

# THE RUISLIP EYE

*The latest news and views from Ruislip High School*



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## RAG Week!

This term saw the revival of our annual RAG Week celebrations at Ruislip High. Students and staff alike got involved with various activities in order to raise money for Mind, one of the world's leading mental health charities. From 'Splash Dash' to 'Penalty Shoot Outs' and the old favourite of 'Sponge the Teacher', everyone had a great time, whilst contributing to a very important cause. A huge thank you to the Sixth Form Leadership Team for organising this fantastic event!

# The Attack of the Chicken

*By Thomas (Year 8)*

One fateful day, a horror was revealed to this world. It was time for the Year 8 English tests, so everybody was scrambling and screaming to get to their lockers. Little did they know, there was a monster waiting for them... one of those lockers had raw chicken in it. It instantly stank out the whole corridor. In minutes, hundreds of students were dead.

Wait, that's not true. But it did really smell and caught the notice of all the science teachers. The next morning, the Year 8s were asked to open their lockers to identify the source of this stink. The culprit was found, but will not be revealed...

# Student Success at Model UN London Conference

After a professional application process, eight ambitious Year 12 students travelled to ACS Hillingdon International School to partake in a realistic simulation of a United National General Assembly. Each student was allocated a country (ours included Costa Rica, Fiji and Jamaica) to research and represent on the day.

Two global issues were selected for discussion: the geopolitical situation in Western Sahara, and the international housing crisis. The depth and accuracy of the students' research was impressive, and this knowledge was clearly demonstrated in their lobbying with other countries. Despite less formal preparation than the other students present, the students excelled in their discussions and negotiations, and Matthew Banks even raised a 'Point of Information' in front of the entire conference!

The independence and confidence of the students from the host school may have been a little intimidating at first, but the Ruislip High team got stuck into proceedings, and upped their game to the level of many other country delegates. They really were admirable in this way, and we are all very proud of their efforts and skills.

Voting procedures concluded the debates, and one even led to a complete tie, with 42 countries in favour of, and 42 countries opposed to, the resolution proposed by 'Morocco'.



An address by the Canadian representative for the International Maritime Organisation gave an insightful talk into life as a diplomat, and gave the students an awareness of the skills most desirable in this field: the ability to listen, discern people's true intentions, and communicate with tact and approachability.

All in all, this was an escapade into unknown waters that the students took to with very impressive speed and success, showcasing what they have to offer the wider world, when the time comes to step out into it.

"The day was a completely new experience and very useful for getting an insight into the conduct of nations negotiating with each other on different topics. All in all it was very enjoyable!"

Danial, Year 12

"The students were extraordinarily professional, proving to us and themselves that no matter how unfamiliar an environment may be, they have the skills to learn, and excel at whatever they put their mind to"

Mrs Rickards



# The Battlefields Trip: Interview

By Zaynab (Year 9)

One of the highlights in the Year 9 calendar here at RHS, is a history trip to visit Belgium and France to see some of the key World War One sites. On the trip, the Year 9s visit many battlefields, museums and historical landmarks to gain more insight into the events of World War One. The teacher responsible for organising this exciting trip is none other than Mr Sills, teacher of History and Head of Year 11, who I interviewed about this very subject...

**Z: So, on the trip, you visit both France and Belgium. What is your favourite food from each country, and why?**

Mr S: There isn't any particular food I like from Belgium, but from France, I always have the escargot (snails) - I love it!

**Z: French is spoken in France and widely spoken in Belgium, have you become familiar with some words or sentences?**

Mr S: To be honest - I am terrible at speaking French! But I say "merci" quite a lot because of the lovely service at the chateau. Most of the tour guides on the trip speak English so I haven't learnt anything specific.

**Z: How do Ruislip High School Students benefit from visiting the historic sites of World War One?**

Mr S: I believe that the Battlefields trip is the best trip we offer at Ruislip High School. Although students are aware of all the horrors of World War One, the trip allows them to go on a journey, which brings the content they have learnt in lessons to life. Also, the students have a chance to really connect with the personal stories told by our excellent tour guide, Mr Rich.





**Z: You have taken many students on the trip - what is your favourite location and why?**

Mr S: There are two places on the trip which I really enjoy. The first is the Sunken Lane Battlefield in France where we walk in the footsteps of all of the soldiers who fought in the Battle of the Somme. It is in this area that students ask the most questions, and it is a truly incredible place to be. My second favourite site is the Talbot House in Belgium, which was an area in which the soldiers of World War One could relax and have tea when they were not on the front line. Every year, the kind host allows all of us on the trip to enjoy tea in the gardens. This is the place where we conclude our trip, giving us a chance to reflect on what we have seen - before we eat ice-cream on the beach!

**Z: If the battlefields trip was extended by a few days, what would you add to the itinerary?**

Mr S: If the trip could be extended by a few days, I would definitely visit Normandy to see the D-day landing sites to allow the trip to be about both World War One and Two.

**Z: What museum or site have you noticed that students enjoy the most?**

Mr S: Students thoroughly enjoy Talbot House and a place called Hill 62 museum (which gets its name from being 62 metres above sea level). At this museum, students get the opportunity to walk through the trenches, almost living through the eyes of the soldiers who fought to defend our country.

