

The spring newsletter

Games to Have Fun and Keep Your Memory Sharp

OBSERVE



CALCULATE



WRITE

Monthly Edition

**March
2026**



Recipe - Hidden Words - Quiz and much more

famileo

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Difficulty



Recipe

- Seasonal Vegetable Special -

Read the recipe and fill in the blanks using the words provided.
Some words will not be used, and some vegetables are not in season.

Word List:

- bell peppers
- eggs
- zucchini
- salt
- 3
- grated cheese
- 180
- double cream
- leeks
- oven
- pepper
- 100 g
- cucumbers
- 30
- 5
- tomatoes
- skillet
- shortcrust pastry



_____ quiche

Ingredients:

- 2 _____
- 1 _____
- _ eggs
- 200 ml of _____
- ___ _ grated cheese
- salt
- pepper

Preparation:

1. Wash the _____ and slice them thinly.
2. Sauté them gently in a pan with a little oil or butter until tender.
3. In a bowl, crack the _____ and mix them with the _____.
4. Add the grated cheese and season with salt and pepper.
5. Preheat the oven to _____ °C.
6. Roll out the _____ into a pie pan.
7. Spread the _____ over the crust and pour the mixture on top.
8. Bake for __ minutes, until golden brown.



Difficulty



What time is it?

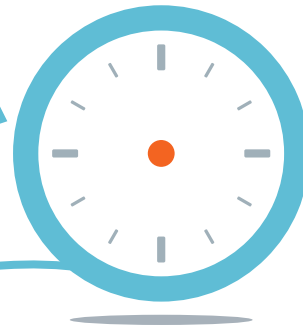
- Special time change -

British Summer Time Has Arrived!

For each clock, draw the hour hand and the minute hand according to the instructions.

Draw the hands to match the time shown.

6 : 45



British Summer Time begins.
Move the clock forward one hour. What time is it now in London?

London



New York is 5 hours behind London. What time is it in New York?

New York



Tokyo is 14 hours ahead of New York. What time is it in Tokyo?

Tokyo



Mexico City is 15 hours behind Tokyo. What time is it in Mexico City?

