

THE RUISLIP EYE

The latest news and updates from Ruislip High School



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Spelling Bee Buzz: RHS Brings the Trophy Home

by Ethan (Year 7)

This year's Vanguard trust-wide Spelling Bee was eventful, with Ruislip High School coming out on top. Our stellar team was made up of Ethan Q (7S), Oliver G (7W), Theo D (7D) and Maira A (7S).

The first round was the team round, where the whole team played and the last team with anyone left standing was the winner, where Ruislip took the lead by 1 point with 13 total points.

Then, during the speed round, Ethan and Theo were competing in a rapid-fire of back and forth spelling. This was where Ruislip took the lead with over 50 points earned! Next was the single player round,

with Maira competing alone, with the title of 'Best Speller in the Trust' at stake. All was to play for, with Maira Coming in second place, and Patrick from Field End coming out on top and taking the title home.

Overall, it was a great experience for the students across the trust, and we were really pleased by our strategy and teamwork in bringing home the gold.

An Award-Worthy Performance

by Lauren (Year 10), edited by Miss Guillen

As a student I try my best in lessons and I am a good listener in class and to friends. I chose Media, Music and Spanish as my GCSE options along with Triple Science, Maths and English. Although school is tiring at times, creative subjects like Music are a good way to relax and do something I enjoy in lessons as much as I do outside of lessons.

Being chosen to represent Ruislip High at the Jack Petchey Award Ceremony, at which I performed a song to the audience, was an honour. I saw it as an opportunity to gain the experience of performing to a large audience that filled the Beck Theatre in Hayes. Standing on the stage, I felt a conflicting mixture of excitement and nervousness. In the moment I saw the bright lights and began to focus on myself and how I wanted to express the song to the audience. As my performance ended, the audience were very supportive with loud claps and praise - I heard Miss Guillen even shed a tear or two. To anyone who is afraid of doing something that they want to do, I would say to think about all the positive outcomes that could come out of doing whatever it is you wish to do. It is not easy to overcome a fear until you face it, and you will find that people love to support others.

Scan the QR code to listen to the song that I sang.(Because of you - Kelly Clarkson).



Wembley Reward Trip 2023

by Miss Farrell and the PE department



On Sunday 14th May 2023, a number of RHS students were taken on a PE reward trip to watch Manchester United Women vs Chelsea Ladies FC in the Women's FA Cup final. These students were selected as a result of having shown their dedication and commitment through attending girls' football clubs throughout the academic year.

The trip was a great success with students thoroughly enjoying the day. Behaviour of the pupils was fantastic and they showed great levels of enthusiasm whilst watching the game.

There was a record breaking number of people attending a women's game with over 77,000 people. At the end of 90 minutes, Chelsea was leading 1-0. Chelsea won the FA Cup women's final for a second year in a row.

The PE department hope the students had a fantastic day and next year are looking forward to having the opportunity to reward more students for their attendance at PE clubs and fixtures.

Thank you to Miss Farrell, Miss McGuigan and Miss Penny for giving up their time on a Sunday to supervise the students on the reward trip.



Women's FA Cup Final: A Review

by Fatima (Year 7) and Jess (Year 8)

On the 14th of May, the girl's football team from Years 7, 8 and 9 went to Wembley Stadium to watch the Women's FA Cup Final as a reward for all the hard work they put into football this year.



After the long train journey to Wembley Stadium, we stopped for a rest, before bumping into football freestyler, Ben Black, with whom we all took a photo. Meanwhile, others went to Starbucks and Co-op for refreshments and snacks. Unfortunately for them, they were not able to meet Ben Black. We also took some pictures with all the girls next to Wembley Stadium (seen in the previous article).

We entered the stadium before kickoff to make sure we didn't miss any important events. Thirty seconds into the match, Man United scored. Unfortunately, the goal was offside so the scoreline was 0-0.

In the first half, Man U had a lot of opportunities to make shots, but unfortunately they could not score and gave Chelsea many chances for success leading into the second half. During half time, most of us went for a toilet break and snack. The queues grew longer with worried people as the rest of the game was about to begin.