**Z: In your opinion, what is the most important lesson we can learn from the events of World War One?**

Mr S: As time goes on, with over 100 years having passed since this war, it is fundamental that we keep the stories of the soldiers alive. Around 40 million people died in World War One, with some of the soldiers being the same age as the Year 9s that went on the trip. We are so lucky to be close to these historic areas so we can remember all the brave people that fought for our freedom. Conflict can be so easily avoided if everyone respected and tolerated one another - a principle we should all aspire to follow.

**Z: And just for fun, if you could time travel to any event in World War One, which event would you go, and why?**

Mr S: I wouldn't really enjoy going to a battle - it would be quite gruesome to watch. But, I would love to go and see the Christmas Truce on the 25th December 1914, which was the first time in the war where there was hope. On this day, the soldiers declared a temporary truce and celebrated Christmas with each other by exchanging songs. Unfortunately, the truce only lasted for one day and this event certainly shows how futile war is.

Thank you to Mr Sills for such an informative and insightful interview!

# Exciting Poetry Talent

Many students have seen the benefits of writing poems in their own time (the English department is thrilled!) and recently some exceptional talent has come out of the woodwork. Writing a poem takes time, skill and emotional commitment. Lola in Year 10 and Keanu in Year 8 deserve praise, but one student in particular deserves recognition for her poem:

## *How To Become an Ocean*

Not a guide, but a survival story.

First, learn to swallow your tears,  
Until they become a sea inside you,  
Until they no longer fall,  
But rise like a tide inside your chest.

People ask why the ocean is salty,  
But they never considered that perhaps it's been crying for centuries,  
Eons of sorrow dissolved in blue,  
Bearing the weight of shipwrecks and lost treasures,  
Bodies that never made it back to shore.  
The ocean doesn't decide what sinks,  
And neither do you.  
Some things just don't make it to the surface.

The secret isn't to stop the hurting,  
It's to make it shimmer from the surface,  
To make your pain look like beauty  
From a distance.

Have you ever noticed how people marvel at the ocean's blue,  
How they stand at the edge,  
With eyes of awe?  
They never once think about the pressure in its depths:  
Creatures that have evolved to live without light;  
The battles being fought where no one can see.  
That's the first lesson.

Depth isn't given.  
It's carved by every silence you carry.  
Every ache you bury becomes a trench,  
Every wave you swallow digs you deeper.  
Soon enough people will stand at your edges,  
And marvel at how peaceful you appear,  
How you hold sunlight like it belongs to you.  
They never suspect the storms raging beneath.

One day, you will drift so far from the shore,  
That people wonder if you've disappeared.  
Some days you'll crash against cliffs  
With such powerful force, they will call it fury.  
People will mistake your pain for anger.  
Let them. The ocean doesn't explain itself.

The ocean tried to get rid of its pain,  
But it learnt that this release creates tsunamis,  
Destroying the people around it.  
So the ocean holds it in  
To protect the people it loves.  
But tell me: Who protects the ocean?

*Sofia (Year 8)*



# World Penguin Day: Why We Celebrate Our Flightless Friends

By Ethan (Year 9)

Penguins are a type of flightless bird that is native to the continent of Antarctica, loved for their superb swimming and adorable behaviours, but they are also endangered due to the melting of their environments, a crisis exacerbated by climate change. In this article, I will teach you more about penguins, the threats they face and what you can do to protect penguins worldwide.

According to World Animal Protection penguins are “sentient and highly intelligent creatures that form strong social bonds.” This is displayed in many of their behaviours, such as a unique call that only the penguins’ family recognise, so they can identify each other in crowds, when they huddle together to protect each other from the blistering cold of their Antarctic homeland. However, it’s not just their social lives they need to worry about; There are 18 species of penguin, and 10 of them are labeled either vulnerable, with a decreasing population, or critically endangered by the International Union for the Conservation of Nature, all earning a place on their red list.

This is for a multitude of reasons, including climate change and excessive fishing; the birds often find themselves competing with commercial fishermen for food, and end up caught in their nets, which can cause life threatening injuries. This is alongside the degradation of their habitat by things other than climate change, such as oil spills, litter, and even tourists visiting their chilly home.

Now, some fun facts about the birds we love: firstly, they are incredible swimmers, and spend most of their time in the water. All but one species of penguin is found above the equator, the Galapagos penguin being the only one found in the northern hemisphere. They can drink saltwater, thanks to their special glands that help remove excess salt from the water, and finally, when penguins moult (lose their feathers), they lose all of them at once, unlike most other species of bird, and during the period where their protection is growing back they do not eat, losing up to half of their body weight.

So, that’s why every 25th of April, these slippery birds are celebrated, and we are all reminded of the environmental toil our flightless friends face, so even though it’s too late this year, be sure to mark the flightless celebration on your calendars!



# Why YOU Should Crochet

By Emma (Year 8)

Crocheting has often been referred to as a “grandma hobby” but in the past few years, its popularity has been increasing, with Gen Z spreading it across social media. As someone who has been crocheting for a year now, I will try my best to convince you to pick up this addictive hobby!

Number One. Making your own clothes! Clothing these days has become far too easy to acquire, and with fast fashion taking over, everyone forgets that real people make the fabric and sew the clothes you add to your wardrobe, even though you haven't worn the others yet. Crocheting your own clothes makes you feel genuinely happy at the end, because now you have a tangible representation of your talent. It also makes you appreciate the hard work that comes with it.



