



# FREEDOM MAGAZINE





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# Editorial

by Haizea Arrizibita and María Perez

We started this magazine as a project of Oral Presentations and Projects, but it happened to be so much more interesting than we expected.

At first, some of us had a hard time deciding the topic or the parts of this project, but eventually we became more creative and started having a really good time preparing the magazine. The ideas were original and funny, and the teachers really cooperated when we asked to, so it was an easy journey.

Apart from the funny side, we worked hard and learned many new things such as new topics and facts about teachers that surprised us.

So yes, this project has been an overall good experience.



# TEACHERS' INTERVIEW

*Philosophy: Fermin Gorraiz*

*PE: Aitor Mozo*

*Maths: Oier Zenigaonaindia*

*Physics and Chemistry: Ainara Saez*

*English: Ainhoa Martinez*

## 1- What is your favourite class? Or your least favourite?

In the opinion of Oier, Fermin and Ainara, the **best class is 1<sup>st</sup>D**. Because even if they are a lot, they behave very well and because they don't mix with other classes like the other two classes.

And for Aitor and Ainhoa, the **least favourite class is 1<sup>st</sup>C**, because they aren't adults and they look like primary school students (most boys). Or in other words, they look like little children at school.

## 2.1- Dogs or cats?

Among all the teachers we have interviewed, there are some that **prefer dogs** more than cats. For example: **Ainara or Aitor**. But there is one teacher that has some doubts about this question. This teacher is Ainhoa, the English teacher. She likes both animals, but after thinking a little bit, she decides that she likes more dogs than cats.



On the other side, there are the **teachers who prefer cats** more than dogs. Such as: **Oier and Fermin**. Fermin told us that he likes cats more than dogs because he has never lived with another animal, only with cats.

## 2.2- ColaCao or Nesquik?

This question is a great debate. The teachers who chose **Colacao** are **Physics and chemistry** teacher together with **Maths and PE** teachers. But

there is an **exception**, that is the English teacher **Ainhoa**. She doesn't drink milk, so she doesn't have to choose between ColaCao or Nesquik.

### 2.3- Pizza with pineapple or pizza without pineapple?



This question is easier to answer. Between pizza with pineapple and pizza without pineapple, **Oier, the Maths** teacher is the only one who prefers pizza with **pineapple**. The teachers who like **pizza without pineapple** are; **Ainhoa and Ainara**. The only **exception is Aitor, PE** teacher because he **doesn't care** about it.

### 2.4- Beach or mountain?

We have **only asked this question** to the **Philosophy** teacher. He answers that he goes to the **mountain in the morning**, and in the **afternoon to the beach**.

### 2.5- Town or village?

This question has **only** been done to **Fermin** too. He said that likes the **village** more than the town.

### 3- When did you find out that your vocation was to be a X teacher?

PE teacher's words were the following: "**At university, I studied INEF. I had the option to be a PE teacher, and I wanted to be one. And I finally achieved it.**"

**Maths and English** teacher in **university too**. However, **Ainara knew it a little bit later**, because she was working on other things before.

And finally, the **Philosophy** teacher in **A-Levels**, he liked Philosophy so, nowadays he is teaching it.



And finally the most awaited question...

#### 4- Do you prepare difficult exams to capture your students?

In front of this complicated question, we find different opinions, but all of them have the same answer.

**All the teachers say that they don't prepare the exams to capture**, and they emphasise that if you pay attention in class and if you work, it is easy to pass the exam.

Except for the **English teacher (Ainhoa)**, she said that the exams that she prepares are **easy to pass, but difficult to get a good grade**.

**Did they tell the whole truth?**



## **GUESS who or what**

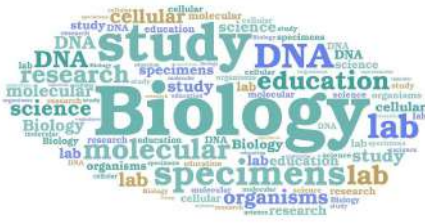


He has been teaching in Askatasuna for more than 12 years, he has studied mathematics. He has two daughters and wears a gown most of the time.

You can write on me but I'm not a notebook. I'm out of date, but still useful. I have a younger sibling that tries to replace me, but the school still loves me.

