



On the occasion of health it up compaign organized by wellness influencers on Instagram you decided to write a 10 line article to your school blog about what your mates should do and what they shouldnt to lead a helthy lifestyle.



Health Is Wealth

Our health is very precious and we need to do our best to keep it safe . So here are some tips that may help you lead a healthy lifestyle . First of all stop consuming junk food which contains fats and unhealthy ingrediants . Its a total damage for your health ! Instead try organic food and especially the ones you buy from local farmer . So you support your contry's products and protect yourself. Moreover a healty diet is important but it wont do anything without exercising to keep fit. Therefore you must go jogging and even best to the gym it can help not only socialize but also meet new people . Added to that you must quit all your bad habits such as smoking or gaming for endless hours . In addition you should go out more often and try to stay positive to improve your mood thearapists say that its really important and have beneficial effects on your health .

Living healthily is the best decision you can ever make it doesn't stop you from living your life or trying new thnigs and enjoying .So please try to follow these tips and health-it-up.

Fatma Youssef
9P5





Pioneer prep school
gabès



Youssef Chine

Breaking News

STAY SAFE WHILE RIDING

Dear follow classmates,

Dear follow classmates,
As we all enjoy the freedom and exhilaration that comes with riding our bikes, it's important to remember that safety should always be our top priority. Whether you're commuting to school, exploring new trails, or simply cruising around the neighbourhood. Being aware of potential dangers can make all the difference in ensuring a safe and enjoyable ride



First, you must stay alert and be prepared to react to any obstacles that may appear suddenly.

Second, you must follow the traffic laws, signal your attention clearly and stay visible to motorists by using lights and reflective vest, especially when riding at night.

Therefore, dear classmates, you must wear a helmet. It's perhaps the most important safety precaution for cyclists of all ages.

It reduces the risk of head injury and even save lives.

I also want to say, don't use electronic devices or engaging in activities that take your focus away from the road ahead and be prepared to react swiftly to any changes in traffic or road condition.

The dangers we can encounter while riding our bikes can be a night mare, but there are things we can do to prevent it.





TawBa Ben Salah.
B.P.1

What did I do to you tell me why? your joke or what you did in the train last time ruined my life I can't imagine how someone can be so awful like that we didn't even know each other that's much we're just friends what did you do that what's happened to you I was so terrified I screamed like I never did in my life I was choked and what hurt me the most that the person who did it was you you're in my same ^{group} grade year I can't believe it how can you be so mean like that I didn't do anything to you you destroyed my life that night was ^{a terrible} ~~adorable~~ nightmare for me I don't know if you feel guilt now or no but I hope so The hardest thing to do is to forgive someone who is not remorseful about hurting you but forgiving them is for your own sake and not theirs. so I will forgive you not for you but for me too





Dear Mohamed,

Hi! How are you? Fine i hope.I understood from your recent email that you were ill.that's why,you missed my birthday party. Absolutely, You are the soul of any party and you had to come.We spent memorable moments together.The birthday area was well decorated with a lot of lights, many colored ballons and some photo frames.As it got dark ,all our friends started coming to share my happiness and joy.They carried loads of dīfferent gifts for me.Then ,my father carried the birthday cake with my name inscribed on it .I cut it and after that,we ate it while we were chatting warmly. Following all that, the music was relaxing and enjoyable .We also liked the refreshments and the treats prepared by my mother.The party atmosphere was gorgeous. were wearing new beautiful clothes .In fact ,my dear friend, you missed the opportunity to have an enjoyable time with us, and we also missed you. I have to go now .My mother is calling me for dinner.

Faithfully yours,

Youssef

PS,I hope that

You are fine after

Yor illness.



On: 22 octobre 2022

To: ayana...

From : lina...



Hi, how are keeping? Fine I hope. Sorry for not writing because I've been busy lately. I know that you were sick and you didn't attend my birthday party, that's why I'm writing this e-mail to tell you all about my birthday party. The party was amazing! First and foremost, my mum prepared a very delicious chocolate cake. She prepared some refreshments as well. My dad decorated the drawing room with colorful ballons and ribbons. How beautiful was the room. At 5p.m, the guests came to our house. They were very elegant! During the party, they were chatting warmly while I was sipping a soft drink with my best friend. One of the highlights of the party was a performance from a group of entertainers. I really had a blast with my friends dancing and singing. Then I blew out the candles while my family and my friends were cheering. I was overwhelmed when I opened all the gifts and found an IPone! What a surprise! This birthday was such a memorable one. That's all. Please, get well and write me soon.

