RFSSNEWS

School magazine

April 2026

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Designed by Jakub Kraus

Written by class 2.A



EASTER AROUND THE WORLD

Written by Terka V., Naty J. & Juli V.

Easter is one of the most well-known holidays in the world. Although it is originally a pagan tradition, nowadays it is very important for Christians. Easter is probably the only holiday that doesn't have one fixed date. Some years it is celebrated in March and other years in April. It depends on the full moon and the spring equinox — it is the first Sunday after the first full moon following the spring equinox. In 2026, Easter will be celebrated on April 5.

Children around the world love this holiday, especially Easter egg hunts, which are particularly popular in the United States. Modern egg hunts often include both real and plastic eggs, with the plastic ones typically filled with candy or small toys.

People who enjoy baking bake beránek and mazanec. Some of them are also creative, so they paint eggs as well.

In Britain, they have Pancake Day. It is the Tuesday before Easter, and it marks the beginning of the Easter season there. Everybody eats a lot of pancakes with Nutella and maple syrup.

There are also pancake races, where you hold a frying pan with a pancake in your hand and try to flip it at regular intervals as you run.

Christian people also have names for the days in Easter week. Easter lasts about a week, and each day has its own name, such as Škaredá středa (Ash Wednesday), Zelený čtvrtek (Maundy Thursday), and Bílá sobota (Holy Saturday).

On Easter Monday, some countries have unique traditions. For example, in the Czech Republic, boys visit girls with a braided whip called a pomlázka, which is believed to bring health and youth for the coming year. In return, girls may pour cold water on boys, especially if they arrive later in the day.

In conclusion, Easter reminds us of the beauty of new beginnings, bringing hope, joy, and a sense of renewal into our lives.



American "Egg Hunt"



MENTAL WELLBEING DURING EXAM SEASON

Written by Laura P. & Míša H.

Exam season is a very difficult time for students, especially for their mental health. During this period, it is important to take care of your mental well-being because **exams are stressful.**



We have some tips to help students feel more relaxed during exam season: spending time with friends or family to unwind from school problems, listening to music, going on a trip, or cooking something can help a lot. You can also give yourself a day without studying. A really good way to release stress is doing sports—going to the gym or playing tennis, football, or basketball. For better mental well-being, it is also helpful to start studying earlier rather than leaving everything until the last week before exams. What do you do to reduce stress?

When our bodies are constantly stressed, it can cause several health problems. For example, some skin conditions such as eczema or psoriasis can appear (these are rashes that can be difficult to get rid of). We may also experience high blood pressure, headaches, or migraines. Stress can influence girls' menstrual cycles or even cause them to stop completely.

It can also lead to serious health problems such as anxiety, depression, sleep issues, or weight gain.

What should you do when you feel stressed right before or during exams? The most important things are to get enough sleep and eat healthy food, which provides the energy you need. Another useful tip during exams is to focus on breathing regularly, as it can help you concentrate.

Quotes for success and focus:

"Every page you study today builds the confidence you will feel on exam day."

"Success in exams begins with the simple decision to stay focused when others get distracted."





ORTHODOX EASTER

Written by Seňa P. & Kryštof Š.

Orthodox Easter, also known as Pascha in Hebrew, is the most important celebration in Eastern Christianity and differs from Western Easter in more than just the date. While Western churches follow the Gregorian calendar, Orthodox churches use the older Julian calendar, which often results in Easter being celebrated later. This difference comes from a formula established in 325 AD (našeho letopočtu) at the Council of Nicaea, determining the holiday as the first Sunday after the first full moon following the spring equinox (rovnodennost).

Pascha commemorates the resurrection (vzkříšení) of Jesus Christ and symbolizes victory over death, spiritual renewal, and hope. It is considered the “feast of feasts” in Orthodox tradition and holds the greatest significance in the religious year.

