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# KAUNAS "SANTARA" GYMNASIUM

In this issue of Kaunas "Santara" Gymnasium newsletter we will cover six distinct topics. From our special November - self-care month articles to traditional topics like: rereview of the teachers!

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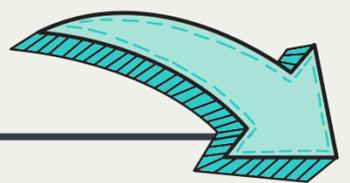
#3S class

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# A HEALTHY DIET

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Most people misunderstand the essence of a healthy diet. Some people think it requires much effort and motivation to eat everything that is healthy. But only thing you need is not to eat much unhealthy food, you don't need to eat vegetables all day, just keep in mind not to eat foods that have much fat and calories in it. You can eat everything but just with moderation.



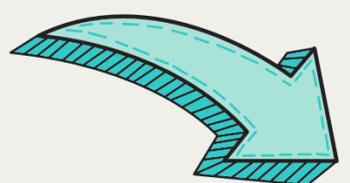
# WHAT COULD BE PLUSSES AFTER YOUR HEALTHY DIET?

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You can lose a lot of weight by eating healthy just for 2 months or so, you may feel more energetic, your mood could get higher, the body performance improves a lot.



# HOW LONG YOU HAVE TO STICK TO YOUR DIET?

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Well there is no estimate time for how long you need to stick to your diet, but every time you have a chance and time for it, do it, you will see, it will go good for you.

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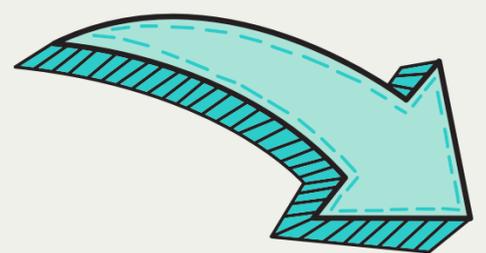
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# THE IMPORTANCE OF BOUNDARIES

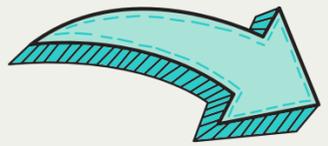
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Few of us have healthy school - life boundaries. It's either overworking yourself, or doing absolutely nothing and ending up bored! This stems from a larger issue of not being able to have a clear mind, and a goal while working. In the following pages I will give you some advice that might help balance things out.



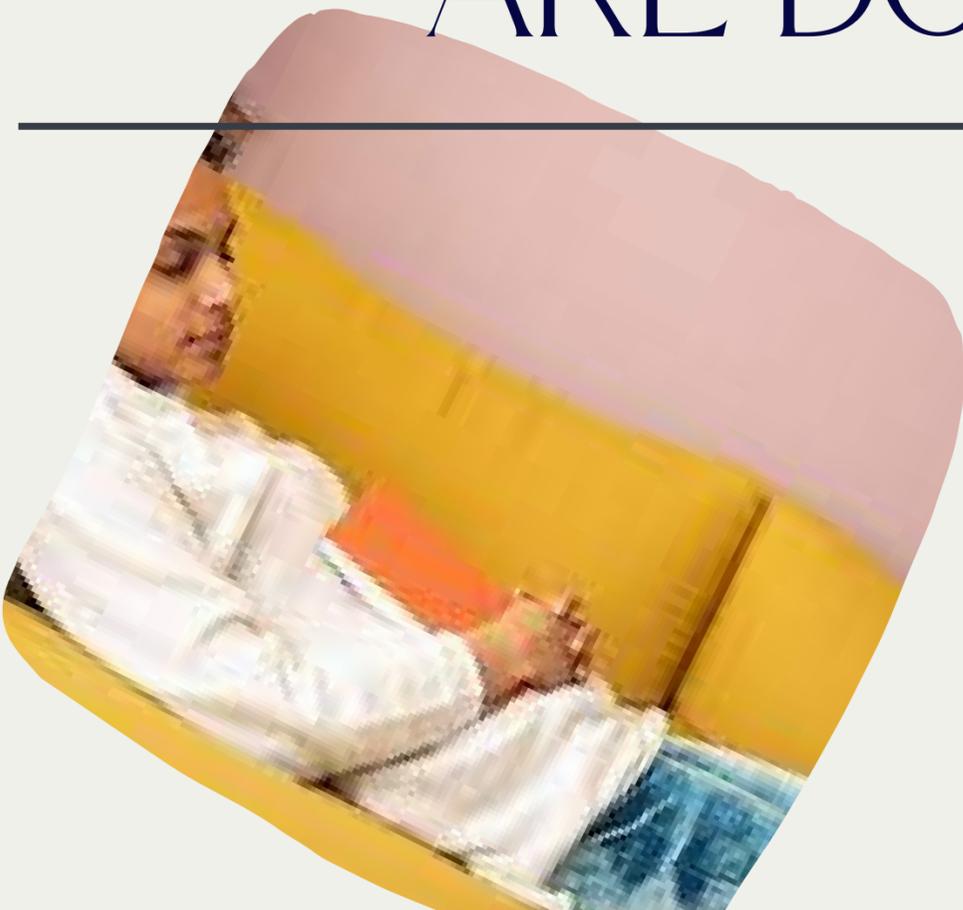
Hyper focusing on your goals isn't a bad thing, but it is important to step back and take a breather. Read a book, hang out with friends, etc. This helps your mind gain new insight regarding your current issues (whether they are school related or not) and aids you when trying to solve them. Even if you don't have any issues currently, overworking yourself will do you no good, so go ahead and take that nap!



