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# LEICESTER GRAMMAR SCHOOL

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# In the news...



Two people have died after a bus collided with a lorry that was pulling out of a transport depot at speed on the A47 in Cambridge. The First Eastern Counties bus collided into the trailer of the lorry as it pulled out across the road without signalling. The driver and a passenger on the bus died, with seventeen on the bus also injured. The driver of the lorry was uninjured.

On 5th July the National Health Service will celebrate its 70th birthday. Ever since Aneurin Bevan introduced “Universal Healthcare from the cradle to the grave” in 1948, there has been free healthcare for every British Citizen, no matter how great or grave their condition. Whereas before the war everybody had to pay for any medical attention they required, it is now considered a Human Right. Although many Americans would see our idea of entirely free healthcare for all who need it dangerously communist, there is little doubt that the country would collapse if this great service were to fail.

The budget shop chain Poundworld has entered administration after it was unable to find a buyer. It is just one of many high-street shops, such as Toys-R-US UK and Maplin Electronics Ltd, to collapse this year due to higher price goods and the weak pound.

Preparations are still under way for the exit of the United Kingdom from the European Union at 11pm on 29th March 2019. Although very little is currently known about what the final deal with EU will be, the bill to fully authorise Brexit has successfully passed through both the

Commons and the Lords in the UK, meaning that very little can now be done without a Parliamentary majority to stop Brexit. However, many anti-Brexit Marches have been occurring across the UK, with a large march in London bringing together more than 100,000 campaigners for a second referendum. Their argument is that this country should be able to vote on the final Brexit deal, as so many lies and exaggerations were given in the run up to the original referendum. After all, why should people be expected to make the right decision when they have no idea what the consequences are?



# I am not a feminist

Having taken my time to research a variety of sources, I have chosen to not identify as a feminist - a controversial stance to uphold in the wake of today's third-wave feminist movement. I acknowledge that a refusal to accept feminism may be met with outrage; however, I would be extremely willing to pursue the discussion beyond the printed page and to be receptive to any opinions that differ from my own. I also understand that I have not been able to fully develop every discussion point, that much of my research comes from American feminism, that the meaning of the term is different for everyone, and not everyone who identifies as a feminist will support the aspects I criticise.

## Ideas, not Ideologies

It may seem paradoxical that I agree with the views of several feminists such as Christina Hoff Sommers and Camille Paglia, and that I agree with the message conveyed by Emma Watson in her revolutionary He For She speech at the United Nations. I am grateful for the first and second-wave feminists who have fought for the rights that I enjoy today. However, I support the ideas, and not the ideology, and the identities of the source of those ideas are not of utmost importance. (It could be comparable to agreeing with some Christian teachings, yet not placing Jesus at the forefront of these beliefs. To many, this is not enough to be truly considered a Christian. The same case applies for feminism.)

The opening line of almost any feminist rhetoric will point to the dictionary definition, namely "the advocacy of women's rights on the ground of the equality of the sexes" (Oxford), or "the theory of the

political, economic and social equality of the sexes" (Merriam-Webster). In theory, the vast majority of people would support the equality of the sexes, and it would take a rather interesting argument to actively oppose equality of opportunity in today's modern society. However, an idea is not the same as an ideology. Therefore, it is possible to support equality, whilst criticising an ideology which includes equality as one of its key points.

## Reality, not Theory

I don't think it's controversial to say that philosophically, feminism got it right: All people, regardless of gender, should be afforded the same rights and respect. The problem is that feminism is now more than a philosophy or a group of beliefs. It is, now, also a political movement, a social identity, as well as a set of institutions. Feminism used to be outside the culture. It used to be a way of imagining a different kind of culture, and criticising the one that exists. But somehow in the last decade or so, to me feminism has become another part of the culture. In fact, it has become increasingly apparent that feminism is moving towards an ideological doctrine, which has splintered into too many subcategories - which each place their emphasis upon a different part of that ideology - for the movement to be considered unified.

