard to find the exact date and place of creation. Many people believe the ancient Romans started Valentine's Day because they wanted to honor St. Valentine. St. Valentine, a priest, was killed for performing secret marriages. The marriages had to be secretive because the Emperor Claudius II had outlawed marriage as he believed single men would make better soldiers.

Today, Valentine's day is not only celebrated by the Catholic church but by many people all over the world. However, it is not allowed or recognized in many countries. For example, Saudi Arabia's religious police have banned the holiday.

In Spain, Valentine's day is mocked for its' consumerism ties by many as they called it *Día de Corte Inglés*. Many people say that Valentine's day was only promoted in Spain after the introduction from José 'Pepín' Fernández, the founder of Galerías Preciados, who owned a department store and wanted to boost sales. It is more common during this time of year for people to be celebrating Carnival. Teachers at VALE also said, they don't usually celebrate it. Jonathan says that he doesn't celebrate that much; he says he celebrates his wedding anniversary. Angeline says, "she doesn't really celebrate Valentine's day, but she does like to get a card from her husband. In the past, she also used to celebrate galentine's day with her friends."

In the end, it is important to show love and appreciation to your friends and family. It doesn't have to be on Valentine's Day-it really should be more often in small gestures. We recommend you trying out some daily affirmations for others like:

- Checking in to see if someone feels ok.
- Smile at others.
- You can remind your family, friends, and partners you love them by saying, "I love you," which is English, "Ei Nangbu Nungshiye," which is Manipuri, "Ka Hmangaih Che," which is Mizo, "Nga leid ia Phi," which is Khasi, "Mujhe tumse pyaar hai," which is Hindi, "Ang nwngkwo mwjang mwnw," which is Bodo, and "Te quiero," which is Spanish.

Written by Asem and Zola

January 2022

The New Vermont Times

Candlelight-An Incredible Experience!



On December 20, 2021, we held a celebration called the Candlelight Ceremony. The purpose of this is for everyone to write their wishes on a blank sheet of paper-they can be about whatever they want, family, school, etc. Then this ceremony is done to launch them into the air hoping that our dreams come true. In some places, the paper on which you write your wish you throw it flying or something similar, but in our ceremony we took the paper and burned it with a candle. That's why this event is called Candlelight. The people that were there were not as many as we would have liked due to the current circumstances with covid, but we decided to make it an intimate ceremony among the members of Vermont Academy. Students and directors, who are a part of the VALE community, were

there. All the students shared readings from our various cultures including Solstice, Diwali, Kwanzaa, Christmas, and Hanukkah. After the readings, we lit candles for each based on the customs. We felt very good after hearing and reading all of the traditions because we learned a lot of different cultures. After lighting the wishes on fire, we were hoping each of our wishes would come true, and when we sang the song together, we felt that we were more united.

Written by Juan B, Luca, and Alex





Interview with Lucky

who are called the Lawai's. He has 3 brothers and 1 sister-he is the third child. His brothers are much older than him; he has 4 nieces and nephews. In India, Lucky was always playing football.

towards his dreams of becoming a football coach or chef. He really enjoys break time at school because he likes to chat with his friends.

This year, he hopes to get the chance to go home and see his family. It has been three years since he was able to see his family at home. He is very proud to be Indian, and it means a lot to him. When we asked about what is an important part of being Indian, he said, "Being Indian means having respect for others and their religion. In India, there are so many religions that have different gods."

Lucky is looking forward to this new



Lucky admiring snow in January 2021.

Lucky was interviewed by Zola because we want to get to know him better. Lucky is from Shillong, Meghalaya, India. Back in Shillong is Lucky's family,

This passion led him to coming to Spain on June 18th 2019. His journey was not easy, he said he had to drive to the first airport in Gauhati, and then he had to take planes "from Gauhati to Delhi to Dubai and finally Madrid. It took more than 12 hours." He had decided to come "to study and play football." Lucky is currently working

year as he is getting
closer to his dreams.