The celebration begins with Great Lent (masopust – same as fast), a forty-day period of fasting, prayer, and self-discipline, during which believers traditionally avoid meat and dairy (mléčné výrobky). This preparation leads into Holy Week, marked by daily church services, the dyeing of red eggs as a symbol of Christ’s blood, and the baking of traditional Easter bread. Holy Friday is a day of mourning (smutek),

while Holy Saturday brings anticipation and the sharing of the Holy Light.

The main celebration happens at midnight, when churches start in darkness and gradually fill with candlelight, symbolizing the resurrection. The priest proclaims, “Christ is Risen,” and people respond, “Truly He is Risen,” a greeting used for forty days.

After the fast, families gather for a festive meal with sweet bread like kulich, red eggs, and often lamb. In many places, food is first blessed in church, and traditions like egg tapping are common.

In Prague, Orthodox services take place near Karlovo náměstí, especially at the Cathedral of Saints Cyril and Methodius. Churches are filled with worshippers, candles, and chants, and the liturgy is sung, creating a deeply spiritual atmosphere.

Orthodox Easter is not just a single day but a meaningful journey of preparation, faith, and celebration, combining deep symbolism with strong community traditions.



House of God, St. George Greek Orthodox Church



SPRING PLAYLIST 2026: WHAT IS EVERYONE LISTENING TO

Written by Sofi L., Teri N. & Mari H.

People in our generation listen to all kinds of music. It depends on our mood or even on the weather. Popular genres are pop music, alternative rock, indie music (bands), rap music, soft core etc. We usually find music on social media or in movies, series and other platforms. The most popular listening platforms are Spotify, Apple music, or YouTube music. Our generation barely listens to the radio, we usually use headphones or speakers. Sometimes we also use computers or tablets.

We found a perfect playlist for spring that everyone will enjoy. It includes all sorts of music. You can find the QR code below the text, so just scan it and enjoy the best spring playlist!

The Playlist





HOW DRONES CHANGED THE CONCEPT OF WAR

Written by Matěj D.

The War in Ukraine is the biggest conflict in Europe since WW2 and in recent months has developed rapidly. Ukraine successfully countered Russian attacks and regained back some parts of the land that they had lost earlier. This conflict isn't important only because of its geopolitical consequences, but by its potential to change the tactics of warfare.

MODERN-DAY INFILTRATION TACTICS

Due to modern technology and logistical imperfections of the Russian army. They started using infiltration tactics, which means sending lonely soldiers into the “no man's zone” where they establish some kind of cover and communication with their military commander. Then they can pose a danger to surrounding troops and equipment.

COUNTER-TACTICS

The Ukrainian army was able to counter such attacks in recent weeks because of multiple factors. One of these factors was the recent shutdown of western satellite technology for Russia, which distorted all frontline communication, including the one with drones. The second factor is Ukraine´s combined assault tactics which efficiently utilize drones paired with quick infantry charges to hunt down Russian soldiers.



CZECH LION AWARDS

Written by Šabata, Kovtuna, Kajis Pikl & Andul

The Czech Lion Awards (Český lev) are the most important film awards in the Czech Republic. They started in 1993 and celebrate the best Czech films, actors, and filmmakers every year. The award itself is a crystal statue shaped like a lion and is a symbol of prestige in Czech cinema.

The 33rd edition of the awards took place on 14 March 2026 (Saturday) at the Prague Congress Centre. This was a big change because the ceremony was traditionally held at the Rudolfinum for many years. The event was broadcast live on Czech Television (ČT1) and started at around 20:10. The evening was hosted by singer and presenter Bianca Cristovao.

Each year, members of the Czech Film and Television Academy vote for the winners. In 2026, they chose from 94 films. The biggest favourite was the film Franz, directed by Agnieszka Holland, which received 15 nominations. Other strong competitors were Sbormistr with 13 nominations and Karavan with 11 nominations.