He has a long and unusual surname. He is substitute of another lovely teacher. He's not from Navarre and that is the reason why he writes the name of the days in the blackboard in a different way like "EGOAZKENA".

# AN INTERVIEW TO ALFREDO



Hello we are Alix and Ekiñe and we are going to present our work for the school magazine. We have prepared an interview to Alfredo, the biology teacher of some students from 1<sup>st</sup>D. We have chosen Alfredo to do this interview because we saw that another group was going to do it to Santi,

the other biology teacher, so we thought that it was going to be a good idea to do it to the other teacher of the same subject to see the difference between them and their way to teach.

## 1: Where are you from?



I live in Pamplona, but my father is from Austria and my mother is from Erronkari.

## 2: When did you come to live in the Basque Country?

Well, I was born in Madrid, but then I lived in Austria. Then, I decided to come here when a man from Iruña started a project with schools and he said that I should organise to teach biology. Then I had an interview and at first went bad, I lost my job and then I went to the Public System where I am now.

## 3: Why did you decide to come here and not to another country?

Oh! This is very interesting! Because in my early childhood I was very interested in the Basque culture and in the language, and because it is my mother's town. So, I decided to study Basque when I was a child.

Then I came here during the holidays and I met many many nice people, many friends... so, I enjoyed every time I was in the Basque Country.



#### **4: What was your dream job when you were a child?**

When I was a child my dream job was to be an aeroplane pilot.

#### **5: Were you a good student in your childhood?**

In my childhood I was very good at mathematics and at informatics so, I like to think that I was a good student.

#### **6: What are your hobbies?**

My hobbies are sailing and hunting with my friends after a good lunch.

#### **7: What career did you study?**

I started to study medicine, but I found it a little bit ugly to work with those people, so I decided to change and I started biology.

#### **8: When did you start being interested in biology?**

In my early childhood. When I was a child I was very interested in life questions and I was very good in biology too.

#### **9: When did you decide that you wanted to teach instead of working in a laboratory?**

Well, when I was working in a laboratory I had an internship student. One day, we were working with real-time PCR, which is very similar to the Covid, but it wasn't ten years ago, when this technique had just started.

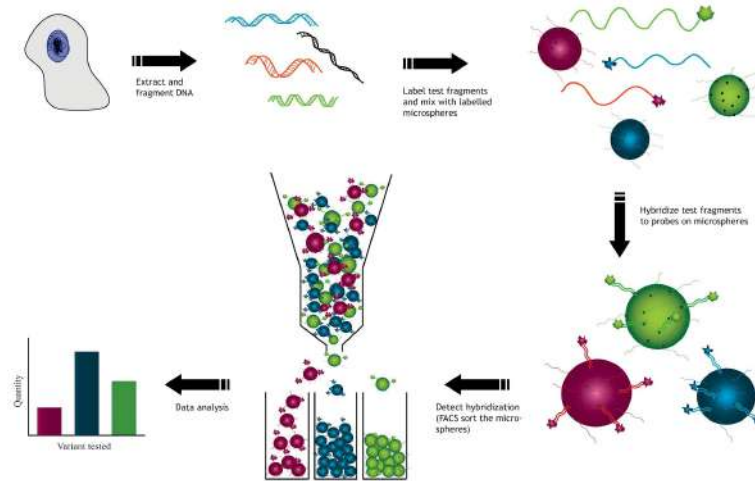
This student didn't know how to use this technique, so I explained to her for just ten minutes and she understood very well. So she

told me that no one had ever explained anything as well as I had. So, that's when I realised that I had to explain things.



## 10: What is the part that you like most about biology?

My favourite part is definitely Micro Molecular biology.



## 11: How long have you been teaching biology?

This is my fourth year teaching biology in the Public School system.

## 12: Did you teach any other subjects besides biology?

Yes, I started teaching biology in the Private School system, but when I started teaching in the Public System, I taught Religion for almost eight years.

## 13: As we know, you like to prepare the students for the exam doing other little exams or worksheets on the contrary of Santi. Why do you think that this is a better way to learn?

Hahahaha..!! On the one hand, I think it is less effort for the students to study for those little exams before the big one because they take less time to prepare. On the other hand, as a teacher I can be more aware when a student has a problem with the term and make my modifications before the student fails the important exam.