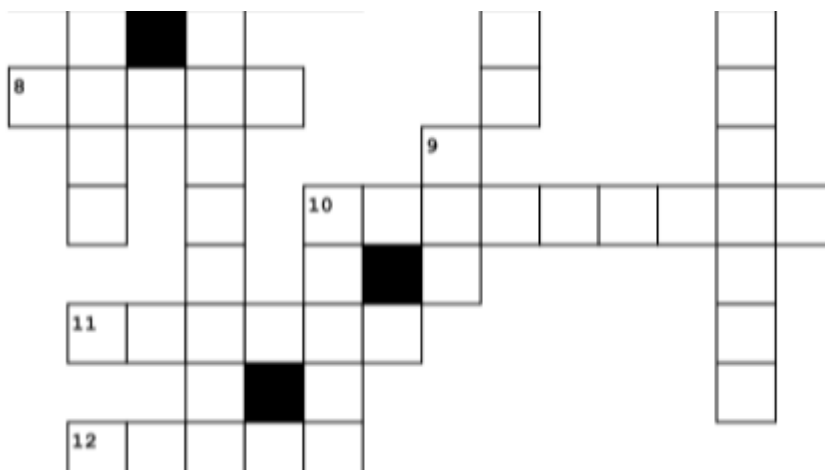
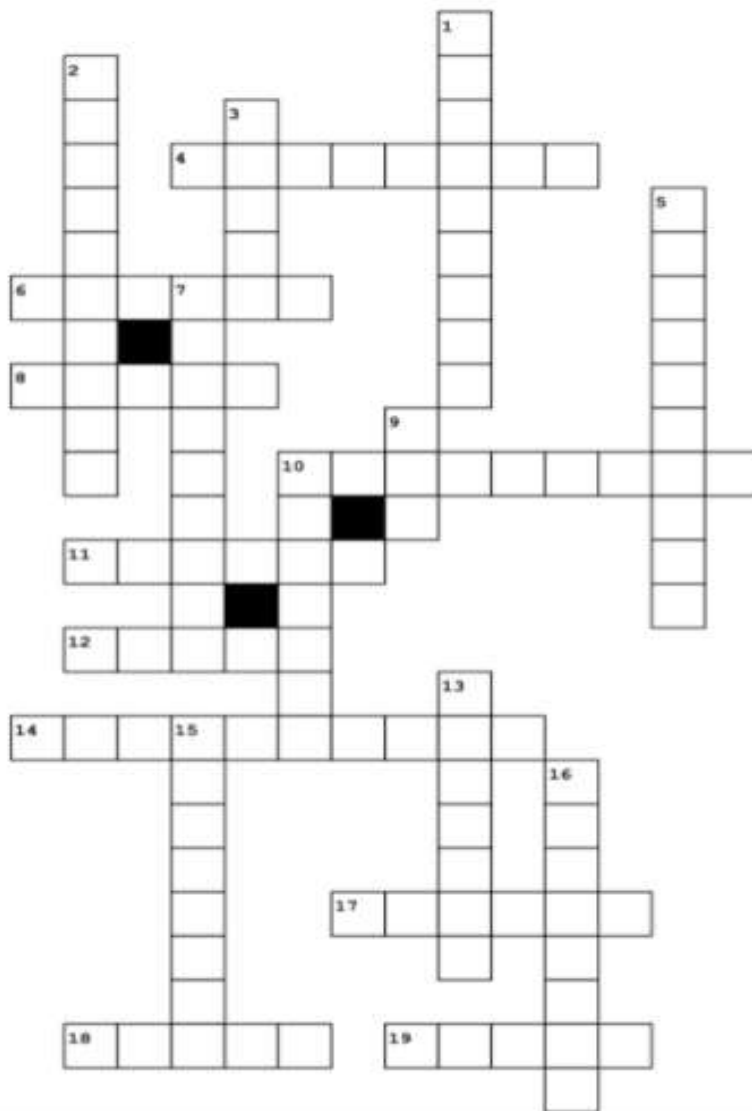
Written by Zola

Crossword-Can you figure out the answers?

