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After the pandemic

What we don't want

We don't want people to stay locked at home at the end of the Covid pandemic as if the virus is still on the loose and not allowing us to be with our families.

What we want

We just want to continue with our normal life, the one we had before Covid.

Alexandre Siva N^a1 10-2

Em português:

O tempo passava
Tudo igual
E nada interessava
Até que chegas
E me aconchegas.

Sofria dia após dia
Tudo se mantinha
Sem mudanças
Apenas inseguranças.

Medos?
Sentia todos os dias
Ao pensar que os podia perder
naqueles dias...

Usei palavras para explicar o que
Com ações só dava para complicar
Dei meu carinho a quem
Merecia sair do meu caminho...

Após tanta incerteza
Só quero ter paciência
Para ajudar minhas fortalezas
Sem influências!

Ana Catarina, 10.2

In English:

Time went by
All the same
And nothing mattered
until you arrive
and cuddle me.

I suffered day after day
everything held still
no changes
just insecurities.

Fears?
I felt them every day
thinking I could lose
them in those days...

I used words to explain what
actions would only complicate
I gave my affection to whom
should get out of my way...

After so much uncertainty
I just want to be patient
to nurture my strengths
With no one's influence!

What We Learned from the Pandemic

The pandemic came on suddenly and made us realize and learn many things, the main one being to value our health and the health of others, because this pandemic caused a lot of pain and a lot of suffering to many people by causing many deaths.

Another very important thing that it made us see was the importance of affection and physical contact, because with these conditions that was strictly forbidden, which also showed the need to value every moment with the people we love the most. In my case, and I believe in many other people's, the pandemic helped me to grow as a person. I had time to be alone and to reflect about everything and to do what I like most like reading, drawing, etc.

So, we can see that the pandemic, despite being a bad thing, taught us many important things that we should carry with us for life.

Ana Lopes, 10.2

Messages from lockdown

All of us had gone through quarantine when the entire world was locked down and we had to stay in our homes all day, change our daily routines and our social habits preventing ourselves from face-to-face interaction. It was necessary for the benefit of everyone. I think each one of us has something to say about the things we learned during that time. In my specific case, I would like to say that this time to me was very important because I was able to know myself in ways that I've never had. It was very difficult for me in the beginning because I felt very lonely although I managed to keep in touch with some friends. It seemed that it was not enough, but then I started to care more about my wellbeing so I had something to focus on and forget all the sadness and loneliness the lack of social interaction was bringing.

First of all, we learned to value... ourselves, our health, our friends, our family.

We also learned to enjoy every single, simple moment of happiness and to not take everything for granted, like we used to.

We found out that we could adapt our routine to the new reality.

It made my passion for drawing mandalas develop, it changed my taste in clothes, TV series and books. I started to get very interested in cooking with my mom. It was also a time to connect with my parents even more.

I think all of us agree that we still have to take precautions because we don't want to go back to lockdown times.

After all this, I can say that it was difficult, but at the end it made me grow as a person, especially as a woman.

Ana Luís Ferreira, 10.2

Message from lockdown

The pandemic made us live in a very different way than we were used to. We couldn't show affection to others, that is, we couldn't hug or greet anyone just as we couldn't share anything with anyone like food, school supplies, etc.

As we had to stay at home, because of the lockdown, our study was done remotely, that is through a screen, which made our concentration not so good and made our learning difficult. We suffered a lot during this pandemic because we could not live normally with people, as we had to stay at home all the time. But I think the worst thing was the increase in people's mental health problems.

But not everything was bad, because during the pandemic we learned some things such as: we had a lot of time to get to know ourselves and time to learn new things or do new things like: reading, painting, cooking and we were also more careful with our health because now everyone washes their hands more often than before.

In conclusion, I think the pandemic and the lockdown had very negative effects on both ourselves and society, but we also learned to better protect our families, friends and ourselves.

Ana Teresa, 10.2

After one year and a half, the nightclubs can reopen to the public, the theatre can have maximum capacity and people can travel more freely. But, before this, about 18 000 people died, 1 million people had covid-19. Many people weren't directly affected by covid-19 but during the confinement they lived in loneliness.

For me, this pandemic time revealed that everything can change from one day to the next.

Beatriz, 10.3



Stay At Home- Nobody could imagine how many times this would be said to us.

In the last two years our lives completely changed because of a tiny virus, it changed the way we live, it changed the way we went to school, visited our families, went to the supermarket...

Some people were affected in other ways, for example, some were infected by this virus or even someone in their family who might have passed away.

Because of the duration of the isolation, many adults and even small children developed mental illness, like depression and/or anxiety.

Even after the quarantine ended, we were all affected in some way and it might take some time for people to get back to where they were with their lives.

Bernardo Silva, 10.3



Covid-19

Covid-19 was something that changed my life completely: psychologically and physically.

Mainly at school, because with online classes, I had to spend months and months locked at home without being able to go out, talk to my friends and family, everything was done only through a screen. At first, it was hard to get used to it because it wasn't my routine, but over time I got used to it.

I always followed the DGS rules to the strictest degree because I knew that if I neglected the rules, it would be enough to get covid and that would have personal consequences for the rest of my life. As I always followed the rules, I have never got covid so far and I hope I will never get it until this is all over.

One of the hardest moments during this time of the pandemic was losing a member of my family to covid 19.

Bruna Oliveira, 10.3

Some time ago a new virus called covid-19 appeared, being more and more contagious, infecting people all over China, then passing to other countries, causing a pandemic.

This virus killed many people around the world, making families lose loved ones.

This is sad and especially difficult because nobody likes to lose relatives, but we have to remember that as long as we carry them in our hearts, they will always be with us to support and give us the strength we need to go on.

Carol, 10.3

I wonder if we learned anything from the pandemic...

Well, I think that with the Covid-19 pandemic we learned lots of things.

The first one is that we are in time to save our planet. Due to the lockdown measures, human mobility has decreased dramatically making the air pollution also decrease. Because of that, the whole environment got better, respiratory problems diminished and even some species returned to cities.

The second one is that society learned that is important to protect elder people and also that we need human touch like hugs, and friends to talk to.

