

The background is a warm orange color. It features several decorative elements: a green leafy branch in the top left, a cluster of orange berries on a stem in the top right, a large yellow and orange leaf in the center, and several dark red maple leaves scattered below it. At the bottom, there is a decorative border of various autumn leaves and two pumpkins, one orange and one yellow.

# ENGLISH NEWSLETTER

September 2024

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Małaszewicze

# Bucket list

Ideas what to do in  
September



read a book



make a homemade

jam



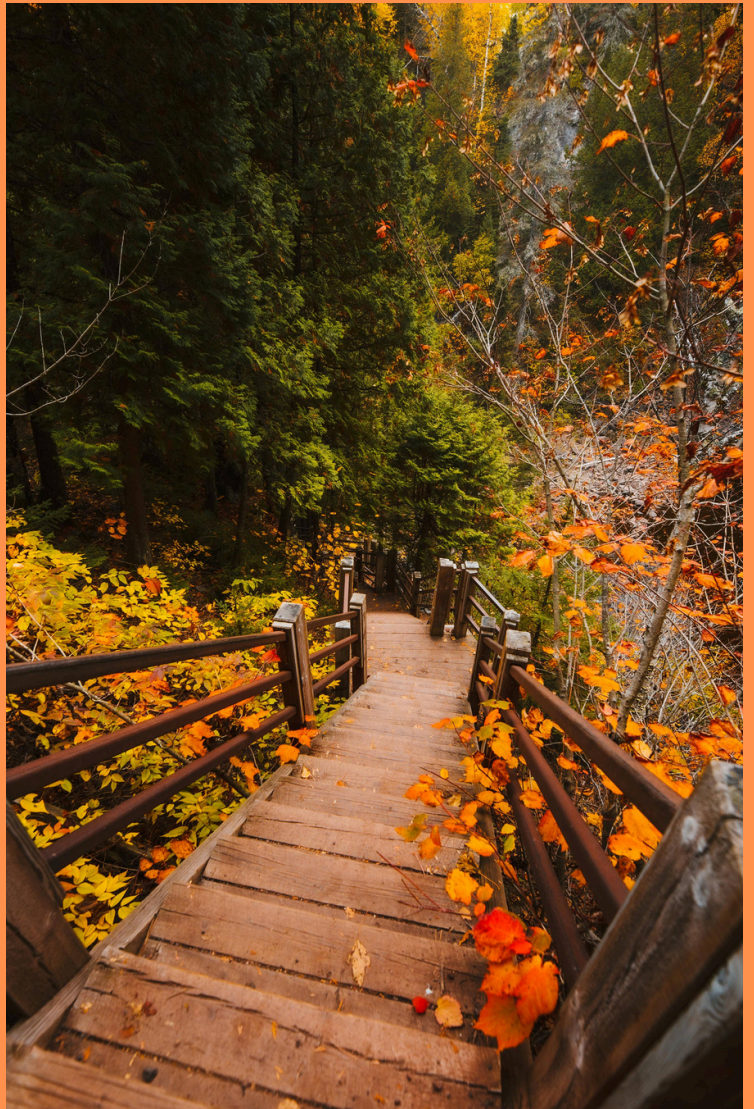
or pumpkin spice latte



decorate your room for fall



take a nature hike



# Instead saying "I think"



To me...

In my opinion ...

If you ask me ....

From my point of  
view...

It seems to me that...

To my mind...

It's my belief that...



# Alternatives for overused

## words in writing

interesting

fascinating

appealing

gripping

thought-provoking

attention-grabbing

beautiful

stunning

charming

gorgeous

impressive

striking

# PROVERBS

**A picture is worth a thousand words**

*(An image can tell a story better than words)*

**All good things must come to an end**

*(Everything ends; good times don't last forever)*

**Actions speak louder than words**

*(What you do is more important than what you say)*

**Beauty is in the eye of the beholder**

*(What is "beautiful" is different for each person)*

**Better late than never**

*(It's better to finish something late than to never do it at all)*

**Don't judge a book by its cover**

*(Don't judge someone or something by appearance alone)*

**Don't put all of your eggs in one basket**

*(Don't put all of your hopes and resources into one goal or dream)*

**Easy come, easy go**

*(When you make money quickly, it's very easy to lose it quickly as well)*

**Knowledge is power**

*(The more you know, the more powerful you can be in different areas of your life)*

**Practice makes perfect**

*(The more you do something, the better you will become at it)*

# pumpkin muffins



*1 and 2/3 cups (230g) all-purpose flour*

*1 teaspoon baking soda*

*1 and 1/4 teaspoons ground cinnamon*

*1/2 teaspoon ground ginger*

*1/4 teaspoon ground nutmeg or freshly grated nutmeg*

*1/2 teaspoon salt*

*2 large eggs*

*3/4 cup (150g) granulated sugar*

*1/2 cup (100g) light or dark brown sugar*

*1/2 cup (120ml) vegetable or canola oil*

*1 and 1/4 cups (285g) pumpkin puree (canned or fresh)*

*1/4 cup (60ml) milk*

- Preheat oven to 375°F/190°C.
- Grease a muffin pan or line with muffin liners.
- In a large bowl whisk together flour, baking soda, cinnamon, ginger, nutmeg, and salt.
- In a medium bowl, whisk together eggs, granulated sugar and brown sugar until combined. Add oil and whisk until combined.
- Add pumpkin and milk and whisk until combined. Pour the pumpkin mixture into the flour mixture and mix gently just until combined.
- Divide batter among muffin cups. Bake for 16–22 minutes until a toothpick inserted into the center of the muffin comes out clean. Allow to cool for 5 minutes in the pan, then transfer to a wire rack to cool completely.
- These muffins stay moist for up to 5 days. Keep them in the fridge in an airtight container. Bring them to room temperature before serving. The muffins can also be frozen for up to 2 months.



Make your tasks realistic and manageable.

**Don't fuss about unimportant details.**

Spend time on what is important.

**Reward good habits.**

Review your lists.

**Give up perfection.**

Keep a calendar.

**Know your limits.**

Learn to say NO.

**Prioritize tasks.**

Plan ahead.

**Stay focused.**

Get Motivated.

**Set reminders.**

Stop multitasking.

**Delegate to others.**

Do a little everyday.

**Set long-term goals.**

Track your time spent.

**Don't work on impulse.**

Eliminate time wasters.

**Start early finish faster.**

Disconnect to reconnect.

**Make to do lists-but be flexible.**

Schedule time for interruptions.

**Break down tasks into small tasks.**

Don't take on more than you can handle.

# LEARN TO MANAGE YOUR TIME

# phonic rules to remember



## gh sounds like f

laugh	enough
cough	rough
tough	trough
laughter	draught

## gh is silent

thought	though
bright	weigh
light	high
fight	eight



## gh sounds like g



Afghan	Ghana
ghost	aghast
ghoul	spaghetti
ghetto	gherkin

# MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



## THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

Other people's choices

What other people say

How other people feel

The weather