Puia and Asem have created a crossword puzzle based on school and football. You can complete it with real time answers at:
<https://crosswordlabs.com/view/football-and-school>

Or you can complete it below and ask us to check it for you.

Football and school



Across

- 4. People that teach students.
- 6. A writing utensil that can be erased.
- 8. A country that won the World Cup title in 2010
- 10. A place where we study in school.
- 11. It is an utensil that is also called rubber.
- 12. A kind of shoes that is used for playing football
- 14. A spanish football team that wears white
- 17. Clothes that is wear by the football players
- 18. Place where football is played
- 19. A spanish footballer that has played for both Real Madrid and PSG.

Down

- 1. An English football club that wears red
- 2. A player that uses gloves for playing
- 3. A footballer who has won 7 balon de oro.
- 5. Current Real Madrid coach.
- 7. Player for Man Utd and has scored the most goals
- 9. A thing that is used for carrying school utensils
- 10. An English football club that wears blue jersey
- 13. Place where there are books to read.
- 15. is also called Computer.
- 16. A school utensil for writing notes in.



December 2021

The New Vermont Times

Merry Christmas Traditions On the Way!



More than 2 billion people in more than 160 countries consider Christmas to be the most important holiday of the year. Lucky and Zola decided to compare the Christmas experiences in their two countries, Spain and India. Both countries celebrate it on 25th of December.

In India, it is common to start celebrating and eating dinner with friends and family on the 24th and continuing to the 26th. On the 26th, everyone gathers at their local church for dinner. Eating makes up a big part of the celebrations. Zola noted that his favorite food is beef that is made by his father, and Lucky's favourite food is jadoh, tungrymbai and pork. Out of all the things you can do, Zola's favourite things to do on Christmas are go to church and in the evening hang out with friends. Lucky's favourite things to do at Christmas are watching movies that are about Christmas and eating traditional khasi food like jodoh, doh khleh, doh sañ, doh jem and doh mug.

In Spain, it is common to have celebrations on the 24th of December and the 6th of January. It is also common to watch the drawing of the lottery on December 22nd. The most common foods in Spain are turkey for dinner and jamon for tapas. There are many desserts-marzipan and turrón are some of the favorites.

One of the biggest traditions is bringing and eating The Roscón de Reyes, which is the Spanish version of a Christmas cake. Essentially it is a sweet bread ring topped with pieces of candied fruit and sometimes filled with whipped cream. In the cake, there is a hidden bean and a king. If you get the bean, you have to pay for the cake. If you get the King, you have to be invited back.

As we think about the coming year, we reflected back on our best memories, and Zola's best memory of Christmas was in 2017 because, "I was in my home with my friends and sang with them and hung out," he said. Lucky's best memories of Christmas come from 2018. He remembers, "My family and I went on a picnic and had a lot of fun spending time with them and having dinner together. We had a lot of fun because of exciting games."

We hope everyone has a chance to make great memories this year-no matter what holiday you are celebrating or where you are!

Written by Zola and Lucky

Interview with Asem



Asem is a student at VALE because he came to Spain on June 19, 2019 by plane to play football for Atletico de Madrid. Puia interviewed him this month to get an insight about his life here. Asem noted that there are many differences in life here, “Firstly, when we first arrived in the summer,

the time was very different. In India it gets dark around 6pm in the evening while it gets dark around 8pm here in Spain. The lifestyle is very different, here no children play in the streets. The food is way too different, there is little spicy food, while most of the food in India is spicy. In Spain we don’t go out at night while we always go out in India with friends.”