Then began the second half of the match. Chelsea dominated the ball whilst Man United looked increasingly weak with poor passes and poor defending. This led to an assist from Pernille Harder to make an outstanding goal by Chelsea's number 20, Sam Kerr. The whole stadium roared as the ball hit the back of the net. Chelsea then went on to lift the FA Cup trophy with a 1-0 win.

Senior Borough Athletics 2023

by Mr Rutter and the PE department

Ruislip High fielded 30 pupils from Year 9 and 10, all competing are listed below. All students were a credit to the school, both in competition and in appearance, amongst other schools in the borough.

Alex L (10W) got Ruislip off to a flying start winning the 800m in a straight final. Alex dictated the tempo early and stuck to his own plan, allowing others to press ahead without them getting too far ahead. Within the second lap, Alex put his foot down and controlled the race from there, finishing comfortably ahead at 2 minutes, 23 seconds.

Anna B (10B) competed in the 300m race: she finished second comfortably in her first heat and then prevailed victoriously in the final with a time of 46.84. Congratulations Anna on a fantastic final!



The Year 9s competing in their first senior event also started strong with Zoe M (9B) competing and winning gold in the Javelin. She threw at a distance of 22.85m, well done!

Jake H (9F) running in the daunting 85m hurdles made light work of the competition showing his composure at each hurdle and winning gold by a time of 12.84.

Teighan G (9F) competed in the 200m and won gold in the high jump event. Her jump of 1.40m was a clear winner to the runner up at 1.36m.

Jaydon DB (9D) who competed in the 200m, won gold in the long jump with a best jump of 4.82m. He certainly enjoyed his victory.



Sam W (10F), a returning gold winner in the discus last year, settled for silver this time, missing out on gold by 1 metre with a throw of 21.12m. A fantastic effort from a reliable pupil who gives 100% in everything he tries!

Joe K (10C) ran in the 1500m: he is usually dominating on the football pitch, but here, he controlled 99% of the race. It was a superb effort and in his attempt to secure the gold, he stretched ahead in the final lap to create a gap, but in the last 150m, a sprint finish started in which he agonisingly lost out by 3 tenths of a second. His recorded time was 4 minutes 41.54 seconds. A great effort and he would come back later in the day for more.



Zayn A (10W) Ruislip's star sprinter, made light work of his first heat winning comfortably, and then dominated the final with a time of 11.09 seconds. If you ever get an opportunity to watch Zayn sprint, you should do so as it is an impressive sight!

All pupils performed to the best of their ability, showing resilience but also representing the school to the highest standards a pupil can show at any event. The day was capped off by a fantastic performance from the Year 10 boys' relay team of Joe K, Alex L, Rafferty S and Zayn A, winning gold and hopefully cementing a memory of working together as a group to win.



Please share your congratulations to the pupils in firstly representing the school brilliantly, and also placing where they did - what an incredible achievement!

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NEW BOOKS HAVE BEEN ORDERED FOR THE LRC AND IF YOU WOULD LIKE TO ORDER A BOOK THERE IS A CHROMEBOOK AVAILABLE. DON'T FORGET TO RETURN YOUR BOOKS!

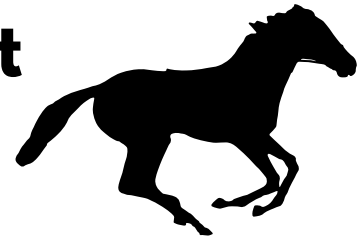


FUNFACT

Some animals do not get cancer: these include the naked mole rat, blind mole rat, elephant, and bowhead whale.



Tragic Deaths of Horses at The Grand National



by Eleftheria (Year 7)

To the public's dismay, three horses have died in the Grand National 2023. Even more horrendous, however, is that since the first race in 1893, 89 horses have died. The names of the fallen horses of Grand National 2023 are as follows: Envoye Special, Dark Raven, and Hill Sixteen.