Mexico City



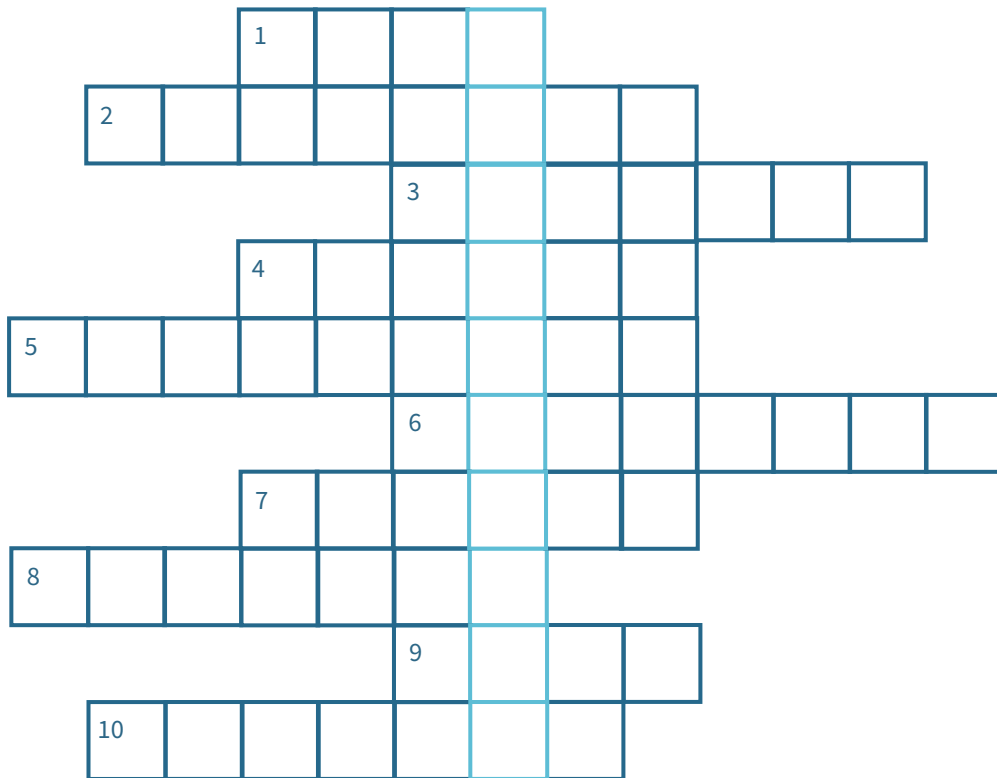


Difficulty



Hidden Words

Read each definition and write the word in its row.
Then copy the letter from the highlighted centre column.
These letters will form the "Secret Word."
Complete the crossword and discover the final message!



Secret Word

--	--	--	--	--	--	--	--	--	--

- | | |
|---|--|
| 1. When ice or snow melts. | 6. When flowers are opening and growing. |
| 2. Light and warmth from the sun. | 7. A small new plant beginning to grow. |
| 3. A flower that has just opened. | 8. A band of colours seen in the sky after rain. |
| 4. A field covered with grass and wild flowers. | 9. A structure built by birds to lay eggs. |
| 5. An insect with colourful wings often seen in spring. | 10. Short periods of light rain. |



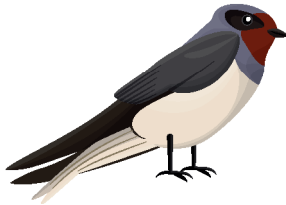
Difficulty



Flight

- Special birds -

Circle the two migratory birds and use the photos to discover where they spent the winter.



Swallow



Titmouse

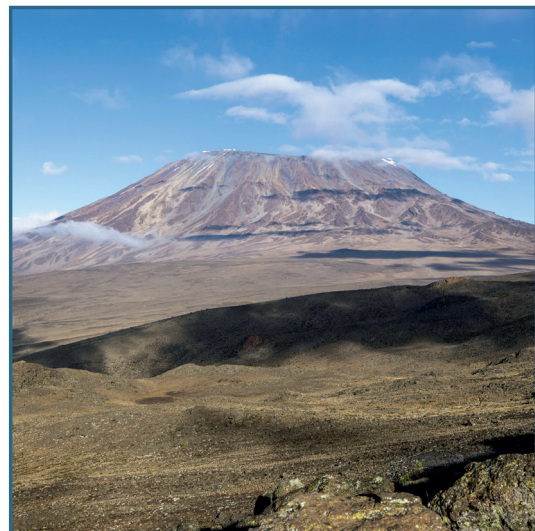


Stork

Muchas aves migran al África subsahariana.

- What is the name of this famous mountain?

- In which country is it located?



Muchas aves migran a África Occidental.

- What is the name of this historic island?

- In which country is it located?



Difficulty



Maths challenge

Fill in the missing numbers in each grid.
All operations must be correct both horizontally and vertically.
Each row and column forms a correct equation.

6	+		=	10
+				-
2				
=				=
	-	5	=	

9	-		=	
-				+
				4
=				=
5	+		=	11

	+	2	=	4
-				+
1				
=				=
	+	6	=	

	-	6	=	
-				+
				9
=				=
4	+		=	10

1	+	5	=	
+				+
=				=
	+	5	=	9

13	-	3	=	
+				-
				2
=				=
	-	7	=	



Difficulty



Search and Find

- Spring Special -

Look carefully at the picture and find all the items in the list.

Items to find:





Difficulty



Quiz - History Special -

Read each question carefully.
For the first questions, circle the correct answer.
For the last question, write your answer in the space provided.