Finally, we also learned about a new way to learn. We had to adapt to distance learning, to platforms like Zoom, "Escola Virtual" and "20 Aula Digital". Once more we learned that face-to-face teaching/learning is important. Yes, I have no doubts that we learned a lot of things with the Covid-19 pandemic, but I also have no doubt that wasn't worth it, we should have learned those lessons without it.

Catarina Gaspar de Oliveira, Nº10, 10º 2



Memory and Hope

Covid-19 is a virus that caught the whole world by surprise. Unfortunately, some of us ended up worse than others. Family, money issues, and stress, all of those problems affected us in some way, by taking people's lives, getting businesses closed or dealing with problems both mentally and physically.

But I am writing this text as a person who went through a loss, and I'm here to tell that you might feel that there is something or someone missing and that is going to be difficult, and you are, probably, never going to fully overcome that problem, because that leaves a scar, and that's great, it makes you different, it makes you stronger.

My loss happened about five months ago and I'm still here, still fighting to get good grades, still fighting to get a good future because I took one simple phrase in mind, that I want all the people that are reading this text to have in mind as well: "If I don't do it for me then I will do it for them".

David Gomes, 10.3

In my opinion, with covid-19 I learned how quickly life can change, and this change is not always for the better, as it happened in this case.

We lived in confinement, where a simple going to work or school was taken away from us, we were prevented from hanging up with our friends and especially from being with our family, including on special dates (like Christmas, Easter, birthdays, ...).

We were afraid for ourselves, we suffered mainly for those we loved and were afraid of what could happen to them. I learned to use sanitary measures more than I've ever thought I would, for my own good and the good of others. I learned, more than ever, that we cannot live without others and that we have to be more supportive.

From this, I have learned that we can never take anything for granted, I have learned to value time spent with family more. What I want most of all after the lockdowns I have been through, is that my freedom of movement, of fun with family or friends, should not be in danger again.

Dinis, 10.3



2020-2021 Experience for life

So, as all the people in the world know, we're living a pandemic, called Covid-19, since the end of 2019.

At first, no one did care about the situation but after the restrictions they really understood this.

We had to change some things in our lives, things that before were normal like kissing your grandparents or giving a friend a hug. Another thing that will maybe be in our lives for long, in my opinion, is the use of the mask.

During a lot of this time, we were at home, we had to reduce the contagion, so we had to keep the social distance and stay home to be safe.

I loved this time I spent at home: I played PS4 with my brother, I listened to music everyday, I made video calls with my friends, it was so funny, it was one of the best experiences of my life... I really enjoyed it, I had classes in video calls, I studied in front of my PC, so different...

I didn't like the fact that this pandemic killed millions of people... And I know that the people who lost their relatives for covid will never forget those bad moments. But they are alive, so they have to thank God, and keep going with their lives.

As for me, I lost one person in my family, not too much close, but he was my family and I'm sad about it! But we only got one life and I'm a positive person so I don't have too many problems with that, but I got feelings...

It was funny but I don't want to repeat this experience....

Eduardo Viseu, 10.3

The pandemic situation we are all living nowadays is not easy for anyone.

We all had to learn to adapt ourselves and our routines, at school or at any place because now everything has its rules and security measures. But apart from the common things, we all had our own habits changed. For example, I was forced to stop swimming for a while, which I think was one of the hardest things the lockdown put me through because it altered all of my routines and changed the way I organized my time.

The first lockdown gave me more time to relax and see some movies because school for me was more about doing homework and not assessment work.

The second lockdown was harder because we already knew what we were getting into when they sent us home. So, teachers organized their classes in other ways and my schedule was almost the same as being at school in person. I also started having practices again, but they started being more physical. It was the second time we were living this so I think I can say we were all more tired and unmotivated than the first time. At least I felt that way. But I can't really criticize everything because in all this time I have never had a big contact with the actual virus and neither did my close family.

Right now, the measures aren't as strict as before and I hope things keep getting back to normal as they are. In the end, we can all take at least the lesson to always value what we have and be able to do it.

Francisca, 10.3



After the Covid pandemic, we don't want to be prisoners in a mask for the rest of our lives.

We want and need to believe that science, and the men who rule the world will give us the freedom we need to live in peace, happy and healthy.

**Gabriel Moreira Ferreira N.º 14 - 10.º 2
& his Mother**



Covid19

Covid, the virus that everyone is tired of hearing about in the news, on the Internet and at school. That virus that nobody cared about at the beginning of 2020, some people thought it didn't even exist and others that it would never leave China. Dear China that has some curious customs for us because there it seems that it is normal to eat exotic animals.

When the virus started to spread, we hardly knew what was going to happen. When Covid arrived in Portugal, it started a bit slow but after a while, the hospitals were already filling up. So, the government decided to put us in quarantine and from then on you could only leave the house in case of emergency, or to take the pet for a walk or just go shopping if necessary.

For me, at first, I thought it would be a vacation as I rarely left the house and don't even like to go out, and because I also lived in the middle of nowhere. But my joy was interrupted by the online classes: the government decided to take the classes home. The idea was good but it was poorly practiced: the teachers thought that we only had one subject and filled us with work, and of course, with my laziness, I stopped doing some work. At the end of the school year, I was relieved and went to the ninth year, but now classes were face-to-face and we had to wear something called a mask. The first term went well, but the second we had to go back to online classes, and of course laziness but this time it was better and more organized. In the third term, we went back to classroom classes and it went well. Now I was going to the tenth year but I was going to change from Castelo de Paiva to Espinho. At first, I was very worried but then I adapted. Now I'm at the beginning of the first term and I'm enjoying my class and living in Espinho. But it will never be like my dear land. **Gonçalo Oliveira, 10.º 2**

Messages from Lockdown

We have lived for over 18 months with social distancing, wearing masks, and using hand sanitizer and all of this happened because the coronavirus started to spread very fast. To stop this virus the governments had to come up with a plan, and one of the measures was the Lockdown.

During Lockdown everyone's lives drastically changed, some people started doing things that they had never tried before because they were the whole time at home with nothing to do. Most adults had to start working from home while kids and teenagers had online classes.

In my opinion having online classes was very bad because we, students, have a lot of things at home to distract ourselves with, but the worst thing was the fact that we couldn't be with our friends.