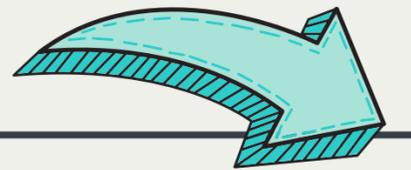
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REST IS JUST AS  
IMPORTANT AS  
THE WORK YOU  
ARE DOING

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The other side of this issue – extreme laziness. Being too relaxed and wasting away at your home, pretending like every task at hand is completed. Before the worst-case scenario happens, you have to grab life by its horns and say to yourself: “No more!”.



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## TOO MUCH FREE TIME AND A MILLION THINGS TO DO

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# TOO MUCH FREE TIME AND A MILLION THINGS TO DO

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This isn't easy, especially doing it by yourself. The most effective method is finding something you want to do/have. Maybe then strike a deal with your parents (for example: X amount of good grades = Y for me). Focus on this goal, possibly even this deal, and keep moving forward, life isn't as boring as you might think!

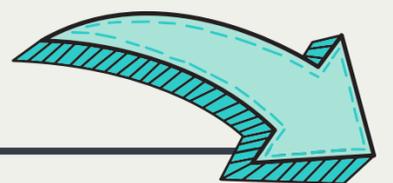
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# DON'T FORGET ABOUT YOUR MENTAL HEALTH!

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Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

Here are some tips to help you get started with self-care:



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# EXERCISE

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No, we're not saying you should spend five hours at the gym every day. Exercising for just 30 minutes a day can relieve stress. It releases endorphins, which is a hormone that relieves pain and makes you feel happy.



# EAT HEALTHY, REGULAR MEALS AND STAY HYDRATED



A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.



# MAKE SLEEP A PRIORITY



Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.



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# EAT AN ELEPHANT

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How do you eat an elephant, you ask? One bite at a time of course. We all know the saying, but now it's time to implement it. Break your tasks up into small, manageable sections. And don't set unrealistic goals. If you spent the day procrastinating, don't try to make up for it by doing double duty the next day. You'll end up with burnout.



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# SET ASIDE TIME FOR YOURSELF

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This means finding time to relax and do something you enjoy. It could include watching Netflix, writing in a journal or doing your makeup. These tasks will help you feel positive and give you a much-needed break from your studies.

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# FOCUS ON POSITIVITY



Identify and challenge your negative and unhelpful thoughts.



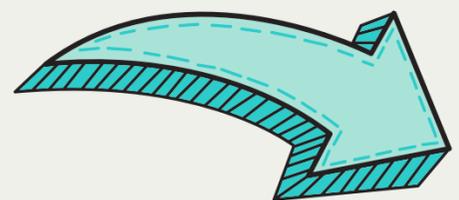
# STAY CONNECTED

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•Reach out to your friends or family members who can provide emotional support and practical help.



# DON'T FORGET ABOUT YOUR MENTAL HEALTH!

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.