## A Brief History of Feminism

The first and second waves of feminism can be considered as movements for civil rights - the freedom to vote, the freedom to own property. In particular, 1918 saw the UK's Suffragette movement bringing women the right to vote (1920 in the US), which was

the prime concern of the first wave. From 1970 onwards, the UK Equal Pay Act made it legally obligatory for women to be paid and treated in the same way as men at work (this is similar to, but not the same as the Equal Rights Act in the USA). The second wave also sought to liberate women on the grounds of their reproductive rights, and to link the public with the private aspects of life through the statement “The Personal is Political”. As third-wave feminism washed ashore, it sought to continue pursuing the perceived failures of the first and second waves. As well as enforcing further laws, third-wave campaigns seek to modify social norms and attitudes. More recently, intersectional feminism proposes that ethnicity, religion, class and disability must all be considered alongside gender in order to fight for true equality.

Some would consider the third wave to advance the shortcomings of the second wave, whilst others would deem it redundant or in need of modification in order to be beneficial to society. The main critique of the third wave is that it has moved from uniting all women, to becoming an excuse for self-empowerment, and for the obligatory support of the entire liberal political agenda. This form of feminism speaks out against constraining women into fixed categories, and yet seems to despise people who do not conform to a constraining ideological mould.

## **The Patriarchy and Victimhood**

A major component of feminist academia concerns the patriarchy - the domination of society by men. I would not be so naïve as to deny that many societies in the world today place greater importance upon men than upon women. However, I do not believe the way to resolve this is for women to declare their strength by presenting themselves as victims. Though feminist beliefs are aimed at promoting empowerment, the fixation upon a patriarchy could paradoxically leave some people feeling less empowered. The

patriarchy implies that the power to achieve is apparently not in our hands - it belongs to a global, faceless concept. Rejecting the patriarchy as a defining part of our lives can allow us to regain autonomy and pursue our own goals. It hardly does justice to women under fundamentalist religious law to complain of apparent oppression in Western society with the right to vote, access to free contraception and mandatory education to age 16. Those incredible women that did go on to achieve - Elizabeth Blackwell, Katherine Johnson, Valentina Tereshkova, Malala Yousafzai - went on and did so anyway, regardless of the presence of patriarchy. I find this message far more empowering - that success comes from within, from a personal choice to conquer challenges rather than relying on external conditions being right for you (an individualist approach).

Whilst it may seem that acknowledging patriarchy is the only way to defeat it, overstating women’s vulnerability is not the way to do so. Neither is replacing patriarchy with “matriarchy”, if the feminist ideal of equality is to be achieved. I do not have enough knowledge or experience to suggest the ultimate solution, but all I know is that society is a complicated mix of benefits and burdens for both sexes, and that demonising men is not an effective way to promote social change.

## **Toxic Masculinity and Mansplaining**

Feminism attempts to put an end to assigning certain traits to people simply because of their gender. By definition, the movement is supposed to be about not putting down any particular gender. But paradoxically, this is the very basis of terms such as mansplaining, maninterrupting and bropropriation. I am certain that it is not only men who are guilty of this; addressing someone condescendingly is a human flaw, not a male flaw. Surely, it is logical to assume that the way to a less sexist



society is not by increasing sexism towards men. It seems that these terms are widening the divide between the sexes, rather than unifying them.

### Female Oppression in Mainstream Media

In her second book *Living Dolls*, feminist author Natasha Walter highlights the pressure upon women to submit to the doll-like figures portrayed by mainstream magazines, and that the over-sexualisation of the female body in the media is hindering progress towards gender equality.

This can be countered by taking an individualist approach (advocated by Judge Judy, for example). This is where the individual is responsible for their own successes and failures, and should not rely on external validation to find internal happiness. It is tragic that the unattainable beauty standards portrayed by today's media have such a damaging impact upon wellbeing (especially of young people); this is a serious issue which must be talked about and addressed. However, it cannot be resolved from solely the media's perspective. If empowerment comes from the self, then the media should have far less power in determining our self-perception. It is equally about the individual's response to external stimuli, and how much of an impact external conditions should have upon self-image.

### A Global Issue

The feminism that pervades mainstream media is an example of parochialism - where the small aspects of an issue are magnified, rather than prioritising the wider context. We seem to hear far more about workplace microaggressions, the Western "rape culture" and the sins of men (mansplaining, maninterrupting, manspreading) than we do about male suicide rates, or the twelve million girls under 18 who are married as child brides each year. It is easy to dismiss these with "more women attempt suicide" or "child

marriage isn't so common in the West", which effectively dismisses the original problems - which still do exist, and which still need to be solved for true "equality of the sexes" to be achieved globally.

### Society is not a chessboard

Whilst I do agree that there is a difference between our rights on paper and the way we are treated in society, the same argument can be applied to the definition of feminism and the way it is acted upon in Western society. Underpinning every civil debate is the principle that there is no singular truth, and there is no one pathway to arrive at that truth. Not identifying as a feminist does not mean I am against equal rights; it's not a black-and-white choice between "feminism" and "misogyny". It is not the principle, or underlying belief that I criticise, but the ideological nature, political agendas and paradoxical actions that the movement has become associated with. Though my support of gender equity (equality of opportunity) may be labelled by others as feminist by definition, or that I cannot hold these views without being a feminist, that is only the case in their eyes - and not in mine.

There is often the impression that the title of feminist is necessary to support gender equality, but I do not believe this is so. Inequality is not an issue concerning gender alone; therefore, feminism cannot have a monopoly on gender equality. I absolutely respect that many people choose to express their beliefs in equality through identifying as a feminist. I simply believe that it is not the way of expression that works for everyone.

Maria Hancock

# At the cinema

## Avengers: Infinity War

There are few things that can be done to absolute perfection, and it is nearly impossible for anyone to reach this level of success. However, it can be done. 'Avengers: Infinity War' is the third Avengers movie of the Marvel franchise, and it does not follow the rule that sequels are rubbish in any way.

Avengers: Infinity War follows the story of a power-hungry, mad Titan called Thanos, who sets out to collect the six Infinity Stones: Time, Space, Power, Reality, Mind and Soul, each one a 'singularity' of the universe. Together, these stones form, collectively, the universe and give their wielder the power over each stone's namesake.

This movie involves all of the (living) super heroes that have appeared so far, and it manages to give each one, protagonist or supporting, enough screen time to make them important. The action was engaging, easy to follow and exciting to watch, as it was super power versus super power, not just super power versus thugs. It has some nice little cameos and character reveals in it, one of which is particularly significant. It's got some comedy in it, as well as emotional attributes which are all handled well.

Thanos is one of the most fleshed-out and developed villains I have ever seen, and you can see just how much he is willing to sacrifice to complete his genocidal goals. Overall, if you are a starter to Marvel, don't go and see this yet, but if you're anyone else, 3-D the hell out of it!

(P.S. Stay for the very end of the credits, and if you're versed in the comics, you should know what this entails...)

## Solo: A Star Wars Story

'Solo', as I'm sure you know, follows the story of a young Han Solo, who escapes his home planet in search of adventure and the chance to be a pilot, promising to come back for his lady friend. Then, three years later, he finds himself in the Empire, meets Chewie, and becomes a member of a criminal gang who must repay a very large debt to Paul Bettany's character, Dryden Vos.

This film isn't necessarily bad, but just isn't very exciting. The action sequences are alright, but they just seem to be a repeated sequence of shooting, only in different locations, and overall as lacklustre as the talking bits. There was some romance in the film, because it's Star Wars, which was actually done to a degree of decency. However, behind all the outlaw and escaping justice ordeal, it still levels out as a Star Wars movie and is recognisable as such. It is thrilling, action-packed and exciting, just like all other Star Wars films (apart from 'The Phantom Menace') but what takes away from it is that you know none of the important people are going to die, because they are in later films (this is set before 'A New Hope'). It also completes the circle of the film franchise and the cartoons, and if you have seen the cartoons then you'll know what I mean. Overall, 'Solo' is a film you should go and see because it is a Star Wars film, not because it is an action/adventure film as overall it is quite underwhelming.

Thomas Mann

# *The Internet*

The internet has many advantages and disadvantages. It has led to the development of many businesses and the destruction of others. Teenagers' lives centre around the internet, in particular social media. Some spend every waking moment on it, others forget it exists. The internet's abilities are limitless; it can do just about everything. So, it isn't surprising that it has such high use worldwide! Whilst opinions on it vary, more people use it than not. The issue is whether it is used for good or evil.

The internet is now the main use of marketing and advertising worldwide. It helps to promote growing online businesses. However, it has led to the closing down of many small retailers on the high street. Why would you go all the way into town, when everything you need is at the touch of a button? It saves time and, more often than not, money. Without the expense of a shop, items on the internet are far cheaper and small shops simply can't compete. For the consumer, it's an excellent way to get what you need quickly and at a low price.

There are lots of useful educational apps out there and, whilst I'm sure they are not the most used app on your phone, they are popular. Language apps are an excellent way to learn, especially for those of us who learn orally. So, this improves learning, therefore increasing grades, which means better lives.

I'm sure if children could see the days before the internet, they would be horrified. You're doing homework, you need to look something up? Off to the library we go! It would take ten times as long, and the range of information would be much smaller. How did you cope? Well, you didn't know any different, but now we do. If we asked everyone, "If you could banish the internet, would you?" I have a good suspicion the answer would be, "No Way!" The internet does things that we are incapable of doing, even my maths teacher isn't a human calculator, though he may disagree.

Whether we acknowledge this fact or not, we are all reliant on the internet for our daily life, whether it's for work or entertainment.

"Social media will be the death of our society." I've heard my grandparents say that more than a few times. I'm sure many of your elderly relatives have similar views. My view, they are stuck in their ways and are refusing to try something new. That, or they simply can't figure out how the "damn thing" works. However, once explaining it to them far more times than should

have been necessary, they understand. Of course, when my grandmother started posting my childhood photos on Facebook, I immediately regretted my decision! Many dislike social media as it has stopped many things like "good old letters". Guess what?! You can still send a letter if you wish, there's nothing stopping you. But think about the time you could save by just dropping them an email: you write the letter, get a stamp, walk to the post box, wait for it to be mailed. It's a waste of time and money, so the only thing stopping you is your own common sense. Our lives have become more efficient and the time we save can be used for our enjoyment.

So, what are the dangers of the internet? First and foremost, is cyber bullying. Many wish to hide behind a screen making nasty comments, upsetting a person no end. It's cruel, but children can be cruel. You must ask yourself, would you rather spend every school day being hit and beaten up, or go home and simply close your phone or block them. At least that way you can try to close them out; you can keep some control, whereas, at school, you have no choice, no control. I know which one I would rather.

Dating apps have helped thousands find love, bringing people from all over the country together. It matches people on compatibility, which night clubs in the city centre certainly don't do. It allows people a better chance at finding a partner, especially at an older age, when it is hard to meet single people. They are extremely popular, and the amount of users is growing by the hour, improving the lives of thousands.

The internet is full of wonders and possibilities and, whilst there may be some dangers, in my opinion the good by far outweighs the bad. The internet has led to mass globalisation and has improved the way we think and function as a society. I can't speak for everyone but, for me, I know that the internet has improved my life, and will continue to do so in the future. It allows me to work from home and still have communication with teachers. Whilst I'm sure I could send them a letter, I have a hunch that many wouldn't be keen on handing out their address to a class full of students, who would happily pull a few pranks on them. Still not a fan of the internet? The solution is simple, don't use it. However, I leave you with one final question: why limit yourself, when the internet's possibilities are endless?

Ellie Moore



The internet is an amazing tool. But I believe that it has not “improved the way we function as a society”, and neither does it have endless possibilities. In fact, I believe it will be the death of our society.

Firstly, I strongly disagree with the statement “The internet has improved the way we think and function as a society”. This is because I believe it has done the exact opposite. Yes, it could be argued that it is easier to communicate instantly, or send a photo to the other side of the world, but I also believe that the internet is destroying something that our democratic society relies so much upon: healthy debate and face to face communication.

If you disagree with someone, you should be able to express that to them, and you should be able to explain your point of view to them, in the hope of persuading them your cause is better than theirs. However, I do not believe that, when someone says they disagree with you, you should be able to press the block button and ignore their opinion altogether. The rise of social media is slowly giving way to closed communications, where, if I disagree with you, I don't listen to you, until everybody only communicates with people who share their view, which I believe stops our democracy functioning.

The internet has also led to the rise of fake news and increased dissemination of propaganda, as people are far more likely to believe a fact or statistic if it is on the internet. To quote Donald Trump, “Everything I know is from the internet”. From a man as arrogant and closed-minded as Donald, this quotation proves that he believes what he reads online and so is easily influenced by it. He is the Leader of the Free World. Need I mention the Cambridge Analytica scandal, which arguably swung the US election and Brexit vote?

The other essay argued that cyber bullying is not

as bad as physical bullying, which is something I also strongly disagree with. What the essay does not take into account is that physical bullying stops when you get away from the person, like going home. The essay argues that you could block them, but it does not take into account the fact that social media is, in itself, designed to be addictive. The human brain has a constant desire to “refresh”, and, even if the results of that refresh aren't good, the brain constantly wants to know what is being said to or about it.

The internet is addictive. Once you start browsing or watching funny videos, it is very, very difficult to stop. Because the amount of content on the internet is essentially endless, so is the amount of time you can spend looking at it. There are 4.54 billion pages on the internet. It would take 23.8 million years to read the entire internet, and that does not include watching any videos. The internet has infinite resources; it is infinitely addictive.

Although I am a daily user of the internet, and it is something that I would struggle to live without, I do not believe, in the end, it will benefit society. It makes it easier to be anonymous, easier to spread misinformation, easier to bully people remotely. It stops people communicating face to face, or having a good old argument about the state of the modern world. It allows people to only communicate with people who share their exact same opinions, and that is why I think the internet could be the downfall of our society. Since the beginning of humanity, our societies have relied on disagreement and debate, so as to benefit the society as a whole. As Voltaire allegedly said, “I disagree with what you say, but I will defend to the grave your right to say it”. Society should embrace diversity, not endlessly echo the same ideas.

William Wale

# An interview with Miss Alcoat

1. How would you describe your role?

I'm the Senior House Coordinator and the Head of House for Masters.

The role is about encouraging pupils to get involved in House activities and organising those activities. This makes it sound very simple! But obviously there are a lot of events across the year and with so many people involved it can be quite challenging.

2. What made you want to be Senior House Coordinator?

At the last school I worked at they had a very strong House system that really inspired me. I felt I wanted to try and bring some of that energy and enthusiasm here.

3. How have you found your first year in this position?

It has been a year of "firsts", but I've really enjoyed it and think it's mostly gone well.

4. What have been the most challenging parts of your role?

Trying to fill teams! It's a cliché, but taking part really counts and it can be difficult when pupils are apathetic to House events.

5. What have been the best/most enjoyable parts of your role?

I love watching House events. I remember watching Senior General Knowledge with Mr Radford and Judges and Masters were neck and neck, taking it in turns to pull ahead, and it was so exciting! The other Heads of Houses are actually really competitive too and I think it's really great.

6. Which competition is your favourite?

I love House Drama. I think it's a great opportunity for pupils to do something they might not normally do and to just have some fun! The energy and nervous excitement just before performing is awesome!

7. What was your single favourite moment from the whole year?

I think the House meeting just before Christmas was my favourite moment, as after a term of hectic organisation and events I began to see that it was worth it. When the pupils started clapping and cheering for the points as they were announced I was really happy.

8. What do you feel is the greatest achievement you have made during this year?

Introducing daytime performances of House Drama as well as the evening. I think it's great for more pupils to see House Drama, so I was pleased to be able to get the lower years out of lessons and into St Nic's for the performances.

9. Are there any changes you want to make for next year?

I'm always open to suggestion and am currently thinking about adding a couple things and tweaking others. All will be revealed in September!

10. Is there any conflict between being head of Masters house and Senior House Coordinator?

I don't think so, but as I count up the points from the different competitions I do have to be fair and honest. I sometimes have to remind myself to not be too biased when running House Meetings! All of the Houses have really talented and enthusiastic pupils, and I think it's healthy to be competitive and to care about winning.

By Sarah Inchley

# 2017/18 Premier League

The 2017/18 Premier League season has ended. In my opinion, and in many others', I think this has been one of the best Premier League seasons ever. There was drama for qualifying to have a place in European competitions and teams desperately fighting for survival in the bottom half of the table.

Manchester City won the League, breaking a record achieving this. This was scoring the most goals in a Premier League season (106). They also earned an incredible 100 points. They were crowned Champions on 16th April following Man United's 1-0 defeat to West Brom.

Swansea, Stoke and West Brom will play in the Championship next season. Stoke were relegated first, after losing 2-1 to Crystal Palace. Next in line were West Brom, after multiple losses meant they could not stay in the League. Swansea were then confirmed down after their 1-0 loss to Southampton.

Leicester finished a satisfactory ninth place, earning a total of 47 points. Harry Maguire earned Player of the Season, with Wilfred Ndidi scooping Young Player of the Year. Jamie Vardy finished Top Scorer, picking up 23 goals. Their performance before November was disappointing, with them only picking up 6 points with Craig Shakespeare. Performances with Claude Puel were on and off, with them unable to play in Europe next season after being inconsistent throughout the year.

Mohamed Salah was named Premier League Player of the Season after impressing throughout. He scored 32 to earn him the Golden Boot and a record of the most goals in a Premier League campaign. Leroy Sane scooped Premier League Young Player of the Season, after many excellent performances.

The F.A. Cup Final was a rather dull end to a rather exciting competition, with Chelsea scoring the only goal of the match – a penalty. (There was more excitement of the pitch when Abramovich was refused an entry visa but that's another story...)

Overall, this season has been one of the best I have ever seen and I look forward to the next.

Tom S Ellis

# The 2018 FIFA World Cup

The 2018 FIFA World Cup will kick off on Thursday 14th June. It will be held in Russia across 11 different cities in 12 different stadiums. The first match that will take place will be hosts Russia taking on Saudi Arabia. This will be held in the Luzhniki Stadium in Moscow.

This World Cup promises to be an exciting and even an entertaining one. It has many huge footballing superpowers whose aim is to lift the trophy. It also has underdogs who fought hard to reach the tournament. Panama will enjoy this as their first, as they played with determination to reach the World Cup, thanks to a last-minute goal from their heroic captain Roman Torres in their final World Cup qualifier against Costa Rica. England play in Group G with Panama, Belgium and Tunisia. Their first match will be them taking on Tunisia. It will take place on Monday 18th June in the Volgograd Stadium in Volgograd. Depending on where England finish in their group, it is predicted that their glory will end in the quarter-finals. It is also predicted that Captain Harry Kane will become England's top scorer. People also think he has a chance of winning the golden boot if England are successful in their matches.

10 Leicester City players have been selected for various international squads. Jamie Vardy and Harry Maguire have both been selected for England. It is likely that Maguire will start in England's first game against Tunisia. Leicester trio Kelechi Iheanacho, Ahmed Musa and Wilfred Ndidi have been picked for Nigeria, with all three of them likely to start most games. Adrien Silva and new signing Ricardo Pereira (who arrived for an undisclosed fee from Porto) are likely to feature in the Portugal squad.

Overall I'm looking forward to seeing this World Cup and I hope that there will be even more thrills than the last one.

Tom S Ellis



# Summer book recommendations

## ***Who Let the Gods Out – Maz Evans***

When Virgo, a constellation, crashes through the roof of Elliot's cowshed, they accidentally release Thanatos, the Daemon of Death. Elliot and Virgo seek help from the Gods, hoping for a powerful Zeus and majestic Pegasus, but it doesn't quite turn out the way they want...

Years 7-9

## ***Rose – Holly Webb***

Rose senses that she is not quite normal, and when she leaves the orphanage to work at the King's magician and famous alchemist's house, her talents are revealed. Freddie, and apprentice to the magician, Gus the magic cat and Rose have to overthrow an evil witch with a dastardly plan...

Year 7-8

## ***Alice-Miranda – Jacqueline Harvey***

When Alice-Miranda Highton-Smith-Kennington-Jones goes to Winchesterfield-Downsfordvale Academy for Proper Young Ladies, she finds that the school isn't quite as she expected. Miss Grimm, the headmistress, has not been seen for ten years. Alice-Miranda has to complete a set of difficult tests, so that she can stay at the school.

Year 7

## ***Model Undercover – A Crime of Fashion – Carina Axelsson***

When Axelle goes over to France, because her mum wants her to work as an assistant to a famous fashion magazine editor, she suddenly finds herself in a world of detectives. Belle La Lune, a famous fashion designer suddenly disappeared a week before her show and Axelle has to find her quickly. Who kidnapped Belle, and how will it all turn out...?

Years 7-8

## ***Truckers – The first book of the Nomes – Terry Pratchett***

When Masklin and all of the nomes from the Outside leave to go and live under the floorboards of a large Department Store, they bring bad news to the nomes who live there and have never been Outside. The Store is closing down and they have to leave...

Year 7-8

### ***Once – Morris Gleitzman***

Once Felix, a Jewish boy, escaped from an orphanage to find his parents after he discovers a whole carrot in his soup. That must've been a sign from mum and dad that they were coming for him. On his adventure Felix comes across some of the few surviving Jews left in Poland during the Second World War and makes a few friends. But he doesn't know how many of those friends he could lose...

Year 7-8

### ***Girl Missing – Sophie McKenzie***

Lauren Matthews has been adopted. She is perfectly happy with her life, until one day she finds a face that looks remarkably like hers on a list of missing children. Having been denied all information about her past, Lauren becomes determined to find her real parents and decides to run off to America with her friend Jam. However, she finds out that the world is a dangerous place, and people aren't always who they seem to be...

Year 7-8

### ***A Murder Most Unladylike – Robin Stevens***

Daisy Wells and Hazel Wong have formed a Detective Society at Deepdean school. As third formers, they know that no-one will take them seriously, but nevertheless, they decide to investigate another case when Hazel discovers a disturbing sight on the floor on the gym. Together, Hazel and Daisy try to solve this unique mystery, but not all is as it seems...

Year 7

### ***Wonder – R. J. Palacio***

August Pullman has never been to school because of his condition, a genetic facial disfigurement. August's parents decide that it might be time for him to go to school, but August is not so sure. With his condition, August becomes a victim for the bullies in school, yet he still manages to make a few friends. But, as everyone knows, true friends are hard to find...

Year 7-8

### ***Ruby Redfort – Look Into my Eyes – Lauren Child***

Ruby seems like an ordinary girl, but she's not. She can crack any code or riddle that comes her way, and if it wasn't for her attitude she would be every teachers' pet. So, when Spectrum 8 – a secret agency – needs a new code cracker, she is the person they turn to. Ruby makes some more friends, she makes some more enemies and she breaks a lot of rules, which she doesn't think much of, until she realises that if she had followed Rule no. 1, she might not have found herself in a life-threatening situation...