By Lina Mabrouki

821





16th, March, 2023
P.P.School.Gabes

Dear Aziz

Hi ! How is it going ? Fine, I hope.

I completely understand that you really wanted to come but you weren't able to, it's alright, I also didn't have the best night because of your lack. Anyway, the party was mostly fine, we had great fun dancing, sipping juice, and chatting warmly together. Even Iyed, the dull boy, came and striked up lods of friends. By the way, all of our classmates attended my birthday party, except for Lina, she didn't make it last night. Perhaps she was ill, too. During the party, we enjoyed the different types of sandwishes and sodas, but personally, I liked the cake that I made with my mum in her bakery. It had two layers both of them were made of chocolate and decorated with small strawberries. Don't worry, I kept a slice of the cake in the fridge for you. We also played videogames, pillow wars, and watched a movie. Then at the end of the party, Youssef and Amer stayed home with me to clean up the huge chaos after everyone had left.

To sum up, it was an awesome party, but I deeply missed you during it, I wish you a good day.

Yours, Dhia

By, Mohamed Dhia Alhak Ben Meriem

SP1

Under the supervision of Mrs. Cherifa Chaieb.





An unforgettable circus day with our teacher and friends



Last Friday , I went to the circus with my friends and Mrs Cherifa our English teacher. We really had fun together . Seriously , it was the best circus that I've ever knew . We spent a lot of energy there , I was so excited . Firstly a very talented girl showed up and started doing some hard moves . Then two men , get on the iron wheels and started running . We were surprised , how they didn't get afraid ! They even covered their eyes . The part that I admired : best ^{was} the cute , cheeky and cheerful trainer with the little ponies , the kangaroo , the lions and the stinky lamas . It was adorable except

the lamas of course .

We also watched a singing show for frozen , under the



water song and another one , the singer seemed awesome , her voice was nice and soft . I loved it . And there's a lovely entertainer whom we had great fun with . It was so enjoyable . Of course we took a lot of videos and photos . Spiderman who was amazing ! I swear if Peter Parker was there he wouldn't believe his eyes .





Subject: your best friend was ill and missed your birthday party . Write him an email telling him all about the party atmosphere, the guests who attended , the refreshments and cake you prepared...etc



Hi Salma,

I'm writing you this email just to tell you how much I love you and missed you .

Hello dear friend , I've heard that you were sick that's why you didn't come to mu birthday party , I hope you are fine ad feeling better now . I was so bored without you , everyone was asking about you . But , don't worry we a lot of pictures , just to show it to you . The party wasn't that bad , everyone was having fun , they were dancing , singing and drinking fresh juice , it was enjoyable , and of course we cut the big and huge cake that me and my dad prepared the day before . My cousin also came to my birthday . I've really missed you so much , I was a bit sad that you couldn't come , I'm sorry that I wasn't there for you , please when you receive my email , tell me about what you did . Oh! My dad surprised me with a clown and a witch , we laughed a lot , after cutting the cake , I opened my present , I received an iPhone from my mum and a very beautiful dress from my dad and many cute things , I was very happy and I really liked the presents and the food was delicious .

That was my birthday , the best day that I ever lived , of course it will be better if you were there

By Montaha Barrah

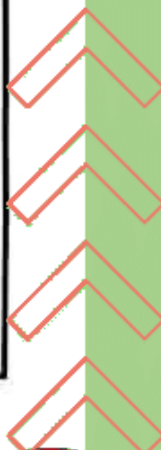




III/ WRITING (6 MARKS):

You have decided to participate in a nationwide online discussion forum to help improve the quality of education in your country. Write a post outlining your vision of what would create the perfect school.

A large rectangular box with a black border, containing 25 horizontal dotted lines for writing.



Good Luck





@Yomna-Dey

We always have this question in mind "what is a perfect school like?"
In this post I'm going to outline my vision of how to create one.

First of all school needs to be a safe and entertaining place for learning
So we should provide students with new ways of teaching instead of writing
endless pages in each subject. I suggest creative lessons which are
presented by pupils and supervised by teachers. Also we want more projects
and less memorizing.

Second, I believe that there are so many subjects to study so the people
won't be able to focus and Excel at all of them that's why we need some
necessary subjects to be removed and other ones to become optional and the
rest is obligatory in that way we will have more achievements and we will
discover pupils with interesting talents that can become a huge success.

In addition, by decreasing the number of subjects students will
have more free time that can be used for school activities such as sport
days, School festivals, theater clubs and even cooking sessions .By
doing these activities school won't be boring and pupils will like it
more.

