



ALBERTA - Picture by Svitlana Brazhnyk

EQUILIBRIUM SCHOOL

Newsletter # 17

FACTS ABOUT CALGARY

Calgarians enjoy **more days of sunshine** than any other major Canadian city - 333 days per year in fact!

Calgary is home to more than **1.4 million people**.

Our citizens are young: the median age of Calgarians is only 37.2 years.

Calgary is the **third most diverse major city** in Canada with more than 120 languages spoken in the city.

Calgary is **848 square kilometres** in size, or 327 square miles.

Calgarians are **community-minded**; Albertans hold the **2nd highest national volunteer rate at 55 per cent**.

What was Calgary original name?

1875 Originally named **Fort Brisebois**, after NWMP officer Éphrem-A. Brisebois, it was renamed **Fort Calgary** by Colonel James Macleod.

1877 Treaty 7 is signed, and title to the Fort Calgary area is ceded to the Crown.

1883 The Canadian Pacific Railway reached the area, and a rail station was constructed.

The Calgary Stampede features the largest rodeo in the world.

Fish Creek Park is the second-largest urban park in Canada.

Calgary was named the 4th most livable city in the world in 2018.

The coldest temperature ever recorded in Calgary was a bone chilling -45 °C.

You can walk 18km through downtown without ever going outside via the Plus 15 network!

ALMOST A QUARTER OF CALGARY'S POPULATION IS FOREIGN-BORN.

According to Clearwater, Calgary is the cleanest city in the world.

June tends to be the rainiest month, and January tends to be the coldest. Calgary weather follows no rules, though.

On summer solstice, Calgary gets almost 17 hours of sunlight. Yay!

On winter solstice, Calgary gets a little less than 8 hours of sunlight. Boo!

Calgary's altitude is 3,800 feet.

The Chinook winds can raise the temperature by as much as 20 degrees in a matter of hours.



Calgary was the first city in Canada to host the Olympic Games, the 1988 Winter Olympics.

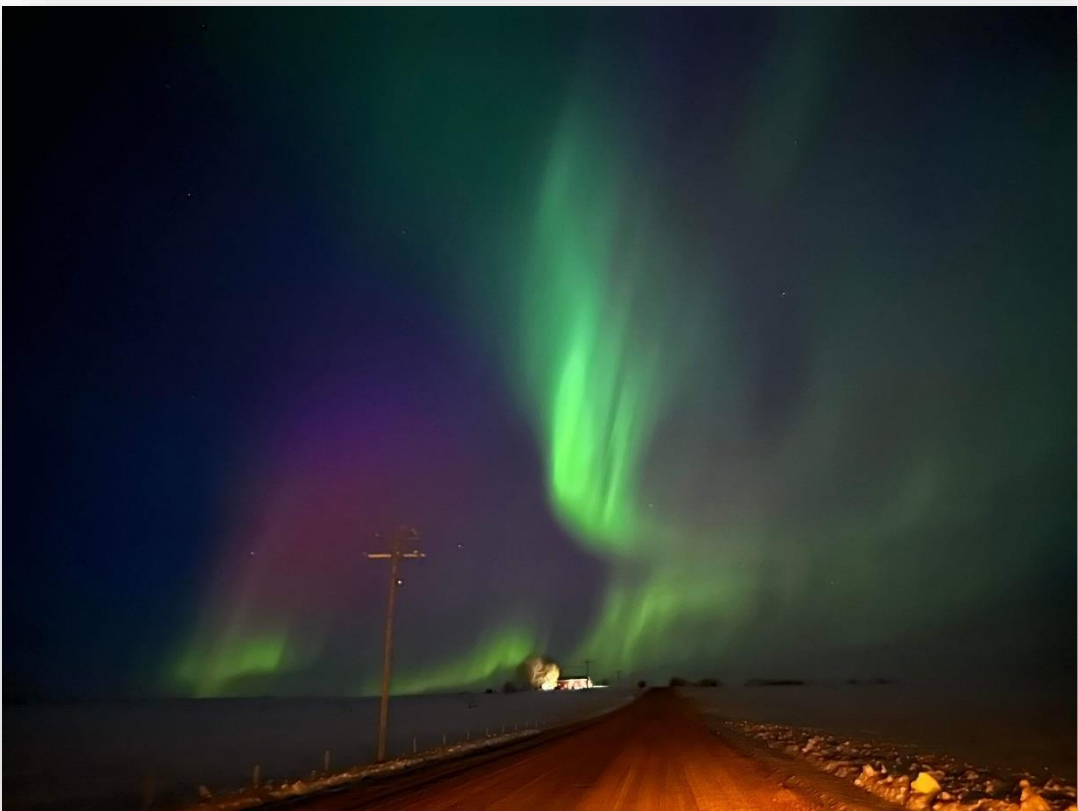
Pictures - By
Slavica

Facts provided by Maria T.
Thank you, Maria!



WINTER IN ALBERTA (in pictures)

ALBERTA - Picture by Svitlana Brazhnyk



Acrostic Poem

By Shyrose J.

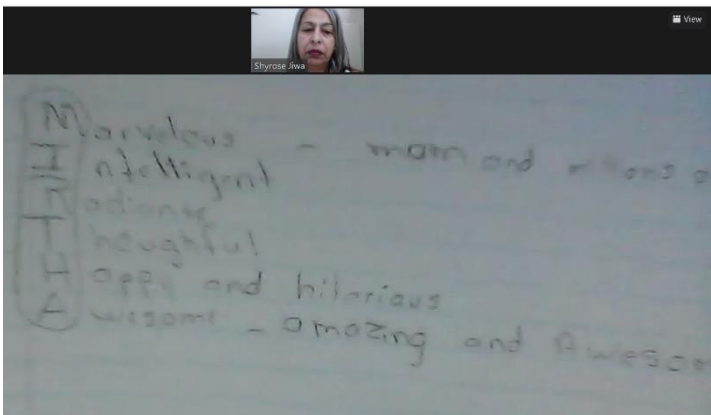
AN ACROSTIC POEM IS A CREATIVE STYLE OF WRITING WHICH ADDS FUN WHILE LEARNING LANGUAGE SKILLS! THIS FORMAT OF WRITING ENHANCES VOCABULARY, SPELLING AND THINKING SKILLS.

WRITING AN ACROSTIC POEM IS A GOOD STRATEGY FOR STUDENTS AT ANY LEVEL TO SCAFFOLD THEIR LEARNING AND PARTICULARLY HELPFUL FOR BEGINNERS GRASPING NEW SKILLS AS YOU DO NOT HAVE TO WRITE COMPLETE SENTENCES. YOU MAY ALSO ADD ILLUSTRATIONS NEXT TO YOUR WORDS TO MAKE IT ATTRACTIVE!