Crocheting your own clothes also allows you to have some uniqueness in your wardrobe. Most fashion stores sell the same bland brands of clothing, but there are so so many crochet patterns with so many different styles that you will surely find your fit. And many patterns make it possible to make the clothes with your exact measurements, so you will have great clothes that fit your body perfectly!

Number Two. It's not just clothes! If you're not a fan of fashion, do not worry, because you can literally crochet anything. Accessories, plushies (which I believe every beginner should start off making as they are the easiest), decor, blankets, household items and so much more. Whether you like sports, art, music, or science, there is something for everyone to crochet!

Number Three. Gifts are EASY! Picture this, it's Saturday in the afternoon, your friend's birthday party is tomorrow: and you did not get a gift. But you realise that you have some spare yarn, a crochet hook and a dream. There are a bunch of crochet projects that take 2 hours or less, and will make really cute gifts, e.g. scrunchies, small plushies, hats, headbands and more! If you don't procrastinate, you can make a bigger gift! Even if you don't quite know the person very well, there are a lot of foolproof projects they'll be sure to like.

Number Four. It is SO relaxing. Crocheting each stitch and watching the project come together is so calming, and is also quite fun. I always like to watch a long video, listen to music, or watch a show while I crochet.



## WHAT DO I NEED TO GET STARTED, EMMA?

I have a full list of things you need to crochet, and I've put alternatives, if you want a more cost effective choice, because it can be pricey sometimes. I buy all my supplies at John Sanders and Hobbycraft (Hobbycraft has more options but can be more expensive) But you can go to any craft store, or shop online.

- **YARN!** This is the most important part of crocheting. The type of yarn you buy really depends on what you want to make. If you want to make thick, soft plushies, I recommend chenille yarn (or plush yarn), if you want a thick sweater get chunky yarn or if you want a summer dress, extra thin yarn. There are loads of yarn guides out there. However it is quite expensive. Charity shops often have nice yarn really cheap too, and never miss out on a yarn sale!
- **Crochet hooks.** There are so many sizes of hook, but if you are just starting out I would recommend sizes 3mm up to 5mm, maybe 6 or 7 mm if you are using bigger yarns. Don't make the mistake of using a too big or too little hook size for your yarn, because it can make a big difference, possibly creating holes in your project if you use a hook that's too big.
- **Stitch markers.** You attach them to a stitch. They are used to mark where you need to do something different, or start a new round. Alternatively, you can use hair pins.
- **Scissors.** Quite obviously, you need to cut your yarn.
- **Yarn needles.** I made the mistake of not getting these when I started. They are used to sew in loose yarn, sew separate pieces together, embroider your projects, and end a plushie. Very useful.
- **(optional) Safety eyes.** You attach them to a plushie, now your plushie has eyes! You can also use black yarn and sew on eyes. **!PLEASE DON'T USE THESE IF YOU ARE MAKING A PLUSHIE FOR SOMEONE UNDER 3 YEARS OLD, IT'S A CHOKING HAZARD!**
- **Stuffing.** It's the stuff you put inside plushies. But it can be used for other things.

And that's it! There is no need to fret about buying a book that teaches you. I did that and completely gave up because of how hard it is! YouTube has so many free tutorials on everything crocheted and you can learn everything there! Just remember, with everything, practice makes perfect, and **DON'T GIVE UP!**

# Should the School Day Start Later?

By Zaynab (Year 9)

A question commonly raised regarding school timings is whether the day should start later. Evidence has proven that a later start would help students focus and improve attendance. However, it will disrupt the work schedules for parents, causing its own problems.

Having a school day that starts later will cater to the natural sleep timetable of students. Typically, tweens and teens sleep roughly from 11pm to 9am, and with school starting at 8:30am, their sleep pattern will be disrupted, causing fatigue, which in effect will result in a decrease in academic performance.

Additionally, a late start would ensure students avoid morning rush hours, which occurs between 7:30AM and 9:30AM. Reduced morning rush and traffic would decrease stress for both us and parents, which would enable students to start their day with a more relaxed mindset, enhancing their concentration and productivity.

Furthermore, attendance rates have been shown to increase, as a later start would provide students with a wider window of time to prepare themselves and travel to school. Also, more students would have the opportunity to eat breakfast, as statistics show that approximately 27% of students skip breakfast, mainly due to lack of time. This vital meal, which provides the energy required for the whole day, will aid students' attention and focus, improving their work and their grades.

On the other hand, although there are numerous benefits of a later start, there are also disadvantages. One of the main drawbacks of a later start is that it will disrupt the average, national work schedules for parents and guardians. This would cause difficulties in managing timings, and coordinating other commitments, resulting in unnecessary stress and worry.

Moreover, the efficacy of a later start would be counter-productive if it is not implemented correctly. We could be in a situation where there is a huge variation between school start times, unless there are clear guidelines issued by the Department for Education, resulting in employers, traffic officials and parents becoming confused and busier.

Finally, a later start would deprive students of necessary time for extracurricular activities, homework and revision. Students who finish at a later hour may find themselves with limited opportunities to complete their work each day, or engage in their sports, music, volunteering or hobbies.

In conclusion, although there are many advantages and disadvantages, the positives do seem to slightly outweigh the negatives, as it caters to the natural sleep timetable of students, ensure they avoid the morning rush, and even increase attendance. I for one would very much enjoy waking up at 9am every day!

