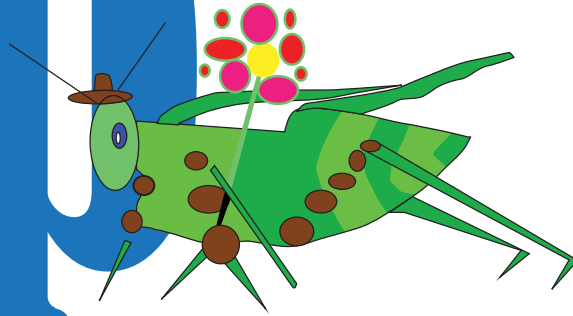


# Filip



Školski časopis učenika OŠ Ivana Filipovića  
Školska godina 2022./2023.  
Broj 1



Tema broja:  
Pjesnički kutak - Likovni Kutak - Biologija - Sportski susreti - Učimo engleski

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IZDAVAČ  
OŠ Ivana Filipovića

GLAVNI I ODGOVORNI UREDNIK  
Učitelj tehničke kulture i  
učenici grupe "Mladi tehničari"

U izradi ovog časopisa sudjelovali su  
učitelji i učenici  
OŠ Ivana Filipovića

FOTOGRAFIJA NASLOVNICE  
Niki Tomeljak 8.a 21/22

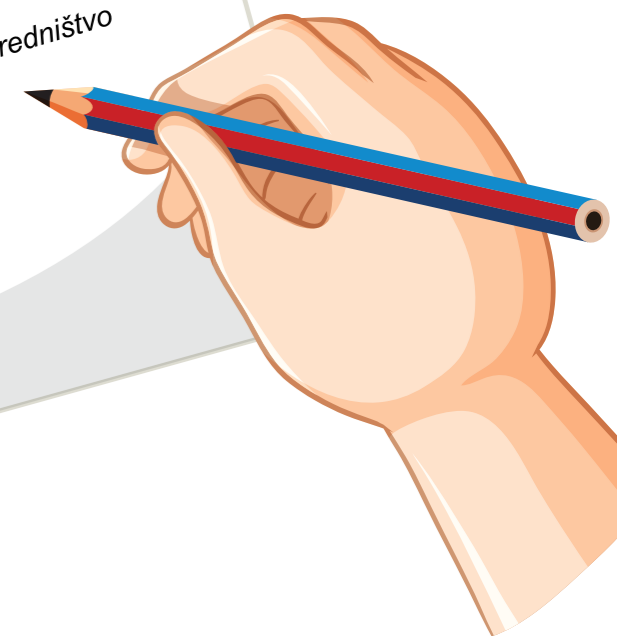
Grafička priprema  
Učitelj tehničke kulture, knjižničar Željko Marušić i  
učenici grupe "Mladi tehničari"

# Riječ urednika

Dragi čitatelji,

Zadovoljstvo mi je predstaviti prvi broj školskog časopisa "Filip" OŠ Ivana Filipovića u digitalnom izdanju kojeg su urednici bivši i sadašnji učenici škole uz vodstvo mentora učitelja tehničke kulture i autori priloga vrijedih učenika i učitelja naše škole bez kojih ne bismo uspjeli. Učenici sudjeluju u izradi časopisa od ideje do realizacije na izvannsastavnim aktivnostima "Mladi tehničari" gdje se prikupljaju radovi učenika, fotografija, obrađuju fotografije i izrađuje prijelom časopisa u digitalnom obliku. Odlučili smo se za digitalno izdanje kako bi časopis bio dostupan svima, ekonomski je isplativiji i ne šteti okolišu. Časopis izlazi dva puta godišnje i nalazi se na web stranicama naše škole.

Voli vas vaše Uredništvo



# Pjesnički kutak

## Volim...

ja volim svoje prijatelje,  
oni su jako dragi.  
Volim i svoje roditelje,  
oni su jako blagi.  
Volim i učiteljice svoje,  
one su najbolje prijateljice  
moje.

Jan Vasiljević 1.B

## Moja ljubav

Sjećam se toga dana  
sjećam se tvoga smijeha  
sjećam se tvogeg lica  
i tvojih slatkih riječi.

Svakog dana vraćaš se  
sretna  
ti me upotpunjuješ,  
i baš zbog toga volim te.

Ti si meni sve  
te tvoje oči  
te tvoje riječi  
meni znače sve,

ta tvoja kosa  
to tvoje lice  
meni znači sve.

Tvoja duša  
taj tvoj osmijeh  
ja stvarno volim te.

Marko Kosorčić 4.B



## Loptica hopsica

Nestala je loptica,  
Lana je sada traži,  
Gdje je ona hopsica?  
Ti joj Lina kaži.  
Eno je pokraj puža,  
sakrila se iza rzža.

Rita Sudarević 1.B

## Slova

Nučila sva sam slova,  
sretna sam do krova,  
pametna ko sova.