Some of the main winners were:

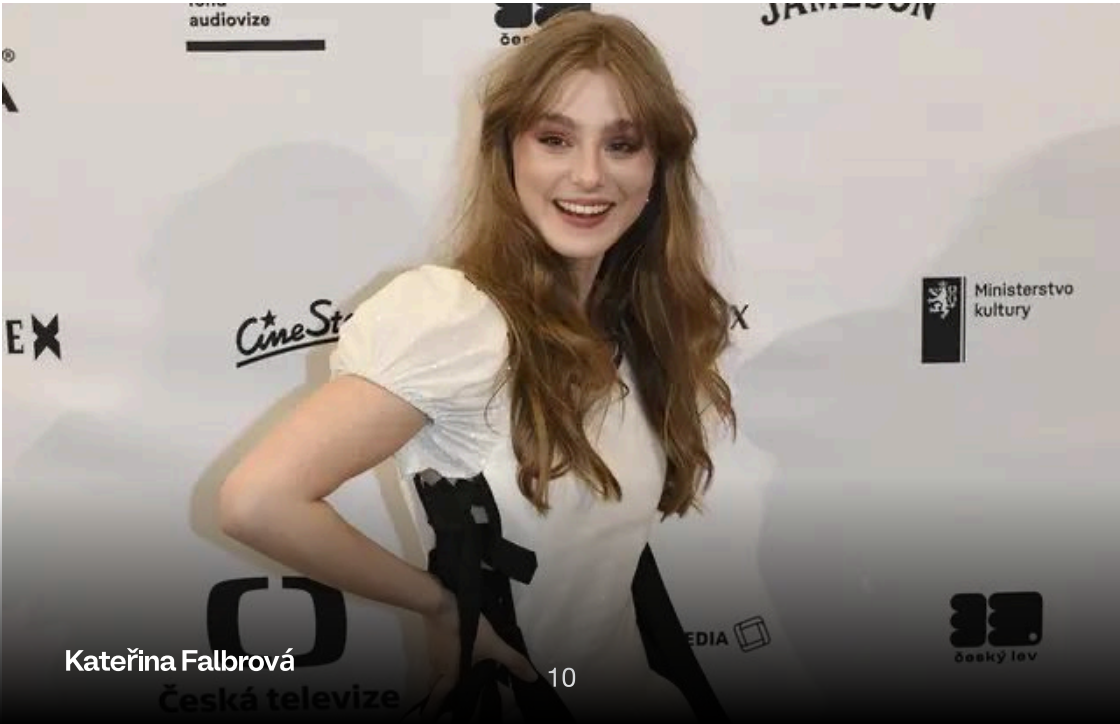
Best Actress: Kateřina Falbrová for the film Sbormistr
Best Actor: Idan Weiss for Franz
Best Feature Film: Karavan

The Czech Lion Awards include many categories such as best director, screenplay, music, and cinematography. Winning a Czech Lion is a great honour and can help filmmakers gain recognition both in the Czech Republic and internationally.

Overall, the Czech Lion Awards 2026 was a special event full of stars, new changes, and strong competition between top films.

INTERESTING FACT:

The youngest winner in the history of the Czech Lion Awards is Kateřina Falbrová. She won the Best Actress award at just 16 years old for her role in Sbormistr, which was also her film debut.



Kateřina Falbrová



ČAO PROM 2026

Written by Viki C., Pája Č. & Luci D.

The evening of March 6th saw students fill the grand Lucerna Velký sál. With a capacity of 2,500 people, it's no coincidence our school chose it. The tradition of holding prom at Lucerna stretches all the way back to the 1950s.

The program was packed from start to finish. The night opened with a pre-dance performed by the graduates, followed by a live singer and a dancer performing on a hanging hoop. As midnight approached, the graduates took center stage once more for a special midnight show.

Lucerna itself is more than just a pretty venue. Built between 1907 and 1921, it was originally conceived as a hockey stadium — but its sheer scale made that impractical, and it was reimagined as a grand ballroom instead. Today, its architecture blends late Secession with early Modernism, giving the space a timeless character that makes prom night feel truly special every year.

WE ASKED

our graduates

so you don't have to

WHO CAME TO YOUR GRADUATION?

My mom, dad, boyfriend and Friends from football

DID YOU ATTEND THE AFTER PARTY? AND WHY?