PetaUK calls horse racing "Gambling On Animals' Lives", and it is rightly said. They advocate about how horses don't become thrilled at crossing the finish line, and are "whipped into submission and end each race sweating and exhausted". Many organisations for animal welfare are outraged and some are taking action, such as the League for Cruel Sports, which is calling for tighter safety, or the RSPCA, which is also calling for the field that is raced in to be reformed.

In addition, last year, no less than 4 horses died at the Aintree Festival, another popular horse racing contest. So, this problem isn't just with the Grand National, but many other horse racing events. PetaUK informs us that, "[a]pproximately 200 horses die a year on British race tracks", and considering that 700 - 800 racehorses die a year, this is a huge problem.

Many protesters were arrested at the race, some protesters managing to breach the race track. Animal Aid's opinion of this race is that "[t]he Grand National is a deliberately hazardous race. Since 2000, 33 horses have died on the Grand National course and, over the course of the three-day meeting, 55 horses have been killed in that same period." Many people agree with this opinion.



This is a brutal slaughter, and even if this won't be banned, regulations must be put in place to protect these beautiful creatures, who take no joy in these races. This is purely for human entertainment, and it *must* be stopped.

National Strikes Disrupt More than Just School Days

by Lorena (Year 8)

From June 2022, after the members of the National Union of Rail and Transport Workers (RMT) voted to strike over planned changes to their pay and working conditions, the union members across the country took part in strikes that led to widespread disruptions.



In addition to the transport strikes, the HCSA - the hospital doctors' union - and teachers' union - the National Education Union - voted to strike for similar reasons. It's clear that the problem across the country has a very big impact on the workers.

This all started because of the rising inflation and demands for pay increases that would keep pace with this inflation. The strikes consisted of people not working, for example doctors and teachers not going to work. Because of the strikes, people had to wait hours at the Ambulance & Emergency department, and students lost and they are still losing many hours and days of school and learning time.

When people don't go to work, they usually attend protests. At these protests, people chant and call for the government to change. They also feature guest speakers who plead for change as well. Spanning a few hours, the protests take up most of a morning and afternoon.

When will this stop or end?

This could actually never stop, but the only way that it is going to stop is when people will be paid and be appreciated more for their hard work.

Currently, the negotiations are being held between the government and the unions. For example, the doctors' union have not achieved their goal, for the moment.

Also, the teachers' union are still unhappy with the government's proposals and want to re-vote for further strike actions.

Will strikes affect GCSE students?

No, the strikes will not affect students that have their exams this year because schools stay partially open for Year 11 and all the other years that have important exams. Additionally, by this point in the year, the Year 11s should have covered all their content, at least at Ruislip High! However, as students, some enjoy their day off and some don't.

Overall, this is a clear problem that might last longer than expected if the government doesn't respond to the needs of the people.

The King's Coronation

by Lorena (Year 8)



As you all may be aware, our Queen Elizabeth II, the longest-reigning monarch, who reigned since 6th February 1952, sadly passed away on the 8th of September 2022. This meant that our country no longer had a queen or a king. The next person to rule the country was, of course, her oldest son, Prince Charles III out of her four children. He became king on the day his mother died. However, due to the country being in mourning, the ceremony of his coronation was postponed to allow the country to properly have the services and respect that her reign deserved.

A few months after the Queen died, it had been announced that the coronation of the new King would be on 6th May 2023 at Westminster Abbey. Also on 8th May, there was going to be a Bank Holiday to celebrate the King's Coronation. However, this is not only the coronation of the King but also the coronation of Camilla, the new Queen Consort.

Who is King Charles III?

King Charles III was born on 14 November 1948 at Buckingham Palace, London, during the reign of his grandfather George VI. In 1981 King Charles III married Diana, Princess of Wales and shortly after in 1982 they had their first son Prince William. Then, in 1984 they had their second son Prince Henry (commonly known as Prince Harry).

However in 1996 the couple divorced, and a year later Diana tragically died in a car accident in France. A few years later, on the 9th of April, 2005, Charles married Camilla in a civil ceremony at Windsor GuildHall.

In his life King Charles the III has done many positive things for the country, including a lot of charity work and he also helped the environment.