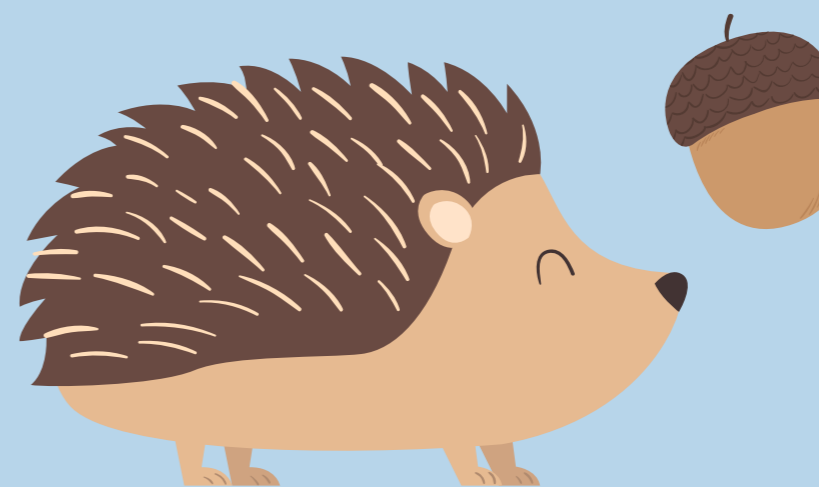
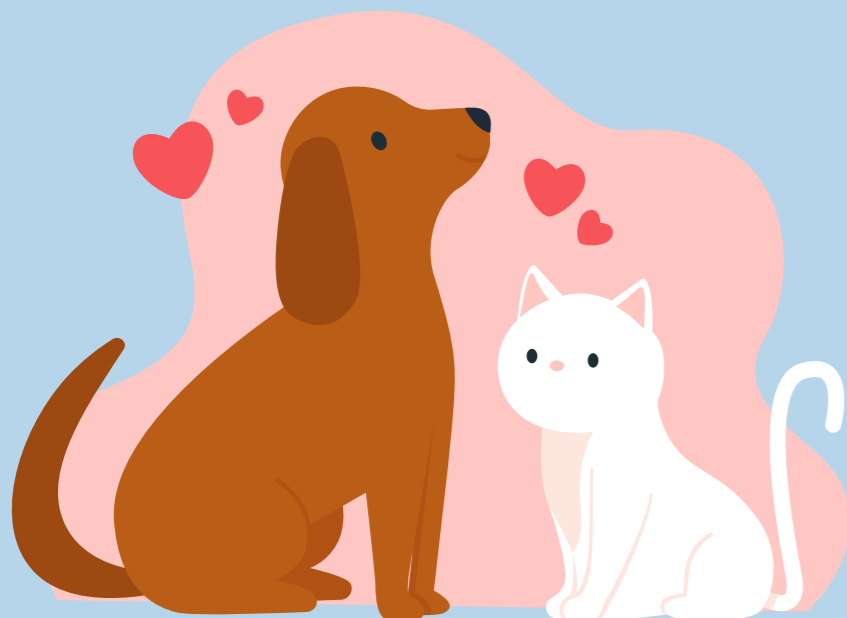
Džana Šahinović 1.B

## Mačka i pas

Najbolji prijatelji su mačka i pas.  
Vole se igrati i čuvati nas.

Prijateljstvo njihovo nema cijene,  
ono će trajati za sve ovo vrijeme.

Paula Dreta 1.B



## Jež ide u školu

U školu jež ide  
čitati naučio nije  
zbog toga suze lije  
ne želi da ga drugi vide.

Kad u školu oppet dođe,  
tuga ga prođe.  
jež čitati zna,  
cijela šuma je ponosna.

Olga Pollak 1.B

## Lutkica

Iva ima lutkicu  
lutkica se smije  
ta igračka je ljepotica  
s kojom dosadno nije.

Elena Širić 1.B

## Hvalisavac

Miš mali puno se hvali  
kako dobro čita,  
a nitko ga ne pita.

Bartol Aras 1.B

## Mala Iva

Iva ima iglicu.  
S njom šiva kapicu.  
A kad joj konca nestane,  
iglica šivati prestane.

Pavle Bergman 1.B

## Dva puža putuju

Krenuli su na put puža dva.  
Jako, jako su se sporo kretala.

Putovali su od zime do ljeta,  
okupljali su se pored tri cvijeta.

Puževi su preprivali cijelo more,  
popeli se u park za puževe gore.

