

# THE ARTIFACT

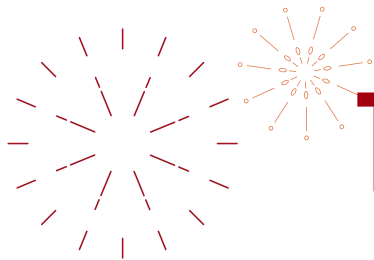


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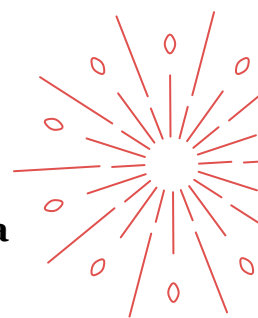




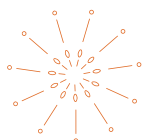
# TEACHER'S DAY

**TEACHER'S DAY IS A HOLIDAY DEDICATED TO PEOPLE WHO PLAY ONE OF THE MOST IMPORTANT ROLES IN EVERYONE'S LIFE. TEACHERS DON'T JUST IMPART KNOWLEDGE, THEY SHAPE THINKING, NURTURE CHARACTER, AND INSPIRE ACHIEVEMENT. ALTHOUGH THE DATE OF THE CELEBRATION MAY VARY FROM COUNTRY TO COUNTRY, THE ESSENCE REMAINS THE SAME – GRATITUDE AND RESPECT FOR TEACHERS.**

**For the first time, the idea to honor the work of teachers originated in the USA. Mattie Woodridge, a teacher from Arkansas, wrote letters to government officials and education leaders, convincing them of the need for such a holiday. On October 5, 1966, a special intergovernmental conference on the Status of Teachers was held in Paris under the auspices of UNESCO and the International Labour Organization. As a result, a recommendation document "On the status of teachers" was signed, which for the first time clearly defined the rights and duties of teachers at the international level. UNESCO has declared October 5 as World Teachers' Day. Since that time, more than 100 countries around the world have celebrated this holiday on the same day. However, many States have retained their own historically established dates.**



**In Russia, Teacher's Day is officially celebrated on October 5, although previously (until 1994) it was celebrated on the first Sunday of October. On this day, schoolchildren organize concerts, give flowers and postcards to their teachers, and hold a "Self-Government Day" where senior formers try themselves as teachers.**





# TEACHER'S DAY


In China, Teacher's Day is celebrated on September 10th. This event became an official holiday in 1985. On this day, students give their teachers gifts, flowers and greeting cards. Special events are held in schools where the achievements and merits of teachers are discussed. Teachers receive not only gifts, but also public recognition, which underlines their importance in the country's educational system.



## INTERESTING FACTS ABOUT TEACHER'S DAY:



- A teacher is one of the oldest professions: the first mentors appeared in ancient Egypt and Mesopotamia.
- In some countries, Teacher's Day is considered so important that it is equated with public holidays.
- In South Korea, teachers are traditionally given carnations on this day as a symbol of gratitude.
- In Thailand, there is a special ceremony called "Wai Kru", where students bow before the teacher as a sign of respect.
- In 2010, 20,000 teachers in Indonesia simultaneously gave outdoor lessons as part of Teacher's Day celebrations, which was recorded as a record.
- According to research, teachers are among the three most respected professions in the world.

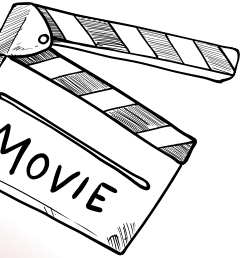


Teacher's Day is not just a date in the calendar, but an occasion to remember the importance of education and to thank those who put their hearts into our development. Gifts and flowers are a pleasant sign of attention, but for most teachers, the most important thing is sincere words of gratitude and the success of their students. Don't forget to congratulate your teachers - it's really important to them.



By Baimuratova J.