March 15, 44 BC: A famous Roman leader was assassinated during the Ides of March. Who was he?

- A**
Augustus
- B**
Julius Caesar
- C**
Nero
- D**
Marcus Aurelius

March 8 is recognized internationally by the United Nations. What day is it?

- A**
Peace Day
- B**
International Women's Day
- C**
Europe Day
- D**
Labor Day

On March 25, 1957, a foundational treaty for European integration was signed. What is it called?

- A**
Treaty of Versailles
- B**
Treaty of Maastricht
- C**
Treaty of Rome
- D**
Treaty of Lisbon

March 14, 1879 marks the birth of a scientist who changed our understanding of the universe. Who was he?

- A**
Galileo
- B**
Isaac Newton
- C**
Albert Einstein
- D**
Louis Pasteur

Every year on March 17, a major celebration honors a patron saint.
In which country did it originate?

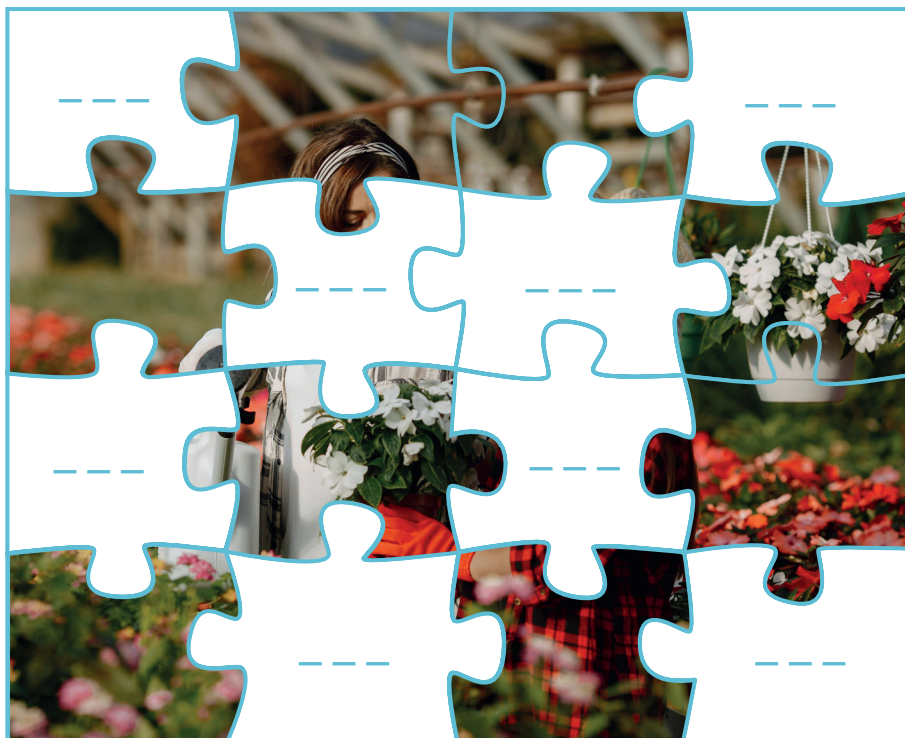


Difficulty



Puzzle

Study the numbered pieces around the image.
Write the correct number in each space to complete the picture.





Difficulty



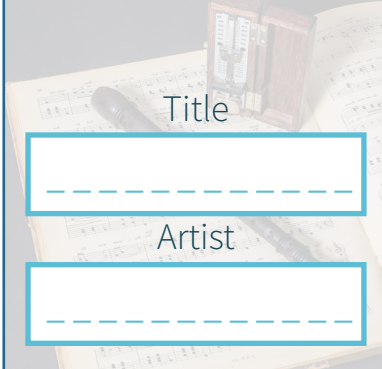
Memories

Take a moment to remember...
Read the prompts and complete them with your own memories.

My favourite spring memory is...

A spring smell or sound I will never forget...

What song reminds you of March or the return of spring?



