



# ST. PHILIP SCHOOL

## NEWS

**Redazione:**
*ragazzi e ragazze delle scuole medie*
**Soggetto:**
*SPECIAL ISSUE: Growing up in the 21 century*

Growing up today is full of challenges and opportunities. In this issue, students share their thoughts on friendship, self-discovery, and navigating life in a fast-paced, connected world. From struggles to triumphs, these voices show what it really means to grow up in the 21st century.

### Rushing

The following paragraph is an excerpt from my translation of the essay "Rushing", originally written by a famous Chinese author named Zhu Zi Qing. In this extract, the author reflects on how precious time is and how quickly it passes. We should cherish the time we have and enjoy the process of growing up.

"In days that fly by, in a populous world, what can I do? There is only pacing back and forth, there is only rushing. In eight thousand days of rushing, other than pacing back and forth, what is there that remains? The passing days are like light smoke, being whisked away by the breeze, like thin fog, being evaporated by the morning sun. What type of mark did I leave? Did I leave a spiderweb-like mark? I came into this world naked, in the blink of an eye will I go out of it naked as well? But this cannot be balanced, why must I walk this path uselessly?"

Guest Editor - Su Muyan, grade 7

**Warning: we have an unlimited appetite for poetry**

If you can resist the temptation  
to listen to every provocation,  
If you can help without hearing  
one yelp,  
If you can look at yourself in the  
mirror  
without hating your features,  
If you can make the flower of  
friendship flourish  
after all the quarrels,  
If you can deal with depression  
and avoid making it an  
obsession,

If you don't fill your void  
with the things you should avoid,  
If you can be kind  
without letting people take over  
your mind,  
You will be yourself  
and won't keep your emotions on  
the shelf!

Daria Guglielmo, Andrea Messinese  
Coggiatti, grade 8

### Goals

Resist the temptations  
against all provocations.

Stick to your goals;  
don't listen to the fools.

They will envy you and try to drag  
you down  
from the top and steal your crown.

Don't give up — try to rise up  
from the problems and reach your  
goals.

Jessica Zheng / Raffaele Carni ,  
Grade 8



## living bravely

WHAT DOES "LIVING BRAVELY" MEAN TO YOU?

I'm sure that everyone has heard this sentence at least once: "There is nothing wrong with being afraid, but you have to face your fears!" It's one of the most common things adults say. They often tell us that we need to live bravely — but what do they really mean by "bravely"?

People might think bravery means being fearless, doing something amazing, or facing every single fear. But no! You can live bravely even in your daily life, simply by dealing with everyday problems with courage and kindness.

Let's make an example (just to make things easier). You are in 6th grade, and you see two girls from 8th grade bullying a 3rd-grade kid. (I am not using stereotypes; this is just an

example.. A truly brave person would step in and stop them, even though they are older, to protect the younger child and prevent them from becoming like the bullies. THIS is living bravely!

Everyone can be brave if they are kind and helpful.

Here are some ways to be brave:

- Help people who really need help, and do it in the right way.
- Don't judge anyone without thinking about how he or she might feel.
- Stand up against every type of violence.
- End friendships where someone constantly talks badly about others.

ONLY KIND PEOPLE ARE TRULY BRAVE!

- Frida Riondino, Grade 6B

## growing up

Growing up is a really long process. Sometimes it's really annoying, but when you realize you did it, you feel like a god! This is the day I realized I was growing up.

It was a cold night in November 2024, and my basketball team and I had to play a game in the north of Rome. Our opponents had a terrible reputation. They committed a lot of flagrant fouls, and on many occasions they had been involved in horrible fights.

Even their fans were crazy. When the opposing team had bad ball possession, they booed like World War III had begun.

When someone used to boo me as a child, I would cry. But that night, I became a beast, and I wanted to prove them wrong. I scored seventeen points (one was an ankle-breaker three-pointer), and I even received a standing ovation from their fans. From that day on, they never booed me again.

In conclusion, my advice is this: never give up, because that's how you discover who you really are!

The End

Alessandro Diodori, grade 6A



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If you can keep your head when people are bullying you and refuse to use violence, you will be an admirable person.