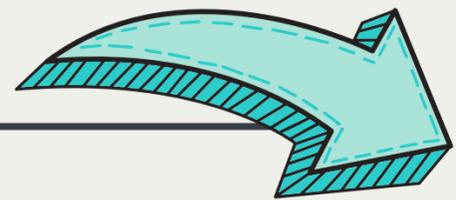
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# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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Watching a movie can often be something that many of us look forward to, it allows you to relax, disconnect, have a good time and is great benefit for mental health.

When you watch a movie, you experience different emotions without suffering the real-life side effects. It helps many of us to relax, decrease anxiety, inspire motivation and can even give you energy for real life!

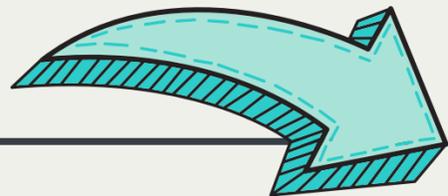


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# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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It's a Sunday afternoon, you're (mostly) done with homework and you finally have time to watch a movie. But which one? Depending on your mood, you'll want a different kind of movie; here are five different moods with their movie recommendations.

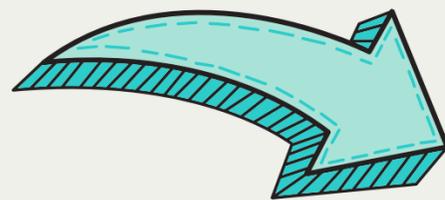


# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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If you feel sad and want to be in a better mood, than there is 5 comforting and funny movies for you!

1. 10 Things I Hate About You;
2. The Devil Wears Prada;
3. 21 Jump Street;
4. Ratatouille;
5. Taxi.



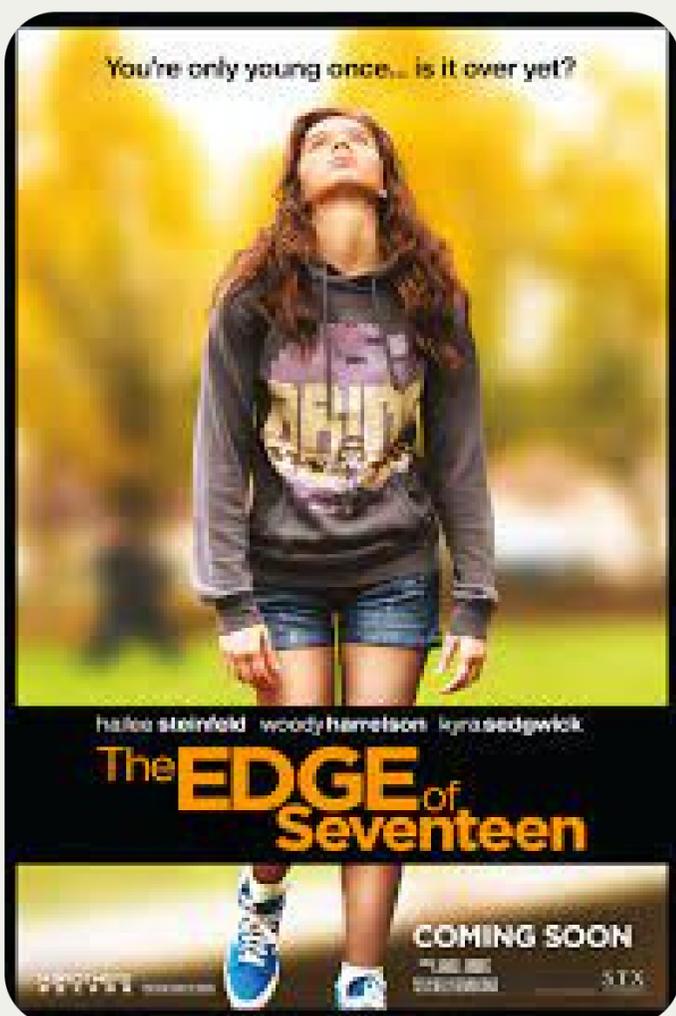
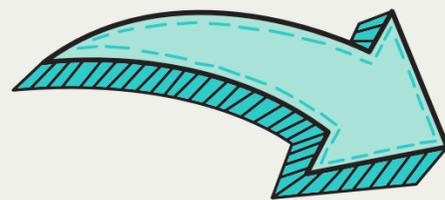
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# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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When you are feeling homesick and want to go back to your teenage school days, to remember all the dramas and good times spent there.