# What Makes a Sport a Sport?

By Jesse (Year 7)

This age-old debate has pitted people against each other for years. Some sports are universally recognised, like football. But some are more controversial, for example chess, which the IOC (International Olympic Committee), along with over 100 countries, recognise as a sport, but Sport England does not.



I think that a sport is something that has a set of rules, a governing body, and requires you to work hard, physically or mentally. For example, the card game poker is recognised as a sport, despite not requiring any physical exertion.

The IOC, however, does not believe it's a sport because it is not physically exerting and there is a perception that it relies heavily on chance. However, some sports require little athleticism, like golf, which is in the Olympics, even though it doesn't follow the IOC's parameter that a sport requires a significant element of exercise. Some have specific variations, like hiking, which itself is not recognised as a sport, but speed hiking, a more fast-paced version, is, because it is more competitive and physically straining.

In conclusion, the definition of a sport varies depending on who you ask, but the usual parameters are a set of rules, an element of competition, and some sort of physical or mental strain.

# Top 5 Unnecessary Things You Should Own

By Haroon (Year 8)

## FIVE - A Pet Rock

This might seem stupid to some people, but no. A pet rock is not stupid. If you think that then you're wrong. Because a pet rock is the most precious thing you can have. It hits a soft spot in your heart and you can get very attached to it. It's better than other pets since it's there with you forever. Unless you lose your beloved pet rock, of course.



## FOUR - A Bluetooth Toaster

This toaster is the definition of the American dream. It might be over £500 but it is worth every single penny. You can determine the length and strength of sessions from your phone, so your toast will be hot when you get home. It even makes bagels. Imagine making bagels in this with your pet rock.

## THREE - An Electric Egg-Cooker

The electric egg cooker is an essential product that is needed to save a whole 5 minutes of your life. Who in this century is actually making eggs manually? This will also save your egg shells dropping in the egg mixture. Here's what a loyal customer has to say about this product: *"I'm very happy with the purchase. Works well. Interesting that it is called an egg steamer, as most similar products are called egg boilers. Steamer seems more fitting"*.

## TWO - A Chocolate Fountain

The chocolate fountain should be classified as an essential item. This would be not only exceptionally tasty but you could use it for other sauces, such as garlic sauce (not tested or verified). The chocolate circulates so is always hot and runny, and is great for parties!



## ONE - A Self-Heating Butter Knife

This is life changing. It is used to curl and soften hard, cold butter, so it can be spread immediately. It should be more popularised.

With this, a chocolate fountain, electric egg cooker, Bluetooth toaster and pet rock by your side, life will be beautiful.

# Should Same-Sex Schools Exist?

By Lily (Year 7)



Did you know that students at single-sex schools have higher chances of better grades, particularly in subjects like science, compared to peers in co-educational settings?

Plus, single-sex school students often have improved social dynamics because people are in a much more comfortable and less stressful environment, due to the absence of the other sex. This can also reduce bullying and create a stronger sense of community, as well as increase student confidence and development of leadership skills. These schools are experts in adapting their teaching methods and preferences to the one gender it serves. Single-sex environments can minimise distractions that can arise from social dynamics and teenage hormones in mixed-sex classrooms.

Pupils in same sex schools do indeed get higher grades than their peers in mixed schools, especially boys. However, it's also been argued that the vast majority of these differences can be explained by looking at differences in schools and pupil characteristics instead.

Same-sex school disadvantages consist of restricting opportunities for students to interact with the opposite gender, potentially leading to difficulties in navigating mixed-gender social and professional settings later in life. Mixed-gender schools offer advantages such as diverse social interactions, balanced perspectives, and they challenge gender stereotypes more effectively. Segregation by gender can amplify existing stereotypes and limit exposure to diverse perspectives and ways of thinking. Some argue that single sex schools create an unrealistic environment that doesn't accurately reflect the diversity of the wider world. Also, they tend to have more tests and exams each year!

Same-sex schools offer benefits like higher grades, fewer distractions and tailored teaching, but also face criticism regarding limited social interaction and potential reinforcement of gender stereotypes.



# Mehmed II: The Fall of Constantinople and the Byzantine Empire

By Zohaar (Year 8)

In the last article I wrote for the Ruislip Eye, I wrote about the rise of the Ottoman Empire. In this article, I will write about one of the greatest moments of its history: the fall of Constantinople.

The fall of Constantinople is a huge moment in the Ottoman Empire's history. It involved the Ottomans conquering this ancient city in modern-day Turkey from the Byzantine Empire, paving the way to the Ottoman's expanding further and becoming a powerful state.

The Ottoman army breached the walls of the city after a 53-day siege. By the 1400s, the Byzantine land was diminishing rapidly after 2 months of siege, because a siege involves surrounding a city and cutting it off from food, medicine and supplies, so compelling it to surrender. This attack included using the basilic, one of the largest cannons ever made which could fire a cannonball over a mile. The Ottomans breached the wall and conquered Constantinople.

Mehmed II titled himself Kayseri-i-Rum (Caesar of Rome) after he conquered Constantinople in 1444, because this invasion also led to the fall of the Roman Empire.