Title

Artist



Place

What place reminds you of March or springtime?



Leek quiche

Ingredients:

- 2 leeks
- 1 shortcrust pastry
- 3 eggs
- 200 ml of double cream
- 100 g grated cheese
- salt
- pepper

Preparation:

1. Wash the leeks and slice them thinly.
2. Sauté them gently in a pan with a little oil or butter until tender.
3. In a bowl, crack the eggs and mix them with the double cream.
4. Add the grated cheese and season with salt and pepper.
5. Preheat the oven to 180 °C.
6. Roll out the shortcrust pastry into a pie pan.
7. Spread the leeks over the crust and pour the mixture on top.
8. Bake for 30 minutes, until golden brown.

What time is it?

Draw the hands to match the time shown.

6 : 45



British Summer Time begins.
Move the clock forward one
hour. What time is it now
in London?

London



New York is 5 hours behind
London. What time is it
in New York?

New York



Tokyo is 14 hours ahead
of New York.
What time is it in Tokyo?

Tokyo

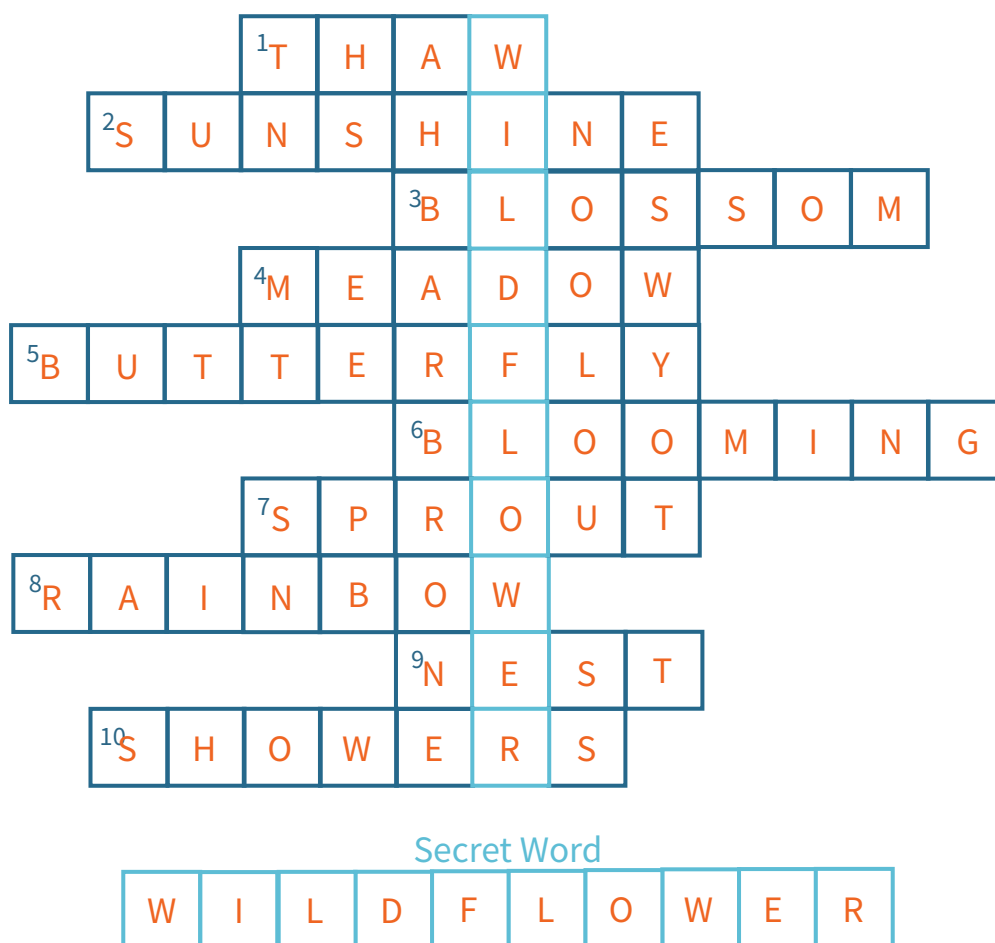


Mexico City is 15 hours
behind Tokyo. What time
is it in Mexico City?