Yes, wanted to celebrate and get wasted

HOW DID YOU CHOOSE YOUR DRESS? WHO HELPED YOU?

I went to multiple wedding salons, which also provided prom dresses. My mom and my friends helped me choose the dress.

DID YOU DANCE? DID YOU GO TO DANCE LESSONS?

Yes I did, and yes I went to dance lessons

DID YOU DO YOUR OWN HAIR AND MAKEUP, OR DID YOU HIRE ANYBODY?

I did my own makeup and hair, my friends helped a little bit

HOW IS STUDYING FOR MATURITA GOING?

No one responded – everyone is straight up pissed

HOW MUCH DID YOU GET DRUNK?

Reeeaaally drunk

HOW MUCH MONEY DID YOU SPEND AT THE BAR?

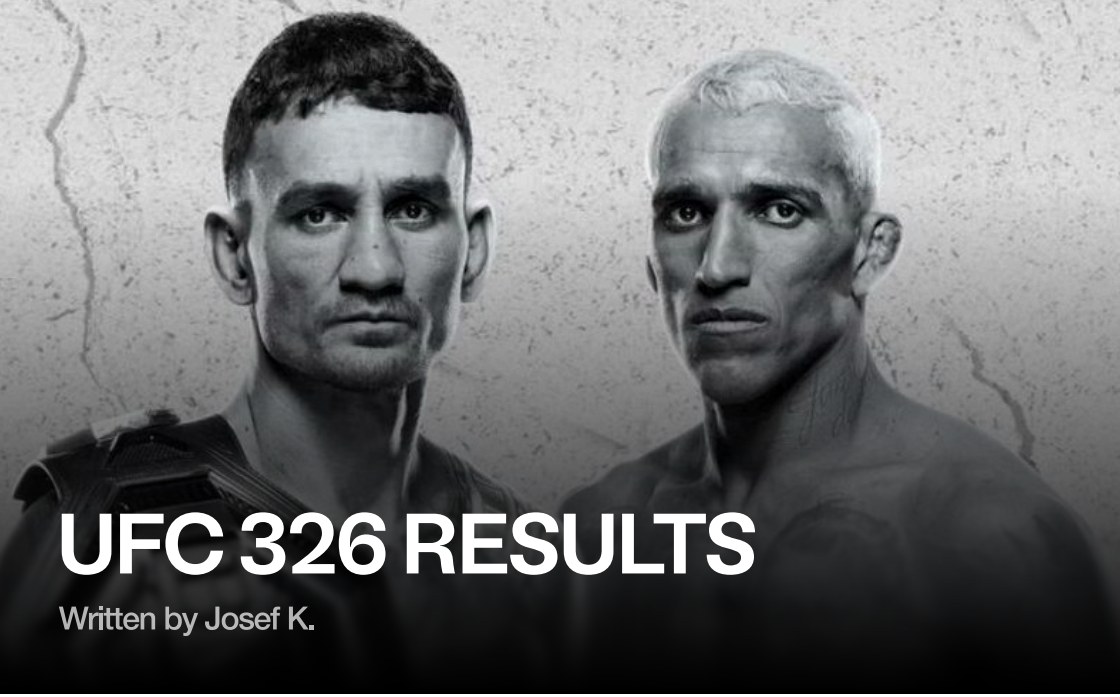
Nearly 3000,-

WHICH TEACHER GOT THE MOST WASTED IN YOUR OPINION?

Lukáš Ulrych was wildly dancing at the after party.

DID YOU WANT TO CHANGE SOMETHING ABOUT IT? PLACE, TIME, PROGRAM...

It was perfect in my opinion.



UFC 326 RESULTS

Written by Josef K.

The fight between Charles Oliveira and Max Holloway was dominated by Oliveira from the start. He used strong grappling to take Holloway down repeatedly and controlled most of the fight, showcasing his superior technique and fight IQ throughout.