I hope that we won't go back to that again.

Guilherme Damasceno, 10.2

Dear Diary,

January 2020

We live in strange times, and we hear in the news that there is a virus called SARS- Cov-2, originating the covid-19 disease, but I think it's far from me as it's only spoken in China at the moment.

March 2020

The situation is chaotic, it was considered a global pandemic, some say it is a "little flu" others say that the world will end. Our government has been talking almost daily and we have moved to a state of emergency. This is strange but we have to wait, we have official governmental orders to wear a mask and be socially distanced.

Days have passed, and the order is given to close schools, commercial establishments, and mandatory teleworking. Taking classes online was something I've never expected, not being able to study properly and not being able to be with my friends face to face. As incredible as it may sound, I've been indoors for 3 weeks, day and night. Once again confinement is mandatory.

In addition to bringing physical effects, the disease also caused psychological effects for all of us, to the point of depleting some products in supermarkets.

I've just read it in the news that the hospitals are full! Doctors are choosing who to save and who will never see their families again... the infection keep growing, health professionals say it looks like a war scenario. Field hospitals are built. Everything is lacking in the world: doctors, food, medicine, hospital beds...

It is an unfortunate situation how many deaths are accounted for around the world.

25th of March

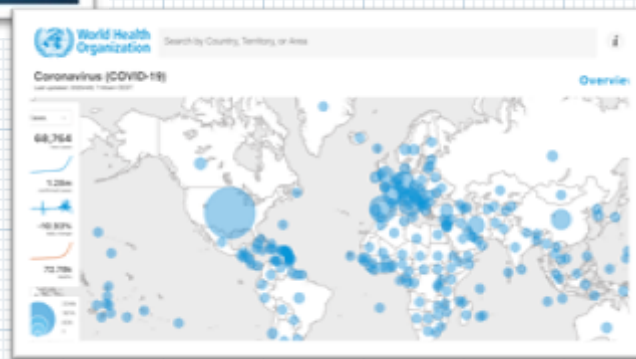
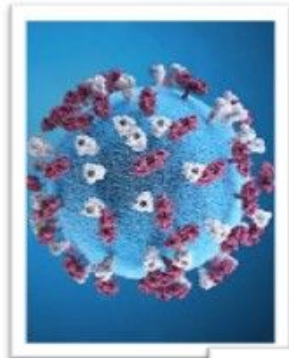
The pharmaceutical companies are trying to find a cure/vaccine, giving everybody hope.

I'm afraid that Covid will get me, my family and my friends, and I will have to say goodbye to them.

Gradually, Pfizer/BioNTech and Moderna laboratories are testing a vaccine, is it this one?

It seems that the world has stopped in time, we are all disappearing, leaving a trail of destruction in the economy and not only that, how can we defeat an invisible "enemy"?

I came back here again to write a bit. The number of cases continues to grow, it is now close to 30,000 active cases. Even though we already have the vaccine, we cannot forget, above all, those who didn't resist and we had to say goodbye to hospitalized or institutionalized patients, and couldn't even have a funeral.



October 2021

I wrote this to thank all the health professionals who were always there, and to honour those who unfortunately will not be among us, about 4 million people... Hugs to all those who stood firm and courageously fought the disease and the mourning.

I didn't get Covid but I went through grief at this time of the pandemic.

I hope nothing like this will happen again.

2020/2021



Pictures:

<https://istoe.com.br/medico-que-combate-covid-entubou-tres-colegas-e-lamenta-descaso-da-populacao/>

<https://wgicouncil.org/blogs/new-who-covid-19-maps-dashboard/>

<https://www.megaimagem.com.br/covid19/>

Inês Oliveira Coelho 10²³

My Personal COVID pandemic experience

The COVID Pandemic, and the subsequent forced quarantine, brought many changes to my life and the way I perceive the world. It affected my entire daily routines and filled what I've always taken for granted of uncertainty. From the difficulties that I felt adjusting to the novelty of online classes to the anxiety and trouble concentrating, the forced quarantine has also messed up with my personal wellbeing once it cut almost completely social life, in particular the interaction with my beloved and most direct relatives – grandparents, the growing of my younger cousins, etc. – as well as friends to the point that I really started to feel isolated and, at times, even scared.

The family reunions stopped, handball as I knew it vanished, going or hanging out with friends sounded like a farfetched futuristic dream; everything was upside down and suddenly so was I. Handball lost its fun, brief moments with relatives lost its warmth, friendships lost its true meaning of “social net” of support. Every single little thing had to be done in such a different way that, many of them, got lost with the new routines, fears and the notion that hell could break loose at any point.

Mentally, physically and socially, the scars it opened might have closed but, even at present things seem to slowly be returning to normality, they are still there, and their repercussions changed me completely. I got quieter and quieter, more introspective and anxious; also, due to circumstances, new sports projects emerged and friends, school or family will never, for the best or the worst, be the same.

Inês Couto nº 10 10º1

A nanoscopic thing changed the world
COVID-19

Has completely changed our lives
So what about thinking about it
And see where it drives us?

It all started when somewhere
A terrible virus came up
Its name is SARS-COV-2
And it changed the world, yup.

We all needed to adapt
To a whole new reality
We couldn't leave our houses
And this challenged our liberty.

Many people have lost
Those who they loved the most
And lots of professionals have made
Lots of sacrifices to kill that terrible ghost.

We had to reinvent ourselves
And discover new things we liked to do

Some started cooking and dancing
And others did the same as you!

During the lockdown
Everyone has learned a lot
We started giving more value
To kisses, hugs and the persons we've got.

Inês Romeira Faria; nº11; 10º1

<https://www.crushpixel.com/big-static5/preview4/stay-home-stay-safe-corona-virus-1989178.jpg>



Hi. This text is a bit personal, but also my opinion and it will focus on how we have lived, what we have suffered and what we have learned during the pandemic, speaking from my perspective, that is, from the perspective of a teenager.