In addition, the money will change, as now we have Queen Elizabeth II on them, but because she is no longer Queen the money will change with the new king's face on them.

**Who attended the Coronation?**

Almost everyone in the royal family attended the coronation, all the extended cousins and grandchildren. Even Prince Louis was there. He stole the show because of his childish extravagances - the hand motions, the reactions, and the telling offs from his mother!

However, the only person that did not attend was the Duchess of Sussex, Meghan, who said that she will remain with her children in California. Interestingly, Prince Harry was there, but he did not stay for that long.

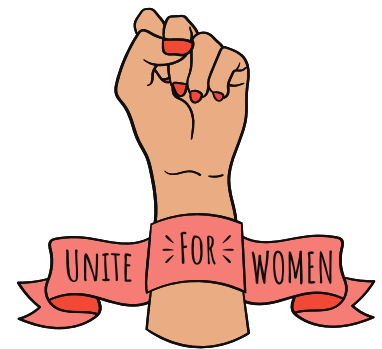
Other guests including Katy Perry and Lionel Richie were invited to sing at the concert after the coronation. Surprisingly, other celebrities, such as Adele and Harry Styles, rejected the King's invitation to the ceremony and the concert.

This raises interesting questions: what will the future hold under our new King (and Queen)?

Do You Know What the Main Women's Rights Are?

by Laylah (Year 9)

What do we mean when we talk about women's rights? What are we fighting for? This article outlines just some examples of the rights which activists throughout the centuries and today have been fighting for.



Women's Suffrage

During the 19th and early 20th centuries people began to protest for the right of women to vote. In 1893, New Zealand became the first country to give women the right to vote on a national level. This movement grew to spread all around the world, and thanks to the efforts of everyone involved in this struggle, today women's suffrage is a right under the Convention on the Elimination of All Forms of Discrimination Against Women (1979).

However, despite these developments there are still many places around the world where it is very difficult for women to exercise this right. Take [Syria](#)[1] for example, where women have been effectively cut off from political engagement, including the ongoing peace process.

In Pakistan, although voting is a constitutional right, in some areas women have been effectively [prohibited from voting](#)[2] due to powerful figures in their communities using patriarchal local customs to bar them from going to the polls.



[1]To read more about Syria, visit this link:

<https://www.amnesty.org/en/latest/press-release/2019/03/syria-women-must-play-active-role-in-shaping-the-countrys-future/>

[2]To find out about how Pakistan has only just allowed

women to vote: <https://www.hrw.org/news/2018/04/03/first-time-decades-some-pakistani-women-vote>

And in Afghanistan, authorities recently decided to introduce mandatory photo screening at polling stations, making voting problematic for women in conservative areas, where most women cover their faces in public.

Amnesty International campaigns for all women to be able to effectively participate in the political process.

Sexual and Reproductive Rights

Everyone should be able to make decisions about their own body. Every woman and girl has sexual and reproductive rights. This means they are entitled to equal access to health services like contraception and safe abortions, to choose if, when, and who they marry, and to decide if they want to have children and if so how many, when and with who.

Women should be able to live without fear of gender-based violence, including rape and other sexual violence, female genital mutilation (FGM), forced marriage, forced pregnancy, forced abortion, or forced sterilisation. But there's a long way to go until all women can enjoy these rights. For example, many women and girls around the world are still unable to access safe and legal abortions. In several countries, people who want or need to end pregnancies are often forced to make an impossible choice: put their lives at risk or go to jail.

In [Argentina](#)[3], Amnesty International has campaigned alongside grassroots human rights defenders to change the country's strict abortion laws. There have been some major

steps forward, but women and girls are still being harmed by laws which mean they cannot make choices about their own bodies.

Unfortunately, we are still campaigning for more and more rights. Now it might seem like an obvious point, but we cannot have a free and equal society until everyone is free and equal. Until women enjoy the same rights as men, this inequality is everyone's problem.

[3]To read more out about how Argentina's recent fight for legal abortion:

<https://www.amnesty.org/en/latest/campaigns/2019/08/the-green-wave/>

Eurovision Song Contest: Controversy around where the next Eurovision Contest is held

by Elisabeth (Year 9)

Last year, England came second in the well-known music competition, Eurovision, and in first place was the band Ruslana from Ukraine.