**14: Do you think teaching in A-Levels is more imposing than DBH because of the importance of the marks for their future?**

The first point is that maybe it is more imposing because the subject is more difficult, but the second point is that in A-Levels normally you, the students, are more responsible and because of that, it is easier to teach.

**15: Is it true that teachers have favourite students above others?**

Well, when I was student I thought that it was true, but if you get used to teaching, then you can see many other problems in life. So to have a favourite student or to hate others is simply not important. This doesn't mean that a teacher is happier when he/she meets a good student.

**16: Is there something you would like to add?**

It was an amazing interview, thank you for all your effort.

**Biologe**



**Mikrobiologe**

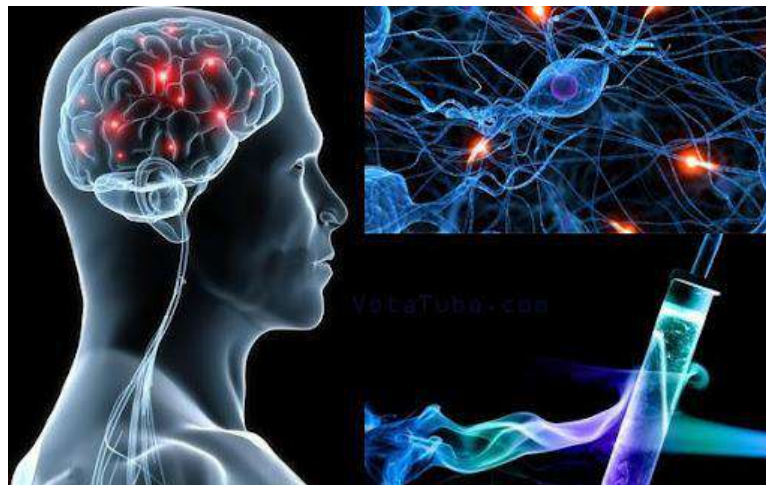


# THE DISCOVERY THAT WILL CHANGE THE SCIENCE WORLD

Authors: Itziar Moreno and Xabier Vergara

Interviewed: Santiago Maiza

The CSIC (Consejo Superior de Investigaciones Científicas), more exactly María Llorens-Martín and her team, have been investigating for a year and a half. And now, in the second half of October, they have finally achieved a great discovery that will change science. After investigating 48 human adult brains, they have discovered that stem cells can also grow in adulthood and not only in childhood.



Now Santiago Maiza, a great biologist and teacher, is going to explain us more information about this topic:

- **What does the discovery consist of?**

I am not very aware of this topic, but in short, they have discovered stem cells in the hippocampus part of the brain, and they allow the generation of neurons throughout life.

- **What benefits can this discovery bring us? How can we take advantage of them?**

Nowadays, stem cells are used to heal diseases, when a tissue is injured they get into it and they change the injured cells for other healthy ones, to heal the tissue. Then, it was thought that the nervous tissues could not be renewed, but now, with the new discovery, it can be that those types of tissues can be healed too. So now, the scientists and biologists of the greatest universities of the world think that chronic diseases could be healed in the future.

- **Can we heal any incurable disease, like Alzheimer?**

Yes, the most important ones are Parkinson and Alzheimer. These diseases are degenerative, their neurons die and many brain functions are lost, for example, memory. Parkinson affects movements, it prevents mobility in certain parts of the body. So, these stem cells will exchange for dead neurons, and they will take the information that the others had.