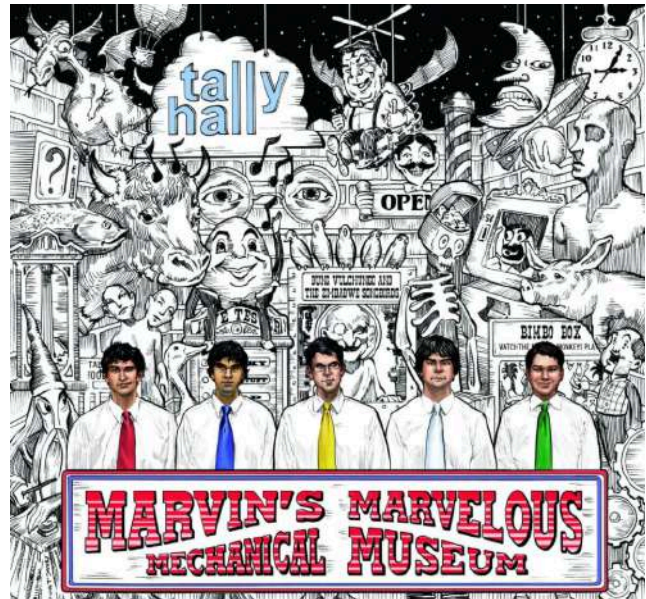
Mehmed's conquest also opened the door for the Ottomans to expand further into Europe, Asia, and Africa. He implemented reforms that strengthened his empire's military, legal, and economic systems, and under his reign, the Ottoman Empire grew into one of the most powerful states in the world.



# Marvin's Marvellous Mechanical Museum

By Ethan (Year 9)

On October 24th, 2005, University band 'Tally Hall' released their debut album Marvin's Marvellous Mechanical Museum to great acclaim, attaining publicity from international stations, like MTV, and having their music played on 'The Late Late Show'. The album got its name from a novelty museum located in the band's hometown: Ann Arbor, Michigan. The museum houses a collection of coin-operated machines, many of which are featured on the album's cover. This album was certainly something special at its time, but why was it so loved, and does it still hold up today?



The opening track to the album, titled 'Good Day' is certainly a symbol of the band's quirky lyricism, welcoming the listener to the album and wishing them, as the title implies, a 'good day', however as the track continues the messaging becomes twisted, as the "circles and spirals in mind" symbolise the descent into madness, before the marionette quintet repeat the phrase "Let us sing!" as the song fades to silence. In my opinion, this song sets the unique tone for both the album and the band perfectly.

The album's genre is esoteric, switching between and even within tracks, such as 'Greener' having a traditional rock feel to it, with electric guitars riffing and loud vocals, contrasting harshly with the synths and robotic voices of 'Taken For A Ride' and the ballad of 'Haiku'. With quite literally something for everyone, there's no wonder 'Tally Hall' still experiences massive success to this day, with over 2.6 million monthly listeners.

In conclusion, Marvin's Marvellous Mechanical Museum is an eclectic blend of genres and half thoughts for a diverse range of listeners, and will leave no one unimpressed. This is certainly an album for the ages!

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# The World of Martial Arts

By Adam (Year 8)

## Taekwondo

Taekwondo is a striking martial art which focuses on powerful and fast kicks. This martial art has a total of 10 belts you can achieve: white, yellow, orange, green, purple, blue, brown, red, black tip, recommended black belt and 1st degree black belt. Taekwondo is a martial art from the peninsula of Korea which originated about 2000 years ago!

## Judo

Judo, which comes from Japan and started in 1882 is a grappling sport, where the principle is “good use of energy”. For judo you should aim to use your opponent's momentum against them. The aim is to take them onto the floor.

## Wrestling

Wrestling, another grappling sport, is from Ancient Egypt going as far back to 3000BC. A few wrestling techniques are: stand up neck hold, bridging to save a fall, and many more. Wrestling became popularised with the rise of WWE in 1980.

## Muay Thai

Muay Thai is a very skilled martial art also known as the ‘Art of Eight Limbs’. A well known student of this martial art is Rodtang Jitmuangnon. It uses stand-up striking, sweeps, and various clinching techniques. Muay thai originated from the 13th century in Sukhothai Kingdom, now known as Thailand.

## Kickboxing

Kickboxing is an alternative form of boxing favouring a mix of kicks and punches, for creative combos. It originated in Japan in 1960 and it grew in popularity not long after. It is now readily available in the UK, and statistics show it's only getting more popular!

So... next time you're wondering what to do, maybe try one of these!

# London's Lesser-Known Museums...

By Ethan (Year 9)

Everyone knows about London's biggest museums, the Science, Natural History and V&A Museums, but the city is filled with so many treasure troves to be discovered, including many small archives. These little gems of knowledge contain abundances of local history, Egyptian artefacts and animal specimens, and are known to few but adored and treasured by all that are aware. As a bonus, almost all these museums have free entry.

## The Grant Museum of Zoology:

Situated on University Street, between Euston Square and Warren Street, this museum holds a multitude of unique and rare animal specimens, and doubles as a useful tool for students of University College London - one of the most prestigious universities in the country. This archive of specimens is a must see for anyone interested in the study of any kind of animal, from fish to birds, even as small as individual bacteria stacked up on the walls. This museum is free to enter as it is funded by the university, and is open to the public Tuesday - Saturday.

## Hunterian Museum:

Named after John Hunter, one of the most prestigious surgeons of his time, even acting as surgeon general to King George III, this museum is an incredible treasure trove of medical specimens, including skeletons. The museum also hosts events including anatomical drawing clubs, and even tours from the museum's valuable curators. This museum is owned and run by the Royal College of Surgeons, a world class medical school based in London.