This was a major win for Ukraine considering the most recent events affecting the country. Because of the war between Russia and Ukraine, the Eurovision contest was not able to take place in Ukraine and was held in England, more specifically Liverpool. It was chosen because it had the fitting facilities to accommodate large amounts of people.

Inspiringly, this year's Eurovision theme was "united by music", which was influenced by research showing that when people experience music together their hearts synchronise and beat in unison.



Image taken from: [https://www.google.com/url?](https://www.google.com/url?sa=i&url=https%3A%2F%2Furovisionworld.com%2Furovision%2F2023%2Fevent&psig=AOvVaw0Qr3k3TuduCjgIBoYxw3jQ&ust=1681915383165000&source=images&cd=vfe&ved=0CA0QjRcxqFwoTCKCZlZVs_4CFQAAAAAAdAAAAABAH)

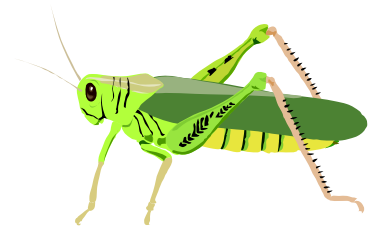
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Even though Ukraine is going through a difficult period of time, they still participated in the Eurovision song contest with the song "Heart of Steel", performed by Tvorchi. Their song moved people and really represented how strong they are as a country.

Some interesting facts about Eurovision include:

- The longest Eurovision song was five minutes and nine seconds long. 'Corde Della Mia Chitarra', the Italian entry from 1957, is the longest Eurovision song on record.
- Twenty-seven different countries have won the contest. Switzerland won the first contest in 1956. The country with the highest number of wins is Ireland, with seven. The only person to have won more than once as a performer is Ireland's Johnny Logan, who performed "What's Another Year" in 1980 and "Hold Me Now" in 1987. This statistic has now changed to include Loreen of Sweden, who has also won twice now.

This year, during the Eurovision contest, Sweden won again, after also winning in 1974 with the iconic Abba singing Waterloo, and more recently in 2015. After Abba won Eurovision in 1974, they became famous around the world and are still famous today. Interestingly, though, this year's winner, Loreen, also won in 2012. This raises questions around the fairness of the competition. Is this really a fair win? Or is it because next year will mark the 50th anniversary of Abba's win?



Keeping insects as pets - a good idea?

by Eleftheria (Year 7)

While to the ordinary person, this might seem to be an abnormal prospect, there is, in fact, a whole community about this, in support of keeping insects as pets. Do you have any childhood memories of placing a ladybug in a box with leaves? I know I certainly do! From keeping tarantulas to interesting bugs in your garden, this is an interesting hobby - and fairly cheap, if you can't afford pets like dogs or cats.

Now, what I propose to you next will probably leave you and other readers horrified. If you would like to start out, the perfect pets for beginners are cockroaches. Gasp! Yes, I said cockroach, after the word pet. They are very easy to take care of, and don't need much in terms of sustenance. Interestingly and shockingly, they are actually bred by some people, as it is so easy. Yep. Lots of them. A popular type of roach is the dubia roach, another being the madagascar hissing roach. That one's very loud.

I'm actually planning to get this next one, as they have always fascinated me: stick insects! They're pretty cool, and come in many different shapes and sizes. I've always loved the way they camouflage and blend into their environment, and they are very easy to keep. Plus - they look like sticks. Who wouldn't love them?

Finally, an interesting option: the praying mantis! They are so cool, and there are so many different species! Favourites of mine include the dead leaf mantis, ghost mantis and orchid mantis. The way they camouflage is amazing. Also, apparently they're also easy to take care of.

Therefore, insects are easy to take care of and have many pros, such as their low maintenance cost. Maybe now you might consider having your own insect!