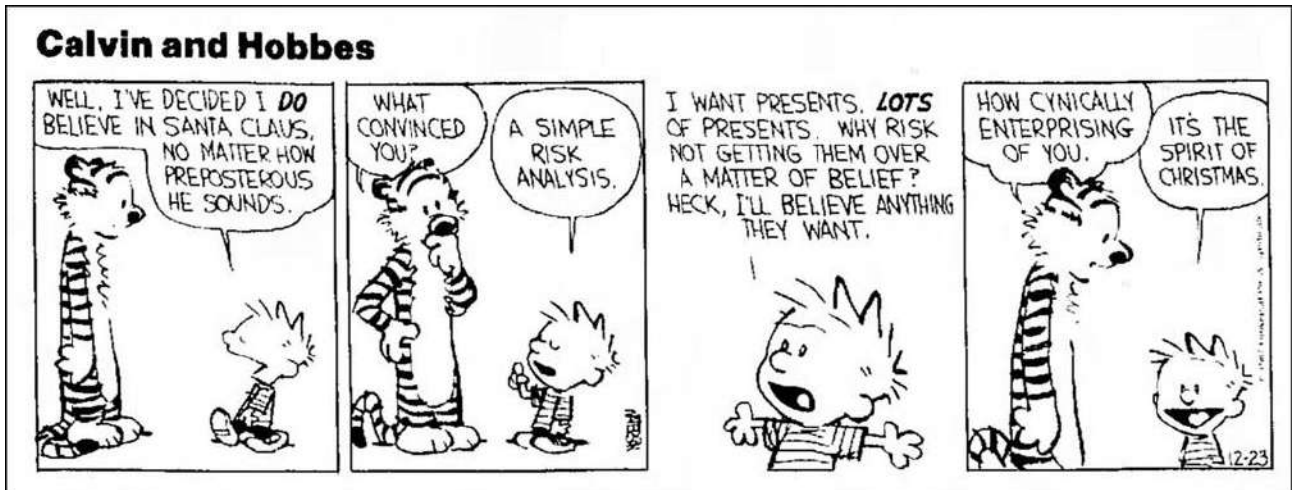
- **What do you think about this new discovery? Do you think it will change science forever?**

I think that it is not the same the discovery and the application of this discovery on a patient, I mean, from the moment they make the discovery to the moment this discovery can be applied to a patient can be a lot of years. And that, without taking into account the ethics, which is so important, because you cannot experiment with people or animals. In summary, I think it will change science as we know it, but in a lot of years and with a hard and long process.



- Do you think that in the following years we (Xabi and Itziar) will make an important discovery like this?

Without doubt, I hope everyone will go their own way and make these kinds of discoveries. In fact, a girl who studied with me, for example, won an important award for one of her scientific researches some years ago. So, I do not think it is so difficult that you can reach those goals.



**Calvin and Hobbes**



# PRESENTS FOR YOUR FAMILY AND FRIENDS

Nowadays, when we speak about presents we associate it with specific dates, like birthdays or anniversaries...Or maybe with expensive presents.

Due to this mentality, people think that giving a present is a duty that you need to do, but the reality is that giving a present has to be a show of affection.

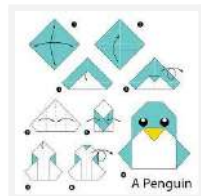
We have decided to give you some advice, tips and ideas for making someone happy.

## Handicrafts:

**Bookmarks:** if you know a person who likes reading, you can create a personal bookmark.



**Origami.** →



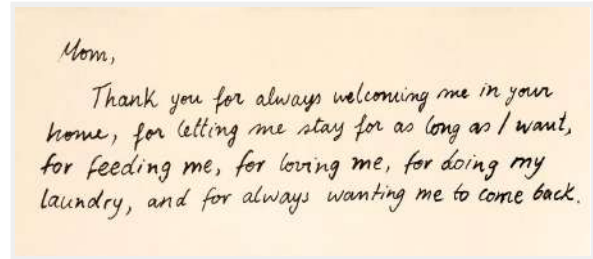
**Handicraft album with photos:** if you have a lot of photos with that person, this is a very good idea. Furthermore, you can organise it chronologically and personalise it.



## Drawing

**Home-made food:** for example, cookies, muffins and cakes.

**A deep letter expressing your emotions.** →



**Personalised cup:** if you know that this person loves to drink coffee, tea or whatever it likes, you can give a personalised cup.

**Organise an unexpected day** with activities that make her/him happy, and spend a good time together, creating memorable moments.



**Flowers** that make you remember that person.

**Personalised tickets** → Like “ticket for one hug”, “ticket for watching the film that she/ he wants”, “ticket for a shopping day”...

**Knit a red heart** (for people who know how to knit). →



**Fill a room with balloons** and give a surprise: it is very usual to put presents inside the balloons and when the person explodes it, she/ he discovers the present.



# ORAL SKILLS PROJECT



## TOPIC 1: Chromebook vs. Textbooks; why not both?

Obviously textbooks. It is proven that screen light affects the sight, and sometimes causes headaches or eye tiredness. Furthermore, there is an attention deficiency in the students, because an electronic device becomes a distraction while being in class: online games, chatting, taking pictures... Even if the school does the impossible to block all those websites, students always find a new one.