In the decisive moments, Oliveira sealed the victory with a quick right hand. It was a one-sided performance that earned him the BMF title, making him the fourth BMF champion in UFC history and the first to hold both the BMF and undisputed lightweight titles.

WHAT'S NEXT FOR OLIVEIRA?

There is speculation that Oliveira could face Conor McGregor next, as fans are already guessing McGregor's upcoming opponent online.

UFC 327 PREVIEW

The fight between Jiří Procházka and Carlos Ulberg is one of the most anticipated bouts of 2026. The event will feature two title fights, including Joshua Van vs. Tatsuro Taira for the flyweight title.

UPCOMING FIGHTS IN 2026

UFC Freedom 250, the “White House event,” promises major matchups. Ilia Topuria will face Justin Gaethje, while Alex Pereira moves to heavyweight to fight Ciryl Gane, with a possible title shot against Tom Aspinall next. Other fighters expected on the card include Michael Chandler, Sean O'Malley, and Diego Lopes.





OSCAR FOR THE CZECH REPUBLIC

Written by Nely F. & Kája H.

Oscars are awards for artistic and technical merit in film. The 98th Academy Awards ceremony, presented by the Academy of Motion Picture Arts and Sciences. The 2026 Oscars took place on March 15 at the Dolby Theatre in Hollywood.

The night's top acting honours went to Jessie Buckley for Hamnet and Michael B. Jordan for Sinners. Kate Hawley took home Best Costume Design for Frankenstein, while Mr. Nobody Against Putin claimed Best Documentary Feature Film.



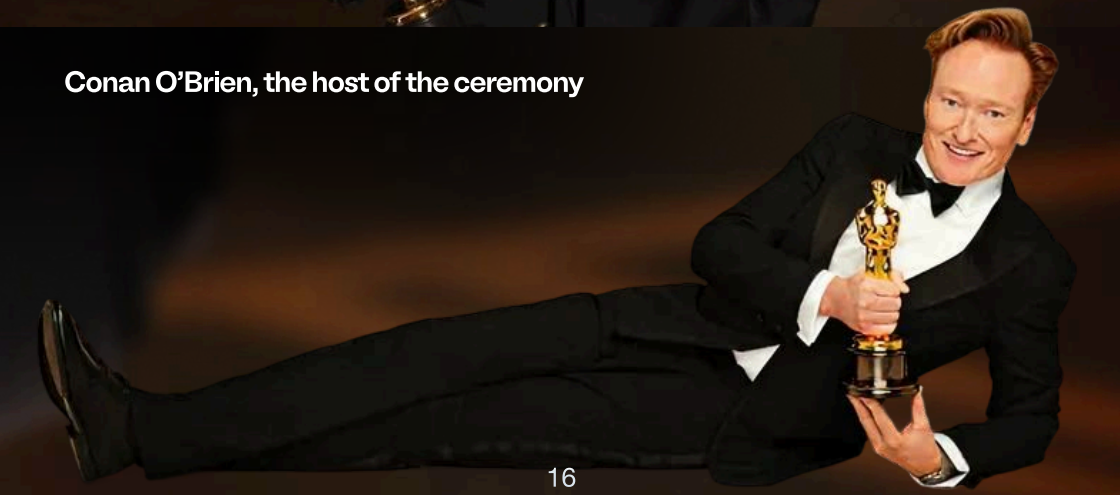
INTERESTING FACT:

At the 98th Academy Awards in 2026, a Czech-Danish co-production rewrote history with the documentary film Mr. Nobody Against Putin, which won the prestigious statuette. The Czech Republic thus celebrates its first-ever success in this category.

In conclusion the Oscars 2026 celebrated the best achievements in the film industry and brought together talented actors, directors and film makers from around the world.



Michael B. Jordan



Conan O'Brien, the host of the ceremony

OUTFIT CHECK

Made by Daniil K.

Video

Daniil

Outfit



WHAT WOULD 👊YOU👊 LIKE TO READ ABOUT IN THE NEXT ISSUE?

Scan & shape the Ressnews

Written by class 2.A

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Designed by Jakub Kraus