One of his favorite parts of living here-even without the spice-is the food. His favourite food in Spain is Tortilla de Patatas, but he also misses his favourite Indian food called Chagem Pomba. He has bunches of things he does in his free time here. Asem said, “My favourite video game to play in my free time

is called PUBG(Players Unknown’s Battleground) which is a player versus player shooter game in which up to one hundred players fight in a battle royale.”

He is a sportsman; he loves sports. He is a good footballer-he has two positions which are Right Winger and Striker. He doesn’t know exactly how many goals he has scored for ATM, but he thinks it’s around 5 goals. His goal in life is to become a professional footballer, so he really works hard for that. He really enjoys living in Spain, especially because of the friends that he has made here.

Written by Puia

Omicron

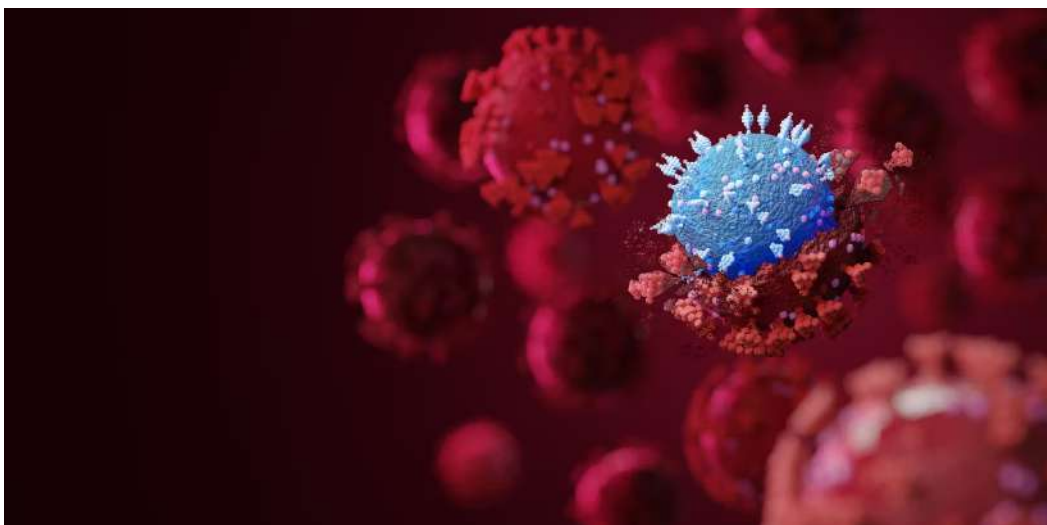
Omicron is in every newspaper and every news channel. It is dominating people's conversations. People know that it is more dangerous than other variants of Covid and causes more people to get infected. Scientists are not sure that the vaccine is working with this new variant. People are continuing to die, and vaccinated people are getting infected. Many people need to get a new vaccine. People over the age of 40 in Spain are allowed to get a booster.

Many people usually travel over the winter holidays, but now the flights are getting cancelled. Countries are starting to put more restrictions. For example, Covid passports are needed in some regions like Catalonia and in some countries like France. Travellers to most places need a test within 24 hours showing they are negative.

Not only travel is being effected, but work places are also starting to show concerns. Many workers are now returning to work from home. Many stores are worried about how people may not come to buy things for the festive season, which would negatively affect their profits.

In order to stay safe, people should keep their masks on, wash their hands, and use sanitization products. Governments are bringing back restrictions because if we do not get control now it only seems like it will get worse.

Written by Victor and Alejandro



Winter Sports

By Juan B. and Luca

In winter, there is a lot of variety of sports in order to stay active and have some fun. There are sports like, Ice skating, Ice Hockey, Skiing, Sledding, Snowboarding, Snowmobiling, etc.

Sometimes, we use artificial ice for ice rinks for some sports like ice hockey, ice skating, speed skating, and many more. Ice hockey is one of the most popular winter sports; this is a sport made by teams, and it is a contact sport. Each team has 5 players and one goalie and whoever scores more goals wins. Speed skating is a competitive sport where people race each other in a circuit inside the ice rink. This is a big thing because it is at the Olympics.