Secondly, we have the economic drawback: families have to pay for these gadgets, not a small amount of money, and if you break it you have to pay the reparation. That would be fair if the owner broke it, but in class, with more people, most of the time moving without taking care of what is around them, an accident can happen and an “innocent” would pay for something someone else did.

But anyone could ask: “and the paper and books we would avoid wasting?”. It is true that with Chromebooks we would not need to use them, but in this highschool, with Lurgarbi, or second-hand websites or shops, you can find more economical prices for the textbooks. In addition, copying something in a paper helps the brain and the memory, so it is easier for the exams.

When using an electronic device 70% of the attention goes to it and the remaining 30% to the lesson.



As a bonus: the children of grand CEO's in the technology industry have prohibited the use of technology while studying. If they don't use it and they know more than us, would these types of tools' prohibition be a problem for us? In fact, it would only be beneficial.

## **TOPIC 2: Homework, yes or no?**

No. We have school for 7 hours, some of us arrive home at 4 pm, and we need time to have lunch, social activities, family and time for us, besides extra-curricular activities that experts recommend doing, such as sports, which are healthy and have benefits in the academic performance because they help leading with stress or just not thinking about the exams we have next week.



If we add homework to the mix, there's no time to do anything!

Even worse if we are in an exam period, when the timetable is just for studying or doing things in relation to school. We are young, we are outgoing, we want to socialise. In the case of workers, when they finish the workday, if they have not concluded what they had to, they may have something to perfect by themselves, but if not, they have the whole afternoon for them. Many cities and countries have accepted this academic way, and some of them, such as Finland, which was the first country to introduce the no-homework policy, are nowadays the European top of education. This proves that homework is not something necessary for a good education.

## **TOPIC 3: Do we really need to mark PE, or use the PE mark for the average of the school year?**

No. There are many good reasons to support this point, but we think that the most important one is that for PE we need time, more time than with the other subjects.

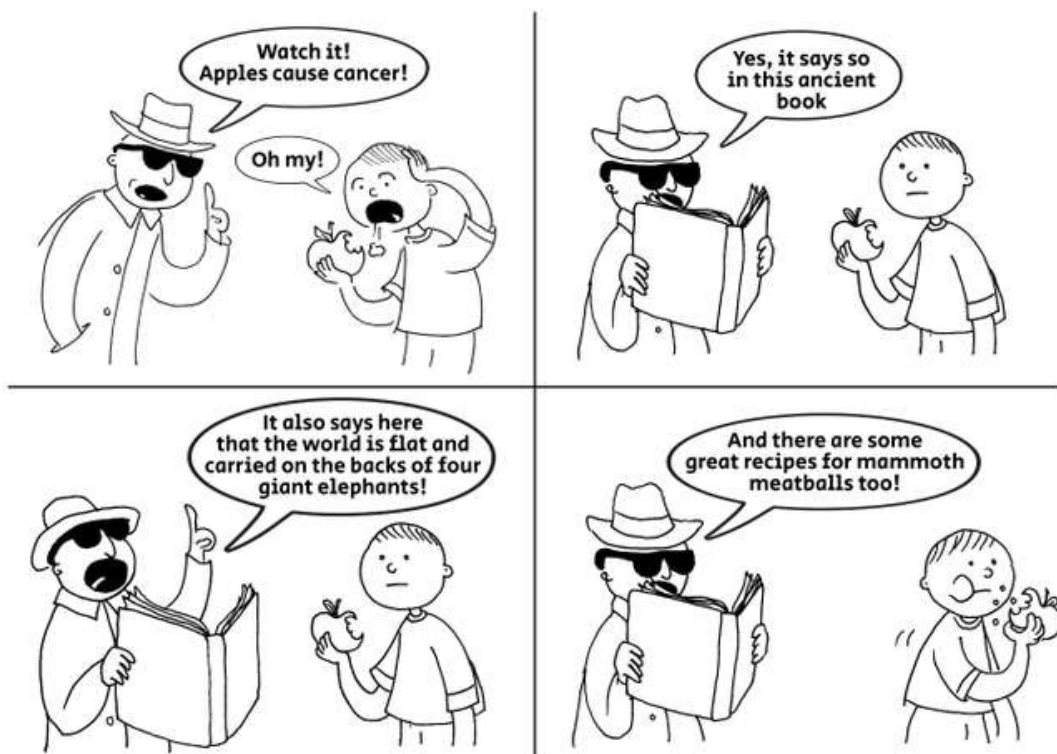
This is clearly shown in the exams: for a maths exam you can study one week before and still get a 5, but on PE we need minimum one month