Mexico City



Hidden Words



- When ice or snow melts.
- Light and warmth from the sun.
- A flower that has just opened.
- A field covered with grass and wild flowers.
- An insect with colourful wings often seen in spring.
- When flowers are opening and growing.
- A small new plant beginning to grow.
- A band of colours seen in the sky after rain.
- A structure built by birds to lay eggs.
- Short periods of light rain.

Flight

Solution



Swallow



Titmouse



Stork

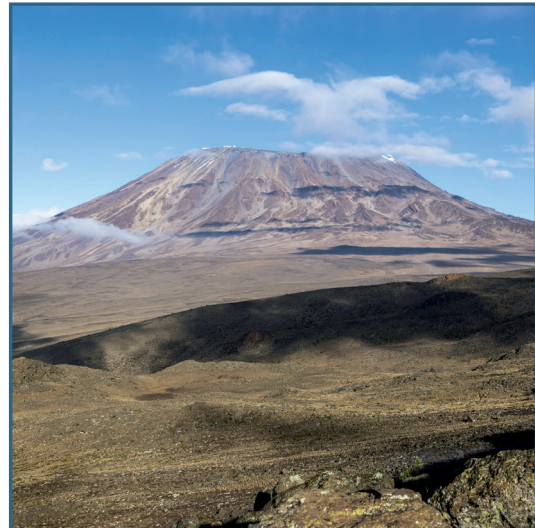
Muchas aves migran al África subsahariana.

- What is the name of this famous mountain?

Mount Kilimanjaro

- In which country is it located?

Tanzania



Muchas aves migran a África Occidental.

- What is the name of this historic island?

Gorée Island

- In which country is it located?

Senegal

Maths challenge

Solution

6	+	4	=	10
+				-
2				7
=				=
8	-	5	=	3

9	-	2	=	7
-				+
4				4
=				=
5	+	6	=	11

2	+	2	=	4
-				+
1				3
=				=
1	+	6	=	7

7	-	6	=	1
-				+
3				9
=				=
4	+	6	=	10

1	+	5	=	6
+				+
3				3
=				=
4	+	5	=	9

13	-	3	=	10
+				-
2				2
=				=
15	-	7	=	8

Search and Find

Solution

Items to find:



Quiz

Solution

March 15, 44 BC: A famous Roman leader was assassinated during the Ides of March. Who was he?

B
Julius Caesar

On March 15, 44 BC, during the famous “Ides of March,” Julius Caesar was assassinated in the Roman Senate by a group of senators. This event marked a major turning point in Roman history and paved the way for the end of the Republic.

March 8 is recognized internationally by the United Nations. What day is it?

B
International Women’s Day

March 8 is recognized by the United Nations as International Women’s Day. This day highlights the fight for equality, rights, and recognition of women around the world.

On March 25, 1957, a foundational treaty for European integration was signed. What is it called?

C
Treaty of Rome

Signed on March 25, 1957, the Treaty of Rome established the European Economic Community (EEC). It represents a key step in the construction of the European Union.

March 14, 1879 marks the birth of a scientist who changed our understanding of the universe. Who was he?

C
Albert Einstein

Born on March 14, 1879, Albert Einstein was one of the greatest scientists of the 20th century. He is especially famous for the theory of relativity, which profoundly transformed our understanding of the universe.

Every year on March 17, a major celebration honors a patron saint. In which country did it originate?

Ireland

The March 17 celebration honors Saint Patrick, the patron saint of Ireland. This Irish national holiday is now celebrated in many countries around the world.

Puzzle

Solution



...See you next month for a new edition...

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