1. Mean girls;
2. Clueless;
3. Before I Fall;
4. Good Boys;
5. The Edge Of Seventeen.



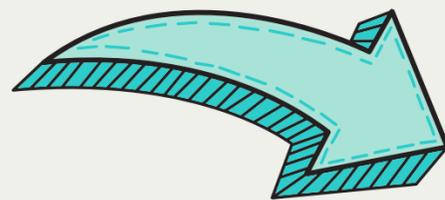
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# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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Maybe you had a tough day and want to let it all out by watching a sad movie, well there are some great, sad and psychological movies to cry it all out!

1. If I Stay;
2. Little Women;
3. The Pianist;
4. Requiem For A Dream;
5. I Am Sam.



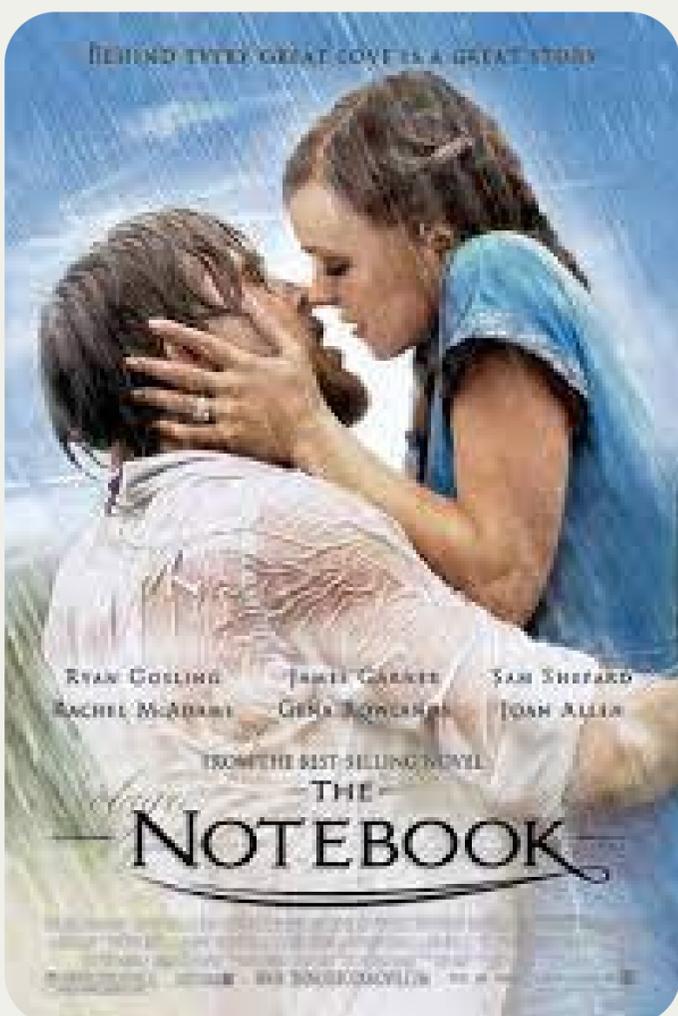
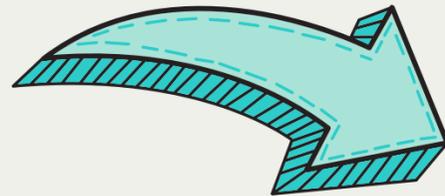
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# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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Nothing is more powerful than a great story. Romance lovers would definitely love some of these sweet romantic story movies!