First of all, I think that before the pandemic we were very used to hanging out with family and friends and we never thought it would be taken away from us, so we didn't really appreciate it. For example, in my case, I went out with my friends a lot, it was rare not to be with them, and, as if in the blink of an eye, that was taken away from me. When this all started and we had to stay locked up at home, I think we were all scared and we never knew what tomorrow would bring us. I lived this time of the pandemic with a lot of fear, anxiety, pressure and lack of love, both my own and others, since we couldn't even give our loved ones the usual kiss.

Secondly, I think that we all suffered in one way or another from this pandemic, some have lost their loved ones and others have suffered psychologically and physically. Speaking for myself, it made me very confused for the fact that we no longer had the freedom we were used to, we couldn't go out when we wanted to and we had to remain closed in our homes, I remember having some mental breakdowns because despite having been in contact with my friends, it wasn't the same thing as being with them and the lack of love also affected me a lot.

Lastly, I'm going to talk a little bit about some of the lessons I learned. The first one is live each moment like it's your last, we will never know when we are going to have our last moment in that place or with that person, so we always have to make the most of everything. The second is comparison is a thief of happiness, I think that, especially when we're teenagers and in this new era with social media, we end up comparing ourselves a lot to other people, namely celebrities. I think I've somehow learned to love all my flaws and qualities. Last but not least, love beats all, in the end love and good will prosper, if we are in a bad moment, we should go in search of that person who makes us happy and makes us feel loved. This was my experience in quarantine, I hope you enjoyed reading about it.

Inês Oliveira Guimbra. Nº20 10º2



Lessons from the pandemic

In this pandemic, we learned to live in a very different way than we were used to, without being able to greet passers-by, without being able to share food or anything like that. We learned to live in a way that no one expected.

One of the things that made us suffer most during this pandemic was remote learning. Having to stay at home meant that our study had to be done through a screen, which made it very difficult. Another thing that made us suffer in this pandemic was hanging out with people, as it became more reduced due to the lack of physical contact.

In addition, during the pandemic, we also learned some things like being more careful with our personal hygiene, because nowadays most people always use alcohol gel and wash their hands much more often, and value people more so as not to run the risk of passing the virus on to them, that is, hugs and any other form of affection was left aside for a while.

Inês Pereira, 10.2

One slight moment of carelessness and we would get this virus. A virus that can do everything to us as it can do nothing. A virus that can suddenly take those we love the most, without us being able to do anything, not even say goodbye ... and that scares me! We never know when the last moment with someone is going to happen, the last conversation, the last hug and even the last kiss. That's what this virus and this pandemic taught me! We must always tell people how much we love them and how important they are to us. We never know when it's the last moment with someone, so we should always enjoy every moment, and we should never leave anything to say because afterwards we will only have memories...

Inês Sousa nº19 10ºA

Confinement

COVID-19 is a disease that has spread around the world, causing death and putting many people in serious condition.

Fortunately, I escaped the virus, but in my family there were some cases, one of them was my grandmother, which made us afraid, but everything turned out fine.

My experience as far as the confinement is concerned was not the best, as I was for too long without seeing friends. This was strange because I spent most of my time with them, both at school and outside school.

On online classes I felt that I didn't learn the same way I learned at school, because I couldn't concentrate.

With Covid I learned that I should spend as much time as possible with the people I really like, because this has caused a lot of people to lose family members.

During the pandemic, there were moments of great anguish and fear on all of us because we did not know what was going to happen next. With the pandemic we stopped knowing what normal life was, we had to adapt to the masks and all the other changes, also for the fear of going out on the street and bringing the virus indoors, to our home.

The pandemic brought us learning, such as valuing being with our friends, a simple hug, and going to school, while in confinement. Since the pandemic began, we wish we didn't have to wear the masks.

I really want the pandemic to come to an end so we can go back to our normal life with all people in good health!

Joana Oliveira, 10.1

Íris Branco Tavares nº15 10º3



What did covid change in my life?

Covid didn't change just my life, but everybody's life. Our daily routines changed so much since the start of the pandemic.

We are always washing and disinfecting our hands and using masks for our safety, for example. I do not really understand the people that didn't adopt these little steps that make all the difference.

Personally, I haven't had covid, but we lost many people in these almost 2 years and that was for me the worst thing. Everyday we see the news and they just talk about that aspect.

I experienced online school and it was really good. That part I liked. On the other hand, I haven't seen my friends for months, lost contact with part of them and felt isolated and sad. Everything was closed and no one knew what to do at home. I couldn't go to the cinema or travel.

I talked everyday with my grandma on the phone. Of course, I couldn't go to her house because I didn't want to infect her. I was always in her house and suddenly that ended. It was a shock to me and to my grandmother. I missed going to her house so much, talking and laughing at everything.

Now the situation is better, and I hope it continues. It gave time me to grow and evolve. I just know one thing: Life will never be or feel the same when this disappears. At least I won't value what surrounds me the same I did 2 years ago.

Joana Santos, nº16, 10º-3

Como a Covid 19 mudou a minha vida

A epidemia de Covid 19, alterou substancialmente a minha vida, introduziu um fator de receio e cuidado extra na relação com os outros.

Durante o primeiro confinamento tive a sensação de estar a viver um momento pós-guerra biológica ou química. Quase não saí de casa e tudo no exterior me parecia e algo parado no tempo.

O segundo confinamento foi mais fácil de gerir e encarar.

Julgo que os efeitos da pandemia do Covid 19 estão longe de serem percebidas e conhecidas na sua plenitude, tais como as relativas à:

Política

-Vamos ter uma extrema-direita mais forte? Temos de esperar para ver.

-Até que ponto é que a saúde pública legitima uma maior negligência do Estado sobre os cidadãos?

-A democracia aguenta uma situação pandémica prolongada no tempo?

Sociedade

-Vamos interiorizar relações sociais mais distantes e continuar a ter medo de estranhos?

-O teletrabalho veio para ficar e com que consequências para o equilíbrio entre vida pessoal, familiar e laboral?

-As compras online vão continuar a crescer?

Em suma, o Covid 19 fechou muitas portas, mas abriu outras, sendo o balanço claramente negativo.

Joana Santos, 10.3

How can a small virus do a huge amount of damage?

Words are not enough to express the pain we have shared during these years, but I wanted to express my condolences to all the people who died due to this virus and thank all the doctors who have had hours of work to try to help all people.