Skiing and snowboarding are the most frequent sports for students in our community.



Skiing is a sport in which you need to buy some stuff in order to do it. Skis, poles, bindings, and ski boots are the most important material; without those, you couldn't ski. Many people do rent those materials because it would be too expensive for some people. For skiing, good equipment is required as it is a winter sport that can be dangerous, so we need safety equipment such as a helmet and goggles to improve the field of vision when skiing. We also need appropriate clothing; a coat and suitable pants that are specialized in the sport of skiing. These clothes resist very well in the snow and keep you warm when it is very cold. Obviously it would be very cold with that alone, so you also need underwear and a few layers to keep you warm in very low temperatures. Obviously, some thick socks and gloves are also a good idea. It is also highly recommended to carry

a specialized ski backpack to put products that you will need during the day because normally you are out all day on the slopes and maybe you prefer a snack to eat in the meantime. This sport is usually done in places where there are good mountains and plenty of snow, such as France, the United States, and Austria..

Winter sports even though can only be done for a short time are a great adventure-give them a try!

The New Vermont Times

November 2021

Pumpkin Day

We were delighted to have Cynthia be a guest writer for us. She wrote the following article:

Vermont Academy at Liceo Europeo Celebrates Its First Annual Pumpkin Day

Vermont Academy celebrated its first annual Pumpkin Day on October 29, 2021. The students designed the event based on Vermont Academy's annual Pumpkin Run where students have a fun 5K run as a way of collecting food for a local charity. VALE decided to put a different spin on the event and turn it into a celebration for over 1,000 Liceo Europeo students ages preK-grade 12 while still keeping the concept of each student bringing at least one non perishable food item to the event. VALE students designed pumpkin themed games and created all of them using recyclable materials. The events included a Pumpkin Run, Fishing for Ghosts, Pumpkin Coloring pages, Face Painting, Toss the Ball at the Giant Pumpkin, Pumpkin Pie Pan Toss, Pumpkin and Ghost Fitness course, Pumpkin Mini Golf, Flying Ghost Volleyball, Futbol, and a Costume Parade. The VALE students and staff ran all of the games with the assistance of the Liceo Europeo IB CAS program.

We donated over 1,000 non perishable food items to the local Red Cross. The goal of the day was to celebrate and build community and enable students to participate in service which benefits their city. By building all of the events from recyclable materials we also are committing to the philosophy of reduce, reuse, and recycle. It was a great day and we look forward to next year.



Tips for Thanksgiving Break

Written by Adriana

This year, we have a week off that coordinates with Thanksgiving Holiday. Here are 10 tips for Thanksgiving from Adriana and the journalism group:

- **Prepare as much as possible ahead of time.**
- **Enjoy a moment to yourself before guests arrive.**
- **Pause before digging in.**
- **Give your friends and family a 'thankful jar.'**
- **Volunteer to help the less fortunate.**
- **Don't undercook or overcook the turkey.**
- **Keep a general head count of who is coming.**
- **Prepare for Christmas by making a Christmas list.**
- **Have a movie marathon.**
- **Wear stretchy pants so you can eat a lot.**



Happy Diwali - Festival of Light

In India, Diwali is the most important festival of the year—a time to celebrate the success of light over darkness. Below are some answers to common questions people have about Diwali and its celebrations. Some of the answers below will vary based on the town, where it is celebrated.

What would you do?

During Diwali, people wear their finest clothes and decorate their homes with diyas and rangoli-see pictures below. People perform worship ceremonies of Lakshmi, who is the goddess of prosperity and wealth. People light fireworks, and partake in family feasts, where mithai [sweets] and gifts are shared.

What food do you usually eat?

In India, we usually eat z [bājra], rice, whole-wheat flour [aṭṭa], and a variety of lentils, such as masoor [most often red lentils], tuer [pigeon peas], urad [black gram], and moong [mung beans].

Who do you see? Who do you spend time with?

