



by the pupils, for the pupils  
April 2019



# In this issue:

- 3. In the News
- 6. The Lego Movie
- 7. Alita: Battle Angel
- 9. Les Gilets Jaunes
- 10. Rotary  
Technology  
Tournament
- 12. President of Malta  
visit
- 13. The Big Bang Fair
- 15. Orthodox Easter  
Interview
- 18. Political  
Correctness
- 20. Medical Burnout
- 23. Terrible Easter  
Jokes



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**With thanks to Mr Kidd,  
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guest writers.**

# In the news...



On Friday 15th March 2019, two mosques in Christchurch (Al Noor Mosque and Linwood Mosque), New Zealand, were wracked with dread, grief and terror as forty-nine people were brutally massacred and another forty-eight were severely wounded. Unfortunately, the death toll has now risen to fifty people. The alleged gunman, Brenton Harrison Tarrant, drove to Al Noor mosque at around 13:40 (00:40 GMT). Using a head-mounted camera, he live-streamed footage of the carnage on Facebook. He parked his car facing Deans Avenue and after choosing a weapon from the armoury in his car's boot, he walked to the building. Upon entering, he fired arbitrarily for around five minutes. Initially, he targeted the men's prayer room but then he also headed towards the women's room. Deafening shots

filled the mosque as the terrorist carried out inhumane acts of violence.

It was sickening. Absolutely horrendous.

The gunman didn't care whether he was destroying the future of innocent children or cutting the strings of their aspirations. He didn't once stop to think that the people he was killing were not just men or women, they were fathers, mothers, husbands, wives, daughters and sons. He murdered mercilessly and destroyed countless families, many of which would never be able to recuperate from this ruthless massacre.



Even after snatching so many lives, the gunman didn't cease his hostility. Instead, he drove a further 5km to the Linwood Mosque and continued relentlessly with his heinous crime. He slaughtered peaceful worshippers who had congregated in the mosques for a noble purpose: to pray. He shot them for what they believed in - a truly obnoxious act of violence. At the Linwood Mosque, Abdul Aziz said that he ran towards Tarrant and, in the resulting chase, the gunman dropped one of his guns. The perpetrator rushed to his car endeavouring to fetch more arms but was bravely prevented by Mr Aziz who hurled the gun towards him, smashing the car window. This petrified the perpetrator and he drove off, shortly after which he was arrested. Police Commissioner Mike Bush described the attacks as a 'very well-planned event.' Arsenals of guns were retrieved from both scenes. Furthermore, the police said that two IEDs (improvised explosive devices) were also discovered in a car and successfully neutralised by the military. New Zealand Prime Minister, Jacinda Ardern, described the massacre as: 'One of New Zealand's

darkest days.' She further assured that her government would discuss gun regulation and gun laws will be reformed to provide more security. 'There will be changes to our gun laws,' she said. In New Zealand, an astonishing number of people own weapons and so there could potentially be an outrage over gun control in the country.

According to a 2017 small arms survey, there are more than 1.2 million firearms among the population of 4.6 million in New Zealand.

A day later, on Saturday 16th March, Brenton Tarrant, 28, appeared in court charged with one count of murder. The alleged, who is an Australian citizen, has been remanded in custody. Minutes before the attack, Brenton Tarrant published a manifesto called 'The Great Replacement' to New Zealand Prime Minister Jacinda Ardern's office in which he outlined his intentions. In the document, he comprehensively wrote about his white-supremacist worldview. In it he says, among many other things, that he wants America to return to racial segregation; he was prepared to die during this attack; he even compared himself to Nelson Mandela and said he expected to



be awarded the Nobel Peace prize. However, the 74-page document did not reference any details of the whereabouts of the attack.

Jacinda Ardern said: 'I was one of more than thirty recipients of the manifesto that was mailed out nine minutes before the attack took place. It did not include a location, it did not include specific details.' She further stated, 'Within two minutes of its receipt, it went to our parliamentary security. The fact that there was an ideological manifesto with extreme views attached to this attack, of course is deeply disturbing.'

Some concerns were addressed by the police commissioner, Mike Bush, regarding the time it took for police to respond to the massacre. He said, 'Officers were at the scene within six minutes of the first emergency call, and armed offenders within ten minutes.' Bush further added that the murderer had been apprehended within thirty-six minutes.

At a news conference, Greg Robertson, chief surgeon at Southern Cross Hospital, Christchurch, said: 'Twelve operating theatres worked through the night, caring for thirty-six patients, ranging from the very

young to the elderly.' He also mentioned that two children injured in the attack had been stabilised.

Mike Bush said that New Zealanders should continue with their daily routines on Monday, however, there would be an augmented number of police officers present in Christchurch 'on the streets, around your businesses, around your schools, and even in the air, right across the country.' The prime minister said that she was seeking advice on whether Mr Tarrant might be deported to Australia, nevertheless, his trial would occur in New Zealand. 'He will certainly face the justice system of New Zealand for the terror attack he has committed here,' she said.

The alleged perpetrator, Brenton Tarrant, is said to appear in court on 5th April 2019. Hopefully, he will be brought to justice soon. My heart aches when such atrocities take place. This devastating event should serve as a lesson to other countries that we must unite to tackle all forms of hatred and prejudice. We must overcome our differences and treat each other with respect.

The tragedy in Christchurch has

not only pushed gun control to the forefront of New Zealand but has also provoked responses from all around the world.

This shooting could have been avoided if there had been tighter regulations regarding gun ownership. Similarly, many other instances that have happened in the past could have also been prevented, for example: the Marjory Stoneman Douglas High School shooting in America.

The United States of America is a country where gun violence is among the most prevalent in the world. So, inevitably, gun control has become one of the most paramount battles of 2019.

Literature is based on our lives and encourages us to think about prominent issues. In the novel 'To Kill a Mockingbird', Atticus imparts meaningful lessons to his children, one of which is regarding guns: 'I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand.' This quotation serves as a firm admonition to any person or group who advocates the possession of guns. One should always remember that the pen is mightier than the sword and bravery is not defined by the

possession of military equipment. The ultimate solution is that guns should be banned. I agree it's easier said than done. But every country in the world, where guns are legal or where fewer restrictions are in place, should strive to formulate a plan which can decrease the number of deaths due to shootings. I urge these countries to devise a solution – a solution that can, once and for all, end this crisis before it's too late.

By Rameen Masood





# Alita: Battle Angel

From 1990 to 1995 there was a Japanese Manga series called Battle Angel Alita. It was adapted into an anime later on and it got some popularity. However, it was nowhere near as popular as other anime running at the time, and it gradually drifted into the shadows of others. One of the anime it was lost behind was Ghost in the Shell which was an insanely popular anime movie at the time. Then, in 2017, Hollywood decided to remake Ghost in the Shell into a live-action and, you guessed it, it was terrible. I was expecting the same sort of thing from this, but, luckily, they more or less got this right.

The story follows Dr Ido, portrayed magnificently by Christoph Waltz, who finds a cyborg's head in the scrapyard that has been dropped from the city above. He gives this cyborg a new body and names her after his dead daughter: Alita. Alita does have a human brain, but remembers nothing of who she was before, so from the offset she seems like a perfectly normal teenage

girl, falling in love and everything. However, as the movie progresses and she meets not-so-nice British cyborgs, her fighting spirit reveals itself and she turns into an absolute badass, revealing that her past self was a warrior.

Alita is played by Roza Salazar, who's never been in anything special before, but this movie very much showed her rising talent because she was simply fantastic (even if Alita's massive eyes were CGI). If you have ever seen an action anime, you will know about the insane and dynamic camera angles they use, and this movie does just that; the fight scenes are breath-taking and stylish with brilliant animation and fluency.

Overall, if you are looking for a romance with a twist (because this is just as much a romance as it is an action film) I would highly recommend going to watch this movie as it is definitely the best live action anime adaption yet.

By Thomas Mann





“There are not many sequels that are as good as or better than their original predecessor. This can be because of numerous reasons, such as they’ve lost their originality or don’t do justice to the original concept. There are only a handful of movies that are of the same quality as the original: Terminator 2 or Deadpool 2 to name a couple. “What about The Lego Movie 2?” you may ask. The short answer, no it’s obviously not as good as the absolutely groundbreaking Lego Movie, but it’s very close.

That not to say it is bad. The plot follows the same protagonist as last time, Emmet (voiced by Chris Pratt), who is the only one still holding on to his optimistic view of the world while everyone else is sad and brooding in the mature and cool way after their city was destroyed by Duplo. Then, everyone that isn’t Emmet is kidnapped and sent to the Duplo world, and Emmet takes it upon himself to go and save them.

The jokes are absolutely hilarious,

and it has some of the most surreal humour and fun that you can possibly get in any movie ever, it being so spectacularly random, with silly jokes for children and Radiohead jokes for grown-ups. No other film can give you skateboarding dinosaurs, a DJ-ing vampire, a ring-bearing banana, an emotionally unstable ice cream cone, three different Wonder Women, and the most unexpected cameos from Supreme Court Justice, Ruth Bader Ginsburg and Bruce Willis. The animation is crisp and brimming with excellence, a great improvement on the last one. There’s more singing which is impressively performed and executed, and a plot twist that I simply did not see coming which is worthy of M. Night Shyamalan.

Overall, the only problem that I saw was that it was just a bit too silly at some points, which took away from the humour, but it is very funny, entertaining and makes you want to go and buy Lego again.

By Thomas Mann



# Les Gilets Jaunes

## Should The Polluter Pay?

Les Gilets Jaunes, 'The Yellow Jackets', is a populist political movement in France, which began in 2018, and which protest for economic justice. Ghislain Coutard brought about the first 'Gilets Jaunes' protests by posting a video on Facebook that went viral, encouraging people to wear yellow jackets to oppose the French President, Emmanuel Macron, and his new fuel tax.

Macron has been put under immense pressure in recent weeks, due to his controversial decision to increase fuel tax, and the uproar it provoked. In response to this, the Gilets Jaunes have started numerous protests and riots, with the ambition of Macron revoking his decision or resigning altogether. Macron proposed an eco-tax rise on fuel in 2018, introduced in January. His slogan being "Make our planet great again", which sounds very familiar to the ideas of the current President of the USA. The plan was to increase gas taxes by 0.029 euros per litre, helping to achieve France's aim to cut carbon emissions by 40% by 2030. In January 2016, fuel was 30 euros per tonne; it was expected to go up to 70 euros per tonne in January 2019. To facilitate Macron's 'Transition

Energetique', 60% of the price of fuel

was to go towards tax.

In a desperate attempt to satisfy the country, changes to the new fuel taxes were made in late November 2018. This included taxing large companies more than others as they wouldn't be as affected by higher tax as the rest of the population. Still, the protests continued weekly and have done for over 15 consecutive weeks now.

They are still holding anti-government protests, with anger towards talk of the government reducing speed on secondary roads to 50mph.

To organise their protests and riots they often use Facebook group chats, called 'angry groups'. The largest group has 1.7 million members, it is called 'Compteur Officiel de Gilets Jaunes'. Methods of protest involve graffiti, particularly on important monuments such as the Arc de Triomph. They also took a more violent approach, smashing shop windows and burning vehicles; often injuring, and in a few cases even causing the death of, other civilians in the process.

By Ellie Goodman and Ellie Moore



# Rotary Technology Tournament

On Thursday the 28th of February, pupils from around Leicestershire came to LGS and participated in the Rotary Technology Tournament. We had three teams from Year 9 along with some other years and our competitors included Oakham, Manor, Uppingham, Ratcliffe and Beauchamp College. No-one knew what the challenge would be - in previous years we had to design bridges or catapults - and as the other schools arrived there was general speculation as to what task we would be given. Some sneak peeks into the hall had been puzzling and a motor was spotted; we would obviously be making a car. We thought.

After some waiting and a short speech, we were able to look at our task. We had to make a crane which could be pushed or pulled around 80 cm and then (operated from that distance) winch a small magnetic weight out of a tube and bring it back to the starting line - without it touching the ground. Having been given all the materials and tools we needed, my team started designing. Each creation would be judged on effectiveness, quality and a portfolio

which needed to be handed in by 12:30 to outline our designs and planning processes. After working out who would do what we set off to start our rather blocky looking crane. Helped along by the odd cookie (and the fact we were missing most of the school day) the teams starting building. We mostly had wood, some dowel, screws, a motor and some long wires. We sorted out our electrics relatively early on, but time was not on our side as our main body was not complete.

The teams had all handed in their portfolios at 12:30 and around St. Nicholas' Hall designs of all shapes and sizes were coming to life. Held together by clever design, glue, screws and willpower many teams had finished their framework and could focus on building the moving parts for their cranes. Aided by the example sheets given to us, the LGS teams attempted to tackle the wiring of the motor which required a reversible switch to lower and tow the weight. The deadline was approaching, and the judges had opened the courses for testing. My team ran into problems with our

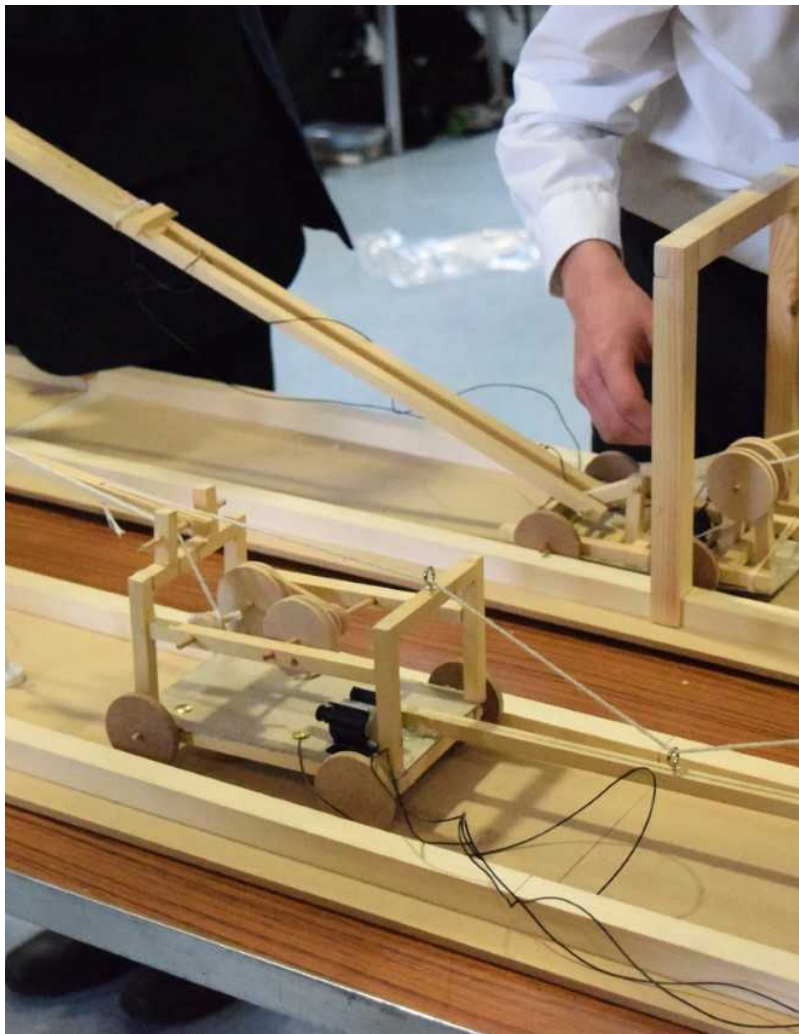
tow, but other teams were flocking to try out their designs. Groans and some cheers came out of those tests. There was certainly a sense of nervousness. When the time for judging came, teams were called up in pairs to test out their designs. One by one, interesting cranes were presented, with some working well, others not so (our team crane falling into the second category). Sometime later the points were announced. For our age group, an LGS team consisting of Liana Brookes, Luke Chandler, Jamie Weare and Poppy Page came third with a spectacular design and model of a working

crane.

The day was full of fun and creativity: opportunities like these spark an interest in many pupils and allow you to have a 'hands on' approach to problem solving.

Thank you to Mrs. Campbell for organizing the tournament with the Leicester Rotary Club.

By Lucas Hoffmann





# President of Malta visit

17th January 2019 was a lovely crisp winter day with the sun shining on the grounds of Leicester Grammar. At around 9.30am, Her Excellency the President of Malta, Dr Marie Louise Coleiro Preca and her entourage arrived at the gates of Leicester Grammar Junior School. The Headmistress of the Junior School, Mrs Rigby, together with other members of staff, were all eagerly waiting to greet Her Excellency to show her around the state-of-the-art facilities within the school complex. The President was able to witness the dedicated teaching that takes place daily within our school. She was then led to the Junior School Library where she was asked relevant questions by the School Council about Malta and her career.

Shortly afterwards, she was greeted by the Acting Headmistress at the Senior School, Mrs Ewington. While walking through the Refectory,

she had opportunity to admire the art work by various Sixth Form Students, who enthusiastically explained the concepts of their pieces of art. Her Excellency then met the A-Level students taking Politics, who had an opportunity to ask her questions about her reasons for following a political career, world politics and the challenges faced in Europe and the UK. She also talked about how she supported charity organisations in Malta to help those disadvantaged in society. The President's final message was to encourage the students not to be afraid to set out to change the world for the better, as she truly believes that young people should feel empowered.

It was a great morning and I feel lucky to have been present for this unique visit. These were certainly an eventful few hours in our school!

By Raquel Berry

# The Big Bang Fair

The Big Bang Fair is a science and technology exhibition. It takes place every two years. This year Leicester Grammar School held their fourth Big Bang Fair, and the best bit is that it's free. The fair took place on Saturday the 9th of February 2019. The event brought science and engineering to life through a huge variety of interactive exhibits and excellent theatre shows.

Visitors of all ages could take part. They could race against Usain Bolt (although it was very unlikely they would beat the fastest sprinter in the world), try key hole surgery with the Medical Mavericks, explore the whole solar system with Warwick University's 360° planetarium, meet meerkats, insects and reptiles with Exotic Zoo, learn about how the police work and much more. Some of the exhibits included: the Rotary Club of Leicester, Emerson, Cadent, British Radio Control Car Association, Essential oils, Schneider, Triumph, FUZE, University of Leicester, PepsiCo, Leicestershire Police, Institution of Mechanical Engineering and many more.

My favourite show was the science show. It took place in room SG4 and Mr Willis and Dr Ainge did amazing demonstrations. The room was packed and there was a huge amount of people at the door as well. In the beginning Dr Ainge dipped a splint into a box of bubbles and put it over a Bunsen burner and the bubbles caught fire and then burst. Next he put a liquid in a water bottle (used in a water dispenser) and put a burning splint inside. It made a satisfying pop and the reaction left drops of water inside the bottle.

Another thing I really enjoyed was the drones flying in C Wing. The contender had to fly through a hoop then a one metre high 'cup tower' then a two metre high stack of boxes. Contenders were given one practice round before the real thing. Sadly, I didn't complete the practice round as my drone kept hitting the walls and when I started the real round it took me at least three minutes to complete the course. When Mrs Sian saw me fly the drone she said: "If you break the drone you are getting me a new one".

So now the pressure was on. Luckily, I returned the drone in one piece and didn't have to buy a new one.

Finally, just as we were leaving I saw the Green Power team were racing mini cars (Scalextric); I had to have a go. The challenge was to see how many laps someone could race the car around the circuit in one minute. If one went too quickly then the car would slide off the track. The highest score was eleven laps. I managed to do eight laps which I think was quite good. The thing that made me laugh was that, in the morning they had five cars and in the afternoon they were on their last one because all the others were broken. All in all, I think it was a very exciting way to spend a Saturday.



By Nishchal Mistry





# Orthodox Easter Interview With DR V.A

## **What are the main differences between Easter in the Orthodox Church and the Western Church in England?**

In Greece we fast, rather than just giving something up, like chocolate. Some people in Greece fast for many weeks during Lent. Progressively, every week, people give up an item in their diet. Usually, people start giving up meat, then fish, then dairy products and then gradually they take away even things like olive oil from their diet. Generally, by Good Friday all that people can eat is fruit and bread. People commune on the Saturday before Easter Day, and then people can eat meat, preferably skewered lamb which is roasted outside, with cheese. Traditionally, you offer it to anyone who is passing by.

## **Why would some say that Easter is the most important event in the Orthodox calendar?**

Although it is beautiful during spring, Easter is a sad and solemn time, when people contemplate and pray, simply because Jesus died for us. That's important for us, because it gives Greeks a model of what we should be doing, following Him, so that we have a chance of being forgiven. In that sense it doesn't really have the false sense of happiness during Christmas.

## **Have Easter traditions changed over the years?**

Greece is a nation where there are specific traditions and customs which still carry on today: in Corfu people still throw clay jugs from their balconies onto the road. Orthodox Easter is the time to visit Greece, because there is so much to experience, like Greek food. Even in England, at the Greek Orthodox Church in Leicester, we keep many of the Orthodox customs. Every year you get to see new Greek people. They all follow Orthodox Easter

traditions. So, no they haven't really changed that much. Perhaps people do not feel as guilty; they're not making young people feel as guilty anymore for eating meat on Good Friday.

### **What do Greeks who practice Orthodox Easter do on the day?**

Well, you dye eggs, as you know. We dye them red with some other colours as well and you can't eat them before Easter Saturday; you take them to the Resurrection Service at 12:00 pm. Then, with the people sitting next to you, the eggs are smashed together and the strongest egg wins - although mine never has! It's good fun. Afterwards, you can eat the dyed eggs throughout the Easter service. Some people do decorate them, for the little children. You also eat a special kind of soup, with intestines in it. I know it sounds horrible but it's quite nice. The problem is, at 12:00 pm and after weeks of fasting, it doesn't make you feel very well. You also have to run home from the church with a lit candle, without letting the flame

go out. Whoever brings the lit candle, containing the holy light from the church, home – and they haven't just used their lighter – will be blessed for the next year.

### **What do you look forward to in the time coming up to Easter?**

This Easter, I am looking forward to the Resurrection Service in the Greek Orthodox Church at 12:00. The difference is that in Leicester, and across the UK, the service is at 02:00, because Greek restaurant owners usually can't go back to the church at 12:00; they have to wait until 02:00. As a result of my children being young for many years, we couldn't go to the service. But the older they are, the easier it is to not miss out on the service.

By Aditya Mathur and Lucas Hoffmann

**Many thanks to Dr. VA**

# Political Correctness

Respected newspapers and websites are hampered by 'Political Correctness'. Being 'Politically Correct' is, by dictionary definition: 'the avoidance of forms of expression or action that are perceived to exclude, marginalize, or insult groups of people who are socially disadvantaged or discriminated against.' In my view, journalists are politically correct so that they can appear morally superior to everyone else.

Because it attempts to combat offence, it means that if you are the opposite, politically incorrect, then you are deemed to be disrespectful and discriminatory. But really, you could be saying something perfectly reasonable.

The first major issue with Political Correctness: it compromises truth. By not being able to speak about specific topics it can leave very serious issues out of the media because of embarrassment and wanting to be politically correct. For example, Germany, in 2015, was hit with many attacks in many major cities of sexual assault, the biggest being in Cologne, a city

with over 1 million inhabitants. That would make it the equivalent of the UK's third largest city. In Cologne, people set fireworks off at the centre of the New Year's Day celebrations, sparking chaos. Subsequently, many people exploited the chaos and robbed people of their mobile phones and personal belongings.

Then came the assaults.

1,606 crimes were committed overall in Cologne alone. 509 were sexually driven including 22 rapes. This involved roughly 1,000 perpetrators, almost all migrants. With these figures, you wonder how the German - and the world - media avoided this issue for 5 days. The German people deserved to know this horrendous truth.

They dodged it because of the issue Europe was facing, migration. They did not want the German people to think that allowing migrants into the country was regrettable. They dodged it because they did not want to be embarrassed by their political choices. But most importantly, they dodged it because they wanted to protect the very



migrants that committed this atrocity.

This is Political Correctness at its height. Would they have done this if the attackers were German nationals? No. Purely because the migrants were a 'minority' the media covered up these attacks. This brings up the second major issue with Political Correctness: it suppresses freedom of the media. Journalists for big, trusted newspapers and websites cannot, because of political correctness, talk negatively about certain issues regarding ethnicity, race and even gender.

The media is so scared of offending people that articles that even mention something negative about race are not published.

Whether on the TV, radio, newspaper or phone, regardless of news source, there are rarely any sort of articles or pieces about race or gender that are negative. Journalists on the BBC rarely write any articles that criticise minorities. This is the finest example of how political correctness suppresses independence of the media. Minorities should not be sacrosanct simply because they are minorities.

The issue of political correctness

has even hit celebrities.

In 2015, Benedict Cumberbatch said that 'coloured' actors in Hollywood had a better chance of getting roles than in the UK. I would say that is a positive statement for Hollywood, showing us that they are helping black actors get roles in films. However, the media did not take this comment lightly, and prioritised the fact that he said 'coloured' instead of black, instead of focusing on his positive message. The BBC considered his comment and wrote: "the word is associated with segregation... on public transport, or at drinking fountains which were described as "coloured-only".

I would happily accept the fact that I am 'coloured', but why won't the media?

I feel sympathy for those caught up in a political correctness debate.

I support them and feel sorry that they will go through such defamation for doing nothing wrong. I am as offended as the next man by hate speech, but people, including the media, should not be hypersensitive.

By Neal Kulkarni

(Any opinions expressed in this article do not in any way, shape or form represent the opinions of the Peacock and the Leicester Grammar Trust)

# Medical Student Memoirs - Burnout

With the year in full swing (and the occasional loop-the-loop), this stage of the term brings its fair share of pressures and deadlines for everyone. It's a time of year where the word "burnout" hovers at the tip of students' tongues - so I thought I might reach out and offer a few words of reflection and support.

I used to see life in a rather simplistic black-and-white patchwork. Not working equated to failure; and the more time spent working, the more success. There was no such thing as too much work when A and A\*s were at stake. Although my views were admittedly on the extreme side, I am sure there are many out there who put immense pressure on themselves to achieve. Whilst investing quality time into your studies can lead to meeting your goals, there is a point where that line hits a maximum. Sometimes, crossing that line can push you into complete physical and mental exhaustion - otherwise known as burnout.

In a society where perfectionism

and competition constantly swirl around us, the quest for perfection can be taken too far. Sometimes it just gets too much; the workload seems unattainably high, it doesn't seem to go away despite your best efforts, and you generally feel sick of it all. Perhaps the most frustrating consequence is the feeling of not being good enough, and this can spark a whole range of damaging behaviours. It can vary from retreating into yourself and losing motivation, or in my case, it can lead to working even harder (a paradox, I know!). Neither of these actions work to resolve the issue, but it's completely understandable why you might find yourself clinging on to last resorts, and lashing out onto these futile actions. Sometimes, you might feel that there is no other option.

That said, there is a solution, and it takes patience to master. This is because burnout creeps up slowly, and so the steps to avoid it have to be small and regular. The key is being able to separate your life into work and rest, and to invest equal effort into both.

I once heard a useful analogy of imagining your workload as a bridge. In times of stress, extra weight is added to the bridge, and this could cause the bridge to break. There are two ways to prevent this - remove some of the weight, or build reinforcements. You can't always reduce how much work you have, but you can choose your approach to it, and to build constructive methods of managing it.

So you may decide to incorporate that extra time to enjoy a hobby - but what about hitting those grades? My years of getting it wrong time and time again have taught me that success is never perfect, and neither are you. The working world doesn't necessarily want someone perfect, but someone who can cope with mistakes and improve as a result. It takes far more resourcefulness to conjure an action plan after failure, than to soar through school having never made a mistake. This doesn't mean that we should give up and deliberately seek failure. It means doing your best, acknowledging that even that may not always be good enough, to live with that knowledge, and to get on with it anyway. The only question you

need to ask is whether you have done your best, not anyone else's. If you don't get everything right this time round, there is always another pathway (it'll just have to be a bit more creative).

So what would I tell adrenaline-fuelled me in the leadup to my final exams? Firstly, I'd say that you are responsible for your own destiny. I like living in the mindset that it's not the world's responsibility to direct me, but my own - and to me, that is more empowering than sitting back and blaming school or society for my shortcomings. If something is lacking, you are in charge of asking for the right resources to help you. But I'd also say that you need to look after yourself before you can push yourself. You are the first person who can be kind to yourself.

Without that self-care, you won't be well enough to work. If it gets hard, learn to rest, not to quit. There is no shame in resting when you need to - so long as that rest is more than mindless procrastination.

In fact, my best grades came from working smarter, not harder. It involved concentrating my hard work into productive sessions, going and doing something completely different, and here's



the key part - not feeling guilty for taking time off. It's not helpful to cheat yourself by scrolling through Netflix when you should be working - so why should you cheat yourself by trying to squeeze more work into your rest time?

At university, this balance has become critical to our development as medical students. Knowing how to relax and when to ask for help is a key part of professional behaviour, and studying hard is only one aspect of being a doctor. In that light – if you do get overwhelmed, firstly acknowledge that stress is not automatically a sign of weakness. Take a nap, go on a run, get out for a little bit, and most importantly, come back stronger. Yes, you do take time away from doing the task, but if doing your best involves taking a little time off, then so be it.

And for goodness' sake, do not hesitate to reach out. You may think it is “stronger” to bottle it up and not say anything, for fear of irritating people, for fear of being a burden – but the most important thing I have learnt is that strength comes from knowing when it is time to talk to someone. Seeking help is what makes

friendships stronger. It's when you see who will really be there for you at your darkest moments. Being seen at your worst is not a sign of weakness, because we are all human and we all burn out sometimes. It's not about how often you break, or how hard, but what you choose to do with it, and choosing to learn and to move forwards.

I would like to thank those people at LGS who added colour to my black-and-white thinking, and to my younger brother for being the most supportive legend I could ever ask for. School has set me up for life – not because it was easy, but because it was hard. Most importantly, my thoughts go out to every student who finds school tough at the moment. That struggle is where you grow the most - but you can choose to look after yourself too.

If I can be of help to anyone, please see Mrs Kendall for my contact details. I would be more than happy to listen, give guidance or just chat about life in the great beyond.

By Maria Hancock

What do you call an egg from  
outer-space?

An “Egg-stra-terrestrial”.

What do you need if your chocolate  
eggs mysteriously go missing  
disappear?

You need an eggs-planation.

What is at the end of Easter?

The letter R.

What do you get if you pour boiling  
water down a rabbit hole?

A hot cross bunny.

What do you call the Easter Bunny  
after a hard day’s work?

Tired.

What happened to the Easter  
Bunny when he misbehaved at  
school?

He was egg-spelled.

What happened to the egg when he was  
tickled too much?

He cracked up.

What do you call a rabbit with fleas?

Bugs bunny.

How do bunnies stay healthy?

They do egg-cersize.



“Easter spells  
out beauty, the  
rare beauty of  
new life.”

- S.D Gordon