# MOVIES ABOUT TEACHERS

Teachers are not only mentors and educators, but also heroes who can inspire and change the destinies of their students. There are many films in the film industry that tell about the difficulties, joys and incredible stories associated with the teaching profession. These films not only evoke nostalgia and respect, but also make you think about the importance of education, patience and faith in one's students. In this article, we will get acquainted with the most vivid and memorable films about teachers who inspire and teach us to appreciate those who shape the future.



## ENTRE LES MURS (2011)

It is a French film about a teacher who faces difficulties in the classroom and is looking for new approaches to educating students.

## TO SIR, WITH LOVE (1982)

It is a classic about a teacher who inspires his students to achieve.



## DEAD POETS SOCIETY (1989)

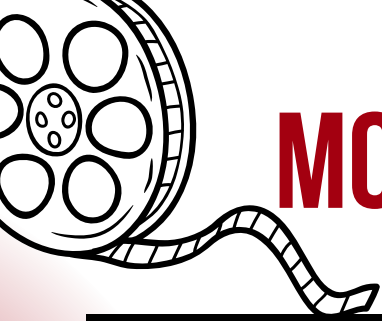
The story of an English teacher who inspires his students to live brightly and freely.

## SUBSTITUTE (2008)

It is a comedy drama about a temporary teacher who changes the lives of his students.







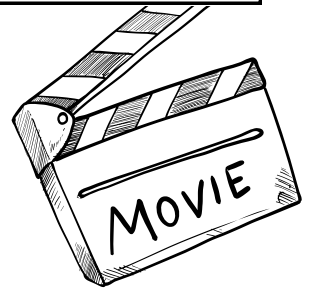
# MOVIES ABOUT TEACHERS

## IN PURSUIT OF HAPPINESS (2006)

It is a film about the difficulties and hopes associated with the profession of a teacher and mentor.

## THE GREAT TEACHER ONIZUKA (1999)

It is a Japanese animated film about a teacher who teaches his students the importance of friendship and responsibility.



## MRS. DOUBTFIRE (1993)

It is a comedy about a woman who becomes a teacher in order to better understand her children.

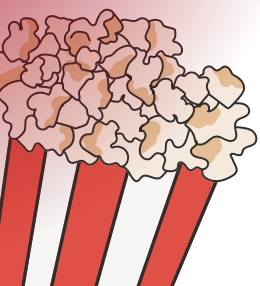
## CLASS TEACHER (2014)

It is a Russian film about a schoolteacher who fights for his students and their future.

## THE TEACHER (2016)

It is a Russian film about a teacher who is facing the challenges of a modern school.

**These films not only inspire and make you think, but also remind you of the importance of the role of the teacher in our lives. They show that even in the most difficult conditions, you can find the strength for change and motivation. After all, teachers are not only mentors, but are those who shape our future by putting their heart and soul into their students.**



**By Khusainova E.**



# AUTUMN HARVEST MENU

**AUTUMN IS NOT JUST A SEASON, IT'S A MOOD. EVERYONE EXPECTS NOT JUST A WARMING EFFECT FROM DRINKS, BUT REAL MAGIC. GET READY TO BE SURPRISED!**

**One of the main trends of this season is the use of natural sweeteners such as maple syrup, honey and agave syrup, which give drinks not only sweetness, but also a unique flavor. Drinks with spices such as cinnamon, cloves, ginger and cardamom, which create an atmosphere of warmth and comfort, are very popular.**

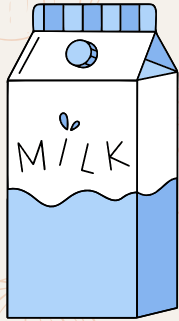


**Fermentation has reached a new level! Now it's not just kombucha, but complex tea blends with fermented berries, pears and even spices. For flavor, you can add dried fruits and berries. The depth of taste + benefits for the microbiome = the perfect autumn elixir.**

**Pumpkin is probably the queen of the autumn table. It is used in mashed soups, casseroles, pies, and even as a base for sauces. The sweet and rich taste of pumpkin is perfectly combined with various spices and herbs such as cinnamon, nutmeg and sage.**