A few years ago, we were so good together with our family and friends and our routine was so suddenly changed. At this moment we are closer to fighting this virus so don't give up we need you to continue with all the care.

In conclusion, believe in yourself, our toughest times often lead to the best times in our lives. Do not give up.

Lara Almeida, N°18, 10°3

THE PANDEMIC

I don't even know how to start talking about this topic. It's bizarre to think that it's been almost 2 years since we've been on this constant roller coaster.

I still remember the last day of school before the 1st confinement: no one really knew what was happening and what was going to happen. Honestly, despite the fear of the new disease, we were all happy, it was going to be two weeks school free, just at home to rest. But quickly those two weeks turned into months, which seemed more like centuries, and the urge to go out seemed to suffocate us.

In my opinion, between the two confinements, the first one was the easiest to bear, but even so, it was a constant struggle against the universe.

I speak for myself (and I think I speak for many teenagers as well) when I say that I completely changed myself during these two years and I think part of this change was due to the quarantine. This confinement forced us to think about ourselves and spend more time alone, which made us change the way we live.

I still can't find a way to define or explain the impact this new way of life has on society, but I know I don't feel like the same girl I used to be.

I've been sick with COVID-19 and I can't explain the fear that comes from knowing you're part of that number of infected people that make the news. I was lucky because I am asymptomatic, but I saw people very close to me getting sick because of this disease.



It may seem that now that we are no longer closed at home our lives have returned to normal, but even so, each day that passes poses a different challenge.

Entering a classroom or walking the streets and not knowing what the people next to me really look like, having to spend hours with a mask covering a large part of my face, these are the hardest things to bear and the ones that, despite all the time that has passed, I still can't get used to.

Now I look back and I don't regret what I did during this journey, nor even for everything I went through, because I know that all these obstacles make me what I am today and leave many memories I don't want to forget.

Luana, 10.3

Covid-19

At school, it is only necessary to wear masks inside closed spaces, some time ago it was mandatory to wear them in outdoor spaces and in closed spaces.

I no longer remember what it's like to go to a supermarket or a store without wearing a mask. It seems that the virus arrived in Portugal much longer than it actually did. This is a reality that, unfortunately, we are going to live for a little longer. I suffered a lot in the first confinement in 2020, because I live in the Ovar and they built a sanitary fence in the borough, as it was a high-risk area. So, we all had to stay at home, I did not leave the house for 1 month. Because of the sanitary fence, my father, who was ensuring minimum services provided by law, had to go to my grandparents' house. I spent Easter alone with my mother.

I think we all learned from this pandemic to be more patient, tolerant and above all to value little things in our life that we didn't use to, such as being free to live our life anytime of the day with whoever we want to, anywhere in the world, without restrictions imposed by the government.

Mafalda Vinhas Marinheira 10º3 nº20

The COVID-19 pandemic brought about many problems, traumas, pain and suffering. But it is undeniable that it has taught us a great lesson: we are ephemeral and we need to learn to live facing our fleeting condition heads-on.

All of us, the young people, need the courage to admit that only when we were in the first lockdown, which lasted a little less than a year, did we know that this was not a joke but a real virus, causing fear and despair in all of us.

How many of us, fearing being infected with the Coronavirus, started to appreciate our own lives more? And with that, we die a little while still alive, because we don't live the life that makes sense to us. When we realize it, it's too late, for nothing is worse than dying with the feeling of a mediocre life.

The truth is, we need Reassurance; Tranquillity to realize that we can live on less; Comfort to enjoy family life, as this is what really matters; Peace of mind to hear the pandemic numbers and not despair; Hope to wait for the vaccine and understand that this is not an individual solution but a group solution, and we also want to mention Courage, an attribute of such a good warrior but not when there is ignorance in someone who makes fun of the enemy and who insists on hanging out without a mask.

Mafalda Mendes & Bruna Oliveira, 10º 2ª

What did we learn from the pandemic?

So...the pandemic, crazy! I'm still in shock about this and it's almost been two years. We all thought: woo! Cool two weeks without school because of some virus, but those supposed two weeks turned out to be three months, only about the same topic. Covid-19 has influenced the world in a way that no one would have ever thought. Throughout the pandemic, millions of lives were taken away and many people lost their loved ones.

Now not just talking about the bad things we were forced to be in, there were some good things, like the planet had a break on how much gas (CO₂) is destroying it. So, there was at least something good. We learned a lot of things from the pandemic like how we need to be more considerate, value our lives more and not be so tough on ourselves because you're wasting time that you can enjoy with the ones you love and want to spend the majority of time with.

Margarida Rego, 10.3

Monday, 5th April 2021

With all the advances in science and technology, the world has never thought it was possible to STOP. But to everyone's amazement, a virus thought to have come from animals, locked us in our homes and left us terrified, afraid to live.

This disease that came from China, with the ease of transport that exists nowadays, quickly proliferated until it reached us. On 2 March, the first case of Covid-19 was confirmed in Portugal. Initially, the government did not take the necessary sanitary and hygienic measures, but on March 13 everything changed.

For someone who was already accustomed to the confusion of the hospital, this virus didn't surprise me, but as time went by, I also started feeling confused and a bit scared. All the other illnesses of our daily life disappeared, and I became more and more convinced that under the circumstances it would be difficult to see the light at the end of the tunnel. Fearing that, through contact with patients, I might contract the virus and infect my family, I stopped living at home and moved to a hotel. Despite everything, both the hotel and the hospital staff always kept very close together, but I felt lonely not living with my husband and children.

No doubt we have learned immensely from this experience - online doctors' appointments are a great option for patients with reduced mobility! Now I realize that all the extra work we've had has paid off, as we have managed to save thousands, most of them without sequelae, and we now have vaccines that protect us.

But the consequences are here: I missed part of my children's growth and I slowly forgot what it's like to live outside the hospital!