Unique Uzbekistan

by Milcah (Year 8)

A country known for its orchards and vineyards, Uzbekistan is located in Central Asia and borders the countries of Afghanistan, Kazakhstan and Kyrgyzstan. Its varied landscapes include a beautiful sandy desert, mountains along the borders and the Aral Sea in the west.

Languages

Uzbekistan is a very multilingual country speaking over 100 languages. Isn't that insane? Uzbek and Russian are the most common languages spoken.

The uniqueness of the language is shown with the rounding of the vowel /a/ to /ɔ/, a feature that was influenced by Persian. For over sixty years, the Uzbek language has been written in a modified Greek alphabet. Since 1992, however, the Uzbekistan government has made many attempts to switch over to the Latin script, maybe in order to allow more people to access the language more easily.

Here is the official Uzbek alphabet:

A a	B b	C c	Ç ç	D d	E e	F f	G g
a	be	ce	çe	de	e	ef	ge
[a/æ]	[b]	[ts]	[tʃ]	[d]	[e]	[f]	[g]
Ğ ğ	H h	I i	J j	K k	L l	M m	N n
ge	he	i	je	ke	el	em	en
[ɣ]	[h]	[i]	[dʒʒ]	[k]	[l]	[m]	[n]
Ng ng	O o	Ó ó	P p	Q q	R r	S s	Ş ş
nge	o	ó	pe	qe	er	es	she
[ŋ]	[o/ɔ]	[o/ø]	[p]	[q/x]	[r]	[s]	[ʃ]
T t	U u	V v	X x	Y y	Z z	'	
te	u	ve	xe	ye	ze	tutuq belgisi	
[t]	[u/ʉ]	[v/w]	[x]	[j]	[z]	[ʔ]	

Image taken from: https://omniglot.com/images/writing/uzbek_lat.gif

Food

Uzbek food is very diverse and the range of foods are quite unique. The main ingredients are mostly meats, vegetables, spices and flour. Uzbekistan's most famous dishes include Achichuck, Manti, Samosa and many more. But its most famous dish is Plov; unlike most dishes, this dish has a meaning behind it. It means, "the symbol of Uzbek". How cool is that?



Image taken from: <https://walkbesidemeblog.com/uzbekistan-food/>

Clothing

Uzbek clothing is very bright and colourful, also looking quite regal when worn with lots of jewellery. Their most traditional piece of clothing is called a Chapan meant to be worn by men. It is an open, flowing robe made with natural silks. It is beautiful. Did you know people wear it as an indication of their social status? The colour red is normally used for female outfits as it is a symbol of well-being.

Uzbek men wear buttonless robes reaching the knee, with high-rise collars and the right side of the front on top of the other. The robe is tied with a triangular embroidered girdle. Women wear broad and pleated dresses without girdles.



Image taken from: <https://central-asia.guide/wp-content/uploads/2022/12/uzbek-traditional-dress-1024x682.jpg>

Clearly, Uzbekistan is a wonderful country and should receive more recognition. Everything about it is unique and stands out.

Things To Do This Summer

by Marwa (Year 7) and Sadie (Year 7)



Summer is just around the corner. Feeling fresh, new and ready for summer? Lost and confused on what to do during those weeks of a break? Well, we have some ideas for you! From indoors to outdoors, from up to down, from fancy-pancy to low-budget, we have just about everything to satisfy your summer needs.

Are you bored? Do you want to get out? Here are some fun things to do outside in the boiling-hot, melt-your-popsicle weather. For example, you could enjoy a refreshing water balloon fight with some friends; it would be a good way to cool down and have fun! All you have to do is get a pack of water balloons from the Works, and all will be filled within minutes.

You could also visit the beaches and parks in Hillingdon borough. The Ruislip Lido is a great place to spend a summer day. Maybe you'd want to host a nice barbecue (and roast marshmallows)! Alternatively, you could also go feed some ducks at a pond and maybe go swimming there too. If you see one, you could also have fun on a tyre swing - or make your own!