1. The Notebook;
2. He's Just Not That Into You;
3. Flipped;
4. How To Lose A Guy In 10 Days;
5. The Breakup.

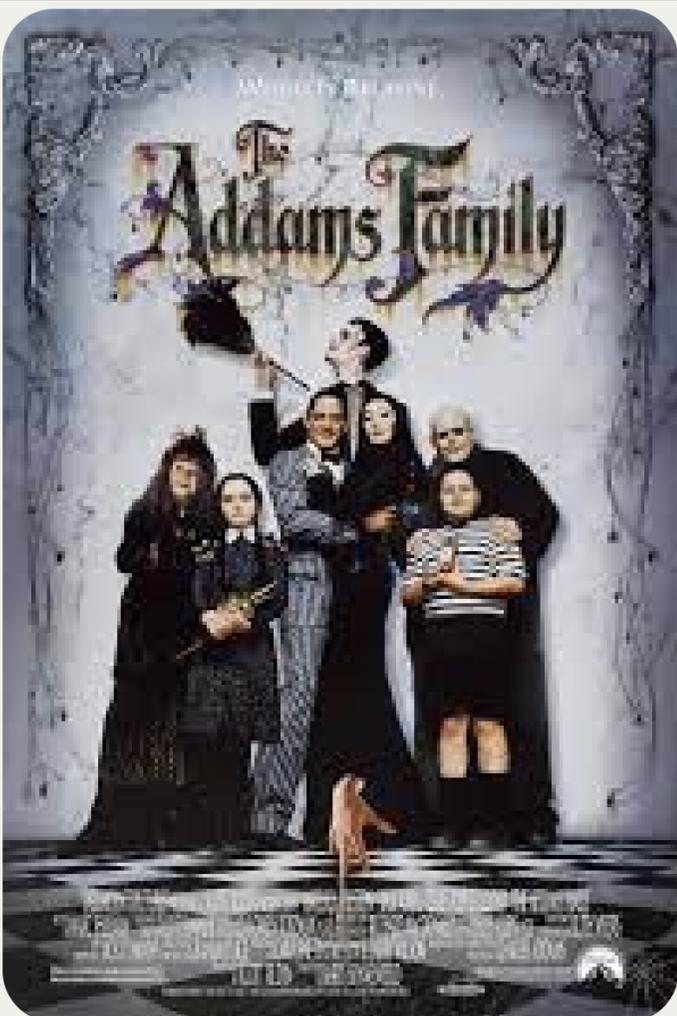


# TOP 25 MOVIES FOR A 5 DIFFERENT MOODS

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Need a great pick for your next family movie night? Well we we have great options for you to what with your family. No matter what your family is feeling, these films are perfect to watch together!

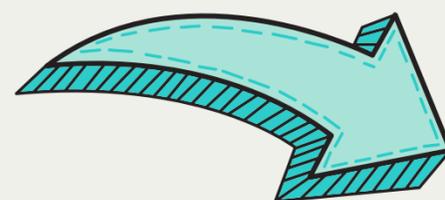
1. The Princess Diaries;
  2. Enchanted;
  3. The Parent Trap;
  4. 13 Going on 30;
  5. The Adams Family.
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# TEACHERS WORK REVIEW

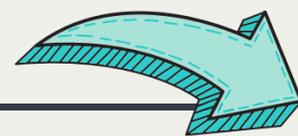
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- Teachers dedication for their work - page 25;
- Student reviews - page 26;
- Honorable mentions - page 27-28.



# TEACHERS IN „SANTARA”

Teachers in our school are very dedicated to their work and have this visible passion for teaching children. Tolerative, friendly, understanding, fair. Student who are struggling with school work always receive help, are given more time, also looked after their mental health.



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# STUDENT REVIEWS

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Most students are satisfied with their teachers and school. Over the past couple of years the number of students joining our school has overpowered the students who have left because of the amazing educational conditions, that our teachers have provided for us. They really push us to improve, all tho one thing I personally would advise is to not push the students so much who clearly don't have any passion for that subject. 