for a decent grade, because getting the body used to an activity depends on the person, the physical condition and the sports capacity they have. Furthermore, although it is not always like this, this type of subject can cause trauma in people who are not capable of doing the activities, maybe because they are fat, clumsy, they have a physical problem or just cannot carry out the activities.

Let's be sincere, a person who is bad at PE is more likely to be the joke's objective than a person who is bad at maths or biology. PE is, in some ages, and mostly among boys, a useful way of showing power, energy, inflating someone's ego or typifying the image of "male".

#### TOPIC 4: Teacher valoration from the students

Yes. Because if they have the right to do it with us, we also should have it to do it to them. However, as students are really resentful, the marks given would be just not real, so we should have to do it first.



# ATHLETIC STUDENTS

It is said that sport is very important for the correct development of a person. Due to that fact, we have been talking with some athletic students.

## ITZIAR MORENO

She started playing football when she was 5 years old, because she spent a lot of time in the square with her brother and his friends, so she started playing with them. She trains two days a week. On Wednesdays she trains an hour and half, and on Fridays an hour and a quarter, but at weekends she has a match with Navarre's teams. She started playing in the school team with boys, and then when she started high school she changed to the Burlades team, and she plays in medium defencer (MCD).

In her opinion, the positive things of this sport are that she has a great time, she meets new people and new friends, she learns working in a group and she gets fit. The negative things are that sometimes, she doesn't have time to do more things in her free time, and when it rains and it's cold, she gets wet. Another one is that sometimes she gets very nervous, because she feels that she has a lot of presion and responsibility before the matches.



Her idols have always been Andres Iniesta and Alexia Putellas because both play in the same position as her, so they are a reference for her.

Finally in her opinion sports are created to have a good time and to enjoy. So, for her, the most important thing is feeling comfortable and fine and she gets that with her teammates, they have become a family , so she has never thought about going to another team.



## LOREA BUSTO

She started playing basketball when she was nine years old. She liked gymnastics at first, but she was afraid at the same time, so he joined a basketball team.



She started playing with her father in a square and then she started competing in the school's team. She had played for 7 years in Paz de Ziganda, and now she's playing her second year in Burlada's team.

Basketball helps her to disconnect and she spends a good time with her friends doing exercise. On the other hand, she finishes training very late, and sometimes she hasn't got enough time to study and that produces stress in her. She trains three times a week. Tuesdays and Fridays an hour and half, and Thursdays two hours. On the weekends she plays the match with the Navarrian team.

She thinks that doing a sport in a team is fundamental because doing exercise with friends keeps her out of stress and she thinks that this is very important because it helps her to have a positive attitude. Her idol is Saioa Goñi.

## ALIX ARTOLA

She started climbing when she was a child, at two years old, because her parents climbed too, so she started because of her parents. She normally trains 3 days a week and 3 hours per day, but when she has a competition she trains by herself, and she is in the Navarre selection of climbing. When they do the speeding wool she practises the three modalities of speed, but normally she only practises difficulty and boulder, but she is better at difficulty.



Her idols are the new olympic champion Alberto Gines, who is only two years older than Alix, and Janja Garnbret. She thinks that you are always in a good shape and if you like it, you enjoy it. On the other hand, it is very dangerous and there are not many places to practice. If you go climbing with a rope, it is compulsory to be with a partner so you can't do it when you want.

In her opinion, it's not a toxic sport and your life depends on one person so you have to trust in your partners. It seems like a scary sport, but if you do it with motivation it's not that scary.