Year 7

By Dorothea Shipley and Vidhi Thakor

# Health and Wellbeing

Use the break to take a break

You hear it a lot, the frequent push towards being mindful. It may seem like nagging, a broken record repeating the same message, but mindfulness has so many benefits to mental health. Just consider this: the academic year is coming to an end, a year brimming with a considerable amount of stress, and as the holidays begin you can finally take the chance to relax. To make the most of the break, mindfulness is one way in which you can 'recharge'.

Mindfulness is defined as 'a mental state achieved by focusing one's awareness on the present moment'; it is a really simple way of relieving stress and clearing the mind of burdening thoughts. Living in the present allows one a fresh awareness of small things taken for granted and to set aside any regret, stress or anticipation.

It can be confusing to begin with: how are you supposed to be mindful? So, here's my simple how-to guide on mindfulness and 'recharging' for the summer.

## 1. Don't pick up the phone!

Before you stop reading, hear me out. I know you may be constantly badgered at for being on your phone but the truth is you do need a break from it. It becomes the go-to thing to do during summer; you find yourself constantly checking your phone out of habit or boredom but it's a serious waste of time.

Rather than waiting around for someone to ask to meet up, or watching what others are doing on Snapchat, take the initiative to actively fill your down time. Ask your friends yourself if they want to get together over summer and you'll find you won't be checking your phone as much, waiting to be asked.

When on holiday, or even just out and about, avoid bringing your phone with you. I understand most people have their Snapchat 'streaks' to keep and want to take photos for their Instagram; just get someone to save your 'streaks', perhaps borrow someone else's phone or take a camera and post your photos later.

Leaving your phone aside really helps in reducing stress as you're not subconsciously taking in the busy world of social media. It can be easy to miss an opportunity, a unique site, when your head is down and your eyes are

staring into a screen; instead, leave it aside and take in what's around you at the moment to clear your mind and not miss the real world. Rather than enviously checking where your friends are, use the time you would spend on your phone doing what you want to do while you have the time.

## 2. Clear your mind

Mindfulness is commonly associated with meditation; the idea that you take time to notice your surroundings, clearing your head of any thoughts and just focusing on your senses.

During summer try and find time to do something of the sort, whether it's meditating in the morning or simply going out for a walk each day. Being active, taking time out of your usual day, can help with mindfulness and relieving stress. Not only are you acknowledging your present moment, but getting out of the house actively is good for your physical as well as mental health.

## 3. You choose

You may well have lots of work to do over summer (revision, coursework, projects and so on) but make time for activities that you enjoy. Take the long break to do what you never found time for during the school year. Is there a hobby you wanted to take up? A place you wanted to visit? You can use the summer being (relatively) free of work to pursue what you enjoy.

It's really important to take time for your interests outside of school – it will help in the long-run for future careers and your short-term general happiness – so if you want to write a book or paint then I urge you to not put it off. Summer is a great time to explore your interests; you can teach yourself something outside of school or turn an idea into reality.

So rather than spending the entire summer holed up, in bed, bingeing on Netflix, don't set aside something you want to start – it's very easy to find the weeks slipping by and summer coming to an end and you haven't done what you aspired to do. The school year passes by like a breeze so look at summer as an opportunity and capitalise upon it.

Georgina Holmes



# The 617 Squadron

The RAF NO. 617 Squadron (or more commonly known as the 'Dambusters') memorial is in Woodhall Spa in Lincolnshire. The memorial structure itself looks like the dams that they blew up using the "bouncing bomb" on May 16-17, 1943. The structure looks like a dam with a crater in the centre with water flowing through it depicted by a grey stone.

Next to the main memorial stands a sculpture in black, about the 617 Squadron members who gave their lives in the wars since 1945. The sculpture has three different triangles in it and these are to show three planes which have served the RAF: the Vulcan Bomber (who flew her last flight in 2015), the Eurofighter Typhoon, and the Tornado fighter plane.

By Oliver Castens



# Sports Day Photos