During the day, we might celebrate by attending a concert. Families gather in each others' houses. Later in the day, when it starts to get dark, we walk to the street to see the light of every house and put candles around the house. We walk around with our friends and steal the candle.

Written by Zlex and Rayo



Japanese winter event

Every November, there is a special event in Japan.

An annual event in Japan to celebrate the growth of children aged 7, 5 and 3. This event is called Shichigosan. This meaning of this name is the number in Japanese. 7=Shichi, 5=Go, 3=San. A long time ago, the child mortality rate was very high in Japan. So we celebrated the growth of 7 years old, 5 years old and 3 years old and prayed for the longevity and happiness of children. This event is held on November 15th every year.

They dress up in Kimono (traditional Japanese clothes) like in this picture.

This event we wear this kimono and visit the shrine. Then kids go to the photo studio, take a picture, and then have dinner with their family.

Written by Yuta



Who will win the Champions League?

Written by Mateo and Adrian

We have no school the last weekend of November, which makes for tons of time to watch the Champions League. Here is what you need to know.

- At the beginning, there were 32 teams. They come from all over Europe.
- All teams are now at the end of the group stage, there are 8 different groups with 4 teams each. Now that the group stage is coming to the end, all the teams are very tense to see who enters in the next phase and who stays out.
- The last match of the group stage will be the 8 of december, after that match the first and second of each group will pass to the next round which is round of 16.

We have different opinions on what is going to happen:

• Mateo's opinion is that, "Paris St Germain will win because Neymar is the best, and I love him. He deserves to win. With the new addition of Messi and Neymar, they should certainly be the best."

On the other hand, Adrian says, "I think that Real Madrid will win because they have a good team to compete with any other team in Europe. I don't see PSG winning the championship because they have a really bad defense, and they only defend with 4 guys, which is



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Hiking Day



A week before Mountain Day, Cynthia told us at community meeting that we had to be prepared for hiking day, but she was not going to tell us what day it was going to be.

The day finally arrived-Mountain Day finally was on On September, 28 2021. We didn't have a class day at school. We went hiking on Peñalara Mountain.

The day started going to school with appropriate clothing, and then we took the bus that drove us to the Peñalara Mountain. When we arrived there, we were divided in two groups because we could not go all at once due Covid-19. The teachers prepared a scavenger hunt for us to participate in. It zoomed in as a biology and ecology scavenger hunt. We had a list of animals, plants, and organisms to take pictures of.

The first group started going uphill until they arrived at the lagoon. When we arrived at the lagoon, the second group could start going uphill. Before the second group started up, they ensured to take tons of pictures for the scavenger hunt as well as stayed active with some running races against Angeline and Andrew. Each group had some time by the lake to eat the sandwiches that the school gave us.

Because of covid, after the first group started going down, the second group was arriving at the lagoon.

Finally, when all of the students were at the entrance point, we waited a little bit taking a group picture, and we went to the bus to come to school.



Interview with Andrew



Adrian, Niks, and Zlex met with Andrew, VALE's math teacher, to find out more about his experience and his own fall traditions.

This month, Zlex, Niks and Adrian sat down with Andrew to interview him for the school paper. Andrew is originally from Ireland. He attended Trinity College, where he studied civil engineering. He really enjoyed university. He was able to live with his friends and have fun in Dublin. He recommends when students go to university that they make sure to:

Manage their time to complete all of the work because nobody is reminding you of deadlines.

Try and find a program that allows you to spend the year in a different country

Andrew was in Mexico City to start his teaching career. He also lived and taught in New York. He and his wife considered a move to Europe as he said, "I was living in the USA, and my wife and I had visited Spain before. We were excited to live somewhere new and be closer to my family in Ireland." They moved to Valencia and after that he went to Madrid to work in Vermont Academy. He believes that, "Every place that he taught he learned some new teaching skills."