Suzanne Reigns, MD @ St. Peter's Hospital

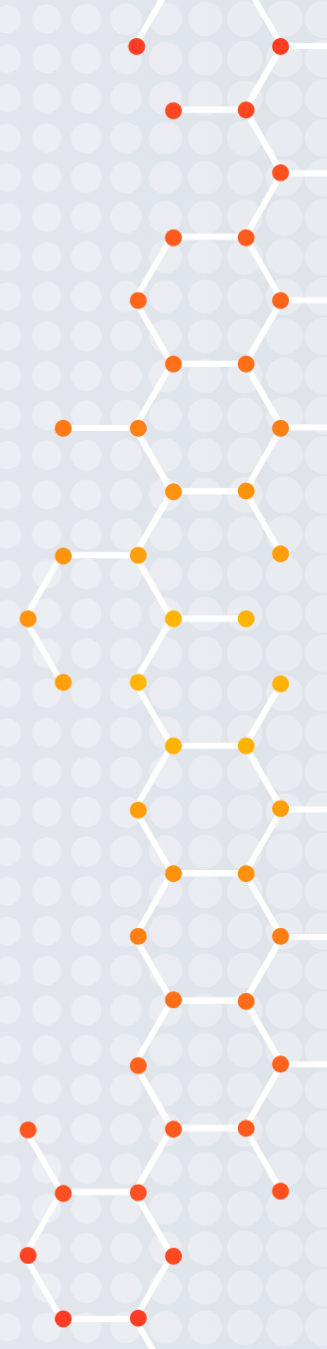
Maria Almeida, 10.1

Covid-19

Covid-19 is a virus that has been affecting the entire world and making us live moments that no one would have ever imagined.

The international population is suffering a lot: we were in confinement and we started to wear masks. Adapting mask-wearing and social distancing was complicated for all of us, work and online classes were difficult to control. Unfortunately, seeing people on the street with something covering their mouth and nose has become normal. I'm sure everyone wants to be able to go out again and walk around on the streets and other places freely, and luckily it seems that step by step everything will get better.

Mariana Santos, n°22 , 10º 3



Hello, friend!

In this letter, I would like to talk a bit about how it has been to be here with Covid-19. To be honest, it has not been easy at all, but I believe that we will manage to overcome this bad phase that has suddenly appeared.

Certainly, times today are not being easy for anyone. We have all learned a lesson, especially the young people who have been the most affected by the isolation, as they have not been able to go out with their friends.

Nowadays, after various measures have been taken, wearing a mask has become a normal thing for everyone, but it makes communication difficult, for example.

In a way, isolation was useful, for example, in schools, you know. Many of the schools and teachers did not use technology and with isolation, they learned how to use the new apps and websites.

However, many students were affected because sometimes online communication was not easy. Often, the connection was interrupted with a poor network signal, for example.

On the positive side, our immunity is more protected, and I believe that the world has evolved in terms of technologies.

After the pandemic, I hope that the use of the mask will only be necessary in extreme cases and that we can go back to normal. I don't want us to go back to isolation, I want to live with my friends normally, without using the mask.

I also hope to meet you one day, so we can talk more openly and, I believe, we will have a lot of fun! I look forward to getting your answer, and your invitation.

From your friend,
Marta.

Marta Sequeira, n.24, 10.2

Covid 19

Português

Desde que a pandemia chegou, várias coisas mudaram na minha vida. Comecei a passar mais tempo com a minha família, mudei os meus hábitos alimentares, perdi e fiz novos amigos etc..

Graças a Deus ainda, que eu saiba, a minha família e eu não contrai - mos esses vírus que anda a circular pelo mundo.

English

Since the pandemic hit, many things have changed in my life. I started spending more time with my family, changed my eating habits, lost and made new friends etc. Thank God, as far as I know, my family and I **haven't contracted** these viruses that are circulating around the world.

Marta, 10.3

2021, October 4th

Dear diary,

these two years of pandemics have been difficult for everyone. We had to learn to live in a new reality, which was difficult to adapt to: adults in telework, children and teenagers in online classes... at first, it was a little strange, but as time went by we got used to it. Well, we had to get used to it anyway as I doubt this will end anytime soon.

In a way, I think we are all suffering from this, but many people, in fact, more than we can imagine, have actually suffered, either because of very severe disease symptoms or simply because they have them, or because someone dear to them has died.

Before the pandemic, no one was concerned about disinfecting anything, coughing into your elbow, there were no such habits, but from March 2020 everything changed somewhat for the better because there is more hygiene, but this is a terrible situation we are going through.

We have to try to be strong, I know it's hard but at least we should try, also now with almost everyone vaccinated it gives us a little hope that everything will be "normal" again. But it will not be the normality of 2019, rather a new normality now with the existence of this virus that haunted the world.

E depois da pandemia...

Depois de ter vivido na pele o que é a covid-19, ter estado presa dentro da própria casa, fechada no quarto durante 10 dias, vivendo uma ansiedade constante que tudo aquilo acabasse. Felizmente não perdi ninguém com esta doença, o que teria sido realmente assustador.

Agora, o que anseio é que com a vacina e posteriormente com um possível medicamento consigamos viver mais tranquilos.

Sabendo, que as nossas vidas nunca mais voltarão a ser as mesmas, principalmente para quem perdeu um ente querido, o que desejo é que possamos viver o mais normal possível. Podendo manter os laços afetivos e carinhosos que tínhamos até ao aparecimento desta terrível doença.

Agora, vivamos sem repetir os erros do passado e façamos com que as nossas vidas tenham um verdadeiro sentido.

Matilde Gonçalves nº24 10º3

Memory and Hope

Nowadays, we live in a climate of anxiety, fear, restlessness and worry.

Now, apparently, things are calmer and more stabilized, but we cannot take our safety for granted.

We were forced to stay at home, in confinement, for practically a year, deprived of being with our family and friends. We were prevented from doing our activities and routines and unfortunately, many people were infected in critical condition accompanied by sequelae until today.

The whole world stopped! People worked from home, children took online classes, we had a lot of restrictions, the streets were empty. And the screen and technologies became, in fact, the bridge of human interactions.

The Pandemic stole lives, health, mental health, social interactions, physical contact and money from us.

But these were the little things that were taken from us, things we didn't even care about, that now we have learned to value them, as they bring us happiness and are essential to our lives.

We can say that the effects of this pandemic were not all negative. It also gave us strength, resilience, empathy, and a sense of helping others.