# AUTUMN HARVEST MENU



**Oat milk with pumpkin, hazelnut milk with cardamom, coconut milk with vanilla — the vegetable bases have become even tastier and more seasonal. Example: Pumpkin stew on oat milk with a light foam and pumpkin seeds for crunching.**

**Autumn is the harvest season for cranberries and lingonberries (also called cowberries). These berries have a bright sweet and sour taste and are rich in vitamins and antioxidants. They are used to make sauces, fruit drinks, compotes and desserts. Autumn dishes are not only delicious' but it's also good for your health.**



**Fried chanterelles with potatoes is a simple but incredibly delicious dish that recalls the warm autumn days. And porcini mushroom cream soup is an exquisite treat that will keep you warm in cold weather.**

**Special attention should be paid to apples and pears. These fruits are perfect for making desserts such as pies, charlottes, and jams. They can also be added to salads and meat dishes to give them a fruity sweetness and sourness.**



**By Khamitova D.**



# ENGLISH AUTUMN

With the beginning of autumn, the intensity of communication increases: at university, at work, in cafes, and at friendly gatherings. For those learning English, this is the perfect time to move from theory to practice and enrich their speech with expressions. Ability to use them correctly helps you feel more confident and makes your communication more natural.

WE OFFER A SELECTION OF SEVERAL KEY PHRASES THAT WILL BE USEFUL IN VARIOUS AUTUMN SITUATIONS.



1

Fall into the groove — get into the rhythm (starting autumn habits: pumpkin latte, cozy books).

2

Sweater weather — time to wear a sweater, perfect weather for warm clothes.



3

Pumpkin spice everything — a meme about the love for autumn drinks and desserts with spices.

4

Leaf peeping — admiring the autumn colors of the leaves.



# ENGLISH AUTUMN

## AUTUMN-THEMED IDIOMS

1

Turn over a new leaf — start a new life, change behavior, as if “starting with a clean slate”.

2

In a pickle — to be in a difficult situation (often in autumn due to first chills or work challenges before winter).

3

Harvest the fruits — reap the rewards of the work done.

Language is a living tool, and learning it is like assembling a puzzle. Each new phrase is a missing piece that makes the overall picture of communication clearer. Don't strive for immediate perfection. Choose one or two phrases that suit you. Through this gradual, mindful incorporation, the language truly becomes yours, turning from study material into a natural way of interacting with the world.

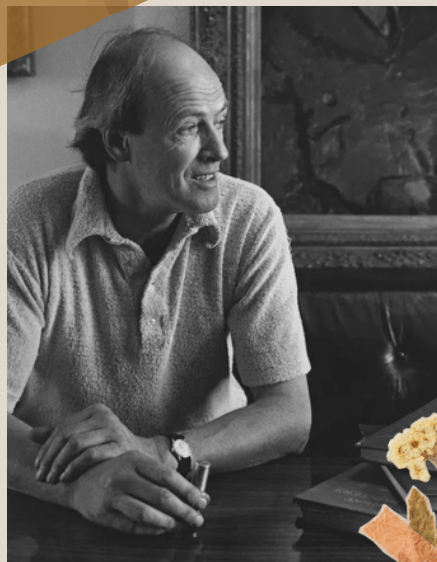
By Khazieva A., Mansurova A.

# MEET ROALD DAHL (1916-1990)

## A BRITISH WRITER OF BOOKS FOR CHILDREN

You surely know the surname – but did you know that Roald's namesake, Vladimir Dahl, the compiler of the famous enormous dictionary of the Russian language, was also of Scandinavian descent (Danish) Roald's parents were Norwegians who moved to England, so he was born, raised and lived mostly there.

I cannot recall when I first read this wonderful author, probably in an anthology of English humour or children's literature, or something published in Russian.



Last year I bought a 16-book set of Roald Dahl's works (paperback) and read all of them this spring and summer. He was a true discovery in my world of reading, and at once became one of my favourite writers. I started with thinner books and finished with the thickest ones (in fact, they all can be read in one sitting, so the word 'thick' is not quite appropriate). I advise you to start with a shorter story, like 'The Giraffe and the Pelly and Me' or 'Esio Trot', to see how you like the language, storytelling and style.