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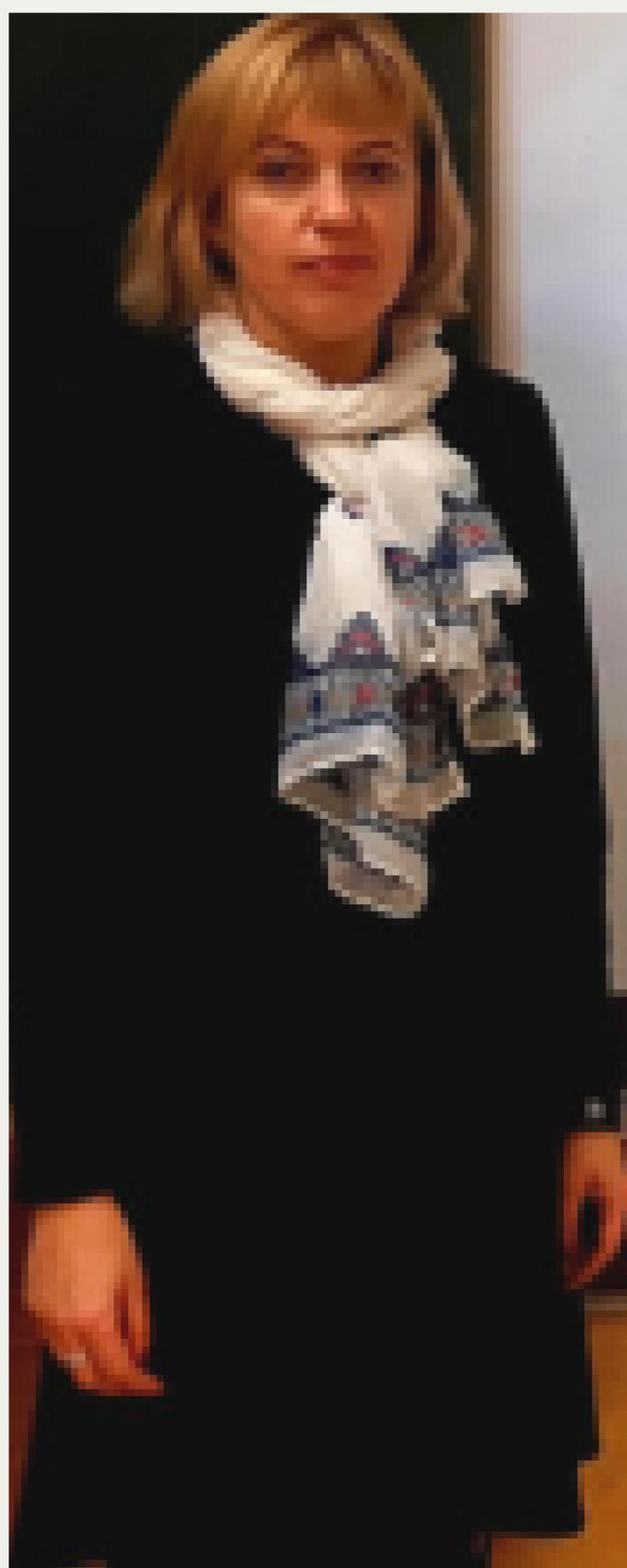
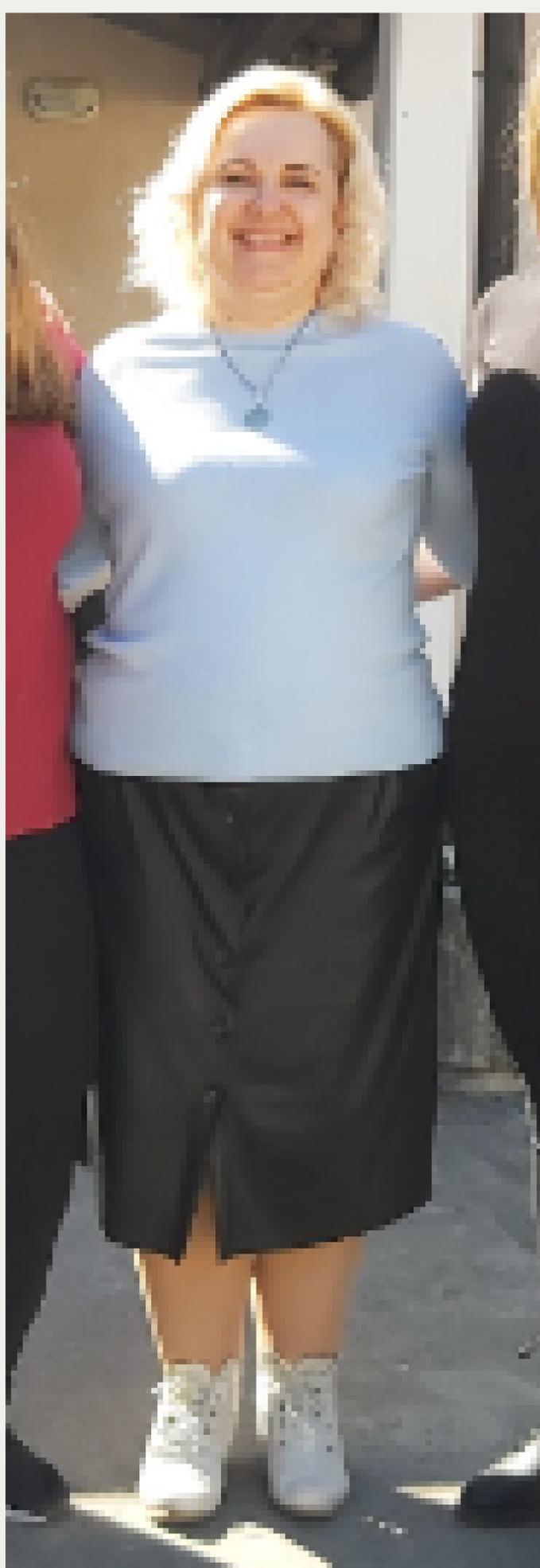
# HONORABLE MENTIONS