# SOUP OF LETTERS

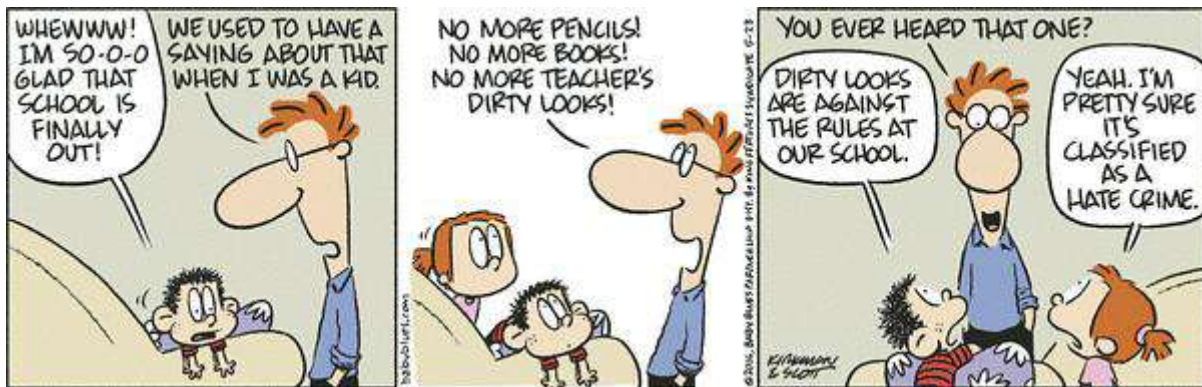
G	A	C	E	I	T	I	B	N	V	K	A	D	K	A	X	I	Z	T	H	U	P	X
I	R	T	Z	A	C	G	B	G	V	X	N	X	C	Z	F	B	J	A	R	U	K	P
L	W	R	X	N	I	M	R	R	C	M	Q	P	G	C	B	D	J	C	M	X	P	H
I	R	I	Z	A	C	Y	B	Y	H	E	Q	N	G	L	T	F	L	F	D	K	M	I
J	A	H	M	T	W	E	A	D	A	U	F	P	T	Y	A	M	J	I	A	H	L	S
K	C	S	I	O	N	K	C	X	I	Z	C	R	A	B	D	S	T	A	E	H	C	O
O	J	G	E	M	O	D	K	D	R	B	R	C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

Find the following words in the puzzle.

Words are hidden     and .

1. When we have to do PE we go to the...
2. We have to change it when we finish the PE lesson...
3. Txomin's room...
4. Batx 1D tutors....
5. Iraide teaches...
6. I talk and do not think, I cry and do not feel, I laugh without reason and lie without intention. (animal)
7. The colour of the blackboards is....
8. The new maths teacher is...
9. Before the shoes we put...
10. What we use to carry the books...
11. When the teachers are explaining it makes a sound and a notification appears.
12. When you are bored you use me to play in class
13. Something that we shouldn't do in an exam
14. You sit on a...

15. What we have to ask for to go to the toilet (object)
16. Some people need me to see
17. You see it in the sky at night
18. Synonym of *discourse*
19. When you mix red and yellow
20. Another word to say *automobile*



## **GUESS who or what**



I'm in the tables, in the trees and in the *fronton*. Some people say that the food where I am it's for the cows and also, you can notice me in the synonym of *glasshouse*.

His lessons are intense and a little bit complicated to understand for normal people. He loves sending a lot of projects. He was the principal at this high-school for many years and he has two children.

It's part of a famous TV show that sometimes predicts things in real life. He's not very smart and he is strongly attracted to something called *Duff*.





# HOROSCOPE



## CAPRICORN: (December 22<sup>nd</sup> to January 19<sup>th</sup>)

Capricorn is also distinct from being wise and practical in all matters relating to it. In general, there are working people who are diligent and willing to support everything necessary to achieve their goal. They are also very reliable and have got patience and resistance to pursue their goals.



- **The negative aspects:** pessimism, fixity and melancholy.
- **Example:** Biology teachers ALFREDO and SANTIAGO.

## AQUARIUS: (January 20<sup>th</sup> to February 18<sup>th</sup>)



Aquarius is a sign that has the greatest ability to guess the whole wheel of the zodiac. There are sociable, original and brilliant people. They are also a very humanitarian, independent and intellectual sign.