## Petrie Museum of Egyptian Archaeology

Situated just minutes away from the Grant Museum, the Petrie museum is a celebration of Egyptian and Sudanese archaeology, from the Ancient Egyptian hieroglyphics to their more recent, predominantly Muslim, artefacts, with inscriptions and prayers in Arabic. Some highlights from this fascinating collection include a dress excavated from a 5000 year old graveyard, and portraits on stone of those lucky enough to be mummified. Also funded by University College London, I would absolutely recommend this museum to anyone interested in the Ancient Egyptian people.

## The Foundling Museum

Situated on the ground of the Foundling Hospital, a home for children, particularly babies, who had been abandoned, the Foundling museum tugs on the heartstrings of anyone who enters. Filled with the stories of children who lost their parents, and the evidence of their existence in later years. This museum includes all sorts, from accounts of parents and doctors, to hospital beds, and even clothes and keepsakes that the children were dropped there with. This museum is located in Brunswick Square, with a ticket price of £14.50.

With this short guide, I wish you a good time exploring all these hidden gems and hopefully, finding your own!

# To Stress Or Not To Stress?

By Zaynab (Year 9)

*“Stress is not what happens to us, but it is how we sometimes respond to the situations that we encounter”*

The most important message we can learn from this statement is that we can choose our response to stressful situations; we do not always have to respond by getting stressed as we can choose a different response.

In fact, we have the power to train our minds to not default to the stress response. Our minds are extremely powerful, and we have the ability to shift our perspective and modify our reactions.

Another way of looking at difficult situations is to analyse them and decide what is in our control and what is not in our control. For example, if you have an upcoming exam, there is no option to avoid the exam, therefore this is not in our control. However, we can control how we prepare, revise and pace ourselves leading up to the exam so that we are not overwhelmed.

Here are 3 top tips to help prepare for exams and keep stress at bay:

## **1 - Make your revision bitesize:**

Large topic lists can be overwhelming. The smart way to tackle such a list is to break it up into bitesize sections and allocate a reasonable amount of time to revise each section. One method I use which I find extremely useful is making my own checklist and ticking off the topics as I go along. This way, I feel a sense of achievement whenever I finish a topic, which motivates me to complete more.

## **2 - Reward yourself:**

Rewarding yourself after studying can be a powerful motivator. This helps you stay motivated and positive during your revision. You can use small rewards for completing minor tasks and use larger rewards for completing topic milestones. Whether it be food, relaxation, or going out with friends, your rewards can be anything you want them to be, but try to make the rewards correspond to the amount of effort you put in.

## **3 - Prioritise health and well-being:**

A healthy body leads to a healthy mind. And a healthy mind can understand and retain more information. The formula for a healthy body is very simple - sleep well and eat well. Sleep is very important for energy restoration and will significantly enhance your ability to revise more effectively, and a nutritious diet aids focus, concentration, and memory. A good diet should consist of foods from all food groups, including vegetables, protein, carbohydrates and fats to ensure an adequate level of energy throughout the day.

So remember, keep your revision bitesize, motivate yourself with lots of rewards and above all, a healthy body leads to a healthy mind, and a healthy mind helps your grades to fly!

# Choosing the Right Subject for You: should passion alone define what subjects you pick?

By Alvin (Year 11)

Are you constantly cramming over your worksheets, exams, and homework assignments, under stress and strain, paying the price of choosing inappropriate subjects that don't suit you? I know this feeling. Being a student for 13 years has reminded me of how miserable it is when you select the wrong courses due to impulsive decisions. Whilst passion is a great motivator behind a curriculum, taking other factors into account is also vital when considering future decisions, from school choices to career choices.

## **Expectations Versus Reality: Harsh Truths of Subjects**

When you're dreaming about a subject that you can devote yourself to, you should pay attention to the real life reality - all subjects are hard! There are harsh truths to be learnt about intense workloads and nighttime burnouts. Imagine you are studying art, are you wondering if it is a fantasy dream with solely drawing, painting, and coloring? Hell no. The GCSE contains research homework, long hours of exams, and lots of work. Art is no longer a paradise of Picasso, Van Gogh, and Da Vinci, but a gigantic test of your stress-handling skills and long-term practice. Thus, the harsh reality of choosing a subject is that it's not all about your devotion to your chosen field, but also your ability to impress the examiners.

## **Responsibility Exceeds Passion-Motivated Impulses.**

Perseverance and taking responsibility for your own development in your chosen subjects propel you much further than simply passion. Indeed, our actions to excel in our chosen field speak louder than our ardent love for our field. For example, history students will be fascinated by the leaders, kings, and killers when they turn every single page of the textbooks: Adolf Hitler, Elizabeth I, Joseph Stalin. Yet, answering the exam questions is a field where only skilled, diligent, and persistent students can surpass others, in exchange for the time and effort they take. You must respect the subject, and take accountability for your success in whatever you do. Bill Gates, the most influential billionaire in the world and founder of the most well-known software company in the world - Microsoft - works 80 hours a week. Thus, before your impulses rise when choosing a subject, think twice before you do; the effort you put into your chosen field surely shows your love and respect for the subject rather than merely an impulse about the teacher or field trip.