It taught us to value physical contact and not to be so selfish and individualistic, to gain awareness, because it's not just about protecting ourselves, but also protecting others.

This anthropological break was also beneficial to the planet, as there was an extreme decrease in fossil fuels and pollutants, proving that humans can save the planet.

Nowadays, the mask accompanies us everywhere we go, we are constantly disinfecting our hands and what we loved so much, socializing, has become our biggest fear, the crowds, terror.

In my opinion, after this pandemic, people will not want to relive and go back to all of that, they will seek peace, reduce their pace of life, and value themselves and people more. People want to socialize without feeling restricted, they want to travel and, above all, they want the freedom they once had.

Thanks to Covid the world came together and everyone fought for the same purpose, making it something memorable for history.

Matilde, 10.2

The lockdown

It seems as it was only yesterday, this strange disease was spreading through the globe at a chaotic speed, the number of cases was rising, and no one could give us an exact explanation of what was happening.

I still remember what my Science teacher at the time told us a few days before the first case of covid was recorded in Portugal, it was one of the last classes I had that schooolyear.

We might not have shown it, but deep down, we were all scared of what was going to happen, and our teacher said that there was a big chance that the virus would not get to us, because of the climatic character of our country. And you know, for a while I wanted to believe him, believe that we were safe. Of course, in a matter of weeks, that hope was gone, and Covid-19 was among us.

Then there was the first lockdown, the government send us home for what it was supposed to be a couple of weeks, and we thought it was great, I mean, no school for two whole weeks, this is awesome. A fortnight turned into a month, a month turned into two months, and two months turned into what it seemed to be forever.

Even so, I think the first lockdown was the easiest one, and by easy, I mean the one where I was not driving myself crazy, over the fact that I had to see my friends and family in a tiny square on a phone screen.

To this day, I still don't have a clear opinion on the effects the lockdown had on me. On the one hand, I love spending time alone, I'm my own favourite company, I learned how to make myself busy, I had no stress and I could finally be me without the fear of judgment and the anxiety that it comes with the outside world, so, for a certain period of time, I enjoyed being at home.

But of course, as every human being on this earth, we need to socialize, go outside, and breathe fresh air, spend time with our friends or even by ourselves, as long as you're not within four walls that sometimes feel like they are going to suffocate us. Unfortunately, leaving our homes wasn't an option, unless it was for basic needs.

As time went by, we got used to this new way of living, I'm not going to lie, it was and still is, hard going to school and not being able to see the faces of my friends, or to hug my family, but we still have to do it, and I think that the love I have for the people that surround me every day and the fear of possibly losing them, was what helped me through those dark times.

These last two years have been extremely difficult for everyone, there isn't one person that in a way or another wasn't affected by the pandemic: some lost their jobs, their homes, a friend or a relative, and so many more lost their lives.

If you ask me now if there was anything that I would change or do in these last two years, some words that should've been told, some goodbyes that I would like to have said, 100% yes, but that's the way life works: we can't be stuck in the past regretting what could have been done, we can only look forward and wish to never forget the good memories.

Rita Melo, 10.3

Covid-19

Since the unexpected arrival of covid-19, each one's routines and “normal” living are over.

What was just a disease, became a pandemic that destroyed the lives of many people and robbed us of many people, like our family and friends.

Several safety rules were imposed, such as the wearing of a mask and various confinements that helped us to know more about ourselves and helped us to understand reality.

Till today, people showed more coldness and distrust towards each other.

Covid has helped us to live with our relatives more, to appreciate what we hadn't before and to show our values and skills.

Yes, it was a catastrophe that prevented us from living a “normal” life, but it made us more mature.

We learned a lot about the values of each profession, the problems they went through and the dangers they faced, a lot of group work was done, a lot of solidarity shown, we definitely helped each other and became better people.

After the pandemic, we want to have a normal life with the usual routines and the wisdom we gained during these years of suffering.

We hope that there is no major economic impact and that we are able to rebuild our daily lives without problems and fears.

Rodrigo Reis nº26 10.3

Changes

With this pandemic, a lot of things changed in my life.

Before the pandemic, I had a very active life for a person my age. I used to come home very late. I had several activities after school and with the pandemic, I missed them all. With the pandemic, I stopped taking clarinet lessons. This led me to not be motivated to play the clarinet now. I continued to take the English classes, but they were online classes like at school. I didn't really like taking online classes because there was no teacher supervision, all I could think about during class time was going on my cell phone rather than paying attention to the class. Although I wanted to use the cell phone, I tried my best not to and to pay maximum attention.

With all these online classes and social distancing from friends I have not been very well and have lost the motivation to do everything.

Fortunately, my family did not suffer much from the pandemic. I continued to visit them but was always protected with a mask. To finish, my personal life has changed a lot but my life with my family has not changed so much, although it has not been the same as before.

Tiago Almeida nº28 10º3



Olá Mãezinha,

Sim, era como a cumprimentava sempre que a ia visitar a sua casa e onde a encontrava, quando não estava no quintal, sentada no sofá a ver os seus programas de história ou vida selvagem, e também na companhia do seu querido gato preto, Gumes, diminutivo de Negrume.

A minha Mãe Angelina faleceu no dia três de abril de dois mil e vinte e um, um dia depois de eu completar cinquenta e dois anos (a caçula ou “olhinho da panela” como dizia carinhosamente).

Ainda hoje parece mentira!!

Eu sei que nunca estamos preparados para a morte dos nossos entes queridos, no entanto, este contexto pandémico acentuou ainda mais esta dor infinita que considero inultrapassável.

Com esta bonita idade a minha mãe mantinha uma força, uma vontade de viver e uma inteligência de vida ímpares!

No último Natal o Covid fez-lhe uma visita que ela tratou logo de despachar, depois de um longo e doloroso internamento hospitalar, contudo, sempre muito acarinhada pelos profissionais de saúde que, também neste texto, quero homenagear e agradecer.

Como todas as famílias afetadas, estes tempos sem visitas, abraços e carinhos presenciais, foram muito angustiantes. Por isso, o regresso à sua casa foi vivido com alegria e também preocupação pois tínhamos consciência de que a recuperação ia ser lenta e exigia de todos muita colaboração para lhe dar conforto e segurança e, ao mesmo tempo, tentar serenar aquele tempo no hospital que ela descreveu como “um inferno de solidão.”