Furthermore, I think that uniforms are necessary and limit our freedom
as students so we want to remove them and express ourselves through
clothing of course the clothes must be respectful

Finally, English is the language of the world so I think studying all
subjects in English will help us with building a brighter future and
understanding more cultures.

To sum up, building the perfect School and creating the best
environment for pupils needs a collective effort and I hope my vision will
become true one day.





15, Habib Bourguiba road, Gabes

9th December 2022

Dear Tom,

Hi, how are you going ? Fine I hope. I received yesterday your recent message. That's right. Staying at home is amazing. You can play video games, surf the net and have fun. However, I reckon that all this can't prevent that travelling is more enjoyable and beneficial. First of all, it teaches you about the culture and the traditions of the city you visit . Secondly, you discover new landmarks which will impress you so much. Besides, when you travel, you will be able to meet new people who are different from you and learn how to communicate with them in different situations. Moreover, travelling will enable you to experience many new things that you could never experience at home. Added to that, you will improve a language you know or learn a new one. More importantly, travelling is the only way to break the routine, have fun and enrich your knowledge, and knowledge is power !! In a nutshell, travelling isn't just leaving your home. It is also a new way to discover the world as it is said : « The world is a book and those who do not travel read only one page. »

I must stop here now. I have to help my mom with the housework. Write back soon about your opinion after reading my letter and I hope you will benefit from what I said.

Faithfully yours,

Youssef
G Anouni

PS, Go with your family.

You won't regret that.





A perfect school

I'm writing this post to outline my vision of what would create the perfect school .

First of all , I think that a wonderful learning place must set stricter rules to avoid violence such as bullying . Also ,it should create a safe and healthy environment that makes students focus on the main goal of going to school . Teachers should create an enjoyable harmony to students as well .

In fact , it will make studying so exciting that students don't think about cheating or dropping out of school .Moreover , a perfect school ought to in my personnel perspective equates between studying And extra activities as a result students don't feel tired of working for tests as I think that school is a place where people discover their hidden talents and develop their skills .

Last but not least , a perfect shool in my opinion had better prepare campaigns to manage a quality time with students to know thier conflicts and helps them to solve their problems in learning by giving them advice on how to revise for exams and give them some tips to pump up their grades.

Finally ,a good school should be a place for gaining knowledge ,aquiring good manners ,creating everlasting relationships and making memories that we will not forget them for our whole life .

BY ILYESS JERIDI 9P1





15, Habib Bourguiba road, Gabes

9th December 2022

Dear Tom,

Hi, how are you going ? Fine I hope. I received yesterday your recent message. That's right. Staying at home is amazing. You can play video games, surf the net and have fun. However, I reckon that all this can't prevent that travelling is more enjoyable and beneficial. First of all, it teaches you about the culture and the traditions of the city you visit . Secondly, you discover new landmarks which will impress you so much. Besides, when you travel, you will be able to meet new people who are different from you and learn how to communicate with them in different situations. Moreover, travelling will enable you to experience many new things that you could never experience at home. Added to that, you will improve a language you know or learn a new one. More importantly, travelling is the only way to break the routine, have fun and enrich your knowledge, and knowledge is power !! In a nutshell, travelling isn't just leaving your home. It is also a new way to discover the world as it is said : « The world is a book and those who do not travel read only one page. »

I must stop here now. I have to help my mom with the housework. Write back soon about your opinion after reading my letter and I hope you will benefit from what I said.

Faithfully yours,

Youssef
G Anouni

PS, Go with your family.

You won't regret that.





Dear Caron,

I've just heard that you're going to London these holidays and I must confess that you are stealing the dream of my life. And considering myself a very good friend, I'll let you steal my sight seeing plan, too, so you can enjoy the experience to the fullest.

The fact that I put a London visit in my bucket list means I've made the best plan to have the fun of a lifetime. You can go first on a double-decker bus that will show you all around London wonders. Then, you can go by yourself and check each one on the other days. Personally, I highly recommend visiting London Eye, especially at night. You can have a full view above 135 meters. From that height, you'll see London sparkling under your feet. You'll enjoy such an amazing view. Also, you can visit the Tower of London. You can see the guards there standing at those giant gates. They say it's worth watching. It contains a museum where they display the queen's crown jewels. They're really attractive. You'd love to take a trip on a boat on the River Thames. You'll have a spectacular view while you're crossing all of London. I also think you'll like Hyde park. You can have fun taking a walk or joining the people who do busking there. Then, since it's near Buckingham palace already, you can go and you'll be able to see the palace where the queen lives and the changing of the guards. They say if you were lucky enough you'll have the chance to drink tea with the queen herself.