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Most favored teachers teachers:

Viktorija Markevičienė (English)

Jolanta Karčiauskienė (Geography)



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# HONORABLE MENTIONS

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Most favored teachers teachers:

Silva Poškuvienė (History)

Rimutė Aurutė-Valauskienė (Biology)

Kristina Jurkevičienė (Mathematics)

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# GYMNASIUM CHAMPIONSHIP STORYTIME

Kaunas "Santaros " gymnasium was forced to suffer for a long time, but Laurynas Tamošiūnas put on a fantastic performance and after defending their fortress of the gymnasium championship, on Sunday in a particularly electrified atmosphere at home, they dramatically won the first school league battle against Kaunas "Jezuitu " gymnasium - 89:85 (23:27 , 20:21). 20:21, 26:16).



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# GYMNASIUM CHAMPIONSHIP STORYTIME

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It was Jezuitu first defeat this school league season after seven consecutive victories. "Santara " won five times in eight meetings. The raging L. Tamošiūnas scored as many as 34 points in 33 minutes (6/10 double-pointers, 6/9 three-pointers, 4/5 free throws), had 5 rebounds and lost 4 balls, made an assist, committed 2 fouls and scored 31 utility points. He repeated the scoring record of a "Santara" basketball player, which is achieved while playing against "Jezuits ". in 2009.



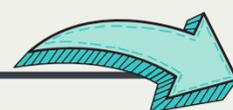
# GYMNASIUM CHAMPIONSHIP STORYTIME

In the first half of the match, none of the teams had a greater initiative, but the team led by Ignas Laurinavičius was still five points ahead. "Jezuitai" took the initiative more strongly after the break, when after a successful section by Rokas Bendinskas, the guests took the lead 56:45.



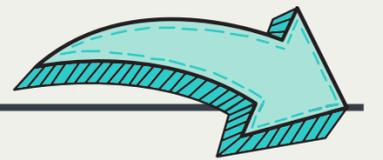
# GYMNASIUM CHAMPIONSHIP STORYTIME

However, the "Santara" found arguments. L. Tamošiūnas made several three-pointers and the Jesuits came within one shot again in the third quarter. With three minutes left to play, the same L. Tamošiūnas finally put the Jesuits ahead with a very difficult shot, then hit another fantastic three-pointer and the capital club never looked back.



# GYMNASIUM CHAMPIONSHIP STORYTIME

The Santaras won even though they lost significantly to the guests in terms of utility points - 89:101. The return of the former "Santara" captain Arno Petravičius to Jesuit with the opponent's shirt caused a great stir, but neither his confidence nor his individual performance (8 points) left a clear impression. "Santaras" had to do without an important tall player - Andrius Kairys missed the match due to health problems



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# GYMNASIUM CHAMPIONSHIP STORYTIME

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"Santara ": Laurynas Tamošiūnas 34, Martynas Murauskas 12 (8 rebounds), Aidas Pareigis (5 assists) and Martynas Grigaitis 10 each. "Jezuits ": Ignas Laurinavičiaus 18 (3/6 three-pointers), Kevin Andriulaitis 12, Edgaras Mickus 10 (4 rebounds, 5 assists), Giedrius Labutis 9 (6 rebounds), Marius Mulauskas 8.

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# KAUNAS "SANTARA" GYMNASIUM

Thank you for reading Kaunas "Santara"  
Gymnasium newsletter!

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# KAUNAS "SANTARA" GYMNASIUM EDITOR'S NOTES

This issue is themed. All November issues will be related to self-help. The 3S class wants to raise awareness regarding this topic. For more information contact the Editor.

Each author submitted their article to the Editor, and she adapted them as best as she could. The Editor did NOT make any corrections or unnecessary additions.

Refer to the authors for any accounts of misinformation, misleading titles, also including linguistic mistakes.

Regarding fixing visual mistakes, inconsistencies, typos, misinformation contact the Editor.

Editor Augustė Kriaunavičiūtė

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