

MIRAFLORES TIMES



Colegio Miraflores Ourense Student Publication

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THE VACCINE IS HERE.

Text & Photos by
Adriana Vieira, Ines
Guzman and Beatriz
Alvarez.

The Covid 19 vaccine is now being rolled out to the public in many different countries all around the world.

Pfizer being one of the main companies who are producing it, having their central pharmaceutical headquarters in New York, USA.

In most countries these will go to the front line workers and the part of the population who are at a higher risk to the virus.

The major talking point though is on whether there are serious side effects because of the vaccine and what those can be.

Time will tell if there are major side effects, but there are some minor ones that vaccinated people can experience. These minor side effects can be pain in the injection site, fever, headaches, vomiting, tiredness, muscular pain, and shivers.

To be effectively immune each person will need two doses of the vaccine and they aren't immune until 15 days after the second dose has been administered .

Student Life



CHRISTMAS

Text & Photos by Sofia Molinari, Antia Alvarez and Jacobo Rodriguez.

School Celebrations

Who is Santa and what does he do?

On the night of December 24 Santa Claus comes and distributes gifts to children all around the world, but in order for him to bring the gifts you have to write him a letter and ask him nicely which presents you desire.

It also depends on how good or bad you have been, because if you have been good he will give you gifts you asked for, but if you have been bad he will give you coal as your present.

Christmas traditions

Some of the main Christmas traditions are:

Buying a tree (normally a Norway Spruce) and decorating it in different colours and with ornaments related to Christmas such as Christmas balls, confetti, garlands and a star.

On December 24th you have to leave something out to eat for Santa Claus so that he does not go hungry at night such as Christmas cookies or a glass of milk. On Christmas Day the birth of Jesus is also celebrated.

Also on December 1st it is tradition to buy an advent calendar (although it is optional).

Christmas is a time to spend with your family and your closest friends.

How we Celebrated Christmas in Colegio Miraflores.

This year at school we were able to celebrate Christmas in a special way and abiding by the covid protocols.

Each class in the primary school organised and performed a video dance related to Christmas. The students performed the dance to a famous Christmas song which was chosen by their teacher and the video was posted to the Colegio Miraflores YouTube page so that parents and the public can view it.



School Sports



SWIMMING

Text & Photos by Juan Gonzalez , Borja Rodriguez and Matias Dominguez



What is Competitive Swimming.

Swimming is a discipline made up of four styles: crawl or freestyle, backstroke, breaststroke and butterfly. Furthermore, the different styles can be carried out in pools of 25 or 50 meters; the difference between these two forms of distance is in the number of turns the swimmers must do to complete the race.

History of Swimming.

The history of swimming goes back to Prehistory; Stone Age paintings of swimming have been discovered from 7500 years ago and the first written references date from 2000 BC.

Swimming became part of the first modern Olympic Games in 1896 in Athens for men, and from 1912 on for women.

Swimming club at Colegio Miraflores.

Here at the school we are fortunate enough to have our own 25 metre indoor swimming pool, we train 3 to 2 days per week from 17:15 to 18:30 pm. Within these hours our swimming coach Iría helps us improve our techniques and swimming styles. At the moment we are specifically training freestyle and butterfly. We have competitions throughout the year on Saturdays where we compete for the school, normally in the Pabellón De Los Remedios in Ourense.



Spotlight Interview

TEACHER ALBERTO

Text and Photos by Nico Figueiredo,
Daniel Perez and Christian Blanco

1: What year did you start teaching at Colegio Miraflores?

I started teaching here at Colegio Miraflores in 2012.

2: Where did you study to become a teacher?

At the University of Santiago in Lugo.

3: In what year did you start liking sports?

Since childhood I have had a love for sports.

4: What is your favourite sport?

My favourite sport is triathlon.

5: Do you still enjoy triathlons?

Yes i still really love triathlons

6: Do you like being a sports teacher?

Yes, I like it a lot.

7: Did you want to be a famous sports person?

I didn't care too much, and I prefer the job I have.

8: Whats your favourite sports team?

Triourense.

9: Who was your sports hero when you were a child?

Miguel Indurain.