

Dream & Shine

MAGAZINE



High School Life

Culture

Recipe

Game/ Cartoon

DIY

Fashion

ARMAND GUILLAUMIN
High School

EDITED BY THE BTS-1 CLASS
AND MRS BLAIZOT

Discover exclusive tips and information about
school events
in our school magazine.



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High School Life

BACK ON TRACK :

Tips for a Smooth School Year

The school year has just begun, and with it comes new challenges, new faces, and maybe a bit of stress too. Between classes, homework, and life outside school, it's easy to feel lost or tired...



1. THE "TO-DO" THERAPY

When organization becomes self-care

You don't need the perfect color-coded planner to feel in control.

Write down what really matters — one step, one goal, one reminder.

When things are on paper, your head feels lighter.

2. ENERGY ON EMPTY

Because motivation isn't always here, and that's okay

Some mornings feel endless. You stare at the clock, waiting for the bell.

Don't fight the low days — work with them. Start small. Five minutes of focus. Then breathe. Then start again.

DON'T FORGET

You don't need to feel inspired to begin.
You just need to begin.

High School Life

3. VIBE CHECK : YOUR STUDY ZONE

Your space, your rules

A calm room can calm your mind.

Tidy your desk, light a candle, open the window — give yourself space to breathe.

Sometimes, changing your environment changes your energy.

It's not about being aesthetic. It's about feeling safe where you learn.



4. HEAD FULL, HEART HEAVY

When your mind feels louder than your lessons

Everyone struggles — even the ones who look fine.

Bad grades, pressure, comparison... it's part of the journey.

But remember: your value isn't written on a report card.

Talk, write, cry, breathe — just don't keep everything inside.



Take care of yourself !

You can't pour from an empty cup.

Rest, eat, stretch, sleep —

it's not a luxury, it's a need.

Put your phone away for a while.

Listen to music. Step outside.

Take care of your body, and your mind will follow.

BECAUSE REST IS ALSO PROGRESS !!



High School Life

The European Week for Waste Reduction (2025)



Sessions for each vocational track in the high school, which encourage reflection on waste reduction in hairdressing, beauty, animation and Health care.



**Makeup
Reading
Games
with children**



Upcycling

High School Life

From November 22nd to 30th, the European Week for Waste Reduction (2025) will take place. On this occasion, the Armand Guillaumin high school will be colored in green and will host numerous activities raising awareness about this issue. Challenges, activities, and community clean-up events will be organized throughout the week.



“a citizen cleanup operation”



Recipe

Energizing & Glowing skin smoothie

a recipe by @roselucyy- perfect for boosting your energy while taking care of your skin and body ✨💧



luiza_83



Alicekeystudio
Ayeletphotography
Liwanchun

Ingredients (for 1 person):

- 1 ripe mango 🍈
- Half of a fresh coconut 🥥
- 1 kiwi (with the skin — full of fiber and vitamins) 🥝
- 1 tablespoon of marine collagen 💧 — for skin elasticity and hydration
- 1 tablespoon of @PROPER nutrient powder — for an optimal dose of vitamins and minerals
- 1 glass of filtered water

You'll need:

Knife 🔪, peeler 🥰, tablespoon 🥄, cutting board 🍴, blender 🥤

Preparation:

Peel the mango and cut it into pieces.

Open the half coconut and add the flesh to the blender.

Cut the kiwi in half and add it to the skin (that's where most antioxidants are! ✨).

Add the spoon of marine collagen and the @PROPER nutrient powder 🌿.

Pour in the glass of water, then blend until smooth and creamy 🥤.

Put your smoothie into a big glass 🥤, enjoy right away, and feel the natural boost ⚡!

Wellness tip from @roselucyy:

- For glowing skin ✨ and a healthy body 💪, make sure you get enough sleep — good rest helps cell regeneration.
- Drink this smoothie in the morning, on an empty stomach, to gently wake up your body and get a full dose of natural energy for the day.





Venssy

Venssy, an artist from French Guiana, was immersed in the world of reggae and dancehall from an early age. At just 10 years old, he recorded his first track in a studio, marking the beginning of an early musical calling. This passion led him to become actively involved in the local music scene from a very young age.

He draws his inspiration from his everyday life — slices of real life turned into music that quickly captivated listeners. He says that he draws inspiration from his own life — from what he experiences on a daily basis, and above all, from the people around him.

He says “We don’t all experience the same things. I go through things that might surprise others, just like when I sit in the neighborhood and hear stories that surprise me too. I put all of that into my lyrics, and when I sing, people see themselves in my songs.”

Fashion Fact

DID YOU KNOW LEOPARD PRINT HAS LONG BEEN A STANDOUT PATTERN IN THE WORLD OF FASHION ?



90s style picture

Image by Iyashenko.

One of the reasons leopard print stays popular is its surprising neutrality. Despite its wild origins, the mix of warm browns, tans, and blacks pairs effortlessly with basic colors like white, black, and denim. This makes it easy to style—whether as a daring statement piece or a subtle accent.



2020s style picture

Picture by EyeEm.

Bold, confident, and instantly recognizable, it brings a unique blend of elegance and edge to any wardrobe. What began as a symbol of luxury and status has evolved over decades into a versatile pattern worn across styles, seasons, and cultures.



Model pausing for Freepik

Picture by EyeEm.

Today, designers continue to reinvent leopard print with new textures, colors, and silhouettes.

Whether you prefer a vintage-inspired look or a contemporary twist, leopard print remains a timeless fashion staple—one that keeps proving its staying power, year after year.

Fashion



Cool COUTURE

90s & 2000s: When Fashion Ruled the Runway

Haute couture is making a big comeback! But this time, it's not just for the rich and fancy ladies — Hollywood stars are getting in on the trend too. Designers like John Galiano (Dior), Jean Paul Gaultier, and Alexander McQueen (Givenchy) are bringing fresh, bold energy to the world of fashion.

The 90s and 2000s were special years for fashion.

Haute couture was full of color, beauty, and creativity. Designers made clothes that looked like art, full of life and imagination.

Models walked with attitude, wearing shiny fabrics, feathers, and big shapes that made every show unique.

It was a time when fashion felt free — full of dreams, stories, and emotions.

Today, many young people love this old style again.

Now, celebrities like Demi Moore, Kate Capshaw, Mimi Rogers, and Kyra Sedgwick are showing up at fashion shows, either to shop or just to be seen. Designers know that having famous faces at their shows means more photos, more buzz, and more fame.

Couture isn't just about tradition — it's about style, fame, and the spotlight.

Cosmetic and fashion labels



Gots : Respectful and organic production and processing



Oeko-Tex : To certify the ecological qualities of textiles



Cosmeboi : It allows you to distinguish, at a glance, which cosmetics are truly natural and organic



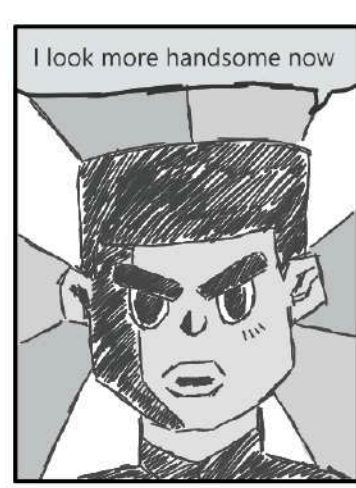
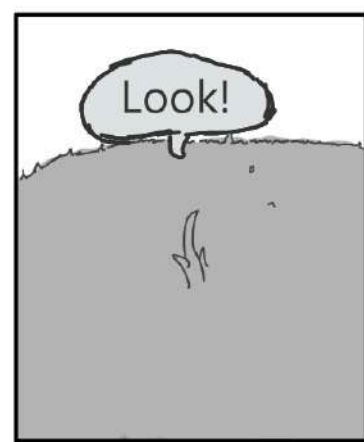
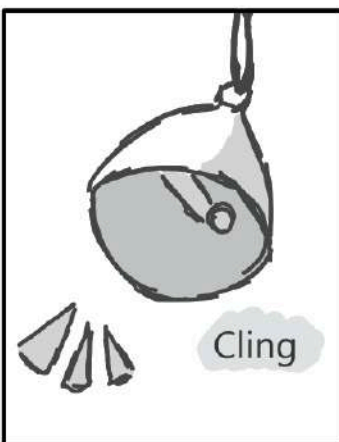
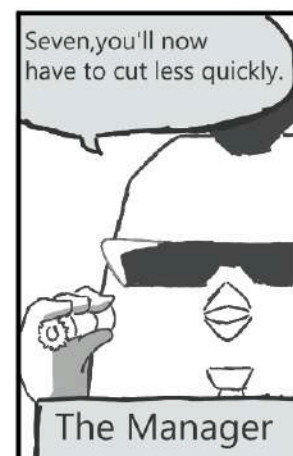
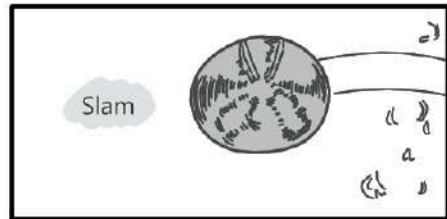
Cosmos Natural : It allows the marketing of your organic or natural cosmetics



Vegan society : It guarantees the manufacture of the product

Cartoon

Do not cut too quickly



GAMES

FIND THE WORDS RELATED TO TRAVELS AND HOLIDAYS

J S O W H Y P F A X J Y K V E
J O U C O A I R P L A N E O Q
M L A N R K G S B Q N N J L L
X E N A G J J J T N E U D L P
B Q S J O L T A A C N S R E W
D O U B D W A G P B G Q I Y F
L L H L Q C B S W V A J B B S
D E N L R M V L S C W H Q A T
Q M R P R Q M X N E G M X L X
E K Y C I Z U L P B S C P L B
O Q D N P C N F O J T R H A L
T I U S M I W S C E A M D V F
D X G N W Y W N A D C T N A S
J A A R J L W K X S M I Z A A
Z K C M Z O A D H M F V K A S

Travel

airplane beach parasol
sunglasses sunny swimsuit
volleyball

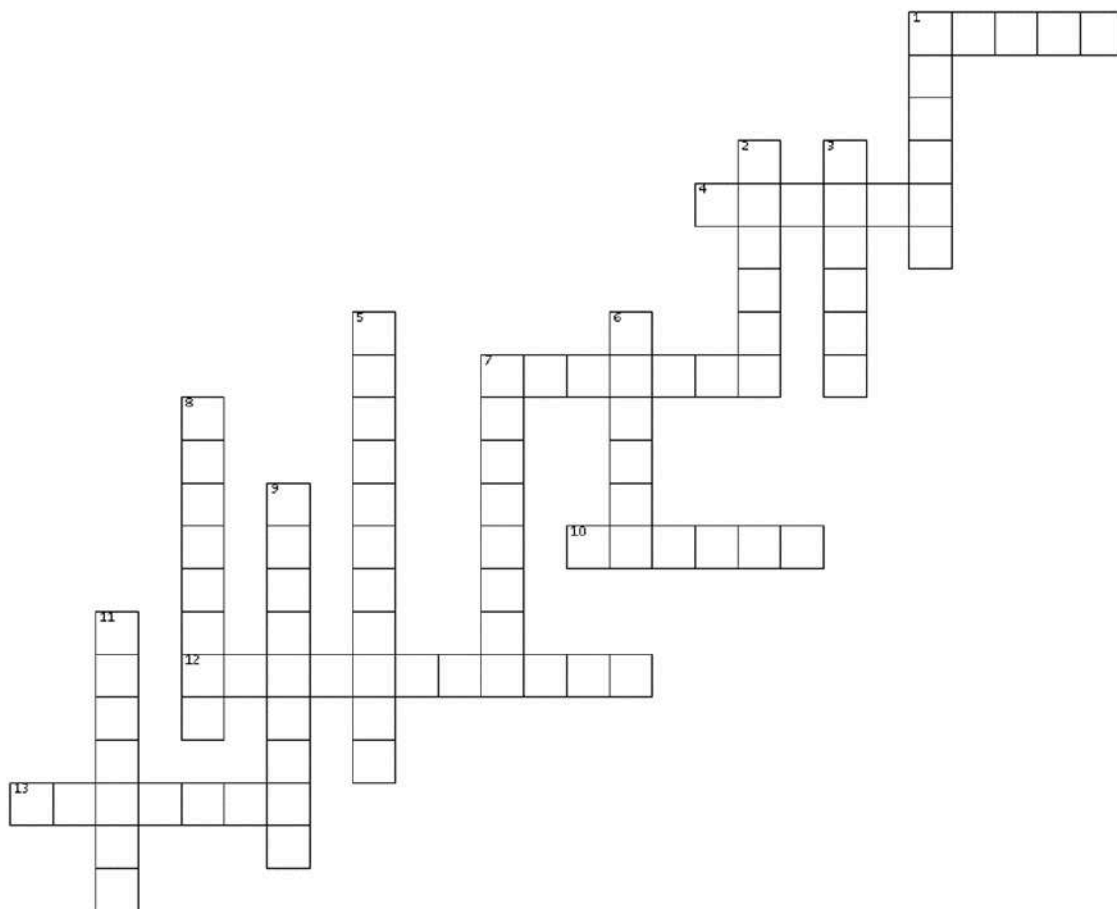
COMPLETE THE CROSSWORDS WITH THE ENGLISH FOR THE FOLLOWING WORDS

ACROSS

1. boulanger
4. policier
7. directeur
10. chauffeur
12. électricien
13. boucher

DOWN

1. banquier
2. médecin
3. chanteur
5. pompier
6. avocat
7. mécanicien
8. professeur
9. secrétaire
11. chef pâtissier



Recycled Notebook

Simple – Eco-friendly – Perfect for School

Step-by-Step Instructions

1. Prepare the Inside Pages

1. Fold your A4 sheets in half.
2. Stack 6–10 folded sheets, depending on how thick you want your notebook.
3. Press down the fold firmly (the back of a spoon works great).

2. Make the Cover

1. Cut a piece of cardboard to the same size as your folded pages.
2. Fold it in half.
3. Place the inside pages inside the cover.

3. Bind the Notebook

Two simple methods:

Stapled binding: Place 2–3 staples along the fold line.

Sewn binding: Make 3 small holes along the fold and sew with thick thread (simple pamphlet stitch).

4. Personalize It

Get creative:

Add a title: “Notes”, “Ideas”, “Sketchbook”, “To-do List”...

Decorate with stickers, doodles, collage...

For a unique look, cover the front with a page from a magazine.

What You'll Need

- An sheets used on one side
- A piece of thin cardboard (old folder, cereal box...)
- A ruler
- Scissors
- Staples or a needle + thread
- Decorations: markers, stickers, washi tape

Why This DIY Is Awesome

- Zero cost — everything is reused.
- Eco-friendly — saves discarded paper.
- Useful — perfect for school notes, reminders, and creative ideas.