If you don't make a difference, you will be a miserable person — don't stay in silence!

If you feel blocked by society's pressure, rebel and become a mature person.

Be responsible for your mistakes, and don't think you need to be like the people you see on social media!

Don't think that the way you are is wrong — make this thought go away!

Ella Dezi, Grade 8



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## Some more poetry gems

## A little advice for our friends

If you can't help everyone in their moments of darkness,  
If you can't cheat on someone you are loyal to,  
If you can be patient when haters bully you  
And stay diligent when others don't trust you...

If you can study and try to reach your goals  
While people ruin themselves with alcohol and drugs,  
And still not lay down your head,  
But stay conscientious enough to continue on your path alone...

If you can stay extroverted when everyone is teasing you,  
And be joyful when you achieve your aims,  
Because responding to provocation with a little laugh is always the best game...  
If you can stay cultured in a room full of "donkeys,"  
Or stay ambitious when others do nothing,  
You will become a mature and admirable person.

*Maya Pompei and Justin Ren, Grade 8*



## More poetry? Yes!

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If you can keep your mind while watching your phone  
And avoid looking at inappropriate things,  
If you can force your heart and nerve and bone  
Not to commit any sins...  
If you can fill the unforgiving minute with sixty seconds of fitness,  
Or run a mile when you're not tired enough,  
To avoid your life becoming eaningless,  
And in maturity become as tall as a giraffe...

If you can trust your friends but not too much,  
If you can meet with fake and true friends  
And learn to recognize them with just a touch,  
If you can keep your path straight when you meet a dead end...  
If you can go back to the beginning when you think it is over,  
And never breathe a word about your failure,  
If you meet a person you can come closer to  
And understand that they are the right person for you...

*Alfredo Ordonselli and Ely Zhang, Grade 8*

## Opinion

Growing up is a difficult process in life, and it can be both challenging and exciting.

In my opinion, growing up is tough but also full of new experiences. Life obviously starts changing: you can lose close friends, and people may start to go against you, but it is exactly in these moments that you have to be strong. On the other hand, some people will help and support you — but there will always be others who do the opposite.

In conclusion, we have a long life ahead, so don't waste your time. Live your life like in your dreams, and enjoy it until the last minute. In summary, growing up is challenging, but if you face the challenge, it becomes easier. Just live your life your own way, and don't care about what people think. The only thing you should care about is what you want to do.

*Sofia Di Primo, Grade 6B*



# HUMOUR

**"If you could choose one characteristic that would get you through life, choose a sense of humor." – Jennifer Jones**

Everyone loves a good laugh, and our students certainly delivered! Enjoy this collection of hilarious, original jokes crafted by our very own budding comedians:

What does the vet say to the cat?

*How are you feline today?*

What do you call a lazy baby kangaroo?

*A pouch potato!*

What do you call a fake noodle?

*An impasta!*

What do you call a belt made of watches?

*A waist of time!*

What happens when a strawberry crosses the road?

*Traffic jam!*

Where do math teachers go on vacation?

*Times Square!*

What does garlic do when it's hot?

*It takes its cloves off!*

What's a robot's favourite snack?

*Computer chips!*

How much does it cost Santa to park his sleigh?

*Nothing — it's on the house!*

Why aren't mountains funny?

*Because they're hill-areas!*

Why are piggy banks wise?

*Because they're filled with common cents!*

— Nicole D'Agostino, Grade 6B

What did the brain say to the heart?

*"Never mind."*

What's a knife's favourite word?

*Chopsticks!*

— Georgia Haynes, Grade 6B

## Doctor, Doctor Jokes

— Doctor, Doctor,

I feel like a bridge!

— What's come over you?

— A car and a bus...

— Doctor, Doctor,

I feel like a deck of cards!

— Wait here and I'll deal with you later!

— Doctor, Doctor,

I feel like a pair of curtains!

— Pull yourself together!

— Milo Mulligan Lynam, Grade 6B

**P.S. If you understood all the puns, your English proficiency is remarkable!**

LIFE IS  
SO MUCH  
EASIER  
WITH A SENSE  
OF HUMOR.