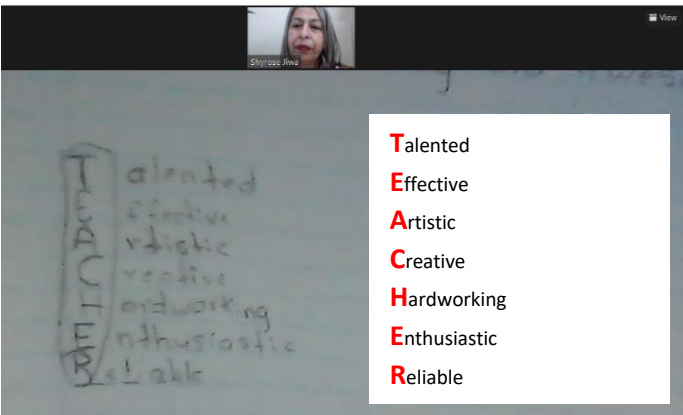
Now follow the steps below, to write your very own poem and become a great poet!

- 1. First, choose a noun (name of people, place, idea/thought or thing)
- 2. Write your chosen noun vertically down the page (use capital letters) which spells the word.
- 3. Each initial letter of your chosen word is a prompt to write something beginning with this letter that also reflects/describes the word that you picked to write about.

Possible topics/themes to choose from are: food, animal, season, flowers and countless others.



Marvelous
Intelligent
Radiant
Thoughtful
Happy and Hilarious
Awsome – amazing and awesome
By Mirtha- 1 on 1 Basic literacy student



Talented
Effective
Artistic
Creative
Hardworking
Enthusiastic
Reliable

Spring Haiku Poems

Written by EAL Reading and Writing Class

Judith's class.

New flowers in spring
Due in the morning sunshine
Sun is shining bright

Birds sing in trees
Days are longer than night
Apple trees have blooms

Skies are blue and white
Sunflowers smile in sunshine
Sun sets late at night



Monika Stefanska - LINC teacher
Thank you to my wonderful students for their willingness to get out of their comfort zone and meet with me in a different environment. **LINC** students



We celebrated Pink Shirt Day, Richard's birthday, Family Day and Fat Thursday.

Spring is Here

BY TAYLOR'S EAL CLASS

By Robert Kusmodi

I like spring, because during this time, nature starts to show us a new face. The weather is becoming warmer. In spring, we have a lot of possibilities to spend time in different places. I like to go to the festivals, camps or just take a leisurely walk around my neighborhood. When I am going camping sometimes, I cross paths with some old friends.

In spring, in my culture we celebrate Easter. For us Easter is the biggest holiday. For Easter we celebrate Jesus's resurrection, it was a miracle. Usually, we spend time with our family or our close friends. During this holiday we like to bake and cook our traditional foods together.



By Sandra Rodriguez

I really like spring because I feel a new connection with nature. I love to see it again after a long time. The flowers and grass grow again during spring.

We enjoy taking long walks in the natural parks and seeing my kids and furries (dogs) enjoying the sun the nature.

My favourite spring celebration is Mother's Day. We usually spend time outside with my family and some friends, and very often we have a BBQ.

Usually in the middle of winter I start planning all the activities that we can do in summertime because I really wish winter comes to an end and the new season begins.

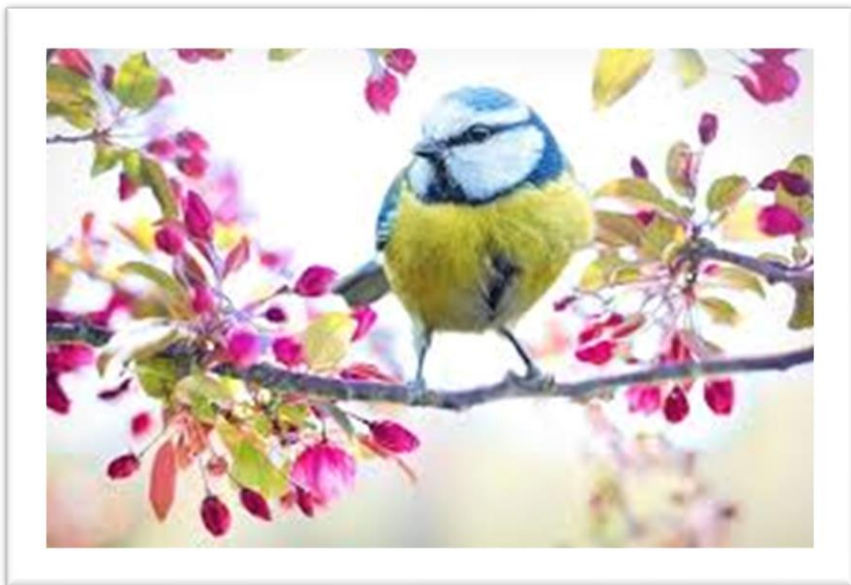


Spring is Here

BY TAYLOR'S EAL CLASS

Miriaal Kara Bit

Spring is the best season because it has the most beautiful weather, colorful flowers and also the Christian celebration, Easter. I don't like cold or hot weather, but I love warm and cool weather in spring. The most gorgeous season is spring, because we can enjoy ourselves outside and find different kinds of flowers. I like Easter because of the meaning of Easter. It is about resurrection; it is about new life. Bunnies, chicks, and eggs symbolize Easter. My daughter always pushes me to buy a lot of decorations, but I told her not to put all her eggs in one basket and save some money for later.



By Alyaa Ammar

I like spring. It's a time of beauty and bright colours., it is a symbol of life and love, and it is my favourite season. It is the season of miracles and celebrations. We celebrate Easter during spring, and we also celebrate Ramadan. I enjoy hiking outdoors with my friends. We go on trips and eat delicious food. We cannot forget that the fruits and vegetables in spring are fresh and delicious. I love spring.

What is your favourite animal?

By Liliya's LINC students



There are many animals and birds in the world, such as deer, elks, moose, rabbits, squirrels, giraffes, zebras, kangaroos, monkeys, dogs, camels, cows, horses, eagles, penguins, and many others. Among them I chose the eagle because eagles are very intelligent birds. Eagles usually have only one mate. They build a nest together, then a female lays 3-4 eggs in the nest. Eagles sleep on top of eggs and when the chicks come out, they feed and take care of them together. Eagles have beautiful feathers, big wings, strong beaks, and sharp claws.

By Tamilla



My favorite animal in the wildlife is the red fox. The fox is from the dog family. The red fox has a snout, long whiskers, beautiful fur, sharp claws, and a beautiful bushy tail. The fox is an intelligent animal and changes its colour every season. Hunters hunt them because of their soft and beautiful fur. Some people raise them because of their nice fur. The red fox lives in Europe, Africa, Asia, and North America.

By Tahereh

My favorite animal is a cat. I like cats because they are very beautiful and cute. But I don't like when they live inside a house, so my family doesn't have pets.

I don't like dogs because in my country they are very dangerous.

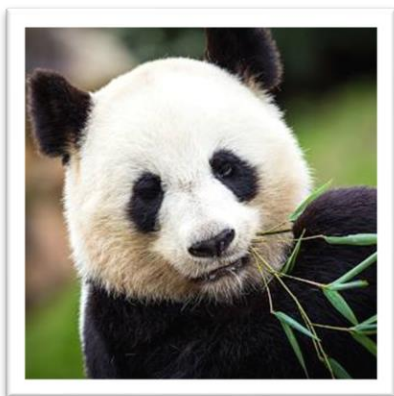
I like monkeys. They are very funny animals. They are funny when they eat bananas. I also like penguins because I think they have a lot in common with people. Penguins are very cute.