Two books out of sixteen stand apart because they are autobiographical – 'Boy', where Roald tells about his family, childhood and school years (some interesting details about English schools in the first half of the XXI century), and 'Going Solo' (about his adventures in Africa and work as a fighter pilot of the Royal Air Force in the Second World War).

My favourites are 'The BFG', 'Matilda', 'Charlie and the Chocolate Factory', 'Boy', 'Danny the Champion of the World', 'The Witches'. The last one, 'The Witches', is a good example of an unexpected ending (you definitely expect something different, but Dahl knows better) and a plot where children meet exceptionally villainous and cruel characters. I would pity the children as I was reading this book, but then I would tell myself, 'Witches are bad and cruel by definition'; remember our own Baba-Yaga!



# MEET ROALD DAHL (1916-1990)

## A BRITISH WRITER OF BOOKS FOR CHILDREN

For inquisitive students of a linguistic faculty, who like word play and might take an interest in translation of fiction, I advise reading 'The BFG' where one of the main characters speaks non-grammatically.

Quite often the protagonists in Dahl's books are children, so some of his books might be interesting for future teachers. Grown-ups are often queer, eccentric, unkind, sometimes repulsive.

An important question that Roald Dahl raises somewhere in his books: What does it take to become a writer for children? That's a topic of discussion for you.

### HERE ARE TEN QUOTES FROM DAHL'S BOOKS:

1. A little nonsense now and then is relished by the wisest men.
2. A life is made up of a great number of small incidents, and a small number of great ones.
3. The more risks you allow your children to make, the better they learn to look after themselves.
4. A person who has good thoughts cannot ever be ugly.
5. A Message to Children Who Have Read This Book - When you grow up and have children of your own, do please remember something important: a stodgy parent is no fun at all. What a child wants and deserves is a parent who is SPARKY.
6. "The matter with human beans," the BFG went on, "is that they is absolutely refusing to believe in anything unless they is actually seeing it right in front of their own schnozzles."
7. Books shouldn't be daunting, they should be funny, exciting and wonderful.
8. When you're old enough to write a book for children, by then you'll have become a grown up and have lost all your jokeyness. Unless you're an undeveloped adult and still have an enormous amount of childishness in you.
9. Nowadays you can go anywhere in the world in a few hours, and nothing is fabulous any more.
10. Then suddenly, he was struck by a powerful but simple little truth, and it was this: that English grammar is governed by rules that are almost mathematical in their strictness!

# TRENDS OF AUTUMN 2025

This season, complex combinations are relevant, where each element of clothing is visible from under the previous one, for example, a turtleneck under a shirt, complemented by a vest or cardigan, and a jacket or coat on top. It is important not to overdo it and create a harmonious image. To do this, try combining different lengths, textures and colors of things.



The trend for high collars is also gaining popularity. In the collections of famous fashion houses, they increasingly began to pay attention to the neck, complementing coats with scarves or capes that completely hide the cleavage area. At the same time, the classic V-necklines give way to models with the collar as high as possible. This trend is also aimed at practicality and comfort in the cold season.



Lace, especially in retro style, conquers the tops of trends this season. Lace-work Gothic blouses with voluminous sleeves, long dresses and skirts in the Victorian style, silk combinations with lace trim and even knitted hats made of this material are in fashion. The color palette is not limited to classic white — saturated colors are also relevant. However, it is important to style the lace correctly. It can be included in multi-layered images and combined with contrasting clothes and shoes. For example, lace blouses can be combined with biker leather jackets or rough boots.



# TRENDS OF AUTUMN 2025

Not only fur coats are in trend, but also accessories: key rings, scarves, caps with earflaps. But bags made of natural fur, plush, or trimmed with sheep's wool are becoming especially popular. And if earlier such models were more associated with casual looks, designers are now presenting elegant options for feminine looks.



A printed T-shirt is one of the key fashion trends of autumn-winter 2025. Such models with slogans, quotes or bold inscriptions become a way to express themselves without words. Options with retro shifts and vintage stylistics are especially relevant, adding a touch of nostalgia to the image. This T-shirt can be tucked into a pencil skirt for an elegant look, combined with an office jacket or worn with wide casual trousers.