I'm afraid if I keep talking I'll never stop. So, hope you have a safe trip. If you needed a partner, you can always stuff me in your suitcase. I'll fit.

RAYHANE RIAHI
8th grade 1- Group 1



Yours,
Rayhane





A letter to the headmaster of our school about the importance of extracurricular activities

Dear Sir ,

We hope this letter finds you well , we are writing to inform you about our idea of extracurricular activities .

As you know , we always study from Monday to Tuesday from eight am to five pm except on Friday and Saturday when classes finish at twelve and which is really exhausting. That is why , we suggested to have extracurricular activities for several reasons : first and foremost , it is a golden opportunity to enhance our social interaction . Added to that; it boosts team work and teaches how to be responsible and self-reliant. Furthermore; drama and music are a wonderful occasion to discover our hidden talents and develop our skills.

How interesting! Indeed when you practice sport we will relax, have fun and enjoy our selves . Most importantly , they play a major role on the overall growth and development of a student's life.

We hope that our arguments are convincing.

Yours,

By Lina Neji 8P1





The English writing Sampler

Skanes, Monastir

Tunisia

7 /1/2021



Dear Caron,

I've just heard that you're going to London these holidays and I must confess that you are stealing the dream of my life. Well, do you know why ? Because London is such an amazing city with some of the world's best famous sites, tourist attractions and interesting activities. With so much to do there ,It's hard to narrow down the long list of reasons to pay a visit to London .

First , let me tell you a little bit about its lovely monuments that I recommend you to visit while you will be there. "Trafalgar Square" which is a very famous public park in central London ,where you can take photos of Nilson's column which is under the guard of four lion statues . I am sure that you will be extremely impressed . Beside that You can visit one of the most wonderful sites of this city and which is considered as one of London's symbols. Didn't you guess it? It's probably "Big Ben" The clock tower. I also recommend you to visit "London Eye" .What an amazing and exciting tourist attraction ! You can take a seat in one of its capsules and enjoy the lovely view of London from above . With all these sites It's real to say that: "When a man is tired of London ,He's tired of life." You can also visit the lovely museums and the shops where you can find any type of goods to have a nice trip and to enjoy your stay. Believe me when I say : "By seeing London I have seen as much of life as the world can show."

I hope that one day ,We will have the opportunity to fly there together and spend lovely moments. Until that time ,Don't forget to enjoy yourself , to buy lots of souvenirs and take photos of its lovely landmarks.

I hope to see you soon.

Mohamed Chouket

8p1





Writing sampler



Dear Caron ,
I've just heard that you're going to London these holidays and I must confess that you are stealing the dream of my life . London is really a beautiful city , it has something for everyone . You can never be bored there . It's a city full of attractions . I advise you to visit Madame Tussauds , the museum that includes wax figures and the British museum , the most rich museum in the world . You can visit Trafalgar Square , the square that we learned about in our English session . It includes Nelson's Column guarded by the four bronze lions and the two spectacular fountains . You can visit Buckingham Palace where the queen lives . I advise you to visit The Tower Of London , I heard that it has a bad reputation because many people were tortured and killed there . That's a little bit scary ! But now , there are the queen's jewels there , I think you would like to discover them . When you are in London , you must visit Westminster , the royal palace that has on each side " Victoria Tower " and " The clock Tower " ; Big Ben the famous clock of London . Don't forget to visit the Tower Bridge , the bridge across the river Thames . You can go shopping from Camden Market , too . It's the most popular market in London , you can buy many souvenirs and let London Eye be the cream on the coffee , you can see all the city on top of it . I'm sure that you will have fun , I wish you a good trip . Now I must stop , write me soon and tell me about your wonderful voyage .



Yours Shahd

By Shahd Mourmni 8p1





III- Writing (6marks)

Read what Elizabeth wrote to the editor of Woman Magazine then write a reply where you express your opinion and give advice to help her out.

Dear editor,

I am a housewife and mother of four sons aged between 8 and 19. My sons are disrespectful and unhelpful. My husband is busy most of the time. I'm doing everything for everyone but seems to care. I'm fed up. What should I do? Please help!

no one

Elizabeth, 45.





Dear Elizabeth,

I read your letter and I understand how miserable you might be. I know you're fed up, so I'm here to give you some pieces of advice.