By Sumaya



What is your favourite animal?

By Liliya's LINC students



I don't like to take care of animals because they shed hair, but I like to visit them in the Zoo. Among all animals, pandas look funny and sweet. They are my favorite animals. Pandas are lazy and fat. They have black and white fur. There are black circles around their eyes and ears. They have a snout, they don't have horns, and they like living alone. Pandas' height is about 1.5 meters. They have sharp claws that stretch from their five fingers. Pandas live for 20 to 30 years in mountains, and they don't sleep in winter. **By Soroor**



What's my favorite animal? Before answering this question, I want to tell you a short story from my childhood. A dog named Gypsy lived in our yard. He was very big with huge paws. His fur was black, and it was very warm. He was a dead beautiful dog. Gypsy was a very friendly, faithful, and devoted friend. But one day he disappeared, and we never saw him again. I think he taught me to be kind and loyal and I can relate to dogs now. Since then, a dog has been my favorite animal.

By Olga



My favorite animal is my puppy. His name is Ringo. He's more than one year old now. He is very loyal and cute. He likes to hang out. Ringo also loves getting a massage. He is very quiet when I am in class. When I don't go to bed in time at night, he keeps barking at me until I put down my phone and turn off the lights. When there is no water in his bowl, he makes a lot of noise asking for water. Ringo also protects my son; he doesn't let me speak loudly with him. Our puppy is often at the door to welcome us home. He understands us very well, and he is like my second son.

By Landy

My favorite animal is a cat. I have two cats. They're dead cute. They always want to sleep with me or near me when I sit on the sofa. I think we have many things in common with cats. They are smart and intelligent, and never do wrong things if they are told once.

My favorite wild animal is a lion. I like the way it looks. I like the fur on its head, a very brave snout with a powerful look, a real king of wild animals. I read that lions never kill pregnant animals and very small animals.

By Irada



We don't have pets at home but if I wanted to have a pet it would be a cat. I think this is a very smart animal. There is an opinion that cats and people understand each other very well. The same can be said about dogs and yet if I have to choose between a cat or a dog, I will choose a cat. A long time ago I had a cat. She was very sweet, and always gave her warmth to me.

By Elaya



What is my favorite animal? My favorite animals are dogs and hamsters. Some time ago, I had three hamsters, one's black, one was white, one was brown. All of them were very intelligent and cute. The black hamster climbed over many times. I put some food on the floor, and it would go for the food, so I could catch him. They all died a few years ago 🥹. I'm missing them. Now we have a small dog. His name is Sanbao. He is very loyal, friendly, and cute. He is very intelligent too. He is one of the members of my family. 😊

By Zhang Li (Boris)

What is your favourite animal?

By Liliya's LINC students



My favorite animal is definitely a cat. When I was a child, there were always cats 🐱 in our family, we didn't have dogs, so I can't say anything about them, but I know that dogs are the most faithful and friendly animals.

Fourteen years ago, my daughter brought a little white fluffy ball into the house, which grew up and became a big cat. His name is Kuzya. He is mostly white, only the tip of the tail is black. He is dead cute, and affectionate cat. I think he understands me, and I understand him. He is very clean, and that suits me perfectly. I have grown to find cats very intelligent. Now he lives with my son's family, it's far away and I really miss him. *By Liudmila Danilenka*



My favorite animal is Mr. Owl.

He has beautiful feathers, a yellow beak, and powerful claws. Owls can be trained. If they are raised from a young age, they will be very obedient.

We have one thing in common, that's always staying up at night and sleeping throughout the day. 😊 They look smart and dead cute. I feel they are independent, calm, and easy to care for. *By Renee*

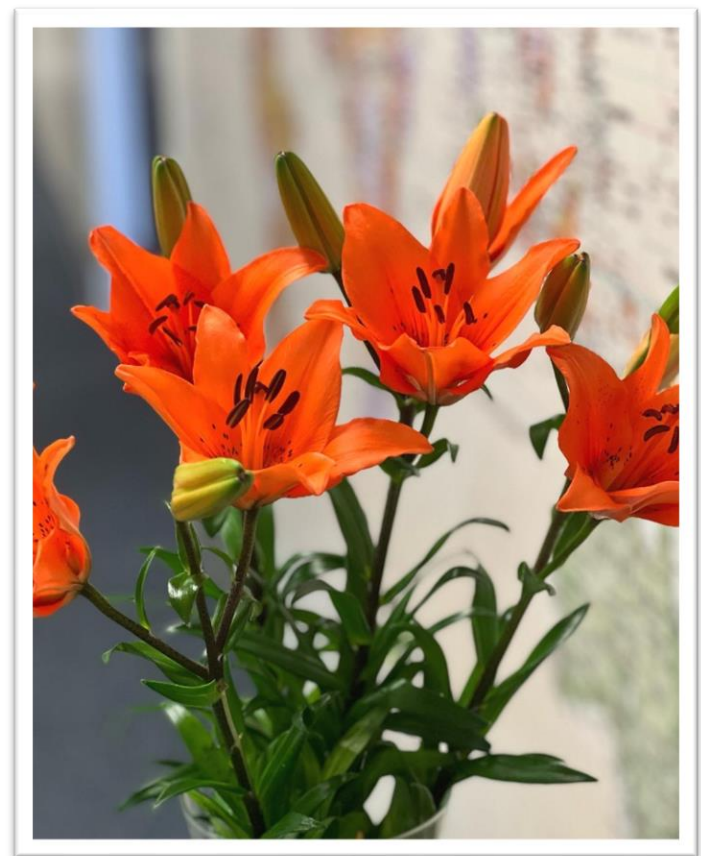
I can relate to people who like dogs. When I was young, I had a dog, a cat, a parrot, a fish, and a hamster. I loved my dog; his name was Lord. But he died when I was 14 years old. I was very worried. I decided that I wouldn't have pets again.

But when my daughter was 5 years old, she asked me to buy a dog. It took me a while to get used to the idea of buying a dog. I gave a dog to my daughter for her birthday.

Our dog's name is Emmy. She is dead cute, kind, and friendly. She doesn't have any fur because Yorkshire terriers have hair instead of fur.

When I returned from work in Ukraine, she was excited to see me. Now I am getting used to living without a dog. But I hope to bring it here.

By Valeriia



If you need candles for your special occasion, Martha can make them for you.

Take a look at those beautiful bunnies she made for Easter.



Thank you, Gilbert, for beautiful lilies.



Aurora Borealis

An aurora or Nois a natural light display in the sky that is caused by particles from the Sun interacting with gases in our atmosphere.

The particles are funneled to the poles by Earth's magnetic field. When they collide with atoms in the atmosphere, they cause them to emit light. The different colors of light are created by different types of atoms being struck by the charged particles.