**Passion as a Catalyst for Future Possibilities**

Passion in particular fields can successfully propel you to success, especially with a comfortable and confident environment designed for you. Computing, a newly emerging and popular subject, has already attracted approximately 96,000 people to sit its GCSEs in 2024. As innovation and technology have been revolutionizing the whole world, jobs related to computer science need “nerdy, technology enthusiasts” who can succeed in this high-income matrix, according to a 2023 report from the International Journal of Computer Science Education in Schools. Subsequently, these titles for computer science have illustrated to us the success behind a passion-motivated subject; a person who is fond of their subject has the dedication, confidence, and focus to put all their effort into their chosen pathway in exchange for success in their future careers. However, passion is insignificant compared to the other things that define success: focus, long hours, and perseverance.

For me personally, this has influenced my decision to pursue engineering-related jobs, from aeronautics to software programming. Developing a habit of watching videos of LEDs, Sudoku, and Geometry allowed me to discover a variety of aspects of the mathematical and physical world. However, consistency in problem-solving, from exam-style problems to participating in contests, propels me further and further by fueling my skills, mindsets, and instincts.

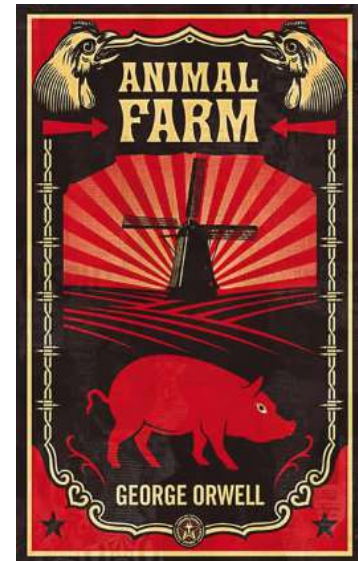
Overall, natural eagerness and devotion when choosing a field of study are essential for the motivation to excel, outdo others, and succeed in future endeavors. However, coexisting with responsibility, your ability to handle stress, and the effort that you make to nurture your field of study, not only proves your respect and enthusiasm in your chosen field but also provokes a chain reaction leading to your inevitable success.



# Is Animal Farm the Best Dystopian Novel for Year 8s to Study?

By Scarlett (Year 8)

Animal Farm is widely recognised as one of the greatest dystopian novels and is therefore considered a highly valuable book to read in school, including at Ruislip High. But is this really the best dystopian story to study? With 10 chapters, it makes a quick read, making it a book a class can finish within a few weeks. It explores universal themes of power, corruption, and social injustice, making it entirely relevant for everyone. Based on the Russian Revolution of 1917, it was published in August 1945, to show the world the true horrors of the Soviet Union and the corruption within which around 750,000 people were executed. Although it is simple, it makes an interesting read, one which leaves the reader questioning the power of power itself, and the way in which it tends to corrupt. The novel shows how revolutions can ultimately lead to even worse disasters.

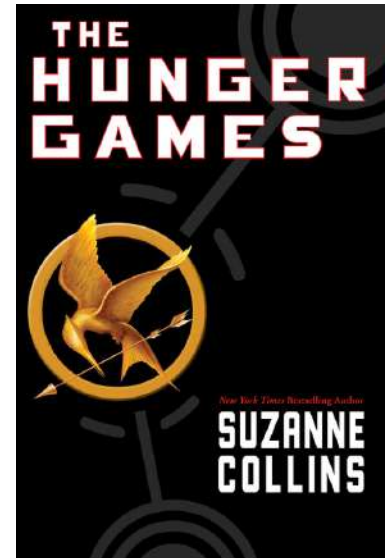


I believe that although Animal Farm seems an entirely appropriate book to read, surrounding the main topic of Disruption and Conflict in Year 8, there are perhaps books that could be even better to read. Here are some of the best dystopian novels I found and have read (some of which we do already read small excerpts from!):

Nineteen Eighty Four: this novel explores themes of totalitarianism, surveillance and government control over actions, and even your thoughts! These are all topics covered in the dystopia unit. It is based in Oceania, and depicts a dystopian future which is led by the omnipresent "Big Brother", leading the Party. The protagonist, Winston Smith, a member of the Party, attempts rebellion against the ideas of complete control. The story warns its reader of the potential dangers of authoritarianism and the significance of resisting oppression. Critics say this book is stiff and bleak, but what else should anyone expect from a dystopian novel?



The Hunger Games: a truly amazing novel by Suzanne Collins, introducing a seemingly inescapable future, in which the powerful Capitol rules over the 12 districts of Panem. As punishment for their past rebellion, each district annually sends two tributes (a boy and a girl) to participate in the coerced fight, The Hunger Games. Katniss Everdeen, a 16 year old hunter from District 12 volunteers herself for the Hunger Games in place of her sister Prim, when she is chosen. It includes themes of social inequality, harsh punishments and methods of control by shaping public opinion and utilising fear and violence. I believe that this book could replace Animal Farm because of its captivating storyline and the intense social and political issues that leave you feeling nervous about Katniss' future (no spoilers!).



The Maze Runner: a post-apocalyptic book in which a boy named Thomas wakes up in the Box (a metal elevator) with no memory of anything but his name. He eventually emerges into a large closed space called the Glade, with other boys, who also have a total loss of memory (apart from their name). They eventually realise strange happenings have occurred since Thomas' appearance, including the arrival of a girl, Teresa. Maze Runner should be taught in schools because of its key themes of unity, sacrifice, and chaos, as well as a society characterised by surveillance and oppression, warning readers of the dangers of unchecked authority.