Karla Primorac 1.B

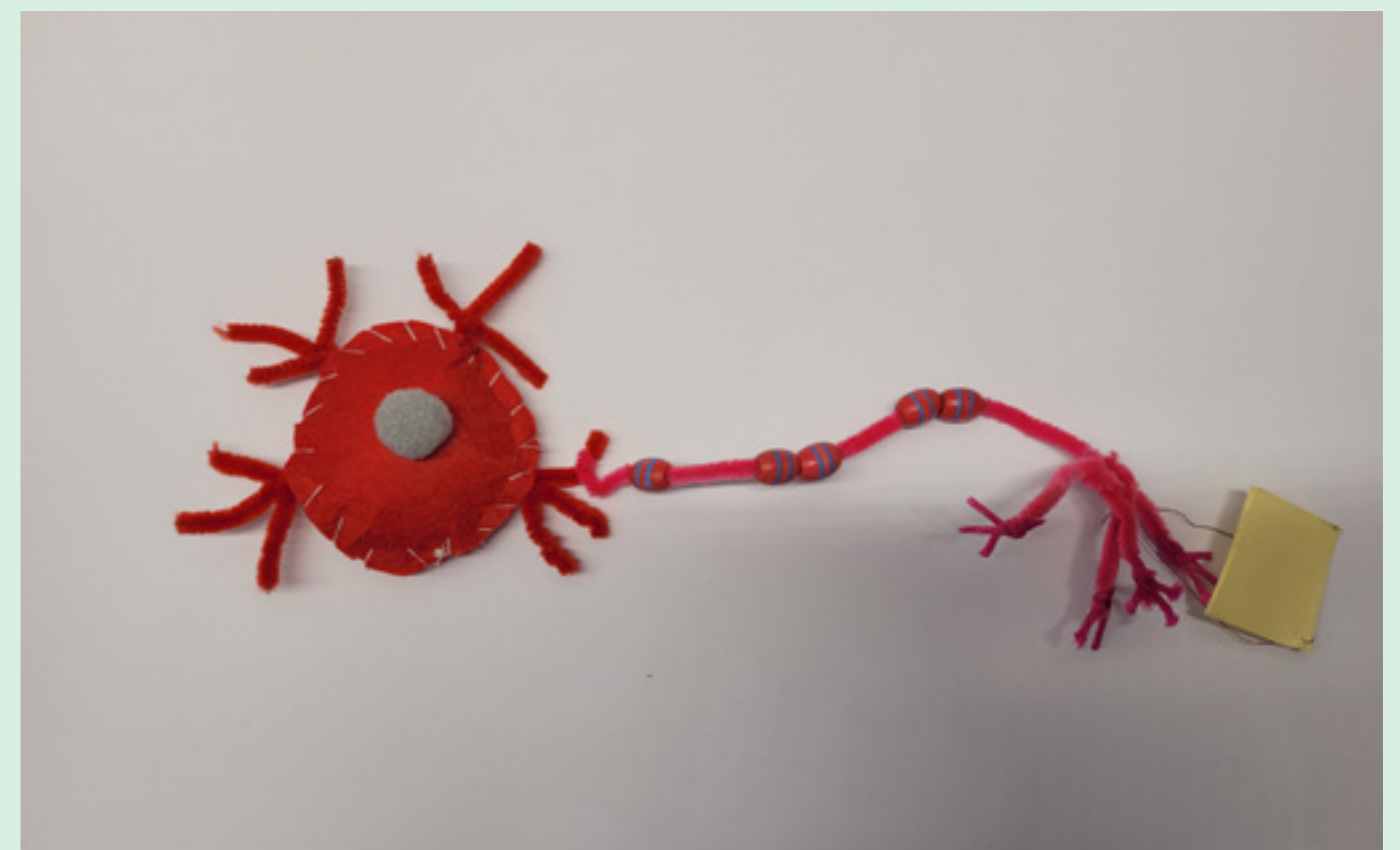
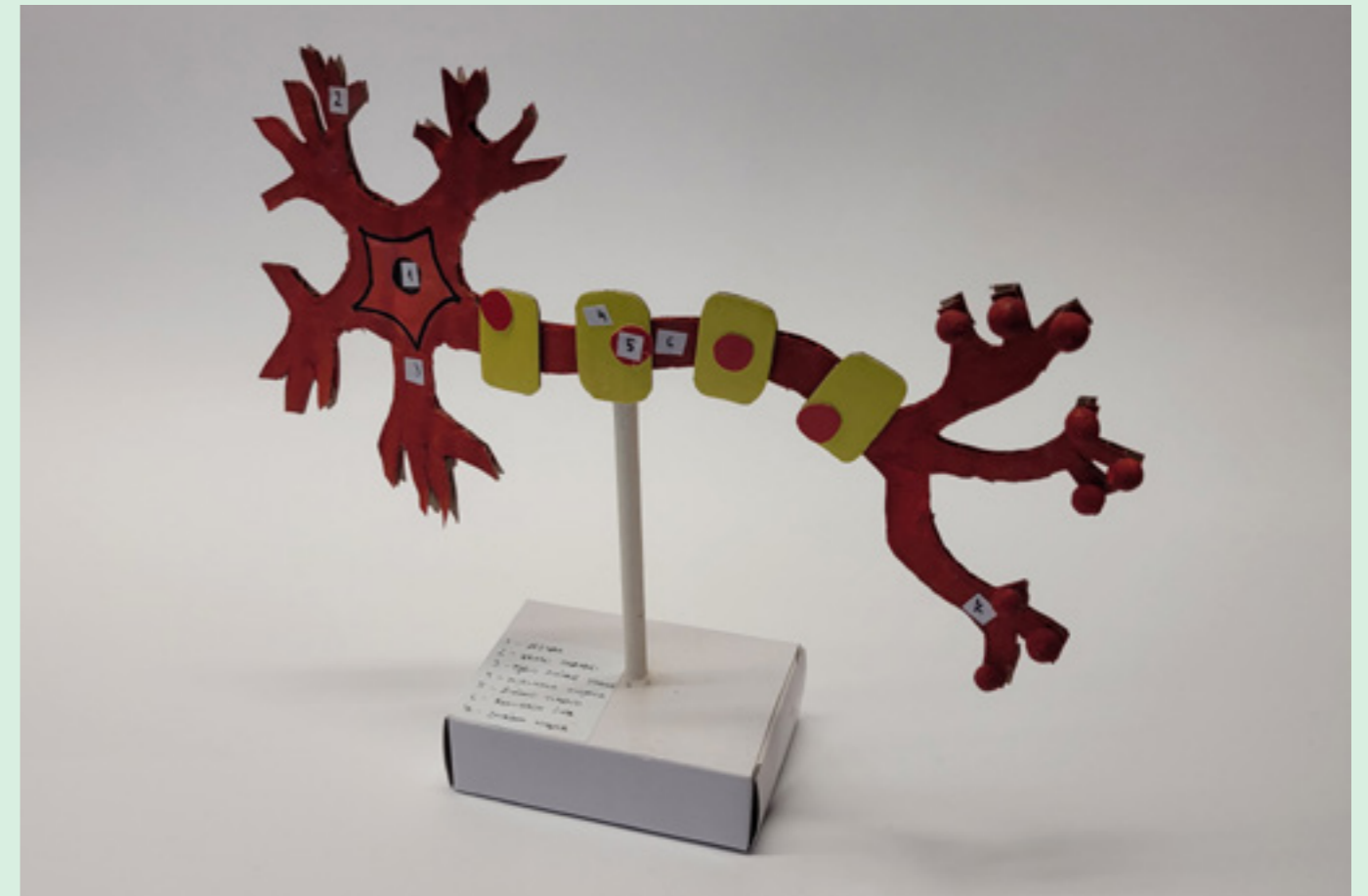