Pictures taken in Calgary's NW, by Hadleigh B.

Who would I like to spend a day with?

By Craig C. – GED Student

If I would be able to spend a day with anyone, it would have to be Tim Wells. He is a hunting personality that I have watched for years. The reasons for wanting to spend the day with him are many. Such as, we would be hunting on this day, seeing him shoot his bow in real life would be amazing and inspiring, but the most important would be the knowledge I could gain from him.



I have dreamed of hunting with Tim Wells ever since I watched the video of him bow hunting grizzly bear in Alaska. He does not use sights, nor a release, and that makes what he does so much harder. Think about the amount of skill and practise it would take to reach such a level, and to be able to make it count in a life-or-death situation is next level.

Along with his amazing shooting and hunting abilities is his humour and personality. The way that he speaks seems to really catch your attention. He has a funny, yet insightful way of telling you a story. I could listen to him talk for hours and not get bored. I believe this would make for a fun person to spend the day with.

Furthermore, the amount of knowledge I could gain from asking him questions would be great. He has hunted all over the world for big game with primitive weapons. He has hunted buffalo with a spear from the ground, as well as, wild hogs, and grizzly bear. He has hunted birds of all kinds, with a bow, while they are in flight! This is extremely difficult to do, and I think having the chance to ask him about all of this would be a once in a lifetime opportunity.

Having said all of this, I think it's clear to see why I think Tim Wells is the person I would spend my day with. Even if the hunting was bad, the number of laughs, and amount knowledge I would have and gain would be incredible. It would no doubt be a day I would remember forever.



Our EAL student, Fernando’s new CD jacket I will be launched in November 2023. We cannot wait to listen to it.



Fatima’s EAL class having some fun making dragons for a Chinese New Year.

TEST ANXIETY

Over the last 5 years, I have worked with many EAL and **GED** students at Equilibrium School. Before I began teaching at Equilibrium, I taught I.E.L.T.S. and CELPIP students who were taking courses to enter Canadian post-secondary institutions (IELTS) or either obtaining their “Permanent Residency cards” or becoming Canadian citizens (CELPIP).

Most students, regardless of whether they are from Canada or abroad, suffer from test anxiety, which is a fear of taking tests. I hope this article will help students who suffer from test anxiety and need tips and supports to do as well as possible when completing tests.

-George J. Van Bruggen-
Equilibrium School Instructor

A. What is Test Anxiety?

Has this ever happened to you? You’ve been studying hard for your tests or exams, but when you begin, your mind goes blank. As you sit down to start your test, you notice your sweaty palms and an ache or feeling of discomfort in the pit in your stomach.

A little nervousness before a test is normal and can help sharpen your mind and focus your attention. But with test anxiety, feelings of worry and self-doubt can interfere with your test-taking performance and make you miserable. Test anxiety can and does affect many people in negative ways. Some test anxiety is normal and can even be good if it sharpens you mentally, which causes you to be more alert and do better on a test.

While it’s completely normal to feel a bit nervous before a test, some students find test anxiety debilitating (exhausting; fatiguing; draining). Racing thoughts, inability to concentrate, or feelings of dread can combine with physical symptoms like a fast heartbeat, headache, or nausea.

According to many education experts, causes of test anxiety may include a fear of failure, lack of adequate preparation time, or bad experiences taking tests in the past. You're not alone!

The worst that could happen is if you do fail the test. While failing a test would be disappointing, it won't be the end of the world! You can go for extra help to find out what went wrong and ask your teacher if there is anything I can do to improve your mark.

Research has shown that providing students with tools and strategies that build both emotional skills and healthy physical habits when preparing for a test can help them overcome test anxiety and the associated symptoms, while improving their ability to prepare for and perform on critical testing.

Here's what you can do to stay calm in the days leading up to and during your test.

Don’t ignore a learning disability: Test anxiety may improve by addressing an underlying condition that interferes with the ability to learn, focus, or concentrate — for

example, attention-deficit/hyperactivity disorder (ADHD) or dyslexia. In many cases, a student diagnosed with a learning disability is entitled to assistance with test taking, such as extra time to complete a test, testing in a less distracting room, or having questions read aloud. If you think or know you have a learning disability, talk to your teacher about it. Either your teacher or the Equilibrium office staff may offer resources or other supports to help you take tests, even if you have a learning disability.

Talk to your teacher. Many students who don’t have learning disabilities also suffer from test anxiety. Make sure you understand what's going to be on each test and know how to prepare. In addition, let your teacher know that you feel anxious when you take tests. He or she may have suggestions to help you succeed. For example, there are a number of supports for GED students who are required to go to test centres for their exams.

B. Getting Ready: Here are a few tips that might help you to write tests and exams:

- 1. Be prepared:** If you feel confident that you’ve prepared thoroughly, you’ll feel more confident when taking test.
- 2. Have a positive mental attitude:** Bring a picture of your happy place or come up with a morale-boosting mantra like “I can do this” or “I worked hard and deserve this.” Peek at your picture or recite your mantra right before the test begins.
- 3. Pay attention to your self-talk:** Thoughts are the things that we say to ourselves without speaking out loud (self-talk). We all have our own way of thinking about things, and how we think has a big effect on how we feel. When we think that something bad will happen—such as failing a test—we feel anxious. For example, imagine you have a test in Math class. If you think you are going to fail, you will feel scared and anxious. However, if you think you can pass, you will feel calm. Often we are unaware of our thoughts, but because they have such a big impact on how we feel, it is important to start paying attention to what we are saying to ourselves.
- 4. Identify thoughts that lead to feelings of anxiety:** It can take some time and practice to identify the specific thoughts that make you anxious, so here are some tips. Pay attention to your shifts in anxiety, no matter how small. When you notice yourself getting more anxious, that is the time to ask yourself:
 - 'What am I thinking right now?'
 - 'What is making me feel anxious?'

- 'What am I worried will happen?'
 - 'What bad thing do I expect to happen?'
- 5. Challenge your 'anxious' thoughts and negative thinking:** Thinking something *might happen* doesn't mean it’s true or that it *will happen*. For example, thinking that you will fail a test doesn't mean you will actually fail it. Often, our thoughts are just guesses and not actual facts. Therefore, it is helpful to challenge your anxious thoughts because they can make you feel like something bad will definitely happen, even when it is highly unlikely. **Here are some questions to ask yourself to help challenge your negative thoughts or self-talk:**
- *Am I falling into a thinking trap (for example, catastrophizing or mind-reading)?*
 - *What is the evidence that this thought is true? What is the evidence that this thought is not true?*
 - *What would I tell a friend if he or she had that thought?*
 - *Am I confusing a "possibility" with a "probability?" It may be possible, but is it likely?*
 - *Am I 100% sure that _____ will happen?*
 - *How many times has _____ happened before?*
 - *Is _____ really so important that my future depends upon it?*
 - *What is the worst that could happen?*
 - *Is this a hassle or a horror?*
 - *If it did happen, what can I do to cope or handle it?*
- Am I falling into a thinking trap?
 - Am I basing my judgment on the way I feel instead of the facts?
 - Am I 100% sure that I will fail?
 - Well, what’s the worst that could happen? If the worst did happen, what could I do to cope with it?
- C. Before taking any test, it is important to do the following:**
- 1. Learn relaxation techniques:** Focus on calm breathing and positive thoughts: Deep breathing can slow down a beating heart or a racing mind, so practice these techniques at home. The very act of concentrating on breathing and thinking can alter those anxious feelings.
 - 2. Prepare as thoroughly as possible for any test:** If you know and have practiced the materials that you anticipate will be on the test, you will likely feel more confident and in a positive frame of mind about taking it.
 - 3. Get a good night’s sleep before taking the test:** Getting 6 to 8 hours of sleep will refresh your

mind so that you will be more focused when taking a test.

4. **Eat a healthy breakfast the day you'll be taking the test:** Your brain and body need nutrition to function properly. Even if you feel like you're 'too nervous' to eat, do it anyways – you'll be more alert and able to take the test.
5. **Pack a water bottle and healthy 'brain food' snacks** to keep you hydrated and give you energy before taking the test.
6. **Get some exercise:** Regular aerobic exercise, including on your test day, can release tension.

D. When taking a test, it is important to do the following:

1. **Read the instructions carefully:** Read the directions thoroughly and read all answers before making a choice or starting the essay. There is nothing worse than putting time into a question and realizing you are not solving for x, or the essay is off target.

Slowing down can help you stay focused.

2. **Just start:** The blank page can maximize your anxiety. After you've read the directions, dive right in by making an outline for an essay answer. Or, find some questions you can ace to build up your confidence and momentum. You can always go back and change things later if needed, but a few quick answers can get the ball rolling.
3. **Don't pay attention to what other people are doing:** Everyone else is scribbling or typing away? Ack! What do they know that you don't? It doesn't matter. Pay attention to your own test and pace and forget about what the other students in the room are doing.
4. **Watch the clock:** Realizing that time is almost up and there are lots of test questions left can make it hard to do anything useful in those final minutes. Review the whole test before getting started. Mentally allocate how much time you'll spend on each section. If there's time to recheck, even better.

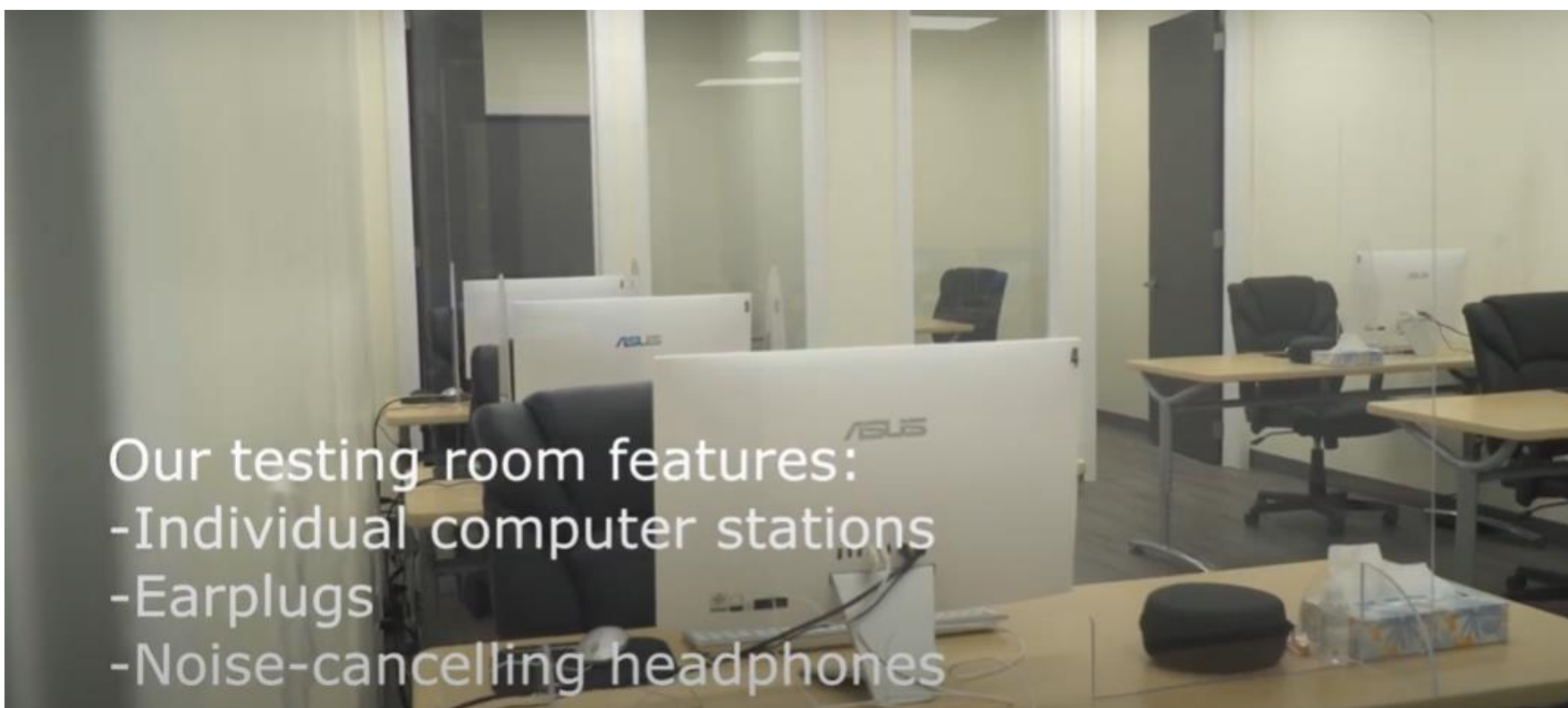
5. **Make time for review:** Try to leave a few minutes to review your essay and/or answers. If you "flagged" answers you weren't sure about or didn't complete, revisit them, and try to figure out the correct answers. For essay questions, check your sentence structures, grammar, punctuation, and word choices to make sure your essay is as clear and concise as possible.

References:

<https://www.princetonreview.com/college-advice/test-anxiety#>

<https://www.heretohelp.bc.ca/workbook/test-anxiety>

<https://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/faq-20058195>



Equilibrium Testing Centre Equilibrium Testing Centre is conveniently located in Royal

Vista Plaza in the northwest neighbourhood of Royal Oak in Calgary.