When he started teaching at Vermont Academy, we had hiking day. He said, "He really enjoyed it. The weather was nice; the view was very beautiful. I had never been out of the city since I have been in Madrid. It was also nice that everyone was happy afterwards."

As it is October, we asked him about Halloween. He talked about how he used to do an activity-originally an Irish tradition bobbing for apples, brack (Irish cake), and peanuts. Zombie was his favorite costume that he dressed up as.

Andrew teaches Math and Economics as well as supervises Global Awareness for the 2021-2022 school year.

Halloween

Halloween is celebrated at the end of October. As we are a school with many cultures and ethnicities, we wanted to look at the different traditions from our student body.

First, we looked at Spain. For all of us, at Liceo, we will be celebrating Halloween with Pumpkin Day on October 29th. Usually, in Spain, Halloween is known as El Dia de los Muertos (Day of the Dead or All Souls Day). It is celebrated on the single night of Halloween, but then it continues to be a three-day event. The celebration kicks off with el Dia de las Brujas-Day of the Witches. The following day is Dia de Todos los Santos-All Saints Day, and the final day is the Dia de los Muertos-the Day of the Dead.

For our students, we took the chance to look back on our experiences. First experience we had was Yuta's, which used to be celebrated in Japan. He said:

When I was a kid growing up in Japan, I used to dress up and go to the city center. It was just one day. One of my favorite costumes was Mario from the Mario Brothers. There were costume contests and tons of people dressed up in the city center.

For our students from India, they noted that they have never celebrated Halloween. In India, we do not celebrate it. In 2019, we had the chance to celebrate. The TaTa boys and other players went to the park. We were dressed up as people from La Casa de Papel with masks and rain coats. There were many people with masks in the park trying to scare other people. We played games like Duck, Duck, Goose. Later on we returned to the residence, we had a very nice dinner with lots of choices. This year we are looking forward to dressing up again and enjoying the park and a nice dinner.

We are looking forward to the celebrations with all of our students coming together on Pumpkin Day to celebrate Halloween.



Halloween in Spain 2020

The New Vermont Times

September 2021



Kicking Off the Year

To kick off the school year, the students participated in the Wild Cat Games. The Wild Cat Games are a tradition for Vermont Academy, where advisories compete but also a time to build community. Each advisory competed against each other in different games to score points and be crowned the champions! As the sun shined down on the football field, the students participated in egg races, toss the tortilla pan, teacher trivia, tangrams, and no hands balloon pass. During the egg race, 'Controversial tactics were used,' says Niks, who was playing for Andrew's team. The tortilla pan toss was very difficult due to windy conditions noted many students. Many students found tangrams the hardest as they were told their shapes were incorrect over and over again until Angeline's team solved the puzzle. Students and teachers could be heard cheering on their teammates to victory. However, there could only be one winner-Jonathan's team left with the most points.

The next day, Jonathan's team was awarded a certificate of distinction as the students, parents, teachers, and administrators gathered for the Honor Code Ceremony. The school community filled into the library to hear from Cynthia and Natalia give official welcome messages. The Honor Code Ceremony is a special tradition at Vermont Academy, where everyone acknowledges the importance of following our Honor Code and values. Last year's GPA awards were given to students to recognize their hard work and achievements. Finally, new students and teachers were asked to come to the front of the room to sign their allegiance to following the core values.



New Students Adjust to their School

In the 2021-2022 school year, twenty Two new students joined 11th Grade, here at VALE, and we have explored the differences.

In the Spanish schools, they start in late September, and they finish in June 20-22. The Spanish schools usually have more strict rules than others, like the uniform you have to wear and the timetable.

Vacations are another difference because in Spanish National schools they don't have the Thanksgiving holiday, which VALE does have.

In VALE, we started school September 1st, and we finish June 10th. We have fewer rules, the Honor Code and the phone policy.

We don't have uniforms. Vacations are in VALE a good thing because we have 1 week in Thanksgiving holiday, and we also we the Spanish vacations.