Unable to go outside but still want to do something fun? Invite a friend over to have a sleepover! Have a baking challenge, make mocktails, ice cream sundays and much more! Crafts are always a must. Here are some examples: paper flowers, dream catchers, fans, paintings, drawings, diy candles, clay and more. Another habit you can start is photography and to see if you're photogenic by trying out new poses in London's various rose and flower gardens. Of course, what's better than a classic movie night (with a fan blowing cool air into your hair) with some friends and snacks.

Overall, it's clear that there is always something to do this summer, instead of doing nothing and sitting in front of a fan with a pack of frozen peas against your head!



Image taken from: <https://wallpapercave.com/summer-girl-aesthetics-wallpapers>

Impact of Video Games on Teens: Are video games really all bad?

by Ethan (Year 7)

Video games are a massive part of today's culture, but how do they affect the education of our youth playing them?

Well, other than the obvious increase in teamwork from team-based games, they increase concentration by making children focus on a goal. This helps children write long pieces of text, because although it is a different goal, the skills are still applicable and transferrable.

Despite the common belief that all video games are unrealistic and mind numbing, there are many educational video games that I am sure that many people have played, such as Minecraft: Education Edition, Game Builder Garage, Roblox and Kerbal Space Program.

Video games have also shown an increase in creativity in children due to the unique design of every single game, where none are the same, and this is what helps people become individuals. So, although it may not seem like it,



playing video games can increase a student's ability to create original pieces of writing and even art.

Since video games are mostly about new concepts, this allows students to explore new subjects without having to write everything down, like they have to in school. In addition to teaching new concepts, it can also help gamers learn English and new words. Video games involve a lot more reading than most people expect and the story-building aspect of them can only benefit children.

It's time society changes their perceptions of video games, and open their minds to the new and wonderful possibilities they offer!

Social Media's Impacts on Teens

by Elisabeth (Year 9)

Social media allows teens to create online identities, communicate with other people their age and watch content made by others. Social media can provide teens with useful support, especially helping those who experience exclusion or have disabilities.

Teens also use social media for self expression. Additionally, social media can update teens on global events, allow them to interact with people across the world and teach them a variety of subjects.

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumour spreading, unrealistic views of other people's lives and peer pressure.

The risks might be linked to how much time teens spend on social media. A study made in 2019 discovered that those who spent more than three hours a day using social media might be more likely to have mental health problems. Another 2019 study found that using social media more than three times a day predicted poor mental health and well-being in teenagers.





Dear Agony Aunt,

I am terrified about my GCSEs. I've done most of them, and I'm afraid that I have done badly. I've always had a bit of anxiety about school, but only now do I realise how much I have. What if I fail maths? What if I didn't revise enough? Those are only two of many questions that I can't help but wonder. Will my parents be disappointed in me if I fail? Could I have tried harder, did I try my best? I would like to become a courtroom sketch artist, but since I also have a back up plan as an accountant, I have to get good marks in computing and maths. The stress is too much. I don't think I'll last till summer.

- Stressed Sam



Dear Stressed Sam,

I understand your worries. I was also someone who fretted about school and my future, especially after I joined high school. However, what I told myself is, if I have

tried my hardest, I will succeed. Let's say you're still worried that's not enough, it's not the end of your career if you don't pass. I know many people who have had to wait two years to retake a GCSE, and have still got the job they wanted, only a bit later. Enjoy the extra month off of school - no amount of worry will change your results then. If you are this worried, you must have worked hard. A bit of stress is okay! But try breathing in and out, counting to five, when you're worried. And as always, seek guidance from trusted adults - they've been through it too and can reassure you that you will be fine. Believe in yourself, and you're halfway there.

The best of luck,
Agony Aunt



Art

by Sahaana (Year 7)

There's nothing like art in all of existence;
An eternal world of creativity and imagination,
With colours and paints of one's preference,
A glory made by our population.
It can revive a best of fantasy,
Or brew potions of sorrow and delight.
It can awaken the spirit of ecstasy,
And fill a shady, dark room with some light.
From scorching deserts to Antarctic lands,
It can bring from as far as miles
To merely as close to you as your hands,
In the form of vibrant canvas textiles.
Art is all around you, in all sizes and shapes,
Art designs the world and all sorts of dreamscapes.