# Biologija



# Model živčane stanice





## Ovisnost o alkoholu

Alkoholizam je stanje kronične ovisnosti o alkoholnim pićima. Manifestira se kroz snažnu želju za konzumiranjem alkoholnih pića, gubitkom kontrole nad tom konzumacijom, povećanom tolerancijom na alkohol te simptomima fizičkog odvikavanja. Alkoholikari su ljudi koji duže vrijeme prekomjerno piju alkoholna pića.

Alkoholizam - eKlinika Ovisnost o alkoholu je težak psihički poremećaj, patološki proces, koji mijenja način na koji mozak funkcionira. Kod djece majki-alkoholičarki je zabilježen cijeli niz malformacija, u daleko češćem slučaju, nego kod djece čije su majke bile ovisne o teškim opojnim drogama. Brojne su i posredne posljedice alkohola u obliku prometnih nesreća, nesreća na radu i povećane stope kriminaliteta s obzirom da je učestala konzumacija alkohola jedan od važnijih kriminogenih faktora. Pijenje velikih količina alkohola u kratkome vremenskom razdoblju može imati i smrtne posljedice.



Alkoholizam štetno djeluje na cijeli organizam. Posebno štetno djeluje i izaziva bolesti jetre, probavila, bubrega i mozga. Konzumacija alkohola uvijek narušava funkcije mozga pa nastaju smetnje održavanja ravnoteže tijela, govora, mišljenja, a smanjuje se i oštrina vida.

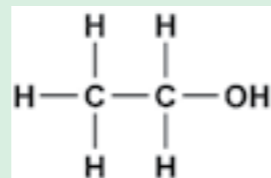
Ovisnost o alkoholu ili alkoholizam je bolest koja uključuje sljedećih šest simptoma:

1. Žudnja – snažna želja ili hitna potreba za pićem

2. Gubitak kontrole – nemogućnost prestanka pijenja jednom kad se s njim započelo
3. Fizička ovisnost – nakon prestanka pijenja javlja se pojačano znojenje, drhtanje, mučnina i drugi poremećaji
4. Tolerancija – potreba za pijenjem sve većih količina alkohola da bi se postiglo odgovarajuće stanje, učinak koji se prije postizao unosom manjih količina alkohola
5. Zanemarivanje obitelji, radnih i drugih obveza i interesa
6. Nastavak pijenja unatoč spoznaji o njegovoj štetnosti

Alkohol po svom molekulskom sastavu i primjeni pripada grani organske kemije. U funkcionalnoj skupini sadrži kisik i vodik, što zajedno čini hiroksilnu skupinu prema kojoj su alkoholi prepoznatljivi, opća formula je R-OH.

Od svih alkohola, u alkoholnim pićima se nalazi etilni alkohol ili etanol. Formula etanola je C<sub>2</sub>H<sub>5</sub>OH. Tekućina snažnog i specifičnog mirisa još poznata kao "špirit" ili prirodni alkohol. Prirodno se dobiva procesom fermentacije (alkoholno vrenje) iz plodova voća i žitarica, glavni mehanizam su enzimi kvašćevih gljivica koji služe kao katalizator. Primjer



sirovina za dobivanje etanola i pića koja nastaju:

- grožđe = vino
- raž, ječam ili kukuruz = viski
- krumpir = votka
- riža = sake
- ječam, pšenica ili hmelj = pivo
- agava = tekila
- šećerna trska = rum.

Magnus Huss je u 19. Stoljeću napravio koncept alkoholizma kao bolesti, kada je prvi put jedno bolešno stanje nazvao alcobolismus. Tek 1952. godine, Svjetska zdravstvena organizacija definirala je alkoholizam kao bolest. Oko 30-40% internističkih bolesnika liječi se zbog alkoholizma, a 30% psihijatrijskih hospitalizacija odnosi se na alkoholičare.



Kažemo kako alkoholizam nije bolest pojedinca, već bolest obitelji, bolest društva. U Hrvatskoj je oko 200 000 do 240 000 alkoholičara, što ispada jedan alkoholičar na 19 stanovnika, a brojka je i veća zbog nemoguće potpune procjene.

Uzroke alkoholizma dijelimo na biološke, psihološke i sociološke čimbenike.