Overall, I believe that although Animal Farm is still a widely relevant and respected novel, there are many dystopian novels out there (such as the ones shown) that should be equally recognised. However, with all of these books, there is much debate surrounding their intention and whether or not these authors are too cynical in their views of the world. Even with that said, I believe all of these books are amazing and should be taught and enjoyed in Year 8.

# Agony Aunt

By Scarlett and Tommy (Year 8)

Dear Agony Aunt,

I have a severe crisis that is causing me a lot of stress and insecurity. I keep seeing acne pop up on my face for no reason! I'd love to know any recommended products ASAP, because I can't use makeup at school. It is upsetting me, and starting to affect my mental health - people are bullying me for it. I need your help, please reply to this message.

From,  
Nervous Nora



Dear Nervous Nora,

Firstly, do not stress. Acne is a totally normal thing to experience and you shouldn't feel insecure about it! Acne occurs when your hair follicles become clogged with oil and dead skin cells, and often will go away by itself. But ways to try and calm them down include regularly washing your face with gentle, harmless chemical-free cleansers and not popping your pimples. I know this may seem hard, but try to avoid using makeup and lots of skincare products as this can clog your pores even more and will make this worse. If your acne is scarring or very painful, please make an appointment with your GP. If your acne is severe, you can be treated with antibiotics/medication that will help.

You're beautiful just the way you are - you've got this!!

From,  
Agony Aunt

# A Third Runway at Heathrow Airport - Good Idea or Not?

By Zaynab (Year 9)

The issue of whether or not Heathrow Airport should build a third runway and a new terminal is a matter of great controversy, with very strong arguments on both sides of the debate.

From one perspective, a new runway could possibly bring in £61 billion to the economy over the next 60 years. This money could improve living standards and transportation quality, as well as help fund new technology and scientific research in the UK. Moreover, the airport is currently operating at a capacity of 99%, with planes taking off or landing roughly every 45 seconds! Unsurprisingly, current statistics show that Heathrow Airport experiences a delay of approximately 18 minutes per flight. A new runway would significantly decrease delays, and provide more time for pilots in between each flight, perhaps making all flights safer so pilots are less fatigued.

Furthermore, the runway would cause a substantial increase in the imports we receive in the UK. Heathrow plays a vital role in UK imports as it handles around 48% of all the UK's air cargo, which is more than all other UK airports combined. This figure would massively increase, boosting economic growth.

From the opposing perspective, this proposal will release a staggering 4.4 million tonnes of carbon dioxide into the atmosphere. This could have irreversible effects on global warming, fragile ecosystems and endangered species, causing unprecedented and irreversible damage to our local environment, and our world.

Building a runway would also result in the complete demolition of the local areas of Sipson, Harmondsworth and Longford, leaving only a few square metres of land between them. It has been estimated that 700 homes will be demolished and up to approximately 17,000 displaced. These people will have to try to find new ones, which would not only cause severe anxiety, but will also cost them financially. Surely, we can't just displace 700 families? Another tragic consequence of this runway plan is the desecration of the St. Thomas graveyard, as it would mean building over the burial ground, something many people consider immoral, and even sacrilegious.

Finally, the plan to build a third runway would cost a monumental £18.6 billion, according to the Airports Commission, and this figure is very likely to rise. This will lead to a significant increase in Heathrow's debt, which is already above £15 billion! To recoup this investment, travelling will become even more expensive and the passengers will have to pick up the cost. In addition, some airlines have raised concerns that a third runway would have an impact on their operations, making it harder to offer affordable fares.

I strongly believe that the negative consequences surpass the positive consequences by miles... air miles.

# Summer Wordsearch

By Ethan (Year 9)

K	X	W	K	V	S	S	C	E	O	U	T	D	O	O	R	P	R
S	S	L	W	S	I	U	U	A	F	S	U	M	M	E	R	O	N
U	B	A	L	F	W	C	N	N	D	H	K	M	B	Y	P	O	W
N	A	E	N	E	L	I	E	S	G	V	O	B	F	V	N	L	C
S	D	O	A	D	M	I	M	C	H	L	E	L	R	W	M	P	A
C	J	R	C	C	C	O	P	M	R	I	A	N	I	A	F	A	M
R	W	I	O	E	H	A	N	F	I	E	N	S	T	D	Y	R	P
E	K	F	E	U	A	B	S	A	L	N	A	E	S	U	A	T	I
E	P	T	Z	G	G	N	A	T	D	O	G	M	T	E	R	Y	N
N	W	U	J	X	D	H	G	L	L	E	P	P	G	K	S	E	G
Z	M	F	C	Q	S	A	T	X	L	E	F	S	R	F	M	Y	L
L	O	Z	N	B	A	R	B	E	C	U	E	Y	Y	P	E	M	S

Find the following words in the puzzle.

Words are hidden →, ↓, and ↘.

ADVENTURE  
BARBECUE  
BEACH BALL  
CAMPING  
DROUGHT  
FLIP FLOPS  
HOLIDAY

ICE CREAM  
LEMONADE  
OCEAN  
OUTDOOR  
POOL PARTY  
SANDCASTLE  
SUMMER

SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMMING