



*Number 3 - April 2023*



# GIRLS TALK



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# SCHOOL NEWS



## Projects on the international women's day

- Parade
- Makeup made for violence against women
- Poster displayed in the hallways for women's day
- Magazine create for speak the women

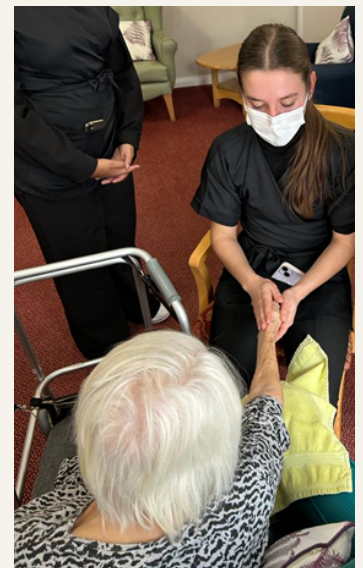
## New rule in school for the girls' toilets

There are more girl's toilets than boys  
There are toilets for girls on the second and first floor  
The toilets on the first floor are mixed.

## A TRIP TO LONDON

A day in London as a socio-esthetician in a care home on march thr 16th 2023.

Students from our class did hand and arm massages to people in a care home in London. One of the residents was 101 years old.



"Thank you to you and your team for coming to us all the way from France. The residents absolutely enjoyed the pampering and company of your hardworking girls and Teachers."

"Our residents could not stop talking about the girls and they were telling each other how having these lovely hand and arm massages made them feel so good and relaxed."

"I know some of the girls got pretty emotional when they had the 121 contact with the residents, it goes to show that to have such empathy at this age they will go a long way."

# WOMEN'S RIGHTS

## Simone VEIL, a female legend



letempsch published in 30.06.2017 by AFP

Simone Veil was born on the 13th July 1927 in Nice and she died on the 30th June 2017 in Paris. Born into a Jewish family, she was deported to concentration camps with her family at the age of 16 where she lost her father, her mother and her brother. She was a French politician woman and through her actions, a great figure of feminism.

**"She launched a fight to legalize abortion"**

Appointed Minister of Health in 1974, she launched a fight to legalize abortion. And in January 1975, she founded the "veil law" which removes the punishment given to women when they interrupt their pregnancy.



geo.fr published in 30.06.2022 by  
Getty images

**"A legend of feminism"**



20minutes.fr published in 20.01.2014 by  
PUECH michel/SIPA

She also was the first woman to preside over the European Parliament from 1979 to 1982 where she worked for a reconciliation with Germany.

Later, she was appointed Minister of Social Affairs, Health and Urban Affairs from 1993 to 1995. She ended her "political life" by sitting on the Constitutional Council from 1998 to 2007. In 2007, she published an autobiography entitled "Une vie", the first chapters of which are a testimony about her life in deportation. Simone Veil dies in June 2017, and 1 year later, is buried in a solemn ceremony at the Pantheon.



# Greek mythology



Athena is an ancient Greek goddess, daughter of Zeus and Metis. She plays an important role in Greek mythology. She is also called "Pallas Athena", goddess of wisdom, military strategy, craftsmen, artists and school teachers. Her ingenuity, combined with her warrior spirit, has led her to invent the quadriga and the war chariot. She also presided over the construction of the ship Argo, the largest ship that had been built so far, ship of the Argonauts.

Her ingenuity was also applied to the arts of peace, and, in Attica, she was credited with, among other benefits, the invention of olive oil, and even the introduction of the olive tree into the country. The olive tree was, it was said, the present she had made to Attica to deserve to be recognized as its suzerain.

Athena is the perfect type of the poliad deity: she was considered the patroness and protector of several cities in Greece, notably that of Athens. She is usually shown in art wearing a helmet and holding a spear. Her main symbols include the owl, the olive tree, the serpent and the Gorgoneion.



Athena is also the protective goddess of heroes; she supports Perseus, Heracles, Bellerophon and Jason.

As the patroness of crafts and weaving, Athena was known as Ergane.

She is also a warrior goddess and she led soldiers into battle as Athena Promachos.

The Parthenon on the Acropolis of Athens is dedicated to her, along with many other temples and monuments. Her main festival in Athens was the Panathenaic, celebrated during the month of Hecatombeon in midsummer; it was the most important festival in the Athenian calendar.

# Honouring Women through Sport



tajasport.com

In England, West Ham United football players celebrated International Women's Day by wearing flocked jerseys with the names of the women who marked their life. Some players have registered their mother's name, while others have paid tribute to great athletes, such as American tennis player Serena Williams.

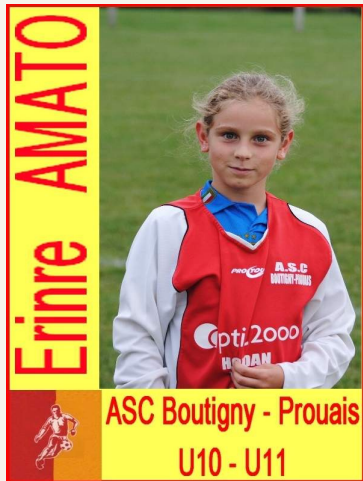


*Believe in your dreams!*



Through the action "Same City, Same passion", the Manchester City club promotes women's football in the world and encourages little girls to play football.





# My testimony

My name is Erine Amato, and I want to tell you my story :

When I was 6, I played football with my twin sister. At that age, women's football was rare. So we both played with boys ; we were in a mixed team.

We were 3 girls to play in this team, my twin sister and me and a friend of ours. All 3 had our starting places at each match. Indeed, we were essential for the team thanks to our strenghts : my high top speed, the complicity with my twin, which allowed us to combine forces together, the talents and technical gestures of the 2 girls...

I remember, one day, we were at a football tournament with my team. As usual, all 3 were on the field to play. And all the other teams were laughing at our team, being persuaded to win against us because we were the only 3 girls in the tournament.

But, when each match started, the opposing coaches shouted at the players to warn them: «Beware of the 3 girls: the number 4 (me) is very fast, and the number 6 and 9 (my twin and our friend) are very good dribblers and shooters». And that was right !

At the end of the day, my team finished 2nd of the tournament.

And I learned and understood that  
you should always be wary of  
appearances.



# My testimony



I started karate when I was 5.

At first I started with the kata, the basis of karate.

In karate, there are fights and kata (I hate kata, I do them because I have to improve).

I started doing combat competition 1 year later and loved it. And in my club, we separate the combat courts from the kata courts to make it easier.

But to level up, I had to fight. But there were only boys and they were older than me and above all taller than me by at least two heads. I was 1m25 for 25kg. When they saw me for the first time, the boys said to my teacher "We don't hit the little ones and even less the girls ; we risk hurting her and she's going to cry ; she's very thin, very light". My teacher had a good laugh because he had seen me before and knew what was going to happen.

I was not going to chicken out after what they had said ! I took them one by one and I hit them, and I won ! Since then, they only train with me and they call me "little moth".



Despite the fact that I was a girl I did not chicken out in front of them. I showed them that a girl can equal a boy and even surpass some. I was right since they never wanted to fight with a girl again.

And thanks to that experience with boys, it became easier for me in my competitions because I was with girls of my age and of my size. I won a lot of competition thanks to that.

And I still continue to train with boys taller than me : it has become a ritual now for 14 years.

**I learned that you should never be discouraged, whatever the difficulty !**

# Homemade Hair Mask

## 4 ingredients for the mask



**1 half avocado**

Picture by Canva



**1 egg**

Picture by Canva



**5 tbsp coconut oil**

Picture by Canva



**2 tbsp milk**

Picture by Canva

**For dry, damaged, tired hair – shine effect, repairing, fortifying, nourishing.**

The mask is applied to damp hair after your shampoo. Place a small amount of product in the palm of your hand. Then distribute the mask strand by strand. Depending on your needs, gently apply the treatment from roots to ends. Leave on for 15 to 20 minutes for very dry and fragile hair, and 5 to 10 minutes for normal to fine hair is enough.



# The job : Firefighter

Friday 14 April 2023



Photo by aq\_photographie, Etrechy (91) February 2022



Photo by Mr Klausz Arpajon (91)

## THEY ARE ABLE

Women are strong. They are capable of anything. Determination and perseverance are the key. Don't let anyone break your desires and believe in yourself and your dreams!!!

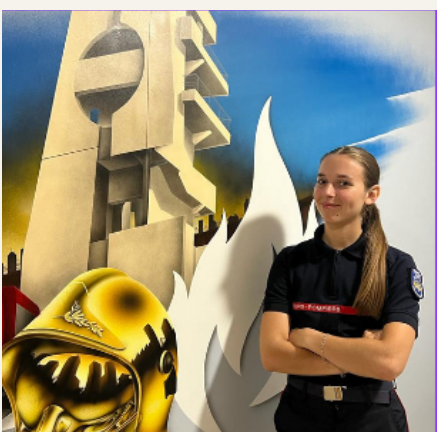


Photo by Mrs Lelu Arpajon (91)

## The job: Firefighter

The profession of firefighter is seen by all as very masculine. However today, more and more women are committed to joining the fire brigade. The clichés are falling, women are equal to men, they are able to do the same things as men, however, they have to put more effort. Doing this job as a woman is surprising for some but rewarding.

## Testimony

I joined the firefighters when I was 19. I have always been used to the male universe thanks to the young firefighters. We just have to make a place for ourselves among them, show that we are there for the same thing and that we are capable. Sometimes there is less room for error when you're a woman. One does not enter the profession without having a good physical condition and a solid mind. A man and a woman are equally effective. Training is the same for everyone. I do not identify as a female firefighter. I am just a firefighter.

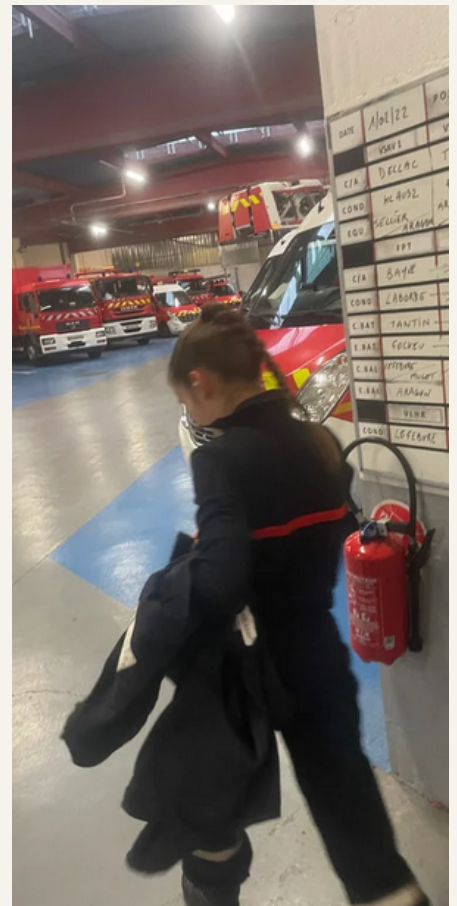


Photo by Mr Fockeu Arpajon (91)

## BREAKING STEREOTYPES

Combatting gender stereotypes in the professions is important. We must rework the education of children. Stop cataloging female and male professions. All jobs should be mixed!



# Songs ideas 2023

Here are some songs i recommend for this Summer.

## A SONG TO MAKE YOU TRAVEL...

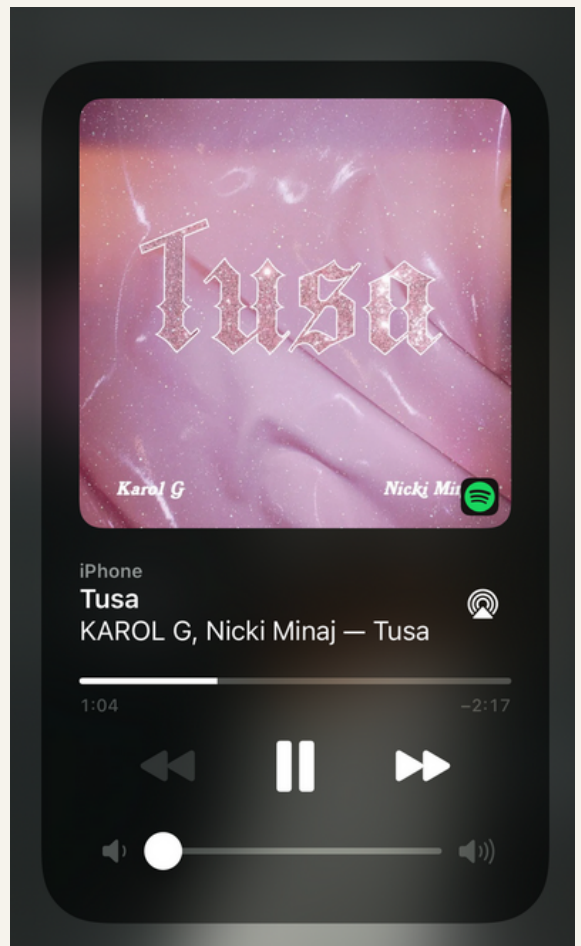
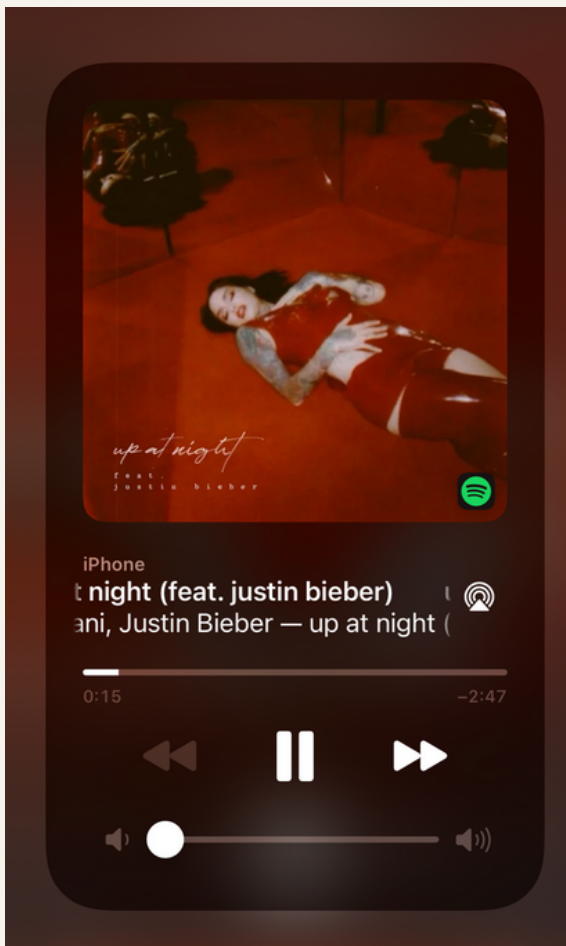


**UP AT NIGHT**  
Kehlani ft. Justin Biber

## A SONG GOOD SONG TO DANCE...



**TUSA**  
Karol G, Nicki Minaj



**Thanks to :**  
Doriane Lepage  
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and Mr Capéran**

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