For students from the TATA club, this year school is different because last year we studied Spanish,English,Science and some other activities. They spoke Spanish and now our teachers speak English. Last year we had lots of time to rest but this year we have shorter time to rest.

Last year we didn't have homework, projects and assignments but this year we have lots of homework, assignments and projects. Very different from last year and this year.

One of the biggest difference between the schools is assessments. VALE is project based while the other programs are tested based. We look forward to seeing how everyone adjusts to their new program.

Written by Juan and Rayo.



Interview with Cynthia



Zlex and Mateo met with Cynthia two times to talk about her experience as the head of school at Vermont Academy Liceo Europeo.

Cynthia, who is the director of VALE, sat down with us to talk about her work at the school. Cynthia moved to Madrid from Vermont in 2020. She has been teaching for 35 years at Vermont Academy. Cynthia has worked as a History teacher, English teacher, an advisor, Art History teacher, and a Music teacher. Besides working at Vermont Academy, Cynthia worked at a school called Memphis school in Azenberjian. Because she teaches and has taught many classes, she explained that she is a very organized person. She also notes that working at VALE is enjoyable because she really likes working with a good team. Currently, her team of students and teachers is from all over the world. Students at VALE are from Spain, India, Japan, Mexico, Ireland, Belgium, and Venezuela. Teachers are from the United States, England, and Ireland. Overall, she likes her team because they are very kind, professional, and smart.

She likes that the school is growing and adding more students and more classes. Next year, there will be grades 9 and 10. She is excited that the school “will focus on projects and hands-on learning.” As she looks ahead, she notes that “It is important to learn for the future,” and she wants to continue working at Vermont Academy and Liceo.

Covid Interrupts Football

Since being accused of falsifying travel documents, 4 Argentinian players have been detained in Brazil. These players were Emiliano Martinez, Emiliano Buendia, Cristian Romero and Giovani Lo Celso. It was only 5 minutes into the game before authorities stormed the field and arrested the four players that were playing. The authorities realized that these players came from England, which is on Brazil's red list. The game was stopped at a halt. Argentinian players and coaches tried to stop the authorities from coming onto the field. Players were very confused at what was happening. There were even some players trying to defend themselves and others. Lionel Messi, the captain of the team, tried to speak with the authorities. Despite the players' efforts, the authorities were successful in suspending the match.

Lo Celso and Romero will be fined a hefty amount of money by their clubs. The four players will now miss their match coming up against Bolivia. The four players are believed to be flying back to Croatia instead of England to keep training before heading back to the English grounds to start training again with their teams. A trip from South America back to England would have meant they would have had to quarantine for 10 days, but stopping in a green listed country means they can go back to training without having to quarantine the ten days. The two players Martinez and Buendia would miss their upcoming game against Crystal Palace with Spurs.

Written by Niks and Yuta.

Here is the scenes of the Brazil vs Argentina match when authorities stormed the field.



Spanish Football Going Downhill

International football is back, and I think Spain is not doing well because they are not playing well. They play with a lot of passes and move the ball side to side but they are not moving down the field. They don't make any danger to the opponent because they play very far away from the goal- they never strike. This problem could be because also the players that were selected are not the best, there are a lot of better players in other teams that deserve to be playing for Spain.

Additionally, the coach is disrespectful with the journalist, he is making fun of everything and the situation is not for that. They have only won 50 percent of the matches since this manager is here; they are terrible numbers.

Also he could use other formations, like 3-4-3 to be more aggressive because we don't score goals at all. Also, he should make more subs before to try and make some impact in the game.

Now Spain was very lucky because they won the their game against Sweden, which was ranked first in their group, lost against Greece so now Spain is first in the group and luckily now they depend by themselves

In conclusion, I think he has to change a lot of things to be the best selection of the world, and if he doesn't qualify for the world cup in Qatar I will be very angry at him. If they do not qualify, I I think they should have to expel him.

Written By Adrian.