No conforto da sua casa e rodeada pela família, iniciou a sua recuperação que, dada a sua fragilidade física e psicológica, exigiu um trabalho árduo de persistência e de amor que lentamente trouxe a minha Mãezinha de volta e com enorme vontade de viver com os seus!

Ajudá-la a comer, a lavar-se, a vestir-se, conversar e abraçá-la foram momentos de Amor e Gratidão, por tudo o que nos ensinou ao longo da vida.

Este vírus, de alguma forma conseguiu afetá-la, apesar da sua excelente recuperação.

E assim...fez parar o seu lindo coração rápida e inesperadamente!

Quando alguém parte ficamos sempre com o sentimento de que muitas coisas ficaram por dizer, encontros por realizar, abraços e beijos por dar, enfim...falta não sei o quê!

As restrições impostas ao contacto social e o uso da máscara “roubaram” meses de relações, acontecimentos e mimos entre Mãe e filha!

E o mais doloroso...O que poderia ter feito...? Será que...?

De uma coisa tenho a certeza, Mãezinha, foste uma grande Mãe e excelente Avó!

Até um dia Mãezinha e, onde quer que estejas com o Paizinho, recebe todo o nosso Amor!

Abraços eternos da tua filha Celeste, do Henrique e das tuas netas, Inês e Rita.

10.3



Covid 19

Quando surgiu a notícia da 1ª infeção em Portugal, pareceu inacreditável.

Rapidamente, o inacreditável tornou-se a certeza de que enfrentávamos uma calamidade, guerra contra um inimigo invisível.

A luta diária começou, pela nossa segurança, pela sobrevivência da nossa família, pela manutenção do nosso trabalho, pela preservação da nossa sanidade mental.

Tratou-se de uma guerra, que vitimou milhões, com consequências nas nossas vidas que durarão décadas a ultrapassar.

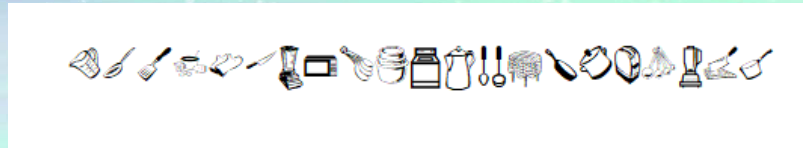
Fomos obrigados a olhar os nossos medos. Talvez isso tenha sido positivo, mas ainda não o consigo avaliar com o distanciamento necessário.

Claúdia Santos, Mãe da Joana Santos – 10.3

No, it wasn't easy, for sure, or pleasant, or comfortable, let alone funny: it surely was long, too long if I may say so, but also an introspective time and therefore, for me, a time of realization and self-awareness.

Don't get me wrong: I'm not saying, "Thank God for Lockdown!" but I have to admit it helped me get to very important and necessary conclusions that led to taking decisions.

I felt sad, depressed, lonely. The 1st lockdown took me to a very dark place, where I lived for quite a while. Going to the doctor, meditation and a few other "ingredients" helped me. So, it is this recipe, which worked fantastically for me, that I want to share with you. However, I must say that there are some very personal items here that may not work so well for you. You have to take your time to see what suits you best. Trial and error is always a good method but it requires patience.



***** RECIPE FOR A HEALTHY LOCKDOWN *****

Ingredients:

- Create your timetable (yes, you need a routine; it may be a bit flexible, but still a routine)
- 2 cups of daily tasks (I am really referring to those boring household chores that must be done, no matter what)
- As many as possible of your favourite songs and/ or books (this was instrumental for me – meaning that it was absolutely helpful, not that it was just music, no lyrics, no, no, no)

- A pinch of good TV shows (well, although you're @ home, you still need to rest, to have fun. I started with Outlander, on Netflix -where else? And went on and on till Bridgerton, of course!)

- A teaspoon of shopping opportunities (you must have a decent reason to leave your home, right?)

- 1 cup of cooking time (improve your cooking skills: who knows you're not the next  Masterchef?)

- 1kg of obeying sanitary measures (this. Is. A. MUST. Do)

- 60' walks (preferably by the sea) OR any physical activity you love (I have a confession to make: I hated all those online workouts!)

- Some time to discover new skills (believe me: this can be fun! And you also learn a lot about yourself. So, give it a try)

- 1/2 cup of imagination + 1/2 cup of creativity (even with this long list of ingredients, sometimes it doesn't work, and you have to reinvent yourself even more when going through these troubled times)

- Respect – never too much (it won't overpower this recipe, and you'll need it for yourself and others)

- Communication – a lot (lockdown doesn't mean you can't check on your friends, especially those that are on their own. Things can get very rough)

Patience & Positive vibes – never enough (and even after all these elements, you will still need a huge amount of these)

Method

Just mix all the ingredients together and beat them as much as necessary till you get the consistency that works best for you. Finally, enjoy your life and, above all, value your mental health.

Manuela Pereira

English Teacher @AEMGA

Palavras finais

Este projeto nasceu ao aceitarmos o convite enviado pelo Ministério da Educação que se associou ao Manifesto de "Homenagem às vítimas da pandemia da COVID-19".

Assim, no final de setembro, foi lançado o desafio aos alunos de várias turmas de Inglês, dos Ensinos Básico e Secundário.

Nas turmas 1, 2, e 3 do 10º ano, a proposta foi a produção de um texto, em língua inglesa, em que os alunos escolheriam a tipologia textual com que se sentissem mais à vontade, sobre os seguintes tópicos:

- Como vivemos, o que sofremos e o que aprendemos da pandemia;
- E depois da pandemia: o que não queremos; o que desejamos.

Este desafio também foi alargado aos Encarregados de Educação.

Esta compilação de textos é o resultado de todos os textos que recebi.

Espero que apreciem o trabalho dos vossos filhos e que estes textos cumpram o seu objetivo de homenagearem as vítimas da pandemia que tanto alterou as nossas vidas.

Manuela Pereira

Professora de Inglês das turmas 1, 2, e 3 do 10º ano