Address: 2130, 11 Royal Vista Drive NW
Calgary, Alberta T3R 0N2

Phone : 403-453-4224

VISITING

MY

COUNTRY



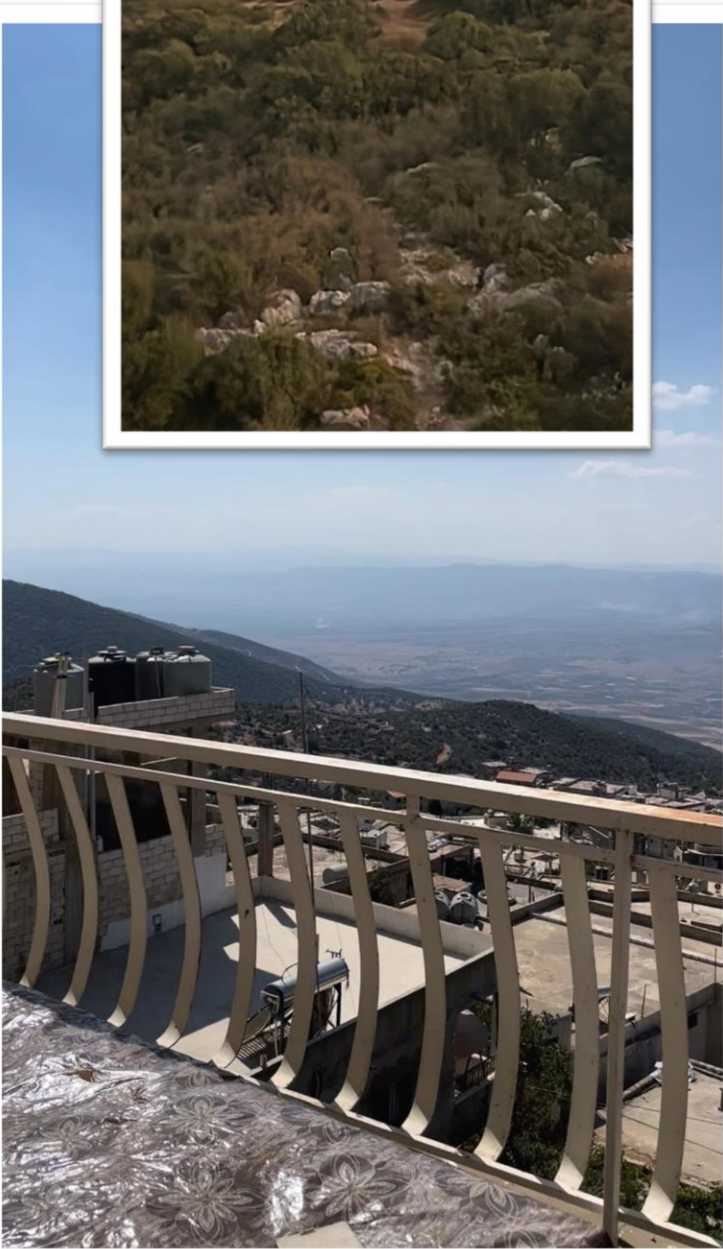
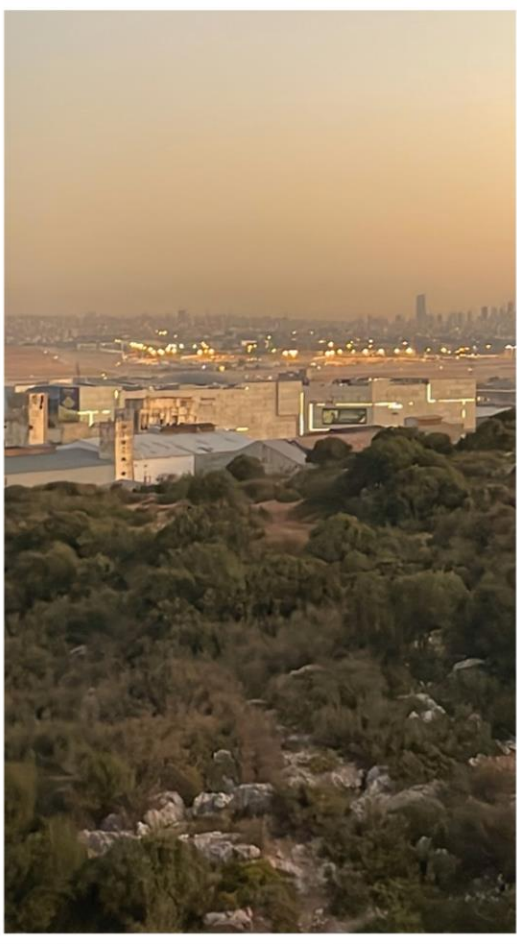
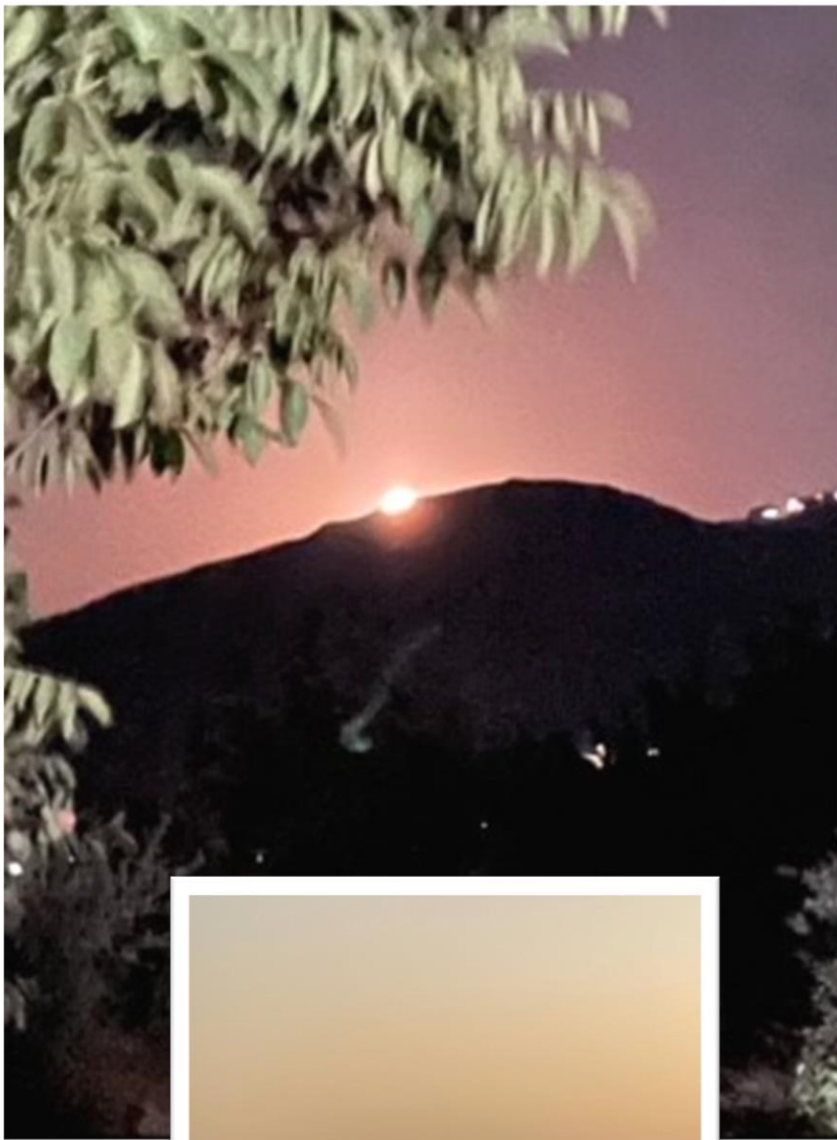
Mo

In Lebanon, the best places to go for a vacation are Beirut and Baalbek. The best time to go is in the summer from May to July, because that’s when it’s hottest. You should travel there by plane, and when you get there, you can use a car to go around the cities. The perfect length to stay there for is for 2-3 weeks.

The most special place to see is the Pigeon Rock in Beirut. The other special place is the ruins built by the Greeks and Romans, as there is a lot of history. In Beirut, activities to do are to go to the beach and swim in the ocean. In Baalbek, the best activity to do is to take a tour of the village.

The most delicious food you should eat in Beirut is the street food; the best street food is shawarma.

The custom you should know is that when you are walking down the street just smile at everyone. If you have a mean look on your face, Lebanese people don’t like it. We always smile at each other in Lebanon.



Amazing view from Mo’s balcony!

Pictures by Mo.

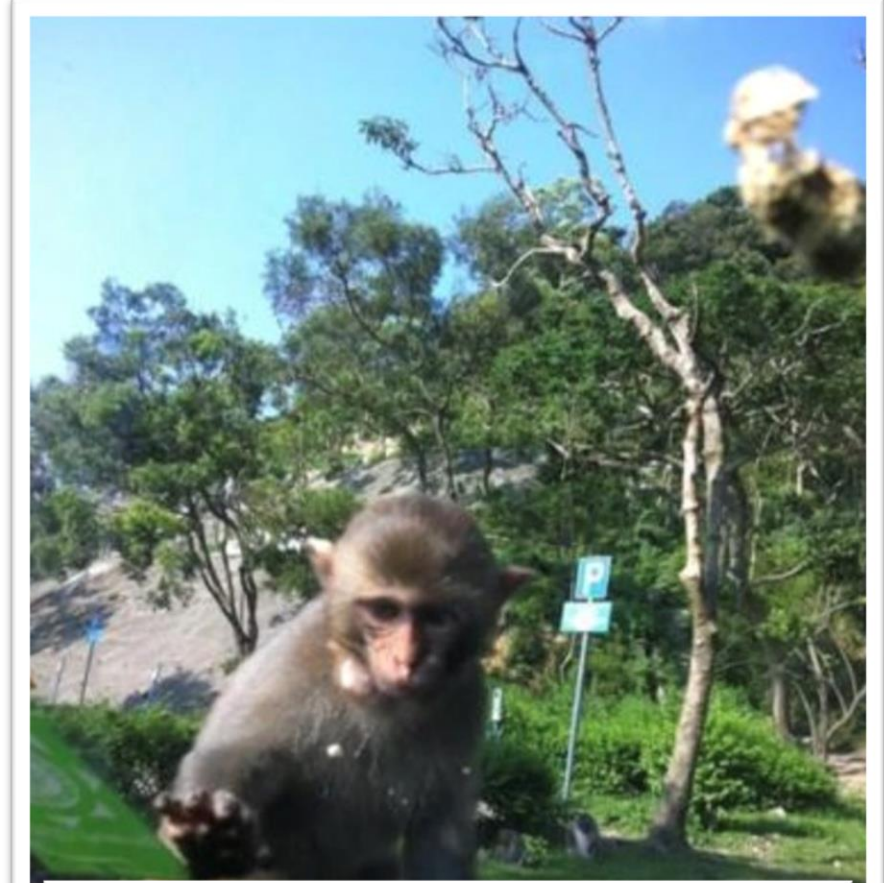
VISITING MY COUNTRY

Abdul

Best time to visit **Somalia** is between October/November and March. You should travel there by airplane or by boat if your country is close to Somalia. You should stay there a minimum of 3 weeks. It's up to you. One of the special places to visit Somalia is Lido Sea Beach, for its beautiful sand, fresh air, and the ocean views with blue, clear skies. You will feel relaxed and stress free, and you can spend hours there, so you won't get bored. Also, you can do so many activities there such as diving, fishing, and jet skiing.

In Somalia, our main dish is Basmati rice with goat or spaghetti. Sometimes we eat chicken or fish, and we use lots of spices in our dishes.

Somalia is a Muslim country where the majority of people don't expose their skin, especially women. I would recommend if you're visiting Somalia to dress casually. Additionally, no alcohol is allowed in public areas, but you can drink in certain places.



VISITING MY COUNTRY

Wesley

I recommend you take in my home country of **Hong Kong**. You should go there from September to November, because summertime in Hong Kong is very hot. You can travel there in 13 hours by plane. You must stay there at least three weeks.

You should go to Nathan Road in Tsim Sha Tsui, which is a very famous shopping street in Hong Kong. If you like to go hiking, you must go to the place name called Sai Kung.

For the strangest foods in Hong Kong, I recommend you must try the snake soup. For other delicious food in Hong Kong, you may try dim sum or BBQ pork with rice. These are my favourite foods in Hong Kong.

Before you go to Hong Kong, there are some local customs you should know. When you go to somebody's home, you should take off your shoes, and if you have dinner with rice, you must not put your chopstick straight into the rice. If you need more information about Hong Kong, just ask me.

VISITING MY COUNTRY

Santiago

If you want to visit El Salvador, the best time of the year is December, around Christmas time, when weather is nice (not too cold and not too hot). The best way you can get there is by taking and aeroplane from Calgary to Toronto, and then from Toronto to El Salvador. You are allowed to stay there for six months, but since the country is tiny, in 2 weeks you will be able to travel all around.

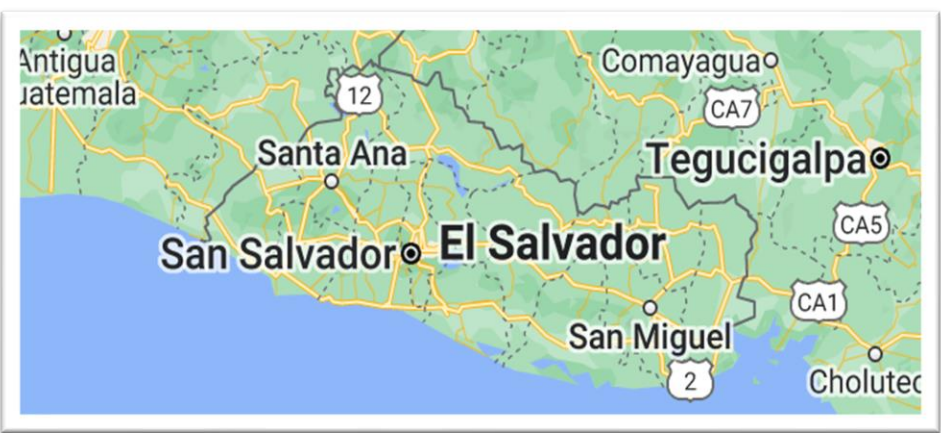
You can see the green volcanos, and there are a couple of them that are still active, making a show of lights at night. Also, if you like to surf, we have some of the best waves to surf in the world, including the beaches that have a nice blue sea. You should go for a walk in the capital city to see the architecture from the last 100 years, and the people who are always friendly with the tourist.

For drinks and food, you should try the typical drinks like **horchata**, which is made from water, rice, cinnamon, sugar, and vanilla. For food, you should eat **pupusas**, which is a tortilla filled with beans, cheese, and fried pork. This is one of the

most famous foods in El Salvador and internationally.

Before you go to El Salvador, you could search the Internet about El Salvador. Something I recommend to you is to not drink water from the tap, as you may get sick. Another custom is it is rude to leave immediately after eating, because the host expects to have a conversation with the guests. Also, if you have a tattoo with the number 13 or 18, you will end up in jail until they investigate if you have any connection with gangsters.

Pupusa- a typical dish



LIFE LESSONS

By

Malcolm Brown- GED

There are many lessons I learned outside of school. Learning these lessons was important to understand about managing money. In addition, I learned how to cook. Furthermore, it was only by life experience that I learned about healthy relationships.

The world today is all about money, so knowing how to budget is an important life skill. Budgeting is a skill you need to learn to know how to save for a rainy day or a vacation. It has taken me many years to learn to pay bills first and have some money left to put away. Being sure to discipline yourself about money, will allow you to have money for retirement.

Another lesson I have learned outside the school environment is to learn to cook. I learned all my cooking techniques working beside my mom in the kitchen. As a growing boy food was important, so I needed to learn to cook. Learning the basics of cooking has followed me to this day and I enjoy it very much.

Most importantly, what a healthy relationship looks like was not taught, when I was in school. If you do not know what makes a healthy relationship, it can be hard to find one. In my experience, I was not able to find a woman I could trust to have children with. A healthy relationship includes mutual respect, trust, and generosity.

In conclusion, school is not the only place to learn life lessons. Learning to budget has been beneficial in my life and I only wish I had learned it much sooner. Moreover, I learned how to cook at home. Thankfully, I have finally found a healthy relationship after 40 years.



HAIKU – by Tina’s afternoon class

Tina’s class was inspired by Rich’s Valentine’s Day presentation when he mentioned haiku as a way of expressing ourselves.

By Adamira

The nature is life
on Earth, green planet, blue sky
and fresh air is love

By Makram

HER SOUL IS THE SPIRIT
SEARCHING A LAND TO REST THROUGH
THEN MY HEART HOSTS HER

By Svitlana

Flowers are growing
When true love will be coming
You will be flying

By Tatsuya

Time will solve problems
If cold winter leaves comes spring
Then getting warmer

By Diego

Getting old I say
Is the moment of triumph
But Death is a thief

By Sergiy

Wishes, desires
Make us journey on the road
Wheel of life turning.

How did **Equilibrium School** change my life?

Equilibrium English Language School has provided me with a number of benefits related to learning and improving my English language skills.

By studying English at school, I improved my ability to communicate effectively in both spoken and written English. Equilibrium is not only an English language school, but a place where I could better understand and appreciate English-speaking cultures, and the school also offers cultural programs and activities that helped me learn more about different cultures. As I learn and improve my English skills, I feel more confident.

Overall, the school provided me with a valuable learning experience, making many friends, better understanding of the culture, learning from great teachers, and interacting with people who are amazingly understanding and loving their work, and achieving goals. By Svitlana Brazhnyk

On March 6, 2018, I passed an exam to determine my level of English language proficiency. Following a referral to a language school, I immediately went to enroll. I remember feeling nervous about having to explain my needs, given my low level of English. As a complete beginner, it was difficult to even call it a level.

I arrived at the school, located at number 707. Upon entering, I saw a beautiful woman sitting at the table. She noticed the fear in my eyes but greeted me with a smile and asked if I was looking for a school to improve my English. I nodded, and she calmly and slowly explained the details of the school while asking me to fill out a form. As you may have guessed, her name was Slavica. She became the person who not only opened the door to the school but also to a new world of possibilities and opportunities through the English language.

I will always be grateful for her patience and understanding during the registration process, which was especially challenging given my limited

With love,

Svitlana Brazhnyk



By Natasha

My life was monotonous until I met Svitlana. She took me to **Equilibrium School**. I am grateful to her for this. My life has changed. I have made many new friends. I was always afraid to talk on the phone because I did not understand much. Thanks to the Equilibrium School and my wonderful teachers, I got over my fear and started talking on the phone and listening to the radio. Thank you very much to my wonderful teachers Fatima, Richard, and Aleksa for their patience to teach us English. Thanks to their patience, I have gained self-confidence, and after improving my English, I am going to study further at university or college. Thank you very much to the Equilibrium School



for giving people

confidence to move on.

NATASHA



SVITLANA

By Svitlana

For me learning English is lively process. I know learning English opens the door to a different culture. I meet new people, and I develop my capacity for adaptation. I have had the chance to set new goals. I have been given new hope for my future. I know, if my practice hard enough, I will be fluent in English, but it will take a long time. All teachers in Equilibrium School make me happy about learning English.

How did Equilibrium School change my life?

By Slava

My life has become more interesting, confident, and diverse. Thanks to the teachers, who teach me English every day at Equilibrium School, I began better understanding this wonderful country and the people living in it. I try to learn English not only in classes but also from my classmates with whom I communicate in English. First, I want to say “Thanks” about my first teacher at Equilibrium School Fatima. She often uses debate in her lessons in which all students participate. It provides all students actively participate in discussion of various problems. Each of us has the opportunity to express his point of view on this problem and give reasonable evidence why he (or she) thinks so. I very love teacher Rich’s lessons. His lessons are as little show. He not only encourages us to work more but instills confidence and hope in us that we will be able to learn the English language and soon will be able to speak English as Canadians who were born here. I want to say a big “Thanks” to Kasia and Anna, all employees of the school administration for helping us to become a real Canadians.

Glory to Canada! Glory to Equilibrium School!



By Maria

Everything changes and nothing stands still. Heraclitus.

Since I started studying at Equilibrium school my life has changed. I think , learning English is a sport and it trains brain cells, because listening to new terminologies, studying new words and grammar as well as speaking the new language stimulate brain muscle and keeps healthy and fit.

I my opinion I changed the way I think. I meet new people whom I would have never met before and start bonding with them. I get to learn about their country and culture. So, learning English in Equilibrium School is a journey and we are never too old to learn. I am grateful to my teachers Fatima and Rich. They conduct interesting lessons and help me speak English.



Maria and her classmates.



By Odette

Equilibrium School has changed my life in several ways:

Firstly – it allowed me to have confidence in myself to speak English.

Then – it helps me to improve my listening skills.

Finally - to meet a wonderful classmate from various countries and learned here about them.

RAMADAN'S & ST. PATRICK'S CRAFT



FATIMA AND HER EAL CLASS HAVING FUN MAKING ST. PATRICK'S AND RAMADAN'S CRAFT. GREAT JOB!



Valentine's Day



**St. Patrick's Day at Equilibrium School.
We enjoyed green drinks and had fun.**