- **The negative aspects:** instability and inaccuracy.
- **Example:** P.E. teacher AITOR Mozo

## PISCES: (February 19<sup>th</sup> to March 20<sup>th</sup>)

Pisces is sensitive to the suffering of others, she/he answers with goodwill and desire to help. She/he doesn't like to feel a prisoner, and doesn't respect conventions.



- **The negative aspects:** offence of realism, seriousness and rare confidence
- **Example:** English teacher AINHOA Martinez

## **ARIES: (March 21<sup>st</sup> to April 19<sup>th</sup>)**

Loves freedom, challenges and new ideas. Aries are quick action and have confidence in their power; therefore they don't waste their time thinking of problems.



- **The negative aspects** of these attitudes are sometimes lacking in impulse and patience.

## **TAURUS: (April 20<sup>th</sup> to May 20<sup>th</sup>)**



They are firm, resolute and constant in many ways. They also love to feel safety, that is why they seek so much. Taurus is determined and has a great power of will. These sign's ideas are fixed. They have a great ability to avoid conflicts and annoyance.

- **The negative aspects:** There is no way of pressuring Taurus of something contrary to his/her principles, or to what he/she thinks and feels. And tend to the possession.
- **Example:** Maths teacher OIER and IRAIA Salas

## **GEMINIS: (May 20<sup>th</sup> to June 21<sup>st</sup>)**

The character of geminis is double and rather contradictory. On the one hand, they can adapt to anything easily and quickly, but on the other hand they can be hypocritical. The Geminis are restless people who begin their new project and challenges with enthusiasm, but they too often lack the durability they need to do them. They have strength and vitality and are also intelligent.



No negative aspects 😊

## **CANCER: (June 21<sup>st</sup> to July 22<sup>nd</sup>)**



The character of Cancer is the clearest; she/he may be backward, unsociable, fascinating, attractive and admired by others and is sometimes too dreamy. They have an extraordinary memory and a natural talent for art and letters. They are also ambitious and may without difficulty vary by profession, company...

- **The negative aspects:** no negative aspects 😊
- **Example:** English teacher VICKY

## **LEO: (July 23<sup>rd</sup> to August 22<sup>nd</sup>)**

Leo is ardent, creative and often sympathetic to the circumstances of others. They worship luxury and adventure. They are also distinguished by the high concept of all things, especially of themselves and therefore avoid vulgarity.



- **The negative aspects:** vanity, egocentrism, pride and the genius
- **Example:** Philosophy teacher FERMIN

## **VIRGO: (August 23<sup>rd</sup> to September 22<sup>nd</sup>)**



It is characterised by critical spirit, accuracy, patience and conventional. They are logical, methodical and even applied, like to learn and are able to study most situations with surprising clearness. As a prediction, in many occasions it falls into all kinds of obsessions.

No negative aspects 😊

## LIBRA: (September 23<sup>rd</sup> to October 22<sup>nd</sup>)

They have elegance, charm, diplomacy, taste, love beauty and hate conflict. Libra are people who understand other people's attitudes.



- **The negative aspects:** they are sometimes frivolous and unstable.
- **Example:** Physics and chemistry teacher AINARA

## SCORPIO: (October 23<sup>rd</sup> to November 21<sup>st</sup>)

Scorpios have a great imagination and intuition. They have a great ability for analysis, strength and firmness, but they are also very sensitive and emotional.



- **The negative aspects:** very aggressive, jealous and resentful..
- **Example:** geography and history teacher JUANJO

## SAGITTARIUS: (November 22<sup>nd</sup> to December 21<sup>st</sup>)

Sagittarius is one of the brightest and most positive signs of the zodiac. They are likewise unstable, love adventures and seeks new things because they have a mind open to new ideas and experiences. Besides, they are generous and careful.



- **The negative aspects:** no negative aspects 😊
- **Example:** Head of study JAVIER Arbrisketa

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And you, dear readers, thank you for reading this, we hope you like it as much as we have liked doing it.





## ENGLISH DEPARTMENT'S NOTE

If you would like to take part in this magazine or do projects similar to this one you can choose any of the different optional subjects proposed by the English Department.

The options are ***English Practice for B1*** (4.DBH), ***Oral Presentations & Projects*** (1<sup>st</sup> A-Levels) or ***English Practice, Projects & Films*** (2<sup>nd</sup> A-Levels). You will be able to practise more your oral skills, and meanwhile improve your English.