First of all, you said that your sons are disrespectful and unhelpful, so the only solution is to stop doing everything for them. Stop making their beds, tidying up their rooms, and even making their breakfast. You can also cut their pocket money all together. This may be quite tough but trust me; this is the only solution to deal with these badly-behaved sons. If they misconduct, or shout at you, you just need to take their mobile phones from them. When you notice some improvement in their behavior, I mean they may start helping you and respect you, so as a reward, you can give them their phones back or invite their friends home to encourage them. As for your husband, you said that he's busy most of the time, ok, we can't deny that but he should help you at least with driving the children to school, picking them up from there, or he could help you with buying groceries. Even if he's busy, he must help, because I believe that all family members should play an equal role in housework as said "One hand can't clap".

So I hope I have helped you with these tips and please stay patient and be tolerant. I promise you will see a lot of improvement by following these tips.



Hadil jaidi 9p1





A sleepy fox catches no chicken

Nowadays, cheating has become frequent at school. Students who resort to cheating to get good grades and succeed aren't aware of the horrible effects of this bad attitude. That's why I totally believe that cheating is similar to stealing in real life.

Moreover, it is dishonest and immoral. It is also unfair because it equates hard-working pupils with lazy ones. Added to that, school is not only about grades. School is rather about enjoyable learning, gaining knowledge and acquiring good manners. I think pupils who resort to cheating just to please their parents or to get a passing grade won't, with no doubt, get decent jobs in the future because they don't have the necessary skills. That's why, They have to keep in mind that cheating doesn't improve learning.

Instead of cheating, I suggest that students make a good revision. They have to work hard during all the school year with a lot of patience and perseverance. Why don't they listen carefully to their teachers? Why don't they focus in class and do their homework regularly? I highly recommend that pupils should make an effort to get ready for the exams because I totally believe that No pain brings about no gain.

To crown it all, we should take stricter measures against cheats and remember that honesty is the best policy because where there is a will there is a way.



Maram Nasfi

9p1





Dear [Friend's Name]

Thank you so much for your letter! It was really interesting to learn about the kinds of music you enjoy. I love hearing about what inspires and entertains my friends. As for me, I prefer soft music because it helps me relax and focus. Soft music creates a calm atmosphere that is perfect when I am studying or trying to unwind after a long day. Its soothing melodies make me feel at peace and reduce my stress levels. While some people might enjoy loud music for its energy and excitement, I find it too distracting and overwhelming. Soft music allows me to enjoy my favorite tunes without feeling disturbed. For these reasons, I believe soft music is the best choice for anyone seeking comfort and tranquility.

Looking forward to your reply

Your friend youssef



By Youssef Chine 8P4





Dear Josh,

First of all, I want to commend you for reaching out—it takes a lot of courage to admit you need help, and that's the first step toward change. Quitting smoking is challenging, but it's absolutely possible with the right approach and support. Start by setting a quit date and mentally preparing yourself for the journey. Pay attention to your smoking triggers, whether it's stress, boredom, or social situations, and find healthier ways to cope, like drinking more water, or keeping your hands busy. Nicotine replacement therapies, such as patches or gums, can help ease withdrawal symptoms, and speaking to a doctor about medications might be a good option too. Surround yourself with supportive people, whether it's friends, family, or a quit-smoking support group, because having encouragement can make a huge difference. Staying active, exercising, and engaging in hobbies will also help distract you from cravings and improve your overall health. Most importantly, remind yourself daily why you want to quit—better health, more energy, saving money, or simply breaking free from the addiction. You may face setbacks, but don't let them discourage you.

Every attempt brings you closer to success, and I truly believe you can do this. Stay strong and take it one step at a time—you've got this!

Sincerely
The columnist

Mirhane Glenza 9p2





IDRISS BACCAR 8P4

Dear Luther ,

Hi! How are you doing? I hope you're doing great. I am writing you this email to share with you my thoughts about music: Music is a universal language that connects people across cultures and generations by bringing joy to the soul and peace to the mind. However, this art varies from a person to another. Each individual has a unique taste. It's just like me and my sister. She prefers listening to soft melodies while I find loud music more exciting. On the other hand, I usually listen to soft music while I'm reviewing my lessons because it helps me concentrate better. I also enjoy both Western and Arabic music. My favourite singer is definitely Michael Jackson. I'm also fond of the Queens. I don't really appreciate rap music, especially songs with rude lyrics. From my perspective, it seems inappropriate and unacceptable. Moreover, I enjoy dancing energetically while I'm listening to music. It's a beautiful way to evoke my emotions and let go of daily stress. I hope this email has given you a bit of insight into how music plays an important role in my life. I'd also love to know your opinion about music. I look forward to hear from you soon.

Yours Idriss



Collège pilote-Gabes 2024/2025 |



مرحبا بكم علي منصة مراجعة



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