- **Biološki:** prema genetičkim teorijama, koje alkoholizam promatraju kao nasljednu bolest. Razni genski čimbenici dakako utječu i na razlike u reakciji na alkohol, različitu osjetljivost mozga i drugih tjelesnih sustava na alkohol, brzina eliminacije alkohola, stjecanje tolerancije i fizičke ovisnosti.
- **Psihološki:** psihološke teorije gledaju na alkoholizam kao individualni psihološki problem, a socijalni čimbenici mogu imati više ili manje utjecaja na razvoj. Spominje se oralna fiksacija i zastoje u razvoju ličnosti kao glavna obilježja primarnog alkoholizma. Te fiksacije kasnije uzrokuju infantilizam, pojačanu ovisnost, narcisoidnost i pasivnost.
- **Sociološki:** u sociološkom pogledu na alkoholizam razmatraju se pojmovi odnosno teorije poput primarne i sekundarne obitelji alkoholičara, a i vrlo često obiteljski alkoholizam.

Ni jedna od navedenih teorija ne može se isključiti, alkoholizam je izrazito kompleksan problem, stoga iz svake pojedine grane uzročnika sudjeluje barem jedan čimbenik u stvaranju alkoholizma. Alkoholizam nikad nije rezultat samo jednog činioca.

Sklonost alkoholizmu se može vidjeti i po određenim faktorima rizika a to su: spol (muških alkoholičara je 3 do 5 više nego žena), obiteljska sklonost, neke profesije (konobari, pisci, glumci, radnici u tvornicama alkohola), religijski, etnički i geografski (Muslimani i Židovi rijetko piju, Francuzi, Finci i Šveđani piju više) te osobe s nižom razinom serotonina sklonije su alkoholu, također ovisi o razini aktivnosti enzima ADH i ALDH.

Alkoholizam je nastupio, kada je tolerancija na alkoholna pića povećana, kada osoba izgubi kontrolu i svaki put pije do pijanstva – to su sigurni znaci alkoholizma.

Bolest ovisnosti o alkoholu prolazi svoje karakteristične faze:

- **Faza umjerenog pijenja:** faza umjerenog pijenja ili društveno prihvatljivog pijenja je prva faza razvoja alkoholizma
- **Trening faza pijenja:** trening faza pijenja je prijelaz između faze umjerenog pijenja i razvoja ovisnosti. Umjereni pijenje sad prerasta u rizično i štetno pijenje alkohola. Češće pijenje je treniranje i privikavanje organizma na veće količine alkohola, ali još uvijek bez ovisnosti.
- **Faza ovisnosti o alkoholu (alkoholizam):** ovu fazu karakterizira povećanje tolerancije, psihička ovisnost i zloupotreba alkohola.
- **Toksikomanska faza:** Toksikomanska faza razvoja alkoholizma je faza potpune psihičke i fizičke ovisnosti. U njoj dolazi do pada tolerancije na alkohol što znači da je osobi potrebna manja količina alkohola da se opije.



CAGE upitnik (Cut, Annoyed, Guilty, Eye-opener) može dati "na brzinu" procjenu za uočavanje potencijalnog alkoholizma:

- Jeste li se ikada osjećali, da bi trebali smanjiti pijeње?
- Jesu li vas ikada ljudi dosađivali kritiziranjem vašeg pijeња?
- Jeste li se ikada osjećali krivim za svoje pijeње?
- Jeste li se ikada osjećali, da vam piće treba odmah ujutro za smirenje ili za prekinuti dosadu?

Dva odgovora s da upućuju na potencijalni alkoholizam, i potrebna je daljnja provjera.

Osim toga postoje još testovi:

ADDQ – Alcohol Dependence Data Questionnaire (Upitnik za toleranciju na alkohol)

MAST – Michigan Alcohol Screening Test (Test za otkrivanje alkoholizma)

AUDIT – Alcohol Use Disorders Identification Test (Test za identifikaciju poremećaja uzrokovanih alkoholizmom)

PAT – Paddington Alcohol Test (Paddington alkoholni test)

DSM-IV – dijagnoza tolerancije na alcohol.

Iako je konzumacija alkohola dio kulture skoro svakog ljudskog društva, tek s pojavom industrijske revolucije se alkoholizam počeo shvaćati kao ozbiljan zdravstveni, odnosno društveni problem.



To je potaklo stvaranje treznjevačkih pokreta, koji su u nekim slučajevima od vlade ishodile cijeli niz zakonskih i drugih mjera za suzbijanje alkoholizma, od kojih je najpoznatija Prohibicija u SAD-u.

Skupine anonimnih alkoholičara (AA) utemeljene su u Americi oko 1930-tih. Njihova funkcija je pomoć u apstinenciji i napretku u životu. To su zajednice muškaraca i žena koji međusobno izmjenjuju iskustva, snagu i nadu kako bi se riješili ovisnosti o alkoholu.

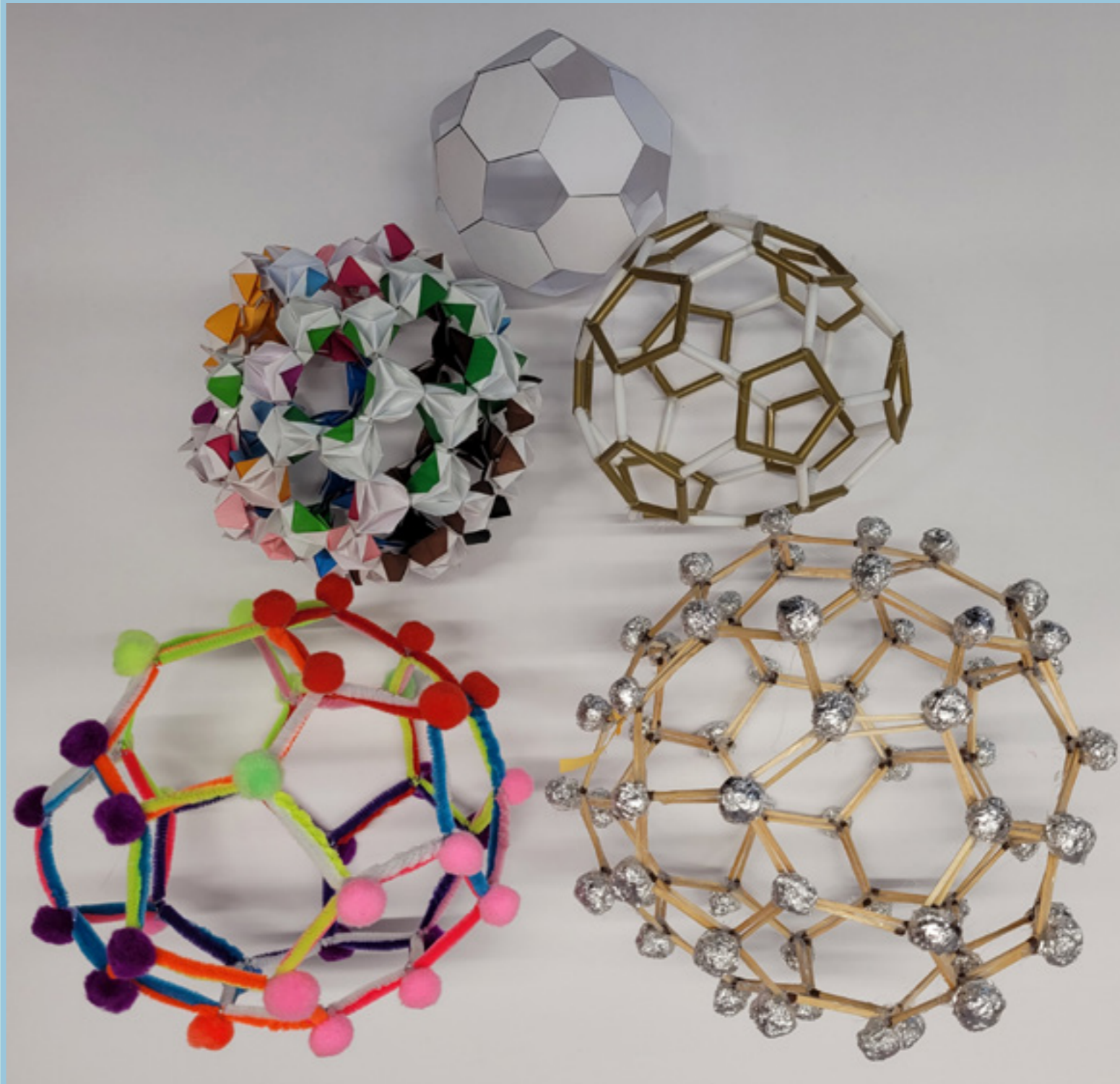
Alkoholizam je ozbiljna bolest koja utječe i na fizičko i na psihičko stanje pojedinca. Osim na samog pojedinca alkoholizam utječe i na obitelj i voljene osobe tog pojedinca. Treba biti jako oprezan s konzumacijom alkohola, a ako to nije moguće, piti ga u umjerenim količinama jer je alkoholičarima potrebna stručna bolest i liječenje. Bolje je biti oprezan i piti manje alkohola nego razviti ovisnost koje se onda teško riješiti.

Lola Ćurin 8.B

## Model DNA



## Kemija



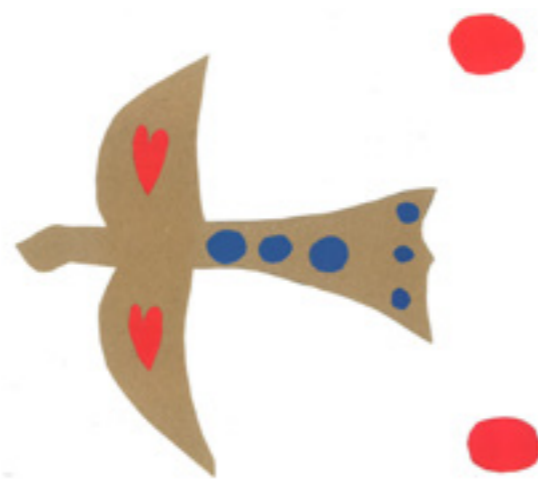
Model strukture fulerena- alotropske modifikacije ugljika



# Likovni kutak



Lana Spicijarić 6.b



Larisa Gaćeša 6.b



Omar Terzić 6.b



Nadia Matačić 6. b



Nika Brbora 8.a



Vite Vrdoljak 7.b



Sara Bujanić 7.b



Mateo Nardeli 8.b



Sara Bujanić 7.b



Asja Mikić 7.b



Antonija Šporer 8.b



## Slikamo kao van Gogh Zvezdana noć/Suncokreti



Mikaella Klesinger, 4.a



Paulina Čipčić-Bragadin, 4.a



Sebastian Mihelić Barbarić, 4.a

## Informatika





## The Seeds of Truth

Once upon a time in the Kingdom far, far away lived an old king who loved nature. He was obsessed with plants. His palace was right next to a big beautiful forest which he often visited, and the inside of his palace looked more like a garden than a palace. He thought that the plants were the most beautiful thing in the world (after his wife, of course) until his children came along. He had two sons, Jonathan and Edward, and three daughters, Daisy, Reese and Amaya, and he loved them more than anything, so he decided to teach them everything he knew about nature. He watched them grow up and then one day he decided it was time for one of them to take over the throne. He called them all into the living room and as they were coming, he thought to himself about how hard the decision he had to make was. He loved them all the same and he couldn't just choose one of them, so he decided to test them. He knew that the next king or queen should be honest and loyal and never lie or hide things from him. He gave every one of his children a pot and a seed and explained everything. He said that he wanted the next king or queen to be just as good with nature as he was. He told them that they would have to grow a plant and come to the living room again in exactly two weeks. Then they would see who grew the biggest plant and that person would be the next king or queen. Little did they know that the seeds he gave them were fake, and no matter how hard they

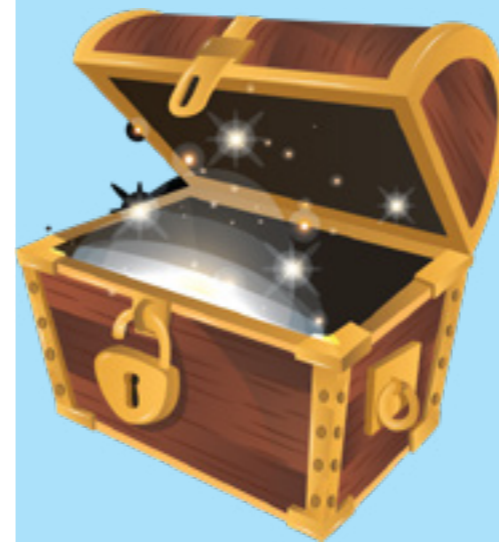
tried, they wouldn't be able to grow anything. They all listened very carefully to what he was saying and when he was done, they all took their pots and seeds and went up to their rooms to plant them. As Jonathan and Edward were about to plant their seeds, they realized that they didn't know how to take good care of a plant when it started growing, and so did Reese and Daisy. The four of them never actually listened to their father's lessons on how to grow plants. Only Amaya did. She knew exactly what she would do with her plant, unlike the rest of them. They all planted their seeds anyway and hoped that their would be the biggest. But after a few days passed and still nothing happened, they started getting worried. Reese, Daisy, Jonathan and Edward were sure they were doing something wrong. But Amaya, who did everything her father said she had to when growing a plant, was confused. She was sad that she wouldn't be the next queen, but she thought she had little chances of taking over the throne since she was the youngest. When Jonathan realized that he didn't have big chances of winning the competition, he decided he had to do something about it. So he bought a new seed and planted it. So did the rest of them. Everyone except Amaya. She didn't want to cheat. Luckily, everyone's plants started growing, and by the time they had to come to the living room for the king to make his decision, they were all really big. When Edward, Daisy, Jonathan and Reese saw Amaya's empty pot, they started laughing at her and said that she would certainly not be the next Queen, but the King told them to stop and show him their pots. After taking a look at everyone's pot, he nodded and they all knew that it was time. "Amaya", he said, "you will be our next queen". They were all shocked. And then they started asking questions. "Father, don't you see she didn't grow anything? How could you choose her over us recent?" The king told them to calm down and explained. "The seeds I gave you all were fake. I knew that you wouldn't be able to grow anything. I wanted to see who would be honest and accept defeat rather than cheat. Only Amaya did that. I'm very disappointed with the rest of you." They all looked really ashamed, but Amaya was happier than ever knowing that she earned the throne by doing the right thing. After that, she ruled the Kingdom for many years and was known as the Great Queen, and the rest of them learned their lesson. They never lied again.



by Antonija Šporer, 8.b

## The Box

This story is about a box unlike any other. This box was never opened, or so we thought. Once upon a time, the world as we know it was created and with it - a box. It was a simple, medium-sized box colored in black. One day the first creature to ever live came to it and used it as a house, but the next day the box was gone. At its next stop, the box encountered first humans. They were scared to open it, so they just left it there where it stood. The next day it was gone and at the next stop it wouldn't move anywhere. The next stop was an unexpected surprise – humans, yet again, but they were different. They had houses to live in them. This surprise wasn't all good. As the humans saw this box, they caught it and buried it deep into the ground. And it hadn't been active since then, but it was active in the stories and myths humans told. For example, the Pandora's box - the box filled with all of evil of the world. Centuries came by and the story of the box was told less and less until it was forgotten forever. One day in Greece there were riots and revolutions, each with their own cause. They destroyed every historical monument in Greece and dug the ground to find treasures of the ancient Greece. They didn't find any. Instead, they found the box, the same one their ancestors buried centuries ago. Suddenly, there was silence. Everyone was looking at this box, scared to open it. So yet again, it stood there for years until someone finally opened it. He was called Zeus as the great God of Lightning. And when he approached the box, it just said "You are the one." Charmed by its power, he came closer and closer to it until he opened it and an unexpected thing came out of it. It wasn't all of evil in the world, but all good and happiness in the world. Bright light was bursting out of the box. It was like a blessing from the gods.



After that moment, everybody was happy and there was no poverty anymore. No wars, no riots, no revolution, just peace. But don't forget they are humans after all, and in humans there is always hatred and jealousy.

by Melkior Midžić, 8.b

## Beyond the Walls

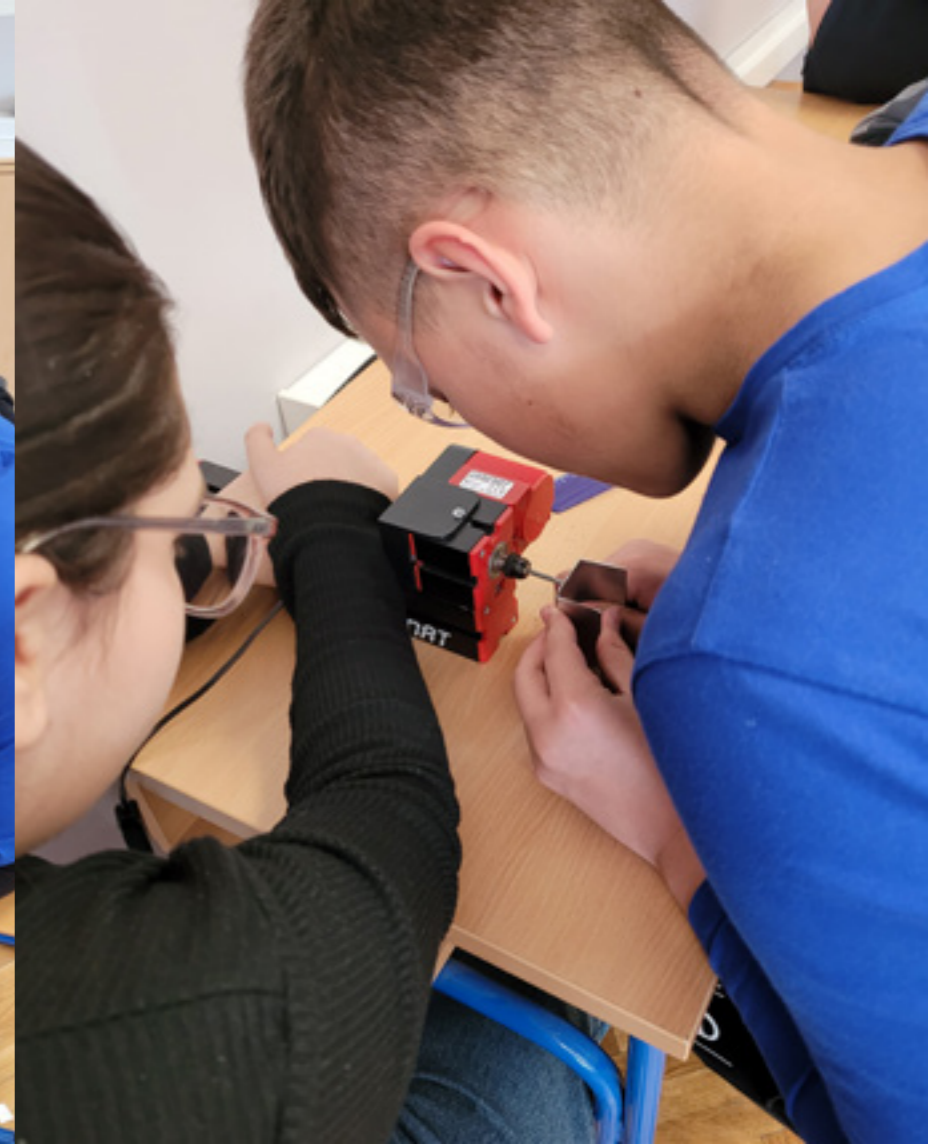
Over the past centuries, humans have been trying to survive among the monsters who craved human flesh. They built a wall 20 metres high to protect themselves. Since then, humanity has been living peacefully within the walls.

Levi and Lily were two 16-year-old teenagers who were very curious. They wanted to go beyond the walls, so one day Lily came to Levi and said: "Let's go beyond the walls tomorrow." Levi couldn't reject her because he loved her. They packed up and escaped. They were finally outside, but it was getting dark, so they set up a tent. Suddenly, a monster came out of nowhere. It started tearing up the tent. Levi and Lily ran as fast as they could. They came across an old castle. It was dusty and creepy. They went to a room with a bed. Out of nowhere, a strange man appeared behind Lily and put a knife to her throat. He had horns and red eyes. What did this man want? The man said his name was Adam with an evil grin. He said: "Haven't you read the sign at the front door? WARNING. CURSED. Anyone who dares enter will suffer." How did we miss the sign, Levi thought. Adam gave them a choice. Go out and get eaten by monsters or play a game. Levi and Lily chose to play the game. Adam snapped his fingers and the doors slammed. He said that the game was simple, survive the night and with that he vanished. Levi and Lily were there, about to go to sleep when they heard scratching at the door. Soon there were noises coming from everywhere and they got louder. Lily and Levi were freaking out. They were hopeless. Levi noticed a note that said "Don't go in the living room ...or do", and Lily said it was the only option. Going to the living room, Levi confessed his love to Lily saying she should know if anything bad happens. Lily said nothing was going to happen and she would marry him once they returned home. Entering the living room, they saw a woman in a white gown sitting. "Can you help us?", Lily asked. The woman smiled and said: "You really think you can escape? Once again, you didn't read the full note." As she was saying that, her voice started cracking and sounded like Adam's. Levi and Lily stood in horror. The woman lunged at them, revealing her razor sharp teeth. The next day Tree lights, group of soldiers who investigate the outside world, found two dead bodies in an old castle. They also found a note that said "Don't go in the living room...or do." And on the other side of the note, it said "You can't win." They identified the bodies as Levi and Lily. To this day, the cause of death is unknown and no one ever dared to step outside the walls again.

by Ema Milavić, 8.b



# Tehnička kultura i mladi tehničari





# Sportski susreti



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