A tweed jacket is a profitable investment in your wardrobe for many years to come. Now it is back at the peak of popularity, and both short and elongated versions, as well as oversized models, are in fashion.

This is a versatile piece that goes well not only with jeans and sneakers to create casual looks, but also with classic trousers.





# BEDTIME PROCRASTINATION

## WHY DO WE DEPRIVE OURSELVES OF SLEEP AND HOW TO STOP IT?

You probably know this scenario: the day has been long and exhausting, and all you want is to get into bed as soon as possible. But now you're home, your work is done, and you want to rest... However, instead of going straight to bed, you turn on a TV show, play on your phone, or read the news feed. Time flies, and glancing at the clock, you realize you've once again deprived yourself of several hours of precious sleep. This is what nighttime procrastination is – a phenomenon in which we voluntarily postpone going to bed without any good reason.

### WHAT IS BEDTIME PROCRASTINATION? WHY IS IT DANGEROUS?

**BEDTIME PROCRASTINATION** is a psychological phenomenon that involves voluntarily delaying going to bed despite the risk of foreseeable consequences the following day, such as fatigue. This isn't just a harmless habit.

It has several serious consequences, such as:

- Chronic sleep deprivation
- Weakened immunity
- Risk of developing various mental disorders
- Physical health problems

### WHY ARE WE DOING THIS?

The most common reason is the desire to compensate for the lost free day. , study, chores and social obligations fill every hour of the day, without giving an opportunity for rest, hobbies or simple idleness. The only space for freedom is night. By sacrificing sleep, a person tries to make up for the lack of time for themselves by using it for activities that bring them pleasure.

Psychologists identify the fear of missing out as a key cause of this phenomenon. The constant stream of information generated by social media creates the illusion that we're missing out on important events while sleeping. This situation triggers anxiety and the fear of missing out on something interesting or important.

The lack of boundaries between work and leisure is an equally important reason. Remote work and digitalization are blurring the lines. Working hours are stretching, and checking email at 10 p.m. is becoming the norm. The brain doesn't have time to switch to rest mode and requires more time to "cool down."



# BEDTIME PROCRASTINATION

## WHY DO WE DEPRIVE OURSELVES OF SLEEP AND HOW TO STOP IT?

### HOW TO STOP PROCRASTINATING: PRACTICAL STEPS

#### 1. RECOGNIZE AND ACKNOWLEDGE THE PROBLEM

The first step is to honestly admit to yourself that you're deliberately putting off sleep. Try to remember what feelings you experience when you do this (freedom, guilt, excitement). Understanding the emotional underpinnings is the key to the solution.

#### 2. INTRODUCE A "DIGITAL CURFEW."

An hour and a half before bed, put all gadgets away. Use sleep mode or set your phone to silent. This will not only reduce your exposure to blue light but also break the cycle of endless scrolling.

#### 3. MAKE UP FOR YOUR LACK OF PERSONAL TIME DURING THE DAY

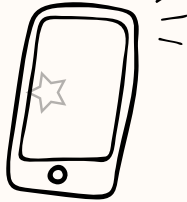
Find at least 30-40 minutes in your daily schedule that are yours alone. Use this time consciously: for a walk, a hobby, a quiet cup of tea in silence — whatever brings you joy and a feeling of recuperation.

If you get your share of freedom during the day, the urge to "take revenge" at night will diminish.

#### 4. BE KIND TO YOURSELF

Don't beat yourself up over another breakdown. If you went to bed later than you planned, just accept it and try to get back to your ritual the next day.

**BEDTIME PROCRASTINATION** isn't laziness, but a symptom. A symptom that our lives lack balance, personal space and well-deserved rest. By stopping taking away your own sleep time, you don't deprive yourself of freedom. On the contrary, you are restoring your most valuable resources — energy and health. This will allow you to enjoy every day rather than survive. Start small today, and your tomorrow will thank you.



By Nizaeva Y.